

February – March 2008
Southern Arizona
Post-Polio Support Group
Est. 1985
P.O. Box 17556
Tucson, AZ 85731-7556
(520) 750-8608 (msg)
www.polioepic.org

POLIOEPIC, INC.

General Membership Meetings

Every Second
Saturday of the
Month
10:00A.M. - 12:00N

Education Room

HealthSouth
Rehabilitation
Hospital

2650 Wyatt Road
Tucson, AZ

February 9th –
Jeannette Mare' Packard
Ben's Bell Project

March 8th
Pima Council on Aging
April 12th
Handi-dogs
(Let's Reschedule!)

May 10th
Nothing yet!
June 14th – Annual
Elections

Joanne's Valentine to Polio Epic Members

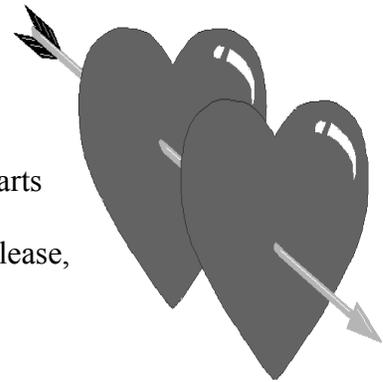
Moving out, moving on into 2008. Polio Epic is now entering our 23rd year as an organized support group and we are still going strong. None of us knows what this year holds in store in our personal lives. nor do we know what challenges we may experience within our support group. We each have our own unique capabilities and talents. We do appreciate and thank you for your continued help and contributions that keep us motivated. Please remember we are all volunteers trying to do the best job possible to meet the needs of you, our members.

The December Holiday luncheon was great. What fun it was to see so many people enjoying the good food, fellowship and entertainment.

Lucky you, if you received one of (*over 30*) door prizes, we thank all of the generous contributors. By the way, we're already planning next years event! This will be my Valentine to you, (since you will receive this Newsletter in February) I can't resist putting this little poem in for you to enjoy. Read it and go find someone to hug and then tell them "*I love you*" !

THREE WORDS

Among the dearest treasures
In our lives
Are always these:
The things that move our hearts
To love,
A loved one's eagerness to please,
The sound of laughter,
The warmth of two arms,
The touch of a hand,
The secret smile across a room
That somehow seems to say,
"I understand,"
The thrill that comes,
That says so much with just
Three words,
"I Love You!"



(Author Unknown)

Until next time, Joanne Yager, President

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.

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Medical Journals Latest Info about Polio Survivors

Total knee arthroplasty in patients with poliomyelitis.

Total knee arthroplasty in patients with poliomyelitis.

Jordan L, Kligman M, Sculco TP. --Hospital for Special Surgery, New York, New York 10021, USA.

J Arthroplasty. 2007 Jun;22(4):543-8.

Between 1991 and 2001, 17 primary total knee arthroplasties were performed in 15 patients with limbs affected by poliomyelitis. Eight patients had a constrained condylar knee design, 8 a posterior stabilized design, and 1 a hinged design. Mean follow-up was 41.5 months. The mean Knee Society knee score improved from 45 preoperatively to 87 postoperative. Knee stability was obtained in all patients, including 4 patients with less than antigravity quadriceps strength. Radiologic evaluation showed satisfactory alignment with no signs of loosening. Complications included 1 case of deep venous thrombosis and 2 knees that required a manipulation for stiffness. Pain relief, functional improvement, and knee stability can be achieved after constrained total knee arthroplasty in patients with poliomyelitis despite impaired quadriceps strength, and osseous and soft tissue abnormalities.

Link to US National Library of Medicine (NLM) PubMed entry [PMID: 17562411](#).

1: 2007 Jun;8(3):170-6.

Quantitative assessment of motor fatigue: normative values and comparison with prior-polio patients.

Meldrum D, Cahalane E, Conroy R, Guthrie R, Hardiman O.

