

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

“It’s summertime and the livin is easy...”

Let’s hope that summer is finally here and that we don’t get too much really hot weather. I think the older we get the less able we are to tolerate extremes in weather.

My thanks to everyone who came out to the AGM in May. It was well attended and, I think, quite successful. The food was great; unfortunately our guest speaker didn’t show.

We have some great summer activities lined up – Devonian Gardens, picnic at Hawrelak Park, cruise on the River Queen. Hope to see lots of participation!

Polio Canada is having a photo contest this fall. They are looking for a montage of three pictures (or more) of someone before they got polio, while they were sick, and life after polio. The different chapters are asked to submit their entries by September. I don’t have much more information than that but if there is anyone out there who wants to participate I can get them in touch with Polio Canada.

My thanks again to everyone who has contributed to the successful running of our group.

Marleen Henley
President

LAUGHTER IS GOOD MEDICINE

SOME 'SENIOR' PERSONAL ADS SEEN IN "THE VILLAGES" FLORIDA NEWSPAPERS: (Who says seniors don't have a sense of hu- mor?)

FOXY LADY:

Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4' (used to be 5'6'), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

LONG TERM COMMITMENT

Recent widow who has just buried fourth husband, and am looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW:

I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

ANOTHER BLONDE JOKE

A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and pair of running boards."

The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think this place is, an auto parts store?"

"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon."

"Oh, OK!" Said the blonde. She thought about it

WINNING SMILE:

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES?

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES:

I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION:

Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up"

FOR ONCE THE BLONDE GETS EVEN!

If taking vitamins doesn't keep you healthy enough, try more Laughter. The most wasted of all days is that on which one has not laughed.

Nicolas Sebastien Chamfort

W P S S B O A R D O F D I R E C T O R S

OFFICERS

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Maxine Madison	Marie Kunec	Cliff Cyr
Marguerite Robinson	Elaine VanKleck	Conrad VanKleck

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<u>Events</u>	<u>Fundraising</u>	<u>Telephone</u>
Rick Meunier	George & Marie Kunec	Sharon Moffatt
<u>Membership</u>	<u>Newsletter</u>	<u>Outreach</u>
Ferne Hymanyk	Sharon Moffatt	Sharon Moffatt

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

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

DISCLAIMER

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

McPHERSON NOT DISABLED BY DISABILITY

Archie McLean

Gary McPherson was cursed with a body so feeble that every breath he took was a struggle.

But he was blessed with a mind so sharp and a heart so big he inspired scores of others to transcend their own limitations.

McPherson, an energetic advocate for disabled people, family man and candidate for PC party leadership died Saturday of liver and colon cancer at 63. Within hours of his death, accolades poured in from around the province and beyond.

Bob Steadward, a long time friend and colleague, said he had received as many as 150 messages a day since McPherson entered the hospital a few weeks ago. "From the premier phoning daily, to Joe Shmuck off the street from St. John's, Newfoundland, to Rick Hansen and everything in-between," Steadward said. "He touched so many people."

The admiration is easy to understand. McPherson's physical disabilities were striking – he could barely use his arms and legs and his muscles were badly atrophied. His diaphragm and chest muscles were paralyzed, which meant he couldn't breathe on his own.

To compensate, McPherson learned a technique called glossopharyngeal or "frog breathing" where he gulped air into his lungs. The technique freed him from a ventilator during the day, but meant he made facial grimaces that sometimes startled new acquaintances. "He was probably one of the most physically disabled people I ever saw," said Gerald Hankins, who wrote a book about McPherson called *Rolling On*. "And yet he developed what abilities he did have to the full."

McPherson's list of achievements included: Member of the Order of Canada, honorary doctor of laws, adjunct professor, Alberta Order of Excellence winner, president of the Canadian Wheelchair Sports Association, chair of the premier's council of person's with disabilities and more. "His disabilities never disabled him," former Premier Don Getty said.

