

Polio News

PRESENTED BY

WILDROSE POLIO SUPPORT SOCIETY

STAYING POSITIVE FOR OUR FUTURE

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A MESSAGE FROM YOUR PRESIDENT

SUMMER 2026

Wow, we've had some real crazy weather this Spring. First a cooler than usual April, then a May like we were living in a desert. Along comes June and I'm sure we are living in a tropical rain forest.

Let's hope we have a 'normal' July with lots of heat and sun; especially on July 8th when we will see you at our annual picnic at Hawrelak Park.

Also, don't forget about the Jubilations theatre which is early this year, in August, so we can see the "Golden Girls Go To Vegas".

Take care, and have a great Summer.

John Sugden, President



LAUGHTER IS GOOD MEDICINE



“Ooo, I just felt the good cholesterol kick the bad cholesterol.”



“Let me guess, the great American blog.”



These is a classified ad, which was actually placed in U.K. Newspapers:

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

EDITOR'S NOTES

The Wildrose Polio Support Society is pleased to welcome our four new Directors to the WPSS Board. We are very encouraged by the growing interest and involvement from members who are willing to contribute their time, ideas, and energy to help guide the future direction of our society.

Serving on the Board is an important commitment, and we sincerely thank our new Directors for stepping forward to become involved. Fresh perspectives and new enthusiasm are essential to keeping our organization active, responsive, and connected to the needs of our members and the wider post-polio community.

A special thank you goes to Anne Meunier and Riki Roy for their interest and willingness to assist with both the newsletter and the website. Their creativity, technical skills, and enthusiasm are already having a positive

impact. I look forward to working closely with them in the months ahead.

In fact, many new ideas have already begun to flow and are reflected in this edition of *Polio News*. As our society continues to evolve, it is exciting to see new volunteers bringing forward innovative suggestions and helping us strengthen communication, outreach, and member engagement.

On behalf of the Board and all our members, welcome and thank you to our new Directors. We look forward to working together to continue building a strong and supportive future for WPSS.

Cheers,

Bernd Schwanke, Editor

NEWS and UPDATES

REIMBURSEMENT & MEMBERSHIP STATISTICS

As of June 2026 WPSS has reimbursed members \$7,187.00 on physical therapy and \$9,940.00 on aids and devices. Our membership statistics show that we currently have 28 single and 33 couple memberships. We have 3 single and 1 couple membership in arrears.

Remember, memberships run from January 1 through December 31 and that you are not eligible to participate in WPSS events and programs if your membership dues are in arrears.

Please do renew your membership ASAP.

BOARD of DIRECTORS

At the April 23, 2026 AGM (pg 6) four new directors were welcomed to the board, all approved by acclamation. The six sitting directors agreed to stay on for another term and all were approved by acclamation. Executive positions remain as documented below.

TRANSPORTATION REIMBURSEMENT

Do you have issues with getting to our events? WPSS will reimburse you for 75% of your transportation costs if you use Uber or a taxi to get to a WPSS event. Uber, Co-op Taxi, Yellow Cabs, and perhaps other taxi services as well, have Wheelchair Assist Vehicles (WAV) if you need that type of transportation. You should book ahead and let the service know if you need WAV. *See Page 30 for directions for using UBER or LYFT*

Please use the regular claim form and provide the receipt. These claims do not count against your \$3,000.00 yearly reimbursement limit.

EXECUTIVE

President: John Sugden

Vice President: Rick Meunier

Secretary-Treasurer: Patricia Murray

DIRECTORS

Ferne Hymanyak, Bernd Schwanke, Sandra Mooney, Anne Meunier, Fred Carlson, Lorraine Carlson, Riki Roy

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Web Page: <https://polioalberta.ca>

Web Master / Newsletter Editor:

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

WPSS Annual Picnic

Date: Wednesday, July 8, 2026

Location: Wm Hawrelak Park
Picnic Site 1

Time: 10:00 a.m. to 2:00 p.m.

Please join us at the newly opened Hawrelak Park for our annual picnic – it's always such fun and a chance to visit with our friends. Bring your own food & drinks. There is a stove for cooking.



8640-64 Ave, Edmonton, AB, T6E 0H5

wpss@polioalberta.ca

780-428-8842

UPCOMING EVENTS

Jubilations Dinner Theatre 2026

Date: Wednesday August 19, 2026

Location: West Edmonton Mall
South East corner, Upper Level,
Closest entrance is Entrance 31

Please join us on August 19 for the Jubilations show:

Golden Girls Vegas Vacation

We have booked 30 seats on the main floor, right in front of the stage.

The doors to the foyer open at 5:30 where we can gather, with theatre doors opening at 6:00.

The cost is \$30.00 per ticket for members, and \$50.00 per ticket for non-members. The ticket includes a 3-course dinner, as well as the show. Alcohol and the Prime Rib dinner choice cost extra.

You must RSVP by July 15, 2026. Contact the office at 780-428-8842, or email wpss@polioalberta.ca to let us know you will be coming.

You can pay by cheque made out to Wildrose Polio Support Society, and mailed to 8640 64 Ave., Edmonton, AB, T6E 0H5, or by e-Transfer to wpss@polioalberta.ca, by **August 14, 2026.**

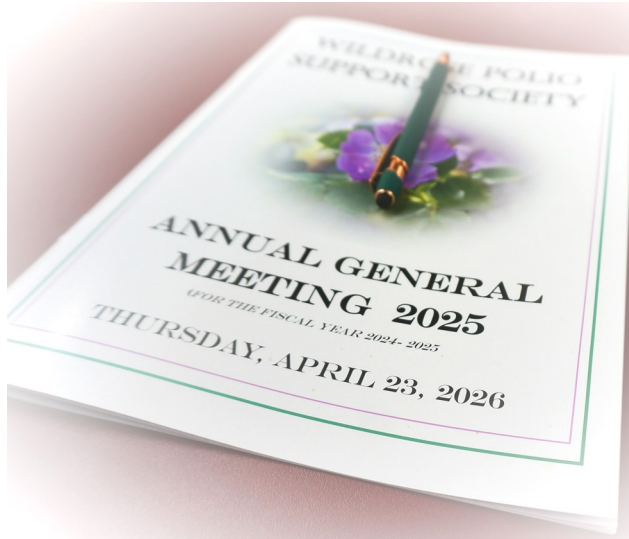
Hope to see you there!

RECENT EVENTS

ANNUAL GENERAL MEETING

The Annual General Meeting for the fiscal year November 1, 2024 through October 31, 2025 was held at the St Albert Legion on Thursday, April 23, 2026.

Registration began at 11:30 and included a handout booklet with the meeting agenda, minutes of the previous year's meeting, all committee reports and the audited financial statements. Members were asked to read this prior to the start of the meeting. A lovely hot meal was served buffet style by the legion kitchen at 12:00 o'clock. Lunch and member visiting continued until 1:30.



At 1:30 the AGM was called to order by President John Sugden. As members had read the reports prior to the meeting start, the chair asked if there were any questions or concerns. These were addressed verbally. The financial statements were officially accepted. Marg Wiebe and Ramesch Weiers were appointed as next year's auditors.

As we had vacancies on the Board of Directors, the floor was opened to nominations. The out going Board consisted of John Sugden, Pat Murray, Rick Meunier, Ferne Hymanyk, Bernd Schwanke, and Sandra Mooney. All agreed to serve for another term. Four new nominations were accepted and all were elected by acclamation. The new Board members are Fred and Lorraine Carlson, Anne Meunier and Riki Roy. As there was no further business, the meeting was adjourned at around 3:00 PM



RECENT EVENTS

“BAND of BROTHERS” Luncheon Social

On Thursday, June 11 WPSS hosted a luncheon social featuring a choice of two soups and six different sandwiches prepared and served, as usual, by the legion kitchen. Lunch was wrapped up with a nice dessert of fruit and baked goods. It was nice to get together again and visit since we tend not to see each other outside of society functions. It was especially nice to see Marie Kunec back with us!



Entertainment for the afternoon was provided by “Band of Brothers” - a musical duo from Edmonton with bass guitar, lead guitar and background drum machine. Their playlist consisted of a nostalgia tour of music from the 1950s through 1970s. They covered artists such as Johnny Cash, Ann Murray, John Denver, Jimmy Reeves, Tom Jones, Van Morrison, Elvis Presley, the Beatles and Josh Grobin. This was truly a thoroughly enjoyable performance!

**BAND
Of
BROTHERS**



IN THE NEWS

Changes are coming to the Alberta Government Assured Income for the Severely Handicapped (AISH) program. As of July 1, 2026 Alberta's disabled community will be categorized into 2 groups - those who are unable to earn a living due to their disability and those who, although severely disabled, are still deemed able to work to some extent. This latter group will now be served under a new program called Alberta Disability Assistance Program (ADAP).

These changes have predictably created some major public debate. The issue is relevant to us as polio survivors as many in our community have relied on AISH for financial assistance in the past.

