



# The Polio Post

The Voice of the Polio Survivors & Associates Fellowship

(A group of Rotarians dedicated to improving the health of polio survivors. This Fellowship operates in accordance with Rotary International policy, but is not controlled by Rotary International )

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PSA Website: <http://www.rotarypoliosurvivors.org> Issue # 9, February, 2005

## PSA MEMBERSHIP

The start of a new year is a GREAT TIME to renew our interest and to spread the word about PSA. The quickest, easiest and most effective way to do this is to tell the Polio Survivors story to a friend, fellow club member, newspaper “features editor”, community leaders and office holders, medical groups – especially medical librarians, your relatives. At the moment, our target market is any individual or group who knows a polio survivor.

Our product is help through self-help.

We sell our product one person at a time.

Selling is simple...effective selling requires: market, message, repetition, consistency and action.

Our target market is any volunteer who wants to help a polio survivor.

Our message is hope and help through information and if our message resonates in the right places, perhaps, later, physical and mental help.

Repetition requires telling the story to a lot of people, and consistency requires staying on message.

Action – ask all to join...

[www.taranto.com/mailman/listinfo/psa](http://www.taranto.com/mailman/listinfo/psa)

Remember – Nothing happens until somebody sells something.

- The strength of the Volunteer and the Power of One
- When helping others, there are no small things
- No one can do all things, but all can do one thing
- Do it NOW...DON'T WAIT TO BE GREAT

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## Getting information on Post Polio Syndrome

One of the problems faced by post polio patients beginning to face the late effects of Post Polio Syndrome is trying to learn more about it.

As an experiment to see how much interest there is in the need for information about PPS, I recently funded the purchase of four books suggested by **Gladys Swensrud**. The San Diego Public Library is placing them in one branch. We will see over the next few months how much interest there is in this information.

If you have any other books or suggestions on helping polio survivors understand how to deal with their late effects, please let me know (jackcampbell@cox.net). If the library books are well used, we will try to replicate them or others in other libraries. The selected books are:

The Polio Paradox, *What You Need to Know* by Richard L. Bruno, H.D., Ph.D.  
May 2003

Post-Polio Syndrome, *A Guide for Polio Survivors & Their Families* by Julie K. Silver M.D.  
August 2002

Postpolio Syndrome by Julie K. Silver, M.D. and Anne C. Gawne. M.D.  
August 2003

Managing Post-Polio, *A Guide to Living Well with Post-Polio Syndrome* by Lauro S. Halstead, M.D.  
July 1998

## Polio Survivors Resources

### Web Sites – Email - Telephone Contacts

[www.post-polio.org](http://www.post-polio.org) Post- Polio Intl. Health & Ventilator Users – St Louis MO

[info@post-polio.org](mailto:info@post-polio.org) 314-534-0475

[www.polioclinic.org](http://www.polioclinic.org) Intl. Rehabilitation Center for Polio – Framingham MA

Spaulding Rehabilitation Hospital – Julie Silver M.D. 508-872-2200

[www.ippso-world.org](http://www.ippso-world.org) International Post Polio Support Organization

[com-biz@ippso-world.org](mailto:com-biz@ippso-world.org)

[www.ott.zynet.co.uk/polio/lincolnshire](http://www.ott.zynet.co.uk/polio/lincolnshire) Lincolnshire Post Polio Network

[info@lincolnshirepostpolio.org.uk](mailto:info@lincolnshirepostpolio.org.uk)

[lsh1@mhg.edu](mailto:lsh1@mhg.edu) National Rehab Hospital – Washington DC

Dr. Lauro Halstead Dr. Michael Kvo 202-877-1711

Post-Polio Institute, Dr. Richard Bruno – Englewood Hospital/Med Center

National Institution of Health – Washington DC

Moss Rehabilitation Research Institute – Philadelphia 215-456-4993

[www.rotarypoliosurvivors.org](http://www.rotarypoliosurvivors.org) Rotary Polio Survivors & Associates

To Join – <https://www.taranto.com/mailman/listinfo/psa>

### Print Materials

“Post-Polio Syndrome” A Guide for Polio Survivors & Their Families” - 2001

Julie K. Silver, M.D. (Foreword by Lauro S. Halstead, M.D.)

*(Excellent exercise suggestions with illustrations)*

“S.O.S. Save Our Shoulders”: A Guide for Polio Survivors” - 2004

*(This manual produced by Moss Rehab. Research Institute –  
Korman Bldg. Suite 213, Philadelphia PA 19141 215-456-4993)*

“Handbook for Physicians and Survivors: The Late Effects of Poliomyelitis”

*(Revised Edition, 1999 – Post Polio Health International)*

“Postpolio Syndrome”, Julie K. Silver, M.D. and Anne C. Gawne, M.D. - 2004

*(Dr. Silver – Asst. Professor, Harvard Medical School, Medical Director Spaulding  
Outpatient Center, Director Intl. Rehab. Center for Polio, Framingham MA*

*Dr. Gawne, Deceased, Past Director Post-Polio Clinic, Roosevelt Warm Springs  
Institute for Rehabilitation, Warm Springs GA )*

### Video

“Safe at Home – Planning for Independence through Home Modifications” –

Produced by Spaulding Rehabilitation Hospital, Narrated by Bob Vila – 25 minutes

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## CHICAGO ROTARY CENTENNIAL CELEBRATION

**HOTEL** – We have a few handicap accessible rooms still available. The cost is about \$210 per night, plus applicable taxes. If you are interested, please contact us at [Raytaylor@mindspring.com](mailto:Raytaylor@mindspring.com)

**PARADE/FLOAT** – We have been assigned a position in the 100<sup>th</sup> Anniversary Parade. The theme of the parade is “Celebrate Rotary”. We propose to celebrate Rotary through carrying out our tag line – Hope – Help – Happiness. Just how this will be done remains to be seen. The date is Saturday 18 June. A couple of our Directors are the managers of the event. They will probably need some help; so now is the time to volunteer your sweat equity.

**PROMOTION MATERIALS** – We are working on a simple tri-fold pamphlet suitable for distribution at the Fellowships General Booth (or in any of the other Rotary Health related booths who may be willing to cooperate) in the House of Friendship inside McCormick Place. The pamphlets are intended to become your sales brochure as a part of your continuing campaign to tell the polio survivor story.

**PSA ANNUAL MEETING – (1600)** 4:00 PM, Monday 20 June. The room number will be listed in the official program and posted at the Fellowships General Booth. And, speaking of General Booth, our Director, Harold Friend has been named Manager, which means he needs volunteers to man the booth. To volunteer a couple of hours contact him at... [hfriend@medscape.com](mailto:hfriend@medscape.com)

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### “9<sup>th</sup> ANNUAL INTERNATIONAL CONFERENCE ON POST POLIO HEALTH” ST LOUIS MO JUNE 2 – 4

Rotary International Foundation Trustee, Ray Klinginsmith and PSA Founder/Chairman Ray Taylor will appear at the opening session of this Conference. Klinginsmith will tell the Rotary International story of Polio Eradication and Taylor will explain the role of Rotary Fellowships and the PSA. Taylor will reappear as a panelist in the session called, “Getting to Know You: Post Polio Support Groups”.

Anyone actively engaged with a Support Group is encouraged to send comments about your successes and failures and/or suggestions for improving the effectiveness of Support Groups world-wide. Send your comments/suggestions to [jackcampbell@cox.net](mailto:jackcampbell@cox.net)

Complete information about the Conference is available at [www.post-polio.org](http://www.post-polio.org)

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