APPA News

Atlanta Post-Polio Association

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POST-POLIO HEALTH INTERNATIONAL

Post-Polio Health International
Including International Ventilator Users Network

December 3, 2008

FOR IMMEDIATE RELEASE

Contact: Joan L. Headley 3145340475

Polio Survivors to Gather at Roosevelt Warm Springs in 2009

Saint Louis, Missouri Even as the world nears global eradication of polio, millions of people, including hundreds of thousands of Americans, continue to live with the effects of polio. Survivors around the world strive to maintain and enhance their abilities to live independently as they face the challenges of aging and polio.

Now hundreds of polio survivors are preparing to gather at the Georgia Department of Labor's Roosevelt Warm Springs Institute for Rehabilitation (RWSIR) in Warm Springs, Ga., to focus on ``Living with Polio in the 21 st Century.''

Organized by PostPolio Health International (PHI), based in St. Louis, Missouri, this 10 th international conference from April 23-25, 2009, will be hosted by RWSIR, the comprehensive rehabilitation center founded by Franklin Delano Roosevelt as a polio treatment center in 1927.

``By meeting at this historic location, we are able to add a whole new dimension to the dialogue,'' said Joan Headley, executive director of PHI. ``The program offers a wide range of sessions for survivors and their families and health professionals. Attendees will participate in serious discussions -- and fun. It will be an experience of a lifetime.''

The program is designed to bring polio survivors and health professionals together to share ideas and learn new techniques for living well with physical disabilities. More than 40 indepth sessions will offer participants ``tools'' for maximizing living with the effects of polio as they age. Topics cover health issues specifically related to postpolio, as well as more general wellness and recreational issues.

Continued on next page...

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Sessions such as ``Complementary and Alternative Medicine: What You Don't Know Can Hurt You,'' ``Housing Options: What's Out There,'' and ``Making the Tough Decisions: Palliative Care and EndofLife Decisions,'' as well as ``Benefits and Techniques of Aquatic Therapy,'' ``Using Assistive Technology for Personal Independence,'' and ``Warm Springs During the Epidemic Years: Not the Usual Story'' should appeal to both polio survivors and health professionals.

The conference will also offer the opportunity to visit FDR's Little White House and Historic Pools, as well as tours of Roosevelt Warm Springs, a National Historic Landmark District, and home to the Smithsonian Exhibition ``Whatever Happened to Polio?'' and the Polio Hall of Fame.

David M. Oshinsky, Pulitzer Prizewinning historian for Polio: An American Story, will headline an impressive array of experts and leaders in the worlds of disability, polio and health who will lead sessions and make presentations at the conference. Other speakers include: John Fitzsimmons of the Centers for Disease Control and Prevention, Edith Powell of Tuskegee University, David Rose of the March of Dimes, Frans Nollet of the University of Amsterdam, Fernando TorresGil of the University of California at Los Angeles, Lauro S. Halstead of the National Rehabilitation Hospital, and David Holland of the PostPolio Awareness and Support Society of British Columbia. In all, more than 50 presenters will take part.

``We are very excited to be hosting such a prestigious lineup of speakers,'' stated Roosevelt Warm Springs Executive Director Greg Schmieg. ``Warm Springs was synonymous with polio treatment for much of the 20 th Century and I'm confident FDR's famous ``spirit of Warm Springs'' will be very much in evidence when survivors from all over the country gather on our campus next April.''

Polio survivors and health professionals who deal with those affected by polio are encouraged to attend the conference. More information is available at www.post-polio.org and www.rooseveltrehab.org. Those without access to the internet who want to receive registration materials should call PHI at 3145340475.
PostPolio Health International is a nonprofit organization based in St. Louis that serves as international resource for health professionals and both polio survivors and users of home mechanical ventilation.

PostPolio Health International
Including International Ventilator Users Network
4207 Lindell Blvd, #110
St. Louis, MO 63108
3145340475 ph 3145345070 fax www.post-polio.org

Editors note:
Conference dates are April 23-25, 2009. Pre-registration of $120 ends March 21, 2009.
Wellness Retreat dates are April 19-23, 2009. $50 is due by January 1, 2009 to hold a space with the balance of $300 due by February 1, 2009. The pre-conference retreat is being offered to the first 50 people who register, so don't delay getting your deposit mailed.
Check out www.post-polio.org for additional information and registration materials.