I try to present data without personal bias and the issue we are dealing with is volatile. I begin with a news article from the Medicine Hat News written May 14, 2026 by Canadian freelance writer, Zoe Mason.

- *She reports on the changes government is making.*
- *I follow this with an itemized summary of the AISH/ADAP programs*
- *This is followed by the government reasoning and position in the debate*
- *Finally I have included an article written by Jon Auger, a disability advocate and writer commenting on accessibility legislation in Alberta, particularly in connection with the proposed Accessible Alberta Act and criticism of how disability issues are handled by government.*

Bernd Schwanke, Editor

NOTE: The information in this entire expose has been researched, compiled and written by me, assisted by AI.

More Rules, Reductions Announced for ADAP/AISH Clients

By ZOE MASON on May 14, 2026

The province released long-awaited details Wednesday on changes to the disability benefit framework coming in July, but questions remain on key points such as eligibility.

The overhaul of the disability assistance system was announced in February 2025. The broad strokes were established by legislation, with officials saying specifics would be resolved in regulations to come.

Those regulations were released Tuesday. New changes include amendments to the child benefit structure, reductions for cohabiting AISH and ADAP clients and an obligation for clients in the ADAP stream to engage with employment supports to receive their benefit.

The new regulations increase the child benefit for a client's first dependent child from \$222 per month to \$300.

Under the previous system, clients were eligible for an additional \$111 for each subsequent dependent child. But this has been updated to \$117 for the second child and lesser totals for each subsequent child down to \$30 for the fifth or more.

The changes result in a higher monthly benefit for families with three children or fewer, but a lower one for bigger families.

The regulations also state that two clients receiving disability benefits who live together will receive lower benefits. In that case, each applicant would be eligible for only 88 per cent of their total living allowance.

The UCP government continues to say the AISH system disincentivized work for individuals with disabilities, even though conditions did not prevent employment. The new ADAP program forces Albertans with disabilities assessed as

IN THE NEWS

impeding but not preventing work to utilize all supports made available to them in order to continue receiving benefits.

Minister of Assisted Living and Social Services Jason Nixon says it resembles protocol used for other income supports.

“Anybody that is on income support programs has to participate in a certain level of programming depending on their unique situations. It’s done by a case-by-case basis,” he said at an unrelated news conference Wednesday.

“Our social welfare system is a multi-billion dollar system that Alberta taxpayers invest in to help care for people. And they certainly do expect people to participate in things like work programs, learning programs, education programs,” he claimed.

He says the department would work to ensure that termination of benefits would be used as a last resort.

Nixon says employment supports will include programming designed specifically for people with disabilities, as well as more general employment-oriented programming. Examples include simulated work environment training, transportation supports and resumé composition workshops.

The present success rate for the province’s employment supports in helping Albertans land a job is just over 60 per cent.

The regulations do not include anticipated criteria outlining eligibility that will distinguish AISH clients from ADAP clients. NDP MLA and shadow minister for community and social services Marie Renaud says this was the most important question for many of the 80,000 Albertans currently on AISH, and it remains unanswered.

“They continue to fail to give definitions that people are waiting for, that people need to have. What does severely disabled mean? How will the adjudicators make the decision on what is permanently unemployable and what is potentially employable?”

So far, the province has only released directives outlining who will be exempt from reassessment, which includes terminally ill patients and those living in continuing care homes.

Disability advocates have long protested the changes for reducing the monthly benefit for clients moved to AISH by \$200 per month.

Several municipalities across the province have passed motions asking the provincial government to reconsider the changes, including Lethbridge, Red Deer, Edmonton and Calgary.

Medicine Hat city council adopted a motion earlier this month to advocate against the changes and to publicly report on the anticipated social and economic impacts prior to implementation.

“People are paying attention to this. All these municipalities represent over three million people, and what we’re seeing is this government saying they will listen to no one,” said Renaud.



Alberta Disability Assistance Program
ADAP
a \$200/month cut to AISH
The facts and how to take action



[Home - Inclusion Alberta](#)

IN THE NEWS

In Alberta, the terms AISH and ADAP refer to disability support programs:

Assured Income for the Severely Handicapped (AISH)

AISH is a long-standing Alberta government program that provides:

- monthly financial assistance,
 - health benefits,
 - and other supports
- for adults with a permanent medical condition or disability that severely limits their ability to earn a living.

Examples of support can include:

- living expenses,
- prescription coverage,
- dental and optical benefits,
- special diets,
- mobility aids,
- and emergency assistance.

Alberta Disability Assistance Program (ADAP)

ADAP is a newer Alberta disability support program scheduled to begin operating in July 2026. It is intended for people with severe disabilities who are still considered able to work to some extent.

ADAP is designed to provide:

- financial support,
- health benefits,
- employment assistance,
- training and workplace supports,
- and higher employment earning flexibility.

Under the new system:

- people considered permanently unable to work would generally remain on AISH,
- while many current AISH recipients may transition to ADAP beginning in 2026.

Official Alberta information:

[AISH Program Information](#)
[ADAP Program Information](#)

IN THE NEWS

WHAT IS THE DEBATE ABOUT RE THE AISH/ADAP PROGRAMS IN ALBERTA

The debate around Alberta's shift from AISH to ADAP is intense because it touches on three major issues:

1. **poverty and disability**
2. **whether disabled people are being pushed to work**
3. **whether the changes are really about saving government money**

Here's the core of the argument from both sides.

WHAT THE ALBERTA GOVERNMENT SAYS

The Alberta government says the current AISH system discourages employment because people can lose benefits too quickly when they work. The government argues that ADAP is meant to:

- help disabled Albertans participate in the workforce if they are able,
- provide employment supports and training,
- allow people to keep benefits while working,
- and create a "more flexible" disability support system.

Government ministers have described ADAP as giving people the "dignity" and independence that can come with employment.

Under the proposed structure:

- people considered permanently unable to work would remain on AISH
- people considered capable of some work would move to ADAP.

WHAT CRITICS AND DISABILITY ADVOCATES SAY

Critics argue the reform effectively creates a **two-tier disability system** where many disabled people receive less support even though they still cannot realistically maintain stable employment.

The biggest concerns are:

1. Lower monthly income

Many advocates say ADAP reduces benefits by about \$200/month compared with AISH.

Critics argue that:

- rents and food costs are already extremely high,
- many recipients already live below the poverty line,
- and even a small reduction could increase homelessness and food insecurity.

2. "Able to work" vs "actually employable"

A major criticism is that many disabilities are partial, fluctuating, invisible, or episodic.

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Advocates say someone may:

- technically be able to work a few hours but still be unable to
- reliably keep a job
- Commute
- manage fatigue or
- sustain employment long term.

This is especially controversial for people with:

- MS
- chronic pain
- mental illness
- brain injuries
- post-viral conditions
- and post-polio syndrome-type fatigue conditions.

Critics argue ADAP may judge people on theoretical work capacity rather than real - world employability.

3. Reduced earnings exemptions

One of the most disputed changes is the lower amount recipients may earn before benefits are clawed back.

Advocates say this could actually discourage part-time work rather than encourage it.

Some doctors and advocates argue the math “doesn’t work” for many disabled people who can only manage limited hours.

4. Reassessments and bureaucracy

Many current AISH recipients fear they may have to:

- undergo new medical reviews,
- repeatedly prove disability status,
- or face uncertainty about eligibility.

Advocates say this creates:

- stress,
 - instability,
 - and extra burdens on doctors and specialists.
-

5. Trust and consultation

A large part of the debate is emotional and political.

Many disability organizations say the government:

- did not properly consult disabled Albertans,
- released incomplete information,
- and moved too quickly.

IN THE NEWS

There have been:

- protests,
 - open letters,
 - municipal resolutions,
 - and strong opposition from disability groups.
-

W H Y T H I S D E B A T E I S S O E M O T I O N A L

For many people on AISH, the program is not viewed as “extra help” — it is viewed as the minimum needed for survival.

So the fear is not just about policy details. It is about:

- losing housing,
- losing stability,
- worsening health,
- and being forced into work situations that may not be medically sustainable.

Meanwhile supporters of reform argue that disability systems should not permanently separate people from employment if some work is possible.

That philosophical divide is really the heart of the AISH vs ADAP debate in Alberta.

SUMMARY OF THE OFFICIAL GOVERNMENT POSITION

The Alberta government says the creation of the Alberta Disability Assistance Program (ADAP) is intended to modernize disability support in the province and better recognize the different circumstances of people living with disabilities. Under the government’s approach, AISH would continue to support individuals whose disabilities permanently prevent them from working, while ADAP would be aimed at people who may still be capable of some level of employment but who nevertheless require financial assistance, health benefits, and workplace supports.

The government argues that the current AISH system can discourage employment because recipients risk losing benefits when they attempt to work or increase their earnings. Officials say ADAP is designed to provide more flexibility by allowing people to earn income while still receiving support. The program is also intended to offer employment training, career assistance, and individualized supports to help disabled Albertans participate more fully in the workforce if they are able and wish to do so.

