



# The Polio Post

Ohio Polio Network Newsletter

Summer 2015 Issue

## 2015 Ohio Polio Network Conference

by *Patrick Kelly*

Editor: *Alice Sporar*

### Inside this Issue

|  |          |
|--|----------|
| Registration Form  | 2        |
| Conference Agenda  | 3        |
| Bernice Krumhansl Award Nomination Procedure                     | 4        |
| Howard Palmer 1921 –2015   | 5        |
| 10 Things you need to know about trains, planes, and automobiles | 5,6, 7,8 |
| Frank R. Pfahl, Sr. 1927—2015                                    | 6        |
| Post-Polio Contact Information                                   | 9        |



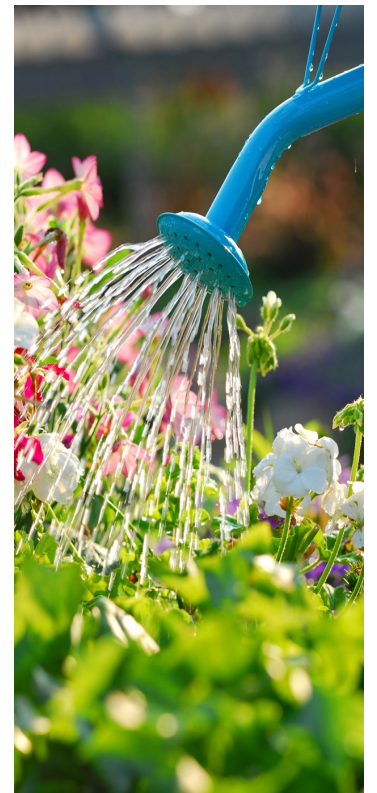
On behalf of the Ohio Polio Network Board, I would like to invite you to attend the 2015 Ohio Polio Network Conference and enjoy a special Fall experience at beautiful Tuscora Park in New Philadelphia, OH. The Tuscora Park website is <http://www.tuscora.park.net/>

We are excited to announce that **James Tobin**, author of the book, *The Man He Became: How FDR Defied Polio to Win the Presidency* will be our main speaker for the conference. Adam Quick, MD from The Ohio State University will provide insight on **“Assessing Problems related to the Late Effects of Polio - The Role of the Neurologist”**

In this issue, we have included the Conference Registration Form, the Conference Agenda, and the Bernice Krumhansl Award nomination procedure. Please note the deadline date for registering for the conference is September 5, 2015.

All of this information is also available on the Ohio Polio Network Website [www.ohiopolionetwork.org](http://www.ohiopolionetwork.org) We look forward to seeing you at the conference. If you have any questions, please do not hesitate to contact us.

Brenda Ferguson (330) 633 - 8221      Patrick Kelly (740) 374 - 0538



**OHIO POLIO NETWORK CONFERENCE**  
**Saturday, September 19, 2015**  
**Tuscora Park, 161 Tuscora Avenue, N.W.**  
**New Philadelphia, OH 44663 - Main (Indoor) Pavilion**  
**REGISTRATION FORM**

(Please Print)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

**\* REGISTRATION MUST BE POST MARKED BY SEPT 5, 2015**

Individual with disability: \$25.00, Individual with disability & one attendant/family \$40.00

Name of attendant/family member (for name tag):

\_\_\_\_\_

Lunch menu consists of baked chicken, Swiss steak & gravy, mashed potatoes, California mixed vegetables, tossed salad, dinner rolls, & pie (apple, cherry & peach) with coffee (regular & decaf), tea (hot or cold), lemonade & water.

