

Polio News

PRESENTED BY
BUSINESS NAME

STAYING POSITIVE FOR OUR FUTURE

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A MESSAGE FROM YOUR PRESIDENT

Spring 2024

Recently, because I am becoming increasingly unsteady on my feet, I bought a walker. I now realize how those folks that use canes, walkers and wheelchairs are always watching for the safest and most convenient way to navigate in the city. Ramps, automatic doors, etc are available in most places, but we sometimes come across situations where we think ‘how am I going to do this?’ thankfully, most folks who see this are willing to help; and we really appreciate it.

So, as spring approaches, and we are able to get out of the house more, may your travels be safe and enjoyable.

John Sugden, President

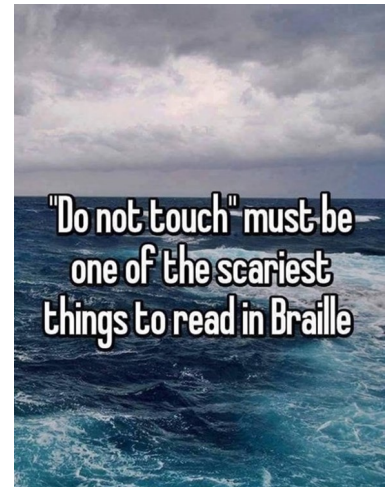


LAUGHTER IS GOOD MEDICINE

**IT'S OK IF YOU
DISAGREE WITH ME.**
I CAN'T FORCE YOU TO BE RIGHT.

**These are classified
ads, which were ac-
tually placed in U.K.
Newspapers:**

**FREE YORKSHIRE
TERRIER.**
8 years old,
Hateful little bastard.
Bites!



FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES

Mother is a Kennel Club registered German Shepherd.
Father is a Super Dog, able to leap tall fences in a single bound.

EDITOR'S NOTES

If you are anything like me you are getting used to living in the post-covid era - being cautious with coughs and sneezes, masking when it seems wise and getting out of the house, meeting with friends on a regular basis. It feels good!!

WPSS is also moving forward with our calendar for the coming year. Unfortunately, the ACT center closure has cut into our connection time at the pool but it will be reopening early in March so we will see more of each other then. The first big event we have on the agenda is the AGM, coming up on Friday, April 19, 2024. Hope to see most of you there. Our annual picnic will be on again this summer, dates yet to be confirmed. We are also looking at another dinner event at the Jubilations Dinner Theater. Also, the 25th anniversary of WPSS is coming up quickly and we are planning a party for that. Details will be announced when available. I know that I have broached this topic in previous editions of POLIO NEWS, but at the risk of being too aggressive, I will bring it up once again. The subject is that of Newsletter/Website planning and content. I took on this task when Glynn retired and my first edition came out January 1,

2020 and it has been a work in progress ever since. I feel the newsletter has become more relevant and more readable since that 1st edition and I have had very positive feedback from our membership. It has been a lot of hard work and a lot of hours spent on planning content, doing research and production work. I am finding myself struggling more and more to think of, to find and to create fresh content. I have asked for help before, but no one has stepped up, so I am putting it out here again. I need some help with brainstorming and researching for content as well as modifying the organization/design of the newsletter/website. I would really like to have someone from the membership step up as I know there are some very creative people out there. Fresh ideas are needed! I would really appreciate someone stepping forward to collaborate with me on this project! This can be in person over coffee or via e-mail, telephone or Zoom! Call or text me at 780-935-5241 or email me at bdsch@hotmail.com. I really hope that I hear from one or more of you!!! Cheers,

Bernd Schwanke, Editor

REIMBURSEMENT & MEMBERSHIP STATISTICS

We have reimbursed our members \$2,073.00 on therapies and \$889.00 in aids and devices to date since November 1, 2023

Our membership statistics show that we currently have 22 single and 36 couple paid memberships in good standing.

UPCOMING EVENTS

- APRIL 19, 2024** - ANNUAL GENERAL MEETING for Year 2023 (Details on Page 4)
- JULY or AUGUST, 2024** - ANNUAL PICNIC IN THE PARK
Specific date to be determined
- SEPTEMBER 28, 2024** - 25th ANNIIVERSARY CELEBRATION

BOARD of DIRECTORS

We are in need of members who are interested in serving on our board of directors. The nominations committee invites interested members to let their name be put on the board member's list.

Call the office at 780-428-8842 or any board member before April 10 for more information.

EXECUTIVE

President: John Sugden Vice President: George Kunec Secretary-Treasurer: Patricia Murray

DIRECTORS

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Bernd Schwanke

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.

UPCOMING EVENTS

Wildrose Polio Support Society Notice of Annual General Meeting [for year end 2023]

Date: Friday, April 19, 2024

Location: Royal Canadian Legion Branch 271
6 Tache St.
St. Albert, AB
T8N 2S4

Registration: 11:30 am
Lunch: 12:00 pm
Members' visiting time: 1:00 pm
Meeting: 1:30 pm

Please join us as we update the Society's business from 2023. This meeting is open to all. Lunch will be buffet style, and the cost to non-members is \$20.00.