Government representatives have framed the changes as a way to promote independence, inclusion, and quality of life through greater workforce participation. They maintain that many people with disabilities want opportunities to work and contribute without fearing the loss of essential medical or financial supports.

In response to criticism, the government has emphasized that people whose conditions worsen would be able to move back to AISH, and that certain groups with severe or permanent conditions would remain protected within the AISH program. The province has also introduced temporary transition payments intended to ease the shift for people moving from AISH to ADAP.

Overall, the government’s position is that Alberta’s disability support system should distinguish between those who are permanently unable to work and those who may be able to participate in employment with appropriate assistance and accommodations.

IN THE NEWS

OPPOSED TO THE GOVERNMENT POSITION

*The opinion piece below was written by **Jon Auger**, an Alberta-based disability advocate and commentator who has become involved in public discussions around accessibility legislation, disability rights, and Alberta government policy affecting people with disabilities.*

Publicly available information suggests Auger has been active in grassroots advocacy connected to the push for stronger provincial accessibility legislation in Alberta. He has been associated with commentary surrounding the proposed “Accessible Alberta Act” and the broader Barrier-Free Alberta movement, which advocates for enforceable provincewide accessibility standards.

His writing and commentary focus heavily on:

- *accessibility rights,*
- *ableism in public policy,*
- *employment barriers faced by disabled Albertans,*
- *shortcomings in Alberta’s disability support systems,*
- *and criticism of the transition from AISH to ADAP.*

Auger’s work often emphasizes the lived experiences of disabled people and argues that Alberta lacks adequate legal protections compared with most other Canadian provinces, many of which already have formal accessibility legislation. He contributes opinion pieces, advocacy reflections, and social commentary within disability-rights networks and grassroots advocacy circles rather than through mainstream journalism organizations. One notable public reference came from the Barrier-Free Alberta organization, which highlighted a “powerful reflection by Jon Auger” criticizing the Alberta government’s rejection of Bill 206, the Accessible Alberta Act.

Although detailed biographical information such as formal employment history, education, or organizational positions is not widely published, Auger is generally recognized online as part of Alberta’s disability advocacy community alongside other advocates pushing for:

- *accessibility legislation,*
- *improved accommodations,*
- *stronger employment protections,*
- *and reforms to disability income programs.*

Bernd Schwanke, Editor (AI Assisted research)

ONE-TENTH OF ONE PERCENT

THE REALITY BEHIND THE AISH-TO-ADAP FISCAL FIGHT

Jon Auger

The number itself is what makes the entire AISH-to-ADAP controversy so politically and morally explosive. Alberta could potentially save roughly \$96 million annually if tens of thousands of disabled Albertans ultimately lose approximately \$200 per month after transition protections expire. Inside a provincial budget of roughly \$79 billion, that equals approximately 0.12 per cent of total spending. One-tenth of one per cent. Once people fully absorb that scale, the emotional logic of the debate changes completely because this no longer looks like a government confronting fiscal catastrophe. Instead, it increasingly looks like a province willing to impose profound uncertainty and instability on vulnerable citizens over savings so small they barely alter Alberta’s broader financial picture.

That is why the backlash keeps intensifying. Critics are not simply reacting to the money itself. They are reacting to the imbalance between the human consequences and the fiscal reward. Municipalities, physicians, advocates, and recipients are all warning about rising anxiety, reassessment fears, housing instability, bureaucratic exhaustion, and long-term social fallout. Meanwhile, the actual projected savings represent a tiny fraction of overall provincial spending. For many Albertans, that comparison feels morally jarring. They are asking why the province is willing to generate this much fear and disruption for what effectively amounts to a rounding error inside a seventy-nine-billion-dollar machine.

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The government's real objective likely extends beyond short-term savings. ADAP increasingly appears designed to permanently reshape the future growth trajectory of disability spending itself. Alberta's disability caseload has steadily expanded due to population growth, chronic illness, mental-health recognition, and worsening economic precarity. By redefining disability around employability rather than long-term incapacity, the province may gradually reduce future obligations over decades. More recipients move into partial-support systems tied to labour participation rather than unconditional long-term stabilization. That is why critics increasingly describe ADAP as an actuarial redesign of disability support disguised as modernization.

The political danger for the government is that municipalities increasingly believe Alberta may not truly be saving money at all. Instead, cities fear the province is simply shifting costs downward. If disabled Albertans lose stability, the consequences will appear in shelters, transit systems, hospitals, food banks, nonprofits, and mental-health services. Municipalities then absorb the pressure while the province reduces direct expenditure growth. That possibility is why the backlash has become so emotionally charged. More and more Albertans are beginning to conclude that the province is restructuring the lives of disabled citizens not because Alberta cannot afford stability, but because the government has fundamentally changed how it defines social obligation itself.

POST POLIO RESEARCH

(Article from Post-Polio Health International [PPS Research Update - Post Polio](#))

Two new clinical research studies (references below) were recently published by a group of Italian investigators led by Dr. Antonio Toniolo, who has previously received funding from PHI's Research Fund. Taken together, they offer hope for how to better identify those individuals with post-polio syndrome (PPS) who may benefit from treatments thought to improve the immune system's ability to fight chronic viral infection.

STUDY 1: Low-grade persistent poliovirus infection in long-term polio survivors diagnosed with post-polio syndrome: diagnostic and clinical implications¹

Methods: White blood cells (WBCs) were isolated from blood samples taken from 96 subjects diagnosed with PPS according to the European Federation of Neurological Societies' criteria, as well as from 26 stable paralytic polio survivors, 57 family members and 72 non-polio control group participants. The WBC samples then underwent an innovative procedure for identifying low-grade viral infection. The procedure includes culturing the WBCs with poliovirus (PV)-susceptible human cell lines and then extracting ribonucleic acid (RNA, a genetic material) samples that are next subjected to Reverse Transcriptase-PCR (Polymere Chain Reaction) in order to obtain sufficient RNA amounts for identification and analysis.

Results: PV genomes and proteins were found in 87% of subjects diagnosed with PPS compared to only 12% of 26 stable paralytic polio survivors, 3.5% of family member controls, and 0% of 72 other non-polio control groups. It also found high concordance of positive findings between results using WBCs or using CSF (cerebrospinal fluid), muscle tissue, or colon tissue samples from some PPS subjects for human cell line culturing and processing.

Discussion: These findings suggest persistent low-grade infection can persist for 50 years or more after Acute Paralytic Polio and that CSF, muscle, and/or intestinal tissue are the likely reservoirs for PV. Low detection rates among family members suggests minimal transferability of the PV genomes, many of which appeared to be mutated variants of either wild or vaccine-associated strains of PV. Viral genome replication rates were also shown to be very low.

The study's results also suggest that a test for the presence of PV genomes in blood samples could become a feasible and useful diagnostic tool for prediction of which polio survivors were at greatest risk of PPS. Results also strongly support ongoing efforts to find effective anti-viral treatments, such as immunotherapies to slow or stop progressive PPS symptoms.

(Continued on page 17)

POST POLIO RESEARCH

PPS Research Developments 2025-2026—UPDATES

The biggest development has been renewed interest in the immune and inflammatory mechanisms behind PPS, along with more rigorous clinical trials of intravenous immunoglobulin (IVIG) therapy.

Here are the most important developments from 2025–2026:

1. IVIG therapy showed encouraging clinical trial results. A large phase 2/3 trial by Grifols reported that IVIG treatment improved walking distance and physical endurance in PPS patients compared with placebo. Researchers described the results as potentially the first evidence that functional decline in PPS can be slowed or partially reversed.

This is significant because:

- PPS currently has no approved drug treatment
- Most care today is supportive only (energy conservation, physiotherapy, mobility aids)
- Earlier IVIG studies had mixed results due to small sample sizes

The newer study was larger and better designed.

2. Research is increasingly focusing on immune dysfunction and biomarkers. Several newer papers are exploring whether PPS involves chronic immune activation, inflammatory markers, vitamin D deficiency, or lingering immune abnormalities decades after original polio infection.

This matters because:

- It could eventually lead to blood tests or biomarkers for PPS
- It strengthens the rationale for immune-based therapies like IVIG
- It may connect PPS research with newer work in Long COVID and ME/CFS (Myalgic encephalomyelitis/chronic fatigue syndrome)

3. Greater overlap being studied with Long COVID and ME/CFS. Researchers are increasingly comparing PPS with:

- Long COVID
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

The overlap includes:

- debilitating fatigue
- post-exertional worsening
- autonomic dysfunction
- neuroinflammation
- possible autoimmune mechanisms

This crossover is important because Long COVID funding has accelerated research into chronic fatigue and neuroimmune diseases generally. Some scientists believe PPS patients may indirectly benefit from discoveries being made in Long COVID research.

