



# 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

There is a lyric in an old song that goes “*Where have all the flowers gone?*”. That is the way I feel about summer – where has the summer gone? September is here; school is back in (can you hear all the parents going “yeah?”); and activities are gearing back up.

We had a successful and very enjoyable picnic at Hawreluk Park in August. There were about 25 people in attendance and even some music. My thanks to Marie and George for loaning me one of their hotdogs after George dropped mine in the fire!

Our next big event is our 10<sup>th</sup> anniversary celebration on October 3, starting at 4:30 p.m. Invitations have been sent out. If you didn't receive the letter, or can't find it and want to attend, please contact the WPSS office at 780-428-8842 or print the form from the web site [look under events]. The cost is \$10.00/person. We en-

courage all members, caregivers, spouses and family to attend. There will even be entertainment and cake.

A reminder that the swimming pool at Rundle will be closed for September and part of October.

Are there any activities that you think we would really like to do? This is your organization too!

We are looking into doing something around Christmas time. More information will be available later in the fall.

I look forward to seeing you at the anniversary dinner. Enjoy our wonderful fall weather.

Sincerely  
 Marleen Henley  
 President

# LAUGHTER IS GOOD MEDICINE

## The Parrot

Mrs. Davidson's dishwasher quit working so she calls a repairman. Since she has to go to work the next day, she tells him, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you the cheque. Oh, by the way, don't worry about my Bull Dog, he won't bother you. But, whatever you do, do NOT, under ANY circumstances, talk to my parrot!"

When the repair man arrives at Mrs. Davidson's apartment the next day, he discovers the biggest and meanest Bull Dog he has ever seen. But, just as she said, the dog just lay there on the carpet watching the repairman go about his business. The parrot, however, drove him nuts the whole time with his incessant yelling, cursing, and name calling.

Finally, the repairman couldn't contain himself any longer and yelled, "Shut up, you stupid ugly bird!"

To which the parrot replied, "Get him, Spike!"

## A Senior Moment

A senior couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two husbands were talking, and one said, "Last night we went to a new restaurant and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know...the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned toward the kitchen and yelled. "Rose, what's the name of that restaurant we went to last night?"



*The cardiologist's diet: If it tastes good, spit it out*

**WPSS BOARD OF DIRECTORS**

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		Ferne Hymanyk

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

Office	Glyn or Christine Smith	
Tel: 780-428-8842	Fax: 780-475-7968	Email: <a href="mailto:wpss@polioalberta.ca">wpss@polioalberta.ca</a>

**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.

## **CARROT, EGG AND COFFEE...**

**(YOU WILL NEVER LOOK AT A CUP OF COFFEE THE SAME WAY AGAIN...)**

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, the mother asked the daughter to sip the coffee.

The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water. Each reacted differently.

The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had pro-

tected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of every

## TRAVEL WITHOUT BARRIERS

### Plan For Success!

The word 'travel' has almost as many meanings as the word 'mobility'. What does it mean to you? A train trip through the Atlantic Provinces? Visiting the Taj Mahal in India? Maybe just a week spent in a cozy cabin on Qualicum Beach?

Whatever your idea of travel, you will have your own set of unique mobility concerns that come along with it. The key for the traveler with a disability is the same as for any traveler: plan ahead. Good planning can reveal options for accessible traveling that you may not even consider. In this age we live in, the traveler with a disability is no rarity and a variety of equipment and services are out there for you.

### Planes, Trains, (Boats), and Automobiles?

Whatever your mode of transportation you will no doubt need to consider transporting your personal mobility device. Walkers, Rollators, Scooters, and wheelchairs come in many shapes and sizes. You may consider obtaining a second mobility device that is designed to be light-weight or take-apart just for travel purposes. The AMS Shoprider Axis UL8W or Pride Go Go Travel Scooter are two popular travel mobility devices that can disassemble to fit in a suitcase. If you are going in your own vehicle consider a stowage lift like the Bruno Curbsider to do all the work of lifting your scooter into your vehicle. Lifts exist to fit thousands of combinations of vehicles and personal mobility devices.