Message From The President

Season's Greetings

Our year is drawing to a close. We are happy to be meeting back at the Shepherd Center on a regular basis. The new facilities are beautiful.

We have had some very interesting programs this year, under the direction of our First Vice President, Cheryl Hollis. The programs for 2008 included guest speaker, Dr. Cathy Harper-Hogan from Warm Springs; a tour of "The End of Polio" Photography Exhibition at Centers for Disease Control and Prevention in Atlanta; guest speaker Bobbie Dees, Physical Therapist and Feldenkrais Practitioner; a bingo party; a rap session on members needs in dealing with Post-Polio; a session on alternative therapies and supplements; a program on stretching and exercise; summer reading book reviews; a meeting on the psychological impact of chronic disability; and the annual business meeting in November. We were treated to a wonderful lunch in May, compliments of Marie and George Moore. Our final meeting for 2008 was our holiday party and dinner on December 6 at Petite Auberge.

The business meeting in November was well attended. New board members were elected and each committee chairperson presented reports. Robert Abney, Lynda Dillman, and Cathy McIntire were elected to the board, and Linda Priest was reelected to serve a second term. We look forward to a wonderful working board for 2009.

We have two board members who will not be returning to the board in 2009. They are Barbara Reynolds and Cindy Morgan. I would like to express my appreciation to both of these ladies for their service to **APPA**. I will be retiring from the board after twelve years of service. It has been my pleasure to serve you. Thanks to each of you for your support in 2008.

Sylvia Gray, **APPA President**

WE'RE STILL HERE!
October 12-18, 2008
www.post-polio.org

In Memoriam

In October **APPA** lost two wonderful members…Ellen Bernstein and Earl Haltiwanger. Ellen was a long time member of **APPA** dating back to its formative years. She will be sorely missed. Although Earl had more recently joined our ranks, his passing is no less mourned.
Neither of these great polio survivors will be forgotten.

HOW I LEARNED TO STOP WORRYING AND LOVE TECHNOLOGY

Daniel J. Wilson

I have now been struggling with the effects of post-polio syndrome for nearly twenty years. It first appeared as a weakness in my right leg, the one most affected by polio, in 1987. Over the ensuing two decades, the leg has gotten weaker and I began to have breathing problems at night. These physical problems have led to an increasing reliance on technology to help me breathe at night and to move around during the day. I have used a Bi-Pap machine at night since 2000 and since August 2006 I have used both a scooter outside my home and stair glides in the house.

Like some other polio survivors, I resisted getting the ventilator, the scooter, and the stair glides. I had not used any assistive devices since the early 1960s when I had two surgeries that necessitated using crutches for a couple of months. I was proud of my ability to get around on my own without assistance. I could never walk very far—no **Appa**lachian Trail or marching band for me—but I got around quite easily. I associated assistive devices with disability, and I didn't consider myself disabled. Inconvenienced at times, but not disabled. Using the technology of assistive devices was something I resisted. I wanted to do it my way, even if that was increasingly painful.

My first concession to the encroaching post-polio syndrome was to begin using a Bi-Pap ventilator at night in the fall of 2000. I had spent part of that summer at San Francisco State University studying disability and disability history with 25 other scholars, some of whom had disabilities of various types. I not only studied the way in which disability is constructed by society and the ways in which those with impairments are made to feel inferior, I also observed the ways in which my colleagues used their assistive devices to function effectively and easily. When I returned to Allentown I had a sleep study done, which revealed serious sleep apnea, which explained why I was waking up tired. I wasn't happy about the doctor's recommendation of a Bi-Pap, but decided to try it. Getting used to the mask was not easy. The first couple of nights I did not get through the whole night with the mask on. By the end of the first week, when I could make it through the entire night with the machine on, I began to notice a real difference. I was sleeping through the night, instead of getting up two or three times. And in the morning I was more wide awake and less tired. I have used it every night since, both here and in Europe, except when we have had a power outage. It goes with me when I travel and I rely on it to help me get a restful night's sleep.

In some ways the Bi-Pap was easy, in spite of the challenges of adjusting to the mask. No one had to know except my doctor, my wife, Carol, and our dog, Abbey—who thought it was a vacuum machine when I first turned it on and fled the room. Because I used it only at night, it was a hidden technology unless I revealed the secret. Fortunately, my wife, Carol, and my dog, Abbey, both adjusted to the noise of the machine.

