In Search

Today I hit the jackpot! I mean, I really hit the jackpot! I found Kathy Zittlosen, a Polio Epic board member! Well, she wasn’t exactly lost, so I suppose it’s not possible for me to have found her. Semantics, semantics and more semantics. After all, Polio Epic Board members had not seen her since January and she wasn’t missed until March. We knew her local address and phone number and we knew she had at least one son in Tucson. That’s all we had to go on. All of us were concerned. No, we were scared.

I was scared and I set out to find Kathy, even if she wasn’t lost!

During the month of May I called her phone number, went to her address, but found no one at home. I left a note on her door, went home and looked up “Zittlosen” in the phone book. The only listing was for “Ray Zittlosen”, who never answered the phone and had no way for me to leave a message. YIKES! This was becoming a big mystery and I felt like “Nancy Drew.” I was certain, however, that I had none of the abilities Nancy had in her stories and was even more certain that I probably would never develop them.

So, how is it that I found Kathy? I kept looking. Last week her son from New Mexico called me after seeing the note I had left on Kathy’s door. He left a message on my machine that Kathy had experienced several strokes in early 2007, had been in St. Joes Hospital, in a rehab facility and had just recently moved to assisted living not to far from my house. I located the phone number through I & R and went to see Kathy this morning. She remembered me. She was slow at walking with a walker and her ability to speak was diminished, though I could understand her. She would love to have visitors, and since I’ve found her, you can all stop by now to give her your love! [5602 E. Holmes, near Craycroft & 7th Street; phone number is 747-2801]

With every good story there is always a moral. What is the moral to this story? We must begin to tell each other all that critical “in case of emergency” information so we can be there for each other in times of need. Polio Epic will find a way to gather this information from current and future members so that no one will become “lost” to the Polio Epic members that love them.

So, now you see why I say, “I hit the jackpot today.” Today I found Kathy Zittlosen!

With Love, your President, Karla
Water of Life

Water is the most important part of our lives, especially so, for Polio Survivors. Statistics prove that Water is the medium that most often carried the virus known as Polio. Humans can’t live without water, and yet gave most of us Polio; and at the same time, Water is something we can use to help our challenges dealing with Polio. There are many ways that Water can help us survive and improve our condition.

I have a family friend, who has been with the EPA for over 20 years in charge of water resources. He has long espoused the need to conserve and protect our water resources. Even though I am not an avid environmentalist, I have come to realize that if we don’t start watching our water supply, it may not be readily available. Just this last week in Tucson, the Colorado River project has announced that we are coming up on the 12th year of drought, and the water they thought to keep Tucson “watered” may not last for the next 10 years.

Water as physical therapy, as spiritual therapy, and as an ingredient within our own bodies, is just a few of the liquid needs we have. In 2005 many of our members went to a Polio Health International Conference, called “Living Well”. One of the better attended seminars was titled “Watsu”. Watsu is a physical therapy that is done in warm water. This therapy is one of the best for Polio Survivors, and also brings a spiritual enlightenment that was surprising to the uninitiated.

In this special summer issue of our newsletter, I have included several resources for local Tucson people to find help and pain relief using water. In Tucson, every summer there is a great deal of worry, and concern about finding the water necessary for day to day life. I myself, keep my exercise bands (for stretching those affected Polio muscles) near my Jacuzzi in the backyard. I just can’t justify the expense and water use necessary for a pool. It’s a shame that something that is in such short supply in the Southwest part of the country, can be of such great help in our challenge of coping with Post Polio Syndrome.

