LAURA BARBOUR RECEIVES RUTH CORNWELL AWARD

The Michigan Polio Network, Inc. wishes to congratulate Laura Barbour on receiving the Ruth Cornwell Memorial Award for her excellent work as Librarian of our Michigan Polio Network, Inc. Post-Polio Library. Laura has also been helpful on the Election Committee and Membership committee. Thank you Laura and Congratulations.

THE RUTH CORNWELL MEMORIAL AWARD PRESENTED TO LAURA BARBOUR IN RECOGNITION AND APPRECIATION OF YOUR MANY CONTRIBUTIONS, YEARS OF DEDICATION, AND OUTSTANDING SERVICE TO THE THE MICHIGAN POLIO NETWORK INC. GRAND BLANC, MICHIGAN October 5, 2013
FROM THE CHAIR

FALL 2013

Where did the Summer go? It seems that we were just bringing the patio furniture out and now it goes back to the garage.

We just returned from the Wellness Retreat at Bay Cliff Health Camp where we enjoyed renewing friendships and greeting new polio survivors. [see related article page 4]

With the new Medicare Competitive Bidding program it will be more difficult for many of us to either have Medicare pay for our Durable Medical Supplies or to get repairs on what we already own. These areas in Michigan are affected by the program: Detroit-Warren-Livonia, MI, Flint, MI, Grand Rapids-Wyoming, MI. If you live away from these areas your DMS provider should be able to process your request. If you order your DM supplies on line, the national mail-order competition includes all parts of the United States. [see page 9 for more details]

Post-Polio International will be hosting a polio conference at the Hyatt Regency St. Louis at The Arch, 315 Chestnut Street, St. Louis, Missouri, USA, 63102. For more information see www.postpolio.org.

On Saturday October 5, the MPN hosted a Post-Polio Educational Conference that was warmly received by all.

The two morning speakers Devinder Mahajan MD provided information on sleep apnea, and Vijayalakshmi Nagappan MD, a polio survivor, discussed exercise & nutrition for polio survivors. Our keynote speaker Professor Mike Kossove, a polio survivor, educated and entertained everyone with his talk on Polio 101 and Post-Polio.

For more details on the conference see the related articles on pages 10-15 and on our web site www.michiganpolionetwork.com.

We understand that many polio survivors were unable to attend the conference, but we continue to seek your input on how we can serve all polio survivors in Michigan. What topic would you like to see in the Perspectives or on the web site? Enjoy the happy holiday season, stay safe, and stay warm. ❤

Bruce

ATTENTION POLIO SURVIVORS

WE NEED YOUR HELP

As we continue to age and find it more difficult to travel to get post-polio information first hand, we depend on what we find in written material and what we find on the web. Here is where you can contribute. What polio/post-polio topics would you like to see in the Perspectives, on the web site or at future conferences?

One of the best kept secrets of the Michigan Polio Network is our lending library. We have a large number of polio related books and videos available for you to borrow. Many of these are listed at www.michiganpolionetwork.com. We also have polio related fact sheets that are free to keep, and can be used when talking to your doctor. Contact: LIBRARIAN, Laura Barbour, 1156 Avon Manor Road, Rochester Hills, MI 48307-5415, 989-739-4065 (Network number) denilaur@sbcglobal.net.

Exercise for post-polio survivors was discussed at our conference and this video fits that topic: “Yoga for Post-Polio Patients” 2004 John P. Murtha Neuroscience Institute. Hatha Yoga, breath awareness and stress reduction to people with PPS, increase your energy, reduce fatigue and create an increased sense of well-being. SEVERAL COPIES AVAILABLE from our library.

Two new books, “Paralyzed With Fear” and “The End of Plagues” have just been added to our library and are available to borrow.

If you find an interesting polio related article or have topics you would like discussed, please forward to:

Polio Perspectives Editor, Vera Hazel 2015 15235 Ackerson Dr Battle Creek, 49014 (269) 964-8184 Hazel3SGS@comcast.net
ADVERTISING SPACE IS AVAILABLE in Polio Perspectives.
For additional information, please contact Tim Brown, email at treasurer@michiganpolionetwork.com or call (989) 739-4065.
RETURN TO BAY CLIFF

by Bruce & Dianne Sachs

For the last 80 years Bay Cliff has been a Summer haven for children with physical needs. Bay Cliff Health Camp, founded in 1934, is a non-profit organization, located on 170 acres of land overlooking Lake Superior, near Big Bay in Marquette County. Presently there are over 30 programs organized to meet the needs of handicapped children and adults.

