

Colorado Post-Polio *Connections*

In this Issue:

- 1** Chicago
- 2** From the Editor
- 6** Council Corner
- 7** Book Review
- 9** Words of Thanks
- 9** Tips and Tricks
- 9** Interview
- 13** Support Group Meetings
- 14** Conference Survey

Summer 2011

Chicago

By Dan Gossert

Chicago that toddling Town

On State Street, that great street I just want to say

They do things in Chicago that they don't do on Broadway

They have the time, the time of their life

I saw a man, he danced with his wife in Chicago

(Lyrics by Fred Fisher)

Marlene and I decided to “see the sights” of Chicago. We had both been there more than once but always on business. I spent a week in Chicago in 1972 as part of an internship for my Masters’ of Public Health. And I remember going to that flagship Marshall Field store and how magnificent it was.

I did the usual amount of preplanning. First I determined it was better to fly into Midway because it is smaller than O’HARE. And Southwest flies directly there; we have good luck with Southwest with occasional little glitches. There are no reserved seats but they always board us first and seat us in the bulkhead row. I am able to drive my power chair to the entrance of the plane and transfer to the “aisle chair” which is an experience itself. Also Southwest offers senior fares, while not the cheapest they are changeable.

Continued on page 3

From the Editor:

This issue of *Connections* is published by the Colorado Post-Polio Council due to the resignation of our editor, John Fenner. We appreciate all the time and effort he put into the newsletter.

We need the help of our readers to continue with this valuable source of information. Many contributions can be made via phone, email, or snail mail:

- Type submitted information; forward completed newsletter to designated individual.
- Write an article, suggest a topic, recruit others to write articles (perhaps someone in your support group), or submit helpful hints (Tips and Tricks section).
- Conduct an interview and write the article (perhaps you are willing to be interviewed and tell your polio story).
- Review other sources (post-polio newsletters, internet, etc) for articles of interest; acquire approval as necessary.
- Read a book and write a review

Metro Denver volunteers:

- Coordinate the newsletter content. This requires good attention to detail and follow through. You will work closely with the Council Chairperson.
 - Decide the content, set deadlines for submissions and proofreading, assign projects, follow up with project progress, arrange for the printing, and pickup of the newsletter, and arrange for delivery to Easter Seals Colorado.

Colorado Post-Polio Connections is the official news publication of the Colorado Post-Polio Organization, which is sponsored by Easter Seals Colorado, 5755 W. Alameda Ave., Lakewood, CO 80226.



The opinions expressed in this newsletter are those of the individual contributors, and do not necessarily constitute an endorsement or approval by either the Colorado Post-Polio Council or Easter Seals Colorado. Always check with your personal physician for all medical questions and concerns.

Continued from page 1:

I found “Easy Access Chicago” on the net –

<http://easyaccesschicago.org/information> which has a 54 page booklet on access. It is a pdf and can be downloaded and printed page-by-page or all pages. There I found Continental Airport Express which has vans with lifts and I reserved in advance both the arrival and departure trips with a cost of \$58.00 for both. They gave good service; when we arrived we were told to go to the transportation booth across from baggage claim. They directed us to a driver who was waiting for us.

There are a lot of hotels in downtown Chicago; but not all are accessible and at a price you want to pay. For instance, the Hyatt wanted \$344.00 a night for an accessible room. We chose the Hilton Garden Inn because we have stayed in other Garden Inns and found them to be nice and moderately priced. It was located at 10 E. Grand Ave. between Michigan and State streets which was about as central as you can get. The staff was very friendly and the room was fairly large. My only complaint was that the

roll-in shower had a tiny shower stool that I couldn't transfer to, but I am used to bathing out of my chair. Everything else was fine but people who don't understand, place things like towels out of reach which isn't a problem if you have someone to reach them. This is common for all hotels; people who design accessible rooms should have to do their work from a wheelchair. Our only unmet desire was for a concierge but you can't have everything.

The hotel did have a restaurant, Webber Grill, where the prices were what you would expect; breakfast was \$15.00. We ate there a couple of mornings because it was convenient.

For the first evening I had made reservations for the Signature Room on the 95th floor of the John Hancock Building. I knew in advance the visit would put a dent in the plastic but the food is good and you can see the lights of the city, right. Wrong. It was fogged in and all you could see was fog and the tops of a few buildings. C'est la vie. At least there was no surcharge for the fog. We ordered a bottle of wine and I took the cork

because Southwest bumped off the control knob on my wheelchair which was not entirely their fault because Invacare has a design flaw where the knob simply pushes on instead of screwing on. They probably saved a buck. So I took the cork and took some travel scissors and poked a hole in it and pushed it on the shaft and rolled all over Chicago with my wine cork control knob.