Please email wpss@polioalberta.ca, or phone 780-428-8842 by April 12, 2024 if you plan to attend.

UPCOMING EVENTS

Celebrate the Year of the Caregiver in Canada April 2--2024 is National Caregiver Day Recognizing Caring Canadians

Wildrose Polio Support Society is choosing to recognize caregivers all through 2024. We will conclude our formal recognition on September 28, 2024 at the Royal Inn Hotel. We have planned a presentation by Alberta Caregivers Association, some entertainment, presentation of certificates, and a banquet.

APPRECIATING OUR PAST.....EMBRACING OUR FUTURE

Our focus is to acknowledge past and present caregivers. All our members are invited to register a caregiver(s) they are familiar with before August 15. Call 780 458 7480 (Marie) for more information. More information will be available at our AGM on April 19 and in our July newsletter.

Alberta currently has about 1 million family or friends caring for a loved one due to illness, disability or aging. We know that contributions of family caregivers dwarf the contributions of our formal health system, but they do 80% of care outside the clinical setting. They remain widely unacknowledged and unsupported. They are at risk of caregiver burnout. Their mental, physical and emotional health distress can lead to caregivers becoming patients themselves.

“Not all storms come to disrupt your life. Some come to clear your path.”

-Paulo Coelho

Many people do not see themselves as caregivers even though they are giving their time and energy to help another person manage their activities of daily living.

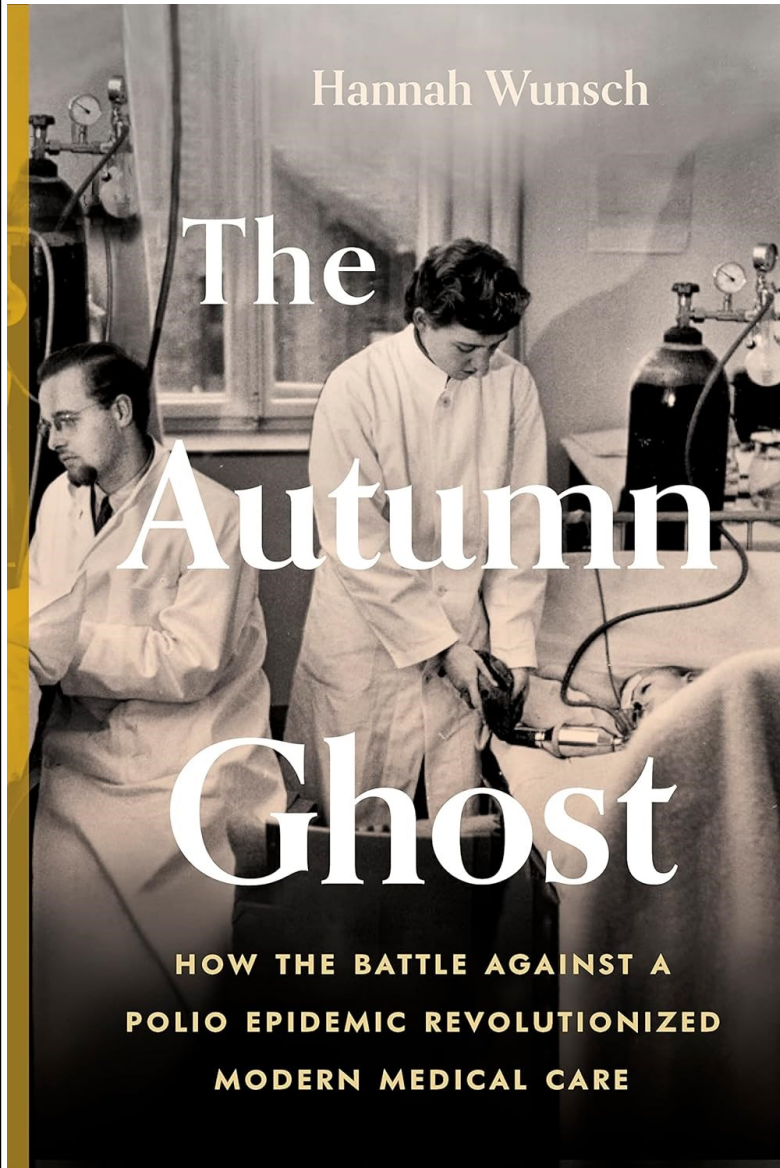
Some days are better,
Some days are worse.
Look for the blessing
and not the curse.
Be positive and stay strong,
Get enough rest,
You can't do it all
but you can do your best.

-Rose Hammond

BOOK REVIEW

The Autumn Ghost, by Hannah Wunsch, 2023

Here is the google review:



“Greystone Books Ltd, May 9, 2023, 278 pages
"A perfectly pitched medical mystery that will captivate you from page one."—Wes Ely, MD, MPH, author of *Every Deep-Drawn Breath*, winner of the 2022 Christopher Award for Literature.