September 9, 2013 again found Dianne and I at the “magical place” on the shore of Lake Superior ready to breath in the pure air, renew friendships with former campers, meet the new campers, and fill our heads with more post-polio information. The week long program, directed by Christy Osborn, consisted of sessions by Dr. Fred Maynard, Dr. Bill Waring, Dr. Marny K. Eulberg, Mary Waring, Sunny Roller and Sandy Loyer and numerous small group sessions dealing with health and wellness. We also had crafts, jam making, soap making, ceramics, yoga, exercise, swim & sauna, silk scarf dyeing, fishing, archery, nature walk and roll, lighthouse tour, and a trip to Thomas Rock [the highest point in the area] We enjoyed a bonfire, ice cream social, movie night, and socializing. We brought books, Michigan Polio Network materials, and Perspectives to share.

Bay Cliff invited new campers from Oklahoma, Pennsylvania, California, and Dr. Marny K. Eulberg, from Colorado to join us in a week of education and fellowship.

After the Friday evening’s closing program many of the campers headed for their homes. The rest of us enjoyed a Saturday going away breakfast and after many good bye hugs, we returned to the outside world of newspapers, radio and television, and cell phones. We reflected on the week spent on Body, Mind and Spirit and look forward to next year.
LONG TIME, NO SEE

By Ron Magnuson

An old friend of mine invited me to visit him at his Canadian home yesterday. When I say old friend, I mean that Mike and I have not seen each other for the last sixty years.

There were three of us then, Mike, Chuck and I. We were nine years old when we were struck down in the suffocating, merciless summer of 1952 by Polio. After passing a couple of weeks at Children’s Hospital and Herman Kiefer Hospital, when the worst of what was going to happen to us had happened, we were shipped off to Sigma Gamma Teaching Hospital in Mount Clemens for rehabilitation.

It was there that the horror of what happened to us began to sink in. It was there that we realized that we were entombed in useless, dead bodies. It was there that we felt betrayed. It was there that we felt abandoned. It was there that we felt abject hopelessness. It was there that we were quarantined from anyone we had ever known or loved. It was there that we began that long, tortuous task of rehabilitating the debris that Polio had left behind. It was there that we spent the next year of our young lives.

But at the end of that year we walked out of there. Slowly, haltingly, with the aid of braces and crutches, but we did walk out of there. We returned home but not to our former schools and classmates. Buses were sent to our homes to take us to Leland school for the Handicapped on Saint Antoine Street in downtown Detroit. Our period of quarantine was not completely over. It was during the years at Leland that the three of us became inseparable. We did everything together right up to graduation when we finally could join the “normal” kids.

And that was the last time that I saw Mike or Chuck. Until yesterday. Mike said that Chuck came to visit him at his Florida Home. To nobody’s surprise, Chuck had become a drug using, heavy drinking biker. Mike had bounced around from one thing to another, made a ton of money, lost it all, got it back, got married and then divorced. He was now ruminating about how Polio had affected our lives. We remarked how different our lives had been and yet how they had been exactly the same.

About the only thing that we could say with any certainty was that our experience had made us stronger and wiser. Stronger in the sense that we felt if we could beat that disease that took so much from us, we could beat anything. It had given us the fierce determination to succeed at whatever we set out to do. Wiser because we were left with a better perspective of life, with the ability to know the difference between what is truly important and what is not. It gave us the ability to treasure the beauty of a hundred simple moments that occur in each day that many take for granted, to savor the exquisiteness all of the effortless movements to which others are stunningly oblivious. Just to be able to take a step, to walk, to skip, to dance, to skate ……..

“Do you ever think about what it would be like to go back in time and do it all over with what we know right now?”, queried Mike. “Yes, of course. I wonder what we would do differently.”

Mike voiced what we both knew, “Probably nothing.”

And then we both smiled. ☺

“Those we love don't have to be exactly like us.”

“Life is too short for drama and petty things, so kiss slowly, laugh insanely, love truly, forgive quickly, and pray often!”

"Friendship isn't about whom you have known the longest; it's about those who came and never left your side."
A SLICE OF MY LIFE
THE JOURNEY TO AMERICA
By Daina Barthel

As I reflect on my life, and the journey that brought me where I am today I have to go back to Latvia, my homeland. The road to freedom has not been an easy one, especially for one who has suffered a crippling childhood disease. Latvia is a small country on the Baltic Sea in northern Europe. To the north is Estonia, east is Russia, and to the south is Lithuania. For many centuries Latvia was ruled by other nations. In the middle ages it was the Medieval German Empire, later she was ruled by Poles and Swedes. Finally, on November 18, 1918, just after World War I, Latvia was given her freedom. This did not last long, shortly after the outbreak of World War II Latvia was occupied by the communist ruled Soviet Union.

