❖ APPA News ❖

The Newsletter of the Atlanta Post-Polio Association

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APPA News is published quarterly by the Atlanta Post-Polio Association. Please address all correspondence to:

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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.

Statement of Policy

Articles for next issue of APPA News are due to the editor by July 31, 2002. E-mail
editor.APPANews@mindspring.com.

President's Message

"Never say never," the old saying goes. I never thought I would be president of APPA again. Bonnie's resignation was indeed a shock to all of us. After several discussions with her, it became apparent that she really needed to reduce her workload. She is a good role model for all of us by taking care of herself and cutting back on her many responsibilities and volunteer activities. With reluctance, but with a great sense of commitment and excitement, I once again, accept the role of president of APPA.

As most of you know, I was president of this organization during its formative years and I have received many kudos and accolades for having been one of its founding members. The truth is that it was a self-serving effort. I needed a support group as much as the people it came to serve. I love APPA. I love volunteering time to APPA. I love the many people I have met and close friends I have made in APPA. I have never met a person who had polio that I didn't like. And that is an honest statement. There always seems to be an immediate sense of understanding and appreciation for our mutual past experiences.

We do each share a unique past. And, I wonder if we realize how much our disability group has shaped this nation's disability movement, its laws and its attitude toward disability. We have had an enormous influence on how people with disabilities are perceived. Although, if given the option, we might not have chosen to be a part of it, people who had polio can be proud of their accomplishments. Many of the writers of the ADA were polio survivors. The man who almost single-handedly wrote the architectural requirements for the ADAAG, Ron Mace, was a polio survivor and wheelchair user. The man who envisioned and started the independent living movement, Ed Roberts, was a polio survivor, ventilator and wheelchair user. The list of truly great contributors goes on and on. We can be proud, very proud.

It is with deepest respect and admiration for each of you that I will take over the leadership of APPA. I salute Bonnie for her great leadership style, the many hours she has given to this organization and her help in making this change in leadership a smooth one. Please take time to read her message elsewhere in this newsletter and make it a point to thank her personally for all that she has done.

Linda Priest

The Polio Letters

By Marsha Griffin

Shown in the picture is Marsha Griffin with her husband, Rob, and son Lee. Marsha has been an APPA member since 1987. In 1993 she moved with her family from Atlanta to Dallas, Texas. She still returns to Atlanta regularly to see Dr. Leslie at the Shepherd Center. Recently she came upon a trove of letters written by her mother and father beginning in 1948 when Marsha became ill with polio. Marsha has transcribed these letters and inserted some commentary and notes of her own. She offered them to APPA and they give such a touching view of life in a polio-stricken family that we are presenting them here. We thank Marsha for sharing this with us.

NOTE: We have excerpted several of Marsha's letters and present them here for your information and enjoyment. The complete set can be found on our website at: *http://www.atlantapostpolio.org*

These letters were written by my mother and father, Lena and Jim, to my mother's brother Joe, and his wife, Elizabeth. My uncle saved them and they were given to me after he died recently. I, Marsha, was born May 5, 1945 in Charlotte, N.C. Dale is my sister, who is three years older than I. Excerpts - A Foreshadowing Letter:

June 20, 1948

Dear Joe and Elizabeth,

...Had I told you the Alexanders [*My father's parents]* have decided to sell the florist business! Jim and Marsha made a quick trip to Ky. about which you most likely have heard by now. They got on fine. That is the first time Marsha and I had been separated since our original hospital days together. I was asked to take the Beginners at vacation Bible school for two weeks. The second week got called off when the public got alarmed over polio. The papers later stated the number of cases were not average for our county. The first week almost sapped my strength having between thirty five and forty, even though the help was good.

...We are going on our beach vacation July tenth...

Love, Lena

July 9, 1948 - Marsha is taken to the hospital and diagnosed with polio.

