



# 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

Winter has officially arrived! As I am writing this message, the snow is falling. Time to get out the winter boots and put the ice pick on the end of canes.

We had a very successful 10<sup>th</sup> anniversary party in October. My thanks to all the people who helped organize, set up and clean up.

The swimming pool is back in operation Tuesday and Saturday afternoons. This January we are going to have an aquatic therapist join the swimmers on Tuesdays. She will work with individuals to develop exercises that can be done in the water. More information is available elsewhere in the newsletter.

In December a bus tour of the Christmas lights has been arranged. The bus will go to Candy Cane Lane and other well-lit parts of the city. Unfortunately Bright Lights is not on this year. We will be asking members on the bus tour to bring something for the food bank when we go down Candy Cane Lane. We are also planning a social event in February.

Please note that have another casino

coming up in April. We have been able to expand the Reimbursement program because of the income from the last casino so please volunteer if you can [even if only for one shift]. More information can be found inside this issue.

I would like to take this opportunity to wish everyone a Very Merry Christmas and hope that the New Year will be filled with all the good things in life.

Sincerely  
Marleen Henley  
President



## LAUGHTER IS GOOD MEDICINE

### RAMBLINGS OF A TIRED MIND

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So, I'm wearing my garage door opener.

You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.

I was thinking that women should put pictures of missing husbands on beer cans.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

I thought about making a fitness movie, for people my age, and calling it 'Pumping Rust'.

I have gotten that dreaded furniture disease. That's when your chest is falling into your drawers!

Employment application blanks always ask who it to be notified in case of an emergency. I think you should write, 'A Good Doctor'.

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then, it dawned on me, they were cramming for their finals.

As for me, I'm just hoping God grades on the curve.

Enjoy your days and love your life because life is a journey to be savoured.

### PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run – anywhere.
4. People ring at 9 pm and ask, "Did I wake You?????"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 pm.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as challenges.
12. You have quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with the elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to a manageable size.
19. You can't remember who gave you this list.

And you notice these are all in **BIG BOLD PRINT** for your convenience.

Reprinted from *Post Polio Newsletter*, WA, March 2007.  
Second time around august 2009

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**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.

## CHECK YOUR ATTITUDE

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

“Well,” she said, “I think I’ll braid my hair today?”

So she did and had a wonderful day.

The next day she woke up, looked in the mirror, and saw she had only two hairs on her head.

“Hmm,” she said. “I think I’ll part my hair down the middle today?”

So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

“Well,” she said, “today I’m going to wear my hair in a pony tail.”

So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn’t a single hair on her head.

“Yea!” she exclaimed, “I don’t have to fix my hair today!”

Attitude is everything.

- Be kinder than necessary, for everyone you meet is fighting some kind of battle.
- Live simply, love generously, care deeply, speak kindly, and leave the rest to God.
- Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.

## LAW OF THE GARBAGE TRUCK

One day I hopped in a taxi and we took off for the airport.

We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us.

My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us.

My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment.

As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally.

Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets,

so ... Love the people who treat you right.  
*Pray for the ones who don't.*

***Life is ten percent what you make it and ninety percent how you take it!***

Have a blessed, garbage-free day!

## ARE YOU ELIGIBLE FOR THE DISABILITY TAX CREDIT

In our community, thousands of people with disabilities may not be aware that they are eligible for a tax credit including a significant refund. The Income Tax Act provides a non refundable Disability Tax Credit to all eligible individuals. This tax credit could be as high as \$1400 per year applied against any income tax you may owe. If you are eligible, this claim can be made retroactively for up to ten years.

We want to make sure that every eligible Alberta resident knows how to access this legitimate entitlement under the ITA. It doesn't matter if your disability is the result of a workplace injury, Polio or any chronic condition. It doesn't matter what age you are.

**If you, or your spouse, meet one of the following conditions, you may be eligible for this credit.**

You are unable to walk normally for 100 meters which is the length of a football field without angina, pain, the need of a cane, wheelchair or walker.

