

APPA NEWS

The Atlanta Post-Polio Association

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Travelers with Disabilities and Medical Conditions

Air Travel



TSA Cares Help Line

TSA Cares is a helpline to assist travelers with disabilities and medical conditions. TSA recommends that passengers call 72 hours ahead of travel to for information about what to expect during screening.

Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. TSA Cares will serve as an additional, dedicated resource specifically for passengers with disabilities, medical conditions or other circumstances or their loved ones who want to prepare for the screening process prior to flying.

The hours of operation for the TSA Cares helpline are Monday through Friday 9 a.m. – 9 p.m. EST, excluding federal holidays. Travelers who are deaf or hard of hearing can use a relay service to contact TSA Cares or can e-mail TSA-ContactCenter@dhs.gov.


When a passenger with a disability or medical condition calls TSA Cares, a representative will provide assistance, either with information about screening that is relevant to the passenger's specific disability or medical condition, or the passenger may be referred to disability experts at TSA.

TSA recommends that passengers call approximately 72 hours ahead of travel so that TSA Cares has the opportunity to coordinate checkpoint support with a TSA Customer Service Manager located at the airport when necessary.

For more information visit: [TSA Cares Information](#)

WEBSITE ADDRESS: www.atlantapostpolio.com

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Web hyperlinks are
underlined and in red
www.atlantapostpolio.com

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Message From The President

It's been a very busy winter/spring season for me, a real potpourri of life. Not the least of which were two disability events to attend in Atlanta, Georgia. Thursday, February 16, 2012 was Disability Day at the Georgia State Capitol. That Friday thru Sunday was the Abilities Expo at the Georgia World Congress Center. I was surprised at the turnout for Disability Day. The weather was nasty, yet there was an awful lot of people there. I always have to be mindful of the fact that I get around with relative ease, most days and therefore it's not a real hardship for me to make that trip, even in the rain! I even make an effort to be "green" by using mass transit. It's not that easy for many who attend on crutches, in wheelchairs, or power chairs. Not to mention power chairs with oxygen tanks and all the other equipment necessary. The biggest fear I have is my smart-phone not having enough battery to get me through the day. Nothing like the battery anxiety of having one's power chair quit on Washington Street in the middle of downtown. These people are passionate about their cause and it does my heart good to see that kind of commitment.

Then there was the Abilities Expo on Saturday. Entering through the main entrance we had a little trouble finding the signs pointing us to the Expo because we were inundated with a million cheerleaders and cheerleader moms. I thought cheerleading was an activity for high school, college, and pro sports. When did 10 year olds get involved? My first thought was if I had daughters instead of sons and their mother had wanted to dress them up in full blown makeup, glitter, and miniskirts at 10 I'd have come completely unglued. OMG! I'm turning into my Auntie Helen!

Along the way to the Expo we passed literally hundreds of cheerleading teams practicing, jumping, twirling and cart wheeling. My friend said something about the unfortunate timing of the two events at the center. For me it was a poignant reminder of the differences between most folks and the disability community and yet here we all are at the same facility. I did smile a little when I recalled how we were supposed to do a cart-wheel in gym class way back when. Yeah, sure, not gonna happen for me, then or now. Not enough cart, not enough wheel! The Abilities Expo was interesting as always. The equipment that is available now is amazing. Power chairs are getting more and more sophisticated. More expensive too. You can buy a pretty good car for the same price. They have a motorcycle you can drive from your power chair! Me, I'm scary enough driving a car. It is important for me to attend these events. It keeps me in the right frame of mind about my own disability. It reminds me to remain grateful for the life I have. So many people out there are dealing with much more challenging lives. I wonder sometimes if I would have the courage to continue on if faced with some of the difficulties some endure on a daily

Continued on next page

basis. I overheard a young lady telling one of the vendors at the show that her disability was due to an accident. I've never known life as an "able bodied" person. I've learned to live with it quite well but I don't know how I'd handle any additional challenges. I sometimes feel like my quota for handling life's difficulties is full. My life experiences, unfortunately, indicate to me that as we age the challenges continue. I'd like to think I'd rise above it but I can't tell you that for sure. Just as we were leaving the show we walked by a wheelchair vendor display with the smallest child's wheelchair I've ever seen. I can't imagine my childhood in a wheelchair. I really can't imagine my children in one at that young an age. Seeing folks at both events dealing with far greater handicaps than any of our **APPA** members really reminded me of how truly blessed we are to have the lives we have. Makes me grateful to have just had polio. Next time I start crabbin' about something inconsequential just slap me.

