



Polio Outreach Of Washington

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Polio Outreach of Washington

4704-235th Street East
Spanaway, WA 98387-6162
1-800-609-5538

A quarterly publication

Mission Statement:

To help minimize the impact of Post-Polio Syndrome by providing education and support to polio survivors, their families and healthcare providers.

Baby It's Cold Inside...

...is the title of Dr. Richard L. Bruno's chapter on cold intolerance for many polio survivors in his book *The Polio Paradox*. Two additional doctors have also included articles about this subject in their books: *Managing Post-Polio* by Dr. Lauro Halstead, *Post-Polio Syndrome* by Dr. Julie Silver. All of these authors agree that one symptom present in polio survivors is an increase in sensitivity to cold. This can be present in either an overall awareness of cold in the body or just in the extremities. In addition to these real sensations of cold are an accompanying change in coloration of the skin from reddish blue to violet to whitening of an affected area, as well as flushing and the sensation of hot and cold flashes. These changes can be accompanied by an increased sensitivity of the skin, a burning-type pain and decreased manual dexterity. Although anyone may experience cold intolerance in a cold environment, the cold intolerance or sensitivity occurring in polio survivors is often noticed in a warm room or is an exaggerated response in a cooler climate. In addition, the recovery time required for polio survivors can be much greater than that of other populations.

The main reason for the intolerance to cold has to do with muscle usage and ability. The writers of the articles told of research that described changes in blood flow as a result of a poliovirus attack, how the poliovirus also attacked and killed sympathetic nervous system neurons inside the spinal cord and how reduced muscle contractions that allow cooled blood to pool and contribute to swelling in the limbs. All of these conditions contribute to a decrease of smooth muscle surrounding each blood vessel contractions and, in so doing, control how much blood can flow into veins and arteries. The resulting reduction into the arterial system serving the various extremities results in lack of warmth in these extremities and the dramatic color change. Rather than just being a sensation of cold, this condition actually has been found to result in actual surface temperatures being reduced in polio survivors.

Cold intolerance in polio survivors needs to be managed rather than "cured". There is no surgery or systematic methodology that will remediate this condition. The best rule is to keep warm instead of trying to get warm again. A common sense approach has been found to be the most reliable in this effort: wear layered clothing, stay in warm environments, use thermostatically controlled heat pads, electric blankets and clothing implements (heated socks) that will maintain body temperature are also good ways to maintain warmth in the body and extremities. For further ideas on how to live with this condition the articles written by these doctors are recommended as is discussions with other polio survivors on how they manage their condition.

What's Inside

ARTICLE	PAGE
Board of Director news	2
We Have Mail!	3
Support Group Locations	4
Featured Group - Everett	4,5
Mary Sherman Recognized	6
PHI Conference	7
Thanks Vivian Clark	8
Polio Survivors Go Surfing	9
WHHSE Donation	10
Donation Form	11
Speaking to Rotary	11
New Year Greeting	12



Calendar

March 31 – end of fiscal year
April 20 – Spring Membership/
Board Meeting

Newsletter Deadline:

The deadline for the next issue of POOW newsletter is March 6.

Have a comfy and warm 2009!

Board of Directors

PRESIDENT - Sue Warren
509-896-5333
q3suz@embarqmail.com

VICE PRESIDENT - Jim Fry
425-398-6994
frydaze@verizon.net

SECRETARY - Larry Christensen
360-613-0783
lchristensen@wavecable.com

TREASURER - Vacant

Board Members at Large

John Clark, Linda Fry, Bob Miller,
Bill Simpson, Suzanne Limric, Bill Vettters,
Lauris Whitehead, Rhonda Whitehead

Standing Committees

- ❖ Administration – Sue Warren, President (member on all committees), John Clark – Office Manager, Jim Fry – By Laws
- ❖ Fundraising – Bill Vettters, Chair
- ❖ Group Leader Support – Rhonda Whitehead, Chair, Bill Vettters
- ❖ Newsletter – Vivian Clark; Chair, John Clark, Larry Christensen, Pat Ewing, Linda Fry; Editor, Carl Larson, Joan Stocker, Mary Sutton, Karen Winston
- ❖ Nominating – Larry Christensen, Rhonda Whitehead
- ❖ Outreach/Public Relations/Website – Bill Simpson; Chair, Bill Vettters, Larry Christensen, Paul Jeganathan
- ❖ Picnic – Mimi Sangder

