

Jun 2006 – July 2006
 Southern Arizona
 Post-Polio Support Group
 Est. 1985
 P.O. Box 17556
 Tucson, AZ 85731-7556
 (520)-750-8608
 (Message)
 www.polioepic.org

POLIO EPIC, INC.

**General
 Membership
 Meetings
 Every Second
 Saturday of the
 Month
 10:00 am.
 HealthSouth
 Rehabilitation
 Center
 Wyatt Road**

- June 10th – 10:00 A.M. – This will be an important Meeting to go over the budget and offices for the next year. We need your support and guidance to make Polio Epic the group YOU want it to be.

July and August are traditionally our months of "summer vacation". However, we will still be having our Board Meetings, and our combined efforts of support to one another!

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Commerating Caregiving & Support

The approach (and passing) of Mother's day and the upcoming Father's day on June 18th led me to look at our support organization, Polio Epic, Inc. and its roots. An intriguing history and close to home. Post Polio Health International or PHI (OUR mother organization) was renamed in 2003 from Gazette International Networking Institute or G.I.N.I. That was a name derived from **Virginia Grace (Gini) Laurie** the founder of the organization who had four polio affected siblings. Several of them died young. Gini was a dedicated woman who over came great obstacles and moved from a small newsletter to a great publication, which ultimately reached out to 83 countries. Gini worked tirelessly to bring about radical changes in Vocational Rehab and Social Security legislation and so many revolutionary benefits for all disabled persons internationally. While she was in Tucson for our first Post Polio Medical Conference in 1987, Gini demonstrated her greatness and her humanness in every action.

Over a decade before that...around 1977 one of Gini's many long time friends and regular

correspondent named **Larry Schneider** sent a letter to her describing symptoms (which have come to be known as typical post-polio symptoms) and asked Gini if she knew of any others who have had these complaints. She had no answer but offered to put his questions in the newsletter. The flood of letters responding worldwide was overwhelming. That was the start of learning of our common polio after effects. That was the start of looking at the five suspected causes of these after effects. In time the medical community and the polio community compiled information. Most likely the cause is overuse of the less affected muscle groups...similar to a world-class athlete losing muscle strength in their early years. Larry Schneider was a Tucson resident who swam in his indoor pool every day about 3 PM and whom I joined in that pool every few months to catch up on our health conditions and life. Larry continued to write articles for the medical journals typing with one finger and propelling himself backwards in his manual wheelchair using one foot

to push. I look back at those who came before me with much gratitude for the advances they have brought about making my journey thru this disability less painful.

This past weekend, as Dave's cancer recovery caregiver, we attended a retreat at Sunstone, a large enchanted ranch out in the east end of Tucson, which is dedicated to persons who have recovered or who are recovering from cancer. One wonderful survivor whom I shall call Laura talked about how bad the illness has been but what blessing it has brought to her life in the form of people and support. I returned to my thinking about what our lives would be like with out these disabilities. I am grateful for whom I have become as a result of this different life. Not the disease but the reshaping of my life. Without Gini and Larry and many others, it would have been years before we could arrive at a place where we are today. At the risk of sounding like an academy award winner's grandiose speech...I would not be here if it were not for those great persons who pioneered the way.

Frank Frisina

The opinions expressed in this publication are those of the individual writers and do not necessarily constitute an endorsement or approval by POLIO EPIC, INC. If you have personal medical problems, please consult your own physician

