



Polio News

P R E S E N T E D B Y

W I L D R O S E P O L I O S U P P O R T S O C I E T Y

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A MESSAGE FROM YOUR PRESIDENT

“Spring had sprung, the grass is riz...” It’s beginning to look a lot like spring; it’s about time!

There are a lot of activities coming up for members. The most important date coming up is the Annual General Meeting on Saturday, May 15. This organization is dependent on its members for direction. Members are encouraged to attend and provide valuable input into our activities. Please give serious consideration to allowing your name to be put forward for a board position. If you are unsure about what would be required just ask any current board member or call Glyn in the office. We will also be having a guest speaker and lunch is provided.

Other activities that we are planning:

- A visit to the Devonian Gardens in July
- Picnic at Hawrelak Park in August
- Lunch on the Riverboat in September

More information about these activities is provided in this issue of Polio News.

The work in the pool with the exercise specialist is continuing to the end of March, at which time it will be evaluated. The swimming pool is open to our members on Tuesdays between 5:00 and 6:00 p.m., and on Saturdays between 4:00 and 5:00 p.m. If you haven’t been to the warm water pool you should give it a whirl. There will be swimming after the general membership meeting on May 15 so bring along your costume and join the fun.

I look forward to seeing as many members as possible out on May 15.

Sincerely
 Marleen Henley
 President

LAUGHTER IS GOOD MEDICINE

To Be 6 Again...

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her birthday.

'I'd like to be six again', she replied, still looking in the mirror .

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra

fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted.

He leaned over his wife with a big smile and lovingly asked, 'Well Dear, what was it like being six again?'

Her eyes slowly opened and her expression suddenly changed.

'I meant my dress size, you retard!!!!'

The moral of the story: Even when a man is listening, he is gonna get it wrong.



BELIEVE IT OR NOT

A woman at work was seen putting a credit card into her floppy drive and pulling it out very quickly.

When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM 'thingy.'

A mother calls 911 very worried, asking the dispatcher if she needs to take her kid to the emergency room, the kid had eaten ants. The dispatcher tells her to give the kid some Benadryl and he should be fine, the mother says, 'I just gave him some ant killer.....'

Dispatcher: 'Rush him in to emergency!'

WPSS BOARD OF DIRECTORS

EXECUTIVE:

<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
Marleen Henley	George Kunec	Corinne Reid	Erna Warnes

DIRECTORS:

Ferne Hymanyk	Sharon Moffatt	Bob Defrain
Maxine Madison	Marie Kunec	Cliff Cyr
Marguerite Robinson		

COMMITTEES:

<u>Events</u>	<u>Fundraising</u>	<u>Telephone</u>
Bob Defrain	Marie Kunec	
Maxine Madison	Marguerite Robinson	
<u>Membership</u>	<u>Newsletter</u>	<u>Outreach</u>
Ferne Hymanyk	Sharon Moffatt	Ferne Hymanyk

The above Officers and Directors can be contacted through the office [see below]

Office	Glyn or Christine Smith	
Tel: 780-428-8842	Fax: 780-475-7968	Email: wpss@polioalberta.ca

DISCLAIMER

Information published in the Polio News and/or the Wildrose Polio Support Society web site may not represent the opinion of the Society. It is not to be regarded as the Society's endorsement of treatment, products or individuals. If you have or suspect you may have a health problem, please consult your health care professional.

IF I HAD MY LIFE TO LIVE OVER

by Erma Bombeck

(Written after she found out she was dying from cancer).

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, 'Later. Now go get washed up for dinner.' There would have been more 'I love you's'; more 'I'm sorry's.'

But mostly, given another shot at life, I would seize every minute... look at it and really see it ... live it and never give it back. STOP SWEATING THE SMALL STUFF!!!

Don't worry about who doesn't like you, who has more, or who's doing what!

