

◆ APPA News ◆

The Newsletter of the Atlanta Post-Polio Association

Volume 18 Issue 3

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July—September 2003

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Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of the Atlanta Post-Polio Association.

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Articles for next issue of APPA News are due to the editor by **October 15, 2003.**

E-mail: editor.APPANews@mindspring.com.

President's Message

As summer winds down, we have many upcoming events to look forward to in APPA. I hope all of you will take advantage of the September business meeting. This is our annual event and opportunity to vote for new board members, receive an annual budget report and discuss ideas about how to improve our organization. We have a great slate of nominees who are eager to serve. Plan to come and vote for the members of your choice.

Following the brief business meeting, we'll divide into two groups. Those with post-polio will remain in the auditorium for a rap session while our "polio partners" participate in a separate session.

A "polio partner" is anyone who works to improve the situation of a polio survivor. This can be a spouse, children, brother/sister or friend. Coping with PPS involves a series of compromises not only for the survivor but also for significant others in their lives. Remaining flexible and tolerant as one adjusts to a partner's condition is key to survival of the relationship. This private session, facilitated by Dr. Dean Ericson, will focus on the financial, physical and emotional impact on family

and friends. After voting for board members, "partners" will follow Dr. Ericson to a different location for this session.

APPA is reaching out and collaborating with new entities. March of Dimes recently donated money to assist in the continued publication of our newsletter. Roosevelt Warm Springs Institute has agreed to print our materials for free. We participated in Shepherd Center's Wellness Workshop and spoke to a group of students at the Epstein School in Marietta. Plans are under way to participate in the Self Advocacy Network Fair later this month.

Sylvia has lined up a great slate of programs for the rest of the year. In addition, she is working diligently on our fall social at Fernbank Science Center and Museum and on our December holiday party. Gus is putting finishing touches on our new directory and Mike Foss has taken over as our Data Base Manager. Lots of positive things are happening within our organization. I invite you to come and be a part of it.

Linda Priest

Thoughts

A Potpourri of Life

By Myrna Whittington

Well things have quieted down here, hooray!!, just as the heat really hit for this month. I was wondering if any one else finds it harder each summer to deal with the heat. I used to refer to myself as a wet noodle when it is hot, now I picture myself as Gumby lying flat on the floor, unable to get legs or arms to coordinate. Of course lying flat on the floor has its good points. At least it is under the fan, set on high!

Seriously though, heat and humidity do make life a bit harder. My thoughts have turned to (one more time) wanting to SKIP August and go right to September! Especially this year! I am about to become an OFFICIAL senior citizen this coming birthday (Horrors) and with this coming event, my mailbox is crowded with life insurance offers,

long-term offers, AARP offers, etc., all with my AGE and name printed in **BOLD** type, as if I need any reminders????

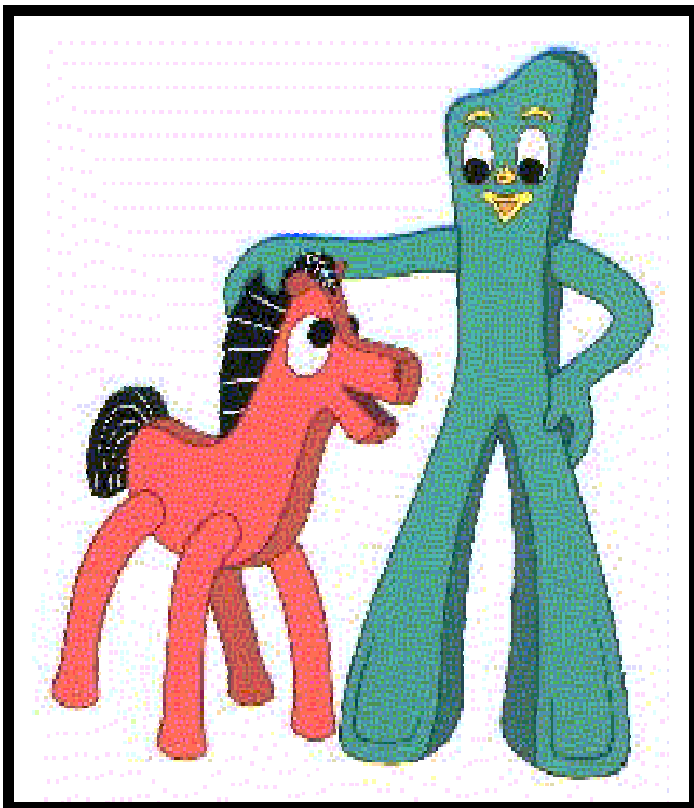
Needless to say, with the amount of rain we have had this year, the mold and allergies have made me think that for my birthday (and since it is an IN thing to do) I think I'll get my nose pierced. This way I can hang a small bucket on my nose and free up both hands and save a bundle on buying tissues which, no matter how I try to empty pockets before washing clothes, end up plastered on the sides of the washer, and Kev's jeans seem to have these little bits of white paper on them!