STRESS AFFECTS IMMUNITY IN WAYS RELATED TO STRESS TYPE AND DURATION, AS SHOWN BY NEARLY 300 STUDIES

Clear patterns emerge outlining greater damage from chronic stress WASHINGTON — Psychologists have long known that stress affects our ability to fight infection, but a major new “meta-analysis” – a study of studies – has elucidated intriguing patterns of how stress affects human immunity, strengthening it in the short term but wearing it down over time. The report appears in the July issue of *Psychological Bulletin*, which is published by the American Psychological Association.. Major findings are three-fold. First, the overlapping findings of 293 independent studies reported in peer-reviewed scientific journals between 1960 and 2001 – with some 18,941 individuals taking part in all -- powerfully confirm the core fact that stress alters immunity. Second, the authors of the meta-analysis observed a distinctive pattern: Short-term stress actually “revs up” the immune system, an adaptive response preparing for injury or infection, but long-term or chronic stress causes too much wear and tear, and the system breaks down. Third, the immune systems of people who are older or already sick are more prone to stress-related change. Psychologists Suzanne Segerstrom, PhD, of the University of Kentucky, and Gregory Miller, PhD, of the University of British Columbia, analyzed the results of the nearly 300 studies by sorting them into different categories and statistically evaluating relationships. For example, the five stressor categories included:

- *Acute time-limited stressors*: lab challenges such as public speaking or mental math.
- *Brief naturalistic stressors*: real-world challenges such as academic tests.
- *Stressful event sequences*: a focal event such as loss of a spouse or major natural disaster gives rise to a series of related challenges that people know at some point will end.
- *Chronic stressors*: pervasive demands that force people to restructure their identity or social roles, without any clear end point – such as injury resulting in permanent disability, caring for a spouse with severe dementia, or being a refugee forced from one’s native country by war.
- *Distant stressors*: traumatic experiences that occurred in the distant past yet can continue modifying the immune system because of their long-lasting emotional and cognitive consequences, such as child abuse, combat trauma or having been a prisoner of war.

The psychologists also looked at the effects of the various stressors on different immune responses, such as natural and specific immunity. *Natural immunity* produces quick-acting, all-purpose cells that can attack many pathogens; they bring fever and inflammation. While they fight on the front line, the body takes a few days to mount a more efficient attack on specific invaders via the lymphocytes (T-cells and B cells) of *specific immunity*. Specific immunity has both cellular responses, which fight pathogens that get inside cells (such as viruses), and humoral responses, which fight pathogens that stay outside cells, such as bacteria and parasites. Scientists have identified the blood markers of these different immune responses; stress studies measure them to indicate stress response. As a result, Segerstrom and Miller were able to assess how different types of immune response correlated with different types of stress. Write the authors, “Stressful events reliably associate with changes in

the immune system and...characteristics of those events are important in determining the kind of change that occurs.” *Acute time-limited stressors*, the type that produce a “fight or flight” response, prompted the immune system to ready itself for infections resulting from bites, punctures, scrapes or other challenges to the integrity of the skin and blood. In evolution, this response would be selected as adaptive. Brief stressors enhanced quick, energy-efficient natural immunity, to help the body meet the challenge prompting fight or flight. At the same time, certain aspects of specific immunity that consume time and energy were suppressed.

Stressful event sequences seemed to be weakly associated with different immune consequences, depending on the type of event. The data suggested different patterns for bereavement (loss) and trauma, but the authors didn’t see associations strong enough to make new claims. In this regard, further study is needed.

The most *chronic stressors* – which change people’s identities or social roles, are more beyond their control and seem endless -- were associated with the most global suppression of immunity; almost all measures of immune function dropped across the board. Duration of stress came into play: The longer the stress, the more the immune system shifted from potentially adaptive changes (such as those in the acute “fight or flight” response) to potentially detrimental changes, at first in cellular immunity and then in broader immune function. Thus, stressors that turn a person’s world upside down and appear to offer no “light at the end of the tunnel” could have the greatest psychological and physiological impact. Finally, Segerstrom and Miller found that age and disease status affected a person’s vulnerability to stress-related decreases in immune function. They attribute this to how illness and age make it harder for the body to regulate itself. The authors are satisfied that their meta-analysis confirms the value of looking at stressors and immunity in greater detail to learn the mechanisms underlying the body’s response to stress. In this case, defining stressor types and examining natural vs. specific and cellular vs. humoral immune responses turned up useful information. Says Miller, “A meta-analysis lets you ask questions that are too big for any one study to answer. You see if things are consistent over the gamut of labs, methods and people.” Future studies, the authors hope, will look at the role of behavior in the stress-immunity pathway. For example, optimism and coping are known to mitigate the immune response to stress. Further, they write that the most pressing question facing researchers is, “the extent to which stressor-induced changes in the immune system have meaningful implications for disease susceptibility in otherwise healthy humans.” The field of psychoneuroimmunology has yet to tie together the various threads of research to determine whether immune system changes are the reason that stress makes people more likely to get sick.