### Don't Take It With You

If you are flying you may consider renting a full-sized scooter or power chair at your destination.

Airline transfer chairs are readily available to help you along the way. Cruise ships generally have scooters available if you do not want to bring your own. If you are taking a driving vacation, accessible van and RV rentals are available all over North America and in many other countries. Consult the internet or your travel agent for availability and rates.

### Play By The Rules

Consult airline policies when planning a flying vacation. Some airlines allow you to take your chair or scooter for free. As well there may be rules regarding the maximum width of walkers and rollators taken on planes. If you will be using a power mobility device at your destination consult local laws and regulations regarding standards of safe operation.

### The —Accessible Room. . .

...is often not all that accessible. Check with hotel staff about specific features like raised toilet seats, placement of grab bars, and accessible bathing. Are the doors in the hotel wide enough but all the floors have thick carpet? If you're a self-wheeler in a manual wheelchair you're going to need Popeye arms! Finally, your mobility equipment dealer is always prepared to explore equipment options to assist you with your decisions. Ask away!

### Wherever you're going....Bon Voyage!

Source: Joe Cyr, Equipment Specialist for Shoppers Home Health Care  
Second time around August 2009

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### [continued from page 4]

thing that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling.

Live your life so at the end, you're the one who is smiling and everyone around you is crying.

## **RESEARCH STUDY VOICING CANADIAN DISABILITY HISTORY !**

### **What is the project?**

A research study on people's experiences of growing up with polio

### **Why is this important?**

It is important to document these early Canadian disability stories before they are lost and forgotten. They will enrich the histories we already know about, help to promote disability pride and culture within disability communities as well as support today's advocacy efforts to remove the many social barriers that still remain today.

### **Who can participate?**

**People who want to tell their stories of growing up and living with polio.**

### **If you or any other polio survivor you know:**

**Contracted polio between 1927 – 1957**

**Lived in Alberta, Manitoba or Ontario during that time and**

**Used any assistive devices during those years**

**\*Also, I would like the study to reflect the ethnic diversity of people living with polio in Canada. I would like to talk to people of different ethno-racial backgrounds for this study.**

### **What will I be doing in the study?**

I'll be asking you about your experiences of growing up with the effects of polio. I'm especially interested in learning about what you did and how this may have challenged the thinking and accepted practices of the time.

History becomes all the more interesting when it's associated with objects from a previous era. Do you have any such mementos or personal objects from your early polio days? If so and if you are interested in sharing the stories connected to them, that's what I'd love to discover!

**Contact: Professor Karen Yoshida Ph.D.**

**University of Toronto**

**(416) 978-6589 (Private line) or [karen.yoshida@utoronto.ca](mailto:karen.yoshida@utoronto.ca)**

**Please leave your name, phone number and the best time for me to return your call.**

## POST-POLIO SYNDROME: NOW AND INTO THE FUTURE

Excerpts from a presentation by Carol Vanenakker, MD Director of U.C. Davis Post-Polio Clinic  
From SECOND TIME AROUND June 2009 Boca Raton Florida Polio Group

Dr Vandenakker spoke in Feb 2008 and those in attendance wished physicians and health care professionals from around N. America could hear her insightful explanations and suggestions of how to live with symptoms with which we live. Her in depth answers were reflective of the many years she has spent working with survivors of polio.

Dr Vandenakker gave a brief history of Polio, noting that paralytic polio was a major cause of morbidity and death throughout the world during the first half of the 20<sup>th</sup> Century. She explained the Salk vaccine (1955) and Sabin (1961) dramatically decreased the number of cases. However, hard as World Health organizations, like Rotary International, have worked to eradicate polio worldwide, polio still occurs in parts of the Middle East and Africa. We must always remember that until the world is declared free of polio, the well known pandemic past of the virus is just "a plane ride away".

