

WPSS News

W I L D R O S E P O L I O S U P P O R T S O C I E T Y

A message from your President

I just finished practicing playing the guitar, and thought I would sit down and write the president's address for this newsletter. You see, when I was in the hospital recovering from hip replacement surgery, I had a lot of time to reflect on things I have done, as well as those which I wish I had done. So.....I made up my mind to begin guitar lessons once again, so I could play those songs which, in my opinion, I didn't think I was capable of. It's hard work, but, as my wife reminds me, "satisfaction and excellence comes with perseverance".

I am relating this story to you, as my wife and I had the privilege of attending the Fund Raising Dinner put on by the Canadian Paraplegic Association. As we proceeded to our table, we were amazed at the positive attitudes of all persons attending this event. Some of the attendees were mobility challenged due to Spinal Cord Injury, but seem to have unlocked the power of determination, positive thinking, and happiness. They are doing things they dream of, with the help of the Canadian Paraplegic Association, and we have the same opportunity, through your membership with the Wildrose Polio Support Society.

On May 6, our largest fundraiser of the year, THE GREAT HUMAN RACE, will be held at the U of A Butterdome. I encourage everyone to participate by pledging money to the persons racing for the Wildrose Polio Support Society. Tell all your friends, colleagues, and business contacts, that we are racing for support money for our society – so that they can pledge money as well. In this newsletter there is a form that can be filled out (see page 9), or anybody can go to our website at www.polioalberta.ca/wildrose/wpss.htm and be a HERO for our Society, by filling out the Great Human Race pledge form.

A special thanks to everyone on the Board of Directors for their extra-special efforts during the last 3 months. And lastly, an invitation to all members, to come soothe your aches and pains at our swimming pool time slot (page 11) on Tuesdays 5-6pm and Saturdays 4-5pm.

SPECIAL POINTS OF INTEREST :

- Soft Water
- Notes from Polio Canada
- Great Human Race
- New Recipe Corner

INSIDE THIS ISSUE :

Board Members	3
Margarine or Butter	4
Blue Lake Dream	6
Be a HERO	9
Where were You in '51?	10
Swimming	11
Member's Story	12
Polio Canada	14

Please Support Our Sponsors

Advantages of Soft Water

- Having soft water saves you money. When your water is soft, you use much less soap and fewer cleaning products. Your budget will automatically reflect the savings.
- Your plumbing will last longer. Hard water can cause a build up of scale from mineral deposits. Over time, pipes can clog, water flow can diminish, and water pressure can be reduced. This doesn't happen with soft water. Soft water is low in mineral content and therefore doesn't leave deposits in the pipes.
- Your hot water heater will last longer. Scale and lime build-up created by minerals will not take place if your water is soft. This adds life to your hot water heater. Also, if you don't have deposits in your hot water heater, it will cost approximately 20% less to heat the water that your family does use. At the end of a year, these savings can really add up.
- Diminished razor burn: Soft water causes the razor to glide more easily across the face. This, in turn, causes your razor blades to last longer.
- Most water-using appliances will last longer. Whether it's your coffee pot, your humidifier, or your hot tub, soft water inhibits a build-up of minerals and adds life to these products.
- Probably the first thing you'll notice is that you have to purchase a lot less soap. Whether it's dish detergent, shampoo, or laundry soap, you'll use less of it. The reason is because soft water has greater washing power. You can use less and get superior results. Normally, you will find that you can use 1/2 to 2/3 less soap with the same or even better results.
- Your clothes last longer and remain brighter longer if they are washed in soft water. The reason is that normal water leaves mineral particles in the weave of most fabrics. This causes them to look dull and dingy. Also, your washing machine will last longer, too, because it won't be subject to a build-up of minerals and deposits.
- Rings and stains won't darken your bathroom fixtures.
- Glasses and dishes won't streak.
- Scrubbing floors and tile will be easier and faster because you won't have the film and soap scum that hard water creates.
- Your skin is softer when you bathe with soft water. You will leave your bath or shower feeling refreshed with your skin feeling truly clean. Also, rough, dry skin will naturally diminish.
- If you color your hair, it will keep its radiance longer if it is washed in softened water.