This is when our long journey to peace and freedom begins. In order for my family to survive we had to escape the communist and this meant leaving our home in Latvia. To complicate things I had contracted polio. My parents not only had to worry of our safety but also a four-year-old daughter who had difficulty getting around. All our possessions were abandoned except for the bare necessities needed for survival that were loaded on a cart pulled by a small horse. My two-year-old sister and I rode in the cart as we made our way across Latvia to board a ship that would eventually take us to Germany. Many of these ships were attacked and never reached their destination. We took our chances on the ship; death, destruction and starvation were all around us.

In Germany we were placed in Displaced Person (DP) camps. These were old army camps containing many barracks. In the middle of the camp is the main kitchen. It was there you stood in line, with your tin can, and received what ever was available, which wasn’t very much. We were sent from one camp to another and the conditions never improved. Seven years were spent in these camps, dreaming of a better future. The ultimate dream was to leave those camps and start a new life. During the late 40’s and early 50’s the free world was taking refugees from the war. In order to leave you needed a sponsor, this meant someone or some organization was willing to take the responsibility to help you with our resettlement. I still remember the excitement when our family got word that a Lutheran Church congregation in Ossineke Michigan would be our sponsor.

Thus began our many visits and interviews by committees and doctors to make sure we were worthy to be able to call America our new home. Soon our joy turned to sorrow. After many months of interviews and exams our family was rejected. To be able to enter the United States you had to be “perfect” and I was not. I walked with the aid of a high top shoe, wearing a bulky brace and had a very noticeable limp. We were told that in order for our family to be accepted we would have to wait for a special committee from the United States and be personally interviewed.

There are no words that can explain the devastation I felt. Because of me my family’s dream had come to a halt. I don’t think I have ever been so frightened and scared in my whole life. So much was going through my mind. I was worried that my family might be denied the chance of freedom because of the crippling effects of polio. It seemed like the questions lasted an eternity.

We entered a big room; the only thing in the room was a long table where on one side sat all the immigration dignitaries from the United States government. We were told to take our seats across from them, a translator sat at the end of the table. The questions asked were concerning my medical care and if my handicap would hinder my ability to get a proper education. I don’t think I have ever been so frightened and scared in my whole life. So much was going through my mind. I was worried that my family might be denied the chance of freedom because of the crippling effects of polio.

It seemed like the questions lasted an eternity. Then came their last question, “Now, please stand

Continued next page...
SLICE OF LIFE JOURNEY continued...
up and walk around the room.” My emotions at
that time were indescribable. I got up quickly,
walked around the room, and just as quickly, sat
back down in my chair. My mother and father
have said they have never seen me walk like that
before or since. It was if someone guided my every
step. We were asked to leave the room while the
committee decided our fate. Finally came the news
that would change my life, and my family’s life.
“Yes, you have been granted permission to enter
the United States of America.” What great joy this
brought to my whole family, especially me.
We left Germany around November 14, 1950 and
traveled west across the Atlantic Ocean to Amer-
ica. During our commute we celebrated the Ameri-
can holiday of Thanksgiving before landing in New
York Harbor on November 25th. Seeing the Statue
of Liberty brought us the realization we had finally
reached the land of our dreams. Now began the
journey of our resettlement. A train took us to De-
troit where members of the sponsoring congrega-
tion met us. They traveled with us to our final des-
tination, Trinity Lutheran Church of Ossineke
Michigan.
We lived with the minister and his wife for six
months and at that time they found us a place of
our own. The minister’s wife enjoyed having me
and my sister around since they had no children of
their own. Every evening we would sit by the piano
and she would teach us songs. My first song I
learned in English was “Jesus Loves Me this I
know.” what wonderful first words to learn.
When I sing this song today it still brings tears to
my eyes. To make a little money the minister
found a job for my mother cleaning house for a
woman in Alpena. This woman would come to our
home and pick my mother up and they would drive
to her house. One day as she was bringing my
mother home she saw me limping around in the
yard. She asked the minister what was wrong with
me. He told her I had polio when I was a little girl
and it left me crippled. Next time she came to pick
up my mother she told the minister to tell my fam-
ily that she would help me. Her name was Lila
Gamm and she was a conveyor or driver for the
March of Dimes for Crippled Children in Alpena.
So began my many trips with Lila Gamm to the
University of Michigan Hospital. After 3 major
surgeries along with many weeks and months in
the hospital I was able to say good-bye to my high-
top shoes and clicking brace. I think back now of
all the thousands of ladies in Alpena that could
have needed their house cleaned and God sent this
angel Lila Gamm to me. She made sure all the sur-
geries were covered by March of Dimes. I could
not be more grateful for my Godsend angel Lila
Gamm and the March of Dimes that helped a little
crippled girl from a country oceans away.
This is merely a single slice of my life, there are
many more such slices. It has now been 60 years
since I first set foot on this great land that gave our
family the opportunity for a new life. The road to
freedom has not been an easy one, many obstacles
had to be surmounted. Given the final destination
the journey was well worth enduring all the diffi-
culties met along the way. I learned to appreciate
where I am today and where I have come from. I
wish I could sit at that long table again and now,
without the need of a translator, thank the commit-
tee for giving my family the chance for a new life in
this great nation. I would show them they made
the right decision by granting me and my family
permission to enter this land of opportunity.♦♦♦