We did take a cab to the Hancock Building because it was about 10 blocks away. Yes they do have cabs that are wheelchair accessible and quite a few of them. A cab will be at your hotel or other places in not more than 5 minutes. Trying to ride a bus is another story.

We planned a whole day for the Museum of Science and Industry; it is on the site of the 1893 Exposition and is the only building left of the Exposition. The building has been greatly expanded and it is immense. It has wonderful Exhibits and several old steam locomotives and even a Boeing 727 that you can enter. They do have food service so you can get lunch and the bathrooms are wheelchair accessible. Because they

close at 4:00 pm in May, we didn't get to see the German sub or the Zephyr. With a power chair it is easy to get around, although Marlene got tired of standing so we stopped for her to rest. If you are limited in your ability to walk a long way and stand a lot, a wheelchair would be best and better if you had someone to push. The Museum does have wheelchairs at the entrance that visitors can use but I did not check them out.

The Museum is at least four miles south of the city center and we thought about taking the bus which is accessible. However, we could not get good information on the bus routes from the hotel. When we got to the museum, I asked at an information desk about bus routes back to the hotel but even a call to the transit company didn't really give specific information. I'm sure there is good information but we just didn't find it. Cab fare round trip was \$52.00 but worth it.

Six-and-one-half miles – really? One day we walked to the 24.5 acre Millennium Park which has wheelchairs at the welcome center. The big attraction is the Cloud Gate

which is a large round polished stainless steel sculpture. You can see a reflection of everyone around it from quite a distance. From there we took a long ramp to the Art Institute of Chicago noted for its impressive collection of impressionist paintings, Van Gogh, Monet, etc. The Institute consists of three buildings and all are accessible but again the distances are considerable. They do have wheelchairs at the checkroom at the Columbus St. entrance. We spent a good part of the day there and there is a grill for lunch. Afterward we decided to go up Michigan Avenue to the John Hancock tower to the 96th floor lounge for a glass of wine and a snack so that we could see what we missed the first night. Back to the hotel and then walked to dinner. I have netbook which is handy because most hotels have wi-fi that you can access in your room. I got on MapQuest and found we had gone at least six and one half miles; my batteries never ran low – wow!

We “walked” to the Navy Pier, a tourist trap, to go on the Shoreline Sightseeing www.shorelinesightseeing.com for an architectural tour up the Chicago

River. Shoreline is the only wheelchair accessible cruise company; the tour is done from the upper deck and you simply go over a ramp onto the deck. Chicago has many styles of architecture from old to modern and the cruise is very worthwhile.

The last afternoon, sunny and warm, we walked on State St. I especially wanted to go to Macy’s housed in the former Marshall Fields. It is still a magnificent building with twin atriums about 10 stories tall. The floors are marble and the woodwork mostly intact. Marlene found a skirt she liked at a remarkable price. Alas, when I toured the men’s department, all I found was trendy stuff that a mature man wouldn’t wear anywhere but a rock concert and who is going to one of those?

On our last morning, I used the netbook to check whether Southwest was on time. Our prearranged cab picked us up and our trip home was uneventful.

There were other attractions in Chicago such as the Field Museum and the Shedd Aquarium; however, it was not a loss that we

missed the aquarium because we are planning to go to Monterey in September where there is a world class aquarium.

Council Corner

By Ileta Smith, Council Chairperson

Life and inevitable change go hand-in-hand, the Colorado Post-Polio Organization is not exempt from these changes. The organization is comprised of volunteers who are polio survivors and face the same day-to-day challenges as our readers. We strive to provide helpful information via our informational packets, newsletter, support groups, and one-to-one contact. We need help, not only with ideas, but also with individuals to implement the many facets of our organization. Please give serious consideration to lending a hand.

Volunteers are needed – especially in the Denver metro area.

Newsletter:

Because the newsletter is a valuable source of information to our readers, we need your help if we are to

continue with the *Connections*. Many contributions can be done via telephone, email or snail mail. These are listed in the From the Editor article. The newsletter editor/coordinator position, like all our positions, is as a volunteer. However, many parts of the process can be shared. Your ideas and your help will determine the success of our newsletter. If you are able and willing to help with this important project, please contact me at: CouncilChair2010@aol.com or 303-755-7491 (voice mail available).