Note from Marsha September, 2002 - my mother told me that the day before I became sick, we had walked to a shoe store, probably about 4 blocks from our house. I cried when shoes were tried on me, saying my feet hurt. The next morning when I woke up, I couldn't walk.

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July 20, 1948

Dear Joe and Elizabeth,

In talking with the Doctors Monday about Marsha, we have finally gotten some definite information. The Doctors are positive that there will not be any further involvement of the muscles than when we first took Marsha to the hospital on Monday a week ago. They stated that this was not ever a consideration.

In our discussion it was brought out that Marsha would be kept at Memorial until the twenty-first day after she was first taken sick. This will be until Friday, July 20th. At that time it will then be determined what further treatment will be necessary and where it can be obtained. At this time she is receiving hot packs and seems to be responding most favorably to these.

Her general health is excellent, her appetite good, and her color has returned. She has had no fever since we left her at the hospital.

We are told by both the nurses and doctors with whom we talk every day that she seems happy being away from home, and from some of the little things they tell us we can feel she is, but you can be sure we three miss her very, very much.

The doctors say that only time will tell as to the final disability if any. There has been some damage to the nerve cells supplying the legs, but as to whether these will be repaired, only time alone can tell. We are hopeful for a complete recovery as we understand her age is greatly in her favor. We are truly thankful she could have such good care and that things were no longer in duration than it has been.

When we have more definite news we will issue another NEWS LETTER.

Much love, Lena and Jim

August 1, 1948

Friday afternoon we had a short conference with Dr. Jacobs, the orthopedist, who is now our chief medical adviser. He will supervise and prescribe all future treatment necessary for Marsha. He has had fourteen years experience in this field. Although still a young man, he is considered one of the outstanding men in this profession. We find he is one of those doctors who believes in stating the actual facts as they are. The facts he gave us were drawn from similar cases he has seen and treated during the past fourteen years. He tells us no two cases react or respond to treatment in the same way. Here are the facts as he has given them to us.

Marsha does have some destroyed nerve cells. These can never be repaired or replaced. The extent of these destroyed cells is as yet undetermined. From her present condition it seems to be localized to only those affecting her left leg. Her abdominal muscles are weakened. He intends placing a rubber girdle any day now to assist in strengthening those muscles. We are told her internal organs are not affected.

He stated she would require possibly six weeks treatment in the convalescent center, depending of course upon her response to the treatment. She will use braces for support when we bring her home. We will take her back for treatment possibly once a week. We of course will be carrying on the prescribed massage and exercise at home for her. Should any surgery be found advisable to help correct any disability, this would not be considered for from two to three years.

At present she is comfortable. In fact she acts quite coy with the nurses and doctors. Dr. Jacobs says she often pretends to be fast asleep when they enter her room.

Dr. Jacobs expects her leg to be normal in length, but says there is a probability the circumference of the leg muscles would be smaller. He says there are ways of restraining the other leg's development so the difference would not appear so great. He did state there was a 30% chance that her appearance would be perfectly normal (no physical defects).

These are the bold facts we must face. Many things can happen to make them turn for the better. None of us need waste sad moments over the unfortunate event in Marsha's life. She has been blessed with a happy optimistic outlook, finding pleasures daily in the little things that really count. With our minds in the same frame of thought, we can help her to get the most that can be had of worldly pleasure.

Love, Lena and Jim

August 3, 1948

Dear Joe,

Another year—another birthday! Sketching back on the past shows there has to be joys and sorrows too.

(Continued on page 5)

thoughts

A potpourri by Myrna Whittington

Today I am pondering, what to write, what to write, having just gotten off line with my PPS group, discussing how to deal with everyday life without losing more function and muscles. We just about all agreed that toilets need cleaning (swish), wash needs doing (slurp), some things can get hectic at times and it is beyond our control. And life needs to be dealt with, muscles or no.

Hummm, I think I'll make a list of the uncontrollable things just these past few days, for the fun of it.