A suspenseful, authoritative account of how the battle against a mid-century polio epidemic sparked a revolution in medical care.

Americans knew polio as the "summer plague." In countries further North, however, the virus arrived later in the year, slipping into the homes of healthy children as the summer waned and the equinox approached. It was described by one writer as "the autumn ghost."

Intensive care units and mechanical ventilation are the crucial foundation of modern medical care: without them, the appalling death toll of the COVID-19 pandemic would be even higher. In *The Autumn Ghost*, Dr. Hannah Wunsch traces the origins of these two innovations back to a polio epidemic in the autumn of 1952. Drawing together compelling testimony from doctors, nurses, medical students, and patients, Wunsch relates a gripping tale of an epidemic that changed the world.

In vivid, captivating chapters, Wunsch tells the dramatic true story of how insiders and iconoclasts came together in one overwhelmed hospital in Copenhagen to save the lives of many polio patients dying of respiratory failure. Their radical advances in care marked a turning point in the treatment of patients around the world—from the rise of life support and the creation of intensive care units to the evolution of rehabilitation medicine.

Moving and informative, *The Autumn Ghost* will leave readers in awe of the courage of those who battled the polio epidemic, and grateful for the modern medical care they pioneered."

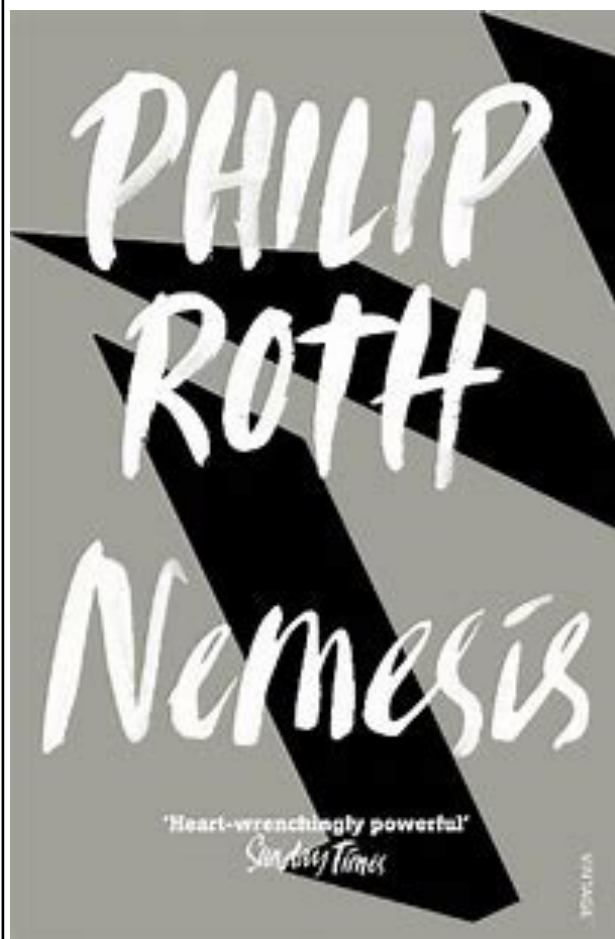
I found this to be an excellent read. Highly recommended. 5/5 stars.

Pat

BOOK REVIEW

Nemesis, by Philip Roth, Houghton Mifflin Harcourt, 2010, 280 pages

Here is the Good Reads Review:



“In the “stifling heat of equatorial Newark,” a terrifying epidemic is raging, threatening the children of the New Jersey city with maiming, paralysis, lifelong disability, and even death. This is the startling theme of Philip Roth’s wrenching new novel, about a wartime polio epidemic in the summer of 1944 and the effect it has on a closely knit, family-oriented Newark community and its children. At the center of *Nemesis* is a vigorous, dutiful twenty-three-year-old playground director, Bucky Cantor, a javelin thrower and weightlifter, who is devoted to his charges and disappointed with himself because his weak eyes have excluded him from serving in the war alongside his contemporaries. Focusing on Cantor’s dilemmas as polio begins to ravage his playground — and on the everyday realities he faces — Roth leads us through every inch of emotion such a pestilence can the fear, the panic, the anger, the bewilderment, the suffering, and the pain. Moving between the smoldering, malodorous streets of besieged Newark and Indian Hill, a pristine children’s summer camp high in the Poconos — whose “mountain air was purified of all contaminants” — Roth depicts a decent, energetic man with the best intentions struggling in his own private war against the epidemic. Roth is tenderly exact at every point about Cantor’s passage into personal disaster, and no less exact about the condition of childhood. Through this story run the dark questions that haunt all four of Roth’s recent short novels, *Everyman*, *Indignation*, *The Humbling*, and now *What kind of choices fatally shape a life? How*

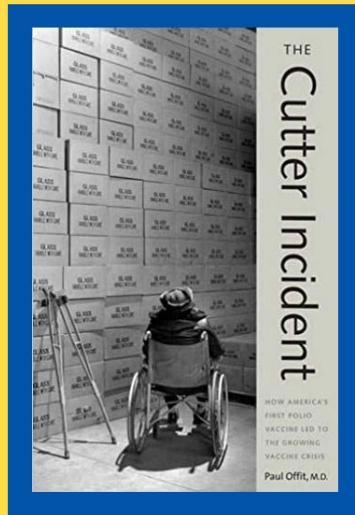
does the individual withstand the onslaught of circumstance?”