Educational Conference:

We are planning an Educational Conference for summer 2012. We need Denver metro area volunteers to help. There are a variety of projects to be tackled. No amount of time or commitment is too small. To assist us in our conference planning, please complete and return the enclosed Conference Survey (page 14).

Informational Packets:

Updated informational packets are available. If you wish to receive this information, contact your Support Group Facilitator, Nancy Hanson (our Easter Seals Liaison) at

nhanson@eastersealscolorado.org or
303-233-1666, ext. 237, or me (Ileta
Smith) CouncilChair2010@aol.com.



Book Review:

By Ileta Smith

**The Polio Journals: Lessons from My
Mother** *By Anne K. Gross, Ph.D.*

This is written from the viewpoint of a polio survivor, and her daughter. The book is based upon the intimate feelings of both Carol Rosenstiel who contracted polio in 1927 at the age of 2, and her daughter Anne's experience of being raised by a parent with a disability. At the age of 52, Carol began to express in journals memories of her polio/life journey.

Not only has Anne written of Carol's feelings of shame imposed by society in the 1920s, and historical information regarding polio, but also Carol's involvement in the disability rights movement, her friendship with FDR, and, her success as a musician, as a wife, and as a parent.

I have often been asked if I would be different if I had not had polio. How can I answer such a question? I had polio at 2 years of age, and have no memory of my life prior to contracting polio. I feel that I am more introverted due to my early years away from my family as a result of many hospitalizations. After reading Anne's book, I question if the "Type A" personality that is often associated with polio survivors is due in part to the indoctrination we received during our hospital stays. How often did we hear our recovery to pre-polio abilities depended on how hard we worked; we should be cheerful, and optimistic; we needed to make the nondisabled person comfortable with our limitations? In 1987, this philosophy was termed the "good handicapped person" "by physician Howard Brody, and according to a study by polio researcher Daniel Wilson was a driving force for individuals left paralyzed by polio in the first half of the twentieth century". The person with the disability was expected to enthusiastically embrace "the goal of normal functioning". There was no expectation that we would express any feelings we had regarding our

disability. Would my outlook on life be different without my polio experiences? Possibly.

Rather than openly challenge society's view and the needs of a person with a disability, Franklin D. Roosevelt hid his disability when in public. FDR's family did everything they could "to help him feel that he belonged to the world of the nondisabled", but many polio survivors did not have the emotional or financial support of their families. Prior to the Americans with Disabilities Act, individuals were left on their own to cope with the many challenges faced while living with a disability in a society that did not acknowledge their worthiness or needs. The challenges of trying to maneuver with a wheelchair or braces and crutches when faced with "stairs, narrow doors, and cramped bathroom stalls, plus the prejudice and stares of others", wet or uneven surfaces, and inclement weather were left for the polio survivor to overcome on their own. Is it our persistence to prove we can do anything a nondisabled person can that contributed to Post-Polio Syndrome that so many of us are now experiencing? I don't know, but I do believe that all our life experiences,

both positive and negative, contribute to who we are as a person, and will continue to change us as we move forward in our life's journey. I appreciate the candid way Anne shared her mother's experiences and memories, and the effect these experiences had on their subsequent family generations.

Anne has donated a copy of her book to the Colorado Post-Polio library. I would encourage you to read *The Polio Journals*. I have found it to be very insightful and thought provoking. The more we learn about the many facets of polio and its effects upon society and ourselves, the more we can appreciate our own uniqueness and value as worthwhile contributors to society.

"World-out-there: I am not worthless, I am not pitiable, I am not one of society's abominations. I am intelligent. I am an achiever. I can make it with the best of you. I insist on making it with the best of you. I need to, every day, in order to validate myself". From the journal of Carol Greenfeld Rosenstiel. ♪

Words of Thanks

John Fenner – for doing a wonderful job with our previous newsletter, and for his efforts to give us a new look and an exciting newsletter.

June Blanchard – for her enthusiastic and creative ideas, and efforts while serving as the Council Vice Chairperson.

Connections contributors – we would have no newsletter without you.

Interview: Gail Saunders and Vera Heileson.

Note: We have often talked of leaving our legacy. What better way to do this than to educate the younger generation about polio. Previously, Catherine Lundstrom, 8th grader at Century Middle School in Thornton, Colorado did a book review on “Blue”. Below is an interview of two post-polio individuals written by Bryce Chismire as a senior at Ridgway Secondary School in Ridgway, Colorado. .