SUE SAYS...

by Linda Fry



In our Fall issue of this newsletter, Sue carefully explained to us all her reasons for not running for the Board of Directors for the 2008-09 term. Well, things change! At the annual business meeting held September 27 one of the main items on the agenda was election of Directors to replace those whose terms had expired, and to bring the total number on the Board to the full twelve Directors allowed in the by-laws. It is with great delight that I report to you that Sue did agree to remain on the Board for the next two years, and the Board appointed her to stay in the office of President. She has been very effective in bringing some needed change and a fresh approach in leadership at a transitional time in our organization. The Board also chose Jim Fry to the position of Vice President, and asked Larry Christensen to continue in the office of Secretary, in addition to the returning Board members which include John Clark, Vivian Clark, Linda Fry, Bob Miller, Bill Simpson and Bill Vettters. Newly elected to the Board of Directors are Sue Limric, Lauris Whitehead, and Rhonda Whitehead.

Along with elections, the revised By-laws were approved and accepted. Other items of business included guidelines for budgeting funds available for support group use, updating of the contents in the packet sent out to those who contact POOW. Other discussion was centered on membership communication issues.

The people in attendance at this meeting were treated to a lunch of Subway sandwiches, a donation from Johnson Controls, Inc. and enjoyed by all. Each of you are invited to attend any of the meetings of the Board, especially the Fall and Spring General Membership meetings.

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We Have Mail!

Appreciates the Information

My name is Wanda Stancil. At the age of three in 1955, I contracted polio (am currently 56). I receive your quarterly newsletter and am very appreciative of that.

I want to thank you so much for the article Aspartame-Sweet, But Poisoning in your Summer 2007 edition. I consumed two Diet Cokes (with aspartame) daily for a number of years. Approximately six years ago, I began struggling to just simply walk. Went to the doctor, got the diagnosis of post-polio syndrome. Read your article, however, I was slow to comply. In mid-April, 2008, I reduced my daily intake of Diet Coke to one per day. After depleting my "Diet Coke stash", I then began purchasing Diet Coke with Splenda (around the first to middle of May). After approximately two months, it occurred to me that I was moving around so much better. I decided not to say anything to my family, as I was not certain about this. Waited another short period of time (being very observant about my mobility) and mentioned this to my husband. He thought about it and agreed with me that I was definitely moving around much better.

It is just simply amazing to me. I was poisoning myself and did not even know it. I hope this article has helped other people too. I can never say "thank you" enough for sharing this information in the newsletter.

Equipment Available



In a recent telephone conversation, we learned that Karen Beerman's husband has passed away, so she will no longer need a van and scooter. Any money raised by selling them could assist with funeral expenses.

The van is a 1995 brown Ford with a powered platform style lift at the side door. \$13,000 (negotiable)

3-wheeler blue, battery powered, basket in front, scooter. \$500 – OBO

Contact Karen Beerman of Oak Harbor WA 360-679-0346

Surfing and blogging

I really appreciate and enjoy your newsletter. I note the page "Polio Survivors Go Surfing" and respectfully ask if you would list my blog in your newsletter. The URL is graceryoung.com. Be sure to check not only the current information, but also the archive articles. For instance, I am a polio survivor and my story is in the very first post, "Welcome to My Blog". It's in the July archives. After you click on "July" you need to scroll all the way to the bottom and then click on "Next Page". Also, the post "Learning from Disability" tells about my disability journey.

Your newsletter is very professional. Keep up the good work!

Warm Regards,

Grace R. Young, MA, OTR/L

Renewing a Spokane Polio Support Group

Greetings from Spokane! We are starting to have meetings again. Polio Outreach of Spokane will meet the first Tuesday of every odd-numbered month, beginning on January 6, 2009 at 6:30 pm at Shriners Hospital in the 5th floor auditorium. Call Sharman Collins at 509-448-8517, or contact her at sharmanrcollins@msn.com for more information. Thank you for including us in the newsletter.

Sincerely, Sharman

Polio Outreach of Washington Post-Polio Support Groups

Please contact the group leaders for further information.