Royal College of Surgeons, Dublin, Ireland. dmeldrum@rcsi.ie

Motor fatigue is a common complaint of polio survivors and has a negative impact on activities of daily living. The aim of this study was to establish a normative database for hand grip strength and fatigue and to investigate differences between prior-polio subjects and normal controls. Static and dynamic hand grip fatigue and maximum voluntary isometric contraction (MVIC) of hand grip were measured in subjects with a prior history of polio (n = 44) and healthy controls (n = 494). A normative database of fatigue was developed using four indices of analysis. Compared with healthy controls, subjects with prior polio had significantly reduced hand grip strength but developed greater hand grip fatigue in only one fatigue index. Quantitative measurement of fatigue in the prior-polio population may be useful in order to detect change over time and to evaluate treatment strategies.

PMID: 17538779 [PubMed - indexed for MEDLINE]





Joni Mitchell and Herbie Hancock are shown in New York on September 26, 2007. (AP Photo/Jim Cooper)

Joni Mitchell's Muse Returns on 'Shine'

By CHARLES J. GANS – Oct 11, 2007

NEW YORK (AP) — A few years ago, Joni Mitchell had rejected her musical muse, refusing to write or even play music as she devoted her life to painting, watching old movies on TV and reconnecting to the daughter she had given up for adoption in 1965.

Now, at age 63, newly inspired by family, nature and anger at today's politics, Mitchell is enjoying an outburst of creativity. The iconic Canadian singer-songwriter, whose poetic verses on songs like "Both Sides, Now" have inspired countless musicians from Madonna to Wayne Shorter, has released "Shine," her first album of new songs in nearly a decade.

On Sept. 25, Mitchell returned to the public eye as Starbucks' Hear Music label played her new 10-song album in 6,500 coffee houses. Later that evening, Mitchell found herself at the Manhattan premiere of the film "The Fiddle and the Drum" (scheduled for Oct. 22 broadcast on Bravo), an anti-war ballet based on her songs that she co-created with choreographer Jean Grand-Maitre of the Alberta Ballet.

She then rushed to the gallery opening of an exhibition, entitled "Green Flag Song," of her triptychs. Focused on the themes "war, torture, revolution," they were created from ghostly green-and-white negative images photographed off her dying TV set from the History Channel, CNN and Turner Classic Movies.

The next day, an ebullient Mitchell met up with jazz pianist Herbie Hancock, who shares her beliefs in Buddhism and bending music genres, for a free-flowing discussion over lunch with several writers. Hancock had just released "River: The Joni Letters," interpreting her songs through his jazz prism with the help of Norah Jones, Corinne Bailey Rae, Tina Turner and Mitchell herself.

The Rock and Roll Hall of Famer says it wasn't difficult to put aside music for most of the past decade. She had her painting, which she could

pursue without worrying about bean-counting record company executives trying to mold her image.

"I was a painter first, but I got waylaid by the music — first as a hobby to make my smokes at art school," said Mitchell, speaking in a slightly husky voice as she chain-smoked American Spirit cigarettes, a habit she developed at age 9 after nearly dying from polio.

"At the time, I just sang folk songs but then a tragedy occurred in my life. I had a daughter and I gave her up and that puts a big hole in a woman that's hard to explain. I was destitute ... and three years later I had a career and money," said Mitchell, whose first album, "Song to a Seagull," came out in 1968. "But I didn't like fame. ... I understood the price of it at an early age."

Mitchell enjoyed her biggest commercial success in the early '70s as she exposed her emotional vulnerabilities on such albums as "Blue" and "Court and Spark," but she found the folk-pop sound too constraining for her complex lyrics. She turned to unorthodox harmonies, jazz and world music, and edgier social commentaries, starting with 1975's "The Hissing of Summer Lawns."

"I did five albums, four with praise, and then for the rest of my career it was always unfavorable," said Mitchell, dressed elegantly in a black Issey Miyake outfit, her silvery blond hair down over her neck. "You're supposed to get a decade, the artist from the '60s, the artist from the '70s ... Then the industry tries to kill you off."