Check if accommodation needed for vegetarians/special needs. Please

specify: \_\_\_\_\_

\_\_\_\_\_

**\*Note: Registration includes the conference and lunch**

|                                       |          |   |
|---------------------------------------|----------|---|
| Registration Fee                      | \$ _____ |   |
| Ohio Polio Network Membership         | \$ _____ | (Membership is \$10/year/includes Newsletter) |
| Donation to defray cost of Conference | \$ _____ |   |
| Total Enclosed                        | \$ _____ |   |

Please make checks payable to "Ohio Polio Network" and mail by September 5th to:

Brenda Ferguson  
 71 Donze Court  
 Tallmadge, OH 44278  
 (330) 633-8221  
[JDBAFERGIE@aol.com](mailto:JDBAFERGIE@aol.com)

List of some hotels in the New Philadelphia, OH area:

Hampton Inn (330) 339-7000, Holiday Inn Express (330) 339-7331  
 Best Western Dutch Valley Inn (330) 339-6500, Schoenbrunn Inn (330) 339-4334

## OHIO POLIO NETWORK CONFERENCE

### AGENDA

**9:30 am**      **Registration**  
(Coffee/tea/water & breakfast rolls)

**10:00 am**      **“Assessing Problems related to the Late Effects of Polio -  
The Role of the Neurologist”**



**Adam Quick, MD**  
The Ohio State University  
Department of Neurology

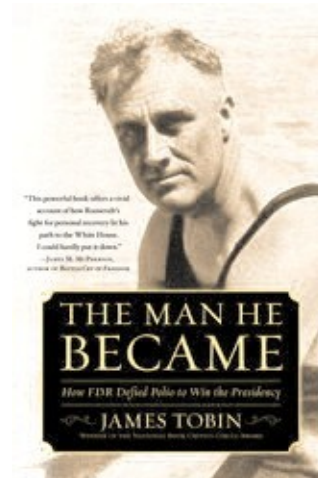
**12:15 pm**      **Break**

**12:30 pm**      **Lunch**

**1:30 pm**      ***The Man He Became: How FDR Defied Polio to Win the Presidency***



**James Tobin**



**3:30 pm**      **OPN Meeting**  
**Vote on the Constitution**  
**Election of OPN Board**  
**Bernice Krumhansl Award**

**4:00 pm**      **Drawing for Door Prize**  
**Adjournment**

**A Call for Nominations**  
**2015 Ohio Polio Network**  
**Bernice Krumhansl Advocacy Award**

**Recipients**

|      |                              |
|------|------------------------------|
| 1988 | Ida Hagar                    |
| 1989 | Carolyn Melvin               |
| 1990 | Jackie Hamler                |
| 1991 | Greg Larbes                  |
| 1992 | Winnie Walker                |
| 1993 | Betty Sugarman               |
| 1994 | Marianne Weiss               |
| 1995 | Greg Nemunaitis              |
| 1996 | Dave Livingston              |
| 1997 | Frank Craig &<br>Becky White |
| 2003 | Fran Willemsen               |
| 2010 | Patrick Kelly                |
| 2012 | Ernest W. Johnson, M.D.      |

This award is presented to an individual who is a polio survivor or other individual who is a polio survivor or  
 cate -- a person who has worked actively in sup-

ported of improving the lives of polio survivors and people with other disability issues. This award was originally established by the OPN Board in 1988. It was called the **People First/Disability Second Award**. It was later changed to the Bernice Krumhansl Advocacy Award in honor of Bernice Krumhansl's untiring efforts in working with polio survivors to help them maintain their quality of life.

Bernice worked 34 years at St. Luke's Medical Center, retiring in 1986 as director of the physical therapy department. She specialized in working with polio patients. Bernice wrote many articles on a variety of subjects, including a textbook on physical therapy. She also traveled extensively on a lecture circuit. Her cousin, Bill Krumhansl, said it best: **"She was special because she healed the old-fashioned way. She healed with her hands, with her heart, and with her head."**

**Nomination Procedure:**  
 Submit the nominee's name on a separate sheet, along with full address, support letters, news clippings, articles, photos, etc. Please include a short biography of the nominee. **The deadline for nominations is September 1, 2015**. Please mail your nominations to:

**Patricia L. Novak**  
**12695 W. Portage River S. Rd.**  
**Oak Harbor, OH 43449**  
**(419) 898-3130**

## Howard A. Palmer: 1921-2015



Howard A. Palmer, 93, died March 26, 2015. Born May 1, 1921 in Detroit, Mich. to Harry R. and Della E. Palmer, he married Margaret E. D'Eath October 2, 1943.

