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**World Health
Organization**

Polio in Congo

4 November 2010 -- An acute outbreak of poliomyelitis is occurring in the Republic of Congo, with 120 cases of acute flaccid paralysis and 58 deaths. Half the cases have been reported in the past ten days, with the first case occurring in early October. Two cases have been confirmed to have been caused by wild poliovirus type 1 and laboratory testing continues.

Most cases are in young adults: among those cases for which age data is available (43) at this time, 33 are between the ages of 15-25 years. Only one is under five years old, three are between 7 and 13 and five are between 26 and 58.

The outbreak is due to imported poliovirus. Congo had recorded its last case of indigenous polio in 2000. Investigations are ongoing to determine definitively the origins of the virus.

Nearly all cases have been reported from the port city of Pointe Noire, with cases also reported from Dolisie (2), Kayes, Bouenza, Brazzaville, and Mvouiti (one each).

The Government of Congo has alerted the public to the outbreak and launched an emergency response plan, with support from key partners, including WHO, UNICEF and the US CDC. At least three nationwide vaccination campaigns are expected, using monovalent oral polio vaccine and targeting the entire population. The number, geographic extent and target age groups of further campaigns will be determined by the Government based on the evolving epidemiology. It is anticipated that a multi-country campaign will be required to cover bordering at-risk areas. New cases continue to be reported every day.

Continued on page 5

WEBSITE ADDRESS: www.atlantapostpolio.com



Message From The President

We have had another great year with great programs and socials. Once again our newsletters have been outstanding. I am really proud of our Board and their hard work. Because of relentless health issues this year, I haven't always been available. Our Board has picked up where needed and kept **APPA** going. I am indeed grateful to each of them. They are:

Cheryl Hollis—First Vice President, Program, & Social Director

Joe Droган—Second Vice President, **APPA NEWS** Editor, Database

Nancy Truluck—Secretary, Member Outreach, APPA Phone Line

Fay McCaw—Treasurer

Charlotte Terry—Phone Tree Captain Betty Storey- Photography, Refreshments

Lynda Dillman—Public Relations Ivy Stiles—Public Relations

Cathy McIntire —Artwork, Postcards Robert Abney—Fundraising

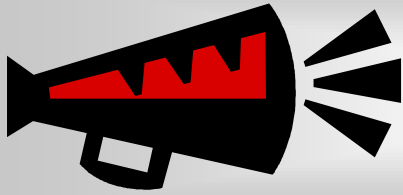
Please find an opportunity to thank them for their hard work.

At our annual business meeting in November the membership elected a new Board Member, Shannon Morgan. I am delighted that she is joining us and look forward to getting to know her. She has been attending meetings for a long time and will be a great addition to our Board.

I am stepping down as President of **APPA** at the end of the year. I will continue on the Board and work as much as possible because I love this organization and I have seen it help so many people over the years. I will take an active role but I want to pass on the day-to-day responsibility of the organization. I know someone really great will step up to take my place. Please plan to support him or her and give them an extra hand as we smoothly transition to a new leader. I am excited about the New Year and having fewer responsibilities. My hope is that I can write some for this wonderful newsletter and I can spend some time focusing on myself and healing.

We are going to have a great Christmas party. Because we enjoyed it so much last year, we are returning to Brio's. I hope everyone can come. **Happy Holidays.**

Linda Priest, President



MARIE'S VOICE^{by}

Marie B. Latta

Have you ever had to hold a response or be careful what you say when someone treats you as if you didn't have a brain just because you are in a wheelchair or show any other signs that you have physical limitations? I despise being treated as less than mentally competent based on people's perceptions or assumptions. I sometimes will say that my wheelchair did not run over my brain.

There is hope for us who are in midlife or beyond (I just turned 69.). I recently read a book, ***The Secret Life of the Grown Up Brain*** by Barbara Strauch. It's subtitle, ***The Surprising Talents of the Middle Age Brain***. Strauch, deputy science editor and medical science editor for the New York Times, discovers the pliability of the middle age brain by immersing herself in learning about the neuroscience research which is visually showing that the middle age brain has been grossly underestimated.