Benton County

Norma Peters, 509-946-5485, nevers@televar.com

Chelan - Douglas - Okanogan County

3rd Monday 5:00 - 7:00 pm City Side Cafe in Red Lion, Wenatchee Don and Carol Hinman 509-884-2176 dchinman@charter.net

Clallum County

Sequim Library 630 N Sequim Ave 10:30 to 12:30 the 4th Friday of every odd number month Paul Tucker 360-452-6487, paulaver@olympus.net

Clark County

Susie Koeser 360-574-4523 vipsusie@msn.com or Stan Nelson 360-892-5314 stanor@juno.com

Kitsap County

3rd Saturday of every other month 1:00 - 3:00 pm Bob and LouAnn Miller, 360-692-1381 rmiller@wavecable.com

Pierce County

1st Monday 1:00-3:00 pm TACID Bldg-Tacoma No meeting January or July.
Apr., Aug., Dec. potlucks 11:00 am
Marlys Tron, 253-863-9556
Sandra Morley 253-752-6176

Snohomish & North King County

Everett Providence Hospital - Pacific Campus 2nd Saturday of each month, 1:00 - 3:00pm no meeting in August
Rhonda Whitehead 425-488-0219 lauriswh@comcast.net

South King County

3rd Saturday of each month noon to 2:00 pm - potluck Mimi Sangder 206-725-8937, fuzzface7@juno.com

Spokane County

Shriners Hospital in the 5th floor auditorium, 1st Tuesday of every odd-numbered month, beginning Jan. 6 at 6:30 pm Sharman Collins at 509-448-8517 or sharmanrcollins@msn.com

Whatcom County

Bellingham St. Joseph Hospital, last Saturday of odd-numbered months Noon to 2:00 pm. Patrick Ewing 360-966-4253 pre47airstream@aol.com

Clarkston, Idaho: Tri-State Polio Pals

Meet 4th Saturday, 1:00 PM to 3:00 PM Tri-State Hospital. Jim Hueston, 509-758-2187, rockinnj@cableone.net

Everett Support Group and It's Beginnings

“Almost 18 years old and still going strong.”

By Rhonda Whitehead, Group Leader

In 1985 Christina Van Driel from Edmonds, Wa. was having fatigue and muscle weakness problems that her doctors could not diagnose. Because of an article she had read in the April 1984 edition of Newsweek magazine, interviewing Dr. Lauro Halstead, a polio survivor, she became suspicious that her problems were related to her 1951 polio experience. She phoned Dr. Halstead who then sent her information on the late effects of polio.

This proved to be the incentive Chris needed to educate herself and other polio survivors about these late polio problems that were occurring. Over the next three years, she organized and chaired three major meetings in the Seattle and Edmonds area. As interest in this problem escalated, so did the number of people attending these meetings. The first meeting in 1985 had 28 people present, the next meeting, in June, 1986 had 360 people and the last meeting in 1987 had 420 present.

Before the final meeting in 1987, Dr. Dianna Chamblin and Everett Providence Hospital had become quite interested in these late effects of polio or post polio sequelae. So along with the March of Dimes, they sponsored the meeting/conference and the 420 people attending became aware of and educated on the life-changing problems polio survivors were facing. Dr. Chamblin and Everett Providence Hospital played a major role in helping to establish the Everett Polio Support Group and they continue their support to this day.

Chris had been encouraging polio survivors to start support groups around the state and in February, 1991, under the leadership of Marilyn Boyd, the Everett Polio Support Group met for the first time. Marilyn, Rose Kratz and Chris worked closely to establish a strong support base for this group and many of those charter members still belong to the group today, including Marilyn! Leadership continued under Marilyn, her husband Jerry, and Rose until 1996. It was then that Soni Crunkilton, Shirley Harrell and I joined together to become the new leaders as Marilyn retired after serving the group so devotedly and tirelessly! Shirley moved soon after that and Soni and I were co-leaders for 4 years. Soni then moved to dry, sunny Arizona and I have since led the group with the ever-present help and dedication of my husband, Lauris and with the constant support of all of our wonderful group members! We still have the invaluable support of Providence Hospital in Everett where our meetings are held the second Saturday of every month. We have 30 to 40 members from Snohomish and King Counties at each meeting and continually offer education and support to each other. Over the years, hundreds of people have benefited from our group's outreach. Despite having to face the difficulties and life style changes necessary in dealing with PPS, our members have upbeat, positive attitudes. We are dedicated to our cause of continually educating and supporting each other while also reaping the rewards of lasting friendships. New members and visitors are always warmly welcomed!



