

WPSS News

WILDROSE POLIO SUPPORT SOCIETY

A MESSAGE FROM YOUR PRESIDENT

INSIDE THIS ISSUE:	
Board Members	3
Travel Tips	4
What Internist Need to Know	6
Condolences	8
Team Wildrose	10
Member Letters	11
Peaceful Valley	12
Edmonton Queen	13
Announcements	14
Membership	16

Dear Wildrose Member.

This will be my last letter as President of the Society and I want to say it has been a rewarding and fun experience.

I have enjoyed serving you all but look forward to passing the reins to someone with new ideas and motivation. At this time I am reminded of an adage on www.Facesnetwork.com that says "If we don't...Then Who".

This quarters Newsletter carries a number of articles on travel which is an enriching and freeing experience. Oft times we do not go where we would like for fear of lack of acceptance, help, facilities and the unknown. This need not hold us back. The world over has Polio, Paraplegic and other societies bringing the wheelchair bound and challenged walkers needs to the fore and obtaining solutions to them. I hope you enjoy and find the articles motivating even if you just travel in our lovely Province.

The Society has been having a record year due to the participation of so many members. Bob Defrain and Albert Peters along with wife, Maureen have worked diligently and successfully on Events all year. How wonderful it has been to have such competent and responsible people following through on commitments. I offer a big thank you from all of us who decided to attend these events and a word in the ear of the rest of the membership. Do come out. Each event was blessed with good weather, well what was a bit of rain at Peaceful Valley. It did not dampen my spirits. The sites and activities were all wheelchair

accessible. Here is hoping for more such events next year.

The Society worked its first Casino as per a motion at the AGM in 2006 or 2005. This was organized by the Society's Funding People, Marie Kunec and our Vice President, George Kunec. Our Treasurer, Corinne Reid and I have tried to be supportive by attending Gaming Meetings and signing forms but the real scut work was done by this wonderful couple. Thank you George and Marie Kunec. Of course none of it would have happened without so many members coming out to actually work the event. What a great showing and what a good time. I regret that more of you could not join us for "chocolate cakes at 1AM" or wonderful meals and the camaraderie of your fellow members. Now we must continue by demonstrating to "Gaming" that the things we want to pay for with the money are valid. Gaming controls this money very closely and we are hoping for some flexibility and understanding on their part.

I also want to thank all those who have taken the time to call, email or write with your kind thoughts and ideas. I have been amply rewarded.

In closing I would like to quote Marion Wright Edelman who said "Service is the rent we pay for being. It is the very purpose of life and not something you do in your spare time."

I hope to see you all at the Annual General Meeting November 15, 2008.

Sincerely, Sharon Moffatt

YOUR 2007-08 BOARD



Back Row: George Kunec, Corinne Reid, Seymour Neumann, Sharon Moffatt
Front Row: Marie Kunec, Ferne Hymanyk, Maureen Peters, Collen Sydor

SHARON MOFFATT

I contracted Polio while living on a small farm shortly after I started grade 4 in 1953.

The Westlock area was hit hard by this disease, losing a physician, a teacher and one of my classmates. I was isolated at home and then driven, in a neighbour's car, to University Hospital in Edmonton on the advice of the family GP. Hospitals were very full and Dad negotiated all day to get me admitted as the GP had told him it was the only place I could be helped. I spent 11 months being exercised and braced back to walking. I was only home for a few weeks when I fell and broke my femur. I was placed in traction at Westlock hospital where I spent four months. This was to mark the beginning of the nine breaks I would accumulate to-date. I also underwent extensive surgery, spending 18 months undergoing back fusions at the ages of 12 and 13 and later ankle fusion and muscle transplants.

Having polio has had its ups and downs. It expanded my horizons and gave me many great experiences. I was given the opportunity to study the health care system from the inside and did my best to turn it upside down. I made many friends on the wards of UofA and in my early teens I performed as a wheelchair square dancer at many Legion Social Events and at the Jubilee Auditorium.