Much of the research focuses on use of the MRI, to actually see what is happening in the various sections of the brain under different circumstances. One of the things showing up is that in the mature brain, neurons are still regenerating.

Even though we have "senior moments" trying to remember where we put our keys or the name of that person we met an hour ago, in many ways we outshine the younger folks. There is mounting evidence that we may be smarter than we were in our twenties. Our brains are more flexible, show greater wisdom, and have the ability to take the long view of life.

While there are tragic cases of Alzheimer's, forgetting a few details does not mean we have it! Dr. Bruno in his June 2005 Post-Polio Forum explains why we should not dwell on the possibility that we might have Alzheimer's or Parkinson's disease.

<http://www.newmobility.com/articleViewIE.cfm?id=1017&srch=Post%20Polio>

As a follow up to the research done through use of MRI's, I would like to see a study done on the post-polio brain. How do we compare? My bet is that we can hold our own. So let's go forth with not only our post-polio limitations but also with the notion that we have intact brains that are active and resilient!

APPA would like to thank the following wonderful people for their generou\$ contribution\$.



Sylvia Bates
George Thompson
Vivian Reagin
Phyllis McCarthy



Meet our newest members

Calvin State

Alpharetta, GA

Anthony Agbofodoh

McDonough, GA

Roland K. Foisia

Decatur, GA

Mary Ann Henderson

Avondale Est., GA

Larry Corse

Atlanta, GA

William Read

Greencastle, PA

From The Editor

Another year has come an' gone and I've survived yet another as your **APPA NEWS** editor. As I was formatting the "In Memoriam" section I was mindful of the encouragement I always received from Jack Dillman. He always had something supportive to say to me regarding the work I do for this fine organization. He will be missed.

We've got some interesting things in this issue. Not the least of which is TWO, count 'em, TWO installments of **Tech Bits & Bytes**. Actually, it was suggested that I update and re-issue the one about **GoodSearch** in hopes of generating more interest in using this facility to generate some income for **APPA**. We also have some polio related news and, for the first time, a recipe!! Also included, for your reading pleasure, are installments of **Marie's Voice**, Ask Dr. Maynard, and an article written by our President, Linda Priest, marking the 20th anniversary of the Americans with Disability Act, ADA.

Joe Dragan

Congo, continued from page 1

It is important that countries across central Africa and the Horn of Africa strengthen AFP surveillance, in order to rapidly detect any poliovirus importations and facilitate a rapid response. Countries should also strengthen population immunity levels to minimise the consequences of any virus introduction. As per recommendations outlined in WHO's International Travel and Health, guidance travellers to and from Angola and DR Congo should be fully protected by vaccination.

Given the recent progress achieved in Nigeria (98% reduction in cases this year compared to the same period in 2009), very high priority is being given to rapidly controlling persistent transmission such as in Angola and stopping new outbreaks such as Congo.

For more information

[Global Polio Eradication Initiative](#)

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The World Health Organization Global Alert and Response publication.

http://www.who.int/csr/don/2010_11_04a/en/index.html

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IN MEMORIAM

Jack Dillman
Curtis Lewis
Lucille Anderson

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 Americans with Disabilities Act Turns 20

By Linda Priest

Just recently, the last of my uncles died. As a member of what they call the “Greatest Generation,” it struck me that he had seen a tremendous number of changes take place in his lifetime. The idea of people flying was unique when he was young [and so was driving a car](#). Today, there are thousands of jet planes in the air [and millions of cars of every description](#).

I feel that same sense of progress as the Americans with Disabilities Act turns 20. We’ve certainly come a long way in a very short period of time [in both physical access and attitudes about disability](#).