For most people, polio is a benign virus. Infected individuals experience fever, headache, malaise and gastrointestinal symptoms. For a select few, the symptoms increase in severity. According to the statistics that Dr Vandenakker compiled, less than 5% of those who contracted polio have central nervous system (CNS) invasion, this group exhibit no apparent clinical paralysis. That potentially increased the risk of this population for later developing PPS. An unlucky 1 to 2% of survivors experience varying degrees of clinical paralysis.

Dr Vandenakker had a wonderful slide which diagrammed how the poliovirus attacks motor neurons and other areas of the central nervous system. While some neurons recover, others are damaged or die. The virus is eventually cleared by the immune system and the reinnervation of muscles occurs primarily through terminal axon sprouting.

She then moved into the natural history of PPS, explaining how acute polio is followed by a period of recovery and then a period of greater than 15 years of stability, which for approximately 50% of all survivors lasts indefinitely. In time, some 20 to 50% of all polio survivors eventually develop new weakness and symptoms of PPS.

The symptoms of Post Polio Syndrome include:

- excessive fatigue
- muscle and joint pain
- new weakness/atrophy
- cold intolerance and
- 10 to 20% of those experience symptoms, dysphagia and/or breathing changes

Dr Vanenakker chronicled that world-wide, there are 20 million polio survivors, with 1 million in the US according to a 1996 survey. Some 450,000 polio survivors were left with residual paralysis, and 120,000 to 180,000 now experience PPS.

Her slides documented the pathophysiology of the virus from acute polio, to surviving motor units increasing the number of distal axonal sprouts-reinnervating surrounding muscle fibers, to a theory which describes distal degeneration of axon sprouts, which after polio, leaves motor units 7-8 times larger than normal. In an effort to keep the motor unit functioning, it continually undergoes remodeling.

It is believed that over a period of time, muscle weakness is caused by several related factors, which include:

- overuse
- underuse
- Normal aging with a greater impact on muscles with limited reserves

Dr Vandenakker addressed the immunological mechanisms involved with PPS. She said that autopsies provide evidence of spinal cord inflammatory cytokines similar to people with multiple sclerosis. It is suspected that viral RNA particles may remain in some PPS patients, possibly inducing cytokine production. At this point, she stressed that the virus IS NOT still alive in our systems.

What causes general fatigue in people experiencing PPS is still a mystery. Fatigue could be due to injury to a portion of the brain. Another idea that is possible is that fatigue is related to cytokines in the cerebrospinal fluid. But other thoughts include that chronic pain, depression or that sleep disturbance and respiratory problems may contribute to increas-

-ing fatigue.

Those at the highest Risk of PPS are:

- about 10 to 20% of non paralytic polio survivors who note similar symptoms.
- those with a greater severity of acute polio, greater recovery, older age at time of infection, permanent impairment, lower disability, longer interval since infection and being female.
- Polio survivors who are guilty of muscle overuse, as well as weight gain, which serve to further complicate problems

When patients come to a post polio clinic for assessment, physicians routinely:

- take a complete medical history;
- carefully assess body mechanics, strength, range of motion and gait.
- evaluate previous, current and the possibility of a future need for assistive devices.
- consider the pros and cons of any changes that might be made.
- include the patient in discussion of the assessment and
- make recommendations to improve the quality of life for a PPSer.

Dr Vanenakker reminded us that we, as patients, play an important role in how our lives are managed with any chronic disease, PPS included. She said doctors aren't usually as receptive to patients coming in loaded down with random stacks of papers from the internet. Learning about your disease is imperative to being part of the solution.

She suggested that when diagnosed with PPS, in our first visit with our primary care Physician we should:

- keep expectations realistic
- DO NOT expect the doctor to know much about polio or PPS
- provide a brief summary or overview to him/her
- give your Dr a chance to get to know you and understand how you're presenting your symptoms.

She noted that it's not wise to walk into any new Dr's office with a shopping list or stack of forms to be filled out. Let your health care providers get to know you first. She explained that the primary Dr's role is to provide primary care; evaluate general

medical conditions; diagnose and treat the whole body; and manage overall health. Referrals to specialists like neurologists, orthotists, and pulmonary care physicians are also common.