I continued onto High School without braces, crutches or wheelchairs and never looked back for about 25 years. The Legion did pay a cab to drive me to and from grade 10 and then I just managed. I went onto University, married, have two sons, three

grandchildren and worked in Provincial Children's Services for 26 years.

Then in 2000 I found I could no longer keep going even though I had over the years returned to crutches & braces (usually after a bad break) to keep me on my feet. Dr Sampson suggested I quit work, change my life. As I seldom listen to advice, I bought an electric wheelchair and kept on working until 2004 when exhaustion made that impossible and Dr Sampson recommended I contact Wildrose PSS, swim and PACE myself.

So here I am. An active member of Wildrose, the Society that has helped me adjust to PACED activity. Well perhaps that is still a goal. The pool exercise and the other pool members are the best thing and since I also enjoy any social event (they distract us from our aches, pains and deficiencies, I think) the Society has been a gift. Thank you all for helping me to continue enjoying life while accepting some limitations. Well maybe that is still a goal too.

Smiles Sharon

"You never find time for anything. If you want time you must make it" Charles Buxton

"There is nothing worth the wear of winning, but laughter and the love of friends." Hilaire Belloc

WPSS BOARD OF DIRECTORS

EXECUTIVE:

<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
Sharon Moffatt	George Kunec	Corinne Reid	Corinne Reid

DIRECTORS:

Ferne Hymanyk	Seymour Neumann	Maureen Peters
Colleen Sydor	Marie Kunec	

COMMITTEES:

<u>Events</u>	<u>Fundraising</u>	<u>Telephone</u>
Bob Defrain	Marie Kunec	Maureen Peters

<u>Membership</u>	<u>Newsletter</u>	<u>Outreach</u>
Ferne Hymanyk	Vacant	Colleen Sydor

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

Attention Swimmers; Make a Note

The ACT Rundle Pool will CLOSE for renovations November 27 2008 to February 1 2009
 WPSS Scheduled Warm Water Therapy will NOT be available for that Period.
 There will not be a session on Tuesday November 11 [Remembrance Day]

WANTED: Contact with other polio patients who were in St. Joseph's Auxiliary Hospital in Edmonton from approximately November of 1953 to April of 1954. I was brought there from Killam, Alberta for treatment at the age of 5. Please email dlynn@cable-lynx.net with "Polio" in the subject line.

Debbie James

TRAVEL TIPS

SHARON MOFFATT

Disabled Gain Easy Access to Beach

Ever wished you could go to California and enjoy a warm respite from our winter but thought you could never make it to a beach. Well do not despair. California and now Florida has accessibility mats. As of April 2008 Hollywood FL has responded to the physically challenged needs.

Crossing the sandy shore of Hollywood Florida beach just got easier. Twelve pathways from the Boardwalk to the ocean have been installed. The installation was completed in April 2008. The artificial pathways, called Mobility Mats, provide easy beach access for people with disabilities, parents with strollers and barefoot beachgoers looking for a cooler way across the sand.

The T-Shaped polyester blue pathways are 5 feet wide and come in two lengths, 50 or 82 feet. An 82 foot section runs from the Boardwalk towards the ocean connecting to a 50 foot section parallel to the shore. At high tide, the pathway is about 50 feet from the water. Disabled beachgoers can rent a heavy-duty wheelchair to take them the remaining distance into the water. Before the mats arrived, the only option for disabled beachgoers was a wooden platform at Garfield Street, about 80 feet from the Boardwalk.

The mats, originally manufactured for military use, are multifunctional and highly portable, an advantage when hurricanes approach.

Information summarized from the Sun-Sentinel April 25, 2008

Looking for an Accessible Cruise

Maureen Sinkule at BAPPG@aol.com or at
11660 Timbers Way
Boca Raton, FL 33428 or
1 561 488 4473

Maureen assisted your President in arranging a Caribbean Cruise on Royal Caribbean Cruise Lines. She knows and understands accessibility and can assist

with scooter rental and roommates. Maureen and Edie (edie@travelgroupint.com) arrange group and individual tours out of Miami. Airfare to Miami is your responsibility.

