



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

Well, it's too early to look for spring (it doesn't matter what the groundhog does!). Our weather keeps going up and down like a yo-yo. I hope that you are able to get out without too much difficulty.

We had a great turn-out to our "spring fling thing" on Saturday, February 12, with over 40 people in attendance. We had a great speaker – Leona Fey – who provided us with information on tax benefits for the disabled.

Our next big event is our Annual General Membership Meeting. This meeting is scheduled for Saturday, April 16, at Rundle Park. Please see the notice further along in the newsletter.

Be sure to check out everything in the newsletter. Want to see something specific? Let us know! Want to go somewhere different? Let us know! We need your input – you are the organization, not just the board members!

Thanks again to everyone who contributed to the newsletter and help put it together. Keep up the good work.

Marleen Henley
President

LAUGHTER IS GOOD MEDICINE

A GUY

Goes into a bar and there is a robot bartender. The robot says, "What will you have?"

The guy says "Martini." The robot brings back the best martini ever and says to the man, "What's your IQ?" The guy says, "168." The robot then proceeds to talk about physics, space exploration and medical technology.

The guy leaves, but he is curious, so he goes back into the bar. The robot bartender says, "What will you have?"

The guy says, "Martini". Again, the robot makes a great martini, gives it to the man and says, "What's your IQ?" The guy says, "100." The robot then starts to talk about Nascar, Budweiser and John Deere tractors.

The guy leaves, but finds it very interesting, so he thinks he will try it one more time. He goes back into the bar. The robot says, "What will you have?"

The guy says, "Martini", and the robot brings him another great martini. The robot then says, "What's your IQ?" The guy says, "Uh, about 50."

The robot leans in real close and says, "So... you gonna cheer for the Flames again this year?"

AN IRISH FAMILY TRADITION

Paddy, had long heard the stories of an amazing family tradition.

It seems that his father, grandfather and great-grandfather had all been able to walk on water on their 18th birthday. On that special day, they'd each walked across the lake to the pub on the far side for their first legal drink.

So when Paddy's, 18th birthday came 'round, he and his pal Mick, took a boat out to the middle of the lake, Paddy, stepped out of the boat ...and nearly drowned! Mick just barely managed to pull him to safety.

Furious and confused, Paddy, went to see his grandmother.

'Grandma,' he asked, "It's my 18th birthday, so why can't I walk 'cross the lake like my father, his father, and his father before him?"

Granny looked deeply into Paddy's, troubled brown eyes and said, "Because your father, your grandfather and your great grandfather were all born in December, when the lake is frozen, and you were born in August,

AS WE SENIOR'S AGE AND OUR BUDGETS GET TIGHT, I HAVE CREATED A NEW SNOW PLOW TO HELP US THROUGH THIS COLD AND SNOWY WINTER!



TOP TEN “YOUR SECURITY SOFTWARE” JOKES

Ever struggled with security software? If you can relate to any of the following statements, you might want to try Trend Micro™ Titanium™ internet security—it won't slow you down.

- 1) Your security software is so out of date that last virus it found was the one that killed off the dinosaurs.
- 2) Your security software has such a large footprint you keep getting calls from the Guinness Book of World Records.
- 3) Your security software is so hard to use that Stephen Hawking gave up on it and went back to investigating quantum entanglement and Yang-Mills instantons.
- 4) Your security software is so weak Trojan horses literally push it around and laugh before contaminating your system.
- 5) Your security software is so slow you suspect that you're being Punk'd by Betty White.

6) Your security software is so difficult to use you're considering taking it to counseling.

7) Your security software slows your computer down so much that the only game you can play during a scan is Frogger.

8) Your security software is so old there was a celebrity endorsement from The Backstreet Boys on the box.

9) Your security software is so sketchy that it identified itself as a potential threat.

10) Your security software is so old, it originally came with a coupon for floppy discs.

