

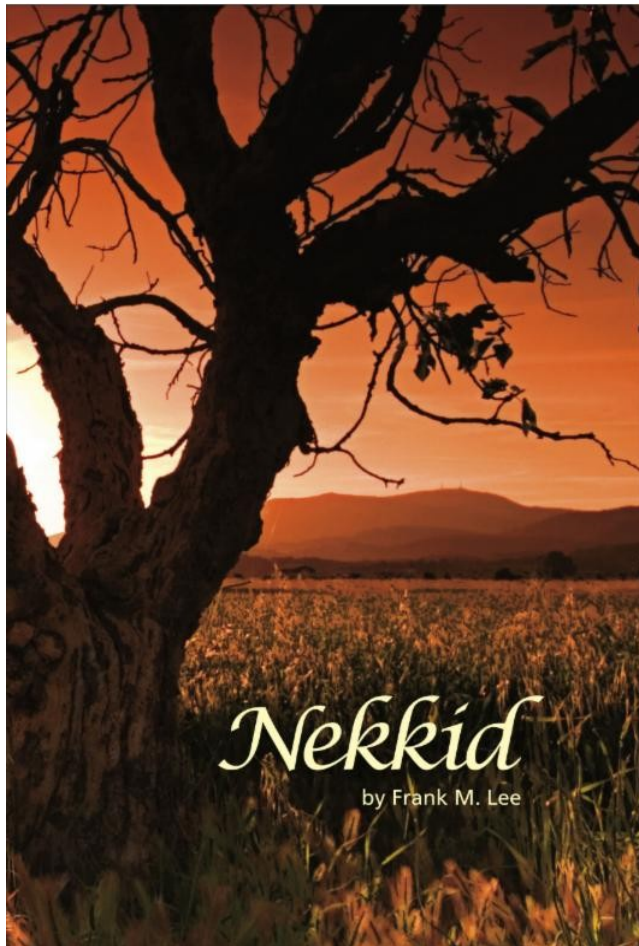


# The Polio Post

Ohio Polio Network Newsletter

Spring 2014 Issue

## A Childhood Memoir of Frank Lee



This is the story of a small town boy's struggle with polio, a disease that once dominated the landscape of America, poverty, and complicated familial relations. It is a rich memoir of life in rural Tennessee set in the mid-20th century.

Young Frankie Lee Moody, or the "Kid" as he refers to himself, demonstrates a keen understanding of those around him and isn't afraid to use it to get what he wants. Whether he is orchestrating a daring escape from the hospital or finagling a way to have spending money for his trips into town, the Kid's creative ingenuity makes him a fascinating narrator.

*"The Kid didn't know what to do with himself for most of the first year he was out of the hospital. It was like starving to death within reach of a magnificent buffet because every-*

*thing was so good he couldn't make up his mind what to reach for first."*

From his early years as an impish toddler through years of family hardship and on to his diagnosis and treatment, the Kid shines with life and light. The stories of the Kid's adventures and the diverse characters he encounters will reveal the "nekkid" truth of the difficulties in surviving poverty and disability.

*"He never had money to do things like all the other kids seemed to do. He wasn't all that sure what they did but he was sure it was something he'd enjoy the hell out of if he only had the money to do it."*

Frankie, later Frank M. Lee, lived an inspiring life. Despite a career in journalism and broadcasting which led him on a widely swathed geographic path, he never forgot that his roots grew deep in Tennessee. A part of him always remained the Kid, trying to outrun his crutches while flashing a mischievous smile.

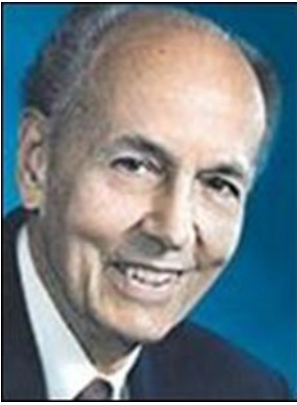
Available at Amazon.com or through Connie Breitbeil at [conniebreitbeil@yahoo.com](mailto:conniebreitbeil@yahoo.com)

Editor: Alice Sporar

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**FINDLAY** — Dr. George Henry Koepke, a Toledo native and a pioneer in physical medicine and rehabilitation, particularly in aiding polio victims, died Tuesday in his home in Findlay.

Dr. Koepke, 97, died of apparent natural causes, said his daughter, Susan Healy.

He still attended continuing education courses in medicine until recently, his daughter said.