Record company executives today, she said, "want clones ... They don't love music. They love golf and porno."

Mitchell released her last album with new material, "Taming the Tiger," in 1998. Then she stopped writing new songs, or even playing piano and guitar. She also had become focused on building the fragile relationship with her newly found daughter and grandchildren.

"I had gotten to hate music," Mitchell said. "I didn't

listen to the radio ... for my own pleasure or put records on. I couldn't remember what I ever liked about it."

Mitchell fulfilled her Warner Bros. contract with the orchestral albums "Both Sides Now" (2000) and "Travelogue" (2002) on which she sang jazz standards and her old songs like "Woodstock" and "A Case of You." Then she "slipped off" into retirement.

"My life came down to being a granny and watching a lot of television," she said. "I thought, 'Oh, is this the rest of my life?'"

Mitchell began to rethink her decision to quit music in 2005, after Starbucks Entertainment invited her to compile an Artist's Choice album of the recordings that most influenced her. She spent six months reviewing "everything that ever gave me a major buzz" — from classical (Debussy) to jazz (Miles Davis and Billie Holiday) to rock (Chuck Berry) and folk (Bob Dylan).

Then, one summer's day in 2005, she found her muse again.

She had spent the day outside her rustic stone home on her coastal property north of Vancouver, British Columbia, which she bought in 1969 as a refuge from the fast-paced Los Angeles scene. She could see the Pacific Ocean rolling in, a blue heron flying overhead, seals sprawled in the kelp, wild roses blooming.

"I was going, 'This is so beautiful,'" she recalled.

"That evening I went in and played this piece of music (on the piano) ... There was such a sense of well-being and gratitude."

That piano melody ended up as the impressionistic, Debussy-inspired instrumental "One Night Last Summer," which opens "Shine."

The lyrics and melodies began flowing. The song "Bad Dreams" developed out of a profound remark by her 3-year-old grandson, "Bad dreams are good in the great plan." "Night of the Iguana" and "Hana" reflect her passion for old movies. Other songs like "Strong and Wrong" grew out of the anger she felt over the current state of affairs: the war in Iraq, global warming, torture and illegal wiretapping. "I was mad at the government. Mad at Americans for not doing something about it," Mitchell said. "They were so quick to impeach Clinton for kinky sex and so slow to do something about ... the country turning into Nazi stormtroopers, and it's still smoggy. ... It was all

that losing freedom and everybody just kind of oblivious, like what happened in Germany."

But Mitchell's melodies on "Shine" are anything but angry. She updated her 1970 hit "Big Yellow Taxi" — her prescient environmental protest song — giving it a lighthearted French-circus music arrangement with some humorous accordion sounds. On "If I Had A Heart," she laments "Holy Earth/How can we heal you?/We cover you like a blight/Strange birds of appetite," but the tune itself is a gorgeous ballad.

Mitchell created the music in the studio by herself with just her engineer, laying down synthesizer, piano and guitar tracks. She later brought in some guests including bassist and ex-husband Larry Klein; Bob Sheppard, who adds warm vibrato jazz saxophone solos; and James Taylor, whose guitar can be heard on the psalm-like title track.

Mitchell's hiatus from music had allowed her to partially recover from the vocal nodules, compressed larynx and muscular degeneration of **post-polio syndrome** that she felt had limited her vocal range on her last albums.

"I think she's singing better than ever myself," said Klein, her longtime musical partner, in a telephone interview. "Of course her voice has changed dramatically from her early records ... where she thinks she sounds like she was on helium."

"This record was a very personal process for her," he said. "Something that she just had to do to pry open wherever the muse comes from inside her." Mitchell is particularly thrilled by her ballet, which premiered in Calgary in February, calling it "the most exciting thing I ever did." She served as artistic co-director, creating a video installation that included images of Earth shot from space and using slides of her politically charged green-hued triptychs in the set design.