The Disasters of Polio

By Bryce Chismire

Poliomyelitis, also called Infantile Paralysis, is viewed by many people as one of the nastiest and most contagious diseases ever known. Polio is not a new disease; according to Egyptian hieroglyphics, the disease was first shown spreading through water. It became a widespread threat to America starting in the early 1900's. The Polio virus causes either a minor illness or a major illness which affects the central nervous system.

People can be affected by one of the three types of Polio: Spinal (which affects the spinal column and muscles), Bulbar (which affects the brain nerves), and Bulbospinal (which affects the spine, muscles, and nerves). The severity of the virus varies

Tips and Tricks

Feel free to share your ideas for future issues of the newsletter.

- Sometimes it is difficult to pick up small objects you have dropped. I solved this problem by wadding a strip of masking tape and sticking it to the bottom of my cane. A yard stick or broom handle will also work or even the bottom of your shoe. **Edmund Gallegos** ☺

depending on how much neuronal damage it causes, where the virus is located, and how inflamed the location is. Paralysis is more common the older the patient is. *(Although some people divide the “three types of polio” into the stated categories, others break it into: nonparalytic (that is the form 95% of people who are exposed to one of the 3 viruses that cause polio experience), paralytic, and bulbar. Some experts consider bulbar to only affect the swallowing muscles; others use the term “bulbar” to indicate any swallowing or breathing problems . . . Dr. Marny Eulberg).*

Two people that will be highlighted in this article contracted this viral disease. Although Polio may seem like a distant threat to current generations of Americans, it has affected lives within our own community in the not too distant past. First, Gail (Zanet) Saunders, a board member of the Ouray County Historical Society, contracted Polio at age three (1952) when she and her mother went to California to take care of her grandmother for a week. Gail was placed in a nursery school, and possibly caught the disease from one of the children or one of the nursery’s water fountains. After coming home, she came down with Polio, and was privately flown to the Children’s

Hospital in Denver, where she got Sister Kenny treatments. These treatments are named after Elizabeth Kenny, an Australian nurse whose methods (heat packs, hydrotherapy, and muscle stretching) later would be called physical therapy. Gail had contracted Spinal Polio, which paralyzed her right side and she stayed there for four months. She left with only her right leg affected.

Secondly, Vera (Junek) Heilesen, my maternal grandmother, came down with Polio in 1940. She had just graduated from high school in Spearfish, South Dakota, where she and her sisters lived in a small log cabin in town while going to school. In early August, she and several family members became sick after going to Deadwood to attend the “Days of ‘76” Rodeo. Vera was the only one in the family who contracted the major illness – the Bulbospinal Poliomyelitis. She was the first of three to contract the disease in South Dakota in 1954. As she became sicker and her breathing became more difficult, it took the doctor some time to figure out what is wrong with her. She was put inside an iron lung, an airtight machine created to help a

person breathe by forcing the diaphragm to expand and contract with alternating pressure. The machine encloses a person's body from their feet to their neck, leaving the head outside of the machine. Vera and her iron lung were loaded onto an uncle's flatbed truck which was driven over a hundred miles from Spearfish to the Veteran's Hospital in Hot Springs, SD. Along the way, her father and another uncle took turns hand-pumping the machine that helped Vera breathe. They would stop in town and plug in the iron lung to give the men a rest. Vera lived in the iron lung for almost a year. After she was able to breathe on her own, she went to Minneapolis, MN for several months to get Sister Kenny treatments. These treatments didn't help her as much as they did some of her new found friends there. Her arms were permanently paralyzed. At home, her father set up a board at the end of her bed and stuck a pencil between her toes so she could start to practice writing. She eventually learned how to write, draw, paint, and sew with her right foot. In her late 20's, she lived with a family in Denver, CO, where she met her future husband, Doyle, through her

sister. They had two children, Joan and Ed. Several family members helped her during the first few months of her children's births, but Vera took care of the children after that. She was a homemaker and, later, a bookkeeper for Doyle's business. In the 1980's, Vera had gallbladder surgery that had complications. It is thought that this triggered her Post-Polio Syndrome. Post-Polio Syndrome is a complication that occurs thirty or more years after the onset of Polio. It not only weakens muscles that were already weak, but it can also affect muscles that were previously unaffected. Vera died from Post-Polio Syndrome in 1988. *(PPS will only cause death when it severely affects the breathing and/or swallowing muscles and the person or their health care providers do not recognize that they are getting into serious trouble or the person makes the decision not to use invasive equipment that would be necessary to treat/prevent the life-threatening complications. . Dr. Marny Eulberg).*