My next device would be more public—using a walking stick when there was snow on the walks. As my leg weakened, it became problematic to walk on uneven pavement such as those covered by snow and ice. So, about five years ago I began using a walking stick in winter. It was a bright red walking stick I had purchased in the early 1990s in Zermat, Switzerland, so I could delude myself that I was getting ready to scale the Alps. At least it didn't look like I had purchased it at a medical supply store. For the last two years I have been using the stick whenever I have any distance to walk. It helped give me stability and prevented several falls. But I could tell from the increasing pain and decreasing distance that I was willing to walk that I needed to think about getting a scooter. In the summer of 2004 I purchased a Volvo station wagon that was capable of hauling a scooter, but I wasn't yet ready to get the scooter.

Finally, in the summer of 2006 I decided it was time to get serious about a scooter and stair glides, as I was deciding not to do too many things because of the pain it would cause. I checked with friends in the support group about reliable suppliers as well as with colleagues at the Lehigh Valley Center for Independent Living, where I serve on the Board of Directors. I was able to try out three different scooters to see what worked best for me and which fit in my station wagon. My wife and I also decided to put in two stair glides. We had considered moving and had looked at ranch houses, but the prices were high and we liked the house and neighborhood we lived in. In August both stair glides were installed so that I could easily get to the upstairs and to the basement (that way I could help with laundry). I also bought a scooter (a Pride Revo) and had a lift installed in the Volvo so I could get it in and out easily. I began using these new devices immediately.

I think my biggest anxiety about these new technologies was using the scooter. Again, the stair glides were relatively hidden unless you came to the house. But the scooter would be right out there in public—no possibility of hiding if it was going to be useful. I was apprehensive about using at Muhlenberg College where I teach, but I had a few weeks before classes started to get used to using it on campus. I need not have worried. My colleagues and the students, when they arrived on campus, have been very accepting. Some have been interested in the scooter itself, others have asked about the reasons I use it, but most have simply accepted it as part of the scenery. I decided to be very open about why I need it, so I don't really mind the questions. It has made it much easier, and much less painful to get around campus. I no longer have to think "do I really need to go to the library" or "do I really want to go to lunch in the union." I just get on the scooter and go. My only challenge has been the automatic door openers. I have become the unofficial tester of door openers. The maintenance staff is very good at fixing them, but they do seem to stop working all too frequently. Winter and snow pose another challenge, but the crews have traditionally done a good job on clearing the walks, so I am optimistic.

In addition to using the scooter at school, I have used it at Wegmans, Target, and the mall at King of Prussia. I took it to Valley Forge Park and the Allentown Art Museum. And I have been walking Abbey with the scooter. For several years our walks had been more of the "stroll and sniff" variety. She adjusted to the scooter very quickly and now enjoys longer and more vigorous walks.

As I got used to the new technologies and discovered that they were liberating in many ways, I began to think about why I, and perhaps others, so often resist using assistive technologies. After all, there are many other technologies I use without a second thought. I have worn glasses since second grade. This essay is written at the computer while listening to the radio.

Technologies all. We use technology to heat and cool our homes and to transport us. But we resist when the technologies can help us deal with the impairments of post-polio. In part, that is because so much of society still views scooters or wheelchairs as emblems of disability. But if we buy into those social attitudes about assistive devices, we are the ones who become disabled. We are the ones who choose not to go places because it is too tiring or too painful. We are the ones who miss out on things we enjoy if we don't adopt the available technologies.

So far, people at the college and elsewhere very accepting of the scooter. I have tried to project a positive approach to using it, treating it as just another piece of technology. Surely, if it is normal for many people to walk around the store talking on their cell phones (another piece of technology), it is normal for me—or you—to scooter through the same store. I know I waited too long to get both the scooter and the stair glides, in large part because I didn't want to admit that I needed them. Polio survivors, and others who need them, will be better off if we can think of assistive technologies as just another modern technology that help us live better and easier lives. Cell phones make for better and easier communication. Scooters and stair glides make for better and easier mobility. I am not sure I really love technology, and that includes computers, cell phones, and scooters, but I know that all three have made my life easier. We don't have to embrace technology, but at least let us use the technologies that improve our lives without fear or trepidation.