McPherson was a healthy kid until age nine, when he contracted polio during a family vacation to Edmonton from the Yukon. He was admitted to the Royal Alexandra Hospital and eventually transferred to a special polio ward at the U of A. In all, he spent 34 years living in hospital until he finally moved out in 1989.

McPherson never held political office, but was often around politicians, starting in 1971 when he volunteered for Getty's campaign.

"He had a smile on his face just about all the time, so the people felt good about coming in, having coffee, talking to him," Getty recalled.

Over the years, Getty said McPherson had a profound influence on government policy, prompting ministers to consider the needs of disabled people in everything they did.

Alberta Liberal MLA Kent Hehr, also a quadriplegic, said McPherson was an inspiration. "By his example you knew that with some effort, some hard work...you could make life work," Hehr said. "You could go out and make life happen."

In 2006, McPherson ran for the leadership of the PC party. He was always a long-shot to win, but his humor and candour earned him praise from nearly everyone.

Education Minister Dave Hancock said McPherson brought fresh ideas to the race. "He valued the importance of having ideas on the table and being willing to stand up for them," Hancock said.

Along with his professional achievements, McPherson was a dedicated family man. He leaves behind a wife, Val, and two children, Keiko and Jamie.

Jamie played defensive back last fall for the Edmonton Huskies, and credited his dad for helping his football career along. "Even though he couldn't be there for me physically, he was more than there for me in every other way," he told the *Journal* in September.

McPhersons' family is planning a celebration of his life in June.

Reprinted from the Edmonton Journal, Tuesday May 11, 2010.

"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.

ANNUAL GENERAL MEETING—MAY 2010

[MORE PHOTOS ON THE WEB SITE]



Wildrose Polio Support Society



Summer Events - 2010

1. Devonian Botanic Gardens

Tuesday July 06 11:00 am

2. Wm Hawrelak Park - picnic/weiner roast

Friday August 13 12:00 noon

3. Edmonton Queen - luncheon cruise

Friday September 03 11:00 am

- You **must** register for events 1 & 3 - phone Bob DeFrain at (780) 438-1558 or email bdefrain@telus.net
- For details see our spring newsletter or go to www.polioalberta.ca/wildrose/wpss.htm

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

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

Time: 12 noon to 3:00 pm

Cost: NO CHARGE (site fees paid by WPSS)

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



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

3. Edmonton Queen Luncheon Cruise - Friday, September 03

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

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

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

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

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



USING AIDES TO MOBILITY – INDEPENDENCE FOR YOURSELF AND YOUR LOVED ONES

I am meeting more and more people whose mobility and life has shrunk as they aged. Of course everyone ages, not just polios. What we have in common is that we all seem to avoid equipment that would enhance our life. "Oh no, I'm not ready for a walker yet!", you tell me as you slowly and wobbly negotiate icy streets with a cane. What is that folks???? Why stay home or sit in the vehicle, why risk injury, avoid parks, or eat too much as the only activity you can comfortably do is sit. This attitude is affecting both your health and your social life. It also affects close family and friends.

Polios seem to be an ornery lot thinking they do not want to give up their independence and often see aides as a sign of weakness. Aides are not a sign of weakness. They are a sign that we want to live life to the fullest. Golfers use carts, why shouldn't we use scooters. Office workers take elevators and heavens most of the population DRIVE to the 7/11 and the mail box. We're talking all able bodied citizens here!! They are using aides.

I had polio at age eight and after seven years of physio and various surgeries managed without aides for about 27 years. I started noticing I was falling and fatigue became more of an issue over the years. During this time I had nine bone breaks, innumerable injuries. I returned to crutches at age 42 (I had given up all aides at rebellious 15 years) and later added a full leg brace at around 48 years. I later added a walker for indoors (no brace in the evening) and finally when Dr Sampson said you need to rethink what you want to do and change your life style I accepted that I needed a chair for shopping, park visits, a "walk/ride" about the neighbourhood. The wheelchair also allowed me to carry my grandchildren on my lap and I was able to take a three year old to the park on our own, spend a day, yes a day, at the zoo. I now carry a walker in my van for short trips from car to building in winter and often use crutches in summer for short trips although carpal tunnel and a sorer hip is making this rarer. Now

folks, I was like you feeling I was not ready to use aides. I admit it. It always took a crisis to convince me to take the next step and each time I later wondered why I had not used the walker, scooter, whatever sooner as a few brave and caring friends and family had suggested.