Often, you have to personally experience soft water before you can be convinced. But once most people are exposed to soft water, they never want to go back to hard, mineral-filled water.

Tired of Hard Water?
CLEAN and SOFT WATER for Your Family
30 DAY FREE TRIAL
You're In Control Of The Water You Use
eliminate
•BATHTUB RING
•DRY ITCHY SKIN
•DULL LAUNDRY
GET IMMEDIATE RELIEF FROM THE SYMPTOMS OF ECZEMA & PSORIASIS
RENT-TO-OWN
CALL FOR A FREE WATER TEST!
HOME
Water Systems Inc.
Since 1984
www.homewatersystems.ca 10556 - 115 Street 421-7776

WPSS News sponsored in part by:



9723 60 Avenue NW
Edmonton AB T6E 0C4
Phone: (780) 434-1314
Fax: (780) 434-1514
www.jagprinting.com

Experience is a hard teacher. She gives the test first, and the lesson afterwards.

... Anonymous

W P S S Board of Directors

EXECUTIVE:

<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
Al Ewaskow (780) 481-0344 aewaskow@shaw.ca	Cliff Cyr (780) 449-4931 cliffLucie@compusmart.ab.ca	Sharon Moffatt (780) 469-3536 randsmoffatt@shaw.ca	Dennis Turner (780) 425-1042 dennis@turnerhealth.net

DIRECTORS:

Bob DeFrain (780) 438-1558 bdefrain@telus.net	Dwayne Piko wicz (780) 634-4083 dpikowicz@shaw.ca	Ferne Wallbank (780) 456-7841 forwheels@shaw.ca
---	---	---

COMMITTEES:

<u>Fundraising</u>	<u>Events</u>	<u>Membership</u>
Al Ewaskow (780) 481-0344 aewaskow@shaw.ca	Dwayne Piko wicz (780) 634-4083 dpikowicz@shaw.ca	Bob DeFrain (780) 438-1558 bdefrain@telus.net
Marie Kunec (780) 458-7480 gandmfarms@hotmail.com	Dave Winfield (780) 430-7933 winnie63@telus.net	
Helen Engels (780) 475-6728 hengels@shaw.ca		
<u>Newsletter</u>	<u>Web Site</u>	<u>Outreach</u>
Bob DeFrain (780) 438-1558 bdefrain@telus.net	Dennis Turner (780) 425-1042 d9@d9domains.com	Ferne Wallbank (780) 456-7841 forwheels@shaw.ca
Dorothy Heppler (780) 433-1935		Dianne Turner (780) 425-1042 dianne@turnerhealth.biz

Relationships are like algebra; if you change your side of the equation, the other side changes as well.

Abraham Argun

M a r g a r i n e o r B u t t e r ?

If you answered "butter," I've got some information that will make you glad you did.

Last week an HSI member sent me an e-mail that had been forwarded multiple times, but appears to have originated from L. Eugene Arnold, M.Ed., M.D.; a Professor Emeritus of Psychiatry at Ohio State University. Here's what Dr. Arnold writes:

"Do you know the difference between margarine and butter?"

- Both have the same amount of calories.
- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.
- Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.
- Eating butter increases the absorption of many other nutrients in other foods.
- Butter has many nutritional benefits where margarine has a few only because they are added!
- For most people, butter tastes better than margarine and it can enhance the flavors of other foods. (The best flavor claim margarine can make in ads is that it tastes the same as butter.)

Butter has been around for centuries where margarine has been around for less than 100 years.

"And now, for Margarine..."

- Very high in trans fatty acids.
- Triple risk of coronary heart disease.
- Increases total cholesterol and LDL (this is the bad cholesterol)
- Lowers HDL cholesterol, (the good cholesterol).
- Increases the risk of cancers by up to five fold.
- Lowers quality of breast milk.
- Decreases immune response.
- Decreases insulin response.

"And here is the part that is very interesting! Margarine is but ONE MOLECULE away from being PLASTIC. This fact alone was enough to have me avoiding margarine for life and anything else that

Margarine or Butter ? (continued from page 4)

is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

"You can try this yourself: purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things: no flies, not even those pesky fruit flies will go near it (that should tell you something) It does not rot or smell differently. Nothing will grow on it - not even those teeny weeny microorganisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

"Share This With Your Friends - (Butter them up.)