2011 MEMBERSHIP DUE

Your 2011 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. You have to be a member to vote at the AGM in April

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

EXECUTIVE

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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.

THE DAFFODIL PRINCIPLE



Several times my daughter had telephoned to say, “Mother ... you must come to see the daffodils before they are over.” I wanted to go, but there was always something else to do and it was a two-hour drive. “I will come on Tuesday.” I eventually promised. It was raining and unseasonably cold that day. But I had promised so I went.

It was a treacherous drive, swirling on wet roads, getting lost, rain down our necks. I was miserable and pronounced, “Forget the daffodils. The road is invisible in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch!” But my daughter insisted we press on, “You will never forgive yourself if you miss this experience.” Minutes later, we turned onto a gravel road and I saw a small church. On the far side was a hand-lettered sign with an arrow that read, “Daffodil Garden”. We got out of the car and followed a path. As we turned a corner, I looked around and gasped. Before me lay the most glorious sight, as though someone had taken a great tank of gold and poured it over the mountain and slopes. The flowers were planted in majestic, swirling patterns, great swaths of deep orange, creamy white, lemon yellow, salmon pink, and saffron and buttery sunshine. Each colour was planted in large groupings, swirling and flowing like its own river in its unique hue. There were five acres of flowers!

“Who did this?” I asked. “Just a woman who lives

in the little A-frame house”. We walked to the humble cottage sitting in the midst of all this glory. On the patio a poster said “Answers to Questions I Know You Are Asking”. 50,000 bulbs; one at a time, by one woman; began in 1968.

That moment was a life-changing experience. I thought of this woman who years before had begun to bring her idea of beauty and joy to an obscure mountain top. Planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty and inspiration.

Her daffodil garden teaches us one of the greatest principles of celebration: learn to move toward your goals and desires one step at a time, often just one baby step at a time, and learn to love the doing; learn the treasures of the accumulation of time. When we add tiny pieces of time and its small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world.

“If I had thought of a wonderful goal thirty, forty years ago and had worked away at it “one bulb at a time” all those years, imagine what I might have been able to achieve”, I said sadly to my daughter. She hugged me and replied “Start tomorrow”. There is no better time than right now to be happy. Happiness is a journey, not a destination. So work like you don’t need money. Love like you’ve never been hurt, and dance like no one’s watching. Use the Daffodil Principle. Stop waiting until . . . your car or home is paid off, you get a new car or home, your kids leave, you go back to school, you finish school, you clean the house, you organize the garage, you clean off your desk, you lose ten pounds, you get married, you have kids, the kids go to school, you retire, summer, spring, winter, fall, you die . . . Begin now!

From the Internet – submitted by Marie Kunec

LET'S LEARN ABOUT DRUGS

Something that we can do to help ourselves. Nice to know.

Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.

Why keep aspirin by your bedside?

About Heart Attacks

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens:

Immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:

- phone 911
- say "heart attack!"
- say that you have taken 2 aspirins
- phone a neighbor or a family member who lives very close by and take a seat on a chair or sofa near the front door, and wait for their arrival.

DO NOT LAY DOWN

Source: An advertisement

Reprinted from *Forward Motion, FL*, March 2010. *SECOND*

KNOW HOW MUCH TYLENOL TO TAKE

Dear Dr. Donohue: Recently I was told by a family member that the total amount of Tylenol taken in a person's lifetime can be hazardous to one's health. I have been taking two eight-hour pain-relief Tylenol before bedtime, as I have spinal stenosis, arthritis and degenerative back disease. This allows me to wake up in the morning without pain.

Is taking two Tylenol for pain everyday bad for your health? - **S.A.**

Dear S.A.: Tylenol, generic name acetaminophen (uh-SET-uh-MIN-uh-fin), has been used by millions of people for many years without causing widespread harm. The medicine comes in a variety of strengths, ranging from 80mg to 650mg. Most adult tablets are either 325 mg or 500mg. The upper daily limit for Tylenol has been put at 4,400 mg (4grams). That amounts to eight 500-mg tablets a day.