Well, you know though, the weather could have been better for both events. Sheesh! There I go again.

Joe Drogan - **APPA** President

From the Editor

Well another **APPA NEWS** "in the can". That's Hollywood talk for finished up. I always enjoy writing this piece because it means the finish line is in sight and I get to reflect on the issue as a whole. For you picture fans we've got 'em. Seemed like a lot of Christmas party pictures but I've always felt that people like to see their picture "in the paper". Better than in the post office or on a milk carton;-) I wasn't really sure about the scattered picture format. Part of me said it should look more organized and part of me said 's kind of cool and casual. Completely disorganized like the **APPA NEWS** office. There's new information on handicapped travel from my friends at TSA. Some money saving tips on grocery shopping and saving tips from Tech Bits & Bytes. Seems like half of the people I know are either diabetic or pre-diabetic so we've got some insight from Dr. Maynard on that. My apologies to the "I've fallen and I can't get up" folks but we've got an interesting article on being safer in your own home. Even if you live alone this should work for very little cost on your part. Well let me wrap this up so I can get this over to the proofreaders and get ready to switch hats from editor to publisher. I found a 15% discount from the printers I want to take advantage of.

Joe Drogan

Thoughts

by Myrna K. Whittington

A Potpourri of Life

My heart is aching, and who would have thought one's heart could ache over a wheelchair!

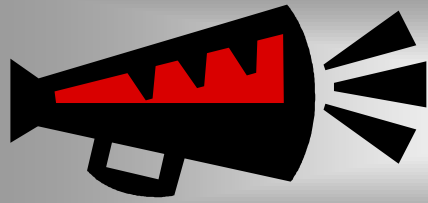
My friend, my companion, my wimpy legs, is gone. For over 27 years we've had many adventures mostly good, some not so. But the last outing it was telling me that new batteries or not, it's poor electric system just shut down for good. It said to me "I am tired, I need a rest." So off she went to Friends of Disabled Adults and Children (FODAC). I know they have the resources to get her up and running again and she will be someone else's good companion.

Meanwhile, after going through the 7 steps (from a recent **APPA NEWS**), I picked another Jazzy. Crazy me! For the seat lift I really need, oh, that is \$1000 out of pocket! Cross that one off the list!

Leg lifts? Sure, if the way they are made, they can get through a doorway at a doctor's office. Now, where do I put my pocket book? It was always by my side, this one has no room!

Next, there is no back pocket—where I always put my bra when disrobing for a test. (Too much info folks?) Oh wait a sec, there's the pocket! Post-Polio moment I guess. Come to think of it, my friend, the old jazzy, may be at FODAC, with a bra in the back pocket!

Myrna Whittington



MARIE'S VOICE

By Marie B. Latta

In 1999, the year my husband Melvin died, I wrote an article called "The year spring didn't come." This year spring has come without me. I've been outside twice since coming home from the hospital in February. Once in an ambulance and once outdoor for twenty minutes with my respiratory therapist and an O2 tank in tow before the thick Atlanta pollen started. Hopefully when you read this, the pollen will be over.

It looks like I'm experiencing yet more late effects of Bulbar/respiratory polio.

When I started this I was getting discouraged. I've retrieved my hope. My respiratory therapist and I made some adjustments. I am moving around for about thirty minutes at a time with just O2. It's a start.

My big prayer is to be off ventilator during the day. Whatever your latest challenge, hang in there and fight through it. We are in this together.