You have vision loss in excess of 20%

You are unable to hear clearly, even with hearing aids;

You are markedly restricted in communicating;

You are unable to bathe or fully dress yourself without assistance;

You require assistance in feeding;

You have poor bladder or bowel functioning;

You have problems perceiving instructions, thinking or remembering (e.g.: Dementia, Alzheimer's)

You need life sustaining therapies such as Kidney dialysis or chemotherapy three or more times a week.

**Remember you do not need to be in a wheelchair to be eligible.**

For more info on the Disability Tax Credit and to obtain a copy of the General Income Tax Benefit Guide and the Information Concerning People with Disabilities Guide, please contact your local Tax Services Office or visit the Canada Customs and Revenue web site at: [http://www.cra.gc.ca/E/pub/tg/rc4064/rc4064-e.html#P123\\_6617](http://www.cra.gc.ca/E/pub/tg/rc4064/rc4064-e.html#P123_6617)

The above article has been paraphrased from the Newsletter of New Democrat, Linda Duncan MP.

## POLIO FOUGHT WITH \$630 MILLION IN PLEDGES

Four groups have committed to donating more than \$630 million TOWARD PERMANENT ERADICATION OF POLIOMEYELITIS FROM THE FACE OF THE EARTH.

The Bill & Melinda Gates Foundation has pledged a \$225 million challenge grant to Rotary International, which has committed to matching the grant with \$100 - \$200 million raised by its members over the next three years. In a separate effort, the governments of Britain and Germany will provide about \$150 million and \$130 million, respectively, to the Global Polio Eradication Initiative (GPEI) over the next five years. The Gates/Rotary money will support a global initiative led by the World Health Organization (WHO) and other partners.

According to the Gates Foundation, international efforts have cut polio cases by 99 percent in ten years, from more than 350,000 cases in 1998 to about 1,600 in 2008. Though migrating cases threaten nearby developing nations, polio remains endemic in only four countries: Afghanistan, India, Nigeria, and Pakistan. Gates Foundation founder Bill Gates said, "Complete Elimination of the polio virus is difficult and will continue to be difficult for a number of years." Gates declined to set a target date for the project, saying in a conference call to reporters, "Nobody knows what it will take."

According to the Gates Foundation, since the first Gates Foundation challenge grant was announced, Rotary clubs worldwide have raised more than \$60 million toward the goal.

Gates told reporters that more than \$6 Billion has already been invested to fight polio worldwide, but that setbacks have recently occurred in some nations. In Nigeria, for example, some states imposed a yearlong vaccine ban in mid-2003, an act which the Gates Foundation said accounts for more than 50% of current new cases. In Afghanistan and Pakistan, armed conflict has restricted the travel of aid workers who would otherwise be distributing the vaccine. Gates stated that more children were infected with polio in 2008 than in 2007.

WHO Director-General Margaret Chan, MD MP< OBE, said, "Successfully eradicating polio is crucially important not just to ensure that no child will ever again be paralyzed by this devastating disease, but also to show that today-in the 21<sup>st</sup> century –we can deliver life saving health interventions to every single child, no matter where they live, and even in the most difficult and challenging environments. To Learn More, Visit [www.rotary.org/endpolio/pages/ridefault.aspx](http://www.rotary.org/endpolio/pages/ridefault.aspx)

Reprinted from O&P Edge, March 2009

## EMINENT NUTRITIONIST PROFESSOR R.W. (DIEF) RAENE AGREES TO RARE INTERVIEW - OFFERS UNBELIEVABLE DIET ADVICE TO PPS SUFFERERS...

In a rare interview with WPSS, Professor Raene answers questions put to him about best practice diet techniques for all polio survivors.

**WPSS:** Should polio survivors cut down on meat and eat more fruit and vegetables?

**Raene:** You must understand logistics here. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism for delivering vegetables to your system. Beef is also a good source of field grass which is just a green, leafy vegetable product. Need more grain? Eat a chicken.

**WPSS:** Should polio survivors reduce their alcohol intake?

**Raene:** No - absolutely not. Wine is made from fruit. Brandy is distilled wine which means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made of grain - so drink up and be healthy.