What's causing all this fuss about Tylenol? One reason is that it ranks high on the list of medicines causing liver damage due to drug overdose. Many people don't realize that Tylenol, under the generic name acetaminophen, is combined in many over-the-counter and prescription preparations. Excedrin Sinus Headache tablets, Sinutab Sinus Maximum Strength tablets, Alka-Seltzer Cold Medicine effervescent tablets and Sudafed PE Sinus Headache Maximum Strength all contain acetaminophen. People have to look on the list of ingredients in over-the-counter medicines and in the detailed information that comes with prescription drugs to be aware of their full content.

Your two pills a day are safe. Tylenol does not accumulate in the body over a lifetime of use.

SECOND TIME AROUND, FEBRUARY 2011—PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL

POLIO'S SECOND ACT

Some who survived the disease
decades ago are now facing
a crippling syndrome.

by **Kate Nolan**

Ina Pinkney has made the best of polio. Her baked goods win national acclaim, and foodies wait for seating's at Ina's, her culinary star turn in Chicago, where she is known as "the breakfast queen."

Diagnosed with polio at 18 months in 1944, she was treated by the famed Australian nurse Sister Elizabeth Kenny, whose then-controversial therapy involved boiling strips of wool, wrapping them around the affected limbs, and using massage to alleviate muscle spasms. After a month of the painful regimen, Pinkney was walking again, but the disease had caused lasting damage. For years, she exercised to retrain her muscles, but her right leg never caught up with the left. Pinkney remembers going to a gala in New York as a young woman. Count Basie played, and her idol, movie star Fred Astaire, was there. She walked over to him, and Astaire said, "I see you have some difficulty walking. Let's just pretend." "He took me in dance position, and we swayed, maybe 12 times 12 sways with Fred Astaire, a very big moment," she recalls.

**MOST COMMON
SYMPTOMS IN PEOPLE
WITH POSTPOLIO
SYNDROME**

- + Fatigue, 86-87%
- + Muscle pain, 71-86%
- + Joint pain, 71-79%
- + Weakness in previously affected muscles, 69-87%
- + Weakness in previously unaffected muscles, 50-77%
- + Intolerance of cold, 29-56%
- + Muscle atrophy, 28- 39%

SOURCE, *Managing Post-Polio*

and her leg feels weak despite the exercises to strengthen it. She reluctantly agreed to be fitted with an ankle-foot orthosis (a brace) and wore it home from the doctor's office. Leaving the office, she fell in the street, Pinkney, 67, calls the episode a "gut blow." "It told me I had a lot of work to do," she says. "I had to learn to walk with the brace and, more important, I had to accept it." Pinkney's polio had not come back, but she had postpolio syndrome, a set of debilitating symptoms that strikes survivors at least 15 years after they've had the disease. As many as 55 percent of an estimated 775,000 polio survivors in the United States may be at risk of developing it.

"We'd see more support for polio eradication if people understood the long-range effects of the disease," says District Governor Ann Lee Hussey, chair of the Rotarian Action Group for Polio Survivors and Associates. Like a lot of Rotarians who had polio, she is a strong advocate for Rotary's US\$200 Million Challenge. "Many survivors serve as their district Polio-Plus chair and are active in fundraising. I traveled to Hong Kong for an event that raised \$250,000". Many people have not heard of postpolio syndrome. Compared with the 20th-century epidemics that spawned a national movement in the United States led by President Franklin D. Roosevelt, it's an understated illness. Those who have postpolio syndrome -an underdiagnosed, under researched condition without broad-based advocacy from patients - often don't realize it's related to the disease.