Happy Anniversary, Snohomish and North King County Support Group!

Established in February, 1991 under the leadership of Marilyn Boyd

Mary Sherman Recognized

by Karen Winston, Associate Editor

Mary Sherman is a faithful member of the Everett Post Polio Support Group headed by the ever-lovable Rhonda Whitehead. Mary was 15 months old in 1927 when she had her initial bout with polio. She had her first surgery at age four that started her pathway back to mobility. Until then, she was carried everywhere she needed to go. She now laughingly quips that she is still getting carried around all the time, but by a wheelchair.

She had another humorous experience years ago when she rented a wheelchair to go to the Good Will Games with her grandson. A woman bent down to her and very slowly and loudly asked if she was having a good time. Mary replied: "I am having a hell of a good time!" The poor woman was so surprised that Mary could hear and speak; she took off in a flash. We've probably all had similar experiences where people see our chairs and assume we have all sorts of disabilities. Go Mary!

Mary went about life and graduated from the University of Washington at the ripe young age of 42 in 1969. She got her Education Degree with a major in Speech Therapy and Mental Retardation and a minor in Special Education. She worked for a dentist for a time where she had the opportunity to teach children with lisps how to swallow. This is a necessity for dental work, such as braces, to be completed. She then took a job with the Snohomish School District.

Now is where her remarkable story starts a whole new chapter. In 1985, the school district had some children (behavior problems) that were not succeeding in the "normal" curriculum. The administration knew they had to do something. Maybe a special school or something? Guess who they chose to come to their rescue! Our own Mary Sherman. The administration had little faith that this would work, but her former principal, Rod Vroman, told them, "You

don't know Mary!!" Mary's new "school" was in the basement of an old grange building with concrete floors and gray walls. There was no phone except down at the corner store. The "perk" was they got to use the kitchen and got food vouchers from the district for local grocers. Mary said they ate a lot of eggs, toast, and peanut butter in those days. Yummmm!!

She had six students to begin with. Mary planned a special curriculum for each child and before long the fruits of her labors became evident. She even got a secretary and a math teacher. The school has a name now: Alternative Instruction Methods a.k.a AIM. The district then purchased an old nursing home which made a beautiful and ideal learning facility for the kids. By the way, there are now 125 kids!!

By 1992, Mary finally realized it's time for her to retire. She has total confidence that the people who have trickled in through the years are totally capable of continuing the work she had dedicated herself to for so long.

The Kiwanis had always been generous with \$200.00 scholarships throughout the years for the kids. The school even has a yearly "Mary Sherman Inspirational Award" that is for the teacher with the most spunk. (Big shoes to fill, even if Mary's weren't always touching the ground.) It was announced that the Kiwanis were going to give a one-time scholarship of \$1,000.00 and Mary's friends urged her to come to the ceremony. Reluctantly, she put her tired self on the DART bus and was greeted by lots of old friends and familiar faces. As the ceremony went on Mary saw her old principal, Rod Vroman, looking at her in that old quirky way of his and her senses were instantly taken back to all the times she had seen that particular face before. He announced that this scholarship was: "The Perpetual Scholarship of Mary Sherman". She had no idea that the person of distinction was herself. Her legacy at the school will be here longer than most of us.

Hats off to you Mary! You have made a difference in the lives of lots of children and adults. We applaud your strength and fortitude. You're an example to all that disabled or not, there is no excuse for giving up.

Now. Where are the coffee and donuts?

Polio Survivors to Gather at Roosevelt Warm Springs in 2009

Saint Louis, Missouri – Even as the world nears global eradication of polio, millions of people, including hundreds of thousands of Americans, continue to live with the effects of polio. Survivors around the world strive to maintain and enhance their abilities to live independently as they face the challenges of aging and polio. Now hundreds of polio survivors are preparing to gather at the Georgia Department of Labor's Roosevelt Warm Springs Institute for Rehabilitation (RWSIR) in Warm Springs, Ga., to focus on "Living with Polio in the 21st Century."

Organized by Post-Polio Health International (PHI), based in St. Louis, Missouri, this 10th international conference from April 23-25, 2009, will be hosted by RWSIR, the comprehensive rehabilitation center founded by Franklin Delano Roosevelt as a polio treatment center in 1927. "By meeting at this historic location, we are able to add a whole new dimension to the dialogue," said Joan Headley, executive director of PHI. "The program offers a wide range of sessions for survivors and their families and health professionals. Attendees will participate in serious discussions – and fun. It will be an experience of a lifetime."

