
Post-Polio Directory 2009[©]

Post-Polio Clinics ■ Health Professionals ■ Support Groups



POST-POLIO HEALTH INTERNATIONAL
INCLUDING INTERNATIONAL VENTILATOR USERS NETWORK

4207 LINDELL BOULEVARD, #110
SAINT LOUIS, MO 63108-2930 USA
314-534-0475, 314-534-5070 FAX
INFO@POST-POLIO.ORG, WWW.POST-POLIO.ORG

4 Post-Polio Clinics

Physicians and facilities providing specialized and comprehensive treatment for polio survivors.

10 Health Professionals

Individual health professionals, with their areas of medical specialties, who have expertise in treating polio survivors.

19 Support Groups

Support groups and resource contacts.

33 Other Useful Contacts

Professional organizations of medical specialties, governmental agencies and other organizations and associations.

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USA \$12; Canada and Mexico \$14; Overseas air \$16.

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Access home mechanical ventilation information at www.ventusers.org
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Networking opportunities
Information about relevant events
Opportunities to participate in research
Quarterly 12-page newsletter of your choice:
Post-Polio Health or *Ventilator-Assisted Living*

\$55 Subscriber Plus

All of the benefits of Subscriber, AND ...

Both quarterly newsletters:
Post-Polio Health and
Ventilator-Assisted Living

\$100 Contributor

All of the benefits of Subscriber Plus, AND ...

Post-Polio Directory
Resource Directory for Ventilator-Assisted Living
Discounts on special publications, such as
Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors
Discounts on meetings sponsored by
Post-Polio Health International

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City _____

State/Province _____

Zip/Postal Code _____

Country _____

Email _____

Phone _____ Fax _____

(area/country code)

(area/country code)

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Name _____

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- OR, charge my: VISA MasterCard Discover

Name on card _____

Exp. date _____

Signature _____

Send to:

Post-Polio Health International
4207 Lindell Blvd., #110
Saint Louis, MO 63108-2930 USA
314-534-5070 fax

PDIR09

Post-Polio Clinics

The physicians and hospitals listed have a special interest in post-polio problems. Post-Polio Health International (PHI) surveyed the post-polio clinics to provide more information about their approach and experience.

Clinic models often depend on the personnel available in a community. A single physician may be interested in post-polio problems, seeing survivors on a **triage** (●) basis, referring them to a physical therapist, occupational therapist, nutritionist, psychologist, social worker or orthotist, etc., and following them as the need arises.

A **multidisciplinary** (■) clinic in a rehabilitation setting can save people time and travel by having the various therapists present to examine and recommend on the same day. The multidisciplinary treatment team is usually directed by a physiatrist and includes a physical therapist, occupational therapist, speech therapist, recreational therapist, rehabilitation psychologist, rehabilitation social worker, rehabilitation nurse, a dietitian, orthotist (brace fabricator) and a vocational counselor. There usually is access to specialists in pulmonary medicine, orthopedic surgery and neurology. However, it should be noted that neurologists direct several post-polio clinics.

Some clinics require a physician's referral(s).

KEY: ▲ Requires Physician's Referral ● Triage ■ Multidisciplinary

International

Listing is arranged in alphabetical order, first by country, then by province or state, then by city.

AUSTRALIA

Polio Services Victoria, Melbourne ■

Simon Mathieson, Service
Coordinator/Physiotherapist
St. Vincent's Hospital Melbourne
PO Box 2900
Bolte Wing, Nicholson St
Fitzroy, Victoria 3065
+61 3 9288 3845
+61 3 9288 3900
+61 3 9288 3808 fax
psv@svhm.org.au
www.psv.svhm.org.au
Clinic established 1998
Initial evaluation: < 2 hrs
Medical specialty of director:
Rehabilitation

Late Effects of Disability/ Neuro-Surgery Rehabilitation

▲ ■
Dade Fletcher, MD, FAFRM
Rehabilitation Medicine Specialist
G. Jegasothy, PT, Senior
Physiotherapist
Royal Perth Hospital
Shenton Park Campus
Shenton Park, Western Australia
+61 8 9382-7117
+61 8 9382-7307
Initial assessment: 2-3 hrs
Medical specialty of director:
Acquired brain injury rehab,
orthotics, botox clinic,
neurology rehabilitation
Clinic coordinator: PT Dept

Post-Polio Network of Western Australia Clinic ●

John S. Niblett, FRACR, FACHPM
Tessa Jupp, RN
Brenda Lake, PT
PO Box 257
Subiaco, Western Australia
(Floreat)
+61 8 9383 9050
+61 8 9383 9075 fax
poliowa@upnaway.com.au
www.upnaway.com.au/~poliowa
Clinic established 1990
Initial evaluation: 2-3 hrs
Medical specialty of director:
Radiation Oncology
Clinic coordinator: RN

BRAZIL

Federal University of Sao Paulo's Medical School

Dr. Acary Oliveira, Chief
of Neurology Dept
Tatiana Mesquita E. Silva,
Physiotherapist
Rua Estado de Israel
899 - VL. Clementino
Sao Paulo, SP
+11 5571-3324
+11 5083-1051
tatimsilva@gmail.com

CANADA

Montreal Neurological Institute & Hospital ▲ ■

Daria A. Trojan, MD, Director
Diane Diorio, MD, Neurology
3801 University St
Montreal, Quebec H3A 2B4
514-398-8911, 514-398-2745 fax
Diorio: 514-398-5034
Clinic established 1986
Medical speciality of director:
Physical Medicine &
Rehabilitation

DENMARK

PTU, The Danish Society of Polio & Accident Victims ■

Fjeldhammervej 8
2610 Rodovre
+45 36 73 90 00
+45 36 73 90 01 fax
ptu@ptu.dk, www.ptu.dk

GERMANY

Katholisches Klinikum Koblenz

Dr. med. Axel Ruetz
Marienhof und Brüderhaus
Kardinal-Krementsz-Str. 1-5
D-56073 Koblenz
(Rheinland-Pfalz)
+45 49 261 4960
a.ruetz@kk-koblenz.de

Klinik Hoher Meißner,
Bad Sooden-Allendorf
Neurologische Abteilung
www.reha-klinik.de/vortrag/khm-
poliomyelitis.htm

Klinik Miriquidi, Thermalbad
Wiesbaden
www.wiesbaden.de

Neurologisches
Rehabilitationszentrum
Quellenhof Bad Wildbad
www.quellenhof.de

Rehaklinik Raupennest,
Altenberg
www.raupennest.de

ISRAEL

Hadassah Medical Organization

Isabella Schwartz, MD
Rehabilitation Clinic – Post-Polio
Mount Scopus Hospital
POB 24035
Jerusalem
+972 2 584-4111
+972 2 582-3515 fax
shivuk@hadassah.org.il
www.hadassah.org.il

Tel-Hashomer Chaim Sheba Medical Center

YeheSkell Shemesh, MD
Neurological Rehabilitation
Post-Polio Clinic
Ramat Gan
+972 3 530-3725
+972 3 535-2888 fax
neure@sheba.health.gov.il
www.sheba.co.il

MEXICO

Clínica de Atención Integral en Síndrome Post Polio

Instituto Nacional
de Rehabilitación
Calzada México-Xochimilco
No. 289
Col. Arenal de Guadalupe
México, D.F., C.P. 14389
www.cnr.gob.mx
Dra. Alejandra Castillo Millán
Jefa de Consulta Externa
+59 99 10 00, ext. 11 125
y 11 126
Dra. Teresa de Jesús
Baños Mendoza
Coordinadora Médica de
la Clínica
+59 99 10 00, ext. 13 115
Clinic established 2008

NETHERLANDS

University of Amsterdam ▲ ●

Prof. Marianne de Visser,
MD, PhD
Prof. Frans Nollet, MD, PhD
Academic Medical Centre
Meibergdreef 9
1015 AZ Amsterdam
de Visser : +31 20 566 3445
+31 20 697 1438 fax
m.devisser@amc.uva.nl
Nollet : +31 20 566 4049
+31 20 566 9154 fax
f.nollet@amc.uva.nl

SWEDEN

Karolinska Institutet ▲ ●

Prof. Kristian Borg, MD, PhD
Dept of Rehabilitation Medicine
Danderyd University Hospital
Bldg 39
S-182 88 Stockholm Danderyd
+46 8 6555255
kristian.borg@ki.se
Medical speciality of director:
Neurology and Rehabilitation
Medicine

Post-Polio Clinics

continued

Sahlgrenska University Hospital ▲ ●

Katharina Stibrant Sunnerhagen,
MD, PhD
Rehabilitation Medicine
SE-41345 Göteborg
+46 31 3422803
+46 31 415433 fax
Gunnar Grimby, MD, PhD, FRCP
+46 31 3422801
+46 31 415433 fax
Gunnar.Grimby@rehab.gu.se
Clinic established 1994
Initial evaluation: >2 hours
Medical specialty of director:
Neurology