"Additional info: Children who eat butter or drink whole milk with butterfat have better resistance to infection.

"P.S. This was not sponsored by the dairy industry."

I've heard some of these facts before, but some of them were new to me, so I asked HSI Panelist Allan Spreen, M.D., for his take on the list, and he didn't hesitate: "Absolutely true. The guy's read my book. In it, I call margarine 'plastic butter.' It's very, very bad stuff. I cheat and have to drink city water sometimes. But I try never to do that with margarine."

The book that Dr. Spreen refers to is his "Nutritionally Incorrect: Why the American Diet is Dangerous and How to Defend Yourself" (Woodland Publishing).

Plastic butter! Will you ever go within ten feet of margarine again?

To your good health,
Jenny Thompson
Health Sciences Institute



"I don't know where dogs go when they die, but I want to go where they go"
...Will Rogers

Blue Lake Dream And the Visionaries Who See It by Bonnie Bishop

If they have their way, Larry Pempeit, Louise Miller and Dale Williams will soon be able to vacation in an accessible facility located on the edge of a spectacularly clear blue Northern Alberta lake surrounded by boreal forests, alpine flowers and mountain terrain.

The Blue Lake Centre, 20 minutes north of Hinton in the heart of William A. Switzer Provincial Park, may well be that holiday haven. Recently, the Government of Alberta announced it was selling the facility and leasing the grounds for up to 40 years.

CPA Alberta and other non-profit organizations that work with people with disabilities are in the midst of lobbying for this facility to be rejuvenated and renovated to provide affordable recreational accommodation for persons with disabilities and seniors.

Heading up the Blue Lake campaign are Pempeit, Miller and Williams. All three live with SCI and use wheelchairs. Pempeit is CPA Alberta's Director of Community Development, Miller works with the Spinal Cord Injury Treatment Centre Society (SCITCS), and Williams is a former CPA Alberta counsellor who now makes his living as a realtor. Together, they've racked up more than 60 years of experience in lobbying and advocating for persons with disabilities. They're now working together to garner public support for their Blue Lake vision.

"At the present time, there's only one facility of this type, which is located in southern Alberta," says Pempeit. "William Watson lodge in Peter Lougheed Park was established in the 70s as a heritage project that provides affordable vacation and recreational opportunities for persons with disabilities, and seniors."

William Watson Lodge's popularity is attested to by the number of people using the facility - and the number of people who are turned down from using it because of cabin shortages. Pempeit says that about 300 people per month are turned away.

"This information does not reflect the numbers of people who could or would use such a facility if it was nearer to them," he says. "For example, people in Grande Prairie face an 11 hour drive one-way, and Edmontonians must drive five hours to reach the Lodge."

Williams, who brings his experience as realtor and property manager to the initiative, says the key to the project is its accessible design. "The primary distinguishing feature of Blue Lake will be its accessibility to all who use it," he explains. "Every suite except for the second-floor units, every building onsite including the RV and tenting washhouse, and every trail within the facility boundary will incorporate barrier free design. No other public or private facility in Alberta, including William Watson Lodge in Kananaskis Country, will be able to lay claim to the degree of public access and general accessibility available at Blue Lake."

Blue Lake is already known for its conference facilities, and the surrounding area has a booming tourism trade. If a northern accessible retreat were to be established here, it could benefit from these secondary sources of revenue.

"Our hospitality business model includes patrons such as Big Horn Highway travellers, eco-tourists, seniors tours like the Elder Hostel, palliative bookings, family reunions, outdoor education enthusiasts and, of course, our primary reason for doing this -- persons with disabilities," says Williams. "Blue Lake Centre has the basic ingredients to become a viable and accessible recreation and conference facility for all Albertans regardless of ability and financial standing."

While Blue Lake Centre is in a state of disrepair and needs considerable financial and public support (read to the end of this article to find out how you can help lobby for a northern retreat), CPA Alberta is committed to helping play a role in establishing an accessible facility here.