I’ve been fortunate to see the changes take place right before my eyes. At the age of two, I contracted polio and have been in a wheelchair for over 60 years. As a little girl growing up in South Georgia and the only one in town in a wheelchair, I basically didn’t have access to anything or anywhere. The passage of the ADA has helped change all that dramatically.

I was the Georgia State ADA coordinator in the 1990s, and am proud to say I was able to have a hand in effecting changes that now make accessibility commonplace. That’s not to say all the work is done. Far from it. But the difference between the past and the present is really mind-boggling. I can vividly remember being on trips, and there were no curb cuts or places I could use a bathroom. Access for people with mobility impairments was not on anyone’s radar screen. It was a way of life and no one had any expectations about finding something as simple as a hotel room that they could use.

The timing for the provisions of the ADA couldn’t have been better for Georgia. Within a couple of years of passage, Atlanta was host to the Olym-

Continued on page 8

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pics and Paralympics, and a lot of things got done in a hurry to comply with the law, in part because we were having people come from all over the world to visit us.

One of the areas where we made great progress in a short time was in our state parks and roadside areas. Amicalola Falls, for example, has a beautifully accessible trail that takes you around and above the falls. Our state recreational facilities as a whole have led the changes in accessibility that have made Georgia's gorgeous vistas and valleys open for everyone.

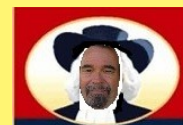
Still, there are places that aren't accessible. I was recently in a small North Georgia town. Knowing I was going to visit, I looked up local restaurants on the internet. Two came highly recommended. Unfortunately, neither one of them offered accessibility. For 2010, that's pretty amazing. Both of these establishments probably predate the law, but that doesn't give them a free ticket. There is no grandfathering clause in the ADA. They are still required to do what they are financially capable of doing. And in 20 years, they should at least be able to afford a ramp and an accessible parking space. There really is no excuse for that.

The law has also helped in other areas, not just for people with mobility impairment. I now have a service dog. I'm not visually impaired, but Penny helps me with tasks like picking up things and opening doors and closing cabinets. The ADA gives me the right to have a service dog that can be with me virtually any time or anywhere.

In what's really a great irony, I think most people with disabilities today probably don't appreciate how far we've come with creating access and changing attitudes. It's almost like a birthright to them to expect access, and I guess it should be. Which definitely means we have indeed come quite a distance in a very short period of time.

Joe's Daily Breakfast

Joe's Oatmeal



A 2 cup bowl.

3/4 cup dry oatmeal "Original".

1 tablespoon flaxseed.

1-1 1/2 cup water or milk.

4 minutes in the microwave.

Sliced strawberries on top, or blueberries when they are less than \$50/oz. 😊

Notes:

I like to use as close as possible to plain un-processed oatmeal. The "instant" doesn't cook any faster in the microwave and isn't as good for you.

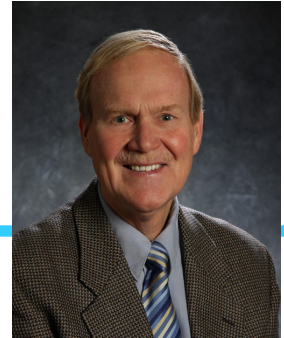
Any more than 1 tablespoon of flaxseed and you can give Atlanta Natural Gas a "run for their money" a few hours later.

First time or two keep an eye on the microwave to avoid "boil overs". In my old GoldStar 4-5 minutes is about right. YMMV (your mileage may vary).

As soon as you are finished eating run some water in the bowl. If not it sets up like concrete.