UNITED KINGDOM

Respiratory Support & Sleep Centre ▲

J.M. Shneerson, MA, DM, FRCP,
FCCP
Consultant Physician
Papworth Hospital/
Papworth Everard
Cambridge England CB23 3RE
+44 1480 830541
+44 1480 364558 fax
john.shneerson@papworth.nhs.uk
Clinic established 1981

Lane-Fox Respiratory Saint Thomas' Hospital

Craig Davidson, MA, MD, FRCP
PPS Rehabilitation Programme
Guys & St Thomas'
Foundation Trust
Lambeth Palace Rd
London, England SE1 7EH
+44 207 188 3447
+44 207 188 3449 fax
craig.davidson@gstt.nhs.uk

United States

*Listing is arranged in alphabetical
order, first by state, then by city.*

ALABAMA

Wanda Merrill HealthSouth Lakeshore ●

Post-Polio Clinic
Jack D. Denver, MD
HealthSouth Lakeshore
Rehab Hospital
3800 Ridgeway Dr Magnolia Hall
Birmingham, AL 35209
205-868-2096, 205-868-2097 fax

CALIFORNIA

Rancho Los Amigos National Rehabilitation Center ■ ●

Post-Polio Service
Sophia Chun, MD, Chief
Jacquelin Perry, MD, DSC (HON)
Medical Consultant,
7601 E Imperial Highway
Downey, CA 90242
562-401-6260, 562-401-6247 fax

Casa Colina Centers for Rehabilitation

Richard Shubin, MD, Neurology
Kathy SanMartino, PT, NCS,
ATP, CLT
255 E Bonita Ave
PO Box 6001
Pomona, CA 91769-6001
909-596-7733, 909-392-9152 fax
or 909-450-0391 fax
ksanmartino@casacolina.org
Clinic established 2009
Initial evaluation: 1-2 hours
Medical specialty of director:
Neurology
Clinic coordinator: PT

University of California-Davis Medical Center ●

Carol B. Vandenakker, MD
4860 Y St Ste 1700
Sacramento, CA 95817
916-734-7041, 916-734-6695 fax
carol.vandenakker-
albanese@ucdmc.ucdavis.edu
Clinic established 2002.
Initial visit: <2 hours
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: RN

Kaiser Foundation Rehabilitation Center & Hospital ▲ ●

Mary Elizabeth Sandel, MD
975 Sereno Dr
Vallejo, CA 95689
707-651-1044, 707-651-2315 fax
707-651-1044 clinic
707-651-3936 office
Initial evaluation: <2 hrs
Medical specialty of director:
Physical Medicine &
Rehabilitation

COLORADO

St. Anthony's Family Medical Center ■

Marny K. Eulberg, MD
8510 N Bryant St #200
Westminster, CO 80031
303-899-5369, 303-430-5565 fax
meulberg@centura.org
Clinic established 1985

DISTRICT OF COLUMBIA

National Rehabilitation Hospital ■

Post-Polio Program
Lauro S. Halstead, MD
Judith Glaser, DO
102 Irving St NW
Washington, DC 20010-2949
202-877-1661, 202-722-0019 fax
Lauro.S.Halstead@Medstar.net
Clinic established 1986
Initial visit: Typically 1.5 days

FLORIDA

Halifax Medical Center/ Neuroscience Center ■

Carolyn Geis, MD
201 N Clyde Morris Blvd Ste 300
Daytona Beach, FL 32114-2732
386-947-4641, 386-947-4647 fax
carolyn.geis@halifax.org
Medical specialty of director:
Physical Medicine &
Rehabilitation

University of Miami Miller School of Medicine ■

Post-Polio Treatment, Education
and Research Center
Khema Sharma, MD
Associate Professor of Neurology,
Dept of Neurology
1120 NW 14 Street, 1377
Miami, FL 33136
305-243-7526, 305-243-9412 fax
ksharma@med.miami.edu
Clinic established 2004
Initial evaluation: <2 hrs followed
by a 5 hr clinic session if needed
Clinic coordinator: RN

Southeastern Rehabilitation Medicine

Post-Polio Evaluation Team
of North Central Florida
Amy E. Clunn, MD
Diana Kornetti, MA, PT
3305 SW 34th Cir Ste 101
Ocala, FL 34474
352-732-3110
352-373-4321 appts
866-346-8677 toll-free

GEORGIA

Palmyra Post-Polio Clinic ■

Paul E. Peach, MD
810 13th Ave Ste 105
Albany, GA 31701-1333
229-446-8960
800-443-4476 appts
229-439-8861 fax
PaulPeachMD@aol.com
Medical specialty of director:
Physical Medicine &
Rehabilitation

The Shepherd Center

Post-Polio Outpatient Clinic
2020 Peachtree Rd NW
Atlanta, GA 30309
404-350-7355
www.shepherd.org

Emory University School of Medicine ●

Dale C. Strasser, MD
Associate Professor
Center for Rehabilitation Medicine
1441 Clifton Rd NE Ste 118
Atlanta, GA 30322
404-712-3837
404-778-5770 appts
404-712-5895 fax
Dale.Strasser@
emoryhealthcare.org
www.rehabmed.emory.edu

Roosevelt Warm Springs Institute for Rehabilitation ■

Cathy Harper-Hogan, MD
6135 Roosevelt Highway
Warm Springs, GA 31830
706-655-5251, 706-655-5432 fax
www.rooseveltrehab.org
Initial evaluation: >1 day
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: RN
Cathy.Hogan@dol.state.ga.us

ILLINOIS

University of Chicago Medical Center

Raymond P. Roos, MD
Director, MDA/ALS Neurology
5841 S Maryland Ave
Ste MC2030
Chicago, IL 60637
773-702-6390, 773-702-9076 fax
773-702-5546 appts
MDA 773-702-9089
roos@neurology.bsd.
uchicago.edu

MASSACHUSETTS

International Rehabilitation Center for Polio (IRCP) at Spaulding-Framingham ■

Darren Rosenberg, DO
Medical Director
Stephanie T. Machell, PsyD,
Rehabilitation Psychology
Spaulding-Framingham
Outpatient Center
70 Worcester Rd
Framingham, MA 01702
508-532-4259
emckenney@partners.org
www.polioclinic.org
Clinic established 1995
Initial evaluation: > 3 hrs,
varies by need
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: Clerical

MICHIGAN

University of Michigan Health Systems ●

Ann T. Laidlaw, MD
Clinical Lecturer, Physical
Medicine & Rehabilitation
325 E Eisenhower Ste 100
Ann Arbor, MI 48103
734-936-7210, 734-615-6713 fax
alaidlaw@umich.edu
Clinic established 1984

Center for PM&R, PC ▲ ●

Daniel M. Ryan, MD
13850 E 12 Mile Rd Ste 2B
Warren, MI 48088-3730
586-778-4505, 586-552-4878 fax
Clinic established 2001
Medical specialty of director:
Physical Medicine &
Rehabilitation

Post-Polio Clinics

continued

MINNESOTA

Gillette Children's Specialty Healthcare ■

Jill Gettings, MD
Peter Karachunski, MD
435 Phalen Blvd
Saint Paul, MN 55130-5302
651-636-9443, 651-628-4484 fax
jgettings@gillettechildrens.com
www.Gillettechildrens.org
A multidisciplinary provider of specialty services for adolescents and adults with childhood-onset conditions.

MISSOURI

St. John's Mercy Rehabilitation Hospital ●

Martin B. Wice, MD
Medical Director
14561 North Outer Forty Ste 201
Chesterfield, MO 63017
314-881-4290, 314-881-4295 fax
Clinic established 1987.
Medical specialty of director:
Physical Medicine &
Rehabilitation

NEW HAMPSHIRE

Granite Physiatry, PLLC ▲ ●

Stuart J. Glassman, MD,
FAAPMR
60 Commercial St Ste 303
Concord, NH 03301
603-223-8145, 603-223-8146 fax
www.granitephysiatry.com
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: PT

NEW JERSEY

The Post-Polio Institute ■

Richard L. Bruno, PhD
Chairperson, International Post-Polio Task Force; and
Director, The Post-Polio Institute and International Centre for Post-Polio Education and Research
97 Engle St
Englewood, NJ 07631
877-Post-Polio (877-767-8765)
201-541-3408, 201-894-3724
201-541-6491 fax
www.postpolioinfo.com
Clinic established 1989
Medical specialty of director:
Psychophysiology

NEW YORK

SUNY Upstate Medical University ■

Burk Jubelt, MD
Dept of Neurology
750 E Adams St Ste 6421A
Syracuse, NY 13210-1834
315-464-4243, 315-464-5355 fax
JubeltB@upstate.edu
Clinic established 1989
Medical specialty of director:
Neurology

NORTH CAROLINA

Carolinas Rehabilitation

William L. Bockenek, MD
1100 Blythe Blvd
Charlotte, NC 28203
704-355-4330, 704-355-0709 fax
Medical specialty of director:
Physical Medicine &
Rehabilitation

OHIO

Cleveland Clinic Foundation ●

Robert W. Shields, Jr., MD
9500 Euclid Ave Ste S90
Cleveland, OH 44195
216-444-0855, 216-445-4653 fax
Initial evaluation: 1 hour
Medical specialty of director:
Neurology
Clinic coordinator: Clerical