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Hello, Readers!

Well, as I take keyboard in hand, it's early October, the MPN Conference is over, and it's finally looking as if autumn just might be "with us," as it's time to put the Capri pants away for the year (boo-hoo!). I've decided to not be the creative writer for this quarter's issue of "Polio Perspectives," preferring to use the book reviews which have been sent my way by Network members. I'm fortunate that many of our borrowers returned their library books with short comments, and I send my thanks to all!

MPN Chairman Bruce Sachs sent along the following comments about two books he read during the summer.

After reading Paralyses With Fear: The Story of Polio, by Gareth Williams, Professor of Medicine and Former Dean of Faculty at the University of Bristol, UK, Bruce wrote: "Although there have been numerous books written about polio and the development of the polio vaccine, this book covers much of the good, the bad, and the ugly in the search [for it.] Some research won Nobel prizes; other work was flawed or fraudulent, holding up progress and endangering the lives of children and adults.

"Although the toll in deaths and disability, from polio, never reached the scale of measles, whooping cough, or influenza, polio was listed in 1952 as Americans' greatest fear after nuclear attack. "According to Amazon.com, this book is considered a textbook mainly because the last 50 pages are footnotes. The book is written in an easy-to-read format, with a minimum of "doctor speak." "I would recommend this book for anyone that was interested in a complete coverage of the development of the polio vaccine."

After reading Limping through Life: A Farm Boy's Polio Memoir," by Professor Jerry Apps, Bruce commented: "His new book is a visit back to the time when the word "polio" caused nationwide panic, and Americans remained helpless against epidemics of this mysterious, crippling, and often fatal disease.

"Growing up on a farm in central Wisconsin, Jerry and his younger brothers tended to the animals and fields. Hard labor was an essential part of living, so when twelve-year-old Apps became ill in January of 1947, his future was threatened. "Apps credits his father with a tough approach toward rehabilitation, which involved forcing his disabled body to do farming chores. According to Apps, 'Tractor driving had been my physical therapy, providing me a very practical motivation: make my leg work, or crash into a fence.' "The book covers Apps' high school years and then his academic work at the University of Wisconsin-Madison, where he studied agriculture. "Having grown up in a small rural town, I believe that this isn't a book for younger readers, but Boomers, polio survivors, and long-time farmers will truly enjoy it. If that's you, then read Limping Through Life. You'll be glad you did."

MPN member Dolores Arlow read Jerry Apps's book, too, and she wrote that she "thoroughly enjoyed" reading it, as she could "relate to it even though (she) contracted polio in 1930s before the age of two. Dolores commented further: "His farm was a visit back to my grandparents' farm. Oh, how it brought back many memories of my struggling earlier days of polio." Dolores encouraged other members to read Limping Through Life.

Carolyn Anderson read Living, Laughing, and Loving Life by Dan Miller. She commented that Miller is "definite on living, laughing and loving his life. He was blessed with an early polio-free life. God had a plan for Dan, and Dan took the plan and ran with it, as well as he could. Type "A" man for sure. An awesome read."

Last spring, I sent a few MPN Library items to

Continued next page...
Library Corner continued...

