

Colorado Post-Polio *Connections*

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Fall 2011

2012 Educational Conference

By Margaret Hinman, Council Member-at-Large

The Educational Conference Committee of the Colorado Post-Polio Council has been hard at work putting together a post-polio educational conference for next spring. At this time, we have the dates and location set and have contracted with our speakers.

Put June 1-2, 2012 on your calendar. On Friday, June 1, we will have early registration and a social hour in the late afternoon. The conference itself will begin at 9:00 a.m. on Saturday, June 2, at the Red Lion Inn, I-70 and Quebec, Denver. There will be time for registration and a continental breakfast before the start of the conference on June 2. For those of you who are coming from out of town, the Red Lion will offer a special conference rate on their rooms. As we get closer to the dates, we will be giving you more details.

We are excited about our roster of presenters. The focus of the conference will be on how to optimize our lives as we age with polio. Our panel of experts will give us resources for doing that. Our list of speakers include:

Paula Enrietto, Ph. D. Paula will talk on the **biology of normal aging and how to keep your body at its best.** Paula's first career was as a molecular biologist and academic scientist, specializing in the molecular basis of cancer. A very personal family situation brought about a career change to the senior healthcare industry where she served as Executive Director of

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Council Corner:

By Ileta Smith, Council Chairperson

Change is in the air . . .

Many changes come with the fall season: cooler weather, colorful falling leaves, and the excitement of approaching holidays. Colorado Post-Polio continues to move forward with changes as well.

- An exciting **educational conference** is planned for June, 2012. See the cover story on page 1 for more details.
- Our **library** is a source of both historical and personal information on polio. We need a librarian to help us with this resource. See page 7 for more information.
- We are in need of an editor, and other volunteers to help us continue with our newsletter. See the article under **newsletter** on page 8 for more information.
- We are looking for alternative ways to provide you with information. Please read the article on **blogging** on page 9, and give us your feedback.

This is an opportunity for you to use your skills to help us provide valuable services to our fellow polio survivors. If you would like to discuss this, please contact me at CouncilChair2010@aol.com or call Nancy Hanson at Easter Seals Colorado, 303-233-1666, ext. 237.

Mission Statement: *The mission of the Colorado Post-Polio Organization is to provide education, information, and support state wide to polio survivors and their support systems.*

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

an independent living community. There, she discovered an opportunity to bring her knowledge of the science of the normal aging process to baby boomers and seniors in order to encourage successful aging. With this in mind, she founded Senior Health Insights, a company dedicated to providing education, software and services to seniors and those who care for them. Paula has a doctorate in molecular biology from the University of Colorado and is widely published.

Marny Eulberg, M.D. Marny will discuss the **relationship of polio to other diseases and ailments**. Marny is no stranger to our polio community. A polio survivor herself, she is the director of the Colorado Post Polio Clinic at St. Anthony's North Family Medicine Center, and is also founder and director of the Human Gait Institute, a non-profit organization which is dedicated to helping persons with lower limb difficulties improve their lives through obtaining knowledge about and access to the most effective orthotic devices available.

David Guy, M.S., CPT, retired. David will share **how physical therapy has changed from the time we first had polio to now, and the benefits of returning to physical therapy again**. David is a retired Certified Physical Therapist from

Glendale, Arizona. His career spans practicing physical therapy in the U. S. Army to teaching at the university level to directing rehabilitation programs to rehabilitation counseling. His sister is a polio survivor and he has extensive experience in working with polio survivors as a physical therapist. He has degrees from Marquette University, Milwaukee, Wisconsin and the University of Arizona, Tucson.

Joan Headley, M. S. Joan will update us on **the state of post-polio issues in the U. S. and worldwide**. A polio survivor herself, Joan has been the Executive Director of Post-Polio Health International (PHI), and the International Ventilator Users Network (IVUN) in St. Louis, Missouri for 24 years. Joan has current and first-hand knowledge of the issues and concerns facing the post-polio community throughout the world and has presented at numerous meetings and conferences. Her background as a teacher, with degrees in biology and education, gives her the analytical skills to evaluate and synthesize new information and research, and she will share some of that information with us.

Terry Lynch. Terry will talk on **strategies for independent living with a disability**. He is the owner of Strategies for Independent Aging and the author of "But I Don't *Want* Eldercare!" and he has been advancing the independent living cause since 1977, when he served as assistant to the Director of the White House

Fall 2011

Conference for Individuals with Disabilities.

In 1985, Terry established his consulting and public speaking business in Racine, Wisconsin. When his mother developed significant medical problems and a life-changing memory disorder he began living his work, helping her remain at home for the next ten years. Through this illuminating personal experience and his work with other families, Terry learned that we have more control over the quality of our lives as we age than we realize. His business is devoted to helping older people, people with disabilities, and their families maintain this control.

Terry is involved in state and national initiatives to develop self-directed in-home services. He is a member of the Wisconsin Board on Aging and Long-Term Care.