PENNSYLVANIA

Conemaugh Health System ■

William M. DeMayo, MD
1450 Scalp Ave Ste 1000
Johnstown, PA 15904
814-269-5061, 814-269-5060 fax
drapsky@conemaugh.org
www.conemaugh.org
Clinic established 2002
Initial evaluation: >4 hrs
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: RN

Thomas Jefferson University

Marinos C. Dalakas, MD, FAAN
Professor of Neurology
Director, Neuromuscular Division
900 Walnut St Suite 200
Philadelphia, PA 19107
215-955-9427, 215-955-1390 fax
Marinos.Dalakas@jefferson.edu
Medical specialty of director:
Neurology

University of Pennsylvania

Mary Ann Keenan, MD
Helen Horstmann, MD
Orthopaedic Surgery
3400 Spruce St, 2 Silverstein
Philadelphia, PA 19104
215-349-8695
215-662-3340 appts
215-349-5890 fax
maryann.keenan@uphs.upenn.edu
www.uphs.upenn.edu/ortho/patients/neuro
Clinic established 2003
Medical specialty of director:
Orthopaedic Surgery

**HealthSouth Rehab Hospital-
Reading ■**

Patti J. Brown, MD
1623 Morgantown Rd
Reading, PA 19607-9455
610-796-6354, 610-796-6470 fax

SOUTH CAROLINA

Coastal Post-Polio Clinic

Kerri A. Kolehna, MS, MD
Holly Wise, PT, PhD
Jenny Adams
3185 Azalea Dr
Charleston, SC 29405
843-762-2274, 843-762-2278 fax
Medical specialty of director:
Physical Medicine &
Rehabilitation

TEXAS

**The Institute for Rehabilitation
& Research (TIRR) ▲ ■**

Carlos Vallbona, MD
Baylor College of Medicine
Family Community and Medicine
3701 Kirby Dr Ste 600
Houston, TX 77098-3926
713-798-4906
713-797-5929 appts
713-798-3644 fax
vallbona@bcm.edu
Clinic established 1985
Initial evaluation: >2 hours
Medical specialty of director:
Physical Medicine &
Rehabilitation
and Pediatrics

WASHINGTON

**University of Washington
Medical Center ●**

Thomas McNalley, MD
Rehabilitation Medicine
Box 356490
1959 NE Pacific St BB919
Seattle, WA 98195-6490
206-543-3600, 206-685-3244 fax
Clinic established 1982
Initial evaluation: 2 hours,
followed as needed
Medical specialty of director:
Physical Medicine &
Rehabilitation
Clinic coordinator: RN

Health Professionals

Medical Specialties

Physical Medicine and Rehabilitation (Physiatry) specializes in a branch of medicine which, in addition to the broad practice of medicine, uses physical agents such as heat, light, water, electricity, therapeutic exercise and mechanical agents in the prevention, diagnosis, treatment and rehabilitation of neuro-musculoskeletal, cardiovascular, pulmonary and other disorders which produce temporary or permanent disability. Physicians specializing in the field are called physiatrists (not to be confused with psychiatrists). The specialty is referred to as physiatry and pronounced “fizz-eye-a-tree.”

Neurology specializes in the diagnosis and treatment of organic diseases and disorders of the nervous systems.

Orthopedics specializes in the treatment of diseases of deformities of the spine, bones, joints, muscles or other parts of the skeletal system, through the use of medical, surgical and physical therapy procedures.

Orthotics specializes in making and fitting orthopedic braces to support or correct weakened body parts.

Psychiatry specializes in the diagnosis, treatment and prevention of mental and emotional disorders.

Pulmonology specializes in the treatment of breathing related disorders.

Physical Therapy is responsible for evaluation of physical capacities and limitations and for administering treatment designed to alleviate pain, minimize deformity, increase strength and mobility, and improve general health.

Occupational Therapy has the primary purpose of assisting individuals to achieve or maintain their capacities to function in daily living activities at a level which allows as much independence as possible.

Key to Abbreviations

MD	Doctor of Medicine
DO	Doctor of Osteopathy
PhD	Doctor of Philosophy
PT	Physical Therapist
RN	Registered Nurse
MSW	Masters, Social Work
(L)CSW	Licensed Clinical Social Work
(R)RT	(Registered) Respiratory Therapist
OT(R)	Occupational Therapist (Registered)
C(P)O	Certified (Prosthetist &) Orthotist (Bracemaker)
SLP	Speech and Language Pathologist
LAC	Acupuncturist

International

Listing is arranged in alphabetical order, first by country, then by province or state, then by city.

AUSTRALIA

**Dr. John S. Niblett, FRACR,
FACLPM**

**Tessa Jupp, RN
Brenda Lake, PT**
Polio Clinic of the Post-Polio
Network of Western Australia
PO Box 257
Subiaco, Western Australia
+61 8 9383 9050
+61 8 9383 9075 fax
poliowa@upnaway.com.au
www.upnaway.com.au/~poliowa

Nigel Quadros, MD

Director of Rehabilitation Medicine
The Queen Elizabeth Hospital
28 Woodville Road
Woodville South
South Australia 5011
+61 8 8222 7322
+61 8 8222 8593 fax
nigel.quadros@nwahs.sa.gov.au

BELGIUM

Mark A. Lissens, MD, PhD
Physical Medicine & Rehabilitation
KHK University College Geel
Association KUL Leuven
Heirbaan 73A
B-2370 Arendonk
+32 14 67 12 00
+32 14 67 17 77 fax
info@marklissens.be

CANADA

K. Ming Chan, MD, FRCPC
Associate Professor
University of Alberta
Centre for Neuroscience
Division of Physical Medicine
& Rehabilitation
513, Heritage Medical Res Centre
Edmonton, Alberta T6G 2S2
780-492-1614, 780-492-1617 fax
ming.chan@ualberta.ca

**Elizabeth Dean, DipPT, BA,
MS, PhD**

Dept of Physical Therapy
University of British Columbia
2211 Westbrook Mall
Vancouver, BC V6T 1Z3
604-822-7708
elizdean@interchange.ubc.ca

CHINA

**C.M. Chu, MD, MSc,
FRCP, FCCP**

United Christian Hospital
Dept of Medicine & Geriatrics
Division of Respiratory Care
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Kowloon, Hong Kong SAR
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+852 3513 5548 fax
chucm@ha.org.hk

DENMARK

Merete Bertelsen

PTU, The Danish Society of Polio
and Accident Victims
Fjeldhammervej 8
2610 Rodøvre
+45 36739071
mbe@ptu.dk

GERMANY

Dr. Friedemann Steinfeldt

Polio – Spezialambulanz Dresden
Goetheallee 28
Dresden, Saxony 01309
+49 0357 3767979
+49 3505 6305777 fax
friedemann.steinfeldt@
raupennest.de

ISRAEL

Alex Shapiro, MD

Rehabilitation Medicine
Assaf Harofeh Hospital
Kfar Sabba
+972 8 977-9999

Shoshana Meyer-Goldberg

Milbat – The Israel Center for
Technology & Accessibility
Tel-Hashomer 52621
+972 3 530-3739
+972 3 535-7812 fax

NORWAY

Prof. Nils Erik Gilhus

Neurology
University of Bergen
N-5021 Bergen
nils.gilhus@helse-bergen.no

Elisabeth Farbu, MD

Department of Neurology
Stavanger University Hospital
N-4068 Stavanger
elfa@sus.no

SPAIN

Jesús Sancho, MD

Respiratory Care Unit,
Respiratory Medicine Dept
Hospital Clínico Universitario
Avd. Blasco Ibañez 17
46010 Valencia
+34 96 3862600
+34 96 3862657 fax
cchinesta@eresmas.com

SWEDEN

Prof.em. Erik Stålberg

Dept of Clinical Neurology
University Hospital
S-75185 Uppsala
+46 18 6113442
+46 18 556106 fax
stalberg.erik@gmail.com

Gunnar Grimby, MD, PhD, FRCP

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414-805-7342, 414-805-7919 fax

Listings include support groups, with their usual meeting schedules, and resource persons.

Excerpt from PHI's *Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors* (1999)

The goal of a support group is to empower its Members with the tools necessary to make adjustments needed to continue a life of dignity and independence. Contrary to the image sometimes portrayed in the popular media, healthy support groups are not “pity-parties” and do not promote the idea that “misery loves company.”

During the original illness, many polio survivors were hospitalized for extended periods of time and established an esprit de corps. After successful rehabilitation, the same survivors lived active, integrated lives. Many of today's successful support groups have rekindled this sense of belonging to a unique group. Also contributing their perspective to support groups, however with some hesitation or even resistance, are individuals who never were a part of a group based on having polio or a disability.