"We did have the opportunity to visit the site and found it to be a preferred location — if not ideal — as it's about three and a half hours from Edmonton and one and a half hours from Grande Prairie," says Pempeit. "There are also some buildings on the property that meet minimal requirements for wheelchair access. Most of the buildings, however, are 20 years old or more and require major renovations. Many paths, walkways and a dock are also minimally accessible and need to be extensively upgraded. There is also a campsite property within a short distance that could be developed into a disability-friendly area."

Blue Lake Dream

(continued from page 6)

Ideally; Pempeit, Miller and Williams want the facility to continue to be fully owned by the provincial government and operated by a society formed for the purpose of overseeing the Blue Lake Centre and its operations. The society would be made up of people from the public realm, and representatives from existing organizations and government. They would like to have a long-term, rent-free lease and have the provincial government, with direction from the operating society, fund the site's rehabilitation and renovation to ensure barrier free status.

In addition to cabins and a common area lodge, the site could include a fully equipped kitchen and restaurant-like dining area, a truck shop for purchase of convenience items, a recreational vehicle campground for approximately 30 vehicles, and a tenting area. As far as the day-to-day operation of the facility, bookings are envisioned as first come, first served. However, to ensure availability to disadvantaged citizens, a booking system similar to William Watson Lodge's will be employed, and disadvantaged guests will receive priority consideration.

Blue Lake Centre has the basic ingredients to become a viable and accessible recreation and conference facility for all Albertans regardless of ability and financial standing. But this is all in the future. Right now, the Centre is in a state of disrepair, and Pempeit, Miller and Williams need the public's support to lobby the government to realize the Blue Lake dream. And they need your help-write to your MLA and express the need for such a facility in Northern Alberta.

You can find out who your MLA is by paying a visit online to www.assembly.ab.ca/adr/adr_template.aspx?type=mla. To view the Blue Lake Centre in its present state, visit www.venturescape.ca.

This article appeared in the fall 2005 issue of *Spinal Columns*, published by the Canadian Paraplegic Association, and is reprinted here with their permission.



Never be
haughty to
the humble.

Never be
humble to
the haughty.

Jefferson Davies

I N A P P R E C I A T I O N

The Wildrose Polio Support Society

Board of Directors

**gratefully acknowledges the following organizations
for their valuable contributions and grants**

Allard Foundation

Alberta Gaming Community Initiatives Program

Central Interior Auctions

Certified Radio

Genesis Communication Inc

**Independent Order of Odd Fellows
and Daughters of Rebekah**

Metal Fabricators and Welding Ltd

Phoenix Insurance Group

**Royal Alexandra Hospital Employees'
Charitable Donations Fund**

Radius Mechanical Ltd

Royal Canadian Legion

The Tegler Foundation

United Way of the Alberta Capital Region

**University of Alberta Hospitals
Rehabilitation Centre**

Whitemud Network Club

Wild Rose Foundation

Membership renewals . . . Thank you!

Thanks to all recipients of our newsletter who have renewed their membership for 2006. Our plan is to publish 4 letters per year. The fees you pay will help offset our costs for printing and postage. Want to help further reduce costs? Send us your email address and we'll deliver your newsletter right to your inbox.

If you haven't renewed your membership please, take a minute and do it now. Please see page 16.

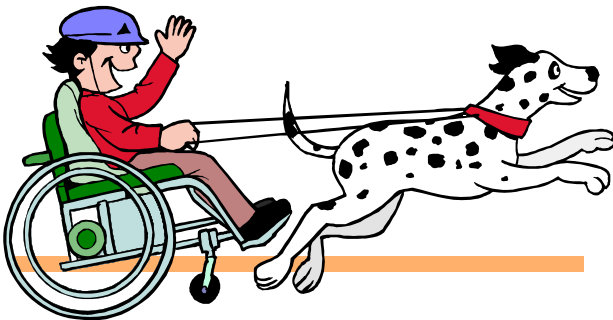
Events

HEROES WANTED

Great Human Race

Saturday May 6, 2006 / Butterdome at the U of A

8 Km Run / 3 Km Walk



We are participating in the Great Human Race event again this year. This event is administered by the United Way of the Alberta Capital Region and provides non-profit organizations a common forum for fund raising. This year's theme is "Be a Hero for Community".

You can be our HERO, too. And, you can choose to participate in whatever way fits your needs.