Mitchell feels the combination of dance, music and visual arts serve to make her complex lyrics more understandable.

"It's a great visual aid," said Mitchell. "I'm a frustrated filmmaker. ... My songs are like little plays, you may have four or five emotional changes in the context of one lyric."

Mitchell envisions more art exhibitions of the images from her dying TV set. She does not plan to perform publicly, but is optimistic about writing more music.

"I've got some ideas ... It's up to the muse, right?"

Polio Scare Hit's Home

16 October 2007 by Jim Boyle-Editor -- *Star News / Weekender* Copyright [ECM Publishers, Inc.](#)

There was a day it would have been too painful for Les Anderson to relive the weeks leading up to his polio diagnosis, the seven-month hospital stay that followed, or how the illness irrevocably changed his life's course. The dreaded disease struck him in the summer of 1946, the same year the polio epidemic had spread across the Midwest and reached a fever pitch in Minnesota. People were staying inside. Neighborhood get-togethers were curtailed. Trips into town to shop were reduced to pit stops, where people parked in front of the store and made a beeline in and out of the it without as much as chit-chatting.

"Polio was about the scariest word anyone could say," Anderson said of that fateful summer that saw the state fair canceled and the opening of school delayed because of the polio epidemic. But it still never dawned on Anderson he could become one of the disease's victims. He was working for a family friend helping him farm in rural Princeton to make a few bucks before he was to go into the service. The recent high school graduate, who finished school with a perfect attendance record, had quickly assumed the

distinction of Oscar Pike's No. 1 tractor operator. He would sit atop one of Pike's three tractors from sunup to supper on most days. As he looked out over rural Princeton it was clear his whole world was ahead of him. Thoughts of serving his country, going to college, getting a good-paying job someday, and girls swirled easily in his mind.

After supper he and Pike's son John headed into town for a pint of ice cream apiece to top off the day. Life was sweet and then everything began crashing in around him. This young man who had always been able to do more than his fair share was finding himself headed to a shed to lie down. The pain and discomfort began to worsen as polio began settling into his central nervous system — unbeknownst to Anderson or his doctor. Initial visits to the doctor did not uncover the disease's existence in Anderson's 6-foot body. But the pain worsened, leaving him tired and unable to work as efficiently as he had before. Resting was no longer helping.

"Each day was agony," he recalled in the book. "My body was racked with pain. Everything

hurt terribly. I had some of the worst, most excruciating headaches. My chest was sore and I could hardly breathe." He took to resting on his family's porch, passing on offers to go to the doctor yet again and feeling the devastating effects of worrying about what was making him ill. "All I wanted to do was work and make a few dollars, but here I was pleading with myself, or whoever, to allow me to just get through the day and maybe tomorrow would be better," he wrote in the book.

One day he went out in the field to help his father unload old potatoes to make room for new crops, but he could only sit with his feet dangling over the side of the wagon their family's tractor was pulling. He sat and rested while his father did the work of scattering the potatoes. Unable to help weighed heavily on Les' mind. When that was completed his father asked if Les wanted to drive the tractor back. Anderson did his best to keep his father from seeing the tears in his eyes. He doubts he succeeded. "I just can't do it, Dad," he told his father of the offer to drive. "Would you please drive on the road instead of the field so it isn't so bumpy?" Trips to Dr. Kapsner became frequent, but there would be no diagnosis until he lost the ability to move his right leg.

Poliomyelitis (polio) is a highly infectious disease caused by a virus. It invades the nervous system, and can cause total



paralysis in a matter of hours. Kapsner came to the farm as soon as he could and after checking him over he walked to the family's crank telephone in the kitchen and called John Archer, a funeral director who also drove the ambulance. He instructed Archer to bring Leslie to the University Hospital because he thought Anderson had "polio." "That was the first indication I had of what the diagnosis might be," Anderson wrote. "It fell like a thunderball on me."