1. Cat fell off counter, many calls for hubby to get off work a bit early to race to vet. (I don't drive, folks)
2. Have wonderful massage scheduled for pain. Moved chest of drawers, forgot to ask hubby last night with commotion with cat, pulled stomach muscle again.
3. Phone call, massage therapist has car trouble, must cancel. Had raced around to get house and self ready.
4. Insurance guy shows up at door to do survey of our property, a new thing in the State this year. Me—out in driveway in bathrobe (for massage) double checking his credentials and not liking this new deal very much. I knew that gumball tree by the house would someday raise our insurance rates. Darn.
5. Babying cat—he is in pain. Babying stomach in pain too.
6. Must call for appointment to get photo ID for Para-Transit pickup after much stress getting this done. Can't get to doctors about stomach, ‘til I go to get photo ID, Hummm, pain must wait, is this nuts or what?
7. Lo and behold friend came to visit, boy I was glad I was not on the massage table, in all my glory!!
8. Dog scheduled to get hair cut and bath—friend comes to home. This I can not handle without help (he is a mess).
9. Oh yes, forgot this, another friend dropped off a big carton of baby plants on the porch, that she said needed to be planted. And me having trouble bending down to get foot in un-mentionables.
10. Daughter calling from Omaha, kind of freaking out with a problem.

Guess what! I am retiring to bed with a great mystery book and a LARGE bag of Fritos. Never mind the toilet and dust. And the thighs!!

YOGA FOR APPA

We have had a great turn out for APPA’s Yoga Classes. None of us is levitating above the floor yet, but we are well on our way. Seriously, it has been a good experience for all of us. The stress reduction exercises and stretching have been enthusiastically received. Heather is superb at adapting Yoga positions for each of us. She seems to enjoy the challenge of working with a mixed group of disabilities. Some of us are in wheelchairs, some of us use crutches or canes and there are even some walkers in the class. Spouses of PPSers are welcome to attend. Unfortunately, we will have to discontinue classes until the fall because the Callaway Room at Shepherd is booked solid for the summer months. Mark September 3 on your calendar. We will resume classes on that date at 1:30 PM. Consider joining us to see for yourselves how creative Heather can be at adapting this ancient art.

The Polio Letters

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Just seems such goings on mellow us for real living we do each day.

Speaking from a married couple with children to a married couple without, when that time in your life comes when there are more dollars to divide around and we can see the pleasures we get from those little ones mean more than our own selfish needs and pleasures, then the time is right.

From the experiences of our own parents as well as what has happened in our life at present, things are not a “Blue Heaven” always.

It’s a wonderful thing when you have a reserve within you built up to meet such times.

When Jim and I felt such turmoil within when we saw here at home how sick Marsha was we felt in some way God was displeased with us. We ask if it was his will we would do all in our power to see that her life on this earth would be worthy of his leaving her with us. The thing we felt was our greatest wrong was strong drink. We vowed we’d never have another whether He took our Marsha or left her with us. You know how both of us enjoyed its taste as well as its effects. Somehow that craving for a tasty drink was taken away. We both felt better and Jim says he knows he thinks clearer. That is a thing I think everybody has to settle in their own mind. As far as damaging our physical health we didn’t feel as we were over doing. Our top reason was how are you going to influence your fellow man who might not be as strong as you are about resisting it. This doesn’t mean we’d object to anyone having a drink in our home. Since we had enjoyed such goings on together just wanted to let you in on one of our inner secrets.

In sending your birthday gift it’s plain to see we had Elizabeth in mind too. When you do get that place of your own it will mean so much. You’ll just have to put up with the Davenports cluttering it up with things they think should be in it.

You have been so fortunate in having such pleasant living conditions. So seldom two families can get along as well as you two have done.

The deep freeze sounds elegant. That garden must be urging you on.

Many happy returns!

Love, Lena

A TRIBUTE

At the April meeting our president, Bonnie Bonham, announced that she was "resigning" from the Board and the presidency, basically because she is overworking her already weakened polio afflicted muscles.

