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Announcements concerning 25th Anniversary Celebration

By Brad Dowden

Plans are shaping up for Polio Echo's 25th Anniversary Celebration Luncheon, set for Saturday, December 4, 2010, from 11:30 a.m.-2:30 p.m., at the Disability Empowerment Center in Phoenix, located on East Washington Street near Sky Harbor airport.

This year's special program will replace the Holiday Lunch, usually held at the Scottsdale Senior Center in November. And with five months remaining until the anniversary event, preparations are already being made for a three-course, sit-down meal with a keynote speaker and live entertainment.

Polio Echo's Board of Directors recently met with and invited motivational speaker and author Jerry Traylor, from nearby Fountain Hills, to deliver an inspirational keynote address at this December's luncheon. Jerry has spoken to over one million people during his 35-year career, sharing encouragement, motivation, and insights from his experiences, as a cerebral palsy survivor. He has climbed Pike Peak, run across the United States from San Francisco to New York, and participated in countless marathons, all on his crutches. You can learn more about Jerry's program from his website, www.jerrytraylor.com. Providing en-
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POLIO ECHO

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BOARD MEETINGS

Unless there is an emergency meeting called, there is no meeting of the board in July or August. The Polio Echo Board of Directors has established its 2010 board meeting schedule as follows:

September 21, 2010, (Tuesday).

October 16, 2010 (Saturday) Annual Mtg.

November 16, 2010 (Tuesday).

December 4, 2010 (Saturday) - 25th Anniversary Celebration.

Meetings are generally held on the third Tuesday of the month at the Disability Empowerment Center (DEC), which is located at 5025 E. Washington Street in Phoenix, Arizona 85052. Any exceptions will be noted in this newsletter and on our website.

All meetings are open to the public. Anyone wishing be on the agenda should notify the president in advance.

Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome, through group meetings, educational programming, newsletters and website. Polio Echo is a 501(c)3 non-profit Arizona corporation. All contributions and voluntary dues are tax deducti-

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-ertainment will be the "World's Master Magician, The Great Rodney Housley," with his comedy, magic act. Polio Echo President Brad Dowden caught Rodney's show last December in Tucson, at Polio Epic's holiday lunch, and knew immediately that his act would be something that Polio Echo's membership would also enjoy. His humor and repertoire of magic are guaranteed to keep an audience amazed and laughing. Check out Rodney's act on his website, www.rodneymagician.com.

Other preparations are underway, including production of a DVD with pictures from Polio Echo's 25 years. Your help is needed for this photo collage project to come to fruition, so dig through your scrapbooks, keepsakes, and other memorabilia for any photos of past members and support group events. Susan and Larry Wynn have graciously offered to lead this challenging project and can be reached by e-mail, susanwynn@cox.net, or by telephone, 480-545-1147.

Watch for additional information in upcoming issues of Polio Echo News. Invitations to the celebration will be mailed in mid-October, about six weeks prior to the event. In the meantime, mark your calendar now with the date: 25th Anniversary Celebration Luncheon, Saturday, December 4, 2010, from 11:30 a.m. to 2:30 p.m., at the Disability Empowerment Center of Phoenix. However, the event will not be restricted to those receiving invitations. Don't be left out!

In Memory of Chuck Beaton

May 15, 1930- May 24, 2010

By Bill Way

Chuck Beaton, of Phoenix, Arizona, passed away on Monday, May 24, 2010.

Chuck was a polio survivor and past Vice President of Polio Echo. He was a wood carver, computer enthusiast, coordinator of the Annual Arizona- Marcus, Iowa Picnic, his hometown, among many other things.

Polio was a challenge to his mobility, but never to his ability to get things done. He was always ready and willing to help others with his positive attitude. We will miss Chuck as a fellow polio survivor and as a true friend.

A Celebration of Life Service was held May 29, 2010 with several of his Polio Echo friends in attendance. Our condolences go out to his wife, I Eleanor, and the rest of the family.

RETREAT AT WHISPERING HOPE RANCH ON AUGUST 12-15 RESERVATIONS ONLY \$85 THROUGH JULY 22, 2010

Reserve online at www.azspinal.org. Or call Micaela Cheatham at (602) 507-4209 to make your reservations for this year's retreat. The cost for caregivers is \$75, if paid before the deadline. The reservation rate will increase to \$120 after July 22nd. The deadline for payment or cancelation is July 29, 2010. There is also a deadline for application for scholarships of July 15, 2010, without exception.