A Certified Public Accountant, he began his career in Detroit, Mich. in 1945 with the firm of Ernst & Ernst (Ernst & Young). He came to Akron, Ohio in 1960 and served as managing partner until his retirement in 1981. During his business career he served on the Boards of numerous Civic, Charitable, and Social organizations including the Interstate Commerce Commission in Washington, the Little Hoover Commission in Akron, Akron Metro Transit Authority, and Blossom Music Center. He also served as President of the Ohio Ballet, Akron Zoo, Portage Country Club, and the [Akron Community Foundation](#). He founded the Cascade Club in 1979 and served as its first President. He was a member of Fairlawn and Portage Country Clubs, and Sharon Golf Club. He was a member of Fairlawn West U.C.C. for over 40 years and presently a member of The

Bath Church, U.C.C.

He loved gardening and woodworking. He won the Keep Akron Beautiful Award for work done at his home and spent many hours making improvements to Evergreen Acres, a farm in Carrolton, Ohio, that he and Margaret enjoyed for many years after retirement. He loved his flowers and surrounded himself and others with them and with beautiful gardens. He also created many keepsakes in his shop that will be treasured forever.

In addition to Margaret, he is survived by his daughter, Janet Lynn Budai (David) of Stow; grandchildren, Kristin (Lee) Rawlette of Las Vegas, Nev., Kathryn (Mark) Walters of Cuyahoga Falls, Victoria Palmer and Kathryn Palmer, both of Tallahassee, Fla.; great-grandchildren, Madison, Alyssa and Adam Walters, Ty and Cody Rawlette. He was preceded in death by his sons, Kenneth Robert Palmer and Gerald Allen Palmer.

### REMEMBERING HOWARD PALMER...

It is with deep sadness that we have lost our very treasured friend and long-time member, Howard Palmer. He was a very active throughout his many years of membership with our support group and always had great ideas to keep forging ahead to keep our battles with post-polio with a positive attitude. The following obituary on Howard doesn't even begin to say what all Howard was involved in and how many lives he touched. His active lifestyle his whole life - even into his 90's - was so exciting and he was always reaching out to help others. Howard was a kind and gentle soul with a smile that showed his love for everyone and everything. His spirit to live life to the fullest should be a reminder to us all how precious every day is and that it is up to us how happy we make ourselves. Rest in peace Howard.

### 10 Things You Need to Know about Planes, Trains and Automobiles

**1. Public Transportation and Paratransit Services** have vastly changed the way individuals with disabilities get around their hometown, increasing both their freedom and independence to travel where they want, when they want. To learn about public transportation services in your local community (and even overseas), visit the [American Public Transportation Association](#) online. All public transit systems that provide fixed-route bus and rail service in the United States are required to offer "[complementary paratransit](#)" service (usually vans or small buses) for people with disabilities. The Amputee Coalition's factsheet, "[What Is Paratransit?](#)," details eligibility requirements, costs and how to find a ride. In addition, public transportation services usually offer discounted fares for seniors and people with disabilities. You can also search for transportation services through the Taxicab, Limousine and Paratransit Association's "[Find a Ride](#)" tool.

(continued on page 6)

## Frank R. Pfahl, Sr.: 1927-2015



Frank R. Pfahl, Sr., 86, passed away on 4/20/2015 after a short illness.

He was born in Akron on April 3, 1927, to Charles Alton Pfahl and Hazel Kerch. He was a graduate of Buchtel High School and earned a degree in Business Administration and Engineering at The University of Akron, where he was a member of Lone Star fraternity and attended all home Zip games since 1937.

In 1940, Frank started working in the family business, XXth Century Furnace and became president in 1965, selling the business in 1990. He was a [U.S. Air Force](#) veteran; member of Holy Trinity Lutheran Church; Eagle Scout and Order of the Arrow; member of Jaycees; past president of Greater Akron HVAC Contractors Association; past president of West Akron Board of Trade; past president of Boards of Trade Council; vice president of Ohio Air Conditioning Contractors Association; and past Director of

National Warm Air Association.