Article: “Psychological Stress and the Human Immune System: A Meta-Analytic Study of 30 Years of Inquiry,” Suzanne C. Segerstrom, Ph.D., University of Kentucky, and Gregory E. Miller, Ph.D., University of British Columbia; *Psychological Bulletin*, Vol. 130, No. 4. **Full text of the article** is available from the APA Public Affairs Office and at <http://www.apa.org/journals/releases/bul1304601.pdf> The American Psychological Association (APA), in Washington, DC, is the largest scientific and professional organization representing psychology in the United States and is the world’s largest association of psychologists. APA’s membership includes more than 150,000 researchers, educators, clinicians, consultants and students. Through its divisions in 53 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance psychology as a science, as a profession and as a means of promoting health, education and human welfare.

ARIZONA CENTER FOR DISABILITY LAW HOTLINE

Trained advocates will be available by telephone to provide information to families and students regarding special education rights and remedies, make referrals to community resources, and offer free legal services in selected cases

Monday - 9:00 a.m. to 1:00 p.m.

Tuesday - 1:00 p.m. to 5:00 p.m.

Wednesday - 1:00 p.m. to 5:00 p.m.

Thursday - 9:00 a.m. to 1:00 p.m.

Please contact us at:
(602) 274-6287 (voice/tty) Phoenix
1 (800) 927-2260 (voice/tty) Statewide

The Arizona Center for Disability Law (the Center) is a federally-designated Protection and Advocacy System for the State of Arizona. Protection and Advocacy Systems (P&As) throughout the United States assure that the human and civil rights of persons with disabilities are protected. In creating Protection and Advocacy Systems, Congress gave them unique authorities and responsibilities, including the power to investigate reports of abuse and neglect and violations of the rights of persons with disabilities. P&As are also authorized to pursue appropriate legal and administrative remedies on behalf of persons with disabilities to insure the enforcement of their constitutional and statutory rights. Until March 1995, the Center performed its P&A work as part of the Arizona Center for the Law in the Public Interest. Since then, the Arizona Center for Disability Law has been a stand-alone nonprofit corporation.



Just a quick note to tell you that We already have a date set for our Holiday Part at the Holiday Inn Palo Verde. Set your calendars now for Saturday December 9th. It was a GREAT event last year, let's see everyone there again this year!

CONTRIBUTIONS
POLIO EPIC expresses
Appreciation for the following contributions...

Dana Vincil

***BUILDERS**

Richard & Dorothy Coleman

Rita Huber

Burton Petri

Susie & Bill Hatton

***FRIENDS**

*BUILDERS \$100 and OVER

*FRIENDS UP TO \$99



We wish to express our appreciation for March of Dimes, in helping us fund this newsletter. They have given us a grant in order to keep up the communication via this newsletter. Thank you!

Revo-Electric Scooter. Includes 2 batteries and basket. Red and Gray. Batteries and seat removable for easy transporting. Very New. \$750
Please call 829-7015 or (cell) 271-2457 – Elisa Chavez



If you need a power wheelchair, this may be your opportunity! Charlie has an almost new power ranger mid-range wheelchair with an extra wide seat, and new batteries. The chair is a racy blue, and can travel 17 miles on one charge, and up to 6 miles per hour. Ideal for a person with post polio, and the profits will be going to Polio Epic. Original price over \$10,000.00 - Cost \$800.00. Please call Micki or Charlie Minner to come see it for yourself! (520) 743-1556 or cell 307-4393

If

Your Dues...How to tell when your Dues are due and NOTICE of Increase!