- Join the walk (wheelchairs welcome) and raise pledges for the WPSS;
• If you are unable to participate in the walk / run you may raise money through pledges from people and companies that you know; and/or
• Invite your family, friends and co-workers to support your efforts or to join you.

This is a crucial fundraiser for our society, so let's work together to make this a successful event! Please contact any of our board members (see page 3) to get more details. Our very aggressive goal is to raise \$48,000!

Be a Race / Walk Participant:

If you wish to participate in the walk or run, we have registration forms available. Each race participant will receive a T-shirt at the pledge drop-off site. Registration before April 18th is \$20, after April 18th is \$25 and for youth under 13 years is free. Please contact us at (780) 428-8842 for details.

Or, if You are not Running, Walking or Rolling, Please Make a Pledge:

Name _____ Telephone _____
Address _____ City _____ Province _____ PC _____
Pledge: \$20 _____ \$50 _____ \$100 _____ Other: _____

Please make cheque payable to The Great Human Race and mail with this form to:

Wildrose Polio Support Society
305 Hys Centre
11010 101 Street NW
Edmonton AB T5H 4B9

Tax receipts will be automatically sent for donations of \$10 or more. United Way Charitable Registration No. 11926 0487 RR 0001

W h e r e w e r e Y o u i n 1 9 5 1 ?

From CBC Radio One's Archives.....The following story was broadcast on August 31, 1951.

The Story

In the summer, when polio tends to be prevalent, empty pools, school closings and deserted streets become familiar images. Polio victims are quarantined under the impression that anything they touch is contaminated. That fear was later proved to be unsubstantiated.

During the 1950s, as this CBC report indicates, polio fear is so rampant that in Halifax children under 16 are prohibited from entering churches and theatres.

Government officials blanket neighbourhoods with DDT, a harmful pesticide later banned, as a desperate measure to combat polio. Anxious parents, the March of Dimes foundation and the world's most powerful man, President Franklin Roosevelt, all fuel a desperate race to find a vaccine against this devastating disease. Polio has a strong presence in Canada. According to official statistics from years 1927 to 1962, 50,000 Canadians are infected with the polio virus. Of those 4,700 died.

Did You Know?

- In 1937, Edwin Schultz used an experimental polio vaccine in the form of a nasal spray on 5,000 children in Toronto. Several of the children lost their sense of smell permanently.
- Some famous Canadians who had polio include impresario Garth Drabinsky, singer Joni Mitchell, Haida artist Bill Reid, actor Donald Sutherland and rocker Neil Young.
- Prime Minister Jean Chrétien contracted polio as a child. It left his mouth distorted and caused him to lose hearing in one ear.

Credits

Program: CBC News Roundup

Broadcast Date: Aug. 31, 1951

Reporter: Graham Allen

We want to hear from you.....Got any ideas about how we can make this newsletter more informative? Do you have an article that may be of interest to our members? Perhaps a favorite poem or maybe a recipe you would like to share. Suggestions are welcome - send them in via post, email or phone.

W e ' I I S e e Y O U i n t h e P o o l !



Members Enjoying the ACT Swimming Pool

Suffering with Arthritis?

The soothing warmth and buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain. Immersing in warm water raises your body temperature, causing your blood vessels to dilate and increasing circulation.

S w i m S c h e d u l e

Tuesdays 5:00 pm to 6:00 pm
 Saturdays 4:00 pm to 5:00 pm

RATES:

No charge to members during WPSS scheduled times.



The benefits of a water fitness routine are many.

Physiological Benefits:

- improved muscular strength and endurance
- increased flexibility
- expanded cardiovascular fitness

Social/Psychological Benefits:

- improved self-confidence and self-esteem
- less pain and expanded movements
- increased social interaction and new friendships

L o c a t i o n

ACT Aquatic & Recreation Centre

In the heart of Rundle Park
 2909 113 Avenue NW
 Edmonton Alberta
 (780) 496-1494

Open: 9 am to 9 pm daily

ACT is easily accessible to families, seniors and persons with disabilities.