There are also innovative people who have found unique ways to overcome their shortfalls. A few years ago a lady who attended swimming got around using a child's scooter. I do not mean the electronic cart. You know the type where one foot is up on the board and the other pushes along and an increased speed occurs with the side on the board doing very little work. It worked for her and I will always remember her with fondness and respect. Another will ride a horse to get out into the countryside.

Do not let yourself down. Be innovative. It may take courage but the payoff in expanded and safer ability is enormous. I am using aides because I will not accept reduced capacity. I want to continue "walking/riding" in the park independently with my grandchildren. I want to attend ball games. I want to shop till I drop and I can because I am now sitting in a chair at the checkout counter. I want to do these things without feeling too tired to even get a drink of water when I arrive home.

Now some will say "I cannot afford these aides". Call Alberta Aides to Daily Living (AADL) at 780 427 0731. They will help you choose and obtain the correct aides for you. These may be transfer seats, raised toilets, bars, walkers and manual wheelchairs. YOU OWE IT to yourself and your family.

Also visit the CMHC site at www.cmhc-schl.ca/en/co/reho/refresh/refresh_025.cfm to read all about ramps and other home modifications. Silver Cross handles recycled and new healthcare equipment. They are lo-

(Continued on page 9)

USING AIDES TO MOBILITY [CONTINUED]

cated at 3739 98 Street or check out www.silvercross.com or call 780 450 6992. There are many, many options if we just recognize our ability and power to overcome what nature is denying us.

The Wildrose Society is also endeavoring to assist when finances seem overwhelming. The society will assist financially when insurance and AADL does not include the service or only gives partial coverage. If you have two unmatched feet and need to buy two pair of shoes you can apply for reimbursement on ONE pair. You will need to submit ORIGINAL receipt on both pair. If you cannot afford your share of shoe lift (after AADL coverage or for less than 3/4 inch) submit the bill and claim form to Wildrose. Check out

our web site to see where you might receive help.

The Legion is also a resource for hardware/equipment. Call Gerry or Barbara at 780 448 4982.

Yes you CAN.

Editors note: the aids to daily living program from WPSS will be funded out of Casino funds. As yet the program has not been approved by ALGC. This program will only be available to current paid up members and there will be a maximum claim of \$500 per year per member. We hope to have more details in the next issue of the newsletter.

Recipe
Corner

CHOCOLATE CHERRY VOLCANOES

- 1 3/4 cups flour
- 1/3 cup Fry's cocoa
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2/3 cup butter
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla
- 1/2 tsp. almond extract
- 1/3 cup buttermilk
- 1 1/2 cups chopped, drained maraschino cherries (reserve juice for Glaze)
- 1 cup chopped nuts
- Maraschino cherry halves

Sift together flour, cocoa, baking soda and salt. Cream butter, gradually beat in sugar. Beat in egg, vanilla and almond extract. Add dry ingredients alternately with buttermilk. Stir in cherries and nuts. Drop from small spoon onto ungreased cookie sheets. Bake in preheated 375 F oven 10 - 12 minutes. Cool. Frost with

Frost with Chocolate Glaze, top with cherries.

Makes 4 dozen

Chocolate Glaze

Melt 1/4 cup butter in small sauce pan, stir in 1/3 cup Fry's Cocoa. Blend in 1/4 cup cherry juice, 1/4 tsp. almond extract and 2 cups icing sugar until smooth

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

THE HISTORY OF THE POLIOMYELITIS VIRUS

Adapted from a satire by Dr. Patrick Treacy for the Irish Medical News in 2001

I am “poliomyelitis virus”- and I have inhabited this planet for many more years than I care to remember.