4. Better clinical management guidance is emerging. A major 2025 review on anesthesia and perioperative care for PPS patients highlighted that many clinicians still underestimate the unique risks PPS patients

POST POLIO RESEARCH

face during surgery and sedation.

The review emphasized:

- increased sensitivity to anesthetics
- respiratory complications
- muscle weakness considerations
- need for specialized perioperative planning

That may improve safety and recognition of PPS in mainstream medicine.

What has *not* happened yet:

- No cure
- No universally accepted biomarker
- No FDA- or Health Canada-approved PPS medication
- No consensus that immune therapy works for everyone

Overall, though, the field is more active now than it has been in years, largely because neuroimmune research expanded rapidly after the COVID era. The IVIG trial results are probably the most encouraging PPS-specific development in the past year.

Bernd Schwanke, Editor

(AI Assisted research)

(continued from page 15)

STUDY 2: Post-Polio Syndrome: Impact of Humoral Immune Deficiencies, Poliovirus Neutralizing Antibodies, Vitamin D Deficiency²

Based on blood sample analyses, 80 PPS subjects, as well as 40 family members, were shown to have significantly reduced levels of IgG (Immunoglobulin G), IgA, and IgG subclasses compared to non-polio controls.

Mean serum Vitamin D levels were also found to be significantly reduced in PPS subjects compared to non-polio controls, while the mean Vitamin D levels of the PPS family member group was intermediate between the PPS group and control group.

Conclusions

These studies' overall findings suggest genetic, immunological, and nutritional factors may all increase susceptibility to the pathogenic effects of PV. Findings additionally highlight the complex relationships between immune status and long-term health of aging polio survivors.

References

1. Toniolo A, Genoni A, Maccari G, Chumakov K, Basolo F, Bono G, Mauri M, Molteni F, Arrondini L, Bertolasi L, Monaco S. Low-grade persistent poliovirus infection in long-term polio survivors diagnosed with post-polio syndrome: diagnostic and clinical implications. *J Neurol*. 2025 Sep 6;272(9):617.
2. Toniolo A, Chumakov K, Federico G, Maccari G, Genoni A, Saba A, Nauti A, Bono G, Molteni F, Monaco S. Post-Polio Syndrome: Impact of Humoral Immune Deficiencies, Poliovirus Neutralizing Antibodies, Vitamin D Deficiency. *Vaccines* (Basel). 2025 Sep 2;13(9):939.

RESEARCH

Unfortunately we are all getting older and hopefully wiser! Having our aging joints causing us grief is a pretty common complaint for our age group, me included. I found this research synopsis to very interesting and hopeful, if not for our generation, then perhaps for the those who follow us.

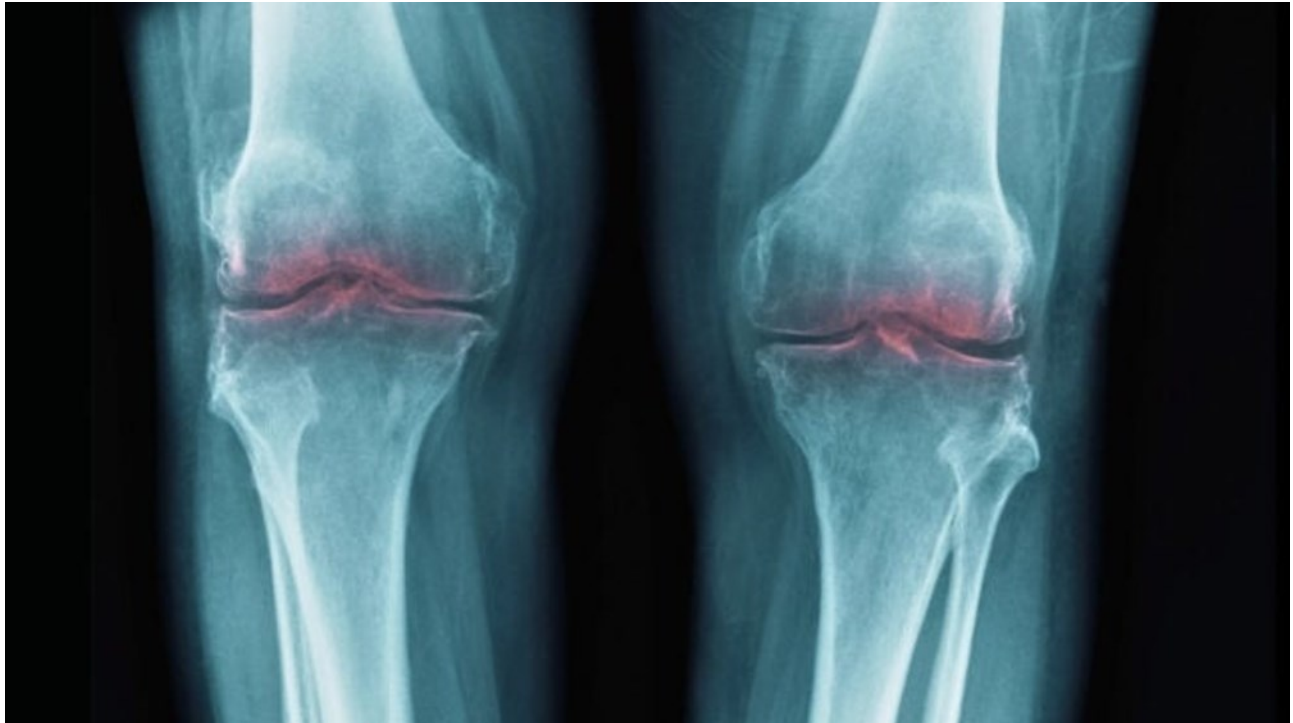
Editor

Breakthrough to Restore Aging Joints Could Help Treat Osteoarthritis

[Health](#) 24 April 2026

By [David Nield](#)

(angkhan/Canva)



A study in mice traced the loss of cartilage that accompanies aging to a single protein, pointing to treatments that may one day restore mobility and ease discomfort in seniors.

The protein, called 15-PGDH, has been [extensively linked to aging](#).

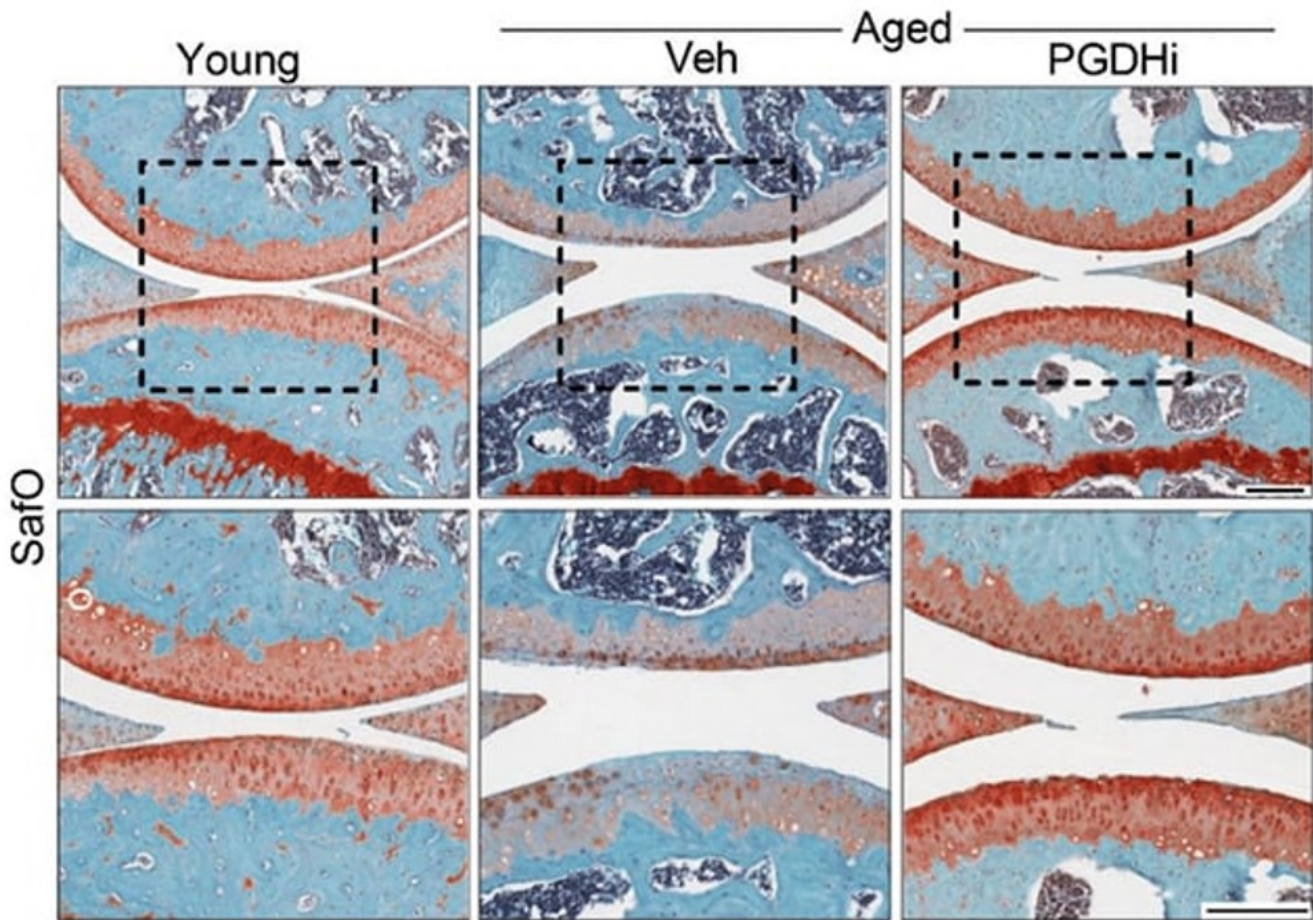
It becomes more abundant as we get older and interferes with the molecules that repair tissue and reduce inflammation.