Barbara Oniszczak, former Librarian/Board Member and recently-arrived Nashville-ian, if one can say that. Each thing came back with a comment on a sticky note, and I'll use a bit more space to share a few of her opinions with you. About Dan Miller's book, reviewed above, Barb wrote, "Amusing! Fun-filled! Informative! What a lucky guy Dan Miller is." After viewing the HBO Documentary called "The Final Inch," Barb opined, "Interesting information on the difficulties workers have to get everyone immunized in 3rd World countries." Barb also read 7 Wheelchairs: A Life Beyond Polio, and she thought that it was a "great read of one's struggle to come to grips with having had polio, and living life afterwards."

So I send my thanks to all of you readers/listeners, who borrowed books and so on from the Library, and then returned them (on time, and thanks for doing that, too!!) with a few words to let us know what you thought. It's very helpful to know that the service we provide through our Library is appreciated.

While thanks are being doled out, let me offer mine to all who attended the October 5th MPN Conference in Grand Blanc. Many attendees stopped at the Library table, where they were able to pick up an info packet, peruse the materials I brought along, and, in a few cases, take one of the books home for a good read! It was great to see all who attended, and I enjoyed chatting with everyone! Finally, to the person or persons unknown who suggested I be considered for this year's Ruth Cornwell Award, I say again that I was very surprised to receive such an honor, and I thank all involved. I'm still quite astonished.

Until next time, when it'll be--shudder!!—winter, with no Capri pants in sight, either, I wish you the best!

Laura Barbour at 2013 conference

Medicare Competitive Bidding Program

“The Competitive Bidding Program replaces the outdated prices Medicare has been paying with lower, more accurate prices. Under this program, suppliers submit bids to provide certain medical equipment and supplies at a lower price than what Medicare now pays for these items. Medicare uses these bids to set the amount it will pay for those equipment and supplies under the competitive bidding program. Qualified, accredited suppliers with winning bids are chosen as Medicare-contract suppliers.

Important: The program doesn't affect which doctors you can use”. www.medicare.gov

Round 2 of the Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (DMEPOS) July 1, 2013 DMEPOS Competitive Bidding Program includes the following categories of items and services:

*Oxygen Supplies and Equipment
*Standard (Power and Manual) Wheelchairs, Scooters, and Related Accessories
*Enteral Nutrients, Equipment and Supplies
*CPAP Devices, Respiratory Assist Devices, and Related Supplies and Accessories
*Hospital Beds and Related Accessories
*Walkers and Related Accessories
*Support Surfaces (Group 2 Mattresses and Overlays)
*Negative Pressure Wound Therapy (NPWT)
*Pumps and Related Supplies and Accessories

The national mail-order competition of the DMEPOS Competitive Bidding Program includes diabetic testing supplies and occurs at the same time as the Round 2 competition. The national mail-order competition includes all parts of the United States, including the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam and American Samoa.

I checked my ZIP code 48043 to check my limits as part of Competitive Bidding Area(s) (CBA):

Detroit-Warren-Livonia, MI CBA includes the following product categories:

Continued on page 16...
2013 MPN Conference Kudos

The 2013 MPN Conference was a delight! Thank you to our registrants—it was great to see familiar faces and some new ones, too. Thank you Dr Devinder Mahajan, Dr Vijay Nagapann and Prof Mike; as speakers you were informative & engaging! We would have loved to be able to hear more!!! Thank you to our vendors & sponsors (listed elsewhere in Perspectives). Vendor Mast Shoes had to cancel due to the arrival of a new baby boy. Congrats to the Mast family!) Thank you to Genesys Athletic Center (GAC) for their attentiveness.

They say that many hands make light work. A big fluffy thank you to the following hands (many are Board members): especially to Bruce Sachs & Tim Brown (given special conference recognition) and then to Laura Barbour (recipient of 2013 Ruth Cornwell Award), Ginny Brown, Mike Davis, Dianne Dych-Sachs, Vera Hazel, Rich & Sharon Kugel (given special conference recognition), Arnie Lemieux, Bonnie Levitan, Dan Matakas, Liina Paasuke, Rick & Gwen Schwendemann, and Karen Street. Please give us your input as indicated in Bruce’s From The Chair column. Thank you all.

Paula Lemieux,
MPN Board Member &
2013 Conference Chair
KEYNOTE SPEAKER
PROFESSOR MIKE KOSSOVE
Topic: Polio and Post-polio 101
Professor Mike’s presentation, with humor, was enjoyed by all. Paula Lemieux presented an award in appreciation and gratitude for his dedication and commitment to Polio Survivors.