In 1953 he was the University of Michigan's first resident of its fledgling department of physical medicine and rehabilitation, joining the faculty a year later.

While teaching physical medicine and rehabilitation at UM, he founded a laboratory for electroneuromyography, which evaluates electrical activity produced by skeletal muscles. The technique is applicable to the care of amputees and burn victims. In 1958

he developed the school's orthotics and prosthetics division.

He was born in Toledo on Jan. 1, 1916, to Gust and Louise Koepke.

After graduating from DeVilbiss High School, he worked at his uncle's slaughterhouse to save for medical school. His job was to kill the steers, his daughter said. "He just hated that," Ms. Healy said.

He received a BS from the University of Toledo in 1945, and then went to Chicago for a two-year program to become a doctor of osteopathic medicine, Ms. Healy said.

He practiced osteopathic medicine until he could afford the University of Cincinnati, earning his medical degree in 1949. He played saxophone in bands while in college to raise money for school, his daughter said.

Dr. Koepke interned at the Toledo Hospital, followed by a residency in physical medicine and rehabilitation at UM. In 1954, while an instructor at UM, he was appointed director of physical medicine and rehabilitation at Opportunity House. Opportunity House, operated by the Toledo Society for Crippled Children for polio victims, served as a convalescent hospital, home, and school. It was sold to the Catholic diocese in 1963, which turned it into St. Anthony's Villa orphanage. His appointment to Opportunity House was deemed critical to the facility's outreach for children suffering from polio, or infantile paralysis, an acute viral infection that swept the country in a series of epidemics through the mid-1950s. His work with polio became personal when his daughter Sandra contracted the illness at age 4, Ms. Healy said. Polio vaccines developed in 1950 halted the epidemics. Dr. Koepke was a member of the University of Michigan team working on polio treatments when Dr. Jonas Salk announced his vaccine in 1955 in Ann Arbor, his daughter said. Dr. Koepke transferred his knowledge of polio's neurological effect on muscles and bones into treatments involving orthotics, prosthetics, and respirators, Ms. Healy said.

In 2006, the University of Michigan's board of regents lauded Dr. Koepke as a pioneer, calling him "a strong mentor and a major influence on trainees in the field of physical medicine and rehabilitation. "He was instrumental in developing the science and rationale for the clinical aspects of [physical medicine and rehabilitation], including electrodiagnostic medicine ... and rehabilitation of burns," said a citation naming him professor emeritus.

He retired from UM in 1976, moving to Saginaw, Mich., where he began a private practice. He remained there until 1985 when he moved to Findlay.

In Findlay he continued his involvement with medicine, working with the Hancock County Medical Society. He volunteered with the Blanchard Valley Regional Health Center, expanding its medical library and assisting the hospital in its accreditations, Ms. Healy said. The hospital's medical library bears his name.

Dr. Koepke was an avid horseman and kept a Vermont Morgan. He also owned an airplane, having received his pilot's license in the 1960s.

He married the former Helen LaBoiteaux in Perrysburg on Oct. 6, 1940, and she died in 2010.

Surviving are his daughters Susan Healy and Sandra Bunting, four grandchildren, and five great-grandchildren.

Tributes are suggested to the First Presbyterian Church or the Blanchard Valley Health Foundation's physicians' medical education endowment fund.

Contact Jim Sielicki at: [jsielicki@theblade.com](mailto:jsielicki@theblade.com) or 419-724-6050.

### INTERESTING POLIO HISTORY

Early on, polio was called Heine-Medin Disease, after Jakob Von Heine and Karl Oskar Medin. Jakob Heine in 1840 reported on this disease to the German Society of Natural Scientists and Physicians in Freiburg. He prescribed paralysis in children that may occur following convulsions. The German neurologist Ernst Adolph Gustav Gotfried Von Strumpell (1853-1925) described the cerebral form of polio, which he called Strumpell's Disease 2. The Swedish physician Karl Oskar Medin (1847-1928) in 1890 was the first to carefully study an epidemic of poliomyelitis and drew attention to the epidemic character of the disease.

In 1909, the Australian-born American immunologist and pathologist, Karl Landsteiner (1868-1943), and German Pathologist, Erwin Popper, were able to produce signs of paralysis similar to those of poliomyelitis in a rhesus monkey, using cells and fluid from the brain and spinal cord of a child that died from the disease. Larger epidemics of the viruses such as smallpox, yellow fever, influenza and measles were noted further back in history.