Need a Scooter or Wheelchair in Many Cities throughout the World

Try www.scootaround.com. This company may be a good alternative to Maureen Sinkule. I used this company in Las Vegas and it worked well although about the same price as renting a car. Note: Las Vegas is very accessible

Post-Polio Health International is having its 10th International Conference, Living with Polio in the 21st Century, April 23-25 2009, hosted by the Roosevelt Warm Springs Institute (conceived by North Central FL PPSG) Warm Springs, GA. Details 314-534-0475.

WHAT TO KNOW BEFORE YOU GO ON AN AIRPLANE

Remember to inform the Airlines of the need to go “handicapped” to obtain appropriate service when buying your ticket. Some type of “handicapped” service” exists with most airlines and airports throughout the world.

Consider reading www.tsa.gov/public/ for a full description of American Air Travel regulations

Excerpts from Updated Travel Advisory for People with Special Needs and People with Disabilities

Due to enhanced security measures liquids, gels, lotions and other items of similar consistency will not be permitted in the carry-on baggage. These types of items must be packed in your checked baggage. Additionally, liquids, gels, and lotions purchased beyond the checkpoint must be disposed of before boarding the aircraft. (note this includes bottled drinking water) To ensure the health and welfare of certain air travelers **the following items are permitted:**

...prescriptions in original container (have pharmacy fill prescriptions with correct quantities for your trip) with name that must match your ticket.

(Continued on page 5)

...liquids (to include juice and water) or gels for persons with diabetes or other medical conditions in quantities up to 5 oz per container; Essential non-prescription liquid and gel medications up to 4 oz per container (to include saline for eye care products, and KY jelly);Gel filled wheelchair cushions; Life support and life sustaining liquids (bone marrow, blood products, body organs)....

...All disability related equipment, aids, and devices continue to be allowed through security checkpoints once cleared through screening. Disability and medically related items permitted beyond the checkpoint include: Wheelchairs; scooter; crutches; canes; walkers; prosthetic devices; casts; support braces; support appliances; service animals; any and all diabetes related medication, equipment and supplies; orthopedic shoes; exterior medical devices; assistive/adaptive equipment; augmentation devices; ostomy supplies; hearing aids; cochlear implants; tools for wheelchair disassembly/reassembly; personal supplemental oxygen; CPAP machines; respirators; CO2 personal oxygen concentrators;

People with Disabilities, those with prosthetic devices, and those with medical conditions DO NOT have to remove their shoes during this heightened security level, nor has this been the case during routine travel times. Those who keep their shoes on WILL be subjected to additional screening that includes a visual/physical and explosive trace detection sampling of their footwear.

Exercise patience with the lines, delays, and stringent screening procedures.

NOTE: I have had my shoes "swiped" for explosive every time I have gone through security. I also get patted down and have my leg brace examined. I accept this as reasonable as it could be a hidden weapon. I readily inform them of the "pins and plates" in my leg.

Sharon's Experiences on a European Tour

I have flown to a few places in North America on various carriers and once to Europe through Milan, Italy on Air Italia. I was very worried that Europe would not be friendly or accessible to physically challenged persons. As it was shortly after 9/11 I was also concerned that my "pins and plates" which set off metal detectors and my braces, crutches etc might be too much for the security system to clear. I was pleasantly surprised. I flew Air Italia and carried a letter from my GP validating my needs; just in case of I am not sure what. I did not need to use the letter. Canadian Security was a bit picky (I thought) but Air Italia treated me like royalty and the Milan Airport had up to date equipment to handle wheelchairs and get me off and on the Planes as well as well trained and friendly staff.

A ferry (like an old BC ferry) from Spain to Morocco was not familiar with handling a physically challenged person but did come up with a wheelchair and a pusher who knew his way through a maze of back halls, ramps and onto a freight elevator on the ferry and then off again later. This was an extremely interesting view of our ferry and another culture; one that the ordinary traveler would not get. It is things like this that make up for a few of the back lanes and by ways I could not manage. I saw countries from a different and perhaps more meaningful way than the regular tourist. I was always treated with exceptional courtesy, compassion and interest.