The concept of the book is good, but I find Roth guilty of perpetuating stereotypes. (Give it a try and you’ll see what I mean...) 3/5 stars.

Pat

BOOK REVIEW

Review: The Cutter Incident by Paul Offit



Offit's sobering inquiry into "one of the worst biological disasters in American history" is a work of unflinching investigative journalism which lands, finally, not as a whodunit, but as a tribute to modern systems of meticulous vaccine regulation.

At 10:38 am on April 27, 1955, a telegram was dispatched from the offices of Cutter Laboratories in Berkeley, California, to health departments and drug stores across the American West and Midwest. It read: "URGENT. NO FURTHER INJECTIONS OF CUTTER POLIO VACCINE ARE TO BE MADE. IMMEDIATELY ADVISE YOUR PHYSICIANS."

The Cutter vaccine was that manufacturer's version of Jonas Salk's vaccine, which was good: a [colossal 1954 field trial](#) had showed Salk's pioneering jab was 80-90 percent protective against polio, and that it was safe. Journalists greeted the announcement of the vaccine's success in trial breathlessly: polio, a dreaded disease that had infected almost 60,000 in 1952 alone, was "[conquered](#)", they wrote.

Zoom out a little, and the anticipatory acclaim proves amply justified: as soon as 1957, the US's polio case-load had dropped to 5,485 cases – a 90 percent drop from the epidemic's peak. By the late 1960s, that still-declining tally stood at fewer than 50. Today, with polio's endemic province reduced to just two countries, Pakistan and Afghanistan, an estimated 18 million people have been saved from polio paralysis by vaccines – both the inactivated kind, like Salk's, and the live-attenuated variety, debuted later by Albert Sabin.

But zoom back in on that moment in April 1955 and you feel your stomach drop: the polio vaccination campaign that had just kicked off in America was about take a horrific turn. Somehow, Cutter had released bad batches of vaccine into the world – batches which contained live, perfectly potent poliovirus. By the time the telegram went

BOOK REVIEW

out, 380,000 doses had already been administered. 220,000 of the children that had been injected with it would suffer abortive, or short-lived polio. 164 were severely, permanently paralyzed by the Cutter vaccine. 10 were killed.

Paul Offit – physician, scientist, professor of vaccinology at UPenn, professor of paediatric infectious diseases, director of the Vaccine Education Center, and author of a ridiculous number of popular non-fiction books besides – set out to sort out that foggy “somehow.” What, exactly, had gone wrong? Offit [has said](#) he was unsatisfied with suspiciously simplistic and vague suggestions that culpability rested on the shoulders of a lone, unscrupulous bad actor – Walter Ward, who oversaw production at Cutter Laboratories. Curious, Offit burrowed into the archives and emerged, some eight years later, with *The Cutter Incident*, a narrative far more complicated than a whodunit, but no less compelling.

Offit doesn't locate the roots of the disaster inside Cutter Laboratories - though he does record the dismay of Julius Youngner, a Salk lab scientist who visited the plant, at the disordered conditions there. Instead, he traces the foundational problems to the pivot point between the trial vaccination campaign and the post-licensure roll-out. The trial, which was run by the National Foundation for Infantile Paralysis, used a stock of vaccine that was manufactured by just two companies according to a 55-page instruction protocol written by Salk.

The commercial roll-out, conducted under the aegis of a federal government with only the slimmest of regulatory apparatuses, involved five vaccine producers, including Cutter, working from a five-page recipe which allowed – mystifyingly enough – plenty of room for divergence in method. Cutter wasn't the only producer that faced problems: all five of the companies, Offit finds, had trouble replicating the “straight-line inactivation” pattern that Jonas Salk relied on for certainty that the poliovirus used in the vaccine really was killed.

If the amount of live poliovirus remaining in a batch didn't decrease as predicted when subjected to formaldehyde, then the batch risked being unsafe at the end of the period of formaldehyde exposure. And yet, if the safety tests the companies used had been sufficiently sensitive, no unsafe vaccine would ever have made it from the plant to the market; no-one would ever have come to any harm. This was a compound, complex, tragic failure. There were fatal inadequacies at multiple levels.

Offit's analysis is forensic. He determines that the key manufacturing flaw had to do with a change in the method of filtration, which he finds at more than one company. Auxiliary design and circumstantial factors made Cutter's vaccine by far the most dangerous. But even if Cutter did no more than strictly required to ensure their vaccine was safe, Offit points out that there was no callous negligence: Cutter's safety testers trusted their product enough to inject it into their own children.