*A new tide
of potential
patients
rises in the
developing
world.*

It has been 26 years since the syndrome was identified, but many doctors don't know how to diagnose or treat it, Hussey says. Because polio is viewed as a conquered disease in the United States, its aftermath has been relatively

unexplored in the research and in medical schools. Post-Polio Health International, which works with the

Pinkney now experiences "mind-numbing" fatigue,

Rotarian Action Group, addresses the dearth of information through a network at www.post-polio.org. It connects patients with each other and the few health professionals experienced in treating the condition. Most of the people who lived through the U.S. polio epidemics will die in the next 40 years - a fact that may offset the irony that the final phase of the most studied virus in history now gets modest public notice. But even greater resources may be needed in the future, as a new tide of potential patients rises in the developing world. "They're going to have horrible lives. Who will address their pain and mobility issues?" Hussey asks.

For Daniel J. Wilson, having postpolio syndrome means managing a growing list of things he can't do anymore. "I can't walk all over Paris and take the metro," says Wilson, 60, a professor of history at Muhlenberg College in Allentown, Pa., and the author of a well-regarded history of polio in the United States, *Living with Polio: The Epidemic and Its Survivors*.

Wilson contracted the disease at age five, his mother caring for him with the hot packs that had become common. The weakened muscles of his right torso led to scoliosis, a type of spinal disfigurement. At 10, he had spinal surgery that put him in a body cast for six months. He completed fifth grade at home in Wausau, Wis., and regained his strength. He later earned his doctorate from Johns Hopkins University.

The first sign of postpolio syndrome came in the mid-1980s, when Wilson had trouble lifting his right foot off the gas pedal to brake his car. Soon his right leg began giving out while he walked, and he experienced increasing muscle pain. His wife, Carol, started carrying packages for him. Now he sits while he lectures, walks with a cane, and uses a scooter for longer distances. When his beloved wheaten terrier Abbey died at 16 last year, he decided against getting another dog because he couldn't walk one anymore. He installed a stair lift at home, preparing for when he can't handle stairs. "I live with the certainty that I can't trust my body anymore," Wilson says.

Abraham Lieberman, 72, medical director of the Mu-

hammad Ali Parkinson Center at Barrow Neurological Institute in Phoenix, started to have difficulty walking in the late '90s and sometimes used a walking stick. By 2001, his left leg was failing, and he diagnosed himself with postpolio syndrome. He has no joint or muscle pain but suffers weakness in his legs.

MOST COMMON CHALLENGES FOR PEOPLE WITH POSTPOLIO SYNDROME
 + Walking, 64-85%
 + Stair climbing, 61-83%
 + Dressing, 16-62%

SOURCE, Managing Post-Polio

"I'm not happy about it, but I'm not going to die from it. I'd be happier if I were 10 years younger," says Lieberman, who was hospitalized with polio in 1944 at age six in New York with nearly full-body paralysis. His mother wrote to Roosevelt

for help, and the sympathetic president wrote back, saying he would do what he could. Lieberman's young life became a cycle of braces, injury, and surgery but left him with strong hands and the ability to walk without assistance. He finished medical school, served in the U.S. Air Force as a doctor in Japan, and later specialized in research on Parkinson's disease.

"You can manage the pain and fatigue, but there's no simple test for it," says Julie Silver, assistant professor at Harvard Medical School and former director of the International Rehabilitation Center for Polio at Spaulding Framingham Hospital in Massachusetts. "It's a diagnosis of exclusion." After thyroid problems and sleep apnea have been ruled out as causes of fatigue, for instance, postpolio syndrome may be considered in a patient who has slowed down.

At the rehabilitation center and the handful of other facilities across the country specializing in postpolio syndrome, an assessment typically includes an examination by a doctor experienced with the condition, a nerve and muscle study, and sessions with physical and occupational therapists, a brace specialist, and a psychologist. The psychological fallout of a diagnosis can be dramatic for patients. "It feels like a

double whammy;' says Silver, author of *Post-Polio Syndrome: A Guide for Polio Survivors and Their Families*. First, there's the shock of realizing that they aren't finished with polio, and then that no recovery from postpolio syndrome is in view. Care recommendations can include home modifications, a brace, stress management for fatigue, lifestyle changes such as reduced work hours, and devices to help with breathing and mobility, alleviate pain, or prevent falls.