As many of you may remember, FDR found Warm Springs in Georgia to be beneficial for polio survivors, and at one time thought it might provide a cure. We have since found out that there is no “cure” for Post Polio Syndrome, however, the warm water in Georgia provided an inspiration for many health care providers. If you check with your regular doctor, you may find that water can provide you with a tax deductible way to deal with your neuro-muscular challenges. I have also found a great deal of mental pain-relief as well. I use my Jacuzzi regularly for my prayer/meditation as well as my stretching exercises. I also have no cartilage or synovial fluid left in either of my knees, and found that my best pain control solution is the time I spend in the heated water. When I have torn or sprained muscles, there is nothing better than nice warm jets of water flowing to the sore parts of my body. Do yourself a favor and try to find a nice heated body of water and try it yourself! (cold intolerance is a trait of Post Polio Syndrome)

Micki Minner
Editor, Polio Epic Newsletter
Edith Ball Adaptive Recreation Center

The Edith Ball Recreation Center is a warm indoor pool with spectacular facilities for the physically challenged. It is located off of Randolph Way between Broadway & 22nd. Follow the blue “ZOO” signs from 22nd. There is lots of handicapped parking. There is also an outdoor lap pool. There is a seasonal schedule for open swim and supervised classes. There are also tours of the indoor pool available upon request. One time swim is only $1.50 and yearly passes are available on a sliding scale based on income. Then you can apply for a year pass for very little cost! There is staff available to assist swimmers who need to use the lift. The pool is VERY accessible in other ways as well. The shower facilities are superior in quality and cleanliness. Hope that you are able to take a tour at Edith Ball Recreation Center right away. Just go to Reid Park, and follow the Zoo signs, and you will find it. The ability to use this heated pool to exercise our muscles without hard impact is an incredible way to stretch muscles without soreness.

The new Edith Ball Adaptive Recreation Center (791-5643) offers classes for all ages and disabilities.

Edith Ball Pool (Year-round)
Located in Reid Park across from the Zoo at 3444 E. Zoo Court, the Edith Ball Adaptive Recreation Center features a fully accessible outdoor covered recreational pool with a zero-depth entry, play features, lap lanes, walking channel with a current and a heated deck. The indoor therapy pool is heated to approximately 92 degrees and has a bench with jets, handrails, two types of lifts to allow for total accessibility and depths from 6 feet.

Contact: 791-5643

Thank the Earth for feeding
My body
Thank the Sun for feeding
My bones
Thank the Trees for the
Air that I breathe
And I thank the Water for
Nourishing my soul

City of Tucson Recreation Pools Available

Abraham Lincoln Park
4325 S. Pantano
Amphitheater High School
125 W. Yavapai Rd
Catalina High School
3645 E. Pima St
Catalina Park
900 N. 4th Ave
David G. Herrera and
Ramon Quiraz Park
600 W. St Marys Rd
El Pueblo Park
101 W. Irvington Rd
Escalante Park
6900 E. Nicaragua Dr
Fort Lowell Park
2900 N. Craycroft Rd
Freedom Park
5000 E. 29th St
Gene C. Reid Park
900 S. Randolph Way
Golf Links Sports
Complex
2400 S. Craycroft Rd
Himmel Park
1000 N. Tucson Blvd.
Jacobs Park
3300 N. Fairview Ave
Jesse Owens Park
400 S. Sarnoff Dr
Joaquin Murrieta Park
1400 N. Silverbell Rd
J. F.K.Park- Ajo Way And
Mission Rd Lakeside
(Charles Ford) Park
8300 E. Stella Rd
Mansfield Park
2000 N. 4th Ave
Menlo Park
300 N. Grande Ave
Mission Manor Park
6100 S. 12th Ave
Morris K. Udall Park
7290 E. Tanque Verde
Palo Verde Park
425 S. Mann Ave
Pueblo Gardens Park
2500 E. 36th St
Purple Heart Park
10050 E. Rita Rd
Santa Rita Park
401 E. 22nd Ave
Sunnyside Park
5811 S. Del Moral Blvd

The City of Tucson has made all pools available for the needs of the disabled. There are 26 locations, one should be near you!
Dynamic Water Exercise in individuals with Late Poliomyelitis

OBJECTIVE: To evaluate the specific effects of general dynamic water exercise in individuals with late effects of poliomyelitis.