Still, like sad mile-markers on the way to disaster, he tallies a series of missed opportunities for life-saving intervention – a slew of “how on earth did they let that happen?” moments constitute the emotional pulse of the book. But of course, this book describes the events that prompted the development of a robust, authoritative, overseeing “they”: a regulatory framework that means we no longer need to trust for-profit pharma companies to check up on themselves.

“When [the polio vaccine roll-out] was re-established, it was re-established as a safe and effective vaccine,” Paul Offit told [Global Health Chronicles](#) in 2016. “It was done quickly because it had to be.” Polio season was around the corner, and, if it was made properly and tested properly, America had a safe, effective vaccine to protect its children from paralysis and death.

The overhaul of the safety structures around vaccine development and roll-out is the great legacy of the Cutter tragedy. Lately, amid the largest and fastest immunisation campaign in history, the world online seems to be either whispering about allegedly “experimental vaccines” and the allegedly ignoble motives of Big Pharma, or chorusing back “trust the science.” *The Cutter Incident* offers a humbling reminder that well-designed, well-tested vaccines are still made, stored, and administered by people. We need good science, and we need good systems to keep it safe. When I receive my second dose of COVID-19 vaccine this afternoon, I'll be particularly glad that we have both.

The Cutter Incident is published by [Yale University Press](#) (Available At Amazon. Paperback \$20.87)

GALLERY



©Bernd Schwanke

Checking Out the Gallery at the Royal Alex, Edmonton

2010

Bernd Schwanke



©Bernd Schwanke

Dreaming of a trip to Warmer Climes

2017

Bernd Schwanke

GALLERY



©Bernd Schwanke

Portrait of A Man in a Hat

Ecuador, 2009

Bernd Schwanke



©Bernd Schwanke

LEFT:

**Surrealist Por-
trait of
Daughter #3**

**Vancouver, BC
2005**

Bernd Schwanke

RIGHT:

**Pileated
Woodpecker**

**Hawrelak Park
Edmonton
2015**

Bernd Schwanke



©Bernd Schwanke

INSPIRATION

APRIL is National Caregiving Month



NEW

APRIL 2, 2024

NATIONAL CAREGIVER DAY
RECOGNIZING CARING CANADIANS

Valuing Caring



Carers Canada
A program of the CHCA



Caregivers
Alberta | CARING FOR CAREGIVERS

Caregivers give immeasurably to our society, not just in terms of their time and effort, but in their knowledge and dedication. In return, they gain value, both in personal growth and in the deep connections they forge through their caring roles.

We want to acknowledge caregivers' contribution: Caregivers are the unsung heroes of our healthcare system.



**Why
Valuing Caring?**

Their contribution, valued at an incredible \$97.1 billion in unpaid efforts in 2018, is a testament to their indispensable role. They are instrumental in enhancing patient care, co-designing hospital processes, and improving patient compliance and medication adherence.

We need to appreciate caregivers' experiences: The act of caregiving, while challenging, brings substantial rewards. Caregivers often experience personal growth, a heightened

(Continued on page 13)

INSPIRATION

(Continued from page 12)

sense of purpose, and enriched life skills such as communication, conflict resolution, and adaptability. This journey deepens their bonds of companionship and connection with those they care for.

Wildrose Polio Support Society will be focusing on caregivers this year. Information will be included in the April and July newsletters and our acknowledgement of caregivers' contributions will conclude with a special gathering, a motivational speaker and banquet on September 28, 2024.

Alberta currently has about 1 million family members or friends caring for a loved one due to illness, disability or aging. Alberta caregivers contribute 647 million hours of unpaid care per year. We know that the contributions of family caregivers, doing 80% of care outside the clinical setting, dwarf the contributions of our formal health system. Yet they remain widely unacknowledged and unsupported. They are at risk of caregiver burnout, mental, physical and emotional health distress that could possibly lead to caregivers becoming patients themselves.

Who are family caregivers?

They are family, friends, neighbours who provide unpaid support, care and assistance in a variety of ways to individuals with long term illness or disability living in their own home.

Many people do not see themselves as caregivers even though they are giving their time and energy to help another person manage their activities of daily living.

To paraphrase a Bette Midler song....caregivers are the wind beneath the wings of their loved ones.

WHICH COMES FIRST.....Caregiving or Compassion??

There was once an elderly, despondent woman living in a nursing home. She wouldn't speak to anyone or request anything. She merely existed---rocking in her old creaky rocking chair--day in and day out.

The old woman didn't have many visitors and she didn't socialize with anyone, however, every couple mornings, a concerned young nurse would go into her room.

The nurse didn't try to speak or ask questions of the old lady. She simply pulled up another rocking chair beside the old lady and rocked with her.

Days turned into weeks and weeks into months before the old woman spoke.

"Thank you," she said. "Thank you for rocking with me."

(Continued on page 14)

INSPIRATION

The glory of friendship (or caregiving,) is not the outstretched hand, nor the kindly smile nor the joy of companionship; it is the spiritual inspiration that comes to one when they discover that someone else believes in them and is willing to trust them.

