

Polio News

PRESENTED BY
WILDROSE POLIO SUPPORT SOCIETY

STAYING POSITIVE FOR OUR FUTURE

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A MESSAGE FROM YOUR PRESIDENT

SPRING 2020

The Corona virus has really upset the Society's schedule for the Spring. Luckily we were able to cancel the Jubilations Dinner Theatre through the graciousness of the theatre and at the suggestion of the Alberta government. Our Annual General meeting scheduled for April 25 has also been postponed. We may have had to do this anyway as the ACT Centre might still not be open then, due to the fire in February.

If you were planning on paying your membership at the AGM, you might want to send a cheque to our office at 8640-64 Ave NW, Edmonton, AB, T6E 0H5. Check our website at polioalberta.ca

The society can have up to ten directors. At the present time we have openings for three new directors. Please consider if you would like to help the society. We're always open to new initiatives and ideas.

We also are in need of phoners to occasionally contact our members about activities.

John Sugden,

President

LAUGHTER IS GOOD MEDICINE

Answering machine message: "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call you are one of the changes."



The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

My wife and I had words, but I didn't get to use mine.



The story of my life:
I knew better but I did it anyway.

EDITOR'S NOTES

As we move into the second quarter of 2020 polio survivors continue to deal with the frustration of nerve pain, joint pain, muscle atrophy, fatigue, cold intolerance, sleep apnea, swallowing and breathing issues. There is no cure and very little relief. People have looked at and experimented with different natural products over the years in the hope of finding a cure or at least some relief. With the advent of legalized marijuana in Alberta I believe it is worth looking into the use of cannabis in

the management of PPS symptoms. This issue presents a background piece on the condition of Sleep Apnea, then follows with an article on PPS and Medical Marijuana. This theme will be continued in our 3d quarter issue. For more articles and reference links, check our web site at polioalberta.ca. I remind you that these articles are 3^d party pieces, offering only opinions. See disclaimer on page 3.

Bernd Swanke, Editor

REIMBURSEMENT STATISTICS

Here are the reimbursement program statistics from January 1, 2020 through March 30, 2020:

Therapy: Four members claimed a combined total of \$705.00

Aids & Devices: No claims were submitted

WILDROSE POLIO SUPPORT SOCIETY MEMBERSHIP

This is a reminder that memberships were due January 1st and those in arrears are ineligible for the reimbursement program as well as other society programs and benefits. Eligibility restarts on the date payment is received. Eligibility is not retro-active. Membership dues are \$20 per individual or \$30 per couple. Membership forms are available on the last page of this newsletter or on our web site at

<http://polioalberta.ca/donor-and-membership-form/>

EVENT CANCELATIONS, POSTPONEMENTS

Due to the uncertainty created by the Covid-19 Pandemic, the following is in effect.

POSTPONED: Annual General Meeting, April 25

CANCELLED: Dinner Theater, March 25

POSTPONED: Swim Program is on indefinite hold,

POSTPONED: Casino, June 15/16

Please check the website, polioalberta.ca for updates on all events.

Office contact information is shown below.

EXECUTIVE

President: John Sugden, Vice President: George Kunec, Secretary: Patricia Murray,

Treasurer: Bernd Schwanke

DIRECTORS

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DISCLAIMER

Information published in the Polio News and/or the Wildrose Polio Support Society web site may not represent the opinion of the Society. It is not to be regarded as the Society's endorsement of treatment, products or individuals. If you have or suspect you may have a health problem, please consult your health care professional.

B o o k R e v i e w
A l i v e W i t h J o y
B i l l y S t r e a n , P h . D

Award-winning professor, keynote speaker, and master coach, Dr. Billy Streaan takes you on an adventure through the five elements of Joy so that you can Re-charge, Re-Connect and Re-Discover. Working together, the Five Elements of Joy will put you on track to becoming fully energised, awake and exhilarated. *Alive With Joy* offers practice methods to reconnect to Self, others, and the planet.