If your label says 2005 or earlier, then you owe for this fiscal year. Many of you have already paid your current dues. If your label says 2006 or later, then you are paid for this fiscal year, or up through whatever future year is listed on your label. Please NOTE: As of September, 2006 the dues will be raised to \$10.00 a year. This is well short of what we need to perform our valuable services, but it was with a great need and heavy heart, that we raised our yearly dues. If you truly can't meet the raise in dues, do not hesitate to call any board member, and we will make sure that you still get your newsletter. We will be very discreet, and no one else will know. If you pay your dues in advance for this year, you can avoid the increase.

Don't tell the Treasurer I told you this!!

A BOARD MEMBER of Polio Epic has a term of one year.

1. A BOARD MEMBER attends the monthly general meetings and the monthly Board of Director's meetings.
2. Each BOARD MEMBER will take on at least one (1) committee and/or responsibility for the fiscal year.
3. The following are **examples** of duties you could take on as a Board Member!
 - a. Greeter/hostess at General Meetings
 - b. Refreshment Reminder
 - c. Call HealthSouth to verify room and drinks 2-3 days before General Meeting.
 - d. Check Polio Epic's telephone messages – weekly.
 - e. Sunshine Person - Keeps track of member's important dates (special birthday's, anniversary's, illness, surgery, deaths, send cards and/or notify members/editor.)
 - f. Prepare and mail out Information Packets
 - g. Board Member Reminder
 - h. Librarian
 - i. Goodwill Caller
 - j. Anniversary/Holiday Committee
 - k. Conference Committee
 - l. Speaker's Bureau
 - m. Fund Raiser
 - n. Any other program/activity that may develop in the year.



Learning to forgive yourself

When I was growing up, I felt that I had to be “better” than anyone else. I felt that there was no way that I would ever be able to “compete”, survive, or feel part of anything unless I was: better, faster, and smarter. I also strongly believed in taking care of my family, my extended family, my work, my home, my pets, my support group and never whining or crying about “not being able to finish anything”. I want to tell you that I took on WAY too much and short changed my wonderful extended family in the Polio Epic Support group. I took on Treasurer, because no one else was willing to take it on, I took on the website, because it needed to be done, and no one else wanted to try, I also took on the newsletter, because I enjoyed doing computer work. Of course, I have made many mistakes, I really have been an absolute failure at doing all of those things in the fashion they deserved. Here in this newsletter we are asking members to be part of the group, to do what needs to be done. I am here to tell you through a personal humiliating experience, that NO one in Polio Epic, will ever be upset, or condemn you. You will be supported and helped, and find that your opinions and your caring is what is really needed. I couldn't believe what I found out. All I need to do is ask for help. I need to forgive myself and not be so hard on myself. When the elections come up in this June meeting, remember, you don't have to do everything. We all have other lives, and jobs and families. However, we need people who are willing to put in their voice and heart into making Polio Epic what every one of us **needs**. I know that I have found the grace to forgive myself through the love and forgiveness of those in my extended family of Polio Epic.

On the next page is a list of the famous or near to famous polio survivors. This list gives me comfort to realize that everyone who had polio, and is suffering from Post Polio Syndrome, can still do what they want. We just have to be smart enough to figure out HOW. In my church, they always talk about the **three T's**. The **three T's** were part of stewardship, and taking care of those things and people that are important. The **three T's**, are **TIME**, **TREASURE**, and **TALENT**. TIME: What time do you have to give to Polio Epic? Does it really require as much as you think? Check it out and make sure, before you dismiss the idea of giving Time. TREASURE: Does Treasure really require money? Most of us don't have a lot of money, but what other types of treasure do we have? We have our love, concern, our donated items, our participation, our giving of our ourselves are all treasures. TALENT: What talent do you have? Are you good on the telephone?, or you good at thinking through difficult issues? Are you good at numbers? Are you good at public speaking? Are you good at typing, or a great reader? All of those ideas listed are examples of what Board members do, and you can see Talents are as varied as all of us. To be a good support group, we have to take the **Three T's** seriously.