Janet M. Roberts, Ph. D. Janet will help us understand the **emotional and psychological issues facing families with a person with a disability, and will give us some strategies for opening communication among family members.** Janet is a clinical psychologist in private practice in Broomfield, Colorado, and has worked with persons with disabilities, including polio, and their families. Her specialties include helping with issues related to aging, grief, trauma and body image. She has also taught and practiced at the college and university

level. Her degrees are from Eastern Michigan University.

This conference is designed not only for polio survivors but also for their families. So, mark the date, invite your families, and look forward to more information in the months to come.

Dan Gossert:

Submitted by Gloria Aemmer, Council Treasurer

NOTE: It was planned to interview Dan for the next issue of our newsletter, but unfortunately that will not be possible. We are, therefore, telling you Dan's story through his obituary printed in the Denver Post Newspaper by Virginia Culver.

Dan Gossert had a special interest in children with disabilities, and he spent much of his adult life helping them.

Gossert, former director of the Family Services Division at the Colorado Department of Public Health and Environment, had polio at age 16 and spent most of his life on crutches or in a wheelchair.

Gossert died of a heart attack August 10 at his Westminster home. He was 76.

A private memorial is planned at a later date. *(The memorial was held September 11, 2011)*

Gossert was known as a determined voice in pushing for health aid to children and families. He testified before the state legislature and Congress, said his partner, Marlene Wiske of Thornton. "You know the legislators can browbeat you," said Gossert's former boss, Dr. Tom Vernon, former head of the health department.

"But Dan was unyielding" in his pleas for more funding.

"He was just as unyielding with me," said Vernon, who now lives in Philadelphia.

If Gossert lost a battle with his boss or legislators, "he never sulked," said Vernon, who was at the health department from 1972 until 1990.

At the health department, Gossert was involved in women's and infants' health programs for low-income people, family planning, and programs for special-needs children, said Merrill Stern, former assistant director at the health department. Other programs were newborn screening and physical and occupational therapy for children.

"He was unsung hero who never called in sick and never asked for special privileges," Stern said.

"He never let the handicap keep him from doing almost anything," said Gossert's brother, Clyde Gossert, of Tucson.

Dan Gossert helped found the Rivendell School for children with disabilities.

Gossert already had a car, a "1937 Ford, Henry Ford black" when he contracted polio. He converted it so he could operate it without using his paralyzed right leg, his brother said.

Daniel J. Gossert was born in the southern Colorado town of Aguilar on Dec. 5, 1934, and graduated from Boulder High School.

He earned a bachelor's degree at the University of Colorado, a master's of social work at the University of Denver, and a master's in public health at the University of North Carolina.

He was married to Virginia Gordon Gossert for 36 years, until her death in 2005.

In addition to Wiske and his brother, he is survived by her three children, and four grandchildren, two other brothers, and five sisters.

Book Review:

By Ileta Smith, Council Chairperson

Barrier-Free Travel

By Candy B. Harrington

This book is written as “a nuts and bolts guide for wheelers and slow walkers.” Its format is that of a reference guide for traveling and accessible recreation. The author not only gives facts about many modes of travel, but also the rights of the disabled consumer, as well as, things we need to consider that may not readily come to mind.

Air: Air Carrier Access Act (ACAA) “outlines procedures that airlines must follow regarding passengers with disabilities.” Your rights regarding boarding, seating, safety assistants, accessible lavatories, and getting off the airplane are discussed. Did you know that “most of the ACAA regulations regarding aircraft accessibility and boarding are referenced by aircraft size”? All passengers face security measures at airports. Individuals with disabilities are no exception. You can expect to be screened with a hand-held metal detector and to be patted down. You may request a private screening. The Transportation Security Administration (TSA) is a federal agency and is not subject to ACAA regulations. If you have a problem at any point from reservations to deplaning that frontline staff can’t resolve, contact the Complaints Resolution Official (CRO). This

person “is a problem solver, and is specifically educated on traveler’s rights and airline responsibilities under the ACAA.” If the airport is open, a CRO is on duty. There is an extensive section on protecting your equipment. Oxygen, ventilators, stretchers, service animals, and attendants are also discussed.

Air Carrier Access Act (ACAA) – This document can be found at <http://airconsumer.ost.dot.gov> (Department of Transportation Aviation Consumer Protection website).

Transportation Security Administration (TSA) – has a list of standardized guidelines for dealing with disabled passengers listed on their website: www.tsa.gov.

Ground: Airport transportation, public transportation, rental cars, tour vehicles, RVs, bus travel, and train.

Wheelchair Getaways – www.wheelchairgetaways.com.

Accessible Rental Vans of America – www.accessiblevans.com.

A list of local companies and smaller franchise operations are updated on the Emerging Horizons resource page – www.EmergingHorizons.com.

If you need to have your car towed, it is advisable to check out specialty services such as ADA Nationwide Roadside Assistance

(www.americandriversalliance.com), to make sure they can provide lift-equipped transportation for you and your power wheelchair to the garage.