Blessings to all!

Marie

Sent from my iPhone Marie :)

Editor's note:

Marie wrote this piece on her iPhone! My kinda gal. Her computer was a little too heavy to use at the moment and refusing to be deterred she used her smartphone instead. That's technology at it's best. Helping people get done what they have to get done. Way to go Marie! By the way, note the pollen green background on the article. Have I told you lately I need professional help?

Miscellaneous



Photo credit: Joe Droган



This has absolutely nothing to do with Post-Polio, or **APPA**. But it was so awesome I just had to include it here. I was sitting on my boat dock enjoying a beautiful day when a sudden thunderstorm appeared. As it ended the sun came out and this rainbow appeared off the back of the dock. In all my years I've never seen one this low AND with both ends showing. It was St. Patrick's Day to boot! Luck of the Irish and all that I got a shovel and set out to dig up that pot 'o gold at the end. Hmmm, didn't find it. Must be at the other end, under water. Rats!



In Memoriam David Mauldin

**APPA wishes to thank the following
for their donations to APPA:**

**Robert & Jean Abney
Patricia Emerson PhD
Sandra M Little
Phyllis Seeley-McCarthy**

Thank You!!!!!!

Contact Info Change

Linda Priest wishes to announce that her land line phone number
has been discontinued. She can be reached on her cell phone at:

404 606 2049



Discount\$



APPA NEWS knows times are tough!

It seems to cost more and more every time you go anywhere to buy anything. In keeping with our tradition of helping our readers any way we can we are pleased to present you with a new feature. **The Discount List!** In this issue we have **grocery discounts** for you. In future issues we'll have travel, and others. These haven't been verified but it never hurts to ask if they offer any senior discount!!

- **Albertson's: 10% off first Wednesday of each month (55+)**
- **American Discount Stores: 10% off every Monday (50+)**
- **Compare Foods Supermarket: 10% off every Wednesday (60+)**
- **DeCicco Family Markets: 5% off every Wednesday (60+)**
- **Food Lion: 6% off every Monday (60+)**
- **Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)**
- **Great Valu Food Store: 5% off every Tuesday (60+)**
- **Gristedes Supermarket: 10% off every Tuesday (60+)**
- **Harris Teeter: 5% off every Tuesday (60+)**
- **Hy-Vee: 5% off one day a week (date varies by location)**
- **Kroger: 10% off (date varies by location)**
- **Morton Williams Supermarket: 5% off every Tuesday (60+)**
- **The Plant Shed: 10% off every Tuesday (50+)**
- **Publix: 5% off every Wednesday (55+)**
- **Rogers Marketplace: 5% off every Thursday (60+)**
- **Uncle Guiseppe's Marketplace: 5% off (62+)**

Editors note: The Fry's Supermarket mentioned above is not to be confused with Fry's Electronics in the Atlanta area. It would be way cool though if you could buy potato chips and computer chips in the same store.

Many thanks to **Barbara Reynolds** for letting me know about these discounts!!

2011 Christmas Party

On Saturday, December 3rd, there were 35 **APPA** members assembled for the annual Christmas Party. The luncheon gala was held in the Perimeter Mall area at Wildfire Grill. Those present feasted on a menu that started with an appetizer of Spinach and Artichoke Fondue accompanied with the Wildfire Chopped Salad. Our main course featured Split-Roasted Herb Chicken and Cedar Planked Salmon with Wild Rice and Roasted Vegetables as well as a choice of beverage and dessert.

As is our tradition, the first door prize was awarded to Mary Ann Henderson as the first RSVP. By the end of the party, though, all had an opportunity to receive their own door prize.

Amidst the laughter and socializing there was a sudden interruption, however. "When what to our wondering eyes should appear" but the jolly old man himself, Santa! "His eyes, how they twinkled! His dimples, how merry! His cheeks were like roses and his nose like a cherry! His droll little mouth was drawn up like a bow, and the beard on his chin was as white as the snow." Santa chatted with everyone and many pictures were snapped. How long has it been since your picture was taken with Santa?