Internet Study-Health Promotion for Women Aging with Physical Disability:

The Baylor College of Medicine Center for Research on Women with Disabilities (CROWD) is testing an online self-help, interactive health promotion program called The "*Garden of Wellness*." This creative Internet program is designed to increase knowledge about exercise, nutrition, stress management, and the use of health care services; to improve health behaviors; and to reduce isolation and increase connectedness for women with functional impairments. The Principle Investigators are Drs Margaret A. Nosek and Susan Robinson-Whelen.

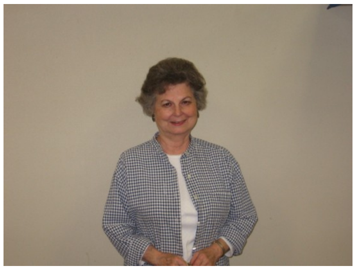
Eligibility is being a woman at least 45 years of age, have access to a computer with a high-speed Internet connection about 2-4 hours per week and who like learning using computers and have had a physical limitation, disability, chronic illness or health condition that limits activities for at least one year. Participants will be randomly assigned to two groups--an online intervention group for 8 weeks or a control group (that will not have access to the program until 6 months later). All participants will complete some surveys and receive payment for participation in either group.

Interested? Reply to **cathyc@bcm.edu** or call us at **713-523-0909**. CROWD staff will call them back to tell them more about the study and conduct a telephone interview to confirm their eligibility.

POST-POLIO HEALTH INTERNATIONAL

Post-Polio Health International
Including International Ventilator Users Network

Meet One of Our Newest Board Members



Fay McCaw
Treasurer

Fay McCaw - Polio July 1948

I grew up on a small tobacco farm in Lawsonville, N.C. When I was 13 I became sick with flu-like symptoms and the doctor who was 15 miles away was treating me for strep throat. Finally it was decided to send me to Winston-Salem (which was 30 miles away) for diagnosis. By the time the ambulance arrived with me I was unconscious and remained that way for three days. On the 3rd day when my folks came to visit they found my bed empty and stripped. They immediately thought I was dead until a nurse rushed up to say I had regained consciousness and was put in the isolation ward. By this time I was as stiff as a board, fingers curled and stiff. The hot pack wool blanket therapy began in earnest followed immediately with stretching of all parts of my body. When they realized how much my neck was affected, they told my folks I would never raise my head off a pillow as long as I lived. I did not accept that diagnosis. They finally taught me how to feed myself and how to sit up with what muscles I had left. I also had to learn to write again because my right arm muscles were very weak. The effects of polio had jumped from the left side of my neck, to the right arm, and finally to my left leg. I ended up with two very weak muscles in my leg. I was fitted with a lace-up long leg brace with a waist strap and high top lace-up black leather shoes. Not exactly a fashion statement for a 13-year-old girl. I was in isolation for a month in Winston-Salem and then sent to Forsyth Rehab Center for another month. Next I was sent to Charlotte Memorial, which was about 90 miles away. This caused my parents lots of grief, it was the busy time of year on the farm and they could only visit me on Sundays. They would milk the cows before daylight and drive 2 to 3 hours to see me and then drive home and milk the cows again in the dark. Once Daddy was approved for a new car (our very first one) the trip was much easier. The old truck he had before was slow and unreliable for the trip. Eventually, I was sent to Charlotte instead of Warm Springs because neither my folks nor I wanted to be separated by such a long distance.

I was allowed to go home for a wonderful week at Christmas. All the neighbors came to visit; they had several prayer meetings for me. In the beginning our house had a yellow quarantine sign on the front door and my little brother was not allowed to go anywhere for six weeks. Once I was home, Dad built a tall exercise table on which he continued to stretch my muscles. He heard about a chiropractor 15 miles away and they took me three times a week. He did help me. Up until that time I did not have enough muscle power in my knee to hold my weight. Afterwards, I could take my brace off in the evening and go to my bed without falling.