DESIGN: Before-after tests.

SETTING: A university hospital department.

PARTICIPANTS: Twenty-eight individuals with late effects of polio, 15 assigned to the training group (TG) and 13 to the control group (CG).

INTERVENTION: The TG completed a 40-minute general fitness training session in warm water twice weekly. Assessment instruments included the bicycle ergometer test, isokinetic muscle strength, a 30-meter walk indoors, Berg balance scale, a pain drawing, a visual analog scale, the Physical Activity Scale for the Elderly, and the Nottingham Health Profile (NHP).

OUTCOME MEASURES: Peak load, peak work load, peak oxygen uptake, peak heart rate (HR), muscle function in knee extensors and flexors, and pain dimension of the NHP.

RESULTS: The average training period was 5 months; compliance was 75% (range, 55-98). No negative effects were seen. The exercise did not influence the peak work load, peak oxygen uptake, or muscle function in knee extensors compared with the controls. However, a decreased HR at the same individual work load was seen, as well as a significantly lower distress in the dimension pain of the NHP. Qualitative aspects such as increased well-being, pain relief, and increased physical fitness were reported.

CONCLUSIONS: A program of non-Swimming dynamic exercises in heated water has a positive impact on individuals with late effects of polio, with a decreased heart rate at exercise, less pain, and a subjective positive experience. The program was well tolerated (no adverse effects were reported) and can be recommended for this group of individuals.

Partnering for a Better Tomorrow Conference

Thanks to Polio Epic, Inc. and the donation given by Ed Boyles, in memory of his beloved wife, Ann; I was able to attend the conference in Miami, Florida – “Partnering For A Better Tomorrow”.

I've had people ask me "why continue to hold these conferences, isn't it all the same information anyway?"

It is my feeling that conferences give support to group leaders and members. Conferences also give a chance to meet and network with people from all over the world. This networking allows us to monitor other groups, and how their groups’ needs are being met or not. This will help us make sure that we provide the correct support here in Tucson.

There were also eight other countries represented at this small conference.

Most likely most attendees will have one thing in common, an understanding of what it is like to go through major life changes and to deal with the late effects of polio and post-polio syndrome.

Conference attendance helps us think through our own mission, to set goals, priorities and to continue to empower Polio Epic members with the information needed to continue a life of dignity and independence.

As soon as possible a couple of board members and I will be getting together to go over information from some of the many workshops I attended, and put together a paper containing some helpful suggestions that could be useful as we continue struggling with new challenges. Anyone that would like to participate in the editing of the notes, and putting together information packets, please contact me!

Joanne Yager
WARM WATER POOL EXERCISE
Compiled by Mary Clarke Atwood; Editorial assistance by V. Duboucheron
From “Pool Exercise - Principles and Guidelines for Polio Survivors”
by Robbie B. Leonard, M.S., P.T.
*Rancho Los Amigos Post-Polio Support Group Newsletter* - July 1994

When asked to comment on this report Robbie B. Leonard responded:
*Everything looks good. I still believe all those things and find the pool therapy to be one of the best types of therapy for polio survivors! The only challenge is finding a warm, therapeutic pool. One addition - there is a videotape that I did with Sprint Rothhammer Inc. (Aquatic company) that goes over these principles and shows some of the exercises ([www.sprintaquatics.com](http://www.sprintaquatics.com)). You can get it from sprint or from the Roosevelt Institute ([http://www.rooseveltrehab.org/postpolio.htm](http://www.rooseveltrehab.org/postpolio.htm)). 
"Pool exercise is one of the best types of exercise that a person with Post-Polio can participate in since it is less stressful to the body."*, according to Robbie Leonard, M.S., P.T., Director of Physical Therapy at Roosevelt Warm Springs Institute for Rehabilitation, Warm Springs, Georgia. But it depends on an individual's strengths and weaknesses as to whether pool exercise is appropriate. Each person should be evaluated by a physical therapist and given an individualized exercise program, since each person's strengths and weaknesses are unique.