Doctors at University Hospital confirmed Kapsner's dreadful diagnosis. That began the beginning of a lonely chapter in Anderson's life. No one other than patients were allowed in the polio ward. Even Anderson's mother, who rode with him to the hospital, had to leave. Anderson's family was quarantined for one month. The young man was placed in a room with three other polio patients, two in similar shape as he and a third in an iron lung. Anderson's future, which just short months ago looked bright was now shrouded in fear and uncertainty. "I didn't sleep much that night," Anderson said. "I was sick and the noise from the iron lung wheezing all night was almost too much. I was greatly concerned, because I didn't know anything about polio and wondered whether by the next day I would be in an iron lung, too." About the same time diagnosis came, orders had arrived back home for Anderson to report to the court house in Cambridge and be inducted into the armed services. Anderson was instead reclassified. Anderson's parents

came to the hospital two weeks after he was admitted to the hospital, but they were not allowed to come to the polio ward. Anderson tried to get a glimpse of them through a window, but it was impossible and the tears came again.

As soon as Anderson's condition improved slightly, he was moved to another hospital to begin a regimen of treatment and exercise. "I was happy when I found out I was being moved to Fort Snelling, where a treatment program was available as part of University Hospital's program," Anderson said. But he and others were shocked to find they were being placed in an abandoned Army barracks located next to the parade grounds. Iron cots lined both sides of the length of the main room — each cot separated by 2 feet. The un-air-conditioned air was stifling and uncomfortable.

It was here that Anderson recognized one of the visitors — Sister Kenny. But after an aide pointed out Anderson was a patient from the University of Minnesota, she abruptly turned and walked away. Anderson felt hurt until nurses explained how she was with people. Regardless of her manner, Anderson holds Kenny in high regard, as she is the person credited with the hot pack treatment and muscle stretching and exercise program that helped thousands of polio patients to regain the use of limbs that suffered muscle tightness and weakness. "Mankind owes a debt of gratitude to Sister Kenny for perfecting the hot pack, muscle stretching and exercise

method of treating polio patients," Anderson states. Hot packs could melt plastic given a chance. That doesn't mean the hot pack treatments were pleasant—quite the opposite. The packs were so hot they had to be maneuvered with metal tongs. Plastic tongs would have melted from the heat of the packs that were placed on the bodies of polio patients. "What a relief to have those hot packs removed," Anderson wrote in his book. "I imagined it was how getting out of jail might feel. Freed. We then could move about as much as possible." Most days patients could count on six sessions of the hot pack treatment. Some would skip a treatment or two. Anderson, however, was always one to take on the last session of the day. He set the record with 11 hot pack treatments in one day. There was little to pass the time except for meals, treatments and resting. Anderson wishes there had been books to read to pass the time, but there were no bookstores and people could not afford to buy books anyway. Get-well messages and writing letters helped, though. Anderson wrote more than 90 letters during his stay.

His parents on a visit also gave him a camera to snap pictures. These letters and pictures would someday form the basis for