In the 1950s, polio survivors learned to exercise during rehabilitation, often in great pain. The new field of physical therapy strongly linked determination with overcoming challenges. Charles Atlas was telling men they could build a muscular body through willpower and isometric exercises, and Norman Vincent Peale in *The Power of Positive Thinking* was saying attitude was everything. Both ideas were part of American culture.

"When you went into rehab, the emphasis was on pushing as hard as you could, like the Little Engine That Could. Physical therapists and families pushed polio survivors to achieve the maximum results, and in many cases substantial recovery was possible;' Wilson says. "We had won World War II, and we were moving forward. Men had a lot of concerns about masculinity and proving they could take it. Dealing with painful physical therapy demonstrated you weren't a sissy:'

Pinkney recalls the pressure she felt from the public campaign against polio. "How could you let anyone down, with all of them on your side. Polio children learned to be such good children;' she says. Then, years later, came postpolio syndrome. Research showed that the exercise that had been recommended could come with harmful side effects. Unlearning the old rules was as much a cultural sin as a medical one, says Wilson, whose book devotes a chapter to the illness. De-emphasizing exercise initially strikes many survivors as backward.

To overcome her postpolio fatigue and weakness, Pinkney went back to the old playbook. "But it hurt me;' she says. 'I'd be in better shape now if I hadn't

exercised:' Today she walks with a cane and predicts she will rely on a wheelchair full time within six years.

These realities are familiar to Lauro Halstead, director of the postpolio program at the National Rehabilitation Hospital in Washington, D.C., and a key figure in the story of postpolio syndrome. In 1984, Halstead organized the first medical conference devoted to the condition. In the 1970s and '80s, survivors started reporting symptoms reminiscent of polio. Patients and doctors feared the virus was back. Other doctors suspected the chronic condition fibromyalgia or multiple sclerosis. Some told patients the symptoms were in their heads. To make sense of the reports, Halstead, then working at the Institute for Rehabilitation and Research at Baylor University in Houston, organized a national meeting of experts at the Roosevelt Warm Springs Institute for Rehabilitation in Georgia, the polio center founded by FD R.

A polio survivor in his late 40s, Halstead was having unexplained leg pains himself. He had polio after his freshman year of college and split the next year between an iron lung and a wheelchair until he regained his strength. He lost the use of his right arm and hand but taught himself to write left-handed and finished his schooling. Becoming a spinal cord injury specialist at Baylor, he assumed polio was behind him until the pain returned. "The leg pains were very like the leg pains I experienced during the acute phase of polio. Fortunately, there were a lot of hotshots at Baylor to look into it. It wasn't polio, but nobody could figure out what it was;' says Halstead, 74, editor of *Managing Post-Polio: A Guide to Living and Aging Well with Post-Polio Syndrome*.

Then he read an article by David Wiechers, a researcher at Ohio State University who was working with electromyographic diagnosis, which monitors electrical activity in the muscles to diagnose neuromuscular problems. Wiechers had tested some polio survivors who had the same symptoms and noticed surprising neurological changes. His work

(Continued on page 9)

raised more questions than it answered, though.

Media were riveted to the notion that polio was back, which generated plenty of publicity for Halstead's conference. But the triumph of the event was setting a research agenda. Studies would show that polio was not back. Fragments of the virus were found in patients but weren't reinfecting them. Researchers soon named the new disorder and clarified its characteristics. Now the pathology is clear. During the acute phase of polio, patients can lose motor neurons, the nerves that carry signals to the muscles. More than 50 percent of them can experience weakness and possibly paralysis. The neurological system makes adaptations that can wear out the surviving motor neurons.