The best accessible restrooms are with fast-food restaurants. If you need assistance with restroom breaks, family restrooms provide privacy. You have the best chance of family restrooms at gas stations with mini-marts. Most Flying J truck stops have accessible shower rooms, roll-under sinks, and toilets with grab bars.

Amtrak (www.amtrak.com) trains have at least one accessible coach car. You can either travel in your own wheelchair or opt to transfer to a coach seat. Amtrak Thruway buses also have wheelchair access available.

Accessible Rooms: First and foremost, define what accessibility you need, and then talk to the property directly. On-site employees can usually give you more detailed information. Ask them to describe the access features of the room.

Sailing: Although cruises are thought of as the most accessible vacations for wheelchair users and slow walkers, some are more accessible than others. Research your options before making a cruise decision. Visit the Access Board website (www.Access-Board.gov) for the latest updates on cruises.

A copy of this book is included in the Colorado Post-Polio's library.

Word of Thanks . . .

to Oran V. Siler Company for printing the *Connections*.

to C. H. Bernklau Charitable Trust for supporting this issue of the *Connections*.

to our wonderful "mailing crew": Gloria Aemmer, Jo Bryant, Vada Carey, Joan Kostick, Ileta Smith, Eleanor Spence, and Woody Trosper.

Librarian Needed . . .

By Ileta Smith, Council Chairperson

Do you have approximately five hours a month you could give to Colorado Post-Polio? This is the anticipated time needed as the Librarian.

- The Librarian is a voting member of the Council. We meet for 2 hours on the third Monday in January, April, July, and October at Easter Seals Colorado, 5755 W. Alameda Ave., Lakewood, CO.

- The Librarian:
 - Keeps the Library bookcase, located at Easter Seals, organized and uncluttered.
 - Is a contact person, along with Nancy Hanson at Easter Seals, for checking out material from the Library. Nancy will see that the item is sent out, and placed in the return box when it is returned. The Librarian will check in the returned material, and place it back on the bookcase.
 - Follows up on overdue material. Usually with one phone call or note.
 - Orders new material.
 - Stamps each book with the Colorado Post-Polio stamp and attaches a date due slip.
 - Provides information needed to keep the library section of Easter Seals' website up-to-date.
 - Keeps the master library folder, located at Easter Seals, up-to-date.
 - Keeps six post-polio information packets, maintained at Easter Seals, ready for mailing.

Most of these duties can be completed before or after a Council meeting, via telephone, snail mail, or email, thus, requiring little additional trips to Easter Seals Colorado.

This position plays a vital role to not only individuals, but also to our support group facilitators.

If you are interested in serving in this capacity, contact: Nancy Hanson at 303-233-1666 Ext. 237, Woody Trosper at wtrosper@aol.com or Ileta Smith at CouncilChair2010@aol.com.

Newsletter:

By Ileta Smith, Council Chairperson

- ✓ We have approximately 1,000 readers to our newsletter
- ✓ The newsletter is published four times a year
- ✓ The majority of the newsletter publication can be done via email
- ✓ There are individuals who are willing to:

- Read and write a book review
- Interview and write a person's story
- Submit articles of interest
- Assist in many ways

So what is missing?

A volunteer to coordinate the process - - AN EDITOR

We know there is a talented, organized person with computer skills out there who would do a wonderful job as editor. This is an opportunity to provide a valuable service to the many individuals who look forward to receiving this newsletter. If you would like to discuss this in more detail, please contact me (Ileta Smith) at CouncilChair2010@aol.com or call Nancy Hanson at 303-233-1666, ext. 237.

Blogging:

By Jeanine Ellison-Fisher, Council Secretary, and Peter Way, Ft. Collins Support Group Facilitator

As many of you know, the publication of Colorado Post-Polio *Connections* is becoming increasingly difficult in its physical, mailed form. We are contemplating doing it a bit differently. (We have discovered an expert blogger in our midst!) We would like to put *Connections* newsletter online in a blog/website format, so that articles become available when they are written. You can choose to be notified by email when new articles are available and read them on your computer or print them out

to read on paper. Volunteers are still needed to author the articles and send them in to the volunteer who will be putting them online. We will teach folks how to blog . . . it's easier than you may think.

We think the advantages of this approach would be:

- More timely information
- More Polio survivors will have access to the information
- Lower workload for mailing over 1,000 newsletters
- Lower costs to our organization

We know that some of you do not have access to a computer, so you could ask a family member or friend to print it out for you . . . or ask us for a mailed version. We would also like to know if you would subscribe to the printed material that is mailed to you as it is today? It would be at a nominal cost that would cover expenses. Please send feedback on this approach to me, Jeanine, at thecjfishers@aol.com. BE SURE to put Polio in the subject line so I catch it.

Tell your story . . .

We would like to hear how you have met the challenges you faced and overcame in your personal or professional life. Was there a person or persons that encouraged you in your life's journey? Contact Ileta Smith at CouncilChair2010@aol.com or Nancy Hanson at 303-233-1666 Ext. 237.

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	4 th 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 Belmar 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

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, Woody Trosper, at wtrosper@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.