**WPSS:** Just how bad are fried foods for polio survivors?

**Raene:** Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

**WPSS:** Should polio survivors exercise their stomach muscles to prevent getting a little soft around the middle?

**Raene:** Definitely not! When you exercise a muscle, it gets bigger. You should only be doing exercises if you want a bigger stomach.

**WPSS:** Is it possible for polio survivors to improve their figure if they swim regularly?

**Raene:** If swimming is good for your figure, explain whales to me.

For those of you who watch what you eat, here's the final word from Professor Raene on nutrition

and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Canadians.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Canadians.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Canadians.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Canadians.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Canadians.

### CONCLUSION

Eat and drink what you like. Speaking English is apparently what kills you.

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## RECYCLED MEDICAL EQUIPMENT

Did you know that you can buy recycled medical equipment from Silver Cross located in Edmonton. You can view a list of equipment [updated monthly] by going to [www.silvercross.com](http://www.silvercross.com). If you don't have access to the internet just call them at 780-450-6992 and they will mail you out a copy.

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## NEW MEMBERSHIP YEAR

The new membership year started January 1st. The form can be found at the back of this newsletter. Why not mail it in now rather than forgetting about it.

## ONLY THE ENGLISH COULD HAVE INVENTED THIS LANGUAGE

We'll begin with a box, and the plural is boxes,  
But the plural of ox becomes oxen, not oxes.  
One fowl is a goose, but two are called geese,  
Yet the plural of moose should never be meese.  
You may find a lone mouse or a nest full of  
mice,  
Yet the plural of house is houses, not hice.

If the plural of man is always called men,  
Then shouldn't the plural of pan be called pen?  
If I speak of my foot and show you my feet,  
And I give you a boot, would a pair be called  
beet?  
If one is a tooth and a whole set are teeth,  
Why shouldn't the plural of booth be called  
beeth?

Then one may be that, and three would be  
those,  
Yet hat in the plural would never be hose,  
And the plural of cat is cats, not cose.  
We speak of a brother and also of brethren,  
But though we say mother, we never say  
methren.  
Then the masculine pronouns are he, his and  
him,  
But imagine the feminine: she, shis and shim!  
Let's face it - English is a crazy language.  
There is no egg in eggplant nor ham in ham-  
burger;  
neither apple nor pine in pineapple..  
English muffins weren't invented in England .  
We take English for granted, but if we explore its  
paradoxes,  
we find that quicksand can work slowly, boxing  
rings are square,  
and a guinea pig is neither from Guinea nor is it  
a pig.

And why is it that writers write but fingers don't  
fing,  
grocers don't groce and hammers don't ham?  
Doesn't it seem crazy that you can make  
amends but not one amend.  
If you have a bunch of odds and ends

and get rid of all but one of them, what do you  
call it?

If teachers taught, why didn't preachers  
praught?  
If a vegetarian eats vegetables, what does a hu-  
manitarian eat?  
Sometimes I think all the folks who grew up  
speaking English  
should be committed to an asylum for the ver-  
bally insane.  
In what other language do people recite at a  
play and play at a recital?  
We ship by truck but send cargo by ship.  
We have noses that run and feet that smell.  
We park in a driveway and drive in a parkway.  
And how can a slim chance and a fat chance be  
the same,  
while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a  
language  
in which your house can burn up as it burns  
down,  
in which you fill in a form by filling it out,  
and in which an alarm goes off by going on.

And, in closing, if Father is Pop, how come  
Mother's not Mop?

AND IF PEOPLE FROM POLAND ARE  
CALLED POLES  
THEN PEOPLE FROM HOLLAND SHOULD BE  
HOLES  
AND THE GERMANS, GERMS

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### GOOD NEWS IN THE MEDICAL WORLD.

Do You need to find a DOCTOR in Alberta

You can go to [www.cpsa.ab.ca/homepage.aspx](http://www.cpsa.ab.ca/homepage.aspx)

All you need to do is fill in a location and a list of doctors  
accepting patients will come up. If you want to locate a  
doctor fill in his name in another spot and location, prac-  
tice and availability will come up.