Support group(s):

- ◆ Share a common health concern.
- ◆ Govern themselves and their agenda with success dependent on each member's feelings of ownership.
- ◆ May use professionals as resource persons but not as leaders.
- ◆ Provide non-judgmental emotional support.
- ◆ Gather and share accurate and specialized information.
- ◆ Have membership which is fluid; newcomers are helped by veterans and become veterans who may outgrow the need for a group.
- ◆ Have a cause and actively promote that cause. Increase public awareness and knowledge by sharing their unique and relevant information.
- ◆ Charge small or no dues for involvement and typically struggle to survive (Laurie & Headley, 1988).

Support groups provide a forum for people to learn from each other about how to enhance the quality of their lives (Koop, 1992). Historically, support groups related to a common health condition developed to help people resolve problems with bureaucracies. For this reason, groups are encouraged to operate with minimal structures and rules. Spending excessive time on organizational details detracts from the primary goals of providing personal support and advocating for systems' change.

Successful support groups promote “personal empowerment to overcome personal adversity” (Koop, 1992) by encouraging members to become active, assertive managers of their health care, challenging attitudes of helplessness, hopelessness and victimization. Successful groups create a confidential environment for people to share their feelings safely. Healthy groups balance a time for “me,” a time for “us” and time for “you” (Koop, 1992).

Communication is vital in a support group.

Members should be encouraged to own their ideas and reactions by using “I” statements, such as “I think ... I feel ... I suggest” Participants should avoid speaking for the group without consultation, generalizing by stating, “all polio survivors ...” or telling others what to do, such as “you should”

Equally important is listening to whoever is speaking by not interrupting or engaging in cross-talk (Ziegler, 1996). Sometimes distressed members digress on tangents and tell detailed stories rather than staying focused on the topic.

To minimize these situations, groups should develop ground rules for the meeting time and recognize the limits of the group's role by encouraging persons who experience continuous or intense distress to seek professional assistance.

Effective leadership is also vital. Many groups function successfully with co-leaders or a committed core team.

Effective leaders:

- ◆ Acknowledge members' ideas and seek suggestions and feedback.
- ◆ Consult with the group about major decisions and respect the group's consensus.
- ◆ Request assistance from members.
- ◆ Refer to the group as "our" not "my."
- ◆ Maintain an atmosphere of respect and order.
- ◆ Arrange for reputable, skilled speakers to present topics of interest.
- ◆ Obtain and offer names of ethical, knowledgeable professionals and service providers.
- ◆ Model self-acceptance and responsibility for their own health and well-being.
- ◆ Ensure that individuals who want to speak have an opportunity.
- ◆ Respond to the expression of emotion, tension and conflict openly and with sympathy.

- ◆ Offer feedback, but avoid authoritative directives by using "I suggest ..." statements, and intervene competently when appropriate.

Survivors join a support group for different reasons, voluntarily attend events and leave the group when they choose.

Post-Polio Health International has many resources available at www.post-polio.org/net/supgrps.html.

Check out the "Leadership" Series previously distributed to Association Members.

Nancy Baldwin Carter and Joan L. Headley are co-authors of the chapter "Support Groups: Keeping Them Active and Useful" in Lauro Halstead, MD's new book *Managing Post-Polio Syndrome*. The book is now available online at www.nrhrehab.org

International

Listing is arranged in alphabetical order, first by country, then by province or state, then by city

AUSTRALIA

Post-Polio Network (NSW) Inc.

Gillian Thomas
PO Box 888
Kensington, New South Wales
1465 (Floreata area)
+61 2 9663 2402
gillian@post-polionetwork.org.au
www.post-polionetwork.org.au
*Saturday PM, quarterly seminars
regional support groups*

**Post-Polio Network -
Tasmania, Inc.**

Arthur L. Dobson,
Honorary Secretary
PO Box 84
Legana Tasmania 7277
+61 3 63302961
+61 3 63302901 fax
polio.tas@hotmail.net.au
www.hotkey.net.au/polio.tas

Support Groups

Polio Network Victoria

Independence Australia –
Community Solutions
208 Wellington St
Collingwood, Victoria 3066
+61 3 1300 704 456
+61 3 1300 704 451 fax
polio@independenceaustralia.com
info@independenceaustralia.com
www.polionetworkvic.asn.au
*Resource only, oversees 20
support groups in Victoria
including Mornington Peninsula
Post-Polio Support Group*

**Post-Polio Network of
Western Australia**

Tessa Jupp, RN
PO Box 257
Subiaco, Western Australia
(Floreat area)
+61 8 9383 9050
+61 8 9383 9075 fax
poliowa@upnaway.com.au
www.upnaway.com.au/poliowa
*Quarterly meetings, phone
consultations with RN*

BELGIUM

PostPolio België

Johan Bijttebier
Nachtegaalstraat 47
2060 Antwerpen
+32 3 288 7794
+32 3 226 2315 fax
johan.bijttebier@telenet.be
www.postpolio.be
Quarterly meetings

European Polio Union

Johan Bijttebier, Chairman
Walvisstraat 11
B-2090 Antwerpen
+32 3 2887794
johan.bijttebier@telenet.be
www.europeanpolio.au

BRAZIL

**Associação Brasileira de
Síndrome Pós-Pólio
(ABRASPP)**

Adauto Ferreira Campos
Rua Pedro de Toledo
377-CEP 04039 031
Vila Clementino
Sao Paulo/SP
+55 11 2992 8912
+55 11 6965 5861
abraspp@abraspp.org.br
www.abraspp.org.br

CANADA

**OMOD/Oshawa-Durham
Post-Polio Chapter**

Jeannette Birkbeck
905-697-3648
jbirkbeck60@hotmail.com

**Southern Alberta Post-Polio
Support Society**

Vernon Hamm
7-11 St NE
Calgary, Alberta T2E 4Z2
403-265-5041
866-265-5049 toll-free
403-265-0162 fax
sappss@shaw.ca
www.polioalberta.ca
*First Saturday PM, Feb, Apr,
June, Aug (annual reunion),
Oct, Dec (AGM)*

Wildrose Polio Support Society

Marleen Henley
132 Warwick Road
Edmonton, Alberta T5X 4P8
780-428-8842, 780-481-0344
780-475-7968 fax
wpss@polioalberta.ca
www.polioalberta.ca/wildrose/
wpss.htm
Second Saturday, Sept-May

**PPASS British Columbia,
VP Mainland**

David Holland
20152 - 37th Ave
Langley, BC V3A 7K5
640-530-5739
brevent@telus.net

**Post-Polio Awareness &
Support Society of British
Columbia (PPASS BC)**

Joan Toone
102 - 9775 Fourth St
Sidney, British Columbia V8L 5X8
250-655-8849, 250-655-8859 fax
ppass@ppassbc.com
www.ppassbc.com
*Second Wednesday PM
(board meeting)*

**Post-Polio Network
Manitoba Inc**

Estelle Boissonneault
c/o SMD Self-Help Clearinghouse
204-825 Sherbrook St
Winnipeg, Manitoba R3A 1M5
204-975-3037, 204-975-3027 fax
eib@mts.net
*Tuesday early PM, Mar, Apr,
June, Sept, Oct*

Polio Nova Scotia

Faye Joudrey
c/o Abilities Foundation
of Nova Scotia
3670 Kempt Rd
Halifax, Nova Scotia B3K 4X8
902-453-6000
admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca
May and Sept

OMOD/Northumberland Chapter

Barbara A. Dowds
3428 Hardwood Rd RR 1
Baltimore, Ontario K0K 1C0
905-372-5779
redrooster@canada.com

**OMOD/Barrie Post-Polio
Chapter**

Pat McLeod
57 Henry St
Barrie, Ontario L4N 1C6
705-728-4775
pammlead@hotmail.com

**OMOD/Hamilton-Brant
Post-Polio Chapter**

Nelly Lee
50 King St. E. 3rd Floor
Hamilton-Brant, Ontario L8N 1A6
905-528-9432, 905.528.6585 fax
nlee@marchofdimes.ca
www.marchofdimes.ca

**OMOD/London & Area
Post-Polio Chapter**

Heather MacAdam
London, Ontario
519-764-2481
heather.mac@sympatico.ca
*Third Saturday, Feb, Apr, June,
Aug, Oct, Dec*

**OMOD/Peterborough
Post-Polio Chapter**

Anne Marie Bovair
Peterborough, Ontario
705-748-6625
Once yearly, June or October

**OMOD/Thunder Bay
Post-Polio Chapter**

Sandy Rutherford
Thunder Bay, Ontario
rutherfordsm@hotmail.com

Support Groups

continued

OMOD/Toronto/Peel & York Post-Polio Chapter

Jan Nichols
Toronto, Ontario
416-284-7248
jan.nichols@rogers.com

Polio Canada

*A Division of March of
Dimes Canada*

Sue Jones
10 Overlea Blvd Ste 209
Toronto, Ontario M4H 1A4
416-425-3463, 416-425-1920 fax
SJones@marchofdimes.ca
www.poliocanada.ca

Association Polio Quebec

Mado Shrivell
3500 Decarie Ste 263
Montreal, Quebec H4A 3J5
514-489-1143, 514-489-7678 fax
877-765-4672 tollfree outside
Montreal
associationpolioquebec@
bellnet.ca
www.polioquebec.org
Spring meeting (Montreal)

Polio Regina Inc.