Not only that, but on occasion, with my August allergies, when asked to blow out candles on the cake, instead, while trying, I sneezed. Really, everyone smiles, but does not want cake with their coffee. (Me either!) as I sneeze again, while turning a wonderful shade of pink/red!

Allergy pills just knock me out, but I think that may be the way to go to get to September and skip August altogether!

Sniffing and grinning and with an ACHOO, I hope everyone is enjoying the summer.

Myrna K. Whittington



“Do something
very radical –rest
when you are tired.”

Christiane Northrup, MD

GINI Is Now Post-Polio Health International

By Linda Priest

Our international organization recently changed names to better “reflect a more focused scope of services and broader constituency.” Our mother organization has changed names several times through the years. It was established in 1960 as International Iron Lung Polio Assistance, Inc. In 1964 it was renamed Iron Lung Polios and Multiplegics, Inc. In later years it was changed to Rehabilitation Gazette, Inc., and finally in 1983 it became Gazette International Networking Institute (GINI), which had two components: International Polio Network and International Ventilator Users Network. The new name, Post Polio Health International, is meant to project the broadest meaning of “health” encompass-

ing the physical, emotional, social, psychological and spiritual aspects of individuals’ lives. The new name also reaffirms an ongoing interest in international issues.

Dr. Fredrick Maynard, Board President, said, “Well-managed organizations periodically evaluate themselves to make sure they are fulfilling their mission. The board undertook the strategic planning process to determine how our organization could more effectively meet the needs of the people we serve.” Additionally, Dr. Maynard stated, “We decided to focus on the future—knowing that our founder, Gini Laurie would have agreed.” The mission of Post Polio Health International is as follows: **To enhance the lives and independence of polio survivors**

and home mechanical ventilator users by promoting education, networking, and advocacy among these individuals and healthcare providers.

The announcement from GINI states, “*While the majority of the people it serves are polio survivors, Post Polio Health International will continue to respond to the needs of all ventilator users through its affiliate, International Ventilator Users Network (IVUN). Historically, the first ventilator users were polio survivors who had used iron lungs. Now, a growing number of people with a variety of conditions use home mechanical ventilation.*”

The *IVUN News* newsletter has been renamed *Ventilator-Assisted Living* and *Polio Network News* has been renamed *Post Polio Health*.

Toll Free Hotline for Air Travelers with Disabilities

Submitted by Marie Latta from a listserv bulletin@list.ncd.gov

The U.S. Department of Transportation is calling on all disability organizations to promote public education about its Toll Free Hotline for air travelers with disabilities through their organization newsletters,

list-serves and sponsored events.

The Toll Free Hotline for disabled air travelers has been in operation since August 2002 and is available for callers from 7 AM to 11 PM Eastern Time, seven days a week. It is currently not being fully utilized.

The Hotline serves two main purposes: (1) education and (2) assistance in resolving disability-related air travel problems.

Many disabled air travelers are not aware of their rights and the Hotline, in part, exists as an educa-

Toll Free Hotline for Air Travelers with Disabilities

(Continued from page 3)

tional service to inform air travelers with disabilities about their rights under the Air Carrier Access Act and the Department's implementing regulations 14 CFR Part 382 (Part 382). Hotline operators are well versed in the ACAA and Part 382 and can provide callers with on-the-spot general information about the rights of air travelers with disabilities. The Hotline operators also respond to requests for printed consumer information about air travel rights of the disabled.