## AQUATIC EXERCISE THERAPY

### NEW & EXCITING NEWS FOR MEMBERS!!!!

WPSS is providing **qualified therapists** to come every Tuesday 5:00 to 6:00 to ACT Swimming Pool starting January 5, 2010.

- They will :
1. Consult with each participant
  2. Work on functional movement, cardiovascular endurance, strength, range of motion &/or balance
  3. Assist in decreasing risk of secondary health conditions
  4. Provide motivating activities that are safe and easy on the joints and muscles

Come and Join us!

Also, if you are interested, Activate Exercise Therapy also provides In Home Exercise Therapy (for those house bound). Their fees range from \$60-\$75 a session. Wildrose Polio Support Society member discounts may apply. If you are interested please contact Bobbi-Jo at 780-916-2521 or [bobbi@activatenow.org](mailto:bobbi@activatenow.org)

## AQUA THERAPY CAN RELIEVE ACHING JOINTS

*by Kathy Gilbert*

After two back surgeries, Francine Salsberry still suffered with pain and nerve damage. When she could no longer move her legs, she sought professional help, and ultimately she landed in the Brainerd Recreation Complex pool. Swim therapy was my only option, said Ms. Salsberry, a 38-year-old caretaker who is being treated at Memorial Hospital, which contracts to use the Brainerd Recreation Complex pool. More patients with pain are being referred to aquatic physical therapy these days, local experts said.

No statistics are kept on the topic of aquatic physical therapy, said Stephanie Block, a spokeswoman for the American Physical Therapy Association. But some local therapists say they see an up-tick in their caseload. President Franklin D. Roosevelt led many to use aquatic physical therapy for post-polio syndrome in the 1920s, as a result of his visits to Warm Springs, Ga., said Margee Lee, physical therapy assistant at Siskin Hospital for Physical Rehabilitation. But the polio vaccine halted the illness, along with the need for the therapy.

Aging post-polio patients are now returning to pools to treat muscle weakness and arthritis. Baby boomers, too, seek treatment in greater numbers for arthritis, back pain and other senior problems.

The history of aquatic physical therapy has come full circle, Ms. Lee said. Swim therapy is not the same as swimming. Aquatic physical therapy uses a series of specific exercises, carried out by a licensed physical therapist and supervised by a physician, Ms. Lee said. Siskin Hospital uses the Bad Ragaz technique, which was named after the city in Switzerland where the method was developed, Ms. Lee said. Floats support a client in a laying down position. People who lack abdominal and back muscle strength use Bad Ragaz to build core strength and for stretching.

Another popular technique is called Watsu water shiatsu. Shiatsu is a massage method using deep breathing and stretching. In water, it is incredibly relaxing, Ms. Lee said. Siskin's pool is heated to 94-96 degrees, she added, which helps muscles loosen. Back injury and brain injury patients with spasticity respond to the deep relaxation, she added. General exercise, gait training and balance training are also often used.

Therapists lunge into the pool with patients, working one-on-one. Many clients do not swim, or fear the water. Therapists reassure clients of their safety, said Tracy Gose, director of rehabilitation services at Memorial Hospital. Memorial has of-

*(Continued on page 9)*

ferred aquatic physical therapy since 1998, and has had a steady flow of patients since then. About 20 to 25 appointments are made per week, Ms. Gose said.

We try to quickly transition out of water, said Tabitha Dennis, physical therapist and clinic director at Benchmark Physical Therapy downtown. Most patients don't have easy access to pools, she explained, so a land-based continuing therapy program

is more likely to be followed once physical therapy at the pool ends. Once exposed to the joys of the pool, though, some physical therapy patients choose to keep paddling. I plan to continue swimming on my own, Ms. Salsberry said. I've gained a lot of muscle and lost a dress size, just doing the physical therapy.