The topics of weakness, fatigue and pain were addressed in full along with the prospective treatments of each problem area. The overwhelming solution themes are to: keep WEIGHT down; add forms of exercise where appropriate to prevent muscle disuse; use assistive devices (where advantageous); correctly address sleep issues; incorporate energy conservation/pacing into activities of daily living and LIMIT MUSCLE OVERUSE.

Dr Vandenaeker briefly discussed medications.

She noted that we should:

- try to avoid medications commonly causing fatigue: beta-blockers, benzodiazepines, neuro-muscular blocking agents;
- be aware that statin medications can cause a myositis (inflammation of the muscle);
- Pyridostigmine in a multi-center trial found no significant change but there are possible improvements in a person's walking ability; and
- IV Immunoglobulin may increase muscle strength and physical activity and decrease pain, but she cautioned that the study sample was too small from which to draw any conclusions.

In summary, she added that the prognosis with PPS is:

- slowly progressive
- individual needs change with time/aging
- muscle fatigue and subjective fatigue may be stable over time
- PPS can be potentially fatal if respiratory dysfunction or dysphagia is involved; and
- rehabilitation has the potential to stop/slow the progression of symptoms and may improve functions, as well as the quality of life in patients with PPS.

She added that avoiding falls is paramount. A fall can quickly change your status from one that is stable to one at risk of further disability.

Audience questions revealed that:

1. The heart muscle is different from skeletal muscle so heart is not affected by polio.
2. Bone loss might be greater in polio affected limbs. The traditional bone building medications may not make a difference.

In Memory of **Ada Fraser** who passed away peacefully on August 18, 2009.

Funeral Service were held on August 21, 2009

Our condolences to her family and friends

Adaptive Clothing: Looking Good...Feeling Good  
 Oct 7 2009 7 to 9 PM  
 Glenrose Rehab Hospital Unit3B  
 In the Atrium 10230 111 Ave

### WPSS Ball Caps

Did you know that you can purchase WPSS ball caps?  
 They are available in baby blue, white and black. The cost is \$13.65 each including GST. Delivery is normally two weeks.  
 To order contact:  
 Lynn  
 Home Team Advantage  
 780-992-3159  
[htadvant@shaw.ca](mailto:htadvant@shaw.ca)

Nominations are now OPEN for 2009 Premiers Council Awards of Excellence  
 The awards are presented annually by the Premiers Council on the Status of Persons with Disabilities and honors Albertans whose o/s leadership has improved the lives of Albertans with Disabilities. Contact Sharron Burse at 780 415 9949 or check out [www.CPAAAlbertaNewsletter@cpa-ab.org](http://www.CPAAAlbertaNewsletter@cpa-ab.org)

### New Membership Year

CPA Christmas Social Dec 2<sup>nd</sup>  
 Glenrose Rehab Hospital Unit3B  
 In the Atrium 10230 111 Ave

Just a reminder that the new membership year starts January 1, 2010. The form can be found at the back of this newsletter. Why not mail it in now rather than forgetting about it.

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: [wpsc@polioalberta.ca](mailto:wpsc@polioalberta.ca)

### Chicken Skillet

1 tsp Olive Oil  
 2 B/S Chicken breasts, cut into strips

Cook chicken in oiled skillet at medium heat until browned.

Add:  
 2 Cups Sliced Mushrooms  
 ½ Cup Chopped onion  
 2 cloves Garlic, minced  
 Cook and stir for 5 minutes

Add:  
 1 can Cream of Chicken Soup  
 1/3 cup Water  
 ¾ cup Orzo – or mixed pasta pieces  
 1 Cup Shredded Carrots  
 ¼ tsp. Ground black pepper  
 1 Tbsp. Chopped fresh Basil leaves

Mix well and bring to boil. Reduce heat, cover, and simmer for 15 minutes, stirring occasionally.

Add:  
 2 Basil leaves, cut into fine strips  
 1 Tomato, diced.

Stir to combine, and serve.