"Resignation" really isn't the right term. Let's call it Bonnie's "retirement" after many years of serving all of us, and serving us beautifully. No one has given more of her time, talents, expertise, heart and soul to APPA that Bonnie Bonham—strongly assisted and supported for many of those years by another very special human being, Bonnie's late husband, George.

I was also privileged to serve as your APPA president, doing so for three fulfilling years. I know that to do the job well--and Bonnie has done so beyond "well"—does require a significant amount of time and energy. And...Bonnie has been serving her second tour of duty as our president. So Bonnie's retirement is well earned and well deserved.

Bonnie—we will miss your leadership, but I also know we will enjoy the fruits of your contributions and leadership for years to come. No one is more dedicated to APPA than Bonnie, and the list of concrete contributions from her to and for all of us is endless!

We know you are not going anywhere, and will continue as a very active APPA member, but are just stepping down from the Board. So, "my fellow polios," as FDR referred to us...drop Bonnie an email or tell her personally at the next meeting how much her efforts are/have been appreciated. APPA would not be the strong and growing support group we are today without her efforts over many years. Thanks for everything, Bonnie. It has been my honor to serve with you on the Board and to call you my friend.

Dick Weir

HONORARIUMS

Honorees are listed first in bold print followed by names of those making gifts in their honor.

ALAN MITCHELL
Sylvia Gray

A Letter from Bonnie

Back in the 1970s when George and I were newly married, starting a family and a business, I first heard about this thing called post-polio syndrome. I met another polio survivor who was a pilot. He apparently was on a mailing list for the Rehabilitation Gazette and he shared with me new findings about people experiencing late effects of polio. I remember tossing away the information and thinking, “That will never be about me.”

In the 1980s I began to experience new weakness and fatigue and started using a scooter. However, I still wasn’t ready to recognize that this was a pattern or that I belonged to a “group.” Belonging to a “group” meant acknowledging that I was disabled—that I was different. I guess I still wasn’t ready to do that.

It wasn’t until the 1990s when my family moved from California to Atlanta that I learned the value of a group. It was while researching to find accessible temporary transportation in and around Atlanta that I heard about an organization called Atlanta Post-Polio Association. While I never did find the transportation that I needed in those pre-ADA days, I did discover when and where the APPA organization met and after the move was complete, George and I attended our first APPA meeting at Emory. I was delighted to find a group of animated, motivated, happy people—people who shared with me a history of living with the effects of polio. There was immediate camaraderie; I felt I belonged.

Within just a few months of initiation into this organization, I was asked to serve on the board of directors as secretary. I happily accepted and thus began a very long reign as a member of this auspicious governing body. I’ve served on the board since 1991, except for a year off between terms in 1998. At various times, I’ve served as secretary, program director, social director, newsletter editor and president. I’ve loved it all.

APPA to me means friendship. My very best and finest friends belong to this group called APPA. You are my friends because you are first and foremost—wonderful people. Together, we are helpful to each other. We share common conditions and goals. We boost each other in times of sorrow and chastise each other when we forget the polio adage, *conserve to preserve*. APPA is for me the epitome of support system.

It has been my privilege and my joy to serve as your president. I know that to serve another, whether it be an individual or an organization, is a gift that we give of ourselves. But in serving APPA, I have received back much more than I have given: caring, support, faithful friends, service and love. And for all of these experiences, I am grateful. However, my time to serve has come to an end. I have rendered my resignation to the board of directors and passed the presidential gavel on to Linda Priest, who I know will serve you admirably. APPA has taught me well: lessons like learning to say no, setting priorities and conserving energy. Circumstances in my life have changed and it became imperative to let some things go. I’m afraid continuing to serve on the board and as your president was one of the things that I had to let go. APPA, however, will continue to be my support organization and my circle of friends. I will see you regularly, but for now, from the back row instead of at the podium.