Same recipe, minus the berries and flaxseed, can be used to *patch your driveway!*

Networking

Ask
Dr. Maynard

Question: Can a Grade 3 concussion cause the onset of post-polio syndrome (PPS)? I developed the symptoms during recovery from a concussion and have been diagnosed as having PPS. Frederick M. Maynard MD

A: Regarding your question about a Grade 3 concussion (the most serious level): After headaches and cognitive problems (poor concentration, attention and memory), fatigue is one of the most common post-concussion symptoms. Frequently, it is reported as "very low energy for doing anything" and "feeling exhausted after doing nothing." A need to sleep 12 to 16 hours per day is common. When a polio survivor has a serious concussion, these symptoms may mimic those of PPS or aggravate mild, non-distressing fatigue present before the head injury. If an individual's usual activity level is seriously reduced due to post-concussion fatigue and/or other symptoms for more than a few days, disuse weakness and fatigue can rapidly develop.

This type of new weakness and fatigue may, in fact, be no different than "typical PPS" new weakness and fatigue. However, it does have an other explainable cause (diagnosis) for developing, and therefore does not meet the most commonly accepted definition for PPS (*March of Dimes. Post-polio syndrome: identifying best practices in diagnosis and care, <http://www.marchofdimes.com/files/PPSreport.pdf>*). Re-

gardless of what it is called, it is especially important for a polio survivor whose PPS symptoms begin after a concussion to enter a comprehensive rehabilitation program that includes appropriate, individually prescribed exercise. A well-designed exercise program undertaken over several months has an excellent chance of restoring function to pre-injury levels and essentially resolving PPS.

Question: Are there any nutritional issues that polio survivors should pay special attention to? Are there any particular dietary needs or concerns? Any supplements that are beneficial?

A: There are several important nutritional issues for people who had polio. No other issue is more important to good health than optimal nutrition, and no other is more controversial and little studied by good science.

The first issue is how to avoid excessive weight gain and obesity. Minimizing all re-

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finer sugars and grains is probably most important, particularly high fructose corn syrup which is now very widely used in processed foods and sodas. Portion control is also a central issue. Polio survivors are especially challenged to control weight and avoid developing type 2 diabetes (insulin resistance) because of their reduced muscle mass and limitations to vigorous exercise. Muscle tissue is the most important user of sugar and insulin in the body, and when there is less muscle to use, it is harder to keep blood sugar levels stable.

A second important nutritional issue is avoiding excessive sodium intake because it can increase the risk of hypertension (high blood pressure). Polio survivors have a higher risk of hypertension, again because of decreased tolerance for aerobic exercise. Another special challenge is achieving healthy cholesterol levels and lipid profiles. It is more difficult to maintain high levels of good (HDL) cholesterol and low levels of bad (LDL) cholesterol without high levels of aerobic activity.

Additionally, a number of people, including polio survivors, cannot safely tolerate statin medications that are widely prescribed for cholesterol lowering. Many limit their intake of meat, dairy and eggs because of concerns about cholesterol, but this may leave them deficient in some essential fat-soluble vitamins only found in animal products, as well as low on essential amino acids. These amino acids and vitamins are critical to opti-

mal muscle functioning, and polio survivors may be more sensitive to any relative deficiencies in these substances. Therefore, modest consistent intake of animal products is recommended with fish, white meats and grass-fed beef probably best.

The last issue is prevention of deficiencies in various vitamins and minerals. Vitamin D deficiency is very common today and contributes, along with low calcium intake/absorption, to the high incidence of osteoporosis in the United States. Less commonly known is that vitamin D deficiency can increase muscle and joint aches and pains, as well as lower energy levels – all common PPS symptoms. Vitamin D levels in the blood can now be readily measured and should be on survivors experiencing late effects of polio.

Adequate intake of B complex vitamins, especially vitamin B-1 (thiamine), vitamin B-6 (pyridoxine) and vitamin B-12/folic acid, are critical to nerve health and can be measured in the blood. Brewer's yeast and whole grains are excellent sources for insuring high levels of B vitamins, except B-12/folic acid, which must come from some meat intake. Fish is an excellent source of protein, the healthiest fats for a good lipid profile and a good source of vitamin D and vitamin B-12.