The Hotline can also assist air travelers with disabilities in resolving real-time or upcoming issues with air carriers. The purpose of "real-time" assistance is to facilitate airline compliance with DOT's rules by suggesting to the passenger and the airline involved alternative customer-service solutions to the problem. The airline remains responsible for deciding what action will be taken to resolve the issue in accordance with the ACAA and Part 382. Generally, if a caller has a real-time problem or an upcoming issue with an air carrier, a Hotline Duty Officer will contact that air carrier

and attempt to resolve the issue. For example, there have been a number of incidents in which Hotline Duty Officers have contacted air carriers and convinced them to accept service animals and electric wheelchairs on board flights, to stow folding wheelchairs in the cabin, and to provide requested wheelchair assistance.

Air travelers who want informa-

submit their complaint in writing via e-mail at:

airconsumer@ost.dot.gov

or postal mail to:

Aviation Consumer Protection Division
U.S. Department of Transportation
400 7th Street, S.W.
Washington, D.C. 20590

To request flyers promoting the Hotline to distribute to your membership, contact:

(202) 366-1617 (voice) or
(202) 366-0511 (TTY).

The Hotline serves two main purposes:

- (1) education and
- (2) assistance in resolving disability-related air travel problems

tion about the rights of persons with disabilities in air travel or who experience disability-related air travel service problems may call the Hotline to obtain assistance at:

1-800-778-4838 (voice) or
1-800-455-9880 (TTY).

Air travelers who want DOT to investigate a complaint about a disability-related issue still must

Top 10 Cholesterol Fighting Foods

1. Soy
2. Beans
3. Salmon
4. Avocado
5. Garlic
6. Spinach
7. Margarine
8. Nuts
9. Tea
10. Dark Chocolate...yes, chocolate!

APPA BOARD ELECTIONS

Written by Alan Mitchell based on questionnaire responses from the candidates

On September 6, APPA will hold its annual business meeting (**much** abbreviated) and elect four new members of the Board of Directors. The Nominating Committee, ably chaired by Cheryl Hollis, with Roberto Moraes, Marie Moore and Diane Baggett as voting members, has provided a list of 6 stellar candidates, none of whom has ever served on the Board in the past.

The candidates nominated by the committee are:

- Mike Foss
- Craig Maddox
- Marie Moore
- Roberto Moraes
- Gloria Powell
- Diane Staubus

The committee's recommendations may be supplemented by nominations from the floor. Any active member in good standing may nominate, be nominated, and can vote for the four persons to assume the responsibilities starting in 2004 (each of these is a full three-year term of office.)

In an attempt to give you as much information as possible in advance of the election, we have asked the nominees to respond to a few basic questions.

MIKE FOSS

Mike originally joined APPA in 1999 but was inactive until

this year when he retired as Information Technology Manager in April. Mike volunteered to become the Database Manager for APPA and he already has some exciting ideas of how we can improve our use of the information we have.

Mike contracted polio in 1953 and realized that he had post-polio in 1998. Mike is married with a 15 year-old son and lives in Woodstock. In response to the question, "*What would you like to accomplish as a member of the Board?*" Mike replied, "At this time I don't have a specific goal. However, I would like to utilize my skills to meet the data management needs of the organization and assist in any way that I can in achieving the organizations goals."

CRAIG MADDUX

Craig joined APPA three years ago but was inactive until this year when he started coming to meetings again in anticipation of his retirement from NCR Corporation as Director of Bar Code Scanners. In response to the question, "*What would you like to accomplish as a member of the Board?*" Craig said, "Uncertain—willing to explore opportunities. I will be leaving my 30-year career in the next few months and expect to have a great deal of time on my hands. I am not seeking total immersion in a new activity, yet expect to need to explore other areas of contact."