Imagine a right arm attacked by polio and an unaffected left arm, Halstead says. The right arm's dead nerve cells no longer stimulate the muscle, so the muscle atrophies but still sends out a chemical signal that instructs the healthy left arm to develop more "axon sprouts" - the endings on the motor neurons where chemical changes take place for muscle stimulation. Catastrophically, the number of sprouts increases. "Think of the tremendous metabolism it takes to generate the chemicals needed by each axon sprout. The motor neurons get worn out. That accounts for the new weakness in the muscle," Halstead says. Exercise is thought to spur the unwanted growth of new sprouts.

Questions about postpolio syndrome still outnumber the answers: Why do some people get it while others don't? What might cure the condition? Can it be pre-

vented? There's not much new in the research. Post-polio syndrome has always been an orphan condition - the crisis of the few since polio became a footnote in US. history.

Before the illness was even identified, the once polio-centric March of Dimes had changed its focus to birth defects. Some work continues. The John P. Murtha Neuroscience and Pain Institute in Johnstown, Pa., is exploring nonfatiguing exercises and stress-reduction behaviors at its polio-survivors clinic. Studies in Canada, France, Norway, and Sweden show that the immune system may have an influence on postpolio syndrome, and interest in a long-term US. clinical trial to replicate them is growing. Research may lead to a gamma globulin shot to reduce symptoms

Halstead says studies have fallen off in the past 5 or 10 years, as US. polio survivors die and the medical complications of aging make it harder to research them. But the syndrome could continue for years. "It is just now becoming an issue in India, and it will be eventually in all areas of the developing world as the average lifespan increases," says Hussey, of the Rotarian Action Group. While Rotary's eradication efforts have dramatically slowed the rate of polio infection, the World Health Organization estimates that survivors number between 10 and 20 million worldwide. "Long after the last polio case, postpolio syndrome will persist as a significant personal, social, medical, financial, and political challenge," Hussey says.

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BILL GATES GIVES MORE TO AID FIGHT VS POLIO

Bill Gates today declared polio his top priority and challenged world leaders to finish the job before the disease roars back.

"We are opening the threshold of eliminating polio once and for all," the Microsoft Billionaire and philanthropist said in his 2011 annual letter, given in advance to USA Today.. India, Nigeria, Pakistan and Afghanistan are now the only countries that have active transmission of the disease. The Bill and Melinda Gates Foundation plans to boost its \$200 million annual contributions to the Global Polio Eradication initiative by \$102 million this year, Gates Said.

Bill Gates News release reprinted from "The Arizona Republic" Jan 31 2011



Wildrose Polio Support Society

providing support to polio survivors

Mailing Address: 132 Warwick Road NW Edmonton, Alberta T5X 4P8

Dear Member:

On behalf of the 2010-11 Board of Directors, I want to personally thank you for your support during 2010-11. We have accomplished a lot this year with many challenges ahead.

This letter is to formally invite you to the 2011 Annual General Meeting at 11:00am on Saturday, April 16, 2011. You will also be given an overview of the year's activities, financial reports and some of our plans for 2011-12.

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.

**ANNUAL GENERAL MEETING
ACT Centre, Rundle Park
2909 113 Avenue NW
Edmonton Alberta**

Date: April 16, 2011

Registration: 11:30 to 12:00pm

Annual General Meeting: 12:00 to 1:00pm

Lunch: 1:00 to 2:00 pm

Mr. Melody: 2:00 to 3:00pm

I am looking forward to meeting all of you.

Remember that you must be a paid up member to vote or to stand for a board position.