**POTENTIAL BENEFITS**
Benefits depend on the temperature of the water as well as the amount of time spent in the pool.

- Increased strength and coordination
- Increased ability to ambulate
- Decreased pain
- Increased range of motion and flexibility

**WHY WARM WATER?**
The recommended water temperature is 90° - 92° Fahrenheit (It feels quite warm as you get in.) The pool water temperature definitely should be no less than 85° Fahrenheit.

- Most individuals experiencing post-polio have an intolerance to cold; therefore the warm water is a must.
- Warm water has a pain relieving effect.

**PSYIOLOGIC BENEFITS**
Immersion in warm water causes:

- Increased metabolic rates
- Increased heart rates
- Increased circulation to surface and muscles
- Increased respiratory rates
- Muscle relaxation

Note: Heart rates are generally lower in water exercise than in land exercise due to compression, temperature, and pressure. Heart rates based on land exercise are not applicable in the water.

**PERSONS WITH RESPIRATORY PROBLEMS**
People who are experiencing respiratory difficulties may find water helps respiratory function because hydrostatic pressure of the water on the chest wall stimulates chest expansion.

- This must be closely monitored.
- Water exercise for someone with a tracheostomy is generally not recommended.

**WHO SHOULD NOT PERFORM POOL EXERCISE?**
Persons with:

- Severe cardiac problems
- Urinary tract infections
- Open wounds/sores
- Contagious diseases or skin conditions.

**INDIVIDUALIZING A POOL EXERCISE PROGRAM**

- A doctor and a physical or occupational therapist (preferably one familiar with PPS) should evaluate the individual and then if indicated, develop an exercise program based on the testing.

Not everyone is an appropriate candidate for pool exercise.
The therapist should note:
1. Range of motion
2. Flexibility
3. Muscle strength
4. Endurance
5. Ambulatory skills
6. Transfers (especially pool transfers)
The exercises should be appropriate for the water. An exercise program designed for land will not be appropriate for the water since buoyancy rather than gravity is the predominating force.

HOW THE WATER AFFECTS YOU
- Buoyancy is the predominant force at work.
  1. Movement up towards the surface is Buoyancy Assisted. (See Fig. 1)
  2. Movement down towards the pool bottom is Buoyancy Resisted. (See Fig. 2)
  3. Movement in a horizontal plane (side to side) is Buoyancy Supported. (See Fig. 3)

Figure 1: BUOYANCY ASSISTED EXERCISE
For hip flexor muscles: stand at side of pool or sit in a pool chair; bring the knee up towards the chest, letting the buoyancy of the water assist the movement.

Figure 2: BUOYANCY RESISTED EXERCISE
For hip flexor muscles: lie on stomach holding pool ledge, bring knee towards the chest. The faster the movement, the greater the resistance.

Figure 3: BUOYANCY SUPPORTED EXERCISE
For hip flexor muscles: lie on your side while holding pool ledge, bring knee towards the chest, then back to straight position.

- Individual exercise program will depend on muscle strengths.
- Water is also an excellent medium for stretching - but not to the point of over-stretching. Stretches should be for tight muscles and be recommended individually.

MUSCLE GRADES AND BUOYANCY
- Muscles below a fair (3) grade should do Buoyancy Assisted or Buoyancy Supported Exercises (Figs. 1, 3). A fair grade muscle can perform a movement against gravity. (For example, if you can bring your knee up towards your chest in the sitting position, you have at least a fair grade hip flexor muscle. If you cannot perform that movement, you have below a fair grade.)
- Muscles that are graded fair or greater (3-5) can perform Buoyancy Resisted exercises (Fig. 2). The degree of resistance will depend on muscle strengths and endurance.