USED ITEMS FOR SALE

2004 Dodge Grand Caravan SXT
Original Owner, 83,000 Km.
Power Seat, Converted van, dropped floor, Kneeling Rear suspension (Van Tilts), and powered in floor ramp. Dual power wheelchair tie downs and brackets for Manual chair and power chair.
Asking price \$32,900.00

Contact Jacque @ 780-699-6833

Wheelchair Accessible Lawn Mower
Ventrac 2320 - 20HP Kohler Gas Engine
Hydrostatic Front Wheel Drive
5 ft. Lawn mower with 3 sets of blades
Also has a Bucket
Asking price \$6,000.00

Phone 780-985-3555

Aquatec Bath Lift
Like New \$ 800.00

Phone 780-985-3555

DONATING DOROTHY’S DOLLS

By Stephen Dafoe

Morinville — A collection of children’s dolls seems like an unusual addition to the stethoscopes, scalpels and other pieces of antique surgical equipment found in the medical and dental collection of the Royal Alberta Museum, but that is precisely where one set of dolls will find a new home.

Cecilia Chevalier donated the collection of approximately 15 dolls, their clothing, and a wooden box made to house them to the museum in memory of her sister Dorothy Heppler, but also in honour of the nurses who cared for her sister during the 1950s when she was stricken with polio.

“This is very unique,” said Lucie Heines, assistant curator of Western Canadian History at the Royal Alberta Museum, in talking about the donation. “We wouldn’t normally have this kind of a collection within a medical collection, and we do have a lot of dolls in our toy collection, but this is actually going to become part of our medical collection because of the story that is related to it.” Heppler had caught two strains of polio during the epidemic of 1953 and spent three months in an iron lung, which saved her life. Because the lung was vital to Heppler’s being able to breathe properly, she was reluctant to come out of it, so her nurses gave her dolls to entice her to do what she needed to do. Not only did the nurses purchase the dolls with their own money, they crocheted clothing for them as well. Among Dorothy’s favourites was a walking-talking doll,

which was given to her to entice her to take a few steps again.

“So the nurses did entice Dorothy with these dolls,” said April Heppleston of the Morinville Public Library. “Each doll was another goal that they set for Dorothy; each doll was another enticement to reach another goal. Dorothy was not only given these by the nurses as a child, but for the rest of her life, she shared these with any child that came to her home.”

Now those dolls will be shared with an even greater number of Albertans who can appreciate them and the story behind them. Heines said that although Chevalier is donating the collection to the Royal Alberta Museum, the dolls will always be available to the community from which they came.

“It will, of course, always be available to Morinville, and especially the Musée Morinville Museum, on loan for extended periods of time if they wish to do an exhibit,” Heins said. “That’s the one thing we do like to do — is being in partnership with the community museums because if it wasn’t for community museums, there’s a lot of history that we, at the larger institutions, just don’t have the time or the resources to actually get those stories.”

Reprinted from The Sturgeon Light, Friday 4 December 2009.

WHAT IS SUCCESS?

SETTING GOALS

But not in concrete

STAYING FOCUSED

But turning aside to help someone

FOLLOWING A PLAN

But remaining flexible

MOVING AHEAD

But not too fast to smell the flowers

TAKING A BOW

But applauding those who had a part in your success

SUMMER EVENTS - 2010

1. Devonian Botanic Gardens - Tuesday, July 06.

The University of Alberta Devonian Botanic Garden, established in 1959, is a stunning 190 acre property made up of manicured gardens, mixed woodland vegetation and an extensive nature trail system.

Highlights of the Garden include the beautiful Kurimoto Japanese Garden, butterfly and cactus show houses, ornamental flower gardens, alpine gardens, herb, sensory and healing gardens and more.



With 190 acres to explore, the University of Alberta Devonian Botanic Garden has something to appeal to plant enthusiasts, nature-lovers, families and anyone seeking to spend a few idyllic hours in beautiful natural surroundings.

Services include a gift shop, unique and unusual plants for sale, natural handmade creations at the Crafters Workshop, delicious homemade food at the Care-It Urban Deli-in-the-Garden, and guided tram tours. Special events, festivals and expositions are held regularly at the Garden.

- **Where:** 5 km north of Devon on Highway 60
 - **Time:** arrive 11:00 am - 11:45 am
 - **Lunch:** 12:00 - 1:00 pm (Soup & Sandwich/Wrap - soup: beef, chicken or veggie base - assorted sandwiches or wraps)
 - **Tour:** 1:00 pm - approximately 1 hour in covered tram golf carts
- Fee:** \$5.00 per member



Note: You will need to register for this event by Thursday July 01. Register by email, bdefrain@telus.net, or by phone (780) 438-1558. You may have to leave a message. Do not send the registration fee of \$5.00 by mail. I'll hunt you down and collect on July 06

When you arrive at the gate identify yourself as being with the Wildrose Polio Support Society and you will be let in.