A high proportional intake of fresh vegeta-

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bles and whole grains is recommended along with modest quantities of fruits and animal products. Organic foods should be considered since post-polio nerves may be more sensitive to the neurotoxic effects of pesticides.

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

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APPA Is Grateful to the Dillman Family for
The Following Donations in Memory of
Jack Dillman

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Conyers, GA 30094

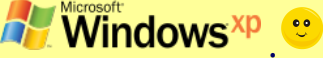

Judy (Benoit) Pugh
San Jose, CA 96125

Gaila Youtsey
Conyers, GA 30094


Nannelle Bond
Decatur, GA 30030

Tech Bits & Bytes

By Joe Drohan

Bigger, better, FASTER, and more! Nowadays we all seem to want it all. Here at TB&B we can't promise all that but we can show you an easy and free way to speed up your computer. This applies mostly to  . 







Windows Vista ® and the new  Windows 7 already perform this task on a scheduled basis. But don't worry we've got a tip or two for you Vista and Windows 7 folks too. The easiest and cheapest, as in free, way to speed up your system and take a little heat off your hard drive is to defrag it! What the heck is defragging you ask??? How did I get all fragged to begin with?? Is fragged even a word?

Fragged isn't a word actually but fragmented is. Here's how it happens. A good example of something similar is found in just about every issue of **APPA NEWS**. When we're putting articles together sometimes an article goes beyond one page. (sometimes WAY beyond one page!!) When that happens we say "continued on page xxx". When the continuation continues even beyond that it sometimes gets continued on a partial page later in the issue. You could say the article is fragmented at this point. It gets even further complicated if we decide, after the issue is pretty close to complete, to add to the article, say, in the middle. We may have to insert a continuation in between the first page and the continuation. Sometimes we even have to add an entire new item or section smack dab in the middle of the issue. Then everything gets shifted around and so forth. The hard drive in your system works the same way. When you add a file, it goes in a certain spot on the drive. If you expand the file more than just a bit the addition gets put somewhere else on the drive and a link is created between the original and the new part. The more times you add to it the more links are required. When you retrieve the file the hard drive has to jump around gathering up all the pieces. Each piece of the file is called a fragment. Over time they cause the system to slow down and cause wear and tear on the hard drive too. Thankfully, Windows has a defragging utility program we can use to fix this. There are aftermarket utilities out there but the ones I've tried didn't really work much better than the one that comes from Microsoft. Some of them allow multiple drives to be defragged at the same time which may be helpful if you have multiple drives. The machine I'm writing this on has three. One for XP, one for Win-7 and an old one with files from a hundred years ago (or so it seems).

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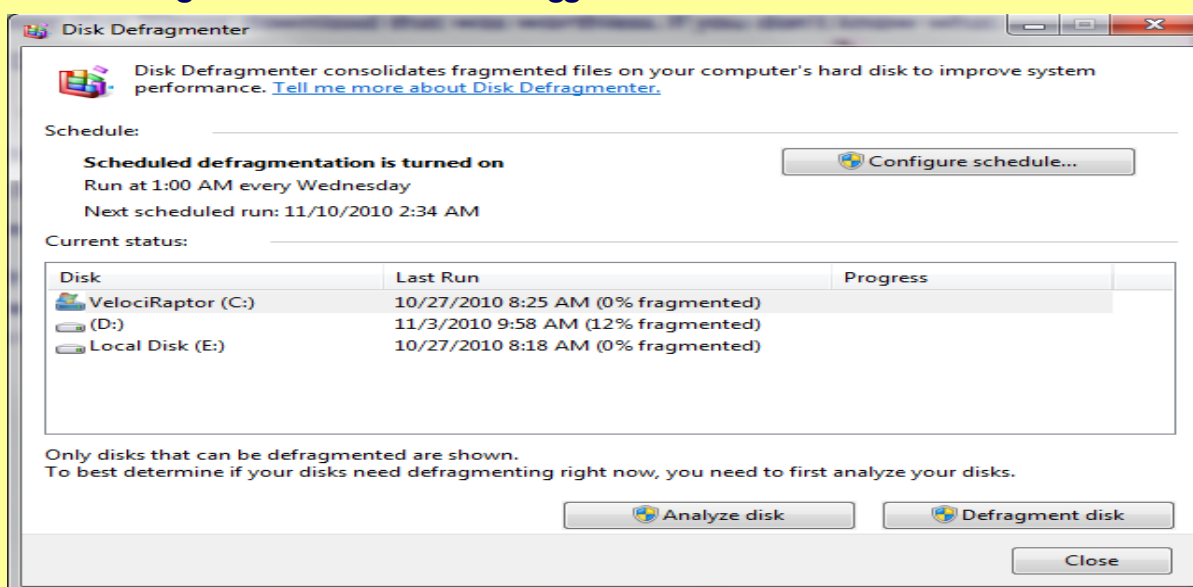
OK now that you understand what fragmentation is let's clean up your system. Before you defrag it's helpful to get rid of any junk you are sure you don't need. In creating an issue of **APPA NEWS** I'll create an average of 15 drafts. Yeah I know...but it takes me that many to get it even close to right 🧐 !! But when I'm done I really don't need them anymore soooo