Explore how to energise your life, revitalize your relationships, be inspired, benefit from the power of nature and the magic of laughter, humor and pure play. Beginning with a background of awareness and attention, The Elements of Joy draw on things everyone knows, but almost no one does: getting enough sleep and recovery, drinking enough water, eating good food, and getting enough physical activity.

The Elements of Joy are: Energy/Attention (including Mindfulness), Relationships, Inspiration, the Power of Nature, and Laughter, Humour & Pure Play. Although we can consider these five parts in turn: there is a synergy when they're seen as pieces of a whole. This book shows you fantastically simple ways to make that joyful synergy part of your everyday life.

About Dr. Billy Streaan, PH.D

A former 3-sport NCAA athlete and coach, Dr. Stream has a doctorate in sport and exercise psychology from the University of Illinois. He is a Master Somatic Coach (Strozzi Institute), Registered Yoga Teacher (RYT-500), Certified Professional Co-active Coach. It is precisely this eclectic range of disciplines and fields of study – semantics, yoga, sport psychology, laughter and play, and his 30+ years of teaching experience – that is the foundation of Dr. Streaan's success both in the classroom as well as outside the classroom as keynote speaker and workshop & retreat facilitator. In 2008, Dr. Stream received the University of Alberta's Rutherford Award for Excellence in Undergraduate Teaching. In 2011, Dr. Strain was one of ten Canadians selected to join the

prestigious 3M National Teaching Fellowship. In his current role as Chief Joy Infuser at Adventures in Joy, Billy has provided over 500 dynamic presentations across North America to help people to Re-Charge. His recent book, *For Those Who Dare to Teach*, includes autobiographical tales and tips for teaching effectiveness. His audio book, *Humour Me: Lighten Up and Love Life Laughing*, explores the benefits of laughter and humour and how to apply them in daily life. (Reprinted from the jacket of *Alive With Joy*)

Alive With Joy is available through Amazon.ca, at a listed price of \$10.46 CAD
<https://www.amazon.ca/Alive-Joy-Re-Charge-Re-Connect-Re-Discover/dp/1791772706>

Editor's Note: Great Read!!

POST POLIO SYNDROME and SLEEP APNEA

Breathing and Sleep Problems in Polio Survivors

Category: Breathing

Reviewed by Nicholas S. Hill, MD, Tufts–New England Medical Center, Boston, Massachusetts

It is critically important that polio survivors, especially those diagnosed with post-polio syndrome, obtain proper testing, diagnosis, and management of breathing and sleep problems. The problems may result from weak breathing muscles in the chest and abdomen (diaphragm and intercostals).

Pulmonary function tests (mostly non-invasive) can measure the strength of respiratory muscles and usually include a test for forced vital capacity (FVC) – the maximum amount of air that can be exhaled. This test is typically administered when a person is sitting in the upright position, but also should be administered when a person is lying down (supine position). People who may not experience breathing problems sitting up may find themselves struggling to breathe when lying down. This problem is known as orthopnea, and a marked decrease in FVC while lying down indicates that the diaphragm is weak.

The late E.A. Oppenheimer, MD, a pulmonologist with years of experience treating polio survivors, described it, “As one ages with the late effects of polio, respiratory muscle strength may decrease. This may be particularly evident when you lie down, because in this position, the diaphragm has to work harder both to pull air in and also to push the intestines and other abdominal organs which are out of the way when one is upright due to gravity.”

Polio survivors also may have obstructive sleep apnea (OSA), central sleep apnea (CSA), a combination of OSA and CSA, and/or hypoventilation (an imbalance in the gas exchange in the lungs due to too little breathing – carbon dioxide builds up and oxygen drops). In obstructive sleep apnea, the upper airway collapses and blocks the flow of air so the person stops breathing periodically. These cessations of breathing are known as apneas and hypopneas. An overnight sleep study may be helpful to confirm the presence of OSA if it is suspected, based on snoring and daytime sleepiness.