2. Picnic/Wiener Roast at Hawrelak Park - Friday August 13th.

Picnic site #2: located at the South-East end of the park about 3/4 of the way around the loop

Time: 12 noon to 3:00 pm

Cost: NO CHARGE (site fees paid by WPSS)

- Bring your own wiener to roast or if you don't like wieners bring what ever you want to eat and drink
 - Site #2 is covered and has a fire pit, parking and accessible washrooms adjacent
 - Nice trails for strolling or wheeling close at hand
- Easy access for DATS



Know someone who may be interested in joining our group? Bring them along (with their wiener) - the more the merrier.

3. Edmonton Queen Luncheon Cruise - Friday, September 03

Join us aboard our 170 foot paddle-wheeler as we cruise down the North Saskatchewan River through the heart of Alberta's capital city. The Edmonton Queen Riverboat features an open-air upper deck that is half-covered by awning. Our venue is fully wheel-chair accessible and **aides can sail for free**. Any seniors with mobility issues can be driven directly to the ship and dropped off dockside and our crew is always on-hand to help.

Washrooms are wheelchair accessible on the main deck

Time: Board at 11:00 am - cruise/lunch from 12:00 to 1:00 pm

Where: On the south side of the river across from the Shaw Conference Centre. The street address is 9734 - 98 Ave. at Rafter's Landing.

Cost: \$5.00 per member includes soup, sandwich, coffee or tea and the cruise



Note: You must register for this event by Monday August 30th. Register by email, bdefrain@telus.net, or by phone (780) 438-1558. I'll track you down for the fee at the venue

SWIMMING



The 'swim' sessions are held in the ACT Centre pool which is located in Rundle Park.

The Society has the sole use of the pool for two sessions per week. These sessions are Tuesday from 5.00 pm to 6.00 pm and on Saturdays from 4.00 pm to 5.00 pm.

Access to the pool at these times is only to fully paid up WPSS members and their caregivers.

Amenities include: 25 meter gradual depth swim pool, Shallow water teaching pool, Whirlpool, Regular change rooms, Family/disabled change room

DID YOU KNOW?

...that the supply of WPSS brochures ["Are You a Polio Survivor?"] at drugstores, health clinics, doctors' offices need to be replenished.

...that Silver Cross sells both new and recycled health equipment [780-450-6992]
gwarchola@silvercross.com

...that Cliff Cyr and Rick Meunier audited our Societies 2009 financial records.

...that pool attendance at warm water therapy has increased. A professional exercise coach has worked with the attending members. Activate your Body, Activate your Mind, Activate your Independence.

2010 MEMBERSHIP DUE

Your 2010 membership is now due. If you haven't already paid it turn to page 16 [back page] of this newsletter and complete the membership application form.

Remember that membership benefits include member rates at meetings and events, two free sessions per week in the ACT warm water pool as well as access to the reimbursement program for extended health services.

All this for just \$15 per year [\$25 per couple]

Mothers Cookies

Recipe
Corner

Would you like to share **your** favorite recipe with us?

Please send it to

WPSS News
132 Warwick Road NW
Edmonton AB
T5X 4P8
or
Email: wpss@polioalberta.ca

- 1 cup butter
- 1 cup brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 1/2 cups flour
- 2 tsp. baking soda
- 2 cups rolled oats
- 1 cup chopped (walnuts or chocolate chips or raisins)

Cream butter and sugar together. Add egg and vanilla and mix. Add dry ingredients and mix well. Add rolled oats, mix and then add (walnuts, chocolate chips or raisins). Bake at 350 degrees for 15 minutes

WALKING TO BEAT POLIO

By Arnold R. Grahl



Wiesner arrives at the cathedral in Santiago de Compostela, the end of his Walk to Beat Polio. *Photo courtesy of Hans Wiesner*

Bad weather and loneliness couldn't keep Hans Wiesner from completing his [Walk to Beat Polio](#). The Canadian Rotarian encountered headwinds of 15 miles per hour and near-freezing temperatures during the toughest part of his 620-mile journey along the Via de la Plata, part of an ancient network of trails in northwestern Spain used by pilgrims to reach the cathedral in Santiago de Compostela. "I thought about quitting, but I really had no choice but to keep going," he recalls. "At the point of the journey I was at, there is really nothing around you anyway. What inspired me most was all the people who were supporting me: Rotarians from all the clubs in District 5360 [parts of Alberta; Saskatchewan, Canada]."