Frank was a 50+ year member of West Akron Kiwanis. He founded WAKY Chicken Feed fundraiser, planted the flowers around Rotanya Indian in front of Fairlawn Elementary school for 24 years, was President in 1975, received the distinguished Presidents Award from Kiwanis International and awarded the McChesney Memorial Plaque in 1980. He proudly won WAK golf league in '89, '94 and '95.

Preceded in death by his parents and brothers, Charles Pfahl (Floradelle) and John Pfahl; Frank is survived by his wife, Isabel Blackburn whom he married in 1976; his children, Colleen Pfahl, Frank (Beth) Pfahl, Beverly (Randy) Godding, David (Bobbie) Pfahl; stepchildren, Judy McClelland, Daniel (Noriko) McClelland and Marcia (Ron) Clugsten; nine grandchildren and five great-grandchildren. Frank will be remembered as a dear and loving husband, father and friend.

He enjoyed coin and stamp collecting, bowling, playing card game Payme with family or poker with the Blue Ray group. If he wasn't working on beautifying his yard you could always find him golfing with his friends and sons.

### REMEMBERING FRANK PFAHL...

Frank and his wife Isabel have been devoted and longtime members of our support group. Hopefully Isabel will still be able visit us when possible, as Frank always brought her to the meetings. He cared for her so lovingly and helped her with everything. They enjoyed our group and activities so much and we will really miss him. Let's always remember what a sweet couple they were and what they meant to us.

### 10 Things You Need to Know about Planes, Trains and Automobiles

(continued from page 5)

**2. Travel Training**, also known as Travel Instruction programs, are a valuable way for people with disabilities to learn how to travel safely and independently using public transportation, such as buses or trains. Programs are generally offered through schools, human service organizations or transit agencies. Through these courses, you can work with a trainer one-on-one or as part of a group to practice skills, such as boarding and exiting a bus in a wheelchair or navigating the train station with a service animal. For instance, SEPTA (the [Southeastern Pennsylvania Transit Authority](#)) offers an [Accessible Travel Center](#), which features a full-size replica of a SEPTA bus, as well as mock subway and rail platforms. Although the following resources ([A Guide to Travel Training](#) and [Considerations for Selecting and Hiring Travel Trainers: A Compilation of Resources](#)) are more appropriate for educators, both include helpful information about the definition of travel instruction, key points to consider and suggested lesson plans. Check with your state or local [transit agency](#) for more information on travel training programs in your community.

(continued on page 7)

## 10 Things You Need to Know about Planes, Trains and Automobiles

(continued from page 6)

**3. Buying a Car** has obvious advantages, but owning one can be difficult when you are on a fixed or limited income. Fortunately, there are a few financial assistance programs that help low income individuals buy or repair a vehicle. But first, ask yourself this question: “[How Much Can You Afford to Spend?](#)” Once you’ve considered your options, reach out to your local [Independent Living Center](#) or [Community Action Agency](#) to learn about programs for which you may be eligible. JobLinks, an initiative managed by the Community Transportation Association (CTAA), offers a state-by-state list of [vehicle loan and donation programs](#), along with their eligibility requirements, terms and conditions, and contact information. The Federal Trade Commission also has a helpful online guide to “[Understanding Vehicle Financing](#),” which includes what to do if you experience financial problems.

**4. Vehicle Modification.** For many people with disabilities, the ability to continue driving translates to independence. If you have recently acquired a disability, a driving assessment is crucial. Based on an evaluation of your physical and cognitive skills, recommendations for adaptive driving equipment may be made. Contact your state [Assistive Technology Center](#) for more information. The National Highway Traffic Safety Administration (NHTSA) has a helpful resource, [Adapting Motor Vehicles for People with Disabilities](#), which details the process of selecting and installing assistive devices for drivers with disabilities. Car Talk’s [Special Needs Zone](#) includes a great list of resources on finding a driver rehabilitation specialist, adaptive devices and vehicles, and insurance and financial assistance. In addition, several major automobile manufacturers have [Vehicle Modification Programs](#) that will reimburse you, up to \$1,000 in some cases, for installing adaptive driving equipment on your vehicle. Check with your car manufacturer for more information.