We used Trafalgar Travel and went on their more expensive first class tour to Spain, Portugal and Morocco. We were not disappointed and felt it was worth every penny. The Tour guide was excellent. She evaluated my abilities the first few days and then advised me well on what might be too difficult and modified the activity as required. She might indicate I could participate in the walking group to a certain point and then she would have a cab pick me up and take me to a point where the Tour Bus would come later. This action gave me one of my best moments in TOLEDO, Spain. After walking a short distance to see an Al Greco painting, I left the group who would continue to walk for an hour through this interesting and picturesque city. A cab dropped me off at a bus stop on the side of a hill overlooking Toledo and I had a precious time on my own to view and enjoy the city. Really it was unforgettable. On another occasion I went for coffee with the bus driver while the rest of the tour did whatever. For me this was a great substitute activity allowing me to see how the workers and residents lived some of there lives not just seeing the "touristy" places. On another occasion the bus parked on a busy shopping thoroughfare allowing me to people watch and look into the shops in Tangier Morocco. The dress of the Muslim women, the activity in a barber and a butcher shop (open air more like a Kiosk) made it possible for me to enjoy the city without walking. The next day our Trafalgar guide assigned us our own private guide to walk with my husband and I and assist me if I could not keep up to the group or complete the walk as she felt it was an important experience for me. The guide stayed with us and gave us his interesting perspective on Morocco, 9/11, and the world. Later that evening he assisted our group at a Moroccan Dinner, escorting me (holding doors, guarding doors??) to a ladies washroom.

So yes accessible travel can be done in a meaningful manner. See the World.

WHAT INTERNISTS NEED TO KNOW ABOUT POSTPOLIO SYNDROME

PART 1

JULIE K. SILVER, MD AND DOROTHY D. AIELLO, PT

When a polio survivor presents with nonspecific symptoms such as weakness and fatigue, how do you determine whether they are due to postpolio syndrome or to an unrelated problem?

Postpolio syndrome is a neurologic disorder defined by a collection of symptoms occurring decades after a patient has recovered from an initial infection with the poliovirus. New muscle weakness is the hallmark, but breathing or swallowing problems, fatigue, myalgias, and cold intolerance are frequently also present.

In this review, we discuss the criteria for diagnosing postpolio syndrome, guidelines for ruling out other condition, and treatment strategies to optimize function in postpolio patients.

One Million Polio Survivors.

There are probably at least one million polio survivors in the United States, though not all have residual effects. Worldwide, there are millions more. Polio eradication is ongoing, and it is hoped that new cases will be completely eliminated over the next few years.

Acute Poliomyelitis May be Subclinical

Historically and even recently, acute poliomyelitis has been thought of as having distinct presentations: **Abortive polio**, which presents as a minor illness of fever, malaise, sore throat, anorexia, myalgias, and headache.

Nonparalytic polio, which presents as aseptic meningitis

Paralytic polio, which presents as severe back, neck, and muscle pain, with the rapid or gradual development of paralysis.

In fact, however, the acute viral illness is probably more of a spectrum, in which there are subclinical cases of paralysis that in the past would have been classified as nonparalytic. This concept is important because although most patients who are at risk for post polio syndrome had well recognized “paralytic” polio, other who were never diagnosed with polio or were thought to have had “nonparalytic” polio may also be at risk for postpolio syndrome.

An estimated 60% of “paralytic” polio survivors are affected by postpolio syndrome. The prevalence in those who had subclinical illness is unknown.

What causes the late symptoms?

Postpolio syndrome occurs in polio survivors who had injury to their central nervous system, generally the anterior horn cells in the spinal cord, during the initial infection. The cause of the late symptoms is not well understood but is believed to involve attrition of motor neurons during aging. Other theories abound, however, and the etiology is likely multifactorial.