Source: *Chattanooga Times Free Press*, April 24, 2008.  
Reprinted from *Second Time Around*, May 2009

### CASINO UPDATE

Dates: April 17 and April 18 2010

Location: Yellowhead Casino

Time: Shift 1 11:30am--7:00pm  
Shift 2 7:00pm---2:30am

Needed: 25 volunteers, able-bodied polio survivors, their spouses or family members and friends. For each shift we must guarantee 8 to 10 volunteers. We are asked to have substitutes in case of cancellations.

Alberta Liquor and Gaming requires that we have each volunteer fill out a short one page information form. This form is checked by ALGC to screen the volunteers. It helps to determine which volunteers can be assigned to the necessary tasks.

Please contact Marie Kunec at 780-482-8842 if you will be able to help us in this fundraising event.

### FOOL PROOF CHOCOLATE FUDGE

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](mailto:wpss@polioalberta.ca)

- 2 cups white sugar
- 160 ml. tin of evaporated milk
- 12 large marshmallows
- 1/2 cup butter
- Dash of salt
- 1 tsp. vanilla
- 1 – 350 gm bag of chocolate chips

Cook first 5 ingredients on medium heat until it comes to a boil. Boil 5 minutes continuing to stir. Remove from heat, add chocolate chips and vanilla. Pour into 8X8 pan. Cool thoroughly before cutting into squares.

# 10TH ANNIVERSARY DINNER





## WINTER WOES FOR PPSERS

BY RICHARD BRUNO, PHD

**Q.** *Why are my feet and lower legs always ice cold and purple, especially in winter? My doctor checked my blood flow and says it sounds "clear." I've tried heavy socks and leg warmers. What's going on? What can I do to stay warm?*

You have "polio feet," feet and legs that are always cold and purplish. Your blood flow sounds "clear" because your arteries are open. It's your veins that are the problem because they are too "open."

Polio survivors have trouble with cold because the neurons in the brain and spinal cord that cause the veins to contract were killed by the poliovirus. You are unable to stop warm blood from pooling in the veins near the surface of the skin, causing the feet to look purple or even blue. As the outside temperature drops, pooling allows the loss of heat from warm blood near the surface of the skin and causes your tissues to cool. Motor nerves and muscles – lying just below the surface of the skin – cool. Cold motor nerves conduct more slowly and may be less able to make cold muscles contract quickly and forcefully. Tendons and ligaments also get cold and become less elastic – like putting a rubber band in the freezer – making movement of weak muscles more difficult. Cold causes muscle weakness in 62 percent of polio survivors, muscle pain in 60 percent, and fatigue in 39 percent. It takes hours under an electric blanket or a long, hot bath to warm cold legs and regain strength.

We found in our very first study of PPS that polio survivors lose 75 percent of their strength when the temperature drops from 85 to about 65 degrees. We also found that polio survivors' motor nerves function as if it's 20 degrees colder than the actual temperature.

So, polio survivors should dress as if it's 20 degrees colder than it actually is. The trick is to stay warm from the get-go. You should dress right after showering when your skin is warm and reddish. Try heat-retaining sock liners or even long johns made of the woven, breathable plastic fiber polypropylene. Then put on warm socks or try battery-powered socks or ski-boot insoles. Also, keep your feet elevated as much as possible during the day. Remember that changes in season are also difficult, since your body can't figure out whether it's warm or cool. Polio survivors report more muscle pain, especially headaches, during seasonal changes. Regardless of the season, whether you're being chilled by a northeast wind in November or by excessive air conditioning in August, dress in layers to control your body temperature, because your body can't.

SECOND TIME AROUND, NOVEMBER 2009—PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL

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A group of Canadians was traveling by tour bus through Holland.

As they stopped at a cheese farm, a young guide led them through a process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. These, she explained, were the older goats put out to pasture when they no longer produced.

She then asked, "What do you do in Canada with your old goats that aren't producing?"

A spry old gentleman answered, "They send us on bus tours."