**5. Transportation Benefits at Work.** Studies show that employers who provide transportation benefits for their workforce also gain rewards in other ways, such as attracting and retaining workers, supporting public transit and increasing customer access to goods and services. Plus, it’s a great way to help employees receive tax-savings. [The Transportation to Work: A Toolkit for the Business Community](#), an online resource from [CTAA](#), offers companies information on how to build a simple, cost-effective transportation program that’s good for their employees and businesses. The Toolkit provides information on topics such as tax incentives, ridesharing and vanpools, green transportation and supporting employees with disabilities.

**6. Rural Transportation.** Lack of transportation remains the number one issue for people with disabilities living in rural areas, affecting their ability to get to work, go to medical appointments and complete other activities of daily living. In fact, fixing the transportation problem is the primary focus of the [National Rural Transit Assistance Program](#), a federally-funded center that distributes training materials, provides technical assistance and peer support to transit providers. So if you need a ride, where can you find information about rural transportation programs in your community? Contact your [state 2-1-1](#), [Community Action Agency](#) or [local public transportation service](#) to learn about options that are available. You can also use the [Eldercare Locator](#) or talk to one of the site’s information specialists toll-free at 1-800-677-1116. Lastly, call the National Transit Hotline at 1-800-527-8279 for the names of local transit providers that receive federal money to provide transportation for seniors and people with disabilities.

**7. Providing Transportation Services.** Access to safe and reliable transportation is vital for people with disabilities and seniors who want to live independently in their communities; and there is certainly no shortage of resources for current or aspiring transportation service providers. [Easter Seals' Project ACTION](#) offers numerous resources, as well as training and technical assistance, to help transit providers increase mobility for people with disabilities under the Americans with Disabilities Act.

(continued on page 8)

**10 Things You Need to Know about Planes, Trains and Automobiles**

(continued from page 7)

**7. Providing Transportation Services.** (continued) Its [Initiatives web page](#) highlights current partner projects and best practices in accessible transportation. [United We Ride](#) provides a transportation-coordination and planning self-assessment tool, technical assistance and other resources to help state and local agencies succeed in serving those with special needs. CTAA's [Community Transportation Assistance Program](#) provides training and support to transportation professionals interested in making community services accessible to all citizens through safe and affordable transportation services. In addition, the [National Center on Senior Transportation \(NCST\)](#) gathers and shares [best practices](#) for transportation providers, as well as information covering a range of topics from [assisted transportation](#) to [older driver safety](#). In addition to its [e-Learning](#) trainings and free [resources and publications](#), professionals or organizations may contact NCST for information or [technical assistance](#) by calling 1-866-528-NCST (6278) or emailing [ncst@easterseals.com](mailto:ncst@easterseals.com).

**8. Summer Car Safety.** Schools will be letting out soon, and families across the United States will hit the road for summer vacation. But before you leave, make sure you "[summerize" your car](#). For example, prepare your cooling system for scorching temperatures, make sure your air conditioner is working well and check your brakes. [DMV.org](#) has a variety of [how-to guides on car maintenance](#) and other topics, such as how to [change a tire](#), [prepare an emergency kit](#) or [save on gas](#). You should also read the Montana Department of Transportation's guide, "[Focus on Safety – Cool Tips for a Safe Summer Trip](#)." In addition, the [NHTSA](#) has an interactive series of [summer driving tips](#) covering multiple stages of your journey. ([Download a PDF version](#) in English or Spanish.)