Make plans now for the 2012 Christmas Party on Saturday, December 1. You can't tell who might just show up and it will be here before you know it.

By Cheryl Hollis



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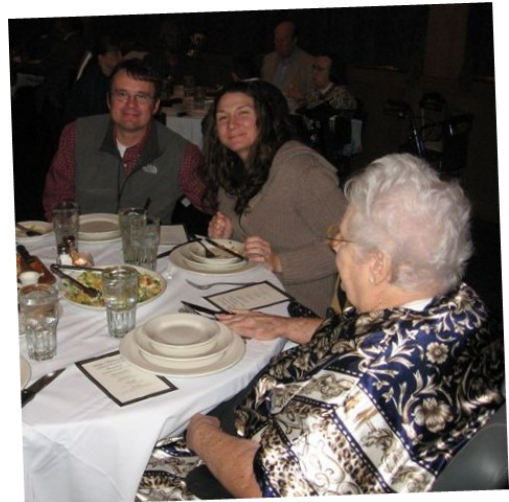


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*It's beginning to look a lot like
...our annual Holiday Party!!*

**Atlanta Post-Polio Association invites you to
Join us for Fun, Food and a roaring Good Time!**

And what better place to celebrate than **WILDFIRE** at Perimeter Mall
94 Perimeter Center West at Perimeter Mall, Atlanta ♦ 770-730-9080
See <http://WildfireRestaurant.com/Atlanta/Directions> for more directions!
♦ Complimentary Valet Parking ♦

Our Family Style meal includes:
Spinach & Artichoke Fondue and Wildfire Chopped Salad
Spit Roasted Herb Chicken and Cedar Planked Salmon
Wild Rice and Roasted Vegetables
Beverage and Dessert
Please advise of any dietary restrictions (i.e., vegetarian, diabetic, etc.)

The Date is Saturday, December 3, 2011, 1:00 to 3:00 PM

✂

Detach and return By **November 30th** with your check made out to **APPA**
to:
Cheryl Hollis – 205 Spearfish Drive – Canton, GA 30114
Your received check is your reservation

\$20 for APPA member / \$20 for 1 guest / \$25 each additional guest

Name - _____
Name - _____
Name - _____



Invitation Artwork: Cathy McIntire





Photo credits:
Dennis McCaw
Betty Storey
Vicki Crowell

.....and finally one member who had a very acceptable reason for not attending. Ivy Stiles shown here looking great in uniform. Ivy was supporting "Toys For Tots" with the United States Marine Corps.



Statement of Policy

APPA and **APPA NEWS** do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them.

Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

The information provided herein represents what the authors believe they heard during presentations at **APPA**. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor **APPA** assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

Networking

Ask
Dr. Maynard

Frederick M. Maynard MD

Question: *My physiatrist says that paraplegics have a lot more diabetes, so I started wondering how post-polio and spinal cord injury compare with regard to the disease.*

A: You are right that people with chronic spinal cord injury paralysis do develop glucose metabolism abnormalities and diabetes (by criteria) more often than their age cohorts. I attended a 90-minute course on this topic and obesity among people with spinal cord injury at a recent meeting of the American Academy of Physical Medicine and Rehabilitation. The new information reminded physicians how important muscle is to insulin utilization and, therefore, to serum glucose levels.

During the lecture, I was thinking about people who had polio, with their extensive muscle atrophy, because I expect the same issues exist for them. Not only are people with extensive muscle paralysis (paraparesis and quadriparesis, independent of causation) predisposed to obesity because they cannot move and exercise as much to burn up calories, they also are predisposed to store fat because the relative lack of muscle mass (as a proportion of the body) leaves high circulating levels of insulin which combines with serum glucose to store fat.