-Ralph Waldo Emerson

Inspirational messages for caregivers.

A positive mind sees opportunity in everything.
If you can't stop thinking about it, don't stop working for it.
Don't wait for opportunity, create it.
Your speed doesn't matter....forward is forward.
Your attitude determines your direction.
It always seems impossible until it's done.
Success doesn't come from what you do occasionally....it comes from what you do consistently.
If you never try, you'll never know.
Sometimes you win. Sometimes you learn.
Every accomplishment starts with the decision to try.
You can learn something new everyday if you listen.
The best view comes after the hardest climb.
Grow through what you go through.
It doesn't matter what others are doing..
It matters what you are doing.
Mistakes are proof that you are trying.
Stay positive—work hard....make it happen.
Your attitude determines your direction.
Never stop learning because life never stops teaching.



INSPIRATION



Thanks to Marie Kunec for this beautiful image of lilies in her "Winter Garden"!



Our Resident Weasel in it's Winter Dress
Winter 2024 Marie Kunec



International Alliance
of Carer Organizations

MEMBERS' PAGE

Jonathan's Big Adventure - Driving the Beartooth Highway

by Jonathan Smethurst

In the last week of September 2023, I crossed another item off my Bucket List, driving the Beartooth Highway, Montana.

In Wikipedia, search for "Beartooth Highway".

The Beartooth Highway is a mountain road that runs from Cooke City (just outside the Northeast entrance of Yellowstone National Park) to Red Lodge Montana, a distance of 68 Miles, reaching an elevation of 10,947 ft. The road has been described as the No. 1 Motorcycle Highway in the U.S.A. Well, I don't drive a motorcycle, but I do own a 1999 Pontiac Firebird convertible which I think is the next best thing!

Early on the Tuesday morning I set off down Highway 2 towards the US/Canada border. My elder sister, Josephine flew over from England especially for this trip and joined me in Calgary.

Our Route (2 days driving) included Great Falls, Montana, the scenic Highway 89, over the Belt Mountains (7393 ft), staying overnight at Gardiner, just outside the North Gate of Yellowstone Park. The next day we toured parts of Yellowstone Park. This included THE Dunraven Pass (8,859 ft) and of course, Old Faithfull.

On Day 4 we drove through the Lamar Valley in



Yellowstone Park, through the Northeast Gate, to Cooke City. This was a very scenic drive and there were lots of wildlife, including a large herd of Bison.

The Beartooth Highway, from Cooke City, rising to the summit, consists mainly of long sweeping curves with some shorter lengths of Steep switch-backs. The views were spectacular all the way and

we once took a short turn off to a crystal-clear Mountain Lake.

(Continued on page 17)

MEMBERS' PAGE



Near the peak of the Pass (10,947) we stopped at a lookout with a magnificent view. Shortly after reaching the Peak there is the Rock Creek Vista Overlook. From this we could see the road winding down into the valley, a drop of 3,500 ft in the next ten miles, lots of switchbacks and hairpin

turns. This section was quite exciting.

Search on U Tube "The Beartooth highway: Descending toward Red Lodge, Montana" for a video (August 2012) of this descent.

(<https://youtu.be/QKzZIC4vEJw>)



This day's drive, over the Beartooth Highway, was a truly memorable drive.

After overnighing in Billings, we headed North, reliving our bucket list trip as we drove home to St Albert!

TRANSPORTATION REIMBURSEMENT

The Board was made aware that some of our members are unable to attend WPSS functions due to transportation difficulties. This pertains to persons who don't own cars or cannot drive or are unprepared to do so in inclement weather. In these instances the Board has agreed to implement reimbursement of 75% of the cost of a taxi or Uber when and where DATS does not provide transportation service. Use our regular claim form with receipts. These claims do not count against your \$1500.00 yearly reimbursement limit.

Meet the GRIT Freedom Chair

Designed by MIT engineers, the GRIT Freedom Chair is a mix between a manual wheelchair and a mountain bike.

Thousands of riders around the world use their GRIT Freedom Chairs to live more active lives— hiking on mountain trails, navigating sandy beaches, or just spending quality time with their family.

The GRIT Freedom Chair: 3.0 is our most popular model. With 26” rear mountain bike wheels, an MIT-designed and patented lever system, and plenty of accessory options, this all-terrain wheelchair is ready for any adventure.

- Disassembles to fit into any vehicle
- Serviceable by any local bike shop
- Make it yours! Easy-swap, standard mountain bike parts for compatibility with any life-style
- Quick-release rear wheels, seatback, and footrest for easy storage and travel
- Tubular steel frame ready to take on obstacles, limits, and any adventure
- Our most responsive drivetrain ever, for efficient lever engagement
- A reinforced, tubular front fork designed for the path less traveled
- Stay secure: Use the included seatbelt or attach your own
- Easy, pull-back brake system and adjustable parking brakes

Ride in confidence with the [GRIT Guarantee](#)

- Industry-leading customer support team for friendly, personalized assistance

Covered by the [GRIT Warranty](#)

Enjoy true all-terrain adventure. Ride gravel, trails, snow, mud, and everything in between.