The program is designed to bring polio survivors and health professionals together to share ideas and learn new techniques for living well with physical disabilities. More than 40 in-depth sessions will offer participants "tools" for maximizing living with the effects of polio as they age. Topics cover health issues specifically related to post-polio, as well as more general wellness and recreational issues.

Sessions such as "Complementary and Alternative Medicine: What You Don't Know Can Hurt You," "Housing Options: What's Out There", and "Making the Tough Decisions: Palliative Care and End-of-Life Decisions," as well as "Benefits and Techniques of Aquatic Therapy," "Using Assistive Technology for Personal Independence," and "Warm Springs During the Epidemic Years: Not the Usual Story" should appeal to both polio survivors and health professionals.

The conference will also offer the opportunity to visit FDR's Little White House and Historic Pools, as well as tours of Roosevelt Warm Springs, a National Historic Landmark District, and home to the Smithsonian Exhibition "Whatever Happened to Polio?" and the Polio Hall of Fame.

David M. Oshinsky, Pulitzer Prize-winning historian for: *Polio: An American Story*, will headline an impressive array of experts and leaders in the worlds of disability, polio and health who will lead sessions and make presentations at the conference. Other speakers include: John Fitzsimmons of the Centers for Disease Control and Prevention, Edith Powell of Tuskegee University, David Rose of the March of Dimes, Frans Nollet of the University of Amsterdam, Fernando Torres-Gil of the University of California at Los Angeles, Lauro S. Halstead of the National Rehabilitation Hospital, and David Holland of the Post-Polio Awareness and Support Society of British Columbia. In all, more than 50 presenters will take part.

"We are very excited to be hosting such a prestigious lineup of speakers," stated Roosevelt Warm Springs Executive Director Greg Schmeig. "Warm Springs was synonymous with polio treatment for much of the 20th Century and I'm confident FDR's famous "spirit of Warm Springs" will be very much in evidence when survivors from all over the country gather on our campus next April."

Polio survivors and health professionals who deal with those affected by polio are encouraged to attend the conference. More information is available at www.post-polio.org and www.roosevelt rehab.org. Those without access to the internet who want to receive registration materials should call PHI at 314-534-0475.

Due to technical difficulties, this acknowledgement is being reprinted from the Fall 2008 issue.

Thank You Vivian Clark...

...For your long time efforts as newsletter editor. Your commitment to sending the polio news is much appreciated particularly to shut-ins who cannot attend group meetings. Enjoy your well earned "retirement".

Carl Larson, first newsletter editor



...For the dedication of the past nine years to edit the newsletter, faithfully giving your time, talent, and energy into producing our primary means of communication for the state organization. We appreciate your effort and passion to support the polio survivors of Washington State in such a meaningful way.

Board of Directors

Dear Polio Outreach of Washington Readers and the Polio Outreach Board:

I want to take this opportunity to thank you for all the phone calls, e-mails, your polio stories, notes of encouragement, and ideas about what you want to see in the newsletter. I produced the POOW newsletter as editor since the fall of 1998. I've learned to take advice and lessons learned from the people I worked with at Boeing and other places.

LESSONS' LEARNED

I learned to know that polio survivors, their families, and the medical providers are the ones who read and need the newsletter. All of you have been through years of trials, stress – and later in life up comes Post-Polio Syndrome. My goal was to encourage you through the newsletter.

I strived to include something about polio research and information survivors need to know that will help soften their handicapped lives, such as options for looking into wheelchairs/cars/vans/chair lifts, and sleep studies, poems, sayings, quotes and thoughts. I wanted the newsletter to look professional and put things in to catch your eye and draw you into the stories and articles that would help you learn something new about PPS.

I strongly believe that we are all in this together -- not just the POOW board, but also the reader. Polio survivors could spread the message of support and education available to other survivors. Receiving so many complimentary notes and calls regarding this newsletter made me feel joyful and encouraged. I felt it was necessary to make it newsworthy and easy to read. My prayer is that it will continue to be a great newsletter. Hopefully you will encourage Linda Fry, the new editor, with the same graciousness and encouragement you have bestowed on me.