DEVINDER MAHAJAN MD
Internal, Pulmonary, Sleep Medicine Oakwood Hospital

Dr Mahajan topic on Sleep Apnea problems showed ways to correct them by means of the use of C-PAP, BY-PAP machines and other breathing devices.

VIJAYALAKSHMI NAGAPPAN MD
Internal Medicine, Infectious Disease Oakwood Hospital

Dr Nagappan topic was on Nutrition and Exercise for Polio Survivors.
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Bonnie Levitan presented the Ruth Cornwell Award to Laura Barbour

Paula presented certificates of appreciation to speakers Dr Mahajan and Dr Nagappan

Paula Lemieux presented an award to Tim Brown For outstanding work as MPN Treasurer, Grand Blanc October 5, 2013

Paula Lemieux presented award to Sharon Kugel In recognition and appreciation of dedicated and outstanding service to the MPN. Grand Blanc, MI October 5, 2013

Some of the conference committee and Professor Mike treated ourselves to a dinner at DaEdoardo Grand Blanc restaurant

Attendees at the conference enjoying professor Mike’s presentation.
BOARD MEMBERS AND CONFERENCE COMMITTEE AT 2013 CONFERENCE

Tim and Ginny
Bruce and Dianne
Arnie and Paula
Rick and Gwen
Laura and Denis
Liina
Vera
Rick and Sharon
Dan
Bill and Donna
Dick and Bonnie
Viji
Karen and Merlyn
Carl
CONTACT AND SUPPORT GROUPS

ANN ARBOR (PPSG)
Liina Paasuke (734) 332-1715
Sunny Roller (734) 971-1335
Meetings 3rd Tues. of August and December.

CLIO AREA POLIO SURVIVORS SUPPORTGROUP
The New Clio Area Polio Support Group is held at the Clio Area Senior Center
2136 W. Vienna Rd. Clio, MI 48420
On the third Friday each month at 9:00-10:30am.
Facilitator is Dennis Hoose.
To join our group call (810) 687-7260

HARTFORD, MICHIGAN - PPSG
Jeannie Wessendorf
Support group meetings at Hartford Federated Church, Hartford Michigan for meeting times please call Jeannie at 269-621-2059 or email jeanniew@provide.net

LANCASTER AREA SUPPORT GROUP
Meet April thru December (except for July)
Margaret Nielsen Williams (517) 336-5921
nielsenwilliams@yahoo.com

MID-MICHIGAN (PPSG)
Jean Iutzi, Harrison, MI (989) 539-3781
Group info. 1-800-999-3199
Meeting twice a year. June and Nov.

SOUTHEAST MICHIGAN (PPSG)
Bonnie Levitan (313) 885-7855
co-facilitated by Bruce Sachs (586) 465-3104
Dianne Dyck-Sachs (586) 465-3104
Bobbi Stevens (248) 549-2149
Meets 4th Sat. of the month
March thru October 10am-Noon

THUMB AREA PP SUPPORT GROUP
Rita Wall (989) 673-3678
Blue Water Center for Independent Living
1184 Cleaver Rd Suite 1000
Caro, MI
Meets last Tuesday of each month 2:30pm

WEST MICHIGAN PPSG
Scheduled Meetings:
April, June, Sept, Nov
Linda Walthom Grand Rapid (616) 363-7625
Lynette Hooker Grand Rapids (616) 455-5748
Email: lynsue@inbox.com
Chuck Bond Rockford (616) 866-1037

INFORMATION CONTACTS
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MPN WEB SITE
http://www.michiganpolionetwork.com/

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Medicare guidelines, but they may be able to help
with your DME.
POLIO SURVIVORS SHARING
This is a one-on-one e-mail list so you can mail only to the selected name; an e-mail list of Polio Survivors who wish to communicate with other Polio Survivors and discuss your concerns, ideas, fun, jokes, as well as sharing information of what is happening to each other. I would like your permission to add you on this list. Please email to Hazel3SGS@comcast.net to get on the list! Also include your city and state.
Happy Sharing!! ☺ Vera Hazel, Editor

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Please check the mailing label on the back of this Polio Perspectives for the expiration date of your membership. If membership renewal is due, your check should be sent along with the completed Membership Form found in this issue.

Please direct all MPN MEMBERSHIP and ADDRESS CHANGES to one of the following Board Members:

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Membership includes our quarterly newsletter Polio Perspectives, use of our library, voting privileges as well as the networking and support from our membership.

To join it is not necessary to be a resident of Michigan or be a Polio Survivor.

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