Craig contracted polio in 1959 and realized he was being affected by post-polio on a trip to Beijing about five years ago when he had problems climbing a high parapet on the Great Wall. Craig is a volunteer member and leader of various committees of the Uniform Code Council, European Article Numbering Association and the Automatic Identification Manufacturers Association and a active member of his church.

MARIE MOORE

Marie joined APPA in 2000 and was appointed to the Board of Directors to fill an unexpired term of one year. She has been the Treasurer since March 2003 and is nominated for a full three year term. In response to the question, "*What would you like to accomplish as a member of the Board?*" Marie said that she would "...help to continue offering a supportive environment for sharing common experiences and increasing our knowledge about late effects of polio."

Marie got polio in 1951 and realized she had post-polio in 1995. She has worked as an accountant for ten years and owned and managed a travel agency for 22 years.

ROBERTO MORAES

Roberto joined APPA in 1985–86, not long after the or-

(Continued on page 10)

Polio Survivors Win Five-Year Battle with the Social Security Administration

Untold numbers of persons who had polio have been denied SSDI. A new social security ruling for Post-Polio Sequelae was released on July 2, 2003, which should benefit many people seeking social security services. In addition to new muscle weakness the ruling included such findings as brain fatigue to be a leading cause of work related disability in persons who had polio.

The Ruling defines post-polio sequelae as "the documented residuals of acute polioencephalomyelitis, caused by one of three types of polio viruses affecting the brain and spinal cord." The ruling is more inclusive, recognizing not only new muscle weakness but

also early advanced degenerative arthritis, sleep disorders, respiratory insufficiency, and a variety of mental disorders having an etiological link to either the acute polio infection or to chronic deficits resulting from the acute infection. According to the ruling, "any one or a combination of

these disorders...will constitute the presence of post-polio sequelae and can be grounds for granting SSDI. For the first time the ruling recognizes sleep disorders,

problems with attention, reduced concentration capacity, and inability to persist in tasks as causes of disability. For more information on applying for SSDI and appealing denials, go to <http://www.postpolioinfo.com>

The Ruling defines post-polio sequelae as "the documented residuals of acute polioencephalomyelitis, caused by one of three types of polio viruses affecting the brain and spinal cord."

For the Directory

The 2003 APPA Directory will be published in a few weeks, so in this column we will welcome our newest members.

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kdavis@optioncareatlanta.com

Peggy Norman
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770 428 1761
rpnorman@mindspring.com

Gloria Powell
442 Opel Street
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770 471 2693

APPA MEETINGS

September 6—**(Brief) General Business Meeting** with election of new Board members. The business meeting will be followed by a rap session for polio survivors and Dr. Dean Erickson will lead a separate session for “polio partners.”

October 4—**Dr. Donald Leslie, Associate Medical Director at Shepherd Center and Director of the Post Polio Clinic**, will present a review of current PPS publications and research. He will recommend positive lifestyle changes and treatment to ameliorate PPS symptoms. Dr. Leslie has just returned from Cuba where he was featured speaker on the benefits of Acupuncture. He continues to be excited about the use of this ancient art in his modern-day practice at Shepherd.

November 1—**Becky Washburn, Director of Shepherd's ProMotion Programs**, will provide information about Shepherd's fully accessible community wellness center. The center features a modern weight room with circuit equipment and free weights, an indoor heated 25-yard swimming pool, a 1/19-mile indoor track, a full-court gymnasium and well-trained staff to assist individuals in meeting their exercise goals.

December 6—**Holiday Party**, tentatively scheduled at Magiano's.

FALL SOCIAL OCTOBER 13, 2003

FERNBANK MUSEUM OF NATURAL HISTORY
767 Clifton Road, NE
Atlanta, GA 30307-1221
404.929.6300

We will meet in the vestibule at 12:30.
IMAX Theatre will start at 1:00.
Cost will be \$3.00 per person.

Please make your reservation by October 4th.
Make your check payable to APPA.