Serves 4

# A DAY OUT AT PEACEFUL VALLEY JUNE 5, 2009



**Wildrose Polio Support Society Reimbursement Policy was created for the reimbursement to members of services either not covered entirely by health insurance OR not covered at all.**

In order to access this service, members must:

be a polio survivor in good standing with the Society  
have exhausted all benefits available from his/her/spouses insurance/health plan(s)  
submit our "Reimbursement Request Form" with original/valid receipt(s) which states the provider's name, address and date of service

**OR**

if his/her insurance plan does not reimburse the full amount, include their original statement(s) which has been returned with their refund(s).

Requests for reimbursement must be submitted within six months of the treatment(s).

The maximum reimbursement is limited to \$1,000 per member per calendar year, which is January 1 to December 31.

Services eligible for reimbursement:

- Physiotherapy
- Craniosacral
- Massage
- Chiropractic
- Acupuncture

*See over for a copy of the "Reimbursement Request Form". Keep this page in a safe place so that you can make copies of the form when required.*

**REIMBURSEMENT REQUEST FORM FOR EXTENDED HEALTH SERVICES PROVIDED TO POLIO SURVIVOR MEMBERS OF THE WILDROSE POLIO SUPPORT SOCIETY**

*To be completed by the WPSS member unless otherwise indicated. Please print clearly. Original receipts must be attached for all expenses. Please retain copies for your file as originals will not be returned. Any information provided or collected will be retained in a Member Benefits confidential file.*

**Note: Reimbursement for services is limited to available funds and not guaranteed by the Wildrose Polio Support Society. Reimbursement is usually made quarterly.**

Member's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Type of Service Provided	Date of Service	Total Charge	Amount Paid by Other Sources	Amount to be Reimbursed
Total Reimbursement Requested:				\$

I certify that these expenses meet the following conditions:

I have received all services claimed and that the information provided is true and complete, the services listed were received on the date(s) listed above, and

I have not been reimbursed for these expenses in any way.

I understand that reimbursement of these expenses may only be requested after I have exhausted all benefits available from all plans through which I am covered. I further certify that I have not claimed, nor will I claim a deduction on my individual tax return, for any of the expenses reimbursed through this program.

Member's Signature: _____	Date: _____
Provider's Signature: _____	Date: _____

Please issue payment to: Member \_\_\_\_ Provider \_\_\_\_

Name and Address of Service Provider:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please mail completed form with receipts to:  
 Wildrose Polio Support Society  
 132 Warwick Road NW  
 Edmonton, Alberta T5X 4P8

# PICNIC IN THE PARK AUGUST 13, 2009



## 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.

**Note: Pool is closed and reopens on Tuesday October 13, 2009.**

## HAPPY BIRTHDAY!



Rick	Meunier	1-Oct
Yvonne	McGrath	5-Oct
Al	Ewaskow	6-Oct
Joan	Dashney	13-Oct
Ed	Walker	16-Oct
Marion	Chomik	30-Oct
Charlotte	Slipchuk	31-Oct
Gerald	Callum	1-Nov
Ronda	Noble	4-Nov
Raymond	McCrea	5-Nov
Anita	Auger	9-Nov
Marie	Kunec	9-Nov
Evelyn	Beveridge	13-Nov
Judy	MacKenzie	14-Nov
Louise	Humbke	14-Nov
Germaine	Martin	20-Nov
Dayle	Berg	21-Nov
Dianne	Pimm	22-Nov
Ernie	Stark	26-Nov
Daniel	Gering	17-Dec
Colleen	Sydor	18-Dec
Albert	Peters	19-Dec
Maxine	Madison	22-Dec
Gil	Sandhu	25-Dec

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

Please let us know . . .

Email:  
wpss@polioalberta.ca

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

Phone:  
(780) 428-8842

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

**WILDROSE POLIO  
SUPPORT SOCIETY**

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Edmonton AB T5X 4P8  
Phone: (780) 428-8842  
Fax: (780) 475-7968  
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.

WPSS News sponsored in part by



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The best man is he who most tries to perfect himself, and the happiest man is he who most feels that he is perfecting himself.

Socrates

# 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**