Thank you all for your generous and wonderful support over the years.

Bonnie Bonham

For the Directory

New Members:

Jan McCannon
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Acworth, GA 30101
770-423-4466

Lyndall Wolf
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For the Directory

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APPA MEETINGS

June 1: *Rap Session* facilitated by Curtis Rogers, Rehabilitation Counselor, Shepherd Center

July 13*: *New Options for PWDs: Work Incentive Improvement Act.* Speaker: Sally Atwell, Director of Benefits Navigator Project, Shepherd Center

***NOTE: 2nd Saturday of month**

Aug 3: *Coping with a Life-Long Disability.* Speaker: Dr. Dean Ericson, Clinical/Neuro Psychologist, Shepherd Center

Sep 7: *Gismos and Gadgets.* Speakers: Panel of APPA Members

Oct 5: Annual business meeting

Nov 2: One-day Mini Conference featuring Dr. Lauro Halstead. See article on page 8

Dec 7: Annual Holiday Party (tentatively scheduled)

"As we grow older everything seems to wear out, fall out or spread out."
Unknown

"Memory is the thing you forget with"
Unknown

"The only thing wrong with being retired is that you never get a day off."
Bill Heider, retiree

GTRADE

*WELCOME to **gTRADE**, a Tools For Life project in Georgia funded under the Technology-Related Assistance for Individuals with Disabilities Act of 1988 (Tech Act), as amended. **gTRADE** is designed to make assistive technology (AT) devices and services more available and accessible to ALL Georgians with disabilities. This equipment exchange collaboration between individuals and families with disabilities and the Tools For Life project encourages members to offer assistive technology devices and information for sale or purchase to others who may benefit from using technology unneeded or discarded by others. **gTRADE** which functions like a classified advertisement in your local newspaper is discussed in more detail under General Information.*

www.gtradeonline.org

What'll yu have?

For those of us in the Atlanta area, the call of the Varsity car hops is a familiar and comfortable refrain letting us know we can "have it our way." Well, we want to do the same for our readers. For those of you who have been reading the APPA News over the years, what would you change about our format and coverage to make the newsletter more valuable and useful to you?

For example, we constantly receive newsletters from other groups that contain valuable and interesting articles. Should we reprint those here for you? Or should we continue to try to create new information.

We try to put as much text in the newsletter as we can. Should we try to include more graphics and white space to make it easier to read.

Please let us know how we can improve the newsletter to meet your needs.

Please email the editor at:

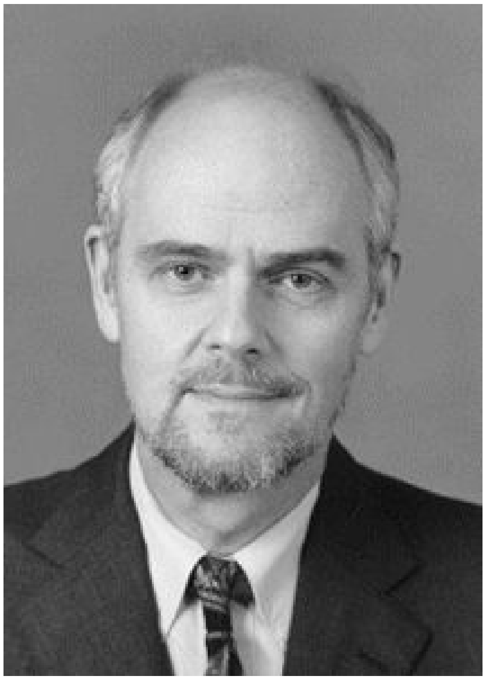
editor.APPANews@mindspring.com

Dr. Lauro Halstead Speaking in November

By Linda Priest

Internationally recognized authority on the late effects of polio, Dr. Lauro Halstead, has accepted an invitation to speak at our November Mini-Conference. As in years past, our November meeting will be an extended session with lunch provided. Dr. Halstead's planned presentation is entitled "PPS—Into the 21st Century." Mark your calendar because this promises to be our most outstanding meeting of the year.