Wiesner, a member of the Rotary Club of Red Deer East, Alberta, completed his 35-day Walk to Beat Polio in November, raising C\$54,000 (about US\$43,700) for Rotary's US\$200 Million Challenge to benefit [PolioPlus](#). Before the walk, he visited roughly half the clubs in his district and e-mailed the others to solicit donations.

The idea for the walk stemmed from a trip Wiesner completed in 2007 on the same network, called the [Camino de Santiago](#) (Way of St. James), shortly after he retired as a chemical engineer. He says he made the journey as a personal challenge and for spiritual

reasons.

After joining his club later that year, Wiesner thought about repeating the trip. A close friend, who had served as best man in his wedding, contracted polio as a child. The friend survived, but was weakened by the disease.

"He was born in 1944, I in 1945. We went through the era where a lot of people got polio," Wiesner recalls. "I was fortunate, he was not. It seemed like a nice segue using this walk to raise funds for Polio-Plus."

Road less traveled

Wiesner set out from Seville, Spain, on 6 October. This time, he chose the Via de la Plata, the longest of the pilgrimage routes, and one less traveled. Less than 5 percent of those making the journey use the Via de la Plata; the vast majority join the Camino Francés at some point between the Pyrenees and the Spanish border.

The lack of fellow hikers provided a sharp contrast to his previous trip.

"I got to one hostel to stay overnight, and I was the only one there," he recalls. "That was definitely a challenging part of this trip. The social aspect is pretty important."

The weather was also significantly worse. By the time he reached the 60 percent point, snow began to fall in the mountain passes. For four days straight, the temperature hovered near freezing as he battled a strong headwind.

"Nothing prepared me for what is described in my guidebook as 'the steepest climb' on the Camino," Wiesner wrote in a blog he maintained during his trip. "This is a section which starts about seven kilometers [4.3 miles] after leaving Ourense. It is a continuous 20 degree slope for just over a kilometer which then turns into about a 12 degree slope for the next half a kilometer. Usually a climb like that is rewarded by a superb view (after you recover) . . . but there was nothing to see except the fog."

Nevertheless, Wiesner is still positive about the experience. He is happy with the amount he raised, which he calls "a fair chunk of change," and is already planning future hikes in France and Spain. Find more details and photos of his walk on his blog, www.haloranch.ca.

Rotary International News -- 8 April 2009

NOTICE OF ANNUAL GENERAL MEETING

Dear Member:

On behalf of the 2009-10 Board of Directors, I want to personally thank you for your support during 2009-10. We have accomplished a lot this year with many challenges ahead.

This letter is to formally invite you to the 2010 Annual General Meeting at 1:30pm on Saturday, May 15, 2010. You will also be given an overview of the year's activities, financial reports and some of our plans for 2010-11.

Please give some thought to accepting a position on the new Board as many hands make light work. It is also an opportunity to get to know new people and contribute to our own as well as others quality of life. I know I have enjoyed all the great treats and the camaraderie of the board meetings and the resulting events. So please join the board and receive more support and fun from our Society.

**ACT Centre
2909 113 Avenue NW
Edmonton Alberta**

Date : May 15, 2010

Registration : 11:45 to 12:30 pm

Lunch : 12:30 to 1:30 pm

Annual General Meeting : 1:30 pm

We also hope to have a guest speaker,

I am looking forward to meeting all of you so please call Glyn at 428-8842 no later than May 10th so we can order your lunch.

Sincerely,

Marleen Henley
President
Wildrose Polio Support Society

MANAGING EXERCISE

By Dr Laura S. Halstead, MD

It is well known from muscle physiology that exercise of various types improves both muscle strength and endurance.

Following episodes of acute paralytic polio in the past, individuals often went through long periods of exercise training and muscle re-education to regain the strength and muscle mass they had lost. In fact, exercise was frequently viewed as the "CURE" for paralytic polio. The belief of many persons was that they could overcome or "BEAT" polio if they did enough exercises.