Grading for Manual Muscle Testing attributed to Dr. J. Perry

GOOD EXERCISE PRINCIPLES AND GOOD BODY MECHANICS
1. Do not exercise to the point of fatigue. (The combination of heat and exercising can be fatiguing.) Exercise may need to be short (10 minutes) and then lengthened as endurance improves. A person should spend no more than 30-45 minutes in water above 90°.
2. Do the exercise during the "good" part of your day (when you have the most energy).
3. The best benefits will be achieved in an exercise program 2 or 3 days a week.
4. Be careful not to overstretch the joints.
5. Use good body mechanics - do not lock or hyperextend the joints during exercise.
6. Movements in the water should be smooth, slow, and controlled (not jerky, fast movements).
7. Know your limitations. If you become fatigued, short of breath, dizzy, or stressed, stop the exercise. (You may need to check with your doctor before resuming the program if you become dizzy or short of breath.)
8. If any exercise causes pain, do not do it. Listen to your body. "No Pain, No Gain" is not a good philosophy for persons with PPS.
9. Have fun in the water. If this exercise program is a negative experience for you, it is not an appropriate program.
10. Remember this principle: Each individual should have a doctor’s recommendation for pool exercise, and each individual program should be recommended by a therapist who knows your strengths and weaknesses.

ENHANCE YOUR ABILITIES
Robbie Leonard, M.S., P.T. says, "If your program is recommended by your doctor and individualized for you by your therapist, and you follow these basic principles, you should have a successful pool exercise program that will enhance your abilities."

CHOOSING A POOL
1. The pool should have close, accessible parking. (If it takes all your energy to get to the pool, the exercise program will not be beneficial.)
2. The pool should have a lift, ramp, or steps for ease of transfer into the pool. (Again, if it takes all of your energy to get into the pool, the effects of the exercise will be negated.)
3. The pool should be monitored at all times for safety. Individuals should never be left unattended.
4. The depth of the water where the exercises are performed should be between waist and chest high. (Deeper water could cause heat-related problems and will make exercising difficult.)
5. The deck of the pool should not be slippery.
   ○ If you have an unsteady gait or difficulty with transfers, then tennis or aquatic shoes are recommended. (Lower priced aquatic shoes may be available at K-Mart, Wal-Mart or other discount stores in the summer months).
   ○ The pool water temperature should be no less than 85 degrees. Recommended temperature is between 90-92 degrees.
   ○ The air temperature around the pool should also be warm.


Note from our very own Wendy Wolf
Hi All,
I'm hoping that you will be able to assist me with a gathering of information to make Tucson a more wheelchair friendly city then it already is. Last summer when I went to Nationals, at the Ms. Wheelchair America pageant I had the opportunity to attend an ADA workshop presented by a lawyer, Kurt (can't recall or locate his 26 letter last name) and his firm. This guy and his firm are phenomenal and perform magic, from the smallest of modifications to the largest. The before and after slides were incredible. What I need are folks who have specific areas of concern to make our city more compliant with ADA regulations. and wheelchair-friendly for all. Think about parking spaces and the amount of room for side van lifts, bathroom accessibility in public places- entering bathroom, wide enough stalls to close the door for your privacy, turn around room, reaching toilet paper dispenser, handles etc., automatic doors and button locations, proper curb cuts, entrances into restaurants. All are important but the larger the facility the better initially. Kurt and his team will be coming in July and would like for me to have people with lists/ideas to meet at his hotel the first evening to meet you all and hear your concerns. Munchies and drinks on him. He will just need you all and your thoughts that first night. He is a very cool, low key, brilliant guy, easy to be in his company. Please feel free to send this e-mail, or your own version to other friends of yours who may have ideas. Thanks for reading this far and please let me know if you have ideas or are interested with this little brainstorming activity. Don't worry, I totally understand if you don't want to take on another thing to think about, just let me know as soon as possible so Kurt can make flight arrangements if we have something tangible to work with.