Micki Minner

Famous and Hardworking Polio Survivors
Subtitled: You don't have to sit in chair after having had polio!
We are all OVER-ACHIEVERS, so you CAN do anything you want!

Eleanor Abbott: designed the game *CandyLand*
Ann Adams (1937-1992): artist (by mouth)
Tenley Albright: doctor and olympic gold medalist for figure skating
Alan Alda: actor, writer, director
Ida Louise Anderson (1900-1941): broadcast radio pioneer
Lionel Barrymore (1878-1954): actor
Charles E. Bennett (1911-2003): longtime US Congressman, Florida
Ethelda Blaibtrey (1902-1978): olympic gold medalist for swimming
Julius (Julie) Bort (1922-1996): boxer
Ben Bradlee: former editor for the *Washington Post*
Dick Cabela: outdoorsman and founder of "Cabela's"
Bhagwat Subramanya Chandrasekhar: Cricket Champion from India
Wah Ming Chang: sculptor, artist, master of special effects
Jean Chrétien: former Prime Minister of Canada
Arthur C. Clarke: author
Georgia Coleman (1912-1940): olympic diver
Judy Collins: singer
Francis Ford Coppola: director
Sir Julian Critchley (1930-2000): journalist, author and member of the House of Commons
Bill Cullen (1920-1990): game show host
Claudius (10 B.C. to 54 A.D.): Emperor of Rome
Buddy Daley: Baseball All-Star (1959 and 1960)
Marion Davies (1897-1961): actress
CeDell Davis: Jazz Guitarist
Walter "Buddy" Davis: Broad Jump Olympic Champion, Basketball
Justin Dart: activist
James DePriest: musician, composer, arranger and conductor
James Drury: actor, "The Virginian"
Ian Dury (1942-2000): British Rock Star
William Orville Douglas (1898-1980): Associate Justice, US Supreme Court
John East (1931-1986): US Senator
Ray Ewry (1873-1937): Track & Field Olympic Champion
Mia Farrow: actress
Jerome Solon Felder (1925-1991): songwriter, Doc Pomus
Mel Ferrar: actor
William Alexander Gadsby: NHL, Hall of Fame (1970)
Hugh Gregory Gallagher: author
Tony Gould: author (UK)
Arthur Guyton (1919-2003): doctor

John Hager: Lieutenant Governor, Virginia
Lauro Halstead: doctor (physiatrist)
Steve Harley: British musician
Lis Hartel: Danish equestrian
Oscar G. Heirlihy: Radio and TV Pioneer, Newfoundland
Judith E. Heumann: pioneer in Independent Living Movement
Elizabeth Twistington Higgins (1923-1990): MBE, English ballet dancer and artist
Henry Holden: actor, comedian, athlete, activist
Henrietta Wyeth Hurd (1907-1997): artist
Walter Jackson (1938-1983): lead singer of the "Velvetones"
Frida Kahlo (1907-1954): Mexican painter
Annette Kellerman (1886-1975): Australian marathon swimmer and actress
Hildegard Knef (1925-2002): German actress, singer, writer
Dorothea Lange (1895-1965): photographer
Marjorie Lawrence (1908-1979): world famous opera singer
Tanaquil Le Clercq (1929-2000): ballet dancer
Ida Lupino (1917-1995): London-born actress, director, screenwriter
Frank Mars (1883-1933): founded M&M Mars chocolate company
Lois Catherine Marshall (1924-1997): Canadian singer in the 50s and 60s
Paul Martin: Prime Minister of Canada
Martin Milner: actor
Joni Mitchell: singer
Edna Marie Moore (1930-1989): Texas artist
Jack Nicklaus: golfer
J. Robert Oppenheimer (1904-1967): physicist and teacher
Horace Parlan: pianist
Ray Peterson: singer
Itzhak Perlman: internationally acclaimed violinist
Margaret "Peg" Phillips (1918-2002): actress (Ruth-Anne on "Northern Exposure")
Peter Preston: British writer and *Guardian* editor, 1975 through 1995
John Prestwich: MBE, longest respirator user (Guinness Book of World Records)
Ed Roberts (1939-1995): Father of the Independent Living Movement
Franklin Delano Roosevelt (1882-1945): US president
Wilma Rudolph (1940-1994): athlete, olympic gold medalist
Ruma: ancient Syrian