A recent study of body composition among polio survivors in Taiwan found a higher pro-

portion of fat, independent of body weight as considered from the standard of Body Mass Index (BMI). Normally a BMI (calculated from height and weight) of 25 to 27 is considered "overweight" and over 30 as "obese." Almost all polio survivors studied, even those not overweight/obese by BMI, had an increased proportion of fat by body composition measurements, a proportion that would typically be expected only in overweight/obese individuals.

I would expect there is a correlation between glucose metabolism abnormalities and increased fat proportion of body composition.

Question: *My father-in-law is 88 years old and has post-polio syndrome. He has had trouble sleeping for the past several years, and he claims that it "takes more medication for people with post-polio syndrome." My wife is his caregiver and controls his medications so he will not overdose. What is your professional opinion?*

A: Your father-in-law is mistaken about need for higher medication doses for post

-polio people. Generally, they are more sensitive to medications and require lower doses because their bodies distribute medications differently through body tissues and fluids due to reduced muscle mass. I would be very careful with sleeping medication doses, in particular, because of their potential to affect breathing during sleep (suppression) and the likelihood of creating dizziness/balance problems on awakening (leading to greater falls risk) – both greater problems among polio survivors than the general population.

Encourage him to keep talking to his doctor about what is and is not helping and to try several different types of medications or other techniques to attain “good sleep” without just dangerously taking higher doses of prescribed sleeping pills.

Question: *I have a severe rotator cuff tear and an orthopedic surgeon has recommended a shoulder replacement because of the severity of the tear and the presence of significant arthritis. I had polio in my right leg and use my left leg to lift/stabilize myself on crutches. Apparently the increased dependency has weakened my arms and, perhaps, injured them. The surgery may help or may create complications. Can you share any knowledge to help me make an informed decision?*

A: You raise several important issues related to the pros and cons of shoulder replacement in polio survivors. First of all, if you never had any significant residual weakness in your shoulder muscles as part of your original polio, then it is unlikely that your shoulder problems are, anatomically at least, related to polio. You may have worn them out and/or injured them as you suggested, and the shoulder problem can be surgically treated like anyone else's.

Definitely get a second opinion about whether the best treatment is arthroplasty (replacement). In addition to a second opinion from a shoulder surgeon specialist, I recommend a second opinion from a non-surgeon, such as a physical medicine and rehabilitation specialist in post-polio. That person cannot only advise about nonsurgical alternatives for the shoulder problem, but also advise you on preparations for the post-operative period, if you do elect to have the shoulder replacement. Certainly, you should at least practice transferring and walking and caring for yourself with only one arm, since you will not have much use of the arm after surgery for at least three months. You are facing a difficult and important decision. Don't make a hasty one, especially if you are not suffering severely. Take all steps possible to inform yourself about the pros and cons.

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Send your questions for Dr. Maynard to info@post-polio.org.

What to take to bed with you



Put your car keys beside your bed at night.

Tell your spouse, your children, your neighbors, your parents, your Dr's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone.

Maybe it could save a life or a sexual abuse crime.

P.S.: I am sending this to everyone I know because I think it is fantastic. Would also be useful for any emergency, such as a heart attack, where you can't reach a phone. My Mom has suggested to my Dad that he carry his car keys with him in case he falls outside and she doesn't hear him.....

He can activate the car alarm and then she'll know there's a problem.

Editors note: This has to be an **APPA NEWS** first! An article from an e-mail.