Most sleep laboratories are set up to detect obstructive sleep apnea, for which the appropriate treatment is continuous positive airway pressure or CPAP, but not to measure carbon dioxide levels directly, which would be the best way to detect hypoventilation, for which the appropriate treatment is bilevel or positive pressure ventilation.(CONT.page 10)

POST POLIO SYNDROME AND MEDICAL MARIJUANA

Post polio syndrome is an umbrella term referring to a group of potential disabling conditions that affect an individual decades after the initial polio illness. In some cases, post polio syndrome will manifest itself up to 40 years later.

Since the development of the polio vaccine in 1955, very few people in developed countries are infected with paralytic polio. However, it's still possible for young people who had polio at young age to still get post polio syndrome.

The most common symptoms of post polio syndrome are extreme fatigue even with minimal exertion, muscle and joint pain, muscle atrophy, a developed intolerance for cold temperatures, sleep disorders such as sleep apnea, and swallowing or breathing problems. The symptoms of post polio syndrome usually progress gradually; new symptoms may develop after periods of inactivity.

No one knows the real cause of post polio syndrome. What we know so far is that being infected by polio affects the motor neurons especially in the spinal cord, which are responsible for carrying messages through electrical impulses between the brain and muscles. Polio infections usually destroy these motor neurons, but the remaining neurons grow new fibers to make up for the neuron shortage. As a result, the remaining neurons go through an enlargement. While this helps your muscles recover, it's a double-edged sword: it also forces the nerve cell body to send nourishment to the new fibers. Over the course of several years, the stress placed on the nerve cells may be too much for it to handle, leading to deterioration of the new fibers and finally, of the neuron itself.

Patients with post polio syndrome typically live with debilitating pain daily. Although the symptoms of post polio syndrome are rarely fatal, severe cases of muscle weakness may result in complications such as falls, malnutrition, pneumonia, dehydration, chronic respiratory failure, and osteoporosis.

How Cannabis Can Help

Cannabis can help patients with post polio syndrome in many ways:

Analgesic: Cannabis' analgesic (pain killing) properties are well-known, and have been for centuries now. Pain is one of the most well documented conditions that cannabis can effectively treat without any side effects, particularly in patients who suffer from pain due to nerve damage or neuropathy such as in the case of post polio syndrome.

Sleep disorders: Different strains of indica cannabis can be used to treat a variety of sleeping disorders including insomnia and sleep apnea. Instead of taking pharmaceutical or chemical sleep aids, cannabis is a natural means of helping post polio syndrome pa-

tients get good rest. Certain cannabinoids in cannabis are known for being effective in inducing sleepiness. It can also reduce the symptoms of sleep apnea as well as the breathing problems in post polio patients.

Muscle wasting / atrophy: Clinical evidence shows that certain cannabinoids, particularly THC, CBD (cannabidiol), and CBN (cannabinol) can help with the symptoms of muscle wasting. Researchers found that THC and CBD in particular were helpful in reducing the twitches while inducing relaxation in the muscles, while CBN improved contraction. Patients of post polio syndrome can benefit from high CBN strains or naturally getting it after proper curing and drying of cannabis.

Fatigue: Certain cannabis strains are extremely effective in fighting fatigue. Post polio patients can benefit from consuming sativa strains, which help with increasing energy levels. Cannabis contains certain cannabinoids that boost energy by blocking GABA, a neurotransmitter that reduces the production of dopamine in the body. When THC inhibits GABA production, this leads to a significant increase in energy, allowing post polio patients to feel focused, calm, and even increases creativity. The effect of cannabis in improving THC is also associated with better motivation.

Cannabis Is A Safe Alternative For Treatment-Resistant Cases

There was also the case of a 79-year-old patient with post polio syndrome who developed upper abdominal pain and treatment-resistant nausea. The patient was also obese, had muscular weakness, degenerative spinal cord injury – conditions that severely limited the patient’s mobility as well as physical capacity. The patient was given various antiemetic and painkilling drugs but nothing worked. However, once the patient was given medical cannabis, there was significant improvement in pain and nausea.