When motor neurons are lost in acute polio, the surviving motor neurons sprout collateral fibers that re-innervate the denervated muscle fibers. The resulting motor units are larger than normal, and there are fewer of them than before. Therefore, the burden on each of these remaining motor neurons is higher than under normal conditions.

With age, we all gradually lose some motor neurons. Polio survivors may be more affected by this loss of motor neurons because they have fewer to begin with.

Another theory is that insufficient levels of acetylcholine are released at the neuromuscular junction,

WHAT INTERNISTS NEED TO KNOW [CONT]

resulting in diminished muscle contraction.

Maselli et al noted reduced amplitudes of miniature end plate potentials and structural abnormalities of the neuromuscular junction, such as reduced diameter of nerve terminals, but these changes were noted in all postpolio syndrome patients.

Some have found ongoing immune activation and defective viral particles in the spinal fluid, although the significance of these is unclear.

General fatigue may also have a central cause – an abnormality in the reticular activating system in the brain that occurred during the acute polio episode.

Hallmark is new weakness

The hallmark symptom of postpolio syndrome is new weakness, which may occur in muscles known to be previously affected or in muscles that were thought to be normal. The patient may report difficulty with walking or lifting items, falls, needing more assistance with transfers [eg, moving from the bed or commode to the wheelchair], and being less able to do functional tasks. The weakness characteristically worsens with increased activity and is most pronounced at the end of the day.

Symptoms may also include dyspnea on exertion due to respiratory muscle weakness, other breathing

or swallowing problems, pain [myalgias], cold intolerance, and unaccustomed fatigue. New muscle atrophy may also be present.

Pain can be due to factors related to the history of polio, but which are not classifiable as postpolio syndrome. For example, a patient may present with left leg paralysis due to the initial polio and report increased limping and pain in the right hip [ie, the “good” leg]. The new symptoms may be due to osteoarthritis of the hip, which is more likely to occur in a polio survivor without good muscular support around the hip and after years of additional wear and tear.

Postpolio muscle pain classically occurs in the muscles rather than in the joints. The pain is often described as aching, cramping, burning, or a “tired” feeling. It frequently occurs at night or after the person has been very active.

Numbness or paresthesias are not typical symptoms of postpolio syndrome.

Reprinted from; Cleveland Clinic Journal of Medicine, Volume 69, Number 9, September 2002

Look for part 2 in the next issue.

DID YOU KNOW

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S. Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow

The cost of raising a medium-sized dog to the age of eleven: \$6,400.

The average number of people airborne over the U.S. in any given hour: 61,000.

CONDOLENCES



JASON, Linda Joyce 1948 - 2008 Linda Jason was born on December 15, 1948 in Camrose, Alberta and left this life on August 29, 2008 in Ponoka, Alberta at the age of 59 years. She is lovingly remembered by her husband George Jason of Ponoka; daughters Joy Jason (Mike Jensen) of Vancouver and Rosa Jason of Edmonton; son Tyrone Jason of Vancouver; mother Joyce Chant of Camrose; sisters Judy (Jeff) Voshell and Deanna (Lorne) Bragg; brother Greg (Diane) Chant; as well as numerous other relatives and friends. She was predeceased by her father Austin Chant. A Celebration of Linda's life was held at the Trinity Lutheran Church, Ponoka on Thursday, September 4. Memorial donations may be made to the Foster Parents Plan Canada.

LACEY, Lois Orlene Irene Shunk October 15, 1931 ~ August 12, 2008 It is with great sadness that the family announces the sudden passing of Lois (Orlene) Lacey at the Royal Jubilee Hospital in Victoria, B.C. Orlene is survived by her husband W. Keith Lacey, her two sons Stephen and Douglas, daughters-in-law, Kimberley and Lee and her five grandchildren and step-grandchildren, Andreas, Coral, Nathan, Jordan and Joshua. Her many friends and extended family will sorely miss her. A Memorial Service was held Saturday, August 23, 2008. Donations to the Post Polio Awareness Society would be appreciated. They can be reached at 1-800-480-5903 or by e-mail to info@poliocanada.com

WE'RE STILL HERE. OCTOBER 12-18, 2008

Post-Polio Health International (PHI) challenges individuals and groups from around the world to make the October 12-18, 2008, **WE'RE STILL HERE!** campaign even more visible than the successful 2007 campaign. The goal is to alert health professionals, policymakers, and the general public to the fact that polio survivors are active individuals within their communities with successes to tell, and for many, unmet needs.