Owen Roizman: cinematographer, 5 Oscar nominations and Lifetime Achievement Award
David Sanborn: saxophonist
Sir Walter Scott (1771-1832): father of historical fiction
Siptah: Egyptian Pharaoh (lived 20 years around 1200 BC)
Sir John Cotesworth Slessor (1897-1979): British Marshall in the RAF in World War II
Dinah Shore (1916-1994): singer
Lord Snowden: photographer, UK (Princess Margaret's former husband)
Margarete Steiff (1847-1909): German seamstress who founded Steiff Teddy Bears
Brooks Stevens (1911-1995): "creative genius" at Harley Davidson
Donald Sutherland: actor, from Canada
Renata Ersilia Clotilde Tebaldi: Italian Opera Singer
Christopher Templeton: actress
Alan Toy: actor/activist/writer
Nyla Thompson: artist (using mouth)
Dennis Washington: businessman and entrepreneur
Victor Woodrow Wertz (1925-1983): Baseball All-Star

Neil Young: 1970s and 1980s Canadian rock singer
Relatives of the famous.
Jim Thorpe's son, died from *Polio*
Mark McGwire's father had *polio* at age 7
Laura Innes (ER's Dr. Weaver) has a sister who had *Polio*
Helen Gurley Brown, supported her sister who had *Polio*
Mary MacArthur, daughter of Helen Hayes, had *Polio*
Peter Falk's closest boyhood friend, Mike Holohan, was a *Polio survivor.*
John W. Nordstrom's wife had *Polio.*
Marlene Dietrich's daughter, Maria Riva, had *Polio.*
Cathy Rigby's mother had *Polio.*
Mary Francis (1924-2000) wife of author Dick Francis had *Polio.*
Bob Dylan's father had *Polio* in 1946.
Gini Laurie (1913-1989) "Grandmother" of the Independent Living Movement: several siblings had Polio.
Katie Eastman, sister of George Eastman, photography pioneer died from *Polio* in the 1870s.

Dues Form

POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2005– AUGUST 31, 2006

Name _____ Spouse _____ Date _____

Address _____ Phone (____) _____

City _____ State _____ Zip _____ - _____

Emergency Contact info: _____

Email _____

____ I am sending in my/our annual dues of \$5.00 per person for 2005-2006 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

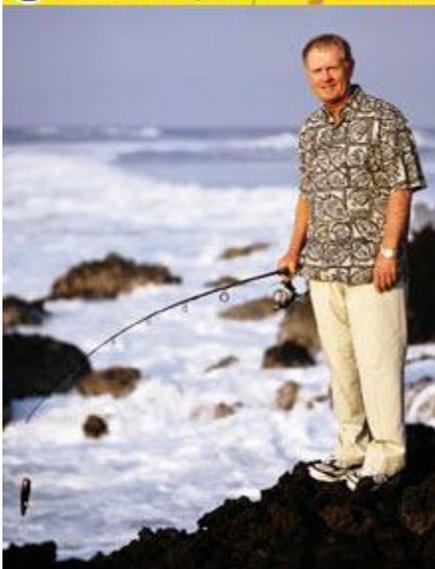
____ I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