In 1952, Dr. Jonas Salk tested his first Polio vaccine through injection, and the vaccination's ability was announced to the world on April 12, 1955. Two years later, Dr. Albert Sabin developed the method of using the Polio vaccine through sugar cubes,

which would protect a person from all three types of Polio, and that was given in three doses to people, beginning in 1962. Since their public debut, the two Polio vaccines protected almost everyone from Polio. The rate of those afflicted by Polio decreased from 350,000 cases in 1988, down to 1,652 cases in 2007. Meanwhile, the founder of *Microsoft*, Bill Gates, is setting out on his goal to eradicate Polio once and for all. He asked some world leaders to allow him to purchase more Polio vaccines to use in the four remaining countries that still have cases of Polio: Nigeria, India, Pakistan, and Afghanistan.

According to Charlotte Patterson, a pediatric nurse practitioner and Public Health Nurse of Ouray County, she is concerned the U. S. could possibly get Polio outbreaks again due to some people believing there's no threat and choosing not to get the vaccinations. With our troops being stationed in countries that still have cases of Polio, it could be possible to bring home the virus, since the virus can remain in a person's intestines before it is detected. *(With the world's mobile population and some people not being vaccinated, it is still possible to be exposed to one of the three polio*

viruses. . Dr. Marny Eulberg).

There are those unsure of whether Bill Gates will succeed in his goal of global Polio eradication, but all are hopeful. It is important to be very careful regarding catching or carrying the Polio virus, as it would be devastating to pass the virus on to others or their children in generations yet to come. Being vaccinated is the only sure way of avoiding Polio, which has the power to severely impact an individual's life. Although both Gail and Vera faced this issue with bravery and resourcefulness, no human being deserves to suffer the same fate as they did. Furthermore, the *Bill Gates Foundation* is doing a tremendous service to humanity in attempting to eliminate this horrid virus from the face of the earth forever. *(“After 20 years of hard work, Rotary (International) and its partners are on the brink of eradicating this tenacious disease, . . .” In their continuing effort to eradicate polio, the Rotary is raising \$200 million to match \$355 million in challenge grants received from The Bill Gates Foundation).*

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- A special thanks to Oran V. Siler Company for printing the *Connections*.

Colorado Post-Polio Support Groups

Support groups usually have a format, a program, or an activity planned for each meeting. In bad weather, call the contact person to make sure that the meeting is still scheduled.

Group	Frequency	Time	Location	Contact
Colorado Post-Polio Council	3 rd Monday in January, April, July, and October	10:00 AM to noon	Easter Seals Colorado, 5755 W. Alameda Ave., Lakewood	Ileta Smith CouncilChair2010@aol.com Nancy Hanson Easter Seals Colorado, 303-233-1666, ext. 237
Aurora	3 rd Wednesday of each month	10:00 AM to 11:45 AM	Spalding Hospital, 900 Potomac St., first floor	Lisa Haft Robison 303-360-6887
Colorado Springs	2 nd Saturday of each month	10:00 AM to noon	Sand Creek Police Dept. meeting room, 4125 Center Park	Linda Groth 719-633-1497
Fort Collins	3 rd Saturday of each month	10:00 AM to noon	Trinity Lutheran Church, 301 E. Stuart	Peter Way NOCOPolio@gmail.com Julia Hanan 970-484-3822 Winifred Brooks 970-484-9180
Grand Junction	Call for meeting times and dates.			Gail Saunders 970-249-3218 Millie Derksen 970-434-4281
Lakewood	2 nd Wednesday in January, March, May, July, September, and November	11:00 AM to 1:00 PM	Atlanta Bread Company 7740 W. Alameda Ave. In Bel Mar Shopping Center	Marlene Harmon 303-689-7669
Pueblo	2 nd Saturday of each month	11:30 AM	Walking Stick Restaurant 4301 Walking Stick Blvd.	Jeane Dille 719-545-0162
Thornton	1 st Saturday of each month	10:00 AM to noon	Vibra Hospital, 8451 Pearl	Barbara Lundstrom 303-451-6241 Paul Puma 303-453-9552

Colorado Post-Polio

Conference Survey

The Conference Planning Committee would like your input. Please answer the following questions and return this form to: Easter Seals Colorado, 5755 W. Alameda Avenue, Lakewood, Colorado 80226 by September 1, 2011.