Even if there is a lack of studies on the use of cannabis for post polio syndrome, cannabis can safely and naturally fight off the symptoms of this condition to help patients restore their quality of life, improving immunity, and increasing longevity.

<https://cannabis.net/blog/medical/cannabis-for-post-polio-syndrome>

Reprinted from a post written by Dana Smith on Monday Mar 26, 2018

COVID-19

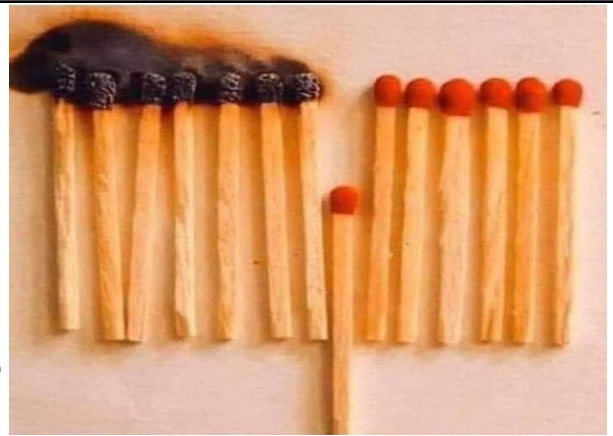
Check alberta.ca for the latest updates.

If you think you are infected, stay home, self isolate and call
Healthlink **811**

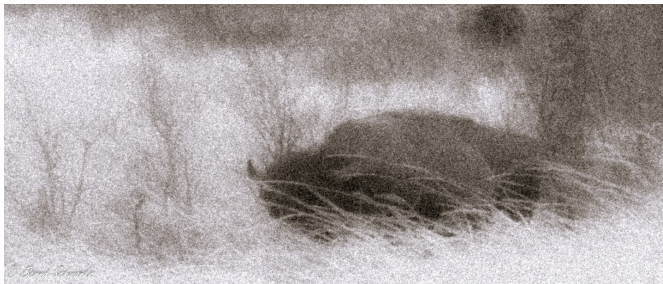
(Covid -19 con't from page 11)

"The One Who Stayed Away Saved the Rest"

The image on the right illustrates the concept of social distancing. By keeping a physical distance of at least 2 meters you will prevent the transmission of the virus from yourself to another person or from them to yourself. ***Keep your distance. Keep others safe. Keep yourself safe.***



PHOTOGRAPHY GALLERY



“Spirit Buffalo 1”



“Spirit Buffalo 2”

[Elk Island National Park. April/2019] (Bernd Schwanke)



Apple munching, tree climbing coyote doing what it must to survive winter [St. Albert, Ab/2020] (George Kunec)



George Kunec noticed these two coyotes working as a team around his apple trees. One climbed the tree and stripped off the apples, dropping them to the ground where the second one feasted. When enough had been dropped, the second coyote returned to the ground and ate its' fill. Amazing nature!!

PHOTOGRAPHY GALLERY



© Bernd Schwanke

Great Blue Heron fishing [Reifle's Bird Sanctuary, Delta, BC Sep/2017] (*Bernd Schwanke*)



Man Walking [Leduc, Ab Nov/2017] (*Bernd Schwanke*)

photos in jpg format and I will choose images to feature on this page. Photos should be at 1000 pixels on the longest side.

The image must have:

- Title
- Artist's Name
- Date image was made (Month/year)
- Location where image was made
- A brief background about the image

I will continue this page for the balance of 2020 with members' photos if I can and will fill the space left over with my own photos or those of other board members. If I don't get enough submissions from members, I may have to discontinue the page.

Please send us your thoughts on this page and ideas as to what you would like to see here.

Let's get creative and have some fun with this!

This page is an experiment.

I would like to showcase some really nice images from our membership. Therefore I am opening up the PHOTOGRAPHY GALLERY to all members. Email us your best

The test for a high carbon dioxide level would be to measure arterial blood gases (requiring blood to be drawn via needle from an artery – usually in the wrist) or to monitor end-tidal or transcutaneous CO₂, which is usually not done. However, sleep labs look for sustained drops in oxygen saturation during sleep that would be indicative of hypoventilation and then can proceed to additional testing to confirm hypoventilation, if needed.

