# POST-POLIO HEALTH

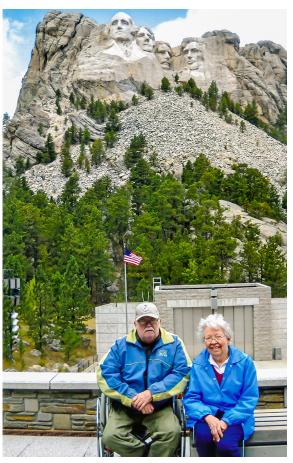
PHI's mission is supported by its Membership.



# WE'RE STILL HERE!

In 2007, PHI launched an annual WE'RE STILL HERE! campaign to remind the world that, while polio has been declared eradicated in most places around the globe, polio survivors are still here. They are contributing members of society and active in their communities, taking an active role as civic leaders, teachers, doctors, nurses, lawyers, artists, farmers and elected officials.

According to an analysis done by PHI, there are more than 650,000 survivors in the United States, with more than half experiencing new problems in maintaining their quality of life. Some are experi-



encing new weakness that may require new assistive devices, such as new bracing, custom-made shoes, wheelchairs and scooters. Some are in need of home health care and new breathing machines, such as bi-level devices and ventilators. Additionally, aging polio survivors are in need of health professionals who understand how to manage their health issues.

With a goal of increasing public awareness of the existence of polio survivors and their needs as they age, PHI's WE'RE STILL HERE! campaigns focus for one week in

Jim and Mary Smith at Mount Rushmore National Park. October on various ways that members and polio support groups, friends and families can get this message out.

Strategies have included letters to the editor, letters to elected officials (WE'RE STILL HERE! ... and We Vote), calling attention to accessibility issues in the community and places of worship, speaking to civic and school groups, and sharing experiences and artifacts on PHI's PolioPlace website (www.polioplace.org).

## 2015 Photo Contest Winners Announced

In 2015, the theme for WE'RE STILL HERE! was Show Me Accessibility! Members were urged to help document in photographs that polio survivors are active and involved thanks to laws such as the Americans with Disabilities Act or the UN Convention on the Rights of Persons with Disabilities. Photos had to feature activities that were previously impossible to access or places visited that were not accessible before.

We are pleased to announce the five winners of the 2015 WE'RE STILL HERE! Photo Contest.

# **The Winner: Jim Smith**

Jim and his wife Mary were able to get all the way to the top of the viewing platform this past September at Mount Rushmore National Park in South Dakota. The park has installed an elevator that is fully accessible, which made it easy for them to reach the viewing platform. They were thrilled – especially because it allowed them to experience the beauty together!

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#### WE'RE STILL HERE!

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#### First Runner-Up: Dena Marie McBride Oden

"I am continually amazed at how much the world has changed for me in California since the ADA was enacted. Monthly, I find new ways to



"The picture above shows me on the accessible playground equipment at Griffith Park, California, September 2015. Devised by Shane's Inspiration Group, the equipment is totally usable and enjoyable on my scooter. Here, with my granddaughter Vianne Rose, we are having a wonderful time together. Not only was the playground equipment accessible, but the entire park had wonderful ramps, wide sidewalks and paved paths for my usability.

"I had polio in 1947. I was paralyzed from the neck down, and then regained use of arms and upper body. I have had post-polio for twenty-five years. I can no longer stand on either leg even with braces and crutches ... and yet the ADA enables great adventures for the likes of me! I am grateful!"

## Second Runner-Up: Audrey King



"Thanks to the accessibility of so many cruise ships these days – thanks to ADA and/or the influence of ADA on other countries – Dorothy Willis and I have enjoyed several recent cruises to the Caribbean and Alaska. Here we are in Skagway, having just enjoyed the accessible White Pass and Yukon Railway, and in Juneau the day before, a trip to the top of the mountain in Mount Roberts Tramway.

"Think we'd pass as modern day 'ladies of the night?' "

## Third Runner-Up: Warren Peascoe



"Thanks to the ADA, I now have home delivery of my mail. Previously the mail was delivered to a cluster box which was not accessible. My initial attempts starting about 2001 were turned down. On the advice of the state ADA compliance people, I tried again in 2014 without success. This year I succeeded. Our mailman is delivering mail to my home. I had polio as a child and currently use a power wheelchair as a result of post-polio syndrome. A note from my doctor indicating the necessity for the wheelchair and that my condition is permanent was included in my first letter."

#### Fourth Runner-Up: Jann Hartman

"This photograph shows me using an accessible bus at the airport in Honolulu, Hawaii, in 2007. Similar buses are now becoming commonplace. I was pleased

to also find out last year that the buses from the Amtrak Stations are also accessible. Still more needs to be done, but I have found lots of progress and that allows



me to continue to travel by plane, train or cruise ship."

POST-POLIO HEALTH Fall 2015 Vol. 31, No. 4

ISSN 1066-5331

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#### Moving? Change of address?

Notify PHI before you move by calling 314-534-0475 or email info@post-polio.org, and tell us your old and new addresses.

#### Away temporarily?

Send us your second address and dates you will be there and we'll do our best to send your newsletter.