Carole Einfeld
4264 Wascana Ridge
Regina, Saskatchewan S4V 2T2
306-761-1020
twif_ecarole@hotmail.com
http://nonprofits.accesscomm.ca/
polio
*Last Thursday PM, Jan-May,
Sept-Dec*

Polio Sask

Ron Johnson
2310 Louise Ave
Saskatoon, Saskatchewan
S7J 2C7
306-343-0225, 306-373-2665 fax
sapp1@sasktel.net
www.geocities.com/sapponline
*Third Monday of the month,
June-September*

CZECH REPUBLIC

Asociace Polio Polio Association of the Czech Republic

Ludvika Bradová
Na. dolínách 4
147 00 Praha 4
+420 222962074
lubra@volny.cz, www.polio.cz
*Last Saturday AM & annual
meeting in Sept*

DEMOCRATIC REPUBLIC OF THE CONGO

I'Association Congolaise "Debout et Fier" (ACDF)

StandProud
10250 Harrison Rd
Loveland, OH 45140
info@standproud.org
acaojh.drc@gmail.com
www.standproud.org

FRANCE

Groupe de Liaison et d'Information Post-Polio (GLIP)

Brigitte Bonnin
31, bis rue de la Barre
59147 Gondécourt
+33 3.20.32.55.95
asso.postpolio@laposte.net
www.post-polio.asso.fr

GERMANY

Juliana Stolle
Kaninchenbergweg 63
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julianastolle@aol.com
Resource only

Bundesverband Polio e.V.

Hans-Joachim Woebbeking
Freiberger Strasse 33
Thermalbad Wiesenbad,
Sachsen 09488
+49 3733 504 1187
+49 3733 504 1188 fax
bundesverband@polio.sh
www.polio.sh
*First Monday PM; 50 regional
self-support*

IRELAND

Post Polio Support Group of Ireland

Eamonn Farrell
Unit 319, Capel Building
Mary's Abbey
Dublin 7
+353 1 8898920
+353 1 8898924 fax
info@ppsg.ie, www.ppsg.ie

ISRAEL

The Polio Handicap Association in Israel

Jacob Surany
PO Box 8186
Ramat Gan 52181
+972 35755660
+972 507754415 cell
+972 35757770 fax
j-t-s@bezeqint.net

ITALY

Associazione Nazionale Polio e Sindrome Postpolio

Louise Read, Deputy President
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00165 Roma
+39 065895895 (tel & fax)
polio@edizionisocrates.com
www.postpolio.it
+39 3395773796 cell

Self-help and Support Group Associazione Nazionale Polio e Sindrome Post-polio

Aurelio Sugliani
Via Einstein 4
20059 Vimercate Milano
+39 6 851380 cell
+39 3397484492 fax
hermes@postpolio.it
www.postpolio.it

JAPAN

Japanese Network of Polio Survivors

Masakuni Mukoyama, MD
3 Kuromoncho, Higashiku
Nagoya, Japan 461-0035
+81 52-932-1854 (tel & fax)
mukoyama@sc.starcat.ne.jp

The Polio Association Japan
Mariko Koyama
1-6-5-602 Minowa
Taito-ku, Tokyo 110-0011
+81 3 3872 7359 (tel & fax)
koyama@mrg.biglobe.ne.jp
http://www5b.biglobe.ne.jp/polio
Three regular meetings per year

MEXICO

Post-Polio Litaff AC Association

E. Liliانا Marasco Garrido
Iztaccihuatl 53-303
Col. Hipodromo Condesa
CP06100 Mexico City
+52 55-55-74-29-26 (tel & fax)
litaffac@prodigy.net.mx
contacto@postpoliolitaff.org
www.postpoliolitaff.org
www.mexicopostpolio.com

Organización Mexicana Para el Conocimiento de los Efectos Tardíos de la Polio, AC (OMCETPAC)

Sergio Augusto Vistrain Diaz
Lago Ontario No. 3-G,
Col. Tacuba
Mexico City, DF
+52 55-55-27-63-89 (tel & fax)
savistrain@postpoliomexico.org
www.postpoliomexico.org
Resource only

NETHERLANDS

Postpolio Support Group of the Dutch Association for Neuromuscular Diseases (VSN)

Lt. Gen. van Heutzlaan 6
3743 JN Baarn
+31 35 5480480
+31 30 5480499 fax
vsn@vsnl.nl, www.vsn.nl
Annual meeting

NEW ZEALAND

Post Polio Support Society of New Zealand Inc

Edith Morris
PO Box 12357
Hamilton P/c 3248
+64 07 853 8285 or 0800-476-546
edith@catchword.co.nz
www.postpolio.org.nz
23 branches nationwide

Post Polio Support Society of New Zealand Inc

J.B. Munro
PO Box 249
Oamaru 9444
+64 34891995 fax
jbmunro@xtra.co.nz
www.postpolio.org.nz
23 branches nationwide

Auckland Post Polio Support Group

Doreen Chandler, QSO
36 Eastern Beach Rd
Bucklands Beach, 2012
+64 9 534-6151
+64 9 537-3104 fax
auckpostpolio@clear.net.nz
Mar, June, Sept (AGM), Dec

PANAMA

Fundación para la Igualdad de Oportunidades (FIO)

Liliana Bieberach
Presidenta
Apartado Postal 0832-1551
World Trade Center
Panamá, Rep. de Panamá
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SOUTH AFRICA

Astrid Gorvett
274 Amberglen Private Bag X004
Howick 3200
Kwa-Zulu Natal
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Resource only

Post-Polio Network RSA

Ron Steynberg
PO Box 3501
Polokwane 0700
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+27 15 291 1421
+27 83 377 7402 mobile
ibron@mweb.co.za

SOUTH KOREA

Korea Polio Association

Jeongnip Center for Rehabilitation
16-3 Guei-2dong
Gwangjin-gu
Seoul
+82 2-446-1237, +82 2-454-2144
ykrpt@hanmail.net,
changnip@or.kr
www.jeongnip.or.kr

SWITZERLAND

Schweiz. Interesseng für Poliomyelitis-Spaetfolgen (SIPS)

c/o Assn Suisse des Paralyses
3 Rue de Locarno, PO Box 9
CH-1701 Fribourg
+41 26 322 9433
+41 26 323 2700 fax
www.polio.ch, www.aspr-svg.ch

THAILAND

Foundation to Encourage the Potential of Disabled Persons

Donald & Sunan Willcox
195/197 Ban Tanawan, Moo 8
Tambon Sanpheeseu
Amphur Muang
Chaing Mai 50300
+66 53 852172
+66 53 240935 fax
assist@loxinfo.co.th
www.infothai.com/disabled
www.freedomwheelchairs.org
www.volunteer.infothai.com
Resource only

Support Groups

continued

UNITED KINGDOM

Lincolnshire Post-Polio Network

Mary McCreddie
PO Box 954
Lincoln, Lincolnshire,
England LN5 5ER
+44 1522 888601
+44 870 1600840 fax
info@lincolnshirepostpolio.org.uk
www.lincolnshirepostpolio.org.uk
AGM and periodically PM

British Polio Fellowship

Support Services Manager
Eagle Office Centre, The Runway
South Ruislip HA4 6SE England
+44 800 0180586
+44 20 8842 0555 fax
info@britishpolio.org.uk
www.britishpolio.org.uk
Network of local branches
and groups

British Polio Fellowship Wales Region

Joan Deverell
10 Sandown Rd
Bangor is y coed
Wrexham LL13 0JA Wales
+44 1978 780473
deverell@btinternet.com
Resource only

United States

Listing is arranged in alphabetical order, first by country, then by province or state, then by city.

ALABAMA

Birmingham Post-Polio Support Group

James Jarrell
425 N Lake Rd
Birmingham, AL 35242-7025
205-980-0050
jpjarrell@bellsouth.net
Third Saturday AM, Jan, Mar,
May, July, Sept, Nov

Tennessee Valley Post-Polio Support Group

Janie C. Carter
105 Bedford Ln
Harvest, AL 35749 (Huntsville)
256-837-1985
rjcarter1@mchsi.com
www.geocities.com/tvppsg
Third Saturday AM

Mobile Area Post-Polio Support Group

Vera Moore
6650 Cottage Hill Rd Apt 701
Mobile, AL 36695-3793
251-639-2189, 888-248-1680 fax
VMoore4474@gmail.com
www.postpoliosg.org
Fourth Saturday PM

ARIZONA

Polio Echo, Inc.

Pamela Harper
PO Box 61024
Phoenix, AZ 85082-1024
602-281-2840
602-376-7581 voicemail
pharper@cox.net
polio.echo@polioecho.org
www.polioecho.org

Polio Epic Inc.