When a bilevel device, a form of positive pressure ventilation, is prescribed, it will provide two levels of pressure; inspiratory (IPAP) to help blow air into the lungs, and expiratory (EPAP) to help keep the airways open and to blow off CO₂. These pressures can be set and adjusted separately. IPAP settings are higher than EPAP settings, with a span of at least 8 to 10 advised for adequate breathing assistance, e.g. IPAP of 14, EPAP of 4. Bilevel units with a backup rate are recommended for people who may not be able to initiate a breath on their own, particularly at night. The bilevel device can provide timed backup breaths.

It is important for individuals to understand that polio survivors do not “forget to breathe” when they become overly fatigued. What happens is that the muscles become too weak to move sufficient air, especially during sleep. Post-polio syndrome can also sometimes cause central sleep apnea which causes the brain to temporarily “forget” to signal breathing muscles to take a breath. This is evident during a sleep study when there is no chest wall movement for at least 10 seconds, indicating that the individual is not breathing and is apneic. Bilevel ventilation administered using a nasal or face mask can help with either problem.

Although a polio survivor may not have breathing or sleep problems when initially diagnosed with post-polio syndrome, periodic testing is important because such problems may develop over time or a change of breathing machine and/or settings may be warranted.

Prepared by International Ventilator Users Network (IVUN) www.ventusers.org

Tagged as: breathing , hypoventilation , sleep

COVID-19

At the time of this writing we are in the throes of a global pandemic, a virus which originated with wildlife in China, spread to humans and then began its journey to the rest of the globe, spreading exponentially in weeks, then days. It has arrived in Alberta; in Ed-

mon. The following graphic presents the basic information you need to identify whether you need to seek treatment or whether you are dealing with seasonal flu or a common cold. The best thing you can do to protect yourself and protect others is to keep your distance.

Maintain a personal zone of 5 to 6 feet between yourself and your neighbours. If you must cough or sneeze, do so in your sleeve or into a tissue, disposing of it in a closed garbage receptacle. Wash your hands with soap and hot water for 20 seconds, use hand sanitizer with at least 90% alcohol content, self isolate as much as possible and avoid bringing your hands up to touch your face. The virus spreads by being introduced into your respiratory system via the mouth and nose. It cannot enter via your skin.

Take care. Be a friend. Keep your distance. Wash your hands. Don't touch your face without first washing your hands or using alcohol sanitizer. Be safe!

Hopefully we will all do our part to halt the spread of this virus. (con't page 8)

Going Viral: What to Watch For Updated March 19, 2020.

Fever is a common, telltale early symptom of COVID-19, and rare symptoms of the disease typically manifest only in later, severe stages, if at all.

	COLD	FLU	NOROVIRUS	COVID-19*
Incubation period	1-3 days	1-4 days	A few hours	2-14 days
Symptom onset	Gradual	Abrupt	Abrupt	Gradual
Typical illness duration	7-10 days	3-7 days	1-2 days	<i>Undetermined</i>

SYMPTOMS				
Sore throat	Common	Sometimes	Rare	Rare
Sneezing	Common	Sometimes	Rare	Rare
Stuffy, runny nose	Common	Sometimes	Rare	Rare
Cough, chest discomfort	Sometimes	Common	Rare	Common
Fatigue, weakness	Sometimes	Common	Sometimes	Rare
Fever	Rare	Common	Sometimes	Common
Aches	Rare	Common	Sometimes	Sometimes
Chills	Rare	Common	Sometimes	Sometimes
Headache	Rare	Common	Sometimes	Rare
Shortness of breath	Rare	Rare	Rare	Common
Nausea	Rare	Rare	Common	Rare
Vomiting	Rare	Rare	Common	Rare
Diarrhea	Rare	Rare	Common	Rare
Stomach pain	Rare	Rare	Common	Rare

Note: Viruses can be contagious during the incubation period, before symptoms start.