<p>Anderson's book and an outlet for reliving one of the scariest moments in history. They freed him to think about the disease that took from him the ability to dream big in life. Anderson's polio book is the third he has written, the first two being "Memoirs of a Country Boy/Newspaperman" and "The Homestead." After two months in the old Army barracks, Anderson was moved to a large brick Army Hospital building adjacent to the barracks. The new quarters were much nicer and Anderson was fitted with walking sticks and he re-learned how to walk. As he and others recovered, they were able to visit with each other, have company, play cards, and enjoy other games. Anderson made a lot of new friends. They were encouraged to think up new things to do, and a few decided to start their own newspaper. They secured paper and pencils from the nurses, and Anderson became the typist due to his typing skills. "Together we all wrote news items and I managed to type them into columns," Anderson. "We did print a few copies." Anderson was moved one more time, this time to Roseville. He was able to get out for a holiday break that provided a joyous time as he visited his friends and family. He exercised from home. The thought of going back wasn't intriguing, but at least he wasn't as sick as he was the first time he entered the hospital. Anderson was finally discharged at the end of February 1947, and sent off</p>	<p>with a prescription of exercises to be completed twice a day.</p> <p>Anderson was a changed man. He still had practically his whole adult life ahead of him, but his career options were much more limited. He owed a bigger debt of gratitude, however, with the March of Dimes covering the entire hospital bill and doctor bills. "My folks could not have possibly paid for it all," he said. That assist later convinced him to be an active member of the Elk River Lions and the Elk River Rotary in order to give back.</p> <p>The doctors upon his discharge told him to go make something of his life. Anderson has always managed to keep a positive attitude. He admits it was tough having polio, and health problems later in life were not easy, either. He remembers one patient crying out 'why me,' a question Anderson later posed to himself when other medical challenges hit him later in life. "The answer has to be why not me," he says. Anderson went on to become a successful linotype operator, at the suggestion of an insurance agent for the family. He received schooling thanks to the Minnesota Rehabilitation Department. "What a wonderful way for the state to spend money," he said. "It made all the difference in the world for me."</p> <p>Anderson got his start at the Monticello Times and later was employed by the Star Tribune. He</p>	<p>took an early retirement after being offered a job by former governor, newspaper publisher and fellow polio survivor, Elmer L. Andersen, first as an advertising sales manager for the Elk River Star News, then as its general manager, then a salesperson for the newspaper's parent company, ECM Publishers Inc. He now considers himself a part-time peddler in the twilight of his career. Anderson does not have regrets about contracting polio. He knows and accepts it has been a deciding factor many times in his life, especially at the age of 18 when he was headed for the armed services. He considers the possibility that without polio he may have ended up in some mundane job. "I must look at the good things that happened because of polio," he said. He wouldn't trade his career for a shot at another, and he wouldn't trade his present friends for dozens of other friends. "The newspaper ride has been out of this world," he said. He also numbers his marriage of more than 50 years to wife, Elaine Anderson, as one of the best things to come out of his life. He says in his book she has been so good to him and together they have a wonderful family. One of Anderson's prize accomplishments was winning the Elmer L. Andersen Community Service Award in 2003. Scary as it was, polio sent him on a path for such accolades — not regrets.</p>
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POLIO EPIC, INC.



TUCSON

Syndicate Disabled Hands

Stuff Your Hands Will Love

All items listed below can be found and/or ordered at:

<http://www.disabledhands.com>

[Bogen - 4 Section Light-Weight Monopod](#)

Trouble holding, steadying and using a digital camera? Try a mono-pod a one legged tripod that will help hold your camera steady.

- [Poop-Freeze Aerosol Freeze Spray \(10oz\)](#)

Trouble picking up Fido's gifts? Try freezing them first to firm them up for easier handling.

- [OXO Good Grips 21181 Jar Opener](#)

Ladies, you may want one of these handy around the makeup mirror for help opening those jars and bottles of cosmetics.

- [Gardena 36004-12 Quick Connect Starter Set](#)

Quick connections reduce the need to make threaded connections between hoses, faucets, sprinklers and sprayers.

- [Grip II StandUP Full-Strip Stapler, Black](#)

A stand up easy grip stapler is a must for Disabled Hands office. Much easier to use than traditional desktop models.

- [Huggies Baby-Shaped Diapers with Gigglastic Waistband, Size 4 \(22-37 Lbs\), Disney, Pack of 126 Diapers](#)

Hands tired of lugging those 10lb+ packs of diapers home from the store? Try ordering them from Amazon and have them delivered right to the house.

- [OXO Good Grips 28481 9-Inch Stainless Steel Locking Tongs](#)

If fine motor skills are a problem consider some handy tongs around the kitchen for handling food items.

- [Westinghouse SweepEZE Vacuuming System - WST1810](#)

Leave the bending and dust pan rattling to the past. This automatic vacuuming dust pan automatically sucks up debris swept under it's front edge sensor.