## MAKING DO

by Genevieve Eldredge Polio Survivor from Vermont 1945

Polio is just a simple word, sounds both old and new  
If it should come your way, there's not much you can Do.  
I found out how it works, as I lay and couldn't move.  
With lots of help, lots of pills, I might get in the groove.  
Nothing helped me very much; like I lay upon the shelf.  
'til one day I realized, I just had to help myself.

One hand could lift the other, with that I could... "Make Do".  
Weeks and months went by, my strength and hopes all  
grew.  
I learned to knit left handed, could stand alone with pride.  
With braces I could walk with crutches by my side.  
Finally I was ready to go home, so much now seemed so  
new.  
Made a ramp to go up steps, many things now to "Make  
Do".

I couldn't run anymore, couldn't swim or dance.  
But I could cook, sew and laugh when e're I had the  
chance  
I wanted so to garden, but couldn't reach the ground.  
My husband built a garden wall, then pushed the hill all  
down.  
I walked along beside the wall, planted far as I could go.  
As rain and sun shone down, my garden would always  
grow.  
I learned to do things differently, with helping hands "tis  
true".  
When a challenge faces me now, I can just "Make Do".  
Polio is still a simple word, but to live with it each day,  
We all do the best we can, in our own special way.  
Some are fast, some are slow, we all need help, that's true.  
We can make our lives worthwhile, just by "Making Do".

## TAKE CHARGE OF YOUR TRAVEL

The Canadian Transportation Agency has released this new publication. This free guide provides information for persons with disabilities that will help plan their travel and make it easier to get from point A to point B.

The content of the guide was developed in consultation with representatives from associations of persons with disabilities and the transportation industry. It has been organized in a reader-friendly way with a detachable Reservation Checklist tool. The Checklist sets out some 60 possible services relating to travel. The guide is available in both official languages, online through the Agency's Web site, and in multiple formats upon request.

For copies, please contact Canadian Transportation Agency Ottawa, ON K1A 0N9  
<http://www.cta.gc.ca/> Phone: 1-888-222-2592,  
TTY: 1-800-669-5575 Email: [info@otc-cta.gc.ca](mailto:info@otc-cta.gc.ca)

Highlights, June-July 2009

## ASSISTED WASTE COLLECTION

THE City's Waste Management Branch is offering a free assisted waste collection service for customers who have restricted mobility.

Collection staff will move garbage and recycling from outside the front or back door of the residence to the curb or lane.

### Could you benefit from this service?

Go to [www.edmonton.ca/waste](http://www.edmonton.ca/waste) for information and online application forms.

Call 780-496-5698 for program and application information.

When I was a boy of 14 my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astounded at how much the old man had learned in seven years.

Mark Twain

# 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

Starting January 5, 2010 a qualified therapist will be in attendance for the Tuesday sessions to provide guidance to members activities.

**RATES:**

No charge to members during WPSS scheduled times.

## HAPPY BIRTHDAY!



Joe Timperley	3-Jan
Sharon Moffatt	13-Jan
Seymour Neumann	22-Jan
Art Berry	25-Jan
Dwight Robinson	26-Jan
Bill Chorney	30-Jan
Margaret Robertson	2-Feb
Emily Leitch	12-Feb
Cliff Cyr	18-Feb
Diane Thompson	20-Feb
Joyce Lukasewich	23-Feb
Kathleen Waddell	24-Feb
Murdo Whitfield	28-Feb
Larry Plamondon	2-Mar
Ferne Hymanyk	5-Mar
Betty Lawrence	5-Mar
Catherine Strome	9-Mar
Jackie Makarowski	11-Mar
Doug MacEachern	12-Mar
Jean Bara	14-Mar
Juanita Takahashi	18-Mar
Jean Adrian	25-Mar
Pauline McClean	25-Mar
Heinke Osadchuk	26-Mar
William McCormack	31-Mar

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

Please let us know . . .

Email:  
[wpss@polioalberta.ca](mailto: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  
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E-mail: [wpss@polioalberta.ca](mailto: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.

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Now and then it's good to pause in our pursuit of happiness and just be happy.

Guillaume Apollinaire

# 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] YES**  **NO**

**MEMBERSHIP:**

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**