\$25/\$25 CHALLENGE REPORT

The \$25 / \$25 donation matching program is going well. Polio Echo Treasurer, Roger Buel, reported to the Board of Directors that we are nearing our goal. President Brad Dowden says he is confident we will. If you are one of the special people contributing to this program, remember to put "\$25 / \$25" on your check. Mail your donation to: POLIO ECHO, P. O. Box 61024, Phoenix, AZ 85284.

NEW POLIO VACCINE COULD BOOST ERADICATION OF POLIO

Released from Post-polio Health International (www.post-polio.org)

A new vaccine against polio, which provides more effective protection against the two remaining strains of polio, was used for the first time in Afghanistan in December. The new bivalent oral polio vaccine (bOPV) was recommended by the Advisory Committee on poliomyelitis Eradication (ACPE), the technical advisory group of the Global Polio Eradication Initiative, as a critical tool in providing the optimal protection needed by young children against both surviving types of the paralyzing poliovirus.

Of the three wild polioviruses (types 1, 2 and 3), type 2 has not been seen anywhere in the world since 1999. As a result, monovalent vaccines were developed to protect against types 1 and 3 with greater efficacy. The bOPV was developed to test whether it could effectively protect children living in areas where both types 1 and 3 were known to circulate.

In clinical field trials last June, bOPV was found to be at least 30 percent more effective than the traditional trivalent vaccine and almost as good as the monovalent vaccine, but in a package

that could deliver both at once.

This is a great advantage in simplifying vaccine logistics and in optimizing protection using a mix of available polio vaccines according to local needs. In areas where access to children is limited by the security considerations, using bOPV maximizes the impact of each contact with a child. It could accelerate vaccination and eradication efforts in war-torn countries like Afghanistan and in countries with inadequate health systems, such as those in Sub-Saharan Africa.

The swift development and production of bOPV in 2009 was a collaborative effort of the World Health Organization, UNICEF, vaccine manufacturers and regulatory agencies.

The bOPV is expected to be put into use in Nigeria, India and much of West Africa in the first quarter of this year. Among the ACPE's key recommendations at its recent meeting was that bOPV be introduced as rapidly as possible.

Read the news release: (www.Polioeradication.org/content/pressreleases/20091215.ENG.asp)

IN PREPARATION FOR “THE BIG EVENT”

Please assist us in the preparation for our 25th Anniversary Celebration.

Larry and Susan Wynn are collecting photographs of Polio Echo members and events to use in a power point presentation on the big screen.

Please go through your old photos and provide any that tell a tale of polio Echo members or events to Larry and Susan as soon as you can.

We are all getting to the age where we enjoy reminiscing and remembering the great times we had together.

If you know the names and approximate dates of the photo, please include that information, along with any antidotes of interest.

This is going to be one memorable event.

Send digital photos to {larrywynn@cox.net} and standard photographs to **Larry and Susan Wynn, 1101 S. Scallop Drive, Gilbert, AZ 85233-7844**. If you can put them on a CD, please do so.

If your Name, address, telephone number or Internet address has changed, please update your information with us. Call Jane Crawford, (480) 899-5857 or email www.polioecho.org.

To contribute news to Polio Echo News call (480) 820-3358 or E-mail: ringhofer@aol.com

DISCARD OLD MEDICINES—A REMINDER

Nearly everything in your medicine cabinet has an expiration date, even sun blockers. Discard or replace them.

Retaining unused medication increases the chance of unintentionally taking the wrong medicine.

DO NOT FLUSH. DO NOT TRASH. Seal it and dispose of it safely. Your pharmacy may take back and dispose of unused chemicals. If not, mix with something like kitty litter or coffee grounds, contain and dispose.

- Do not use discolored or powdery pills.
- Do not use capsules that are cracked, leaking or sticking together.
- Do not use liquids that are cloudy, filmy or hardened; or creams that have cracked.
- Do not keep any medication beyond one year. Medication may increase or decrease in potency and become dangerous to you.
- Store all medications in a cool, dark, dry place where children and pets cannot reach. Avoid sunlight and consider the moisture and heat of your bathroom; perhaps another room would be more suitable.

CHAPTER ACTIVITIES

East Valley Chapter

Meets (and eats) at 1:00 p.m. on the 3rd Wednesday of each month.