Ann Lee Hussey, Chairman of the Rotary Action Group - Polio Survivors and Associates (PSA), and Joan L. Headley, Executive Director of Post-Polio Health International (PHI), have announced a joint effort to promote greater public awareness of polio in present times. The program will include the ongoing Rotary fund drive to raise funds for the polio eradication program, the urgent need for assistance and rehabilitation for recent survivors of polio, and an awareness of post-polio syndrome occurring in the lives of many polio survivors long after recovery from the initial attack of polio.

Because of the success of the eradication effort, the total number of survivors worldwide has dropped considerably. The exact number is unknown, but polio survivors throughout the world are in need of programs that will provide rehabilitation and re-rehabilitation, which is the key to participating in society.

The 32,000 Rotary clubs all over the world are committed to matching the \$100 million grant from the Bill and Melinda Gates Foundation now being used in inoculation programs in Africa, India, Afghanistan and Pakistan.

"We are suggesting to Rotary clubs that they conduct a polio awareness program in their communities to locate polio survivors and assist them by supplying health information, organizing post-polio support networks and, if needed, providing assistive devices," said Hussey. "Another suggestion is to enlist school children to ask their parents and grandparents about the polio epidemics of the '40s and '50s and record the stories."

"Post-Polio Health International (PHI), through its WE'RE STILL HERE! campaign, is encouraging post-polio support organizations and its individual members to contact their local Rotary Clubs with an offer to present programs at their weekly club meetings. This will give Rotarians a better understanding of the initial effect of having polio as well as the long-term after effects," adds Headley. Headley continues, "Rotary International's commitment to eradicating the poliovirus from the world is unyielding. PHI and the extensive post-polio network carry on from there, assisting those for whom the vaccine was too late."

Both organizations believe this interchange of experiences and information will increase public awareness of the current Rotary fund drives to eradicate polio worldwide as well as the need to create rehabilitation programs to provide a healthy and productive life for individuals with physical disabilities

KITCHEN BEATITUDES

Blessed are those who shut the fridge, without pondering there all day.

Blessed are those who fix a snack, and put the stuff way.

Blessed are those who do not spill their soft drinks on the floor.

Blessed are those who realize what a sponge and mop are for.

Blessed are those who do not pick at food that's meant for suppers.

Blessed are those who offer to help, for they shall be cleaner uppers.

Blessed are those who tidy drawers, and throw out useless clutter.

Blessed are those who do not get their toast crumbs in the butter.

Blessed are those who do their best to keep this kitchen neat

For they shall cause a lot less wrath and have a nice place to eat.

**Recipe
Corner**

Tomato Salsa

Here is a canning recipe for you as it is that time of the year for pickling.

5 cups (1.25 L) chopped seeded peeled to-
matoes

1/2 cup (125 ml) vinegar

3/4 cup (175 ml) chopped on-
ion

2 tbsp (25 ml) sugar

3/4 cup (175 ml) chopped green bell pep-
per

2 tbsp (25 ml) lime juice

1/2 cup (125 ml) chopped red bell pep-
per

1 1/2 tsp (7 ml) pickling salt

1 hot pepper, seeded and
chopped

1 tsp (5 ml) paprika

1 clove garlic,
crushed

2 tbsp (25 ml) chopped fresh cilantro or
parsley

1 can (5 1/2 oz/156 ml) tomato
paste

1 tsp (5 ml) oregano, crumbled

Combine all ingredients except cilantro and oregano in a nonreactive Dutch oven. Bring to a boil, stirring constantly. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes. Add cilantro and oregano. Cook mixture 15-20 minutes longer or until thickened. Pour into hot sterilized **pint** (500 ml) jars. Seal and process 25 minutes in a boiling water bath or freeze.