Take care,
Wendy Wolf
Polio Epic Member, Disability Activist, Ms. Wheelchair Arizona 2006, Business Entrepreneur
European Journal of Neurology: guideline on diagnosis and management of post-polio syndrome.

Report of a task force


Source: European Journal of Neurology, Volume 13, Number 8, August 2006, pp. 795-801(7)

Publisher: Blackwell Publishing

Abstract:
Post-polio syndrome (PPS) is characterized by new or increased muscular weakness, atrophy, muscle pain and fatigue several years after acute polio. The aim of the article is to prepare diagnostic criteria for PPS, and to evaluate the existing evidence for therapeutic interventions. The Medline, EMBASE and ISI databases were searched. Consensus in the group was reached after discussion by e-mail. We recommend Halstead's definition of PPS from 1991 as diagnostic criteria. Supervised, aerobic muscular training, both isokinetic and isometric, is a safe and effective way to prevent further decline for patients with moderate weakness (Level B). Muscular training can also improve muscular fatigue, muscle weakness and pain. Training in a warm climate and non-swimming water exercises are particularly useful (Level B). Respiratory muscle training can improve pulmonary function.

Swimming Recommended by US Government

www.hhs.gov – U.S. Department of Health & Human Services
Womanhealth.gov – The Federal Government Source for Women’s Health Information

The main concern after recovering from polio is getting Post-Polio Syndrome (PPS). PPS can affect 25% of polio survivors in the United States anywhere from 10 to 40 years after recovery from polio. PPS is due to the overworked spinal nerve cells that remain after the polio is gone. Treatment for PPS includes aspirin, non-steroidal anti-inflammatory drugs, and occupational or physical therapy to reduce muscle fatigue. Also, exercise, such as swimming and water aerobics can help those who develop PPS. Many polio survivors also find support groups helpful. (excerpted from website listed below)

Managing Post-Polio: A Guide to Living and Aging Well with Post-Polio Syndrome
-Second Edition- Edited by Lauro Halstead, MD
This is the updated and new revision of the 1998 standard of PPS management.
This is a comprehensive overview dealing with the medical, psychological, vocational, and many other challenges of living with Post-Polio Syndrome. Over 15 healthcare professionals, many whom are polio survivors have contributed a wealth of information. This book contains a collection of papers and articles from many of the professionals in healthcare around the world concerning every facet of Post Polio Syndrome health care.

DONATIONS
March of Dimes
BUILDERS $100 & OVER
Ganson Byers
Helen Davey
Zelma Ericson
Charles King
Francis Kruger
Gordon Noble
Al Imhoff In memory of wife, Nancy Imhoff
Don Rowland
FRIENDS $99 & UNDER
Polio Survivors (PSA) Action Group members, guests, fellow club and district members have been given a unique opportunity to expand their Rotary horizons, to make new friends and do a service for Rotary International and polio survivors around the world. The gift we have been given is the opportunity to spend some time in the PSA booth and distribute our new brochures and other PSA materials. Additionally, we will have information about our partners, the Rotary Heritage and History Fellowship and our joint program to build on the Smithsonian Exhibit, "Whatever Happened to Polio?" which has been moved from Washington DC to Warm Springs GA. Along with our fellow Rotarians in District 6900, Merriweather County (Warm Springs) - and, hopefully, other Rotarians in Zone 33/34 we are working to develop a permanent home for the story of Rotary International and our part in the eradication of polio.

Web posted May 18, 2007

Rotarians from three countries holding annual meet in Juneau

By KORRY KEEKER - JUNEAU EMPIRE

More than 300 Rotarians from Alaska, the Yukon and even eastern Russia will gather at Centennial Hall this weekend for the annual District 5010 conference. The weekend, dubbed "Lead the Way," starts at 9 a.m. today at Centennial Hall and is open only to Rotarians.