Micki Minner
PO Box 17556
Tucson, AZ 85731-7556
520-750-8608, 520-743-1556
contact@polioepic.org
mickiminner@msn.com
www.polioepic.org
Second Saturday AM, Sept-June

ARKANSAS

Central Arkansas Polio Survivors (CAPS)

Betty S. Schmidt
1299 Cove Creek Rd
Quitman, AR 72131-8703
501-589-3555
bschmidtmt@hotmail.com

CALIFORNIA

Sierra Hills Post-Polio Syndrome Group

Auburn, CA
Barbara Childress:
babc2003@pacbell.net
Carolyn Reed:
megaphone47@sbcglobal.net
www.poliosurvivors.com

Mary Correia
3709 Kennedy Ave
Bakersfield, CA 93309-6029
661-836-9220, treec@bak.rr.com
Lynn Hall: 661-588-1099,
hall7111@sbcglobal.net
Resource only

San Gabriel & Pomona Valley Polio Support Group

Mary Ellen Stan
4076 Kennedy Ct
Chino, CA 91710-3190
909-465-0742
Stan742631@aol.com

Sacramento Post-Polio Support Group

Leslie D. Smith
PO Box 3043
Citrus Heights, CA 95611-3043
800-215-0318, 916-725-4077
leslie@
sacramentopoliosurvivors.com
www.post-poliopartners.org
First Saturday AM, Sept-June

San Francisco Bay Area Polio Survivors (SFBAPS)

Stella R. Cade
PO Box 272175
Concord, CA 94527-2175
510-223-4772, 650-368-8185,
925-934-6103, 925-926-0110
poliogirl45@aol.com
www.hometown.aol.com/sfbaps
SFBAPS@aol.com
phartke@aol.com (Phyllis Hartke)
*Third Saturday AM, Jan-June,
Sept-Nov*

Joan O. Wright, RN, MS
Psychiatric Nursing
1720 S Bethesda Way
Crescent City, CA 95531-8368
707-465-5405
joancjwright@charter.net
Resource only

Polio Survivors Association

Richard L. Daggett
12720 La Reina Ave
Downey, CA 90242-4243
562-862-4508, 562-862-5018 fax
info@polioassociation.org
richard@polioassociation.org
www.polioassociation.org

Rancho Los Amigos Post-Polio Support Group

Diane Ekonen
Downey, CA
562-861-8128
ranchoppsg@hotmail.com
Fourth Saturday PM

Post-Polio Support Group of Orange County

M. Priscilla Hiers
18552 Cork St
Fountain Valley, CA 92708-6408
714-968-1675, prisofoc@aol.com
Second Saturday PM

Hemet Area Polio Survivors (HAPS)

Richard E. Van Der Linden
34711 Lyn Ave
Hemet, CA 92545-3471
951-926-5492
ppsman@roadrunner.com
www.ppsmanager.com
Third Tuesday AM

Polio Survivors Plus

William Schwied, MD
Laguna Woods Village
PO Box 645
Lake Forest, CA 92609-0645
Dean Eastman: 949-859-7372
Pepe Motola:
pepemotola@fea.net
Fourth Wednesday PM, Jan-Nov

Pasadena Post-Polio Support Group

Carol Mutchnik
2215 Crescent St
Montrose, CA 91020-1208
818-957-4160

East Ventura County Post-Polio Support Group

Sharon L. Ertel
950 Janetwood Dr
Oxnard, CA 93030-3419
805-485-9664
sharertel@verizon.net
*First Saturday PM, Jan-June,
Sept-Dec*

Coachella Valley Polio Survivors Group

Lois & Bob Jackman
8 Via Elegante
Rancho Mirage, CA 92270-1969
760-324-0333, 760-321-7780 fax
lwjackman@aol.com
Kent Sipolski:
canman619@aol.com
Second Friday

San Diego Polio Survivors

Rick E. Kneeshaw, MA
11471 Eridanus Ct
San Diego, CA 92126
858-566-4016
Gladys: 858-271-9288
polio@mindspring.com
http://polio.home.mindspring.com
*Second Saturday, Jan, Mar, May,
July, Sept, Nov*

Post-Polio Group/California North Coast

Joe Swearingen
PO Box 9397
Santa Rosa, CA 95405-1397
707-524-7865
ppsgsonoma@yahoo.com

High Desert Post-Polio Support Group

Ardath Kay Mears
14000 El Evado Rd Base 45
Victorville, CA 92392
760-985-2579 cell
ca1amity@sonic.net

COLORADO

Easter Seals Post-Polio Support Group

Lisa E. Haft Robison
12044 E Maple Ave
Aurora, CO 80012-1267
303-360-6887
LEHRCHillhead@webtv.net
Third Wednesday AM

Linda Groth
Easter Seals/Colorado Springs
719-633-1497

Jim Oxley
Easter Seals/
Fort Collins; Loveland
970-377-0117

Easter Seals Colorado

5755 W Alameda Ave
Lakewood, CO 80226
303-233-1666 ext 237
Marlene Harmon
303-689-7669
Margaret Hinman
303-460-1454
post-poliocolo@comcast.net
www.eastersealscolorado.org

Grand Junction Post-Polio Support Group

Gail Saunders
PO Box 845
Montrose, CO 81402
970-249-3218
saundersgail@hotmail.com
Millie Derksen: 970-434-4281
*Second Saturday, Mar, June,
Sept, Dec*

Support Groups

continued

Jeane Dille
Easter Seals/Pueblo
719-545-0162

Barbara Lundstrom
Easter Seals/Thornton
303-451-6241
or Paul Puma: 720-535-6370

CONNECTICUT

The Polio Outreach of Connecticut

Linda Wheeler Donahue, MS, BA
75 Tallwood Rd
Southbury, CT 06488-2751
203-264-1075, 203-264-4760 fax
LinOnnLine@aol.com
Irma Heilbron: 203-239-7219,
idheilbron@yahoo.com
www.the-polio-outreach-of-ct.com
Saturdays PM, Mar, May, July,
Sept, Dec

DISTRICT OF COLUMBIA

The Polio Society

PMB 106-273
4200 Wisconsin Ave NW
Washington, DC 20016
301-897-8180
poliosociety@yahoo.com
www.poliosociety.org
Special events and quarterly
board meetings

FLORIDA

Boca Area Post-Polio Group

Maureen A. Sinkule
Carolyn DeMasi
11660 Timbers Way
Boca Raton, FL 33428
561-488-4473, 561-558-1215 fax
bappg@aol.com
Carolyn: 352-245-8129,
ccdemasi23@hotmail.com
Second Wednesday AM except
August

Marge C. Torre
Plantation Grove
4703 9th Street Ct E # 4
Bradenton, FL 34203-2603
941-756-3883
TorMrg@aol.com
Resource only

North Central Florida Post-Polio Support Group

Carolyn P. Raville
7180 SW 182nd Ct
Dunnellon, FL 34432 (Ocala)
352-489-1731, 352-465-3825 fax
carolyn@postpoliosupport.com
cpager29@peoplepc.com
www.postpoliosupport.com
Second Sunday PM and special
programs on Saturdays,
annual seminar, special
program Saturday AM in Jan
and August for new members

Post Polio Resource Group of Central Florida

J. Ann Singleton
481 Meadowood Blvd
Fern Park, FL 32730-2942
407-260-9238
post-polioresource@mac.com
http://homepage.mac.com/
j.annsingleton
Quarterly meetings; Fern Park to
Orlando area

Gulf Coast Post-Polio Support Group

Virginia Katramados
514 Boca Ciega Point Blvd N
Madeira Beach, FL 33708
727-319-0648
VScooterBug1@aol.com
Third Tuesday PM, Jan-June,
Sept-Dec

Post-Polio Association of South Florida

Barbara Gratzke
11901 SW 177th Terrace
Miami, FL 33177-2354
305-230-0687, 305-987-5328 cell
Sima Gebell: 305-652-6216
blgratzke@aol.com
ppsofsouthfl@aol.com
Meet monthly

First Coast Post Polio Support Group

Jacksonville, FL
Janice Askwith: 904-333-3457
Bill Hamilton: 904-505-4021
FirstCoastPostPolio@yahoo.com
www.firstcoastpostpolio.com

Post-Polio Support Group of Brevard

Karen Pessarp
333 N Tropical Trl
Merritt Island, FL 32953
321-452-5414
KPessaro@bellsouth.net
Jan, Mar, Sept, Nov

Naples Post-Polio Support Group

Barbara Mayberry
2410 19th St SW
Naples, FL 34117-4718
239-353-2410
kd9n@comcast.net
First Saturday AM, Oct-May

Florida East Coast Post-Polio Support Group

Barbara S. Goldstein
12 Eclipse Trl
Ormond Beach, FL 32174-4936
386-676-2435
bgold@iag.net
http://home.iag.net/~bgold
Third Sunday PM, Jan, Mar, May,
Sept, Nov

Post-Polio Support Group of Charlotte County

Darlene Mudd
941-625-4059
mudpie1037@yahoo.com
Second Thursday AM, Jan-May,
Oct-Nov

Southern Hillsborough County Post-Polio Support Group

Pam Vogelsang
2322 Lancaster Dr
Sun City Center, FL 33573-6504
813-642-8707
pvogelsang@tampabay.rr.com
Third Thursday, Jan-May,
Sept-Nov

GEORGIA

Atlanta Post-Polio Association (APPA)

Linda Priest
PO Box 250566
Atlanta, GA 30325-1042
404-350-7631
lpriest3@comcast.net
David Jones:
wdj1242@bellsouth.net
www.atlantapostpolio.com

Rosemary K. Hendrix
931 Little Pine Mountain Rd
20653
Jasper, GA 30143
770-894-5487, gafila@tds.net
Resource only

Coastal Empire Polio Survivors Assn Inc.