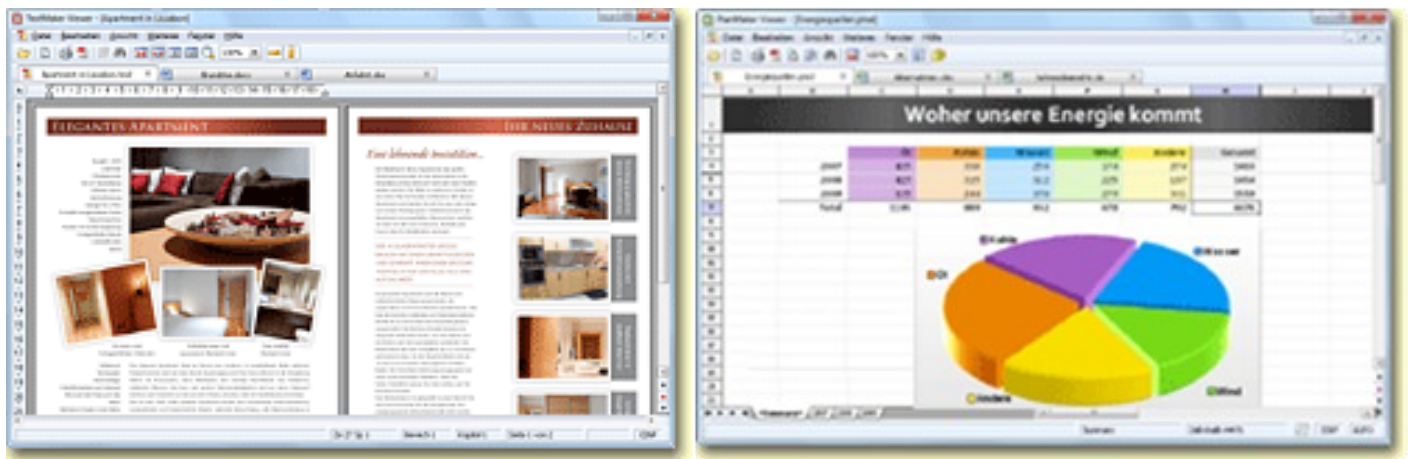
Thanks to **Vicky Crowell** for sending this.

Seems to me that if you tell your friends & neighbors in advance they wouldn't just ignore it. Way cheaper than the monthly fee for one of those "I've fallen and I can't get up" things you wear around your neck. You could also buy an extra key fob for your car and wear it. You'd have to program it to your car but places like Autozone sell them and will help you set it up for your car.

Tech Bits & Bytes

By Joe Drogan

So there you are just rockin' along in your life when out of nowhere somebody sends you an email with a different looking attachment. It might be entitled something like Joes-Vacation.doc~~x~~ or Figures.xls~~x~~. You're afraid to even open it because that ~~X~~ thing looks kinda scary. Is it "~~X~~" rated? Inappropriate pictures from Joes vacation? Neeked figures from the Rubinesque Era? Inappropriate, neeked, *and* rubinesque figures from Joes vacation? Well curiosity gets the best of you and you click on the attached file only to find out you can't even open it. What? You know what a filetype .doc is, it's just a Word Document and .xls is just an Excel Spreadsheet but what's up with this ~~X~~ stuff? Tech Bits & Bytes (TB&B) to the rescue! It's not anything scary it's just Microsoft messin' with you. A while back, Microsoft Office 2007, they created some new document types doc~~x~~ and xls~~x~~. Supposedly Microsoft felt so many advances in formatting and features were available in the latest version of their office suite they felt it best to create new document types to accommodate the new features. The new suite can open the old "backward compatible" .doc and .xls type documents but the old suite versions, Office 97-2003, can't open the new types. Encouragement for you to buy the new version? Perhaps. The standard in IT has always been to be backward compatible when possible. That isn't always possible. For example, my dear friend Annette is still disappointed that she can't play her "Downhill Skier" windows-95 game on her newer computers. It has to do with it being a 16-bit game and the new systems are 32-bit or 64-bit. I know this is Tech Bits & Bytes but it's a little too involved to explain here why it won't run. There are, however, compatibility products that work for some old applications. That brings me back to your problem with .doc~~x~~ and .xls~~x~~ files. (Seems like it took a while to get back here didn't it!) Microsoft suggests you upgrade your Microsoft Office



Continued on next page

suite to the new version. For many that is the best solution. But it's not the best for some that don't feel they want to spend that much money. So what you need is to view the new file formats without any upgrade. There is a way. Actually more than one! The easiest, if you only need read access, is a viewer. I tried these and they work great.