Thanks for all your encouragement and patience with me over the years. It's time for me to take care of myself and my husband, John Clark. I have resigned from the Board and will help John in the office.

God Bless All of You!

Vivian J. Clark

Polio Survivors Go Surfing!

Here are the featured Websites for this quarter as chosen by Karen:

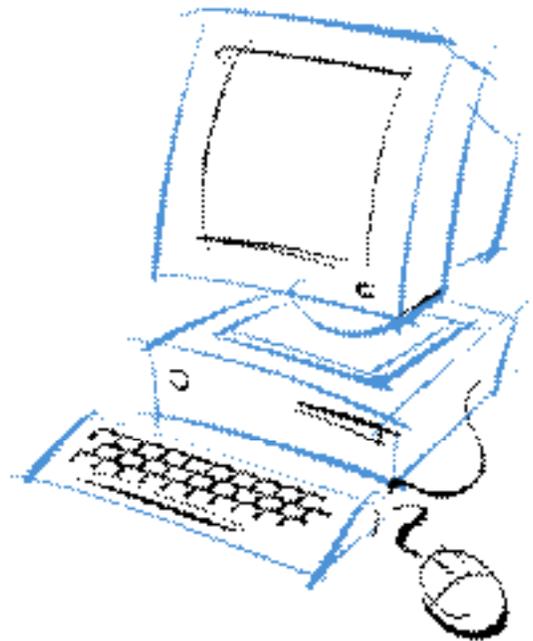
If there is anything in the world you want to know about polio, en.wikipedia.org/wiki/polio is the place you want to try. Lots of interesting stuff!

Another helpful site is: www.harvestctr/post/polio. (Originally through Hometown, which is now shut down.) This is one site where you can access the reliable information provided by Dr. Bruno.

For the latest in technology check out: usatoday.com/tech/products/2008-10-07-1057863982! It's a leg brace that can read your mind. (I wonder if they know just how much fog is in a PPS brain. hehe)

For fun: Go to www.using-hydrogen-peroxide.com and check out all the cheap and environmentally friendly uses for this product. It will amaze you!!!

For info on disability related issues from a polio survivor visit www.graceryoung.com



Polio Outreach of Washington Receives Generous Donation!

Washington State Society of Healthcare Engineering (WSSHE) is a statewide organization comprised of those who work keeping the hospitals and medical clinics in our state functioning. The Puget Sound chapter of WSSHE has a holiday party each year. At this party they hold a gift basket auction with all of the proceeds going to a charity that agrees with their purposes. This year, the auction proceeds were donated to Polio Outreach of Washington.

Steve and Karen Winston and Jim and Linda Fry, all of the Everett Support Group, attended the WSSHE holiday party in early December to represent POOW. They gave a very short presentation to the group about the function of POOW and then the auction was conducted. There were 18 gift baskets to be sold at auction that evening. While the prices being paid started out a little low, the group became more generous as the bidding continued.

When everything was finished and the money was counted, the donation made to POOW was \$1,800.00! How very generous for the members of WSSHE to make this donation to us. Their efforts are greatly appreciated.

An Open Letter from Sparkie Lujan

Submitted by Karen Winston

I am writing this letter to let those who are enduring the journey of Post Polio Syndrome (PPS) know that there is a life far beyond the diagnosis! Walk into the challenges with a renewed love of life. That is so easy to say, not so easy to do. I know this personally. Each day presents a host of new challenges. How you choose to deal with them, although personal, affects those around you as well. PPS isn't a death sentence, but a renewal of a change in life. Your strength, your choices, your determination will make each and every day either cloudy or sunny. The choice is yours. Only yours.

When I was diagnosed with PPS, I thought everything around me would come crashing down. Honestly, the only thing that kept crashing around me was my short term memory, my balance, my strength, and my ability to walk distances. Once I realized that my overall health was becoming depleted, I felt a huge urgency to find out how to re-balance my lifestyle as well as rethink how I was doing.

Making that commitment to change my entire existence was far from easy. It was just about as challenging as was enduring a new lifestyle after the onset of polio. Every single day I had to mentally challenge myself to slow down, take breaks, and even grab a short nap. I researched, and talked to doctors, read books, and began to educate myself to listen to my body. It had been almost fifteen years since being diagnosed, and still I am constantly fighting to listen to my body and follow through on what I know to be so helpful. I am stubborn and a typical type A personality.