If you want to wheel on rougher terrain like our valley trails, this is the chair for you!

Check out all the information on this chair as well as video of it in action. And purchase information.



[GRIT Freedom Chair 3.0 - GRIT Freedom Chair model - GRIT \(gogrit.us\)](#)

GADGETS FOR DAY TO DAY LIVING

This column is an experiment initiated by Jonathan Smethurst. We are hopeful that it will become a regular feature in the POLIO NEWS giving a brief description of items which someone in the WPSS community has discovered to be useful and helpful in making daily tasks less cumbersome..

We hope that these descriptions will give members some idea of how a particular gadget has helped another member in their “real world” as opposed to a manufacturer’s description or claims or that of random persons on the internet..

Everyone has their own needs and disabilities and therefore, by printing these descriptions, WPSS and the member offering the description in no way endorse or accept responsibility for performance of the gadget.

If any of our members has a gadget or device which they have found helpful with their day to day living, please send JONATHAN an e-mail with a brief description of the item with photos if possible and where it can be purchased. It can be anything that helps, no matter how simple!

Just include the following information:

- What it is
- Two or three jpeg photo files
- Supplier
- Key Features
- Likes
- Drawbacks

Don’t worry about the exact wording or format. I will edit what you send me into a format similar to the ones in this article.

Jonathan Smethurst
wpss@polioalberta.ca



Kitchen Gizmo Snap N Strain Strainer, Clip On Silicone Colander, Fits all Pots and Bowls

Looks like a great little gadget—no more trying to squeeze that lid against the pot when draining the water from your meal!

AMAZON, \$13.99

Has a 4^{1/2} out 5 star rating!

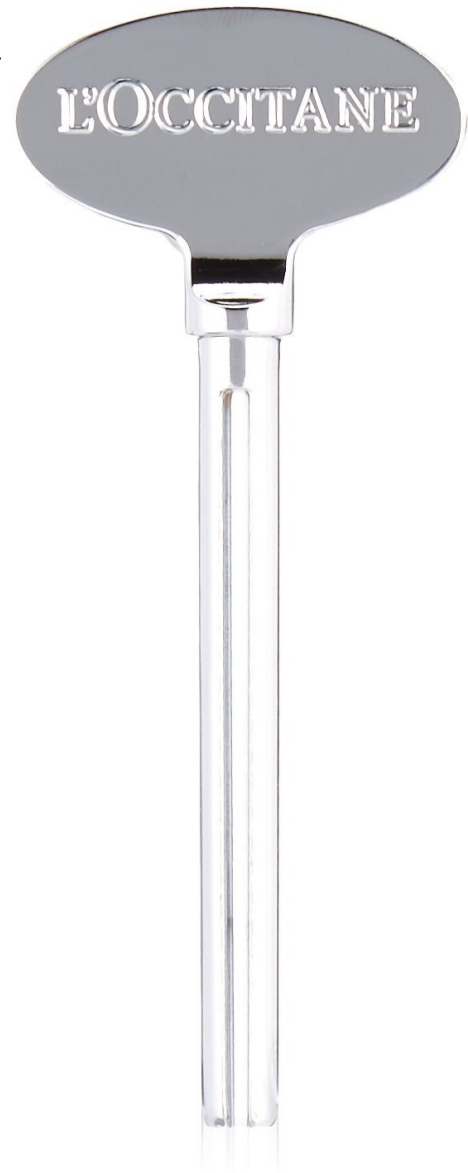
GADGETS FOR DAY TO DAY LIVING

L'OCCITANE

EN PROVENCE

L'Occitane Reusable Squeezing Magic Key

Slide this nifty metal tool around the body of a nearly-empty toothpaste or lotion tube, twist, and marvel at how much is still left.



La Clé Magique

Un accessoire astucieux et désirable pour ne pas perdre une goutte de votre crème préférée.

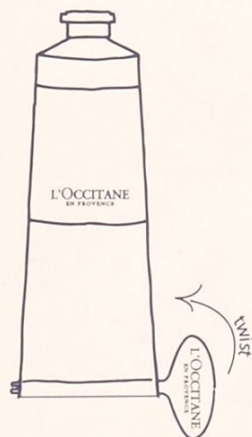
The Magic Key

A clever and covetable accessory to help you squeeze every little bit of your favorite cream out of the tube.

Accessoire pour tube de crème - accessory for tube of cream - Zubehör für Tube Creme - accessorio per tubo di crema - accesorio para el tubo de crema - acessório para tubo de creme - accessoire voor tube crème

Composition : alliage de zinc, aluminium / Material : zinc alloy, aluminium

Tenir hors de portée des enfants - Keep out of reach of children - außerhalb der Reichweite von Kindern aufbewahren - Tenere fuori dalla portata dei bambini - Mantener fuera del alcance de los niños - Mantenha fora do alcance das crianças - Buiten bereik van kinderen houden



Made in China
L'OCCITANE en Provence
04100 Manosque-en-Provence
loccitane.com



AMAZON \$12.90 Has a 4^{1/2} out of 5 star rating.