<http://www.officeviewers.com/>

They have two viewers you can download, one for docx and one for xls. In addition to these two file types they let you view all kinds of less common types of files too. See that, little by little I'm turning you into hackers;-) Now keep in mind these are viewers only. You can't make changes to the documents. Microsoft has viewer add-ons available too but I looked at them and for some reason the downloads are huge, like 70 megabytes VS 4 megabytes for these. Give 'em a try. You will see, however, that Joes-Vacation.docx is just an APPA NEWS article about my recent vacation and, well, uh, let's not talk about the, uh, Figures.xls one;-)

There is also another way to approach all of this office stuff. There is a free way to get Microsoft Office like capabilities without buying Office at all. You can create, read, and modify Word documents, docx documents, Excel documents, xls documents, Powerpoint Presentations, and more. We'll explore it in a future addition of TB&B so stay tuned!

TB&B Money \$aver Tip!

To stay on the "bleeding edge" of technology, as it's sometimes called in the IT world, you have to spend lots of money. When new releases come out they are the most expensive. That's because the government and businesses have the funds to keep up. If you can wait a bit and stay at least one release behind you can save tons of money. For example when Office 2007 came out the full "professional" suite was in the \$500.00-600.00 range. Now that Office 2010 is out I just saw Office 2007 for \$99.00!!

Until next time - **Happy Computing!!!**



2012 APPA DUES Are Due

MEMBERSHIP IN APPAReturn TO: **APPA**, P. O. Box 250566, Atlanta, GA 30325**DATE** ___ / ___ / ___Make checks payable to: **APPA**Individual ☐ \$20 Family ☐ \$40 Corporate ☐ \$75 Lifetime ☐ \$400 Additional Contribution _____

Name (s) _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

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.

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**.

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

- | | |
|--|---|
| <input type="checkbox"/> Membership outreach (phone calls to shut-ins) | <input type="checkbox"/> Newsletter (write articles, proofread) |
| <input type="checkbox"/> Public Relations | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Data base assistance | <input type="checkbox"/> APPA phone tree help |
| <input type="checkbox"/> Planning a conference | <input type="checkbox"/> Assist with social events |
| | <input type="checkbox"/> Program planning |
| | <input type="checkbox"/> Assist with answering APPA phone line |

Llp/10-2006

2012 APPA EVENTS

- | | |
|-------------|---|
| April 14 | Atlanta Botanical Gardens Lunch & Tour. |
| May 5 | TBA (speaker needed to change dates.) |
| June 2 | Dr. David Jockers from Exodus Health Center speaking on "Maximize Your Energy." |
| July | No meeting - Summer break. |
| August 4 | Dr. Richard Mouzon. |
| September 8 | Carrie Cater speaking on "Accupuncture".
Volunteers wanted. |
| October 6 | TBA |
| November 3 | Annual Business Meeting followed by an open discussion of member concerns. |
| December 1 | Christmas Party - more info to follow. |



Atlanta Post-Polio Association

Atlanta Post-Polio Association, Inc.

P.O. Box 250566

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(404) 350-7631

FREE MATTER FOR
THE BLIND OR
HANDICAPPED

Look for us.....we're on the web.

www.atlantapostpolio.com

APPA NEWS

A Special Thank You to Members Who Contribute Their Time and Talent

Barbara Reynolds	APPA Webmistress!!
Barbara Forest	Very Special Arts Ticket Coordinator
Charlotte Terry	APPA Outreach
Marie Latta	APPA NEWS Writer
Myrna Whittington	APPA NEWS Writer
Cheryl Hollis	APPA NEWS Writer
Alice Felton	APPA NEWS Prôôfreader
Lee Hughey	APPA NEWS Prôôfreader
Gene Seay	APPA NEWS Prôôfreader

It takes lots of little jobs, as well as big ones to keep **APPA** going. You do not have to serve on the Board of Directors to contribute. Please consider volunteering and helping us out.

Thanks, Your **APPA** Board

Atlanta Post-Polio
Association

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Joe Drogan - Editor

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