Item Discovery of the Month: Touchmatic or OneTouch Can Opener

The battery powered cordless can opener affixes to the lid of the can and then cuts just below the rim. Easier for those who have difficulty using manual openers or wrestling with conventional electric openers. Excellent for boats, RVs and camping.



3 Power Wheelchairs are available. 2 are free to any polio survivor. These are battery operated wheelchairs Please contact Micki or Charlie Minner at (520) 743-1556.



Bashas' 27169

Thanks A Million Program

September 1, 2007 to March 31, 2008

Friendly reminder, if you haven't already, to add Polio Epic's number the next time you are at Bashas' using your "Thank You Card". Bashas' donates 1% of the total sales to our group, up to \$2500. And don't forget to tell all your friends & relatives that shop at Bashas' about this program. Again our group number is - 27169.

From the Treasurer...

DUES - DUES - DUES

Don't forget to check your address label. If it says 2008 above your name, then your membership is up-to-date. Please contact me for any questions at (520)-797-6898 or Nannoe1@aol.com.

DONATIONS

Ed Boyles

Merle Kyser

BUILDERS \$100 & OVER

Bill & Barbara Campbell

Dorothy Cogan

Charles King

Richard Piskun

Mary Raihofer

Crawford Secular

FRIENDS \$99 & UNDER

Welcome

NEW MEMBERS:

Cecelia Axton, Green Valley, Az

Paula Banks – Green Valley, AZ

Leanora L. Benson – Sierra Vista, AZ

Katherine Mason – Tucson, AZ



In loving memory:

Dorothy Stafford



*Dorothy Stafford was a long time member of Polio Epic and president several years ago. **Memorial made in Dorothy's name by Ed Boyles** (see above)*

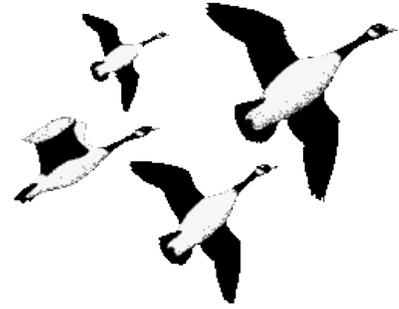
HOLIDAY LUNCHEON

What a great Holiday Luncheon we had. Many thanks to several members who contributed to our wonderful door prizes along with the following merchants: Holiday Inn, Bashas', Fry's, Olive Garden, Mimi's, and Sears.

LESSONS FROM GEESE

As each bird flaps his wings, it creates an uplift for others behind him. There is 71 percent more flying range in V-formation than in flying alone.

LESSON: People who share a common direction and sense of purpose can get there quicker.



Whenever a goose flies out of formation, he quickly feels the drag and tries to get back into position.

LESSON: It's harder to do some things alone than together.

When the lead goose gets tired, he rotates back into the formation and another goose flies ahead.

LESSON: Shared leadership and interdependence gives us each a chance to lead as well as opportunities to rest.

The geese in formation honk from behind to encourage those up front to keep up the pace.

LESSON: We need to make sure our honking is encouraging; not discouraging.

When a goose gets sick or wounded and falls, two geese fall out and stay with her until she revives or dies. Then they catch up or join another flock.

LESSON: Stand by your colleagues in difficult times as well as in good.

--Author Unknown – reprinted from: Current Tides of the Atlantic-County Post-Polio Group Newsletter

Dues Form

POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2007– AUGUST 31, 2008

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 2007-2008 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**

NEW EMAIL

**Polio Epic has a new email! You can now email us at
membership@polioepic.org**

Some advantages to being in a Support Group?

- You can connect with others and remember that you are not alone.
- You can provide support in hard times.
- You can provide information and coping skills.
- You can offer tips that only other Polio survivors, friends of Polio survivors, and family of Polio survivors understand.
- You can help educate Medical Professionals

You are not alone. Spread the Word!

Help your local Rotary Club TODAY to eradicate Polio throughout the world

WE ARE STILL HERE!-