*(By Professor Michael Kossove, Touro College-School of Health Sciences)*

### MILLIONS MISSING OUT ON MEDICARE DRUG SAVINGS

More than two million people on Medicare could be getting their prescription drugs nearly for free, but don't. That's because they haven't signed up for Extra Help, an important Medicare benefit that subsidizes drug costs for low income senior citizens. Extra Help can pay nearly all of the prescription drug costs a senior incurs in a Part D drug plan. It is provided automatically to seniors receiving Medicaid or Supplemental Social Security Income benefits. In some states, Extra Help also is automatic for people receiving benefits through the Medicare Savings Program, which helps subsidize Medicare Part A (hospitalization) and Part B (outpatient) premiums. But among seniors who do not automatically qualify, less than half are enrolled in Extra Help, according to Jack Hoadley, a research professor at the Health Policy Institute of Georgetown University who tracks the program.

Though Medicare's annual fall enrollment season is past, it's good info to remind seniors that they may be eligible. The benefit is substantial – annual savings can easily total \$800 on premiums and deductibles, and can be much higher for seniors with high drug spending. Two factors determine your eligibility for Extra help: income and assets. Your income cannot exceed the federal poverty level guidelines. For seniors with incomes of 135% of the federal poverty level or lower, Medicare pays the entire annual premium, expected to average \$480 in 2014, according to the Kaiser Family Foundation. Extra Help also covers deductibles, which typically run \$310 for the year.

Seniors with incomes ranging from 135% to 150% of the federal poverty level get a partial subsidy of premiums and deductibles on a sliding scale, and are responsible for somewhat higher co-pays. This year, the poverty level guidelines translated into full Extra Help benefits to individual non-Medicaid enrollees with annual income of less than \$17,235, and assets less than \$13,300; married enrollees qualified with income below \$23,265 and assets less than \$26,580. Key income sources that are counted include wages, Social Security benefits, pensions, annuities, alimony, rental income and workers' compensation. The asset definition meanwhile, includes funds in checking or savings accounts, stocks, bonds, mutual funds and IRA's. Your home, car, life insurance policies and other miscellaneous items are not counted. Seniors who are not automatically qualified for Extra Help will need to apply through the Social Security Administration.

*(Mark Miller – Reuters/Sun Sentinel)*

# Have a Wonderful Spring





In this 1994 photo Dr. Robert M. Eiben is shown with iron lungs stored in the basement of the MetroHealth Medical Center, relics of the polio treatment days when Eiben started his medical career. (*Gus Chan, The Plain Dealer*)

CLEVELAND, Ohio – Dr. Robert M. Eiben, a physician whose own childhood disease never kept him from aiding thousands of children during his more than four-decade-long medical career, died Dec. 28 at his home in Lakewood at age 91.

Eiben was born with a congenital heart defect that left him frail, but determined to pursue his dream of becoming a doctor. He struggled with the physical limitations of the defect until he had open heart surgery at age 37.

The award-winning doctor's life included roles as a treatment specialist for patients with [polio](#) and childhood neurological disorders, a teacher of future medical professionals, and a father to six children and 12 stepchildren. Eiben received his medical degree from the Western Reserve (now [Case Western Reserve University](#)) School of Medicine in 1946. That same year he married his first wife, Dorothy, and they raised six children.

He was hired by Dr. John Toomey, director of infectious diseases in the department of pediatrics, at City Hospital

(what is now the [MetroHealth Medical Center](#)).

After Toomey's death in 1950, Eiben replaced him as director, and served at the Toomey Pavilion, one of 15 regional respiratory and rehabilitation centers in the country treating polio patients. In a 1959 edition of the facility's newsletter, one person who had received care at the Pavilion wrote, "Dr. Eiben does not treat only the disease, he treats the patient."

For his efforts, Eiben became known as "Greater Cleveland's Polio Doc." But with advent of the Salk polio vaccine, the patient load diminished and Eiben accepted a fellowship in pediatric neurology at the University of Washington in 1959.

He returned to MetroHealth in 1963 to lead efforts in children's neurology, particularly research relating to cognitive and brain-related challenges faced by low-weight babies. He was appointed director of child neurology and worked there until his retirement in 1990.

During that time Eiben served as acting chief of the Clinical Investigations and Therapeutics, Developmental and Metabolic Neurology branch of the National Institute of Neurological Disorders and Strokes from 1976-1977.