Before I married I worked for Western Electric at Point Mugu Naval Base in Oxnard, CA. At that time we were test firing the Nike Zeus Missiles over the Pacific. I met Dennis my husband-to-be at church soon after I arrived in CA, and we were married the next September. Before we were married I asked him to promise that early in our marriage he would spend two years in N.C. to get to know my family. Just after he finished his junior year at Berkley, he asked if I would like to move home and I jumped at the chance. It took us seven long hard days to travel across country due to lots of car trouble. We slept in the car every other night in order to save money. He landed a job with IBM soon after we arrived. We adopted our first child in Winston-Salem, had our little girl nine months later, and was pregnant with our second son when we were transferred to Vermont for two years. I have been very fortunate to be able to travel to many different countries. Rode a rickshaw in India, a camel in Egypt, saw the throngs of bicycles in China, and went to Israel twice. I can truly say the Lord has blessed me abundantly through the years. Of course there have been many ups and downs, at times much courage was required. Our oldest son died in our home in 1995 with AIDS, very difficult to watch, we still miss him terribly. My first symptoms with post polio began to occur in the 90's and I was glad to learn of a support group for polio survivors, probably thru C.H. Martin brace shop. In the 90's I helped Sally Luck update the cassette and book lending library. I have drifted in and out of the meetings. However, I have come to realize that I have more and more post polio symptoms and need to be connected with others who are walking the same road. **APPA** has been such a blessing to so many people thru the years.

Thank You to Our Angels

We would like to thank the following members for their recent contributions to **APPA.**

Virginia Malone, M.D.
Franklyn Brinkman

WE'RE STILL HERE!
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www.post-polio.org

Letters to APPA

Earl Haltiwanger was a rather new post polio patient and ***APPA*** *member. He found the APPA News very informative and helpful. We benefited from the one meeting we were able to attend and enjoyed the Christmas party.*

As you may have noted from the AJC obituaries on Sunday, Earl died of a cerebral hemorrhage on October the 11th.
Thank you for what you, personally, and ***APPA*** *offered him.*

Anne Haltiwanger

New Poliovirus Antiviral Compound

For those members of **APPA** that attended the "End of Polio" Photography Exhibition at the Center for Disease Control and Prevention, you are acquainted with the eradication initiative programs being currently conducted around the world. (See **APPA's** Web Site for February 21, 2008 report under Meeting Notes) The process consisted of two drops of the bad-tasting liquid form of the live polio virus being placed into the mouths of the recipients. In the US and most other nations where polio is controlled, however, inoculations of the dead virus are used for the prevention of poliovirus infections.

In June, a licensee of pharmaceutical company Schering-Plough (ViroDefense, Inc.) announced they will be conducting preclinical studies for the prevention and treatment of poliovirus infections. ViroDefense found in their laboratory studies that some of the Schering-Plough compounds showed promising polio-specific antiviral activity. They are referred to as "Capsid Inhibitors" for their particular antiviral mechanism.

These new compounds stop the poliovirus from replicating and destroying nerve cells. The mechanism of the leading compound, V-073 is:

These capsid inhibitors serve to inhibit the function of the poliovirus capsid, the outer protein coat of the virus, by integrating into the capsid at a specific site or pocket. This prevents virus "uncoating" (coming apart) and the subsequent release of the viral RNA from the capsid. This mechanism blocks the initiation of the viral infection cycle.

Unfortunately, application of the V-073 compound provides no benefits to polio survivors. However, for the rest of the world V-073 has the potential to stop polioviruses from infecting people in the third world nations where a constant exposure to the live virus still exists in their environments. It is wonderful thought that others may be better protected against this terrible disease from these research findings and that polio may yet be eradicated.

For more information on this matter go on to the following web site:
www.medicalnewstoday.com/articles/109804.php

Written by Linda Priest and Ron Swor (July 2, 2008)

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October 12-18, 2008
www.post-polio.org

Tech Bits & Bytes

By Joe Drogan

In this issue we will talk about the most common email complaint. SPAM! My apologies to the fine folks at Hormel (wonder how they got associated with email in the first place)?
SPAM is unwanted email from a variety of sources. Usually somebody trying to sell you something or even worse, trying to steal your money. Email is a wonderful communication tool but can become almost useless unless SPAM is controlled.