That led researchers at Stanford University to consider whether 15-PGDH might be involved in osteoarthritis, in which joint stress leads to the breakdown of cartilage [collagen](#), causing inflammation and pain.

RESEARCH

In tests on old mice, knee cartilage which had previously worn down, thickened following the introduction of a 15-PGDH inhibitor. In similar tests on young, injured mice, the inhibitor protected against the typical effects of injury-induced osteoarthritis.

When the researchers induced the equivalent of an anterior cruciate ligament injury in mice and subsequently applied the treatment, osteoarthritis didn't develop as would normally be expected.



Treated aged cartilage (far right, stained red) looked much more like young, healthy cartilage (far left, stained red). (Singla et al., Science, 2025)

Previous attempts at cartilage regeneration included the use of [stem cells](#), which were no longer necessary when 15-PGDH was inhibited. Instead, [chondrocytes](#) that make and maintain cartilage were being transformed into a healthier, more functional state.

"This is a new way of regenerating adult tissue, and it has significant clinical promise for treating arthritis due to aging or injury," Stanford University microbiologist Helen Blau [said](#) in November when the research was published.

"We were looking for stem cells, but they are clearly not involved. It's very exciting."

Treated mice had a steadier gait, suggesting they were experiencing less pain, and were observed to place more weight on their injured legs – signs that the [cartilage restoration](#) improved physical health.

Continued on page 20

RESEARCH

The same experiment was also conducted on human tissue samples from people undergoing knee replacement surgery. Again, there were clear signs of regeneration, with the cartilage becoming stiffer and showing less inflammation.

"The mechanism is quite striking and really shifted our perspective about how tissue regeneration can occur," [explained](#) orthopedic scientist Nidhi Bhutani.

"It's clear that a large pool of already existing cells in cartilage are changing their gene expression patterns.

"And by targeting these cells for regeneration, we may have an opportunity to have a bigger overall impact clinically."

While there's still plenty of work to do, this could eventually lead to effective treatments to roll back the damage caused by arthritis or aging in general. We could be heading towards a future without hip and [knee replacements](#).

Given [how common osteoarthritis is](#), how painful it can be, and how much it limits mobility and day-to-day activities, numerous research efforts are underway.

It's known that obesity, metabolic disorders such as [diabetes](#), and inflammation are major contributors to osteoarthritis progression. Intriguingly, [a 2026 study found that semaglutide appears to protect joints](#) through a mechanism that's not about easing pressure through weight loss.

Instead, the team from China and the US found that the drug reprograms the metabolism of cells that synthesize and maintain healthy cartilage, allowing them to generate more energy.

In mice and humans with obesity and osteoarthritis, treatment with semaglutide reduced pain and decreased cartilage degeneration. Mice also had fewer bone spurs and less severe lesions in their joint membranes.

When the researchers compared cartilage from treated and untreated mice, they detected changes in the expression of nearly 8,300 proteins.

They included a 'pair-feeding' control group that ate the same amount as the semaglutide-treated mice. Even with comparable weight changes, the pair-feeding group did not receive the same cartilage protection, suggesting a weight-loss-independent effect on the joint itself.

RESEARCH

Their work adds to growing evidence that GLP-1 drugs may have [benefits beyond weight loss](#), and it sharpens the search for new osteoarthritis treatments that target metabolism inside the joint.

Related: [Semaglutide May Reverse Damage Caused by Osteoarthritis, Study Suggests](#)

We don't yet have anything that tackles the root cause, despite [promising progress](#). Besides replacing the joints affected, current treatment options for osteoarthritis are limited to pain management.

But even more positive news on osteoarthritis [has appeared this year](#).

Research (which is yet to be published or peer-reviewed) [suggests](#) that injecting a carefully engineered, slow-release drug-delivery system into the damaged joint can coax the body's own cartilage and bone cells to carry out an [effective repair job](#) in just a few weeks.

This is based on ongoing animal experiments, and while it will take some time for actual treatments to be developed, the findings are encouraging.

"In two years, we were able to go from a moonshot idea to developing these therapies to demonstrating that they reverse osteoarthritis in animals," [said](#) chemical and biological engineer Stephanie Bryant, from the University of Colorado Boulder.

"Our goal is not just to treat pain and halt progression, but to end this disease."

Bryant and the team behind that treatment are hopeful that [clinical trials](#) can get underway within the next 18 months.

The next steps for the Stanford-led research could also include a [clinical trial](#). [A previous trial](#) of a 15-PGDH blocker to combat [muscle weakness](#) didn't raise any red flags for health and safety, which should speed up the trial process for similar drugs.

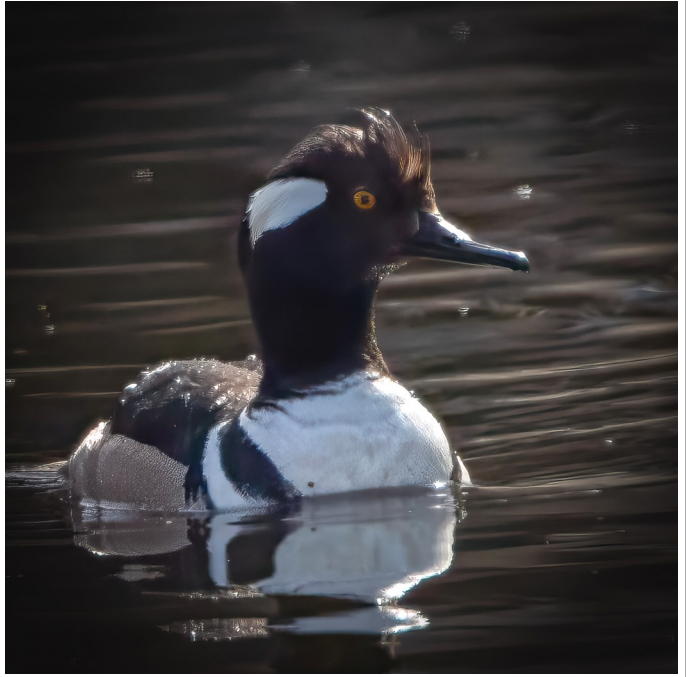
"We are very excited about this potential breakthrough," [said](#) Blau.

"Imagine regrowing existing cartilage and avoiding joint replacement."

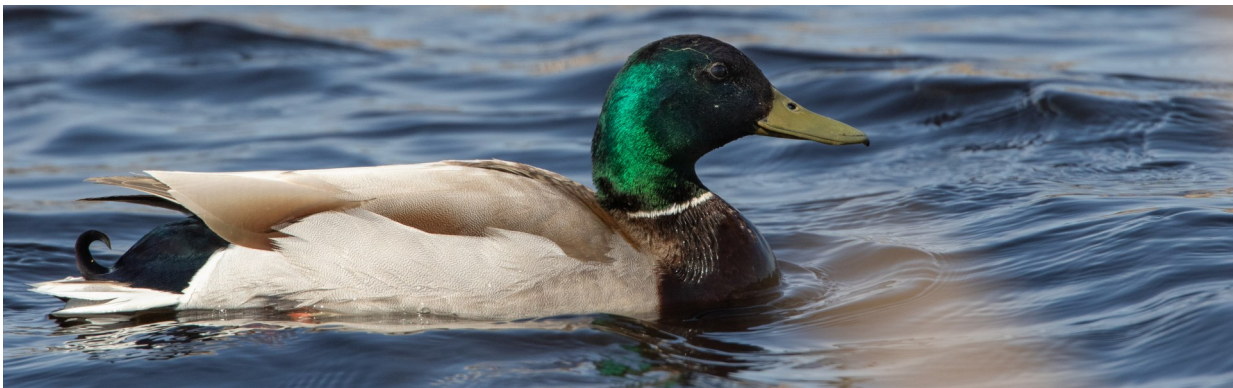
The study was published in the journal [Science](#).

(An earlier version of this article was published in January 2026.)