Amenities include:

- 25 metre gradual depth swim pool
- Shallow water teaching pool
- Whirlpool
- Regular change rooms
- Family/ disabled change room
- Gymnasium/ auditorium
- Boardroom, open studio, lounge, party room
- Cafeteria

A Trip to the Hospital

Sharon Moffatt continues her story

Dad has just arrived back from Mr. Bird's farm after borrowing his new Plymouth. I'm going to ride in it to Edmonton. Mom will make me a bed in the back seat as I cannot sit anymore. Dad will carry me to the car as I cannot walk either. I am going to stay at a Hospital. Dad has told me that the hospitals are very full but the Doctor has told him that I **must** be admitted to get the help I need to move and walk again. The Doctor has said they must leave me at the hospital. I am to be left no matter what!

Riding in Mr. Bird's car is fun. I like going to the city when it is dark — all the lights are on. I like going to the city to visit. I am not sure I will like staying at a hospital. Mom and Dad will leave me and come back home to the farm. I cry; Mom cries. I better not cry. Sniff, sniff.

Polio: A look back at a childhood experience . . .

“Dad is taking Mom away. They go out the big doors. I cannot see them anymore. I cry and cry.”

Dad has just brought me a chocolate milk shake. I love it. I have never had one before. I am glad I am having such a nice lunch. I am getting tired of lying in the back seat of Mr. Bird's car. The ride was long and I wish I could go home. Mom and Dad are taking turns going into the hospital. I have to wait on the backseat. I cannot sit or see out unless the back door is open. I wonder what my brothers and sister are doing. I cannot go to the neighbours with them to play anymore. I must go to the hospital.

Mom and Dad are talking about *deserting me* in the hallway of the Hospital. The Doctor has told them I **MUST** be admitted. The Doctor has told them that they must take me to hospital and leave me. They must not bring me back to the farm.

I am very tired. I am scared of this Hospital. Oh...I must have been asleep. Dad is taking me out of the car. The Hospital has found me a bed. Dad is carrying me into a large building with lots of things I have never seen before.

I have never been in a hospital before. It does not look nice to me. The lady with the blue blouse and no hat tells me she is a student nurse. She will take me for a nice ride to my new room. I do not think it will be a nice ride. My Mom and Dad must go home to the farm. I must stay. I am crying. My Mom is crying. She says she will come back to visit me in one week. My Dad tells me the hospital will help me walk. He says I will get the help I need. I am still crying. Dad is taking Mom away. They go out the big doors. I cannot see them anymore. I cry and cry.

The nurse lady is talking to me and pushing me down a hallway. We stop and wait for an elevator. I do not know what an elevator is. The doors open and we go into a small room with a lot of other people. It is crowded. Everyone seems to be wearing white clothes. The nurse lady says “third floor”. That's a funny thing to say. The doors open and some people get off and some other people get on. The doors close. The doors open again. The nurse lady pushes me out.

We go to a desk and she hands something to another nurse who is dressed all in white and wears a hat with a black strip on it. They leave me lying on the stretcher. They talk about admissions. I am an admission. I wonder what an admission is. It smells funny here. I think the whole hospital smells funny. There are funny machines parked in this hallway. They look like large barrels with lots of openings and they have mirrors sticking out from them. How odd. I have never seen one of them on the farm. I wonder what they are for. Maybe this is like when Alice in Wonderland fell into the rabbit hole. I wish there was someone around. I have been laying here for a long time. I see someone down the hall but he does not look at me. I see a nurse down the hall but she does not look at me. I wait and wait while tears continue to run down my face. Maybe this hospital has forgotten me. A week is a long time. I wish my mom was here. I am thirsty. My tears keep coming. I see many different people, mostly wearing white. They ignore me.

Finally, the nurse with the cap with the black strip is back with another nurse with a plain hat and a pink blouse. They are taking me to my room. The room has two beds. I am going into the bed closest to the window. There is a table that rolls up to my bed. The nurse with the pink blouse is taking my temperature and holding my wrist funny. Someone has come and set a jug of water on the table.. Should I ask for a drink? I don't. I am very quiet because the tears keep coming out of my eyes. Everyone is gone. I am all alone. I have never been away from home before. I wonder if anyone will come back. No one is in the other bed. I can only see a bit of blue out the window. I cannot see trees or hear any flies buzzing. I cannot hear our dogs bark or the cattle bawl. Sometimes I hear someone walking past my door. I also hear some metallic

A Trip to the Hospital

(continued from page 12)

sounds and the sounds of wheels turning. I feel very alone. What are my parents doing now? What is my family doing now?