"Spammers" get your email address from different sources. Your address gets acquired several different ways, when you order on-line, reply to surveys, forward (FWD) an email to others who then FWD it on, sign up for newsletters, product updates, alerts, post your address on a website, etc. Sooner or later your email address can become compromised. There are even "robot" programs that cruise internet sites searching for the "@" character and grabbing the surrounding text hoping it will be an email address. So it would pick up myemail@acmecabletv.net as a good address in the sentence "I can be reached at myemail@acmecabletv.net for comments/complaints about this newsletter." (notice I didn't use my real address for the example, clever huh?) Spammers can send millions of messages for nearly nothing and only need a few "bites" to make money, steal your identity, and more.
A good suggestion for prevention is the use of multiple addresses. My friend and colleague Bill uses several different ones. One for ordering things, one for family, one for friends, one for business related things, one general usage, one for hobbies, and one for junk. I think he's got a special one for his sweetie too but he doesn't tell me everything ;-) Most ISP's (internet providers), Bellsouth, Comcast, etc. allow you multiple email addresses. Excite.com, Google.com (gmail.com), Yahoo.com, MSN.com, and Hotmail.com. are just a few others you can sign up on for free. You can also easily check any of these via the internet when you are away from your home computer too! Another suggestion is try to get in the habit of cutting out the FWD'd addresses when you FWD something on to others. When you hit the FWD button you can edit the message before sending. Highlight the addresses by holding the left mouse button while moving over the stuff you want to delete then while it's still highlighted hit the "del" key on the keyboard. This really cuts down on the addresses getting "grabbed". Another good practice is use of the Bcc (blind carbon copy) this lets you send an email to multiple addresses with the recipient only seeing their own address. I use this method when sending out meeting notices for **APPA**. You can use it for FWD's too. In Outlook 2003 & Outlook Express click on the Cc... button and it will open up the Bcc window.
If you currently get a lot of spam messages there are solutions too. You can start a new address but that means "change of address" messages for everybody. I got tired of manually deleting them, takes forever and I'm paranoid about deleting a good one. (it might be something important from **APPA**!!). I've used two products that help. One's free, Mailwasher http://www.mailwasher.net/ and one's a pay for one ($20). I've tested and purchased IHATESPAM http://www.sunbeltsoftware.com/Home-Home-Office/iHateSpam/ None are perfect but way better than nothing, and both let you see what will be/was skipped. There are a bunch of others too. Gmail (Google) supposedly does a good job of filtering out the spam too. There are whitelist/blacklist methods too. They only allow messages thru that are on your "whitelist" and deny any on your "blacklist". My only problem with those is someone not on my "whitelist" may be trying to reach me and get blocked. (what if Publishers Clearing House was trying to reach me or Britney Spears was in some kind of trouble!!!) ;-)

That's all for now. Upcoming issues will address other topics including internet security and phishing (has nothing to do with hooks and lines but may involve worms!) Stay tuned and 'til then ....

Happy computing!

APPA 2009 EVENTS

Jan. 10 (2nd Saturday due to holiday)
Dr. Dale Strasser - "Historical Perspective of Polio " - **Chair of the Department of Rehabilitation Medicine at Emory University School of Medicine**

Feb. 7
Dr. Gerald Staton - "Pulmonary Problems in Post-Polio Patients" - **Professor of Medicine -The Emory Clinic - specializing in Internal Medicine and Pulmonary Disease**

March - TBA

April - Norma Lundy - **Aging and Disability Resource Specialist with the Atlanta Regional Commission** will be speaking on "Aging and Disability Resource Connections"

MEMBERSHIP IN **APPA**

Return TO: **APPA**, P. O. Box 250566, Atlanta, GA 30325
Make checks payable to: **APPA**

Individual ☐ $20 Family ☐ $40 Corporate ☐ $75 Lifetime ☐ $400 Additional Contribution ________

Name (s) ____
Address ____
City State Zip ____
Telephone ____
Email Address ____

Please **CHECK** one.

☐ I am a new member. ☐ I am renewing my membership.

☐ I've already sent my tax-deductible annual membership contribution, but my contact information has changed as shown above.

☐ I am unable to contribute at this time but would like to receive the **APPA** News.

Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters and advocacy. APPA is a 501(c)3 non-profit corporation. All contributions are tax deductible.

We need you! Would you be willing to serve APPA in any of the following areas?

☐ Membership outreach (phone calls to shut-ins)
☐ Public Relations
☐ Data base assistance
☐ Planning a conference
☐ Fundraising
☐ **APPA** phone tree help
☐ Assist with social events
☐ Newsletter (write articles, proofread)
☐ Program planning
☐ Assist with answering APPA phone line

Llp/10-2006

!!!!BREAKING NEWS!!!!

Our Own **Linda Priest** to Speak At 10th International Post-Polio Health Conference

During the upcoming Polio Health Conference in April 2009 at Warm Springs, Linda Priest will present "Suggestions for Increasing Advocacy" during the afternoon sessions on the first day. Plan to attend and support!

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Linda Priest, Editor


Newsletter Design by
Joe Drogan


(note: the newsletter can be viewed in color by visiting our website)

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