Rotary International, a worldwide service organization, has more than 1.3 million members in 31,000 Rotary clubs in 165 countries. District 5010 includes 2,750 members in 76 clubs in Alaska, the Yukon and Siberia, a stretch of 6.5 million square miles. This weekend's attendees include three from eastern Russia. Glenn Estess and Richard King, past Rotary International presidents, also will be on hand.

"Rotary really opens up a lot of friendships and contacts," said Juneau resident Craig Dahl, co-chairman of the district conference committee and a Rotarian since 1979. "We may not see each other for a while, but all of a sudden you're visiting with somebody you worked with two years ago on a project."

"Lead The Way" will begin with the introduction of the district's 30 youth Rotary Exchange students. The kids will work this weekend on Project Playground, under way at Twin Lakes.

Whitehorse resident Ramesh Ferris will speak at the conference today about his 2008 Cycle to Walk cross-continent journey for polio awareness (www.cycletowalk.com). Ferris, a polio survivor, plans to leave Whitehorse on April 12, 2008, and hand-cycle all the way to Cape Spear, Newfoundland.

Ed Boyles – His own Unique Polio “Story” in his own words

So, ya got polio ...These words kept ringing in my head as I drifted back into oblivion. The time was late November 1944. The place, a field hospital near Dagami, Island of Leyte, Phillipines. A doctor had just examined me and said “put him in the quarantine ward with the rest of the Polios”. With that, he disappeared into the darkness never to be seen again. I awakened to find myself in a tent ward on the very perimeter of the hospital area, with a dozen fellow polios. From then on all visitors to the “POLIO WARD” looked like they were attending a military Klu Klux Klan meeting, wearing an OD sterilized cap, mask and gown. All of us were going through the initial onslaught of polio, and when we were conscious; we were in so much pain that nothing mattered. It was then that I realized that I was in a lot of trouble. A few nights after my internment in the Polio Ward we were awakened by rifle fire. All lights were off in the hospital area except those I the Polio Ward. It was lit up like a Christmas tree. Word was out that the Japanese had dropped paratroopers into the area. It appeared that we had been put out for bait, and if the enemy showed up that we would be the targets. Thank goodness the Japanese didn't get to the hospital area. Word was out that we were to be shipped to Tacloban for Air Evacuation to the states as soon as
the airfield was captured and made suitable for our aircraft use. After several weeks, we were escorted by our OD sterilized robed keepers to Tacloban. While waiting for our aircraft to show up, a lone Japanese aircraft appeared and proceeded to bomb and strafe the airstrip. The hospital personnel hurriedly removed all patients away fro the air strip, except for us untouchables (polios) who remained at the edge of the airstrip. When the “all clear” sounded they loaded us polio’s in the front of the airplane. Then they must have had second thoughts, and moved us again, this time to the rear of the plane. We assumed that no one wanted to go past us while getting on the plane. Before we left, they removed everyone’s pajamas and left us covered with only a GI blanket. They wanted to take my trusty 45 pistol. After a short consultation, (putting it nicely), they decided to let me keep it.

The Medical Evacuation plane stopped in Saipan where we was sprayed with DDT, deloused and given a good scrub down. Oh yes, they gave us Pajamas to wear again! The Polio’s were placed on 60 days quarantine and placed in a separate ward. We remained in Saipan for about four days. They wanted to take my 45 away (again!) I objected strongly (again!) and the Doctor told the keepers to let me keep it. The Doctor was retired, and had come back out of retirement for the war. I am sure that the doctor knew I didn’t have the strength to shoot the gun. However, that very night there was a firefight about half mile from the Hospital. Some Japanese soldiers came out of hiding to forage for food and got caught. I certainly felt vindicated in keeping my weapon after that experience.