____ Please remove my name from the mailing list. I no longer wish to receive the newsletter.

____ 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



Jack Nicklaus, photographed Jan. 22 at Hualalai Resort Golf Course in Kailua-Kona, Hawaii. Photos: Dom Furore

Jack Nicklaus (excerpted from Golf Digest April 2004)

Polio was only slightly worse than peddling insurance. Oysters go down easier than goldfish. And if you want a crack at 18 majors, try humming 'Jamaica Farewell'
Interviewed by Guy Yocom
Golf Digest

Age 64 North Palm Beach, Florida

I had polio when I was 13. I started feeling stiff, my joints ached, and over a two-week period I lost my coordination and 20 pounds. The doctors thought I had the flu. I played an exhibition with Patty Berg and shot 53 for nine holes -- not very good for a kid with a plus-3 handicap. My sister, Marilyn, was diagnosed at about the same time; the doctors deduced that she got it from me. Marilyn, who was 10, was unlucky. For a year she was unable to walk but eventually got 95 percent of her movement back. I recovered after a few weeks, but I still may suffer from post-polio syndrome. My whole career, my joints have gotten awfully sore at times. Polio is just a memory now, but it was a horrible disease. I got it a year or two before Jonas Salk's polio vaccine was distributed.

Elections for Polio Epic at the June Meeting

Individuals on Ballot:

President: Karla Carr

President – Elect: Joanne Yager

Treasurer: Nannoe Westbrook

Recording Secretary: - NO ONE, How about You?

Correspondence Secretary: NO ONE, How about You?

Board Member – 2 Positions Open

We created the TWO secretary positions, in order to eliminate a lot of work for any ONE individual! So, please sign up and volunteer, and you will find that the duties are a lot less than before!



We wish to offer prayers and thoughts of goodwill to the following members of our group.

Don't forget to visit or call them. We need to support and care about our members in need:

Orville (Chris) Christensen – In a skilled Nursing Facility

Virginia Roberts – undergoing extensive medical treatments

Jean Halvorsen – just admitted to a long term nursing care home

Virginia Nicoson – has passed away, and her daughter sent a note of appreciation to Polio Epic

There will be a presentation of PPS 101 in Green Valley in the Fall of 2006. The speaker's bureau is actually beginning, and now that we have a great presentation format, it is nice to see all the hard work we did on the grant, working for us! Remember: Let's get the word about Post Polio Syndrome out to all the survivors, medical professionals, and general community!

Board of Directors

Chris Christensen	520-742-8528	Ochris4131@aol.com
Dorothy Cogan	520-326-7979	
Virginia Hanson	520-292-0652	vrh13@earthlink.net
Bill & Susie Hatton	520-321-1703	
Charlie Minner	520-743-1556	Canthmin@msn.com
Carol Phelan-Smith	520-579-0078	Handthx82@cs.com
Alice Smedley	520-792-2758	
Barbara Stough	520-887-4731	chasbarstough@juno.com
Joanne Yager	520-296-1471	iyager@mymailstation.com

MARK YOUR CALENDAR

General Meetings:

June 10th – 10:00 A.M.

July & August - Vacation

Board Meetings:

First Thursday of each month at

DIRECT on Tyndall

ALL ARE WELCOME!

Executive Board Officers 2005-2006

President, Frank Frisina	327-3252	Shinybear@msn.com
President Elect, Karla Carr	318-1219	KarlaKrazies@aol.com
Recording Secretary Virginia Roberts	886-2236	Virgaz1@cox.net
Treasurer, Micki Minner	743-1556	MickiMinner@msn.com
Correspondence Secretary, Nannoe Westbrook	797-6898	Nannoe1@aol.com

We want to see
your name here!