I was already celebrating my 600th birthday with the ancient Egyptians long before 3100BC. In fact, the finding of misshapen bones in some mummies show that I have been around and left my mark.

I must have liked the sunsets over the Nile, because you'll see me if you look at the stone relief of 1500 BC – those poor priests with their atrophied short legs, their muscle-wasting, their crippled bone-growth.

Anyway, I decided I needed a Greek holiday and arrived there about the beginning of the fourth century, and who did I run into? The great Hippocrates himself! I am even mentioned in his latest book under the title of '**infant paralysis**'. By the way, **my name is Greek – polios – (gray), myel – (marrow) and it is (inflammation)**.

I was there with Romans but as the Roman Empire fell, unwashed barbarians descended upon my cities, looting and burning books.

So I went with the Irish, and the Celtic physicians called me '**the pestilence that is called lameness**'.

For centuries I remained a mild disease, often ignored by physicians, until some bright spark abandoned the chamber pot for the modern flush toilet, unwittingly transformed me into a paralyzing agent of epidemic proportion.

In 1916 I crossed the Atlantic to check out the new flushing toilets in New York! I befriended thousands of young children in the city and panic erupted as thousands of families fled from Manhattan. By the end of the summer, 2,000 Man-

hattan children were dead, and I had paralysed 9,000 others.

By the time of the Great Depression, I was the most feared disease known on the planet and wherever sanitation improved, I had people hobbling around on crutches, rolling about in wheelchairs, lying immobile in giant iron lungs.

Things got so bad that President Franklin Roosevelt actually declared a war on me. The tremendous resources of post-war America were brought to bear in trying to develop a vaccine against me. They tried mixing me with various chemicals and putting me in a fridge for two weeks. The new '**attenuated**' virus, I was called.

Salk also dipped me in Formaldehyde, but he also heated me up in an effort to find my weak spot. You would have thought that after all those summers in Egypt and Greece, I would have been a bit more used to the heating. 1952 Salk inoculated his wife and three sons with his mixture and they all began producing antibodies against me – and not one of them got sick!

In 1952, I befriended over 57,628 people, making it the worst polio year yet in USA. So in 1955 they decided to start mass vaccination of school-children.

By the early 1960s, I was on the run, and when Albert Sabin started to produce different oral versions of me, I decided to go into hiding. By 1964, approximately 100 million Americans had taken Sabin's vaccine on sugar cubes. This oral version really had me licked in Western Society.

Soon, I was only a memory in most of the industrialized world. The makers of iron lungs quickly went out of business. I retreated to Third World countries such as Africa.

THE HISTORY OF THE POLIOMYELITIS VIRUS [CONTINUED]

More recently, the World Health Organization and Rotary have taken umbrage against me and thought they would smoke me out and run me off the planet by 2005. By 2000 I had dropped to causing only 3,500 cases – a 99% decrease from the 350,000 cases in 1988.

Millions of children are being immunized against me in third world countries. I caused a scare in Indonesia in 2005, until they got themselves organized.

They think they have got me. But I am hanging in there.

You'll still find me around – somewhere!

Reprinted from Poliowa, Western Australia, Sept 2008.

SECOND TIME AROUND, JUNE 2010—PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL 3

WHAT'S IN A NAME?

Most identified viruses are named after the patient that carried the virus when it was first identified. Where did the names come from? The following are the names of the three strains of Polio Virus.

First, there were 3 strains of poliovirus. **Type 1- Brunhilde, Type 2- Lansing, and Type 3, Leon.**

Type 1- Brunhilde was named after a chimpanzee used in recovering the original strain from a patient in Baltimore, MD.

Type 2 – Lansing – from a boy in Lansing, Michigan whose fatal virus was first adapted into a cotton rat.

Type 3 – Leon, from a Los Angeles boy.

Source: This information comes from the book —Four Million Dimes, by Victor Cohn. It was a series of articles published by the Minnesota Star and Tribune in April, 1955.