Diane L. Davis
7610 Peridot Ln
Savannah, GA 31406
912-355-1221
davi1192@bellsouth.net
www.coastalempire
poliosurvivors.org
*Fourth Saturday AM, Jan-June,
Sept-Nov*

HAWAII

Hawaii Post-Polio Network

Jane E. Marcum
Honolulu area
808-261-8752
marcuml001@hawaii.rr.com
*Second Saturday AM, Jan, Apr,
July, Oct*

ILLINOIS

Polio Survivors & Friends of East Central Illinois

Annamaria T, Barber, RN
708 Taft Ave
Charleston, IL 61920-4135
217-345-1549 after 4 pm
annieb_777@hotmail.com
*Second Thursday, conference call
capability for those who cannot
attend*

Linda Bieniek, CEAP
14 S Ashland Ave
La Grange, IL 60525-2370
708-354-3640, 708-354-3670 fax
lindabieniek@sbcglobal.net
Resource only

Valerie Brew-Parrish
2617 Ruth Fitzgerald Dr
Plainfield, IL 60586
815-609-9464 (tel & fax)
val23700@comcast.net
Resource only

Polio Survivors of Springfield Area

Ann R. Hughes
7442 Rolling Oaks Dr
Riverton, IL 62561-9302
217-629-8881
kapsh@juno.com
*Third Saturday AM, Jan, Mar,
May, July, Sept, Nov*

Forest City Post-Polio Support Group

Georgia Sullons
1924 Jonathan Ave
Rockford, IL 61103
815-988-4093
Second Tuesday, Mar-Nov

Mary Ann Buckingham
7335 W 109th Pl
Worth, IL 60482-1113
708-448-7237
Resource only

INDIANA

Ellen Crim
3205 Morton St
Anderson, IN 46016-5088
765-649-3648, same, call first fax
ehope@insightbb.com
Resource only

Meg Magnan
434 John St
Decatur, IN 46733
260-724-2960, 260-701-2960
mmagnan@embarqmail.com
Monthly luncheons, Apr-Nov

Michiana Polio Network

Joe Lidy
1201 Richmond St
Elkhart, IN 46516
574-537-8737, 888-522-2368
888-670-2221 fax
info@wheelchairhelp.org
www.MichianaPolioNetwork.org
Third Tuesday PM

Jerome S. Grady
8509 Sweet Blossom Ct
Fort Wayne, IN 46835-9624
260-485-1935 (tel and fax,
call first)
jsgrady@aol.com
Resource only

IOWA

Tri-State Post-Polio Support Group

Joan D. Bellmann
1000 Richards Rd
Dubuque, IA 52003
563-588-1692, 563-588-9833 fax
rjpub@mchsi.com
*Second Thursday PM every other
month at a restaurant*

Iowa Polio Survivors Group

Janice Hawkins
5326 E Oakwood Dr
Pleasant Hill, IA 50327
515-263-1823
515-263-1823 TDD
jhint96@msn.com
*Info meetings in Apr & Oct, July
picnic, Dec holiday celebration*

KANSAS

Wichita Post-Polio Support Group

Elva M. Suderman
218 S Lincoln St
Hillsboro, KS 67063-1713
620-947-3560
essuder@gmail.com
Wayne Larsen, President:
316-524-4408
Third Saturday AM, Mar-Nov

Support Groups

continued

Manhattan Area Post-Polio Support Group

Donna Lee Alexander
222 Oak Valley Dr
Manhattan, KS 66502-6914
785-537-7822, alexlr@ksu.edu
Fourth Wednesday AM, Feb, Apr, June, Aug, Oct

Central Kansas Polio Survivors Support Group

Jean Graber
5008 W Parallel Rd
Pretty Prairie, KS 67570
620-459-6355
jgraber3@earthlink.net
Lois Wooten:
centralkansaspoliosurvivors@cox.net
www.ckpolio.org
First Saturday AM

Topeka Post-Polio Support Group

William D. Kvicala
2707 SW Burnett Rd
Topeka, KS 66614-2226
785-272-5138
Third Saturday AM, Mar, May, July, Sept

KENTUCKY

Polio Survivors Organization, Inc.

Frances Brown
6203 Fegenbush Ln
Louisville, KY 40228-1125
502-239-9792
FranBrownLouKY@aol.com

LOUISIANA

Lake Charles Post-Polio Support Group

Donnella Patricia Judice
2317 Kirkman St
Lake Charles, LA 70601-7449
337-494-1759, 337-721-3021 fax
djudice@cppj.net
Third Saturday AM, Sept-May

Northeast Louisiana Polio Support Group

Frances B. Bullington
2218 Valencia St
Monroe, LA 71201-2366
318-387-2991
Quarterly Saturday AM meetings

Easter Seals LA Polio Support Network

Janet Pepperman
1010 Common St Ste 2000
New Orleans, LA 70112
504-523-7325, 504-523-3465 fax
jpepperman@laeasterseals.com

MAINE

Portland Region Post-Polio Support Group

Sharon J. Antoniuc
29 Smith Farm Rd
Durham, ME 04222-5253
207-865-0078
rlindqu1@maine.rr.com
Last Saturday AM Jan-Aug, Oct-Nov

Post-Polio Support Group of Maine

Ann B. Crocker
674 Hallowell-Litchfield Rd
West Gardiner, ME 04345-3462
207-724-3784
abcrocker@roadrunner.com
www.ppsgm.org

MARYLAND

Polio Support Group of Central Maryland

Jean E. Williams
Columbia, MD
410-312-0606
jewilli@comcast.net
Fay Baker, 301-596-4156,
mbakerf@comcast.net
Second Saturday AM, Sept-June

MASSACHUSETTS

Amherst Post-Polio Support Group

Philippe G. Galaski
Amherst, MA
413-253-3508
phgalaski@gmail.com
Third Sunday PM

North Shore Area Post-Polio Support Group

Barbara Mintz
32 Longfellow Dr
Newburyport, MA 01950-3360
978-465-1059 (tel & fax)
harry.m.mintz@gsk.com
Biannual meetings

The Greater Boston Post-Polio Association

Linda W. Dobkin
1 Grove St
PO Box 812726
Wellesley, MA 02482-0024
781-596-8245, www.gbppa.org
*Two-four meetings/year
Third Tuesday, Aug & Dec*

MICHIGAN

Post-Polio Connection

Sunny Roller, MA
Liina Paasuke, MA
Ann Arbor, MI
734-971-1715 (tel & fax),
liina610@sbcglobal.net

Post-Polio Support Group

Rita Wall
c/o Blue Water Center for
Independent Living
1184 Cleaver Rd Ste 1000
Caro, MI 48723
989-673-3678
Last Tues in PM

Michigan Polio Network Inc Southeast Michigan Post-Polio Support Group

Bonnie E. Levitan
311 Lothrop Rd
Grosse Pointe, MI 48236-3407
313-885-7855
pigger_38@yahoo.com
www.michiganpolionetwork.com
*Fourth Saturday AM, Mar-Oct
(Meets in Troy)*

Mid Michigan Post-Polio Support Group

Ethel Jean Iutzi
5754 N Rodgers Ave
Harrison, MI 48625-9677
989-539-3781
hnjutzi12@ejourney.com
Two group meetings per year

**Lansing Area Post-Polio
Support Group**

Alice Mailhot
2518 Lake Lansing Rd Apt 1
Lansing, MI 48912-3681
Anita Hallas: 517-339-1039
awmailhot@aol.com

**Northeastern Michigan
Post-Polio Support Group**

Susan Tanner
989-724-5288
highpockets50@yahoo.com
Meeting 3rd Wed Mar-Oct

MINNESOTA

Twin Ports Post Polio Network

Leo F. Plewa
4238 Stebner Rd
Hermantown, MN 55811-1435
218-729-9635
lfplewa@yahoo.com

MISSISSIPPI

**Jackson Polio Survivors
Support Group**

JPSSG Coordinator/Webmaster
PO Box 680
Florence, MS 39073-0680
601-939-4882
mail@jpssg.org, www.jpssg.org
Fourth Saturday PM, Jan-Oct

**Mississippi Polio Survivors
Association**

Dianne N. Wade
PO Box 619
Florence, MS 39073-0619
601-847-4539
grandsdw@yahoo.com
Quarterly

MISSOURI

**SEMO Alliance for Disability
Independence, Inc.**

Maryann Gudermuth
1913 Rusmar Ave
Cape Girardeau, MO 63703
800-898-7234, 573-651-6464
573-651-6464 TDD
573-651-6565 fax
miki@sadi.org, www.sadi.org
One-on-one peer support