While I continue to enjoy many of the things that are passionate to me, it doesn't escape my thoughts that maybe one day I will have to say good-bye to them as well. This, however, is a blessed awakening in so far as when I am doing these activities with passion, the depth of beauty and the overwhelming joy they are bringing into my life, it's a re-gifted awakening I wouldn't trade for the world. The clarity which one is given when the possibility of having to release a passion is brought to your attention, the joy in doing that activity then becomes redefined and cherished ten fold into the present moment.

Life is about so many things. When you make the commitment of living a truly full life, and it is balanced cohesively with the art of acceptance, while subtle changes are being made within you and around you, you then have your master's degree in the joy of living life to its fullest. Think about that.

Yes, PPS has changed me. Yes, it will continue to change me. But most of all, PPS has given me permission to live life to the best of my ability, a chance to reform my days, rethink my choices, and most of all be flexible in my newly given challenges. To know and realize that life in and of itself is a paralyzing artwork of grandeur and beauty you can then move forward into the confines of PPS with a sense of peace and acceptance.

Life is as infectious as Polio. How you get up, and walk through it will determine how you recover your memories when the days of warm summer winds and ice cold lemonade on a porch swing come slowly rolling back with a memory that refuses to forget. Walk slowly through life, feel the joys, the pains, the changes and challenges. Feel life through the harshest of moments, and gentleness of situations.

PPS can, with the wrong perception, journey you to where cobble stones park their unstable footing into your path, and use their will to fall and disable you if you believe it can. PPS can also lift you into heights of acute awareness of how beautiful life is. The key to PPS for me personally, is to make friends with it. It takes a little, I give in a little, and then we find an acceptable balance. Our relationship is then one of personal growth, renewed commitment to live life with gusto, and permission to be the best I can be, even if it is not what I used to be.

Blessings to you all,
Sparkie Lujan

(Written May 12, 2008)

Polio Outreach Of Washington

Please use this form when you are submitting any information. Include your name, address, phone number and e-mail address. When you go on vacation or move, please submit an address change to us and also another address change when you return! Thank you.

As an independent, 501(c)(3) non-profit organization we rely on our readers and membership for support. Your donations are appreciated. The date next to your name on the label is one year from the date of your last donation for the newsletter.

ALL DONATIONS ARE TAX-DEDUCTIBLE
(Please save your cancelled check as it is your receipt for tax purposes)

(Please save your cancelled check as it is your receipt for tax purposes)

- First contact with Polio Outreach of Washington.
- Name and/or address change.
- Donation (Includes newsletter) **\$30.00**
- Other donation amount \$ _____

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City State Zip code

Please make checks payable to: Polio Outreach of Washington. Mail your check and completed form to: 4704-235th St. East, Spanaway, WA 98387-6162

“Speaking to RotarySharing Information”

By Rhonda Whitehead

Scott Stahr and Rhonda Whitehead, from the Everett Polio Support Group, spoke to the Everett Port Gardner Rotary Club on November 19th at the Everett Country Club. They were asked to speak and “help the Rotarians put a face on polio”. They met that request by sharing their personal polio stories and by sharing information about post-polio syndrome.

Scott, a member of the Redmond, Wa. Rotary Club, told his polio story with the emphasis on the positive changes that occurred in his life as a result of having had polio. Rhonda briefly shared her polio history and pertinent facts about the Everett Polio Support Group, then focused on informing the group about post-polio syndrome and how it has become the “face of polio today” for many polio survivors.

Scott and Rhonda praised the Rotarians for their vital, worldwide mission to eradicate polio while also stressing the point that it is vitally important to recognize that polio survivors are “still here” today with approximately 1,000,000 survivors in the United States and 38,000 in Washington State!

Post-Polio Health International is an organization whose “mission is to enhance the lives and independence of polio survivors....”. In their recent quarterly newsletters, they have encouraged polio survivors worldwide to join in their campaign to speak to Rotary groups to help Rotarians see that “We are still here!” By being asked to speak to the Everett club, Scott and Rhonda were able to be a part of PPHI’s important campaign. Polio survivors have needs to be considered and, hopefully, by speaking to Rotary and other civic groups we will help our communities become aware of these needs and that we are indeed “still here”!

Polio Outreach Of Washington, a 501(c)(3) Non-Profit Corporation



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to

all Washington polio

survivors, their families, and

supporters.