DIETARY LIMITATIONS?

Check out “Sweet Tweet” Sugar and or Gluten free products.
This place is great for personal and Gift shopping.
I can vouch for their “chocolate sugar free POPCORN
www.sweettweet.ca or 4345 50 St 780 462 2010

ASPIRIN FOR HEART ATTACK: CHEW OR SWALLOW?

You've always been healthy, but you seemed to run out of steam at your wife's 60th birthday dinner last week. And now your chest feels heavy, as if you're in a vise. You take some antacids, even though it's 7:00 a.m. and you haven't even had breakfast. But you get no relief, and the pain is spreading to your jaw and shoulder. You call your wife, who takes one look at you and rushes to the phone. After calling 911, she brings you an aspirin and some water.

Your wife got it right: You may be having a heart attack, and you need to get to the hospital fast. You also need to get some aspirin into your system quickly — but should you chew the tablet or swallow it?

The reason you need aspirin is the same reason you should call 911 without delay: A heart attack is a dynamic event, and early intervention can limit the damage. The paramedics can give you oxygen and medication, and they'll monitor your blood pressure and heart rhythm to forestall complications as they speed you to the ER. In the hospital, doctors will take EKGs and blood tests to see if you are having a heart attack; if so, they will usually try to open the blocked artery with an *angioplasty* and *stent* or, if that's not available, with a clot-busting drug.

It's modern cardiology at its best, and it has improved considerably the outlook for heart attack victims. But how can a humble aspirin tablet add to high-tech medicine, and why is speed so important?

Most heart attacks develop when a cholesterol-laden plaque in a coronary artery ruptures. Relatively small plaques, which produce only partial blockages, are the ones most likely to rupture. When they do, they attract *platelets* to their surface. Platelets are the tiny blood cells that trigger blood clotting. A clot, or *thrombus*, builds up on the ruptured plaque. As the clot

grows, it blocks the artery. If the blockage is complete, it deprives a portion of the heart muscle of oxygen. As a result, muscle cells die — and it's a heart attack.

Aspirin helps by inhibiting platelets. Only a tiny amount is needed to inhibit all the platelets in the bloodstream; in fact, small amounts are better than high doses. But since the clot grows minute by minute, time is of the essence.

To find out how aspirin works fastest, researchers in Texas asked 12 volunteers to take a standard 325-mg dose of aspirin in three different ways: by swallowing a tablet with 4 ounces of water, by chewing the tablet for 30 seconds before swallowing it, or by drinking 4 ounces of water with Alka-Seltzer. Each subject tried all three methods on an empty stomach on different days. The scientists monitored blood levels of aspirin and its active ingredient, *salicylate*, at frequent intervals, and they also measured *thromboxane B2* (TxB2), an indicator of platelet activation that drops as platelets are inhibited.

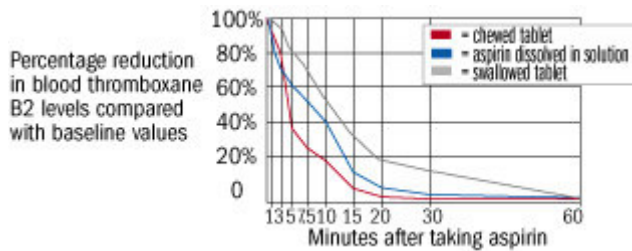
By all three measurements, chewed aspirin worked fastest. It needed only five minutes to reduce TxB2 concentrations by 50%; the Alka-Seltzer took almost 8 minutes, and the swallowed tablet took 12 minutes. Similarly, it took 14 minutes for the chewed tablet to produce maximal platelet inhibition; it took Alka-Seltzer 16 minutes and the swallowed tablet 26 minutes (see graph below).