July 21 - Meeting will be held at the Coco's Restaurant, 1862 W. Baseline Road in Mesa (NE corner of Baseline and Dobson Roads).

August 18 - Meeting will be held at Black Bear Diner, 1809 E. Baseline Road in Gilbert. Please note that the August meeting will be at 1:15 p.m. instead of 1:00. Contact Joan DeRenzis at (480) 895-8238 or Jane Crawford at (480)899-5857 for more information.

Scottsdale Chapter

Meetings begin at 11:30 a.m. at the Scottsdale Civic Center Library, Gold Room. Bring your own brown bag lunch. Call Carol Pranka for details at **(480) 946-6669**. *Scottsdale Chapter does not meet in July or August.

Central Valley Chapter

A meeting room has been reserved at the Mesquite Branch of the Phoenix Library (Paradise Valley Mall) for Thursday, September 9, 2010 from 11:00 AM to 1:00 PM. The Library is located across the street from the parking garage which is on the North side of the Mall accessible from the Paradise Village Parkway. There is limited parking in the library lot to the East of the library, but unlimited parking across the street in the enclosed parking garage. The meeting room is just inside the en-

Please take the time to complete the registration form below. If you cannot afford the membership fee, you can still receive the newsletter. We need everyone on our mailing list to send in their registration. Memberships are due in January for the current 2010 calendar year. If you have questions about membership status, contact the Treasurer, Roger Buel, at (602) 493-7242.

POLIO ECHO MEMBERSHIP REGISTRATION & RENEWAL FORM

Name: _____ Date _____

Phone (_____) _____ - _____ Cell (_____) _____ - _____

E-mail address: _____@_____

Emergency Contact Name & Tele # : _____ () _____

I am enclosing \$10.00 for my 2010 dues donation.

I am sending an additional donation in the amount of \$ _____

I am enclosing \$25.00 for the \$25 / \$25 Matching Dollars Program.

I am enclosing \$2.00; please send me a membership pin.

I am unable to pay membership dues at this time, but would like to be a member and receive the Polio Echo Newsletter by mail.

I do not wish to be a member, but am sending a (tax deductible) donation of \$ _____

Please remove my name from the Polio Echo Mailing list. (The Polio Echo News is available on our web site: (**www.polioecho.org**))

Make checks payable to Polio Echo and send to:

Polio Echo, P.O. Box 61024, Phoenix, AZ 85082-1024

trance sliding doors and to the left side of the hallway just past the restrooms. It is easily accessible. We plan to discuss the formation of a regular meeting of the Phoenix area members of Polio Echo. Everyone is welcome to visit. Contact Roger Buel and Pam Harper at (602) 493-7242 and (623) 376-7581.

KEEPING IN TOUCH

If you, or any of our members you know, is experiencing severe illness, injury or other life changing events, please let us know so we can respond with whatever support we can. Contact us through the Web site, www.polioecho.org or call Brad Dowden at (480) 987-2571.

To contribute news to Polio Echo News call (480) 820-3358 or E-mail: ringhofer@aol.com



P.O. Box 61024, Phoenix, AZ 85082-1024

**FREE MATTER FOR
THE BLIND OR
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Funding of this Newsletter is made possible through a grant from the Phoenix Chapter of MARCH OF DIMES

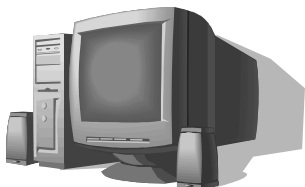
25TH ANNIVERSARY

POLIO ECHO NEWS (PEN) is published bimonthly by Polio Echo, Inc. an Arizona non-profit corporation which is tax-exempt under Internal Revenue Code Section 501C(3). Publication is funded in part by a grant from The March of Dimes. Subscription and membership information are provided elsewhere in this issue. Letters or unsolicited articles of general interest will be published at the sole discretion of PEN. Opinions expressed in letters or articles published in PEN do not necessarily reflect the views of PEN, its staff or Polio Echo, its officers or directors. Additionally, no endorsement of physicians, products, or services mentioned or featured in this newsletter should be implied by any of the foregoing persons or entities. Remember to always consult your physician for any medical problems.

Polio Echo Website

<http://polioecho.org>

Newsletter available here



Polio Echo E-mail

polio_echo@polioecho.org



Information:

(480) 987-2571

If you have questions concerning projects or programs of the post-polio support group, please call our president Brad Dowden and leave a message. The person best able to serve you will call back.