Mail to:
Sylvia Gray
1861 Clairmont Rd Apt.401
Decatur GA 30033-3430

A Statement about Exercise for Survivors of Polio

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Eurrent evidence suggests that exercises are often beneficial for many polio survivors provided that the exercise program is designed for the individual following a thorough assessment and is supervised initially by knowledgeable health professionals. Polio survivors and their health professionals who are knowledgeable about the complete health status of the individual survivor should make the ultimate decision on the advisability of exercise and the protocol of the exercise program.

Clinical research studies support exercise programs that are prescribed and supervised by a professional for many polio survivors, including those with the symptoms of post-polio syndrome. * (See References.)

Acute paralytic polio can result in permanent muscular weakness when the viral infection leads to death of anterior horn cells (AHCs) in the spinal cord. Recovery from paralysis is thought to be due to the re-sprouting of nerve endings to orphaned muscle fibers creating enlarged motor units. Recovery is also attributed to exercise that facilitates the enlargement of innervated muscle fibers. For example, some polio survivors regained the use of their arms and have walked for years with crutches. Others regained the ability to walk without the aid of braces, crutches, etc., and have continued to walk for decades.

The increased muscle weakness recognized in those with post-polio syndrome is believed to occur from the degeneration of the sprouts of the enlarged motor units. The premature death of some of the AHCs affected by the poliovirus is speculated to also cause new weakness, and some new

weakness is caused by disuse, or a decline in activity or exercise.

There is agreement that repetitive overuse can cause damage to joints and muscles, but can repeated overuse and excessive physical activity accelerate nerve degeneration or nerve death? This is the crux of the physical activity/exercise debate.

Physical activity is movement occurring during daily activities. Exercise is defined as planned, structured, and repetitive body movement.

distinct from the typical day-to-day physical activities. These same polio survivors need not fear "killing off" nerve cells, but do need to acknowledge that the deterioration and possible death of some nerve cells may be a part of normal post-polio aging.

Exercise programs should be designed and supervised by physicians, physical therapists, and/or other health care professionals who are familiar with the unique pathophysiology of post-polio syndrome and the risks of excessive exercise. Professionals typically create a custom-tailored individualized exercise program that is supervised for two-four months. During this period, they will monitor an individual's pain, fatigue, and weakness and make adjustments to the protocol, as needed, to determine an exercise program that a polio survivor can follow independent of a professional.

When designing a program, these general principles are followed to achieve specific goals and/or maintenance levels.

- 1 The intensity of the exercise is low to moderate.
- 2 The progression of the exercise is slow, particularly in muscles that have not been exercised for a period of time and/or have obvious chronic weakness from acute polio-myelitis.
- 3 Pacing is incorporated into the detailed program.
- 4 The plan should include a rotation of exercise types, such as stretching, general (aerobic) conditioning, strengthening, endurance, or joint range of motion exercises.

Polio survivors who experience marked pain or fatigue following any

Advising all polio survivors not to exercise is as irresponsible as advising all polio survivors to exercise.

Therapeutic exercise is conducted for a health benefit, generally to reduce pain, to increase strength, to increase endurance, and/or to increase the capacity for physical activity.

Polio survivors who over-exercise their muscles experience excessive fatigue that is best understood as depletion of the supply of muscle energy. But, some polio survivors' weakness can be explained by the lack of exercise and physical activity that clearly leads to muscle fiber wasting and cardiovascular deconditioning.

The research supports the fact that many survivors can enhance their optimal health, their range of motion, and their capacity for activity by embarking on a judicious exercise program that is

(Continued on page 9)

(Continued from page 8)

exercise should hold that exercise until contacting their health professional.

Researchers and clinicians cannot make a more definite statement until additional studies on the long-term effects of exercise and the effects of exercise on function and quality of life are undertaken.

***Criteria for diagnosis of post-polio syndrome**

- 1 Prior paralytic poliomyelitis with evidence of motor neuron loss, as confirmed by history of the acute paralytic illness, signs of residual weakness and atrophy of muscles on neurologic examination, and signs of denervation on electromyography (EMG).
- 2 A period of partial or complete functional recovery after acute paralytic poliomyelitis, followed by an interval (usually 15 years or more) of stable neurologic function.
- 3 Gradual or sudden onset of progressive and persistent new muscle weakness or abnormal muscle fatigability (decreased endurance), with or without generalized fatigue, muscle atrophy, or muscle and joint pain. (Sudden onset may follow a period of inactivity, or trauma or surgery.) Less commonly, symptoms attributed to post-polio syndrome include new problems with breathing or swallowing.
- 4 Symptoms persist for at least a year.
- 5 Exclusion of other neurologic, medical, and orthopedic problems as causes of symptoms.