After being evacuated to Hickam Field (Honolulu) there was a mix up in transportation. (I think they were trying to figure out what to do with the untouchables they had). All the patients, except the untouchables were moved into the shade. They left us out in the sun (maybe a purification rite). We were finally quartered in a school that had been converted into a hospital. Again we were placed in isolation for 60 days. By this time three of the Polios were ambulatory again, and fed those that could not eat without help. At the end of the isolation period we were pronounced pure and received the same treatment as the other patients. Within a month, I was able to sit in a wheel chair for short periods of time. After several months we were shipped to Hamilton Field, California for further shipment to the Military Hospital nearest to our home of record. I was shipped to Barnes General in Portland Oregon. Someone decided that I was no longer contaminated and lifted the quarantine. At this time, my wife, Helen, came to see me. She took one look at me and said that she couldn’t stand sick people and that was the last I saw of her. They didn’t have the facilities to treat me at Barnes General Hospital in Portland, Oregon. They then sent me to Army & Navy General Hospital, Hot Springs Arkansas. Polio had finally run its course and the healing process began.

Editors Note: I fell in love with Ed’s story. We should honor our brave soldiers of ANY war. Ed’s story above is a great example, of how we need to keep our polio stories alive for the entire world to know. About 15 years after Ed’s story, I lived in one of those islands near Leyte, and remember a soldier drifting out of the jungle, and thinking that the war was still going on. It’s a different world in the tropical jungles on islands in the Pacific!

**Dues Form**

POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2006– AUGUST 31, 2007

NAME_________________________________________SPOUSE_______________________DATE_________

ADDRESS_____________________________________________PHONE (______)_____________________

CITY__________________________________________STATE_______ZIP______________-

Emergency Contact info: ____________________________________________________________________

EMAIL____________________________________________________________________________________

_____I am sending in my/our annual dues of $10.00 per person for 2006-2007 fiscal year.

_____I am sending in a tax-deductible donation in the amount of $__________

POLIO EPIC, INC. is a 501(c)(3) non-profit corporation. Tax ID # 74-2477371

_____I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

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_____Check here if you do not want your name, address, phone number and email listed in the POLIO EPIC DIRECTORY.

_____I would like to be more involved in Polio Epic. Please contact me at the number above.

Make checks payable to POLIO EPIC and return this form to Polio Epic, P.O. Box 17556, Tucson, AZ 85731-7556
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</tr>
<tr>
<td>Virginia Hanson</td>
<td>292-0652</td>
<td><a href="mailto:vrh13@earthlink.net">vrh13@earthlink.net</a></td>
</tr>
<tr>
<td>Bill Hatton</td>
<td>321-1703</td>
<td></td>
</tr>
<tr>
<td>Charlie Minner</td>
<td>743-1556</td>
<td><a href="mailto:Canthmin@msn.com">Canthmin@msn.com</a></td>
</tr>
<tr>
<td>Alice Smedley</td>
<td>792-2758</td>
<td></td>
</tr>
<tr>
<td>Barbara Stough</td>
<td>887-4731</td>
<td><a href="mailto:chasbarstough@juno.com">chasbarstough@juno.com</a></td>
</tr>
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</table>

## Executive Board Officers 2006-2007

<table>
<thead>
<tr>
<th>Role</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President, Karla Carr</td>
<td>318-1219</td>
<td><a href="mailto:KarlaKrazies@peoplepc.com">KarlaKrazies@peoplepc.com</a></td>
</tr>
<tr>
<td>President-Elect, Joanne Yager</td>
<td>296-1471</td>
<td><a href="mailto:iyager@mailstation.com">iyager@mailstation.com</a></td>
</tr>
<tr>
<td>Treasurer, Nannoe Westbrook</td>
<td>797-6898</td>
<td><a href="mailto:Nannoe1@aol.com">Nannoe1@aol.com</a></td>
</tr>
<tr>
<td>Recording/Correspondence</td>
<td>322-0164</td>
<td><a href="mailto:gapfamdam@hotmail.com">gapfamdam@hotmail.com</a></td>
</tr>
<tr>
<td>Secretary, Linda Failmezger</td>
<td></td>
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</tr>
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