When people started getting new weakness many decades later, that same belief was still intact. As a result, many individuals resumed exercising on their own, often with a vengeance, frequently producing additional weakness. Based on these anecdotes and the initial theory that Post Polio Syndrome [PPS] was caused by overburdened motor neurons, it is understandable that most clinicians were cautious about prescribing any form of exercise. Now, more than a few decades later, there is considerable evidence that almost everyone can benefit from some form of exercise. For many individuals this level of exercise may be nothing more strenuous than gentle stretching or various types of yoga. For others, it may be considerably more vigorous and even include aerobic training. With this range of options it is impossible to prescribe a set of exercises suitable for everyone. Instead a list follows of general principles and guidelines that can be used by most people with PPS to develop a safe and effective exercise program.

INDIVIDUALIZED AND SUPERVISED PROGRAM

Exercise programs should be supervised initially by a physician or physical therapist experienced in neuromuscular diseases, if not polio. All programs should be customized to each person's needs, residual strengths and symptom patterns. Given these constraints, research studies have shown that some polio survivors (but not all) can improve muscle strength (caused by new muscle hypertrophy and the growth of additional axon sprouts) and enhance cardiovascular endurance with a closely monitored training program. In fact, some studies have reported an increase in strength in muscles both with and without new weakness.

TYPE OF EXERCISE

There are numerous kinds of exercise. Finding the one that is right for each person and each limb often takes trial and error. Usually, it is a good idea to find two or more exercises that can be varied, exercising specific muscles every other day. For example, walking or exercising the lower extremities one day and alternating with an exercise for the upper extremities the next. This program provides a period of rest for each muscle group and variation that keeps the overall exercise program challenging and enjoyable. As a general rule, muscles that have a grade of 3 or less (using the muscle examination scale: 0 = no contraction up to 5 = normal strength) should be protected and not exercised; grade 3+ muscles

(Continued on page 13)

can be exercised with caution; grade 4 and 4+ muscles can be exercised moderately; and grade 5 muscles can be exercised more vigorously.

EXPECT IMPROVEMENT

Exercise should make one feel better physically and psychologically or both. If the activity is not strenuous enough to improve an individual's strength, much less the cardiovascular system (e.g.: stretching or yoga exercises), it still should give a psychological lift just to be doing a special activity for oneself on a regular basis.

Listen to your body. Avoid pain, fatigue and weakness. These symptoms signal that your muscles have overworked. A brief period of fatigue and minor muscle pain for 15 to 30 minutes after exercise is usually normal. Symptoms that last longer than 30 to 60 minutes reflect muscle overwork and possible injury. If this occurs, the exercise should be reduced or stopped. **ANY EXERCISE THAT CAUSES ADDITIONAL WEAKNESS SHOULD BE DISCONTINUED IMMEDIATELY.**

PACING

Pacing has been shown to be safe and effective in increasing strength in some individuals. The intervals of exercising can be as short as two minutes to five minutes alternating with equal intervals of rest. The evidence also shows that secondary symptoms, such as generalized fatigue, can be reduced as individuals become conditioned and are able to perform more work with less expenditure of effort.

USE YOUR BEST MUSCLES

Polio is often a focal, asymmetric disease with variable amounts of weakness in different limbs. Exercise the limbs least affected or those completely unaffected by polio, while avoiding the more affected extremities. For instance, if only the legs were affected, then the arms can be used in a fairly strenuous program that includes swimming or using an upper extremity arm bicy-

cle; meanwhile, the legs will usually get adequate exercise in the course of doing daily activities.

HYDROTHERAPY.

Water therapy was the exercise of choice for many persons during their recovery from the original polio. It is still excellent therapy. Because of the buoyancy of water, it allows people to do things they can't perform on land. For especially weak limbs, inflatable cuffs can be used to float extremity. For other limbs, water resistance provides a workout that can be fine-tuned to each person's strength. The principal disadvantages of hydrotherapy are that the temperature may not suit one's body and it may be difficult to find pools that have lifts. Also, the surfaces around pools tend to be slippery and dangerous for anyone with a tendency to fall. **NOTE:** Wildrose PPS has Tuesday and Saturday pool time in a WARM and ACCESSIBLE pool free for all Polios and their attendants:

WARM-UP AND COOL-DOWN

As with other exercise programs, a warm-up followed by gentle stretching should be done to improve flexibility and reduce the possibility of injury. After exercising, a cool-down period should take place. Finally, the type of activity should be one that the participant ENJOYS to minimize the potential for dropping out because of lack of interest.