I can smell food. I hear some banging and clanking sounds. Someone comes into my room with a tray. "Here is some supper for you" a lady says cheerily. She puts the tray on my nice table. She pushes it over my bed but I cannot sit up to see it. She says she will get someone to feed me. She goes away.

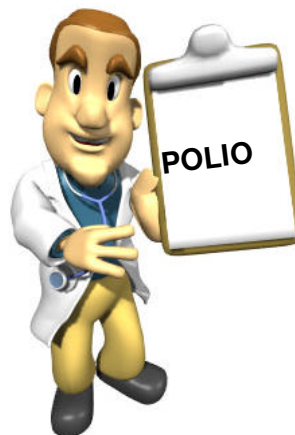
Now I need to go to the toilet. My mom is not here. What do I do? I cry some more. Someone sticks their head into my room. She says she will come to feed me soon. I say I need to go to the toilet. I need to pee real badly. She says someone will be in with a bedpan. What is a bedpan? Now I am crying because I need to pee badly. Why did my Mom leave me in this hospital? *They are not helping me to walk.*

Finally a nurse comes. She has something under a cloth. She takes off the cloth and it is a funny shaped basin. She says "we'll get this bedpan under you and you will feel better". She pulls back the sheets and tells me to lift my bum. I cannot do that so she slips her hand under my back and slides the basin under me. It is cold and feels uncomfortable. I realize that I am supposed to pee into the basin. I finally do. I tell the nurse I am done. She takes the basin away. She tells me someone will be in to feed me soon.

Someone comes to feed me my supper. The tears are still seeping out of my eyes. I tell her I do not drink milk. She says I do not need to drink it. I am very relieved. I eat some of the food she gives me. There is green jello for dessert. I like red jello better but I do not say anything. She takes the tray and tells me someone will be back to put me to bed soon.

I am already in bed so how can anyone put me to bed? I am glad to hear that someone will come to see me again as I have never been alone before. I am very sad, scared and lonely. The tears return to my eyes. The window is dark now. The sounds are few and muffled. Every time I hear someone go past my door I am hopeful that they will come in. No one comes. I lay waiting. Waiting for what?

I awake to a nurse who places a thermometer into my mouth again. She holds my wrist again and writes something onto a sheet of paper she brought. She also has a brown bottle of something. She tells me she will give me a back rub and helps me roll onto my side. Then she pours some smelly cold liquid into her hand and rubs it onto my back. Even though it is cold it feels good. Then she puts baby powder onto my back. She asks me if I need a bedpan. I now realize that a bedpan is the basin I am to pee into. I say okay, I would like a bedpan. She shows me how to turn off my light. She shows me how to call a nurse. She explains that the light goes on outside my door and then the nurse knows to come to my room. I must only pull the light if I need to go to the toilet or for an emergency. Someone comes in and asks me if I would like juice or milk. I choose apple juice. The nurse helps me drink some and places the rest on the nice table where she thinks I will be able to reach it myself. She is going now to put another patient to bed. I will be alone for the night waiting waiting....



<p>Would you like to share your favorite recipe with us?</p> <p>Please send it to</p> <p>WPSS News 305 Hys Centre 11010 101 St NW Edmonton AB T5H 4B9</p>	<h2>Yogurt Multi-Grain Bread</h2> <p>A bread machine recipe that produces a moist, tasty bread with a little crunch and, of course, more fiber.</p>	<p>Recipe Corner</p>
	<p>12 ounces plain fat-free yogurt 80°F</p> <p>2 tablespoons extra virgin olive oil</p> <p>3 cups whole wheat flour</p> <p>²/₃ cup 9 grain cereal</p> <p>2 tablespoons brown sugar</p> <p>1 teaspoon sea salt</p> <p>¹/₄ teaspoon baking soda</p> <p>1 ¹/₂ teaspoon bread machine yeast</p>	

March 2006: Polio Month

Elizabeth Lounsbury and Kimberley Dowds from Polio Canada visit Edmonton

On Wednesday afternoon, March 29th Kimberley Dowds, Manager and Elizabeth Lounsbury, Chair of Polio Canada teamed up to provide information on support services for Polio survivors. An enthusiastic group of members participated in this event in the Atrium of the Dr. Gerald Zetter Care Centre. Thanks to the Centre for providing the space!

