

## St. Louis 2014 – May 31-June 3, Hyatt Regency St. Louis at The Arch

*You are invited to take advantage of an extraordinary opportunity – PHI's 11th International Conference.*

During the three days of programming on June 1-3, you will be able to see the latest in bracing design, respiratory assist devices, multi-mode ventilators and interfaces.

Presentations and interactive discussions will feature the philosophical and personal aspects of spirituality, the philosophical and the practical aspects of end-of-life decisions, exploration of faith and disability and changing relationships through a life span.

There will an opportunity to gather facts and hear about the experiences of other survivors on attendant care, accessible homes and design, aging solo, staying active in mind and body and tips on assessing your abilities.

Included in "Promoting Healthy Ideas" will be topics such as weight management, sleep, managing medications, attention-getting pain, update on research and future needs of polio survivors. You will be able to explore Qigong, yoga, music therapy, ideas for maintaining posture and dealing with worry.

On Saturday, May 31, PHI will welcome first-time conference attendees at a special session from 3:00 pm–4:15 pm. All will be welcomed at a special dinner Saturday evening at 6:00 pm. (The final session will end at 3:00 pm on Tuesday, June 3.)

The other evenings will be a time for rest and reflection on the day's activities; spending time with old friends and making new ones. At nearby Busch Stadium, the St. Louis Cardinals will play the San Francisco Giants on Saturday and Sunday and the Kansas City Royals on Monday and Tuesday. The hotel is located in downtown St. Louis, and to find other evening activities in the area, see <http://explorestlouis.com>.

A block of rooms has been reserved at the Hyatt Regency St. Louis at The Arch, 315 Chestnut Street. Additionally, we have contacted hotels close by and have accessible rooms available in an overflow hotel should the need arise. Individuals may register for a room online at [www.post-polio.org/net/11thConfHotelInfo.pdf](http://www.post-polio.org/net/11thConfHotelInfo.pdf) ) and must complete the accessibility survey, or by phone (314-655-1234). The accessibility survey will also be in the registration materials. There are many people in our group who have mobility problems. PHI will make every effort to meet accessibility needs. Please understand these rooms will be assigned based on essential need, not solely on first-come, first-served.

Registration materials and updated program details will be posted on [www.post-polio.org](http://www.post-polio.org) in early November. Individuals who do not have access to the internet may request a print registration packet by calling 314-534-0475 or mailing the request to PHI, 4207 Lindell Blvd., #110, St. Louis, MO 63108. ■



PHI's 11th International Conference

## POST-POLIO HEALTH

Fall 2013

Vol. 29, No. 4

ISSN 1066-5331

Editor: Gayla Hoffman  
[editor@post-polio.org](mailto:editor@post-polio.org)

Designer: Sheryl R. Rudy  
[webmaster@post-polio.org](mailto:webmaster@post-polio.org)

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*PHI's mission is to enhance the lives and independence of polio survivors and home mechanical ventilator users through education, advocacy, research and networking.*

### How to contact PHI

Executive Director  
Joan L. Headley, MS  
[director@post-polio.org](mailto:director@post-polio.org)

4207 Lindell Blvd., #110  
Saint Louis, MO 63108-2930 USA  
Phone: 314-534-0475  
Fax: 314-534-5070  
[info@post-polio.org](mailto:info@post-polio.org)  
[www.post-polio.org](http://www.post-polio.org)  
[www.polioplacement.org](http://www.polioplacement.org)

*PHI sends PHI Membership Memos via email. Be sure to set your spam filter to receive emails from [info@post-polio.org](mailto:info@post-polio.org).*

### Moving? Change of address?

Notify PHI before you move by calling 314-534-0475 or email [info@post-polio.org](mailto:info@post-polio.org), and tell us your old and new addresses.

### Away temporarily?

Send us your second address and dates you will be there and we'll do our best to send your newsletter.