ANNOUNCEMENTS

SWIM SCHEDULE

ACT Aquatic & Recreation Centre

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

TUESDAY: 5:00 pm to 6:00 pm
(with trainer in house)

SATURDAY: 4:00 pm to 5:00 pm

RATES: No charge to members during
WPSS scheduled times.

***THE SWIM PROGRAM IS BACK IN
OPERATION!***

Welcome to New Members

*Linda Tweddell
Eve Winterford
Riki Roy*

In Memory Of

*We remember and pay homage to all those
who have passed on – former members,
friends, loved ones, people who were
significant in our own lives.*

*May the stars carry your sadness away,
May the flowers fill your heart with beauty,
May hope forever wipe away your tears,
And, above all, May silence make you strong.*

-Chief Dan George

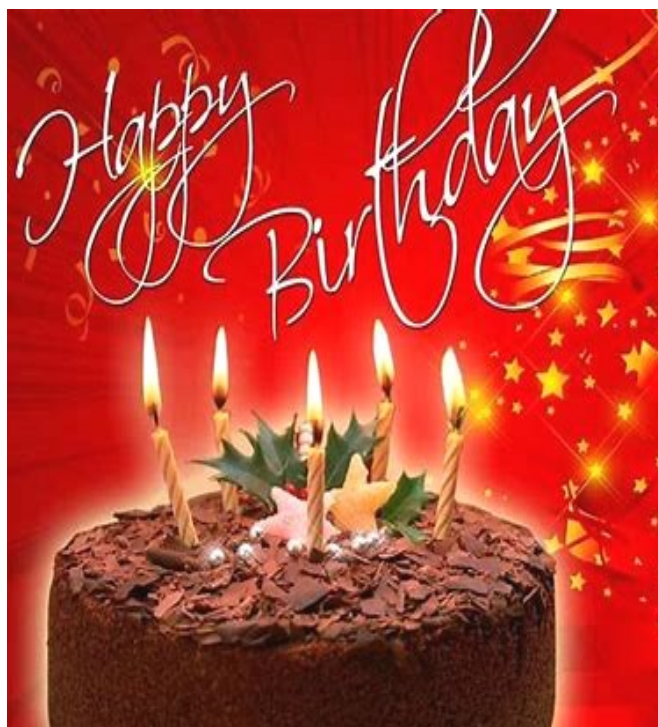
HAPPY BIRTHDAY!



Dianne Turner	Apr 4
Joanne Langford	Apr 14
Madeleine Theodoses	Apr 30
Annie Peters	May 10
Joe Kokotilo	May 12
Jonathan Smethurst	May 17
Dave Norton	May 23
Allan Scott	May 30
Joan Grierson	June 2
Riki Roy	June 13
Muriel Onushko	June 21

HAPPY BELATED BIRTHDAY WISHES!

Eve Winterford	January 4
Linda Tweddell	March 25





WE'RE ON THE WEB
polioalberta.ca

WILDROSE POLIO SUPPORT SOCIETY

8640 - 64th Avenue NW
Edmonton AB T6E 0H5

Phone: (780) 428-8842
E-mail: wpss@polioalberta.ca
wpss@telus.net



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 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.

WPSS News sponsored in part by



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Edmonton AB T6E 0C4
Phone: (780) 434-1314
Fax: (780) 434-1514
www.jagprinting.com

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
Edmonton AB T6E 0H5

DATES TO REMEMBER

Here is a list of interesting dates, relevant to most of us in WPSS, which will be upcoming in the next few months:

APRIL

Volunteer Awareness Month , Cancer Awareness Month,
NATIONAL CAREGIVING MONTH

APRIL 2

National Caregiving Day

APRIL 7

World Health Day

APRIL 14-20

National Volunteer Week

MAY

Melanoma Awareness Month

May 12

Mother's Day

May 20

Victoria Day

May 26--June 1

National AccessAbility Week

JUNE

National Indigenous History Month, Deaf/Blind Awareness Month

June 2

National Cancer Survivors' Day

June 16

Father's Day

June 20

First Day of Summer

Submitted by Marie Kunec

Wildrose Polio Support Society

8640 – 64th Avenue NW
Edmonton AB T6E 0H5
Telephone 780-428-8842

2024 Membership / 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] Member **Yes** ___ **No** ___

Associate **Yes** ___ **No** ___

MEMBERSHIP:

Individual (\$20.00) \$ _____

Couple (\$30.00) \$ _____

DONATION: \$ _____

TOTAL ENCLOSED: \$ _____

DATE: _____ paid by cheque [] cash [] e-transfer to wpss@polioalberta.ca []

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

FOR OFFICE USE ONLY:

TOTAL PAID: _____ RECEIPT NO: _____

DATE: _____ RECEIVED BY: _____