**9. 180-Days around the World.** Perhaps your summer plans include a trip across the country or around the world. Whether traveling by plane, train or automobile, long-distance travel requires you to think ahead and plan accordingly. In her [guest blog](#) published last October, Emily Buchanan detailed important things people with disabilities should consider before, during and after long-distance air travel, such as what kind of assistance you might need and how to ask for help ahead of time. The U.S. Transportation Security Administration (TSA) recommends passengers with disabilities complete a [TSA Notification Card](#) and call the [TSA Cares](#) helpline toll-free at 1-855-787-2227 for information about the screening process. In addition, the Amputee Coalition offers a very thorough factsheet on "[Travel Information for People with Disabilities](#)," which addresses travel by airplanes, trains, buses, cruises or automobiles.

**10. Driving as You Age.** One important aspect of driving is knowing when it is time to temporarily or permanently put down your car keys. NCST's publication on [older driver safety and transition](#) advises individuals to evaluate how changes in vision, hearing, flexibility and strength may affect their driving skills and what steps can be taken to ensure their ongoing safety. The AARP lists [10 warning signs](#) that indicate when a person may need to limit or stop driving, including repeatedly almost crashing, getting lost or responding slowly to traffic situations. If you need to speak to a loved one or friend about their driving skills, take AARP's free online seminar, "[We Need to Talk](#)," which includes information from [The Hartford](#) and the [MIT AgeLab](#) on how to guide these sensitive discussions.

Read past issues of the Disability Connection at [www.disability.gov/newsroom/disability-connection-newsletter/](http://www.disability.gov/newsroom/disability-connection-newsletter/) (*May 2014 Disability Connection Newsletter* [www.disability.gov/disability-connection-newsletter-may](http://www.disability.gov/disability-connection-newsletter-may))

At the Ohio Polio Network Conference we will be electing a new OPN Board of Directors. We need people with new ideas and those who would like to share their talents. Please let us know if you would be interested in serving on the Board. For more information, contact any OPN Board Member on page 9 of this newsletter or go to the Contact Us page of the OPN website <http://www.ohiopolionetwork.org/id37.html> Thanks, Pat