Aspirin can help prevent heart attacks in patients with coronary artery disease and in healthy men over 50 years of age. Only low doses, between 81 and 325 mg a day, are needed. But people who think they may be having an attack need an extra 325 mg of aspirin, and they need it as quickly as possible. For the best results, chew a single full-sized 325-mg tablet, but don't use an enteric-coated

ASPIRIN FOR HEART ATTACK: CHEW OR SWALLOW? [CONTINUED]

tablet, which will act slowly even if chewed. And don't forget to call 911, then your doctor. It's a contemporary update on the old reminder to take two aspirin and call in the morning — and it's good advice to chew over.

Antiplatelet effect of chewed, swallowed, and dissolved aspirin



Chewing aspirin hastens its antiplatelet effect, as measured by the reduction in blood thromboxane B2 levels. It took only 5 minutes for patients who chewed aspirin to achieve a 50% reduction in baseline levels, versus almost 8 minutes after they took it in a solution and 12 minutes after they swallowed it whole.

Source: *American Journal of Cardiology* Vol. 84, p. 404.

OLDER THAN DIRT QUIZ :

Count all the ones that you remember not the ones you were told about.

Ratings at the bottom.

- 1.Candy cigarettes
- 2.Coffee shops with tableside juke boxes
- 3.Home milk delivery in glass bottles
4. Party lines on the telephone
- 5.Newsreels before the movie
- 6.TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (there were only 3 channels [if you were fortunate])
- 7.Peashooters

8. Howdy Doody
9. 45 RPM records
- 10.Hi-fi's
11. Metal ice trays with lever
12. Blue flashbulb
- 13.Cork popguns
14. Studebakers
15. Wash tub wringers

If you remembered 0-3 = You're still young
 If you remembered 3-6 = You are getting older
 If you remembered 7-10 = Don't tell your age,
 If you remembered 11-15 =You're older than dirt!

I might be older than dirt but those memories are some of the best parts of my life.

A little boy, curious about his grandfather's age, decided to ask how old he was. His grandpa teasingly replied: "Why, I'm not sure!"
 "Just look in your underwear, Grandpa," the child advised. "Mine says I'm four to six."

Reprinted from *SECOND TIME AROUND, SEPTEMBER 2009*—PUBLICATION OF BOCA AREA POST POLIO GROUP, BOCA RATON, FL

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!



Craig Bowling	1-Jul
Julie & Hans Gronau	15-Jul
Helen and Arthur Engels	17-Jul
Alice & Joe Martineau	18-Jul
Doreen & Carl Betke	18-Jul
Betty Lou Hewko	26-Jul
Lyle Phillips	31-Jul
Doreen Kelsey	7-Aug
Marleen Henley	12-Aug
Hilda Karbonik	13-Aug
Mike Olinyk	16-Aug
Ben & Audrey Dupuis	17-Aug
Anna Franklin	25-Aug
Vivian Onushko	26-Aug
Bernd Hornung	27-Aug
Annette Martel	4-Sep
Marnie Knudson	18-Sep
Eileen Belva	19-Sep
Herbertta Hutton	23-Sep
Bette Millar-Long	27-Sep
Bill Ives	30-Sep

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

Please let us know . . .

Email:
wpss@polioalberta.ca

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Phone:
 (780) 428-8842

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

**WILDROSE POLIO
SUPPORT SOCIETY**

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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.

WPSS News sponsored in part by



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Edmonton AB T6E 0C4
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Fax: (780) 434-1514
www.jagprinting.com

The longer I live the more beautiful life
becomes

Frank Lloyd Wright

Wildrose Polio Support Society

132 Warwick Road NW
Edmonton AB T5X 4P8

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

NAME(S):
MEMBER _____

[Polio Survivor]

ASSOCIATE MEMBER _____

[Husband/Wife/Caregiver]

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

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

FAX: _____ **POLIO YEAR:** _____

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

SENIOR [60 or over] Member YES NO

MEMBERSHIP: Associate YES NO

Individual (\$15.00) \$ _____

Couple (\$25.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____

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

HOW DID YOU HEAR ABOUT WPSS: _____

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

Registered Charity No. 867883985RR001