**See below for more detailed information on COVID-19 symptoms.*

SOURCES: Peter Gulick, Michigan State University; CDC; Merck Manual; University of Michigan

GRAPHIC BY ROBERT ROY BRITT

MEMBERS' PAGE

The "Members' Page" is another experiment in reshaping our newsletter in an attempt to make it more personal and more interactive. We are inviting ALL polio survivors and/or their families to submit short stories, poems, experiences, travel adventures, recipies

MAKE THIS YOUR PAGE IN THE WPSS NEWSLETTER - HAVE FUN!

Our first submission:

"NEED HELP???...ARE YOU BRAVE ENOUGH TO ASK???"

NEED HELP???...ARE BRAVE ENOUGH TO ASK??? Please do..BUT consider everyone's safety.

Many of us need a bit of extra help when we are out and about. When we approach others, 99% of the time, they smile and say, "Sure, what do you need me to do?" Recently I witnessed two situations that could have spiraled into problems for the two helpers.

At the grocery store I asked a fellow shopper to reach something for me on the very top shelf. In a heartbeat, she left her cart (and purse) and began stepping toward me to help. My raised hand stopped her; I cautioned, "You need to take care of your purse! Then I will appreciate your help." She buried her purse under a bag of oranges and two loaves of bread, reached my needed article and made a quick joke about "purse police." We both shared a laugh and smiled for the rest of the shopping.

In the second incident I was people watching as George went into the store to get a few grocery items. An older lady drove into the parking spot directly in front of our vehicle. She cautiously got out and did not seem to be too steady. Holding on to her open driver's door, she scanned the nearby area for someone to help her walk to an abandoned grocery cart. Sure enough, the lady parked next to her was done her shopping and agreed to help. She left her groceries, her toddler and her purse in her cart which was left at the trunk region of her car.

It took about 2 minutes to get the older lady steady with an empty cart in the icy parking lot, lock her door, and secure her cane and empty bags. I watched this all unfold and did not dare roll down the window to offer suggestions of how all could have been done more safely. My biggest worry was that the toddler could have been hurt by a passing car in the lot, especially if the unattended cart had rolled. The young mother should have brought the "precious cargo" in her cart to the passenger door of her car before helping the older lady.

WE ALL NEED THE HELP OF OTHERS. WE ALL NEED TO THINK AHEAD SO IT REMAINS A POSITIVE EXPERIENCE.....

SO EVERYONE CAN SMILE AND BE PROUD OF THEIR INPUT.

BE SURE TO SMILE AND SAY "THANK YOU. I APPRECIATE YOUR HELP."

GOOD DEEDS DONE SUCCESSFULLY INSPIRE MORE GOOD DEEDS FOR OTHERS. PAY IT FORWARD!!

Marie Kunec, Polio Survivor

In a similar vein...

WHEELERS: JUST ASK

by Mary Ellen Hemby

Since I use a wheelchair full time now, I have found that I am SHORT. I used to be short even when walking with my brace, but now I am more at child's eye level. This brings on new challenges for me – especially when shopping.

I have discovered that, when I can't reach an item on a high shelf, people like to help! Sometimes as I sit looking at what I want, just random strangers will notice and ask if they can help me. But, when that doesn't happen, I have learned to ask anyone – not just store employees, but any other shoppers. (If no one is around, I have even talked people stocking shelves in another aisle into helping me.) The surprising response is always positive. I can't remember anyone ever turning me down.

It's a good thing to just ask for help. It makes the helper feel like they have done a great

WISE WORDS

“Keep a good heart. That is the most important thing in life. It is not how much money you make or what you can acquire. The art of it is to keep a good heart.”

Joni Mitchell (polio survivor)

“I loved it... People thought I was going through hell...maybe I was partly, but still I was doing what I wanted...there was not another in thing in the world I would rather have been doing.”