In 1981, he married his second wife, Anne, who had 12 children from her first marriage.

Additionally, Eiben served as a professor of pediatric neurology at his alma mater. His honors include the Robert M. Eiben Lectureship in Pediatric neurology established at Case Western Reserve University's School of Medicine in 2008.

He also was recognized by the Fourth International Congress of Poliomyelitis for his work on respiratory centers, inducted into MetroHealth's Hall of Honor, and served multiple leadership roles (including president) of the Child Neurology Society.

In 1991, a year into retirement, Eiben reflected on his career in a newspaper story.

"Fate deals so many assists or blocks in your plans that I find it's a little bit of chance or good fortune that you end up doing what you do," he said. "I feel I've been very, very lucky." "Honest to goodness, it's a privilege to be a doctor, because people are entrusting to you and your judgment," he added. "That's the reward in medicine."

*Plain Dealer News Researcher Jo Ellen Corrigan contributed to this story.*

## **POLIO HEALTH INTERNATIONAL CONFERENCE**

### **St. Louis 2014 May 31 through June 3 Hyatt Regency St. Louis at The Arch**

You are invited to take advantage of an extraordinary opportunity PHI's 11th international conference.

During the three days of programming on June 1-3 you will be able to see the latest in bracing design, respiratory assist devices, multimode ventilators and interfaces.

Presentations and interactive discussions will feature the philosophical and practical aspects of end-of-life decisions, explorations of faith and disability and changing relationships through a life span.

There will be an opportunity to gather facts and hear about the experiences of other survivors on attendant care, accessible homes and design, aging solo, staying active in mind and body and tips on assessing your abilities.

Included in "Promoting Healthy Ideas" will be topics such as weight management, sleep, managing medications, attention-getting pain, update on research and future needs of polio survivors. You will be able to explore QiGong, yoga, music therapy, ideas for maintaining posture and dealing with worry.

On Saturday, May 31, PHI will welcome first-time conference attendees at a social session from 3:00 PM to 4:15 PM. All will be welcomed at a special dinner Saturday evening at 6:00 PM. (The final session will end at 3:00 PM on Tuesday, June 3.)

The other evenings will be a time for rest and reflection on the days activities; spending time with old friends and making new ones. At nearby at Busch Stadium, the St. Louis Cardinals will play the San Francisco Giants on Saturday and Sunday at the Kansas City Royals on Monday and Tuesday. The hotel is located in downtown St. Louis, and to find other evening activities in the area, see <http://explorestlouis.com>.

A block of rooms has been reserved at the Hyatt Regency St. Louis at the Arch, 315 Chestnut St. Additionally, we have contacted hotels close by and have accessible rooms available in an overflow hotels should the need arise. Individuals may register for room online at [www.postpolio.org/net/11ConfHotelInfo.pdf](http://www.postpolio.org/net/11ConfHotelInfo.pdf), and must complete the accessibility survey, or by phone 314-655-1234. The accessibility survey will also be in the registration materials. There are many people in our group who have mobility problems pH I will make every effort to meet accessibility needs. Please understand these rooms will be assigned based on essential need not solely on first come, first-served.

Registration materials and updated program details will be posted on [www.post-polio.org](http://www.post-polio.org) in early November. Individuals who do not have access to the Internet may request a print registration pocket by calling 314-534-0475 or mailing the requests to PHI, 4207 Lindell Blvd., Number 110, St. Louis, MO 63108

### **MEDITATION: TAKE A STRESS-REDUCTION BREAK WHEREVER YOU ARE**

by Mayo Clinic Staff

If stress has you anxious, tense and worried, consider trying meditation. Spending even just a few minutes in meditation can restore calm and inner peace.

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment. And you can practice meditation wherever you are - whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

#### **Understanding meditation**

Meditation, considered a type of mind-body complementary medicine, produces a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well-being.

**Benefits of meditation**

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and improve certain medical conditions.

**Meditation and emotional well-being**

When you meditate, you clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increased self-awareness
- Focusing on the present
- Reducing negative emotions

**Meditation and illness**

Many healthy people use meditation as a way to relax the body and reduce stress. But meditation also might be useful if you have a medical condition, especially one that may be worsened by stress.

A growing body of scientific research is supporting the health benefits of meditation. But many of the studies aren't of high quality, and some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help such conditions as:

- Allergies
- Fatigue
- Anxiety disorders
- Heart Disease
- Asthma
- High blood pressure
- Binge eating
- Pain
- Cancer
- Sleep problems
- Depression
- Substance abuse

Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these or other medical conditions. Meditation isn't a replacement for traditional medical treatment. But it can be useful in addition to your other treatment.