**Greater Kansas City Post-Polio
Support Group**

Judith Wilson
5622 N Strathbury
Kansas City, MO 64151-2646
816-741-1620
jkw1620@sbcglobal.net
*Last Saturday AM, Feb, Apr,
June, Aug, Oct*

**Mid-Missouri Post-Polio
Support Group**

Alvin G. Cook, Sr.
1601 W 16th St
Sedalia, MO 65301
660-829-0902 (tel & fax)
Coachman64@aol.com

MONTANA

Polio Survivors of Montana

205 9th Ave S Ste 101
Great Falls, MT 59405-4011
406-454-7715
Ann Tuss 406-452-0722
Juanita Tschetters 406-761-6737
ppsom@officeliveusers.com
www.poliosurvivorsofmontana.
club.officelive.com
Third Saturday AM, Sept-May

NEBRASKA

**Nebraska Polio Survivors
Association**

Marian S. Barnett
PO Box 45139
Omaha, NE 68145-0139
402-341-0710, 402-345-9605 fax
mjbarnett@worldnet.att.net
*First Sunday PM, Sept, Oct, Nov,
Dec, Feb, Mar, Apr, May, Aug*

NEVADA

**South Nevada Association of
Polio Survivors (SNAPS)**

Dianne M. Resetar,
6417 Cosmo Ln
Las Vegas, NV 89130
702-644-5091, 702-651-3380 fax
resetar@earthlink.net
http://communitylink.
reviewjournal.com/lvrj/snaps
Third Saturday PM

NEW JERSEY

**PNNJ/Raritan Valley Post-Polio
Support Group**

Arthur P. Siegfried
1272 Oxford Rd
Bridgewater, NJ 08807-1424
908-722-7212, 908-429-1045 fax
joyceksiegfried@aol.com
www.njpolio.org/rvppsg

Morris County Polio Network

2 St. Mary Place
Denville, NJ 07834
973-769-0075
drvince@njpolio.org
*Third Saturday AM, Jan, Feb, Apr,
May, June, Sept, Oct, Nov*

**PNNJ/Monmouth Post-Polio
Support Group**

Antoinette (Toni) S. Wilczewski
294 W End Ave
Long Branch, NJ 07740-5234
732-229-9343
Third Monday PM, April-Nov

**Polio Network of New
Jersey (PNNJ)**

PO Box 537
Martinsville, NJ 08836-0537
201-845-6860, 201-843-2903 fax
njpn10@hotmail.com
www.njpolio.org
*Statewide network, annual
conference in Apr*

**PNNJ/Bergen County Polio
Support Group**

Heather Broad
275 Eccleston Pl
Maywood, NJ 07607-1112
201-845-6317
heatherbroad@earthlink.net
First Saturday AM

**PNNJ/Ocean County Polio
Support Group**

Susan Payne Gato, RN
PO Box 4515
Toms River, NJ 08754-4515
732-330-2431
s_payne_gato@comcast.net
www.tomsrivernjpolio.org
*Four Saturdays per year,
Periodic social events*

Support Groups

continued

NORTH CAROLINA

Post-Polio Support Group of the High Country

Watauga Medical Center
New Auditorium
336 Deerfield Rd
Boone, NC 28607
Kathryn Pennell
336-877-1154
Shelby Duane
828-324-4223
Third Sunday PM

Charlotte Area Post Polio

Carolinas Rehabilitation
1100 Blythe Blvd
Charlotte, NC 28203
Dan Honeycutt
704-366-5660
danohoneycutt@earthlink.net
Second Sunday PM

Triad Post Polio Group

Sharon Bowden
4830-C Tower Rd
Greensboro, NC 27410-5831
336-851-9182
triadppg@yahoo.com
*Second Thursday and
Fourth Monday*

Catawba Valley Post-Polio

Lincoln County Senior Center
514 S Academy St
Lincolnton, NC 28092
Pamm Rose
704-922-6709
Second Monday PM

Sandhills Post-Polio Health

Ray Taylor
590 Central Dr # 403
Southern Pines, NC 28387
910-692-2566
raytaylor@mindspring.com
Ashley Atkinson, FirstHealth
of the Carolinas:
910-715-5266, 910-715-3090 fax
aatkinson@firsthealth.org
Ginnie Richmond:
ron@jgrichmond.com
First Saturday AM

Land of the Sky Post-Polio Resource/Support Group

Lynn Young
young1904@bellsouth.net
131 Shannon Dr
Spruce Pine, NC 28777
Sandy Warren, Director:
828-298-6474
Bev Cobb, Volunteer Coordinator:
828-883-9873
bacobb@citcom.net
2nd Saturday PM

NORTH DAKOTA

F-M Post-Polio Support Group

Ervin E. Heim
4027 32nd St S
Fargo, ND 58104-6649
701-232-8417
Third Wednesday PM

OHIO

Akron Post-Polio Support Group

Ruth McCort
1048 Austin Ave
Akron, OH 44306-2956
330-724-8302
igiveahoot8@aol.com
Brenda Ferguson:
330-867-5507
jdbafergie@aol.com
Patricia A. Harding:
330-867-5507
jharding@neo.rr.com
Second Saturday PM

Polio Connection

Bill Renz, President
PO Box 9575
Cincinnati, OH 45209
513-563-9032 (tel & fax)
Willomena1@aol.com
Sylvia Meek: 513-521-3407
Earl Laycock:
513-891-7662
Call for meeting schedule.

Polio Survivors of Stark County Ohio

Linda K. Conrad
1886 Gingerich St NE
Hartsville, OH 44632-9600
330-8770-2632
*First Saturday AM, Feb, Apr,
June, Aug, Oct, Dec*

Ohio Polio Network

Patrick C. Kelly
104 Iroquois Dr
Marietta, OH 45750-1219
740-374-0538
pkelly03@sprynet.com
www.ohiopolietwork.org

Greater Cleveland Post-Polio Support Group

Alice M. Sporar
7251 Olde Farm Ln
Mentor, OH 44060
440-942-1557
amsporar@worldnetoh.com

HELPS Post-Polio Support Group

Winifred Walker
132 9th St SW
New Philadelphia, OH
44663-2074
330-339-6910
helpsorg@tusco.net

Lorain County Post-Polio Support Group, Ohio

Dave Livingston
33001 Fern Tree Ln
N. Ridgeville, Ohio 44039-2305
440-327-0366
dliving1@windstream.net
First Tuesday PM, Apr-Nov

Miami Valley Post-Polio Connection

Edgar L. Baker
2256 Shawnee Ave
Springfield, OH 45506-3232
937-325-8384

OKLAHOMA

Polio Survivors of Oklahoma Association

W. Yvonne Leard
2723 NW 36th Terr
Oklahoma City, OK 73112-7432
405-946-1460
http://web.mac.com/ldokc
Fourth Saturday PM, Jan-Oct

OREGON

Beaverton Post-Polio Support Group

Ann Satterfield
Elsie Stuhr Center
5550 SW Hall Blvd
Beaverton, OR 97005-3919
503-629-6343, 503-629-5347 fax
asatterfield@thprd.com
www.thprd.org
*Second Tuesday AM, Jan-Aug,
Oct-Dec*

International Post-Polio Support Org (IPPSO)

Shari Clement Fiksdal
2252 Table Rock Rd #40
Medford, OR 97501
541-772-1102
fiksdalpps@yahoo.com
www.ipps-world.org

Roseburg Post-Polio Resource

Barbara Strickland
2310 SW La Canada Dr
Roseburg, OR 97471-5700
541-679-1316
dbstrick@charter.net

PENNSYLVANIA

Delaware Valley Polio Survivors Association

Judy Young
PO Box 159
Chalfont, PA 18914-0159
215-822-6342
jmyoung4@verizon.net
Bunny Schneider
118 Firetower Rd
Milford, PA 18337-9340
570-296-4080
bunygene@ptd.net
Resource only

Post-Polio Support Group of the Lehigh Valley

Phyllis Kennedy
524 New York Ave
Whitehall, PA 18052
610-435-7639
Third Sunday PM, Apr-Nov

SOUTH CAROLINA

Palmetto Polio & Neuropathy Support Group (PPN)

Patsy H. Young
301 Cooper Dr
Greer, SC 29651-5891
864-877-0702
patsyy101@aol.com
www.palmettoppn.com
Second Thursday PM

TENNESSEE

Polio Heroes of Tennessee/ Nashville Area

Nickie L. Lancaster, RN
529 Albany Dr
Hermitage, TN 37076-1422
615-889-3007, 615-874-9550 fax
smlphnt@bellsouth.net

Deborah Cunningham
1633 Madison Ave
Memphis, TN 38104
901-726-6404, 901-726-6521 fax
deborah@mcil.org, www.mcil.org
Resource only

TEXAS

Top of Texas Post-Polio Support Group

Aldine Manning
2200 W 7th St # 417
Amarillo, TX 79106-6789
806-373-7582
*Third Saturday PM, Apr, June
Sept, Nov*

Fort Worth Area Polio Survivor Support Group

Marilyn Foster
PO Box 471109
Fort Worth, TX 76147-1109
817-336-1769, jtreetie7@aol.com
Second Saturday PM

Texas Polio