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

TEAM WILDROSE... A BIG WIN !

Life is either a daring adventure or nothing. Helen Keller

Our working as volunteers at the Yellowhead Casino on August 24th and 25th was certainly a daring adventure.

The exact amount that we earned will not be known until after October 15, 2008. All the money that charities earned is pooled for July, August and September, then averaged and divided equally among the groups that had casinos during those three months.

Thank you to all our volunteers	
Patti - Ann Armstrong	Suzanne Shaw
Lucy and Cliff Cyr	Dianne Thompson
Helen and Art Engles	Dennis Turner
Gwendolyn Davies	Catherine Van der Hoek
Jeannie and Al Ewaskow	
Bernie Hornung	And our "EXTRAS"...
Fern Hymanyk	Marleen Henley
Phyllis Johnston	Maxine Madison
Joe Kokotilo	Seymour Neuman
Marie and George Kunec	and all family members who
Jackie and Joe Makarowski	completed the necessary pa-
Ann and Rick Meunier	perwork and waited for a call
Sharon and Robert Moffatt	to replace someone who had
Marilyn Nichols	to cancel their shift commit-
Corinne Reid	ment
Marguerite Robinson	

We have signed up for another casino in the next 18 to 24 months. We will advise you of the exact date in future newsletters. Please join TEAM WILDROSE for this event

We are still interested in everyone's ideas as to how the monies should be spent from this casino. Please call or email any board member or Marie and George Kunec

at 780-428-8842 [WPSS Office] or email gandmfarms@hotmail.com

GREAT HUMAN RACE – 2008

Thanks to the following people who received pledges for the Great Human Race; Donald Charnaw, Holly Knipe, Russel Knipe, Sharon Moffatt, Connie Rank and Dennis Turner.

In total they raised pledges of \$3,115.

Thank you to all those who participated in the race. We are especially grateful to all the donors who made this result possible.

2009 MEMBERSHIPS

December 31 marks the end of the membership year. The 2009 membership year starts January 1, 2009. Why not renew now. The new membership form can be found at the back of this newsletter.

MEMBER LETTERS

DORSI STRAP

A member has written to inform us about “The Dorsi-Strap” she is using. She says: “These straps should help people with a non-severe foot drop problem. I’ve tried it around the house...works for me.” For those who might be interested the web site is: www.x-strap.com and it says it is good for Plantar Fasciitis, Shin splints, foot drop, sprained ankle etc. Many of us face increasing loss of function and this might be a way to decide if a brace is the way to go. Remember that a Doctor or therapist should be consulted before making any decisions.

CONGRATULATIONS

Another member writes to remind us that 2009 will be the 10th Anniversary of the Current club. She also says 2008 is the 20th Anniversary of the “SOUTHERN Alberta” support group. Congratula-

tions to SOUTHERN ALBERTA and keep up the good work.

ODD-SHOE WEBSITES

There are a couple of odd shoe websites that readers may be interested in. Both are located in the USA but do deal in Canada. The oddshoefinder is a relatively new venture. This writer has no experience with either site so it is buyer beware! If you have used these web sites please let the office know so that we can share your experiences in future newsletters.

The two sites are;

www.oddshoefinder.com

www.oddshoe.org

SENIOR MOMENTS

An older couple were lying in bed on night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting." Warily he reached across, held her hand for a second, and tried to get back to sleep. A few moments later she said, "Then you used to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

Thirty seconds later she said, "Then you used to bite my neck." Angrily, he threw back the bed clothes and got out of bed. "Where are you going?" she asked.

"To get my teeth!"

An elderly gentleman had serious hearing problems for many year. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100 percent.