Polio Canada offers free educational packages customized for you, for your family members and care givers, and for your health care professionals. Online and telephone support are also provided. Other services include:

- Advocacy programs
- Expanded web site
- Regional conferences and summits
- Materials in other languages
- Outreach to rural and remote areas
- Outreach to ethnic populations

There are 3 Polio viruses, so having had Polio does not eliminate the risk of contracting another of the viruses. There is also a risk from Vaccine Associated Paralytic Polio (VAPP). VAPP is associated with the oral vaccine that is used in a number of developing countries. A vaccine booster shot should be taken every 10 years. This is especially important for those traveling, visiting international airports and for health care workers. Perhaps some complacency results from the small incidence of new Polio cases in North America. Ontario statistics show that $\frac{1}{3}$ of toddlers are not fully vaccinated. The vaccination schedule should include shots at 2 months, 4 months and 6 months of age, with a booster shot at 18 months.

Complimentary alternative therapies may be considered to help relieve pain and improve the quality of life. It is important to communicate with your physician, pharmacist and naturopath to discuss possible interactions and side effects. Acupuncture controls pain for some. Magnets work for some — suggest trying before you buy. Chiropractic care is also helpful — suggest activator approach rather than manual adjustments.

Unfortunately, there is no money tree for Polio survivors. Be sure to take advantage of available programs such as CPP disability benefits, disability tax credit, expenses for moving to accessible residence, etc.

Polio Canada: 1-800-480-5903, www.poliocanada.com Government Benefits: www.canadabenefits.gc.ca



WPSS Board with Kimberley Dowds and Elizabeth Lounsbury

Standing: Helen Engels, Dennis Turner, Cliff Cyr, Dwayne Pikowicz, Kimberley Dowds, Al Ewaskow

Front row: Marie Kunec, Sharon Moffatt, Bob DeFrain, Elizabeth Lounsbury

WE'RE ON THE WEB
<http://www.polioalberta.ca/wildrose/wpss.htm>

**WILDROSE POLIO
 SUPPORT SOCIETY**

305 Hys Centre
 11010 101 Street NW
 Edmonton AB T5H 4B9
 Phone: (780) 428-8842
 Fax: (780) 424-6313
 E-mail: wpss@polioalberta.ca



Providing support for Polio survivors

The Wildrose Polio Support Society (WPSS) was formed in 1999 to provide information and support to Polio survivors.

The objects of the WPSS are:

- 1 To provide education to members in respect to post polio syndrome;
- 2 To provide group support and therapeutic support to polio survivors and to provide support to polio survivors other than through direct financial aid and assistive devices;
- 3 To disseminate information concerning research and treatment about post polio syndrome;
- 4 To raise monies for research into post polio syndrome and to donate same to such institution that is conducting research into post polio syndrome as the members of the Society shall decide;
- 5 To develop awareness, communication and education between the Society and the Community.

It matters not if you try and fail and try again.
 It matters much if you try and fail and fail to try again.

... Anonymous

Membership

Are you a polio survivor? Do you have a family member, a friend or know someone who has survived polio? Membership in WPSS has many benefits for polio survivors including free swimming at the ACT Centre, access to the only post polio physical therapy clinic in Alberta, good old camaraderie with folks who understand plus much more. Fees are only \$15 per year for individuals or \$25 for couples. There is a flexible compassionate fee for folks on a limited income.

Join today.....we would love to have you!

Member / Donor Form

NAME(S): _____

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

PHONE (DAY): _____ **PHONE (EVENING):** _____

FAX: _____ **POLIO YEAR:** _____

E-MAIL: _____

MEMBERSHIP:

Individual (\$15.00) \$ _____

Couple (\$25.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____

Please mail to:

Wildrose Polio Support Society

305 Hys Centre

11010 101 Street NW

Edmonton AB T5H 4B9

Registered Charity No. 867883985 RR0001