GALLERY



GALLERY



Pg 22, Clockwise from top left: 1) Female Red winged Blackbird 2) Male Hooded Merganser. 3) Pair Redneck Ducks
4) Male Yellow-headed Blackbird

Pg 23, Clockwise from top left: 1) Spotted Sandpiper 2) Male Northern Shoveler 3) Male Mallard Duck 4) Female Northern Shoveler

Photos by Bernd Schwanke May 2026

GALLERY

These super fragrant lilacs are a perfect way to say....goodbye spring and hello summer!



Submitted by Marie Kunec

BOOK REVIEW

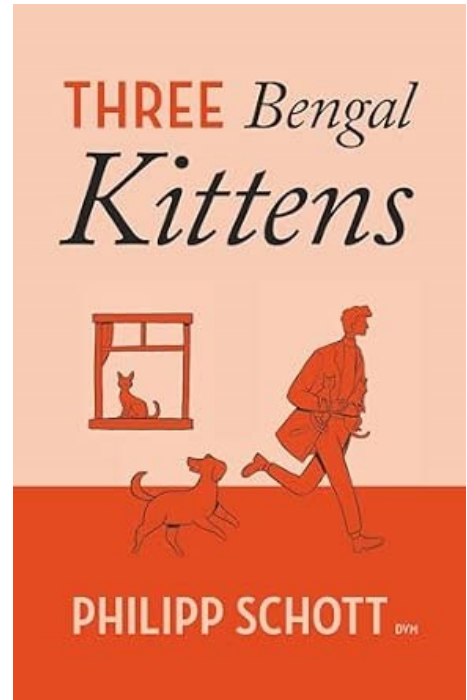
Three Bengal Kittens

I have just finished reading a book by Philipp Schott. Schott is a retired veterinarian in Winnipeg who practiced in Winnipeg and now writes murder mysteries. He has published four books in the Dr. Bannerman series, each one having a title and theme about animals. His titles include Fifty Four Pigs, Six Ostriches, Eleven Huskies, and his latest, Three Bengal Kittens.

Unique about the books is that they are set in Manitoba and feature locations that we, as Canadians can relate to. Three Bengal Kittens is set in a dilapidated apartment building in north Winnipeg. Dr. Bannerman learns of a murder in the building in which his brother lives. Sam is accused of the murder and Bannerman, with the help of his sniffer dog Pipin, works to determine Sam's innocence. The kittens also live in the building, and become involved in the story.

If you are a fan of Mysteries with a Canadian twist, I highly recommend Philipp Schott's books. They are available in the St. Albert library as well as the Edmonton Library.

Submitted by John Sugden



ABOUT THE AUTHOR

I was born in Germany in 1965. A year later my family emigrated to Canada. I grew up in Saskatoon, regularly returning to Germany to visit. I studied biology at the University of Saskatchewan before switching to veterinary medicine. After graduation in 1990 I moved to Winnipeg with my classmate and future wife, Lorraine. Except for a year taken to backpack around the world, I have been in the same Winnipeg small animal practice since 1990. I have been semi-retired since the beginning of last year, showing up only a couple half-days a week. When I feel like it.

My writing began with blogging about travel and veterinary medicine, and then my first book, *The Accidental Veterinarian*, was published by ECW Press in

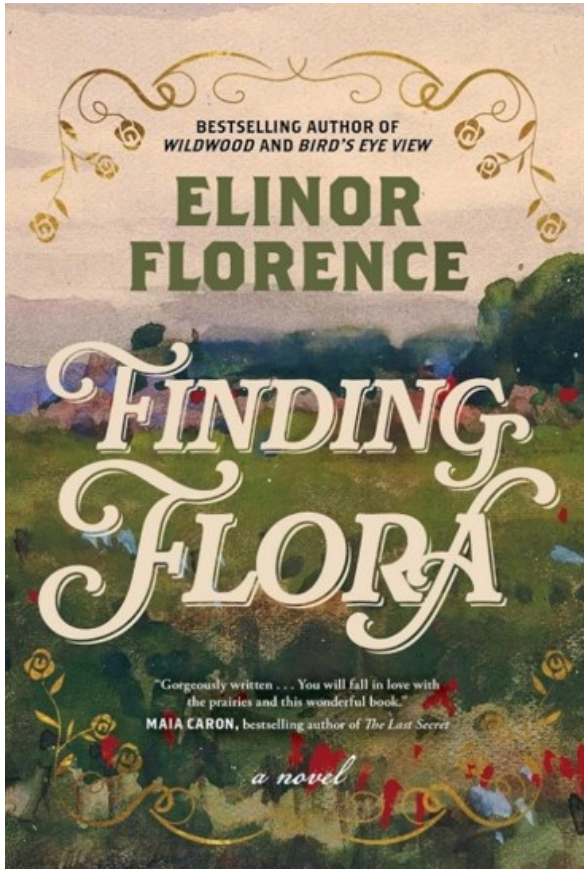
2019.

Lorraine and I live in a creaky old house on the river with two young adult children, an unpredictable cat, and a very predictable dog.

Although the clinic, writing, and my family keep me busy, I love to spend time outdoors in self-propelled activities. I'm a particular fan of long-distance walking, having completed the West Highland Way, Hadrian's Wall, the Laugavegurinn, and the Inca Trail, among others. Back in the pandemic, I was also inspired to start tackling "virtual walks", with the highlight being a 2863 km trek across Middle Earth from The Shire to Mordor. I learned how sturdy those hobbits really were.

Philipp Schott has a web site at [Home](#)

BOOK REVIEW



Finding Flora

by [Elinor Florence](#) (Author) Genre
Historical fiction

Format: Kindle Edition, also available on KOBO e-reader

I particularly enjoy fictional novels of Canada and especially Alberta.

The setting takes place on the prairies of central Alberta and what is now the town of Alix

Submitted by Anne Meunier, Assistant Editor

A rollicking historical novel set in turn-of-the-century Alberta about a young woman on the run from her abusive husband who uses a legal loophole to claim a homestead in the Wild West - perfect for fans of *Outlawed* and *The Giver of Stars*.

Scottish newcomer Flora Craigie jumps from a moving train in 1905 to escape her abusive husband. Desperate to disappear, she claims a homestead on the beautiful but wild Alberta prairie, determined to create a new life for herself. She is astonished to find that her nearest neighbours are also female: a Welsh widow with three children; two American women raising chickens; and a Métis

woman who supports herself by training wild horses.

While battling both the brutal environment and the local cynicism toward female farmers, the five women with their very different backgrounds struggle to find common ground. But when their homes are threatened with expropriation by a hostile government, they join forces to “fire the heather,” a Scottish term meaning to raise a ruckus. To complicate matters, there are signs that Flora’s violent husband is still hunting for her. And as the competition for free land along the new Canadian Pacific Railway line heats up, an unscrupulous land agent threatens not only Flora’s livelihood, but her very existence.

About the Author

Elinor Florence grew up on a Saskatchewan farm and earned degrees in English and journalism. She worked for newspapers in all four Western provinces, spent eight years writing for Reader’s Digest Canada, and even published her own award-winning community newspaper. Her first novel, *Bird’s Eye View*, was a national bestseller, while the second, *Wildwood*, was named one of Kobo’s Hundred Most Popular Canadian Books of All Time. *Finding Flora*, an instant #1 national bestseller and a Heather’s Pick, was inspired by her own Scottish homesteading and Indigenous ancestors. She is a member of the Métis Nation of British Columbia and makes her home in the mountain resort of Invermere.

Excerpt. © Reprinted by permission. All rights reserved.



BOOK REVIEW

CHAPTER ONE

Bracing herself against the jerk and pitch of the train, Flora leaped into the darkness. Her long skirt billowed in the icy updraft. For several seconds she was airborne, trapped between her past life and an unfathomable future. Then her left foot struck the ground with such force that her ankle bent like a green twig and she screamed with pain, the sound lost in the thunder of the wheels. She tumbled down the steep gravel bank and landed on her back in a shallow pool, shattering a thin crust of spring ice. There she lay rigid and gasping, terrified that someone had seen her shadow cross the lighted windows.

Flora clenched her chattering teeth and forced herself to play dead. Steel screeched against steel as the massive steam locomotive groaned around the curve and picked up speed. The ground vibrated, the boxcars creaked, and the wheels clattered across the cracks in the rails. Eventually the caboose rolled past and disappeared. The rhythmic chuffing of the engine faded, and the earth fell silent.

Only then did Flora struggle to her feet, the ice beneath her breaking into shards as sharp as needles. Her hat had vanished, and her hair hung heavy and wet over one shoulder. Although her new tweed travelling suit and tartan shawl had saved her skin from abrasion, one side of her face throbbed with pain.

Flora had heaved out her calfskin valise before jumping, had watched it bounce once before it was swallowed up in the black night. After an unsuccessful attempt to wring the water from her sodden skirt with numb hands, she limped along the ditch, searching for the bag, straining her eyes in the gloom. Her left ankle was on fire.