Source: *Post-Polio Syndrome: Identifying Best Practices in Diagnosis & Care*. March of Dimes, 2001.

References mentioned in this article can be found on-line at <http://www.post-polio.org>

"A statement about exercise for survivors of polio" was written by the Medical Advisory Committee of Post-Polio Health International (<http://www.post-polio.org/brd.html#med>)."

And We're NOT KIDDING!!

APPA



wants YOU!

Over the last fifteen plus years, the APPA News has been edited by three people:

Now it is time for someone else to step forward and join this list of distinguished editors and carry forward the tradition of excellence with the APPA News.

We published a "Help Wanted" ad in a previous newsletter and got no response. Now we're warning our readership that this is the penultimate issue of the APPA News **UNLESS SOME ONE OF YOU VOLUNTEERS TO EDIT THE NEWSLETTER.**

While we hate to have to put this

kind of pressure on our readership, we are left with no alternative.

VOLUNTEER NOW WHILE WE STILL HAVE SOMEONE TO HELP YOU LEARN!!!

This is a copy of the original advertisement for a newsletter editor

Newsletter Editor

Bright, engaging, energetic, witty and wealthy individual needed to take over the editing of the *APPA News* starting in 2004. Applicants must be able to use a computer program (which will be provided by APPA) to create the newsletter (pen and pencil are not a good option) which is transmitted to the printer. Applicant must be independently wealthy since the pay is so meager (actually non-existent), but the fun of gathering thoughts and articles from others far outweighs the penury. The Newsletter Editor **does not** have to be a member of the Board of Directors. On-the-job training is offered during 2003 since the job opening must be filled by December 31.

Please contact Alan Mitchell
editor.appanews@mindspring.com
 or 404.256.3738

APPA BOARD ELECTIONS

(Continued from page 5)

ganization was formed. He lived in Brazil from 1990 to 1995 before returning to Atlanta and active APPA membership. He has been a member of the nominating committee several times, the most recent being this year. In response to the question, *"What would you like to accomplish as a member of the Board?"*

Roberto said, "I would like to help lead the organization in a way that is harmonious and reaches its stated goals in an inclusive way."

After having contracted polio in 1942, Roberto realized that he was suffering from post-polio in the late 1970s. Roberto volunteers in a number of organizations. He is a reader for the visually impaired at the Georgia Radio Reading Service, a member of the Cobb County Democratic Committee and Red Clay Democrats in the Atlanta area, a member of Amnesty International and also of a parallel organization called Georgian for an Alternative to the Death Penalty. He's also a member of the Centennial Group of the Sierra Club Georgia Chapter, the American Civil Liberties Union of Georgia, and Cobb County NOW, a chapter of the National Organization for Women. He's a member of the Humanists of Georgia and the Atlanta Free-thought Society, two local organizations.

Roberto worked for 12 years

for the U. S. Dept. of Housing and Urban Development and currently is an independent agent for a long distance telephone company, WorldxChange. He also helped to manage a farm in Brazil, taught language, worked for a life insurance agency and was a computer programmer for DuPont Co.

GLORIA POWELL

Gloria is another new member of APPA, having joined this Spring. Presently she supervises a group of adoption case managers at DFCS and hopes to retire in 2004. Gloria contracted polio when she was only one year old and realized that she had post-polio about a year or two ago. She hasn't yet seen a psychiatrist, but hopes to be able to schedule an appointment sometime soon. She supports the homeless ministry at her church and, in response to the question, *"What would you like to accomplish as a member of the Board?"* Gloria said that while she really doesn't know much about the APPA Board, she wants "...to be of assistance in whatever way she can."