they get deleted. A good idea is to check your Recycle Bin  by double clicking on it to see what the heck is hangin' around in there. When you delete files they still are available in the Recycle Bin, in case you change your mind, but unless you clear it, the deleted files still take up room on your hard drive. It's also a good time to delete any misc other stuff you have hanging around. I don't get too crazy deleting small stuff. You get the "biggest bang for your buck" deleting that 50meg download of the dancing chicken. If you don't know what something is **DON'T DELETE IT!!!** This saves me and the team at Penguin Labs  hours of time un-deleting those  **wedding day**  pictures for you. 😱 .

Running Defragmenter

Click Start Button/All Programs/Accessories/System Tools/Disk Defragmenter


(That means click the Start Button then click All Programs then.....if you are a TB&B regular you already know this) 😊 Click Analyze to see how fragmented your drive is. It will tell you whether or not to defrag it. XP users can click on report first to see details. Then just let it do its thing. Here is what the defragger screen looks like in Win-7.



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When it's done you'll have a  **faster**  system. Eagle eyed TB&B regular readers might notice my "D" drive is still 12% fragmented!! That's because some Windows systems files can't be defragged or moved.

Vista and Windows-7 users can go to the defragmenter program the same way and see when your system was last defragged (Vista and Win-7) and the current state of your hard drive(s) (Windows-7). I suggest running the defragger when you get 15-20% fragmented. You can also modify the automatic schedule. It's set by default to like 1 AM every Wednesday. Why Wednesday? Who knows. That's a good a time as any I guess. I suggest setting it up for early Sunday morning at say 1:00 AM so you can plan to leave your system up Saturday night every week. That's also a good time to schedule system backups too. You do *DO* system backups don't you? I may write a TB&B article on backups in the future because almost nobody does 'em. 

Until next time - **Happy Defragging!** 

Remember!!

All APPA dues are due in January

Me.....I'm going to pay mine *early* just to be sure I don't get a visit from that caveman guy



Tech Bits & Bytes "Redux"

By Joe Drogan



After several months of testing I'm recommending that **APPA** members use the [GoodSearch](#) web-browsing search engine. This organization makes a small donation to **APPA** for each web search we do using their facility. It is easily incorporated into your standard web browser as the default or secondary search engine. It utilizes the Yahoo search engine technology and provides reliable results equivalent to those of Google and Microsoft Live Search. It has, however, the added benefit to us in that it pays **.01¢** for each search we do. I've been using it on and off since January 2009 and as of this writing have earned **\$37.68**. That may not sound too significant but consider several things:

So far, it's only a couple of us using it

It's free to **APPA**

As a group we do a lot of research on the web

(Me?.....I've gotta keep coming up with stuff for this article!!)