For those of you who may not have been with APPA long enough to know, Dr. Halstead was one of the main forces behind the original effort to establish PPS as a new health problem recognized by the medical community. As a young doctor in 1983 he approached the Georgia Warm Springs Foundation requesting a grant to sponsor a research symposium on the late effects of poliomyelitis. Thus, the early polio symposiums held in Warm Springs were launched. He, along with Dr. David Wiechers, organized the first symposium and attracted important clinicians and researchers such as Dr. Frederick Maynard, Donald Rossi, Dr. David Bodian, Dr. Marinos Dalakas, Dr. Armin Fischer, Dr. Jacqueline Perry, and others. Their mission was to identify this new health problem, to clarify how widespread it was, to discuss the most likely causes, to establish the best forms of management and to identify major research questions. The first symposium was such a success that James Roosevelt, son of FDR, rose at the end and announced his commitment to finance and host a second symposium on the late effects of polio within the next 18 to 24 months.



Dr. Lauro Halstead

At this same time, the Atlanta Post-Polio Association was a young, fledgling (less than one year old) organization. We had few resources but we did have the good fortune of being located in Atlanta where all of these distinguished doctors had to land to reach their destination in Warm Springs. We approached some of them who agreed to change their schedules to arrive a day early and speak to our group. APPA's first conference was a huge success. We had available to us all of these great doctors, who became the pioneers of the post-polio movement. Most of them, including Dr. Halstead, spoke at our conference without charge. Although our organization was less than a year old, we were among the most well informed polio survivors in the country.

From these early Warm Springs meetings, a task force was developed to diagnose and treat PPS. Dr. Halstead was truly one of the first to recognize the syndrome. And, interestingly enough, he recognized it because he was experiencing PPS on a personal level. Dr. Halstead contracted polio after completing his first year of college, when he was 18 years old. After six months of rehabilitation, which included time in an iron lung, he felt that he had completely recovered from the dread disease. He went on to lead a vigorous life that included strenuous activities like playing tennis and squash. Three years after the onset of polio he celebrated life by climbing Mt. Fuji in Japan. But, some thirty years after onset of the original illness, he began to experience unexplained fatigue and weakness in both his affected and unaffected limbs. Thus, was born his quest to understand what was happening to him and to the thousands of other survivors of the epidemics that swept

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this country during the first half of the century.

Dr. Halstead is at the National Rehabilitation Hospital in Washington, D.C., where he is Director of the Post-Polio Program and former Director of the Spinal Cord Injury Program. In addition, he is Clinical Professor of Medicine at Georgetown University School of Medicine. He has worked in the field of Rehabilitation Medicine for more than thirty years as a clinician and researcher. He is internationally known for his work in identifying and defining the late effects of polio among health care professionals and polio survivors. He has written or edited six books and published more than one hundred articles and chapters in the areas of spinal cord injury, post-polio syndrome, team care and rehabilitation philosophy.

Come hear the personal account of Dr. Halstead's struggle with PPS, how he copes with it on a daily basis, how he treats his patients, and his new research initiative. Watch for brochures which will be available soon.

FREEDOM FEST
Hilton Head, South Carolina

EVENT HOST: ACCESS RESORTS, FOUNDED IN 1997 ON HILTON HEAD ISLAND, SOUTH CAROLINA, WORKS TO FACILITATE THE INCLUSION OF PEOPLE WITH DISABILITIES IN ALL ASPECTS OF AMERICAN LIFE, FROM JOBS TO RECREATION. ACCESS RESORTS IS CURRENTLY TRYING TO MAKE HILTON HEAD THE ONLY RESORT ON THE EAST COAST TO FEATURE POWER VEHICLES FOR THOSE WHO CANNOT NAVIGATE SAND. WE ARE AWAITING INSTALLATION OF ENVIROMENTALLY-FRIENDLY BEACH PATHS MADE FROM A SPECIAL MATTING MATERIAL. IN THE COMING YEARS, ACCESS RESORTS HOPES TO RAISE ENOUGH MONEY TO BECOME LISTED AS A CENTER FOR INDEPENDENT LIVING.