Sincerely,

Marleen Henley
President
Wildrose Polio Support Society

'SPRING FLING'



QUIZ TIME

RHYME WORD QUIZ

Find two rhyming words that describe each statement. We've given you the answers to a couple so that you get the idea

“MORE RHYME WORDS” QUIZ		
	What is?	Rhyme Answer Words
1	Benedict Arnold's Excuse	Treason Reason
2	Linoleum Scrubbing	Floor Chore
3	Tightly-enclosed Pasture	
4	Tweet	
5	Choice Invitee	
6	Quick Flower	
7	Henhouse Busybody	
8	Quintuplets Flourish	
9	Ill-behaved Patricia	
10	Dandelion Starter	
11	Valentine Missile	
12	Pale Wind-driven toy	
13	Groovier King	
14	Cowardly Chap	
15	Particular Window Dressing	
16	A Large Southpaw	
17	Silly Rabbit	
18	Rapid Choice	
19	Contented Parent	

WELL ... Do we need to get something harder to get more people involved?

Our second venture only garnered interest from two people: Pam Waite and Marion Chomik - with the winner of the \$5.00 Tim Hortons' gift certificate going to Marion. Congratulations: Marion

Now I am challenging all readers to take a crack at this one. Mail your answers to: WPSS, 14103-70 Street NW, Edmonton, AB T5C 0L3 by May 20. A draw will be made from all correct answers and the winner will receive a \$5.00 Tim Hortons' gift certificate.

If you are looking for even more of a challenge -we are still hoping someone (you??) will take on the task of coordinating the Quiz Time feature. If you are interested, please call the office at: 780-428-8842.

ANSWERS TO LAST TIMES QUIZ

QUESTION	ANSWER
Name the three reindeer with names that start with "D"?	Dasher, Dancer, Donner
What is the traditional Christmas plant?	Poinsettia
What was the name of Grinch's dog?	Max
What was Scrooge's first name?	Ebenezer
Who was Balthazar?	One of the three Kings
Quote Tiny Tim's famous four word line	"God bless us, everyone"
Not counting Rudolph, how many reindeer are there?	Eight
Who has eyes made of coal?	Frosty the Snowman
What song begins "Chestnuts roasting on an open fire"?	"The Christmas Song"
To whom does the Immaculate Conception refer?	Mary
How many lords were leaping?	Ten
Where was the clatter that made the narrator say. "I sprang from my bed, to see what was the matter"?	On the lawn
In "A Charlie Brown Christmas", what does Lucy want for Christmas?	Real estate
What specific drink is most closely associated with Christmas?	Eggnog
What colour is the Grinch?	Green

SWIMMING

My first experience with WPSS was swimming. Since Bobbi-Jo from "Activate" has come to help us with exercises on Tuesday evenings, I have increased the strength in my legs and arms and also increased my endurance (I was even lucky and lost some weight). I wouldn't miss any swimming days!!! It is where we work on gaining strength, soak in the hot tub when we just need to relax, exchange knowledge and information about PPS, have many laughs and make good friends. Come and join us.

Corinne

"I have never killed a man, but I have read many obituaries with great pleasure."

-Clarence Darrow

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!



Marcel Bellerive	Lea Kramps	3-Apr
Dianne	Turner	4-Apr
Robert	Dixon	7-Apr
David	Woolger	8-Apr
Divana	McKoen	13-Apr
Joanne	Langford	14-Apr
Jim	Dirksen	15-Apr
Isabel	Wright	15-Apr
Bob	DeFrain	20-Apr
George	Meier	23-Apr
Mildred	Leibel	24-Apr
Marguerite	Robinson	29-Apr
Olga	Tylosky	7-May
Elsie	Wiens	10-May
Judith	Steinhauer	10-May
Joe	Kokotilo	12-May
Judy	Scheetz	14-May
Dave	Norton	23-May
Eileen	Nesbitt	27-May
Lorraine	Juhl	31-May
Janice	Hovey	3-Jun
Mary	Klimiuk	6-Jun
Mary	Robinson	7-Jun
Donna	Thompson	8-Jun
Muriel	Onushko	21-Jun
Loretta	Denis	23-Jun
Raymond	Campeau	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

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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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.

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"I've had a perfectly wonderful evening, but this wasn't it."
-Groucho Marx

Wildrose Polio Support Society

132 Warwick Road NW
Edmonton AB T5X 4P8

2011 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: 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.

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