There are quite a few of us searching

100 members doing just 2 searches/day earns **\$730.00/year**

(a few more/day and that's enough money to cover my budget for this newsletter!)

You can still use your "old" search engine by clicking the search options next to the search box. I always try and make sure I change mine back to [GoodSearch](#) as the default.

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There seems to be no down side to using it.

To get started with [GoodSearch](#) (**CTRL + click**) the box or link below or copy the link.



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

On the [GoodSearch](#) homepage enter **APPA** in the "WHO DO YOU [GoodSearch](#) FOR" box, click verify.

Click the "[Get the GoodSearch toolbar or add us to your search box](#)" link and follow the directions to install the toolbar, if you desire, or to add [GoodSearch](#) to your search engine list.

Internet Explorer - Add GoodSearch to your IE7/8 Search Box

And/or

Firefox – Add GoodSearch to your Firefox Search Box

There you go! I suggest you insure [GoodSearch](#) is the default search engine on your browser so all of your searches earn money for **APPA**!! Tell your friends and family about the benefits to us by using [GoodSearch](#). (you can even give 'em a copy of this article to "encourage" them to set it up!) You can check to see how much we've earned on the [GoodSearch](#) home page!!

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!!!!!! U p d a t e !!!!!

Our newest board member, Shannon Morgan, has pointed out that [GoodSearch](#) has a **shopping** component too. Thanks Shannon. If you shop thru the [GoodSearch](#) site and then connect to various merchants like Home Depot, Office Max, Macy's, PetSmart, Sears and many, many others [GoodSearch](#) donates a percentage of your purchase to **APPA**. There are coupons to use as well. Check the [GoodSearch](#) website for more details. [GoodSearch](#) has been recognized by many respected organizations, they include:



Until next time...

Happy GoodSearching!!!!!!

I'm GoodSearching!!!!



DISABILITY DAY!

SAVE THE DATE: FEBRUARY 24, 2011



Early Registration for the 13th Annual Disability Day!

[CLICK HERE](#) if you are unable to view the flyer below or for printing options.

[CLICK HERE TO REGISTER TO ATTEND THE 2011 DISABILITY DAY AT THE CAPITOL](#) - Type in your email address, hit submit, and complete the registration form. For your convenience you may also register by calling 404-657-2130 or 404-657-2121, leave your full name and phone number, and a GCDD staff member will contact you within 24 hours to take your information.

2010/2011 EVENT SCHEDULE

December 4th 11:30AM **Holiday Party** - at  Atlanta, GA

For those who *really plan ahead* here are the tentative meeting dates for 2011!

January - Winter Break

July - Summer Break

February - 5th

August - 6th

March - 5th

September - 10th

April - 2nd

October - 1st

May - 7th

November - 5th

June - 4th

December - 3rd

MEMBERSHIP IN **APPA**

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Make checks payable to: **APPA**

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

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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 nonprofit corporation. All contributions are tax deductible.

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 |



Atlanta Post-Polio Association

Atlanta Post-Polio Association, Inc.

P.O. Box 250566

Atlanta, Georgia 30325

(404) 350-7631

FREE MATTER FOR
THE BLIND OR
HANDICAPPED

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

www.atlantapostpolio.com

**WE'RE
STILL
HERE!**

October 10-16, 2010
www.post-polio.org

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

Barbara Reynolds.....**APPA** Webmistress!!

Barbara Forest.....Very Special Arts
Ticket Coordinator

Betty Storey.....Photographer

Alice Felton.....Newsletter Prôôfreader

Lee Hughey.....Newsletter 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 con-
sider volunteering and helping us out.

Thanks,
Your **APPA** Board

Atlanta Post-Polio Association

APPA NEWS

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lindaleepriest@gmail.com



Joe Drogan - Editor



Newsletter Design by

Joe Drogan

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