I recently saw a distraught young lady weeping beside her car. 'Do you need some help?' I asked. She replied, 'I knew I should have replaced the battery to this remote door unlocker. Now I can't get into my car. Do you think they (pointing to a distant convenience store) would have a battery to fit this?' 'Hmmm, I don't know. Do you have an alarm, too?' I asked.

'No, just this remote thingy,' she answered, handing it and the car keys to me. As I took the key and manually unlocked the door, I replied, 'Why don't you drive over there and check about the batteries. It's a long walk....'

ANNOUNCEMENTS

SWIM SCHEDULE

ACT Aquatic & Recreation Centre

In the heart of Rundle Park
2909 113 Avenue NW
Edmonton Alberta
(780) 496-1494

Tuesdays 5:00 pm to 6:00 pm
Saturdays 4:00 pm to 5:00 pm

RATES:

No charge to members during WPSS scheduled times.

HAPPY BIRTHDAY!



Patricia Laird	2-Apr
Dianne Turner	4-Apr
Joanne Langford	14-Apr
Jim Dirksen	15-Apr
Christine Wells	15-Apr
Mrs. Isabel Wright	15-Apr
Bob DeFrain	20-Apr
Mildred Leibel	24-Apr
Marguerite Robinson	29-Apr
Joe Kokotilo	12-May
Judy Scheetz	14-May
John Pak	15-May
Dave Norton	23-May
Eileen Nesbitt	27-May
Lorraine Juhl	31-May
Janice Hovey	3-Jun
Mary J. Robinson	7-Jun
Donna Thompson	8-Jun
Muriel Onushko	21-Jun
Terry Henderson	21-Jun
Loretta Denis	23-Jun
Pam Waite	30-Jun

Do you have an announcement that you would like us to publish?

Please let us know . . .

Email:
wpss@polioalberta.ca

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132 Warwick Road NW
Edmonton AB T5X 4P8

Phone:
(780) 428-8842

WE'RE ON THE WEB
<http://www.polioalberta.ca/wildrose/wpss.htm>

**WILDROSE POLIO
SUPPORT SOCIETY**

132 Warwick Road NW
Edmonton AB T5X 4P8
Phone: (780) 428-8842
Fax: (780) 475-7968
E-mail: wpss@polioalberta.ca



Providing support for Polio survivors

The Wildrose Polio Support Society (WPSS) was formed in 1999 to provide information and support to Polio survivors.

The objects of the WPSS are:

- 1 To provide education to members in respect to post polio syndrome;
- 2 To provide group support and therapeutic support to polio survivors and to provide other support as approved by the Board of Directors;
- 3 To disseminate information concerning research and treatment about post polio syndrome;
- 4 To raise monies for research into post polio syndrome and to donate same to such institution that is conducting research into post polio syndrome as the members of the Society shall decide;
- 5 To develop awareness, communication and education between the Society and the Community.

WPSS News sponsored in part by



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www.jagprinting.com

I long to accomplish a great and noble task,
but it is my chief duty to accomplish small
tasks as if they were great and noble

Helen Keller

Wildrose Polio Support Society

132 Warwick Road NW
Edmonton AB T5X 4P8

2010 Member / Donor Form [Membership year is January 1 to December 31]

NAME(S):
MEMBER _____

[Polio Survivor]

ASSOCIATE MEMBER _____

[Husband/Wife/Caregiver]

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

PHONE (DAY): _____ **PHONE (EVENING):** _____

FAX: _____ **POLIO YEAR:** _____

E-MAIL: _____ **BIRTHDAY MONTH:** _____ **DAY:** _____

SENIOR [60 or over] Member YES NO

MEMBERSHIP: Associate YES NO

Individual (\$15.00) \$ _____

Couple (\$25.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____

I would like to receive my newsletter; by email by regular mail

HOW DID YOU HEAR ABOUT WPSS: _____

The Wildrose Polio Support Society will use this information solely for the express purpose of the functions of the Society. We will not disclose personal information for commercial purposes without your permission.

Registered Charity No. 867883985RR001