For a moment she regretted her trunk, locked in the baggage car, rushing away in the opposite direction. With a sense of urgency, she fumbled for the leather pouch strapped around her waist and gripped it for reassurance. Inside were her identification papers and her life savings. Safely sewn into the seam of her petticoat was her secret treasure. Now that the contents of the trunk were gone, everything else she owned in the world was in that valise. Flora bent over and renewed her desperate search.

The heavy clouds parted, and moonlight flooded the prairie. She spied the bag wedged under a clump of willows and gave a small cry of relief. Clutching it with one hand, she clawed her way up the bank with the other. The steel rails looked like two silver threads stretching away to the horizon. Flora hobbled a few steps and halted, her treacherous ankle pounding, as she came to the bitter realisation that she couldn't walk all the way back to Calgary. Nor could she remain beside the tracks and wait for help, since she knew there wouldn't be another train for three days.

Balancing on one high-heeled shoe, Flora scanned her shadowy surroundings. She was no stranger to the empty sweep of the Highland moors, but this landscape was an alien creature, bristling with hostility. Patches of stubborn snow lingered between the spiky blades jutting from its broad back. Even the air was thin and harsh and stung her panting lungs. Through the silence came an eerie howl. Flora started so violently that she bit her own tongue and tasted blood. Surely setting off into this savage wasteland was an act of suicide.

While she stood motionless, almost stupefied with shock and fear, something caught her eye. A yellow glow winked once, winked twice. Flora stared into the shadows, wondering if it were a star, unsure where the black earth met the black sky. Then she glimpsed it again, a tiny beacon that flickered and faded.

Flora slid down the bank and wrenched a sturdy branch from the underbrush. Wedging her makeshift staff under her left armpit and hoisting the valise with her right hand, she set out across the cold, dead plain toward the light.

MEMBERS' PAGE - INSPIRATION

A KING'S SORE FEET

There once lived a king who ruled over a vast and prosperous land. On occasion, he had to visit distant parts of his kingdom.

When he returned to his palace after one particularly unpleasant trip, he complained that his feet hurt as it was the first time he had taken such a long trip and the paths he had taken were very rough and stony.

He ordered his subjects to cover every road in the entire country with leather to make his travels more pleasant. This would naturally require thousands of cow hides and cost an incredible sum of money.

One of the king's advisors carefully asked, "With such a great cost to the kingdom, would it not be more prudent if the Majesty made leathers for his feet, rather than for all the roads in the country?"

The king agreed and had leather sandals made for himself.

He came to understand that to make one's life better, sometimes you don't need to change the whole world, just change something about yourself.

"Everyone thinks of changing the world, but no one thinks of changing themselves."

- Leo Tolstoy

Let's be honest—Personal change is difficult. We often think and say—tomorrow, I'll begin tomorrow. But tomorrow never comes, because when the time changes at midnight to a new day it becomes a new "today".

"Just one small positive thought in the morning can change your whole day."

- Dalia Lama

Too often, we forget—or neglect—to accept help from others as we try to improve ourselves. The right words at the right time can act as a spark—those words stick with you, remind you of your purpose and give you the push to keep going when the going gets tough.

When you're on a journey of change, motivation is the fuel that keeps you going. Bettering ourselves isn't a one time event—it's a commitment.

"I have not failed. I have just found 10 000 ways that won't work".

- Thomas Edison

Self-improvement isn't a finish line. It is moving forward one deliberate step at a time. Positive changes start when your comfort zone ends. A powerful quote can become your motto, your mantra, or a small reminder of the person you are trying to become. But lasting change does not come from words alone. It is how you let the words shape your actions.

"You'll always miss 100% of the shots you don't take."

- Wayne Gretzky

What about "problems along our improvement journey"? Look back only to learn from your mistakes. Keep looking into the future and keep your "eyes on the prize".

"Never let small successes "go to your head", and don't let small failures get to your heart."

Endurance and determination are what separate the weak from the strong, and the stagnant from the successful. Continue placing one foot in front of the other—no matter how slow your progress may seem. My 3 word quote fits well here—Admit—Adapt—Advance.

"Fall 7 times, stand up 8." Japanese proverb

Submitted by Marie Kunec

MEMBERS' PAGE

GRANDPARENTS DAY in 2026 will be celebrated on Sunday, September 13. This holiday is celebrated annually on the first Sunday following Labour Day. A wonderful reason to celebrate the joy, laughter and special bonds that come with this cherished

role. The official flower for grandparents' day is the Forget-Me-Not. It symbolizes enduring love, connection and remembrance. The bond between grandparents and grandchildren can be almost magical. The connection, strengthened by warm hugs, timeless stories and the quiet joy of learning together offer comfort, wisdom and lasting memories. Grandparents are like stars. You don't always see them, but you know they are always there.

Grandparents pass down more than family recipes, they pass down life lessons, and can easily become anchors in grandchildren's lives. Children learn patience, creativity and problem-solving while spending time with someone who loves them unconditionally.

Looking for fun, intergenerational activities? Try creating a family photo album, or filming a grandparent where kids ask questions about life "in the good old days". Nature walks, baking a family recipe or volunteering together at shelters, libraries and with charity groups fundraising, can enhance connection while indirectly teaching the young ones about family, history and empathy. In our fast-paced world, grandparents offer something precious: time, patience and perspective. They show quiet, humble strength - bridging generations—one smile at a time.



The golden rule for grandparents is to offer unconditional love and emotional support while strictly respecting the boundaries and parenting styles established by the child's mother and father.

The most successful grandparent - grandchild relationships are built on respect for the parents' rules. The core foundation of being a super grandparent is understanding that being in a child's life is a privilege, not a right.

Maintaining a Harmonious Relationship with your children and grandchildren.

1. Ask before you act. Share your plans with the parents first. A simple "Is this okay?" prevents family tensions.
2. Never undermine the parents. If a parent says no, support their reason. Asking a child to keep secrets undermines parent - child relationships.
3. Offer advice in small doses. Parenting changes, and what worked 30 years ago, might be inappropriate today. Share your wisdom only when asked. Think ahead and avoid making your advice sound like criticism.
4. Work to maintain your connection. Enjoy moments rather than worrying about possible future events or enforcing discipline. You are the "grand-playmate" which means your primary role is to be a safe, comforting and loving presence in their lives.

"What a bargain grandchildren are! I give them my loose change and they give me a million dollars worth of pleasure." --Gene Perret

Since grandparenting is very similar to teaching, I have modified a Teacher's Prayer to become a

Grandparent's Prayer.

I want to teach my grandchildren how to live this life on earth,
To face its struggles and its strife, and to improve their worth.
Not just the lesson in a book, or how the rivers flow—
But how to choose the proper path, wherever they may
To understand eternal truth and know the right from wrong,
And gather all the beauty of a flower and a song.
For if I help the world to grow in wisdom and in grace,
Then I shall feel that I have won, and I have filled my place.
And so I ask your guidance, God, that I may do my part—
For character and confidence and happiness of heart.

GRANDPARENTS: A little bit parent, a little bit teacher and a little bit best friend.

Submitted by Marie Kunec

TRANSPORTATION

UBER and LYFT are transportation companies which use Smart Phone technology to connect you with transportation options as an alternative to regular taxi service. They are generally less expensive than taxis and more readily available.

Uber

Go to [Uber Canada](#) and install the Uber app on your iPhone.

Lyft

Go to [Lyft](#) and install the Lyft app.

Step 2: Create an Account

1. Open the app.
2. Enter your mobile phone number.
3. Verify with the text message code.
4. Add your name and email address.
5. Add a payment method:

- Credit card
- Debit card
- Apple Pay (where available)

Step 3: Allow Location Services

When prompted:

- Tap **Allow While Using App**

This lets the app find your location automatically.

If GPS is inaccurate, you can manually move the pickup pin to your exact location.

Step 4: Request a Ride

1. Open the app.
 2. Enter your destination in the "Where to?" box.
 3. The app will display:
 - Estimated fare
 - Estimated pickup time
- Available vehicle types

Common Uber options include:

- UberX (standard ride)
- UberXL (larger vehicle)
- Premier (higher-end vehicle)

Step 5: Select Your Ride

Compare:

- Price
 - Pickup time
- Vehicle size

Tap your preferred option.

Step 6: Confirm Pickup

Check that the pickup location is correct.

Examples:

- Your home
 - A restaurant
 - A shopping centre
- A hotel

Tap **Confirm Ride** or **Request Ride**.

Step 7: Wait for Driver Assignment

The app will show:

- Driver's name
 - Vehicle make and model
 - Vehicle colour
 - Licence plate
- Estimated arrival time

You can watch the vehicle approach on the map.

Step 8: Before Entering the Vehicle

Always verify:

1. Licence plate matches the app.
 2. Vehicle matches the app description.
- Driver's name matches.

Many experienced riders consider checking the licence plate the most important safety step.