* Are you interested in attending an Educational Conference? Yes ___ No ___

* Does this time frame sound reasonable? Yes ___ No ___

Friday, Early registration & Social - 4:00 p.m. to 7:30 p.m.

Saturday, Registration begins at 7:30 a.m., Welcome at 9:00 a.m., and
Closing Remarks at 3:00 p.m.

* Would you be spending the night at the Conference hotel? Yes ___ No ___

* What type of social would you prefer for Friday?

___ Ice Breaker with opportunities to interact with others; ___ Free Time;

___ Other _____

* Topics being considered. Please indicate topics of interest to you.

___ Psychological & Social Effect of Polio on Self, Family, and Others;

___ Normal Aging versus Polio Related Aging; ___ Post-Polio Research;

___ Accessible Travel/Leisure Activities; ___ Independent Living;

___ Assistive Devices (braces, wheelchairs, bedrails, toilet lifts, etc.);

___ Benefits of Physical Therapy; ___ Anesthesia; ___ Managing Fatigue;

___ Treating Pain; ___ Respiratory Issues; ___ Swallowing Issues;

___ SSDI, Social Security, Medicare, etc.; ___ Other: _____

* Would you be interested in helping with or volunteering at the Conference?

Yes ___ No ___

If yes, how may we contact you? (Give name and means of contact) _____

Thank you for your assistance!

The Conference Planning Committee

Please Support Our Post-Polio Efforts

Help us get the word out to others who need to know about post-polio. Every dollar that you contribute supports the Colorado Post-Polio Organization in its outreach programs, including this newsletter. Complete this form, detach it, and mail it to Nancy Hanson at the Easter Seals Colorado address. Make your check payable to **Easter Seals Colorado** and please write **post-polio** in the memo line. Your contribution will be gratefully acknowledged. Thank you.

Name _____

Address _____

City, State, ZIP _____

Phone _____ E-mail _____

If you no longer want to receive this newsletter, please check here ___ and mail this form to Nancy Hanson at Easter Seals Colorado, 5755 W. Alameda Ave, Lakewood, CO 80226, email - nhanson@eastersealscolorado.org, or call - 303-233-1666, Ext. 237.

Easter Seals Colorado

Easter Seals Colorado, located in Lakewood, is organized to help children and adults with disabilities to gain greater independence. To learn more about the great work of Easter Seals Colorado and their mission, visit www.eastersealscolorado.org.

Colorado Post-Polio Organization

The Colorado Post-Polio Organization, sponsored by Easter Seals Colorado, offers education and support for persons who now have, or once had, polio, as well as for those who might be experiencing the later effects of polio, called Post-Polio Syndrome (PPS). Information for polio survivors is available through educational meetings, this quarterly newsletter, and support groups. An informational packet and other resources on polio and PPS are available.

Post-Polio Library

The Post-Polio Library contains a collection of books, plus audio and video tapes. The library is located at the Easter Seals Colorado office. To view this newsletter online, or to see a partial list of library books, go to www.eastersealscolorado.org (click **Services**, then click **Post-Polio Support Group**). To check material out from the library, contact either Nancy Hanson at the Easter Seals Colorado office, or the librarian, Ileta Smith, at CouncilChair2010@aol.com.

Colorado Post-Polio Connections
c/o Easter Seals Colorado
5755 W. Alameda Ave.
Lakewood, CO 80226

**FREE MATTER FOR THE
BLIND OR HANDICAPPED**

This Is YOUR Newsletter-----

The *Colorado Post-Polio Connections* is a newsletter for polio survivors, their families, friends, and those who care. We invite not only your comments about this newsletter, but also your personal stories, story ideas, and contributions. Tell us what topics you want to read about in future issues. If you have article ideas, suggestions, or are willing to write a short article or tell your personal story, please send an e-mail to CouncilChair2010@aol.com, or write to:

Colorado Post-Polio Connections
c/o Easter Seals Colorado
5755 W. Alameda Ave.
Lakewood, CO 80226

When writing, please include your name, mailing address, telephone number, and e-mail address.

To change your mailing label information, please contact Nancy Hanson at Easter Seals Colorado at the above address, call her at 303-233-1666, ext. 237, or send an e-mail to her at nhanson@eastersealscolorado.org.