DATE: JUNE 12-14, 2002 FROM 10 A.M. TO 8 P.M. EACH DAY
WHERE: A NUMBER OF VENUES ACROSS HILTON HEAD , SC.
WHAT: A FUNDRAISER AND CELEBRATION FEATURING MUSIC, FOOD, CONTESTS, AUCTIONS, WHEELCHAIR TENNIS DEMONSTRATIONS, A FASHION SHOW, ASSISTIVE TECHNOLOGY EXPOS, TESTING OF BEACH ACCESS EQUIPMENT, AND A SERIES OF PANEL DISCUSSIONS ON AMERICAN FREEDOM AND VALUES. THERE WILL BE A $15 DONATION REQUEST FOR ADMISSION TO ALL EVENTS.
CONTACT: FOR MORE INFORMATION ON EVENTS, HOTEL RESERVATIONS, OR DONATIONS, PLEASE CALL CHANNING HEISS AT [843] 689-9799.

ADMINISTRATION ANNOUNCES STEPS TO PROMOTE COMMUNITY LIVING FOR PEOPLE WITH DISABILITIES

HHS Secretary Tommy G. Thompson today presented President Bush with reports from nine federal agencies outlining more than 400 specific solutions that the agencies can implement to support community living for the nearly 54 million Americans living with disabilities. The reports stem from the first comprehensive federal review of barriers preventing people with disabilities from living in their communities instead of in institutions.

Secretary Thompson also announced that the department will provide another $55 million to the "Systems Change Grants for Community Living" program to enable states to improve their community long-term care systems for people with disabilities and long-term illnesses.

"These reports represent the first time that so many federal agencies have worked together to create a comprehensive blueprint toward achieving community living for people with disabilities," said Secretary Thompson. "It's been a remarkable effort that truly demonstrates this administration's commitment to providing people with disabilities with the tools they need to participate fully in community life."

President Bush called for the federal review last June as part of his New Freedom Initiative, aimed at helping people with disabilities live in the community instead of in institutional facili-

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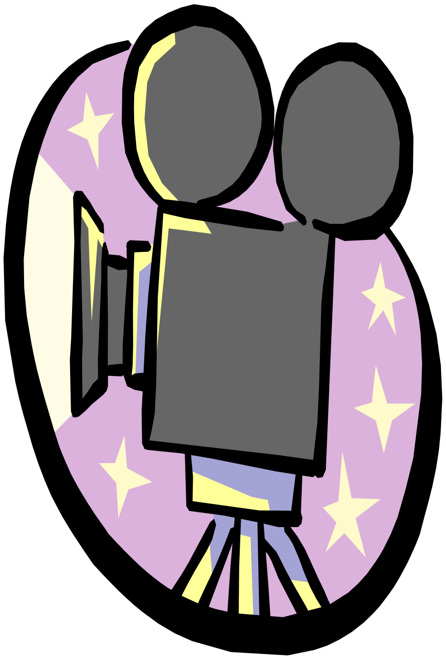
Access Ability

By Linda Priest

Lawsuits surrounding issues of "stadium seating" in movie theatres are a hot topic. The ADA requires that wheelchair users be provided lines of sight within the range of viewing angles offered to most of the patrons of a cinema and that wheelchair seating be integrated into the elevated, stadium-portion of the theatre. Any wheelchair user who has been forced to sit in the front of these new stadium-type movie theatres, knows how uncomfortable it is to look up at the screen at a sharp angle. The view results in a blurry or distorted image and the angle can cause severe discomfort in the neck. In a recent case against **Regal Cinemas**, the Ninth Circuit Court of Appeals upheld these requirements. **This is news that you can use!**