Terry Fox (cancer patient and crusader)

ANNOUNCEMENTS

SWIM SCHEDULE

ACT Aquatic & Recreation Centre

In the heart of Rundle Park
2909 113 Avenue NW
Edmonton Alberta
(780) 496-1494

Tuesdays 5:00 pm to 6:00 pm
Saturdays 4:00 pm to 5:00 pm

RATES:

No charge to members during WPSS scheduled times.

Welcome to the following New Members

Linda Steingard

In Memory Of

Linda Nelson, passed in January, 2020

Swim Program Suspended

until further notice due to Covid-19 closure of city recreation centers. Please check the website at polioalberta.ca For updates as things evolve.

Picnic in the Park

Friday, July 10

Hawreluk Park, Site #1

Check polioalberta.ca for details

HAPPY BIRTHDAY!



Marcel Bellerive	April 03
Diane Turner	April 03
Sue Hamilton	April 06
Robert Dixon	April 07
Joanne Langford	April 14
Jim Dirksen	April 15
Isobel Wright	April 15
Bob DeFrain	April 20
Beatrice Kay Meier	April 23
Linda Nelson	April 23
Mildred Leibel	April 24
Marguerite Robinson	April 29
Madeleine Theodoses	April 30
Colleen Frederiksen	May 05
Elsie Wiens	May 10
Annie Peters	May 10
Joe Kokotilo	May 12
Judy Scheetz	May 14
Eleanor MacAllister	May 15
Jonathan Smethurst	May 17
Carole Wallace	May 20
Dave Norton	May 23
Rodney Pike	June 02
Janice Hovey	June 03
Mary Klimiuk	June 06
Mary Krahn	June 19
Terry Henderson	June 21
Muriel Onushko	June 21
Loretta Denis	June 23
Ken Hillaby	June 24

“God gave us the gift of life; it is up to us to give ourselves the gift of living.” *Voltaire*

“He who would do great things not attempt them all alone.” *Seneca Proverb*



WE'RE ON THE WEB
<http://www.polioalberta.ca/>

WILDROSE POLIO SUPPORT SOCIETY

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Providing support for Polio survivors

The Wildrose Polio Support Society (WPSS) was formed in 1999 to provide information and support to Polio survivors.

The objects of the WPSS are:

- 1 To provide education to members in respect to post polio syndrome;
- 2 To provide group support and therapeutic support to polio survivors and to provide other support as approved by the Board of Directors;
- 3 To disseminate information concerning research and treatment about post polio syndrome;
- 4 To raise monies for research into post polio syndrome and to donate same to such institution that is conducting research into post polio syndrome as the members of the Society shall decide;
- 5 To develop awareness, communication and education between the Society and the Community.

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• WPSS News sponsored in part by •

•  •

• 9723 60 Avenue NW •

• Edmonton AB T6E 0C4 •

• Phone: (780) 434-1314 •

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• •

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• *Do you have an announcement that* •

• *you would like us to publish?* •

• *Send an email to:* •

• wpss@polioalberta.ca •

• **Telephone:** 780-428-8842 •

• **Mail:** 8640 - 64th Avenue NW •

• •

Wildrose Polio Support Society

8640—64 Avenue NW
Edmonton AB T6S 0H5

2019 Member / Donor Form

[Membership year is January 1 to December 31]

NAME(S):
MEMBER _____

[Polio Survivor]

ASSOCIATE MEMBER _____

[Husband/Wife/Caregiver]

ADDRESS: _____

CITY: _____ **POSTAL CODE:** _____

PHONE (DAY): _____ **PHONE (EVENING):** _____

FAX: _____ **POLIO YEAR:** _____

E-MAIL: _____ **BIRTHDAY MONTH:** _____ **DAY:** _____

SENIOR [60 or over] YES NO

MEMBERSHIP: Associate YES NO

Individual (\$20.00) \$ _____

Couple (\$30.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____

I would like to receive my newsletter; by email by regular mail

HOW DID YOU HEAR ABOUT WPSS: _____

The Wildrose Polio Support Society will use this information solely for the express purpose of the functions of the Society. We will not disclose personal information for commercial purposes without your permission.

Registered Charity No. 867883985RR001