Step 9: During the Ride

You can:

- Follow the route on the map.
 - Share your trip status with family or friends.
- Contact the driver through the app if necessary.

Step 10: Arrive and Pay

Payment is automatic.

When the trip ends:

- The fare is charged to your payment method.
- A receipt is emailed to you.

Step 11: Rate the Driver

You can give:

- 1 to 5 stars
 - Optional tip
- Optional comments

Using Uber at Edmonton International Airport (YEG)

1. After collecting luggage, open the app.
2. Request your ride.
3. Follow airport signs to the designated rideshare pickup area. The app will usually provide pickup instructions and location details. Airport pickup and drop-off fees may apply.

Tips for First-Time Users

- Request the ride **inside a building** and wait indoors until the driver is a few minutes away.
- At busy locations (West Edmonton Mall, Rogers Place, airport), use a specific pickup point such as a numbered entrance.
- Check the fare estimate before confirming.
- During major events, snowstorms, or Friday/Saturday evenings, fares may increase due to demand.

OBITUARIES



Douglas Allan Bovee

November 29, 1941 - June 7, 2026

Douglas Allan Bovee, a kind, creative, multi-talented, patient, and fiercely independent man, passed away at home on Sunday, June 7, 2026.

Born in Regina Saskatchewan on November 29, 1941, he was predeceased by his wife of 36 years, Marnie Lee; his mother, Jeanette Mae; his father, Roy Nelson; and his beloved dogs, most recently, Kova.

Doug will be deeply missed by his brother Blain Bovee and his wife, Clare; his sister Dianne Anderson; his brother Larry Bovee; his nieces, nephews and cousins and his many beloved friends.

Doug was a force to be reckoned with. Despite being stricken with polio at four years old, he never allowed his disability to define him. He forged an active, meaningful, successful, and productive life. Doug was a celebrated multi-medal-winning para-olympian athlete and a pioneer in wheelchair sport. He was inducted into the Alberta Sports Hall of Fame in 1976 and became the first athlete to compete using a revolutionary lightweight, three-wheeled racing wheelchair of his own design, which served as a prototype for modern Paralympic competition.

From the 1970s to the 1990s, Doug led and coordinated various programs to help people with disabilities live independently and find employment. He also served as the Executive Director of the MS Society. Doug, a talented painter and multi-media artist, was a founding member whose creative vision help guide the design of the Riverwind Strata Title Housing Cooperative. He was passionate about orchids, growing, studying, and photographing them. He played a key role in establishing and developing the Orchid Species Preservation Foundation, serving as a long-time member and President. In 2018, he moved to Abby Road Housing Coop, where he served on the board of directors as Treasurer, President and VP of Maintenance.

Donations in Douglas Bovee's memory to Wildrose Polio Support Society (<https://polioalberta.ca/>) and The Orchid Species Preservation Society (<https://orchidspecies.ca/support/donate-here/>) are greatly appreciated.

ADAPTIVE DEVICES AND AIDS



3-Pack, Silicone Adaptive Aid, Universal Cuff Hand Grip Assistive Device

\$47.70 (Amazon .ca)



RUNRAYAY Foam Grip Tubing, 16Pcs Adaptive Utensils Grip Tubing, Built Up Grip Aid for Utensils, Tools and Pens for Elderly, Disabled, Arthritic, Handicapped

\$19.98 (Amazon.ca)



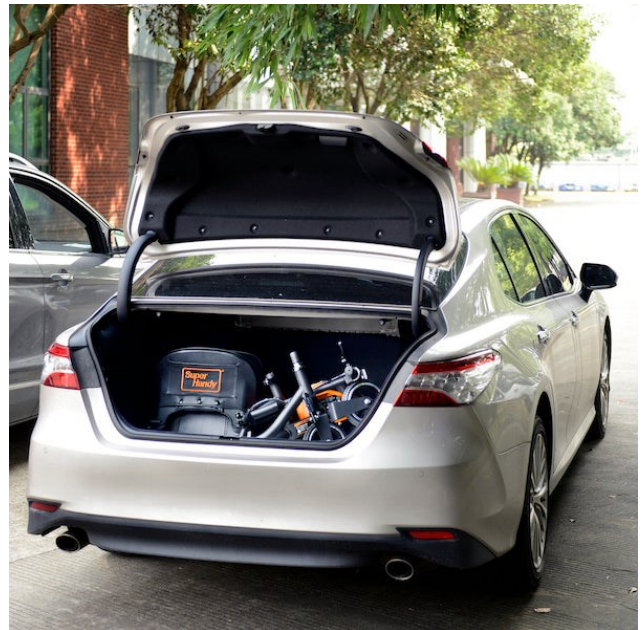
Automotive Standing Support Car Assist Handle Strap for Vehicle – Portable Safety Mobility Lift Grab Band

\$15.99 (Amazon.ca)

ADAPTIVE DEVICES AND AIDS



- **Ultra-Lightweight Design** – Weighs only **35lbs**, making it one of the lightest mobility scooters on the market.
- **Foldable & Portable** – Folds quickly for easy storage and transport; fits in most car trunks.
- **Strong Weight Capacity** – Supports riders up to **275lbs**.
- **Long Range** – Up to **13 miles** per charge with the included **48V 2Ah lithium-ion battery**.
- **Swappable Batteries** – Extend your ride with additional batteries (sold separately).
- **Easy-to-Use Controls** – Simple throttle and brake system for stress-free operation.
- **Adjustable Seat Height** – Customizable comfort for different riders.
- **Durable Build** – Aluminum frame with **solid rubber all-terrain tires** for stability and reliability.
- **Compact Dimensions** – Measures **40 x 24 x 37 inches (L x W x H)** for a perfect balance of SuperHandy Passport 48V/2Ah 3-Wheel Folding Travel Scooter
- comfort and SuperHandy Passport 48V/2Ah 3-Wheel Folding Travel Scooter
- maneuverability



[SuperHandy Passport 48V/2Ah 3-Wheel Folding Travel Scooter](#)

Priced at \$639.99 USD

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

SATURDAY: PERMANENTLY
CANCELLED

RATES: No charge to members, guests
during WPSS scheduled times.

Welcome to New Members

Ray Heit

In Memory Of

*Douglas Allen Bovee
(Obituary page 28)*

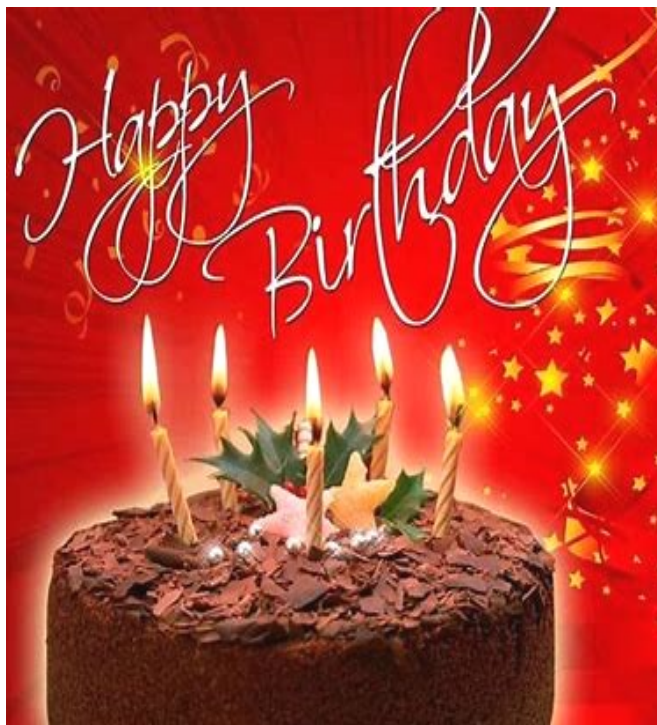
LOVE LIVES ON

*Those we love remain with us
For love itself lives on,
And cherished memories never fade
Because a loved one's gone.
Those we love can never be
More than a thought apart,
For as long as there is memory,
They'll always live on in our hearts.*

HAPPY BIRTHDAY!



Bernd Schwanke	July 12
Julie Gronau	July 15
Helen Engels	July 17
Doreen Betke	July 18
Betty Lou Hewko	July 26
Pat Collins	July 27
Linda Steingard	Aug 10
Marleen Henley	Aug 12
Hilda Karbonik	Aug 13
Marshall MacLeod	Aug 22
Vivian Onushko	Aug 26
Bernie Hornung	Aug 27
Darlene Procyshyn	Aug 30
Bette Ann Millar Long	Sept 27





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

WILDROSE POLIO SUPPORT

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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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

Wildrose Polio Support Society

8640 – 64th Avenue NW

Edmonton AB T6E 0H5

Telephone 780-428-8842

Web Page <https://polioalberta.ca>

2026 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: _____ [] cheque payable to Wildrose Polio Support Society

[] 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: _____