## Types of meditation

There are many types of meditation and relaxation techniques with meditation components. But all share the same goal of inner peace.

### Ways to meditate can include:

**Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds, and textures. You may be led through this process by a guide or teacher.

**Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts. Transcendental meditation is a type of mantra meditation in which you achieve a deep state of relaxation to achieve pure awareness.

**Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions, but let them pass without judgment.

**Qi gong.** This practice generally combines meditation, relaxation, physical movement, and breathing exercises to restore and maintain balance. Qi gong (che-kung) is part of traditional Chinese medicine.

**Tai chi.** This is a form of gentle Chinese martial arts. In tai chi (tie-chee), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.

**Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

## Elements of meditation

Different types of meditation may include different features to help you meditate. These may vary depending on whose guidance you follow or who's teaching a class. Some of the most common features in meditation include:

**Focusing your attention.** Focusing your attention is generally one of the most important elements of meditation. Focusing your attention is what helps free your mind from the many distractions that cause stress and worry. You can focus your attention on such things as a specific object, an image, a mantra, or even your breathing. Don't fret when your mind wanders. Just return to your focus of attention.

**Relaxed breathing.** This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs. The purpose is to slow your breathing, take in more oxygen, and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently.

**A quiet location.** If you're a beginner, practicing meditation may be easier if you're in a quiet spot with few distractions - no television, radios, or cell phones. As you get more skilled at meditation, you may be able to do it anywhere, especially in high-stress situations where you benefit the most from meditation, such as a traffic jam, a stressful work meeting, or a long line at the grocery store.

**A comfortable position.** You can practice meditation whether you're sitting, lying down, walking, or in other positions or activities. Just try to be comfortable so that you can get the most out of your meditation.

## Everyday ways to practice meditation

Don't let the thought of meditating the "right" way add to your stress. Sure, you can attend special meditation centers or group classes led by trained instructors. But you can also practice meditation easily on your own.

And you can make meditation as formal or informal as you like - whatever suits your lifestyle and situation. Some people build meditation into their daily routine. For example, they may start and end each day with an hour of

meditation. But all you really need is a few minutes of quality time for meditation.

### **Tips to practice meditation on your own**

Here are some ways you can practice meditation on your own, whenever you choose. Take a few minutes or as much time as you like to practice one or more of these meditation methods:

**Breathe deeply.** This technique is good for beginners, because breathing is a natural function. Focus all attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing.

**Scan your body.** When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's pain, tension, warmth, or relaxation. Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body.

**Repeat a mantra.** You can create your own mantra, whether it's religious or secular. Examples of religious mantras include the Jesus Prayer in the Christian tradition, the holy name of God in Judaism, or the om mantra of Hinduism, Buddhism and other eastern religions.

**Walking meditation.** Combining a walk with meditation is an efficient and healthy way to relax. You can use this technique anywhere you're walking - in a tranquil forest, on a city sidewalk, or at the mall. When you use this method, slow down the pace of walking so that you can focus on each movement of your legs and feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as lifting, moving, and placing, as you lift each foot, move your leg forward, and place your foot on the ground.

**Engage in prayer.** Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions. You can pray using your own words or read prayers written by others. Check the self-help or 12-step-recovery section of your local bookstore, for examples. Talk with your rabbi, priest, pastor, or other spiritual leader about resources.

**Read or listen and take time to reflect.** Many people report that they benefit from reading poems or sacred texts silently or aloud and taking a few moments to quietly reflect on the meaning that the words bring to mind. You can listen to sacred music, spoken words, or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader.

**Focus your love and gratitude.** In this type of meditation, you focus your attention on a sacred object or being, weaving feelings of love and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the object.

### **Building your meditation skills**

Don't judge your meditation skills, which may only increase your stress. Meditation takes practice. Keep in mind, for instance, that it's common for your mind to wander during meditation, no matter how long you've been practicing meditation. If you're meditating to calm your mind and your attention wanders, slowly return to the object, sensation, or movement you're focusing on.

Experiment, and you'll likely find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you with stress reduction and feeling better overall.

Reprinted from *Second Time Around*, October 2011, Publication of Boca Area Post Polio Group, Boca Raton, FL.

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Source: [mayoclinic.com/health](http://mayoclinic.com/health)



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