The **New York-New York Hotel and Casino** in Las Vegas recently underwent a compliance review and entered into a wide ranging agreement with the Department of Justice to provide accessibility throughout its facility. Under the agreement the hotel and casino will be fully accessible in all respects, including accessible bathroom doors in all of its 2,023 guest rooms. New York-New York also agreed to provide 84 accessible guestrooms and suites; accessible penthouse suites, in-suite accessible Jacuzzi tubs; lifts into the outdoor swimming pool and Jacuzzi; accessible hydrotherapy tub for women and an accessible Jacuzzi for men in the spa; accessible restaurant seating and Braille menus; accessible gaming tables and slot machines; and an accessible roller coaster. This agreement leaves no doubt in the minds of hotel owners about how the Department of Justice feels about enforcing access to their establishments. **This is news that you can use!**

ADMINISTRATION ANNOUNCES STEPS TO PROMOTE COMMUNITY LIVING FOR PEOPLE WITH DISABILITIES

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ties. The President asked Secretary Thompson to lead the government-wide effort.

The reports look at barriers to community living in areas such as: health care structuring and financing; the shortage of accessible, affordable housing; problems attracting and retaining dedicated personal assistance workers; the shortage of support, including respite services, for caregivers and family members; the need for available, accessible transportation options; multiple barriers to employment; barriers to transitioning from school to post-secondary education; and limited access to technology such as assistive devices.

The new "Systems Change Grants for Community Living" funding announced today by Secretary Thompson builds on the goals in the New Freedom Initiative for increasing community integration for people with disabilities. HHS awarded nearly $70 million for this program in fiscal year 2001. The $55 million in new funding will enable the department to offer additional grants to help states improve their community-based services. The program includes the following.

- Real Choice Systems grants: $36 million to help states design and implement enduring improvements in community long-term support systems to enable people with disabilities or long-term illnesses to live and participate in community life.
- Community-integrated Personal Assistance Services and Supports grants: $6 million to support states' efforts to improve personal assistance services that are consumer-directed.
- Nursing Facility Transition grants: $9 million to help states transition eligible individuals from nursing facilities to the community.
- National Technical Assistance Exchange for Community Living grants: $4 million to provide technical assistance, training, and information to states, consumers, families, and other agencies and organizations.

Board Recommends Increase

After reviewing all of the budgeted expenditures and probable sources of income for this year, it was apparent that APPA would fall far short of a balanced budget. Even after reducing expenses to the bare bones, eliminating the directory for this year and stopping the mailed post card reminders of upcoming APPA events, the Board was faced with dipping into reserves in order to balance the budget.

It was with great reluctance that the Board, after lengthy and lively discussion, agreed to increase the recommended annual contribution amounts as shown below. This is the first increase in the recommended contribution in the last five years. Even though costs such as postage, printing, paper, supplies and other necessary items increased over the past half-decade, the Board was able to manage the increases and still balance the budget. Also, during the past 5 years the membership numbers in APPA have declined, partly because of deaths and members moving to other parts of the country, but also, thankfully, because there are no young post-polio persons coming along to take our place.

The Board is investigating funding from foundations and other sources in an attempt to retain the relatively low cost of an annual recommended contribution.

MEMBERSHIPS IN APPA

TO:
APPA
P. O. Box 250566
Atlanta, GA 30325

Individual	Family	Corporate	Individual Lifetime	Other
☐	☐	☐	☐	☐
$20	$40	$75	$200	_____

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.

Very Special Arts

A benefit of APPA membership is the opportunity to attend art and entertainment events 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!

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.

Post-Polio Peer Support Group meets third Wednesdays from 2:00 to 3:00 p.m. in Callaway II Conference Room of Shepherd Center. **Cher Mills** of Shepherd Center is the facilitator. Participation offers opportunity to share concerns with each other.

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.

We're on the web!
www.atlantapostpolio.org

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