The gentleman went back in a month to the doctor, and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

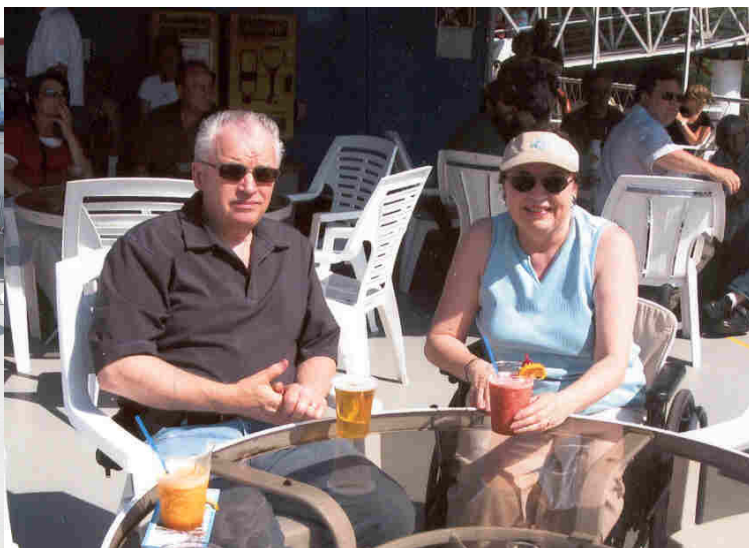
The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Reprinted from: Second Time Around, June 2008

PEACEFUL VALLEY JUNE 26, 2008



Summer Event #3 A cruise on the EDMONTON QUEEN - Sunday, August 10



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.

		Sat	Oct 4
Tue	Oct 7	Sat	Oct 11
Tue	Oct 14	Sat	Oct 18
Tue	Oct 21	Sat	Oct 25
Tue	Oct 28		
		Sat	Nov 1
Tue	Nov 4	Sat	Nov 8
		Sat	Nov 15
Tue	Nov 18	Sat	Nov 22
Tue	Nov 25		

Pool closed November 27 to Feb 2009.

Note no session Tuesday Nov. 11

HAPPY BIRTHDAY!



Rick	Meunier	1-Oct
Yvonne	McGrath	5-Oct
Al	Ewaskow	6-Oct
Joan	Dashney	13-Oct
Elmer	Allen	13-Oct
Ed	Walker	16-Oct
Marion	Chomik	30-Oct
Charlotte	Slipchuk	31-Oct
Gerald	Callum	1-Nov
Ronda	Noble	4-Nov
Raymond	McCrea	5-Nov
Cleo	Garbutt	6-Nov
Marie	Kunec	9-Nov
Lena	Crandall	11-Nov
Evelyn	Beveridge	13-Nov
Judy	MacKenzie	14-Nov
Louise	Humbke	14-Nov
Germaine	Martin	20-Nov
Dayle	Berg	21-Nov
Dianne	Pimm	22-Nov
Edna	Sharp	6-Dec
Colleen	Sydor	18-Dec
Albert	Peters	19-Dec
Maxine	Madison	22-Dec
Gil	Sandhu	25-Dec

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

Please let us know . . .

Email:
 wpss@polioalberta.ca

Wildrose Polio Support Society
 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.

Service is the rent you pay for being. It is the purpose of life and not something you do in your spare time.

Marion Wright Edelman

If your car could travel at the speed of light, would your headlights work?

Steven Wright

2009 MEMBERSHIP

2009 Member / Donor Form

NAME(S): _____
(For a couple membership, please circle name of polio survivor)

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

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

FAX: _____ **POLIO YEAR:** _____

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

MEMBERSHIP:

Individual (\$15.00) \$ _____

Couple (\$25.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

Send my Newsletter by email _____ Regular mail _____

Please mail to:

Wildrose Polio Support Society
132 Warwick Road NW
Edmonton AB T5X 4P8

Registered Charity No. 867883985 RR0001

Note: the membership year runs from January 1 to December 31

WPSS News sponsored in part by:



9723 60 Avenue NW
Edmonton AB T6E 0C4
Phone: (780) 434-1314
Fax: (780) 434-1514
www.jagprinting.com

They always say that time changes things but
you actually have to change them your-
self. Andy Warhol