**OPN BOARD AND ADVISORY BOARD**

**President**

Patrick Kelly  
Marietta, OH  
(740) 374-0538

**Vice-President**

Brenda Ferguson  
Tallmadge, OH  
(330) 633-8221

**Secretary**

Patricia L Novak  
Oak Harbor, OH  
(419) 898-3130

**Treasurer**

Ruth McCort  
Akron, OH  
(330) 724-8302

**Support Group Liaison**

Aldeen "Monica" Wilford  
Gahanna, OH

**DB Administrator**

Nelson Sommers  
Cuyahoga Falls, OH  
(330) 807-6085

**Parliamentarian**

Bud Boote  
Hudson, OH  
(330) 653-5395

**OPN Board**

Patty Evans  
Ashville, OH  
(641) 780-5507



**OPN Board**

Judith Peascoe  
Vienna, WV  
(304) 295-4233

**OPN Board**

Warren Peascoe  
Vienna, WV  
(304) 295-4233



**OPN Advisory Board**

Anthony Hayek, D.O.  
Edwin Shaw Rehab  
Akron, OH  
(330) 784-9306

**OPN Advisory Board**

Dave Livingston  
Westlake, OH  
(440) 420-3715

**OPN Advisory Board**

Greg Nemunaitis, MD  
MetroHealth  
Cleveland, OH  
(216) 778-3850

**OPN Advisory Board**

Robert W. Shields, Jr., MD  
Cleveland Clinic  
Cleveland, OH  
(800) 223-2273

**OPN Advisory Board**

Nikki Wingerson  
Stow, OH  
(330) 686-1071



**Post-Polio Support Groups**

**Akron**

Brenda Ferguson  
(330) 633-8221  
Ruth McCort  
(330) 724-8302

**Central Ohio Polio Network (Columbus)**

Aldeen "Monica" Wilford  
(614) 337-0990  
Susan Cull  
(614) 204-4089

**Coal Grove (Ironton)**

Carolyn Melvin  
(740) 532-7572

**Defiance Area (Northwest Ohio)**

John Schatz  
(419) 782-4699

**Greater Cleveland**

Alice Sporar  
(440) 942-1557

**HELPS (New Philadelphia)**

Winnie Walker  
(330) 339-6910

**Lorain County (& Western Cuyahoga County)**

Joanne Sage  
(440) 327-9971

**Miami Valley (Dayton)**

Arlene Zachritz  
(937) 433-1186

**Mid-Ohio Valley Parkersburg WV**

Warren Peascoe  
(304) 295-4233

**Stark County (Canton)**

Linda Conrad  
(330) 877-2632

**Toledo Post Polio Connection**

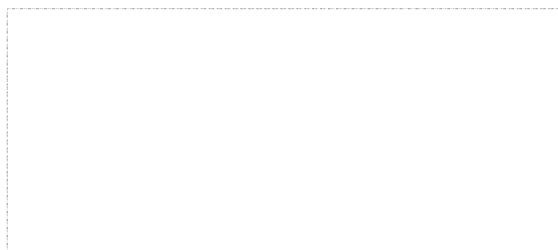
Sandy Foss  
(419) 893-8110

**Wooster & Wayne County**

Vivian Gray  
(330) 264-2270  
Jim Straub  
(330) 264-2897

| <p><i>The Polio Post</i> is published quarterly. All articles are due according to the following schedule:</p> <table border="1"> <thead> <tr> <th><u>Issue</u></th> <th><u>Date Due</u></th> </tr> </thead> <tbody> <tr> <td>Spring</td> <td>March 1st</td> </tr> <tr> <td>Summer</td> <td>June 1st</td> </tr> <tr> <td>Fall</td> <td>September 1st</td> </tr> <tr> <td>Winter</td> <td>December 1st</td> </tr> </tbody> </table> <p>Please forward letters and articles to the return address on the newsletter or e-mail to <a href="mailto:amsporar@worldnetoh.com">amsporar@worldnetoh.com</a></p> | <u>Issue</u>  | <u>Date Due</u> | Spring | March 1st | Summer | June 1st | Fall | September 1st | Winter | December 1st | <p>Membership Categories:</p> <ul style="list-style-type: none"> <li>• Sponsor - \$50.00</li> <li>• Basic - \$10.00</li> <li>• Special Gifts</li> </ul> <p>OPN is a non-profit &amp; tax exempt organization under:</p> <p>IRS 501(c)3 and<br/>Public Charity 509 (a) (2)</p> | <p>Make checks payable to:<br/>Ohio Polio Network<br/>c/o Ruth McCort<br/>1048 Austin Avenue<br/>Akron, OH 44306-2956</p> <hr/> <p>Alice Sporar - Editor</p> <p>Nelson Sommers - Formatting/Publishing</p> <p>Ruth McCort &amp; Brenda Ferguson-<br/>Printing &amp; Mailing</p> <p>Patrick Kelly - Advisor</p> |
|---|---|-----------------|--------|-----------|--------|----------|------|---------------|--------|--------------|---|--|
| <u>Issue</u>  | <u>Date Due</u>   |                 |        |           |        |          |      |               |        |              |   |  |
| Spring  | March 1st   |                 |        |           |        |          |      |               |        |              |   |  |
| Summer  | June 1st  |                 |        |           |        |          |      |               |        |              |   |  |
| Fall  | September 1st   |                 |        |           |        |          |      |               |        |              |   |  |
| Winter  | December 1st  |                 |        |           |        |          |      |               |        |              |   |  |
| <p><b>Disclaimer Notice: The thoughts, ideas, and suggestions contained in this publication are those of the writers and do not necessarily constitute an endorsement or approval of OPN. The articles are for information only. Consult your health care provider before beginning any new medications, nutritional plans or any other health related programs.</b></p>  | <p>Select One: New Membership ___ Renewal ___ Change of Address ___</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ State: _____ Zip Code _____</p> <p>Phone Number: _____</p> <p>E-mail Address: _____</p> |                 |        |           |        |          |      |               |        |              |   |  |

The Polio Post  
c/o Alice Sporar  
7251 Olde Farm Lane  
Mentor, OH 44060-3995



[www.ohiopolionetwork.org](http://www.ohiopolionetwork.org)

**2015 Ohio Polio Network Conference  
Information in this Issue**