DIANE STAUBUS

Unfortunately, as of press time, I had not been able to contact Diane. She will provide her background and desires for the future at the Business Meeting in September.

Nancy Truluck In her own words

Nancy Truluck was appointed to fill an unexpired term on the APPA Board. She returns to the Board after several years

I contracted polio when I was 9 months old in N.C. I was in the hospital for several years and my parents came to visit once a month with white suit, mask, gloves. All my brothers and sisters came to a nearby window and I would wave to them.

I had many operations the first 20 years of my life. I never went to school physically because of yearly surgery. The local phone company supplied my bedroom with an intercom system where I could listen in to the classroom discussion and I could push a button to answer the teachers' questions. My classmates would take an intercom box to each class for me. My teachers would come to my house to give my exams.

I was always so afraid I would not have a normal life of working and having a family. But I have enjoyed life to its fullest, I must say. After college, I went to work for Southern Airways in the reservations department. We merged with North Central Air and became Republic Airlines. Several years later Northwest merged with Republic and we kept the Northwest Airlines name. I loved my job, the travel privileges, good income and wonderful friends there.

In the late '80s I began to ex-

(Continued on page 11)

Nancy Truluck
In her own words

(Continued from page 10)

perience overwhelming fatigue and new pain in non-polio affected parts of my body. I went to Houston to be evaluated by Dr. Lauro Halstead and he gave me such common sense advice. It became apparent I was not able to work full time any more. The airlines were very busy in those years and did not have part time workers and with mandatory overtime.

Since leaving work, I have been able to teach myself piano and calligraphy.

Very Special Arts

A benefit of APPA membership is the opportunity to attend art and entertainment events **for free** through Very Special Arts. To learn about current offerings, call 404-221-1270, ext. 36. For a reservation, call Barbara Forest at 404-634-8875 between 9 a.m. and 9 p.m. and leave a message including the following information: name; telephone number; event, date and time requested; and number of tickets (each member with a disability may take one guest). **Then enjoy this great perk!**

Peer Support Group Meetings

We are having a great time in our Peer Support Group Meetings. Our group continues to grow. Add it to your calendar for 2:00 p.m. in the Private Dining Room adjacent to the Shepherd Cafeteria every third Wednesday of the month. Diane Baggett is our new leader. Come share and care with other PPSers.

MEMBERSHIPS IN APPA

TO:	APPA	Individual	Family	Corporate	Individual Lifetime	Other
	P. O. Box 250566	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Atlanta, GA 30325	\$20	\$40	\$75	\$400	_____

Name

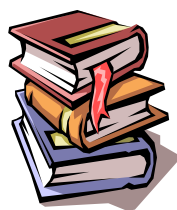
Telephone Number

Address

City State ZIP Code (9 digits please)

Email Address

- ☐ Enclosed is my tax deductible annual membership contribution.
- ☐ I've already contributed for this year, please change my address as shown above.
- ☐ I cannot contribute at this time, but wish to continue to receive the APPA Newsletter.



APPA LIBRARY

APPA's Library is housed in the Noble Learning Resource Center on the first floor of the main building at Shepherd Center. Library hours are Mon-Fri. from 9:30 a.m. to 4:00 p.m. and Sat. from 11:00 a.m. to 3:00 p.m. Board member Irvin Massey is APPA's official librarian.

For your convenience, Irvin brings a small selection of books to each Saturday meeting for you to check out.



he world's largest MedTrade Show is heading to Atlanta.

Don't miss this opportunity to see every imaginable kind of rehabilitation equipment on the market.

Slated for October 9 – 11, 2003 at the Georgia World Congress Center, 285 Andrew Young International Boulevard, Atlanta, GA.

Continuum of Care starts October 8 with the exposition and conference beginning October 9. The exhibit hall opens at 10:00 a.m. on October 9 and runs through 4:00 p.m. October 11.

Early registration for the exposition-only is free by registering at

medtrade@showregistration.com

Moving?

Since the post office will not forward the newsletter, please let us know of your new address (including all nine digits of your ZIP code) so that we can continue to send you the newsletter. Send address changes to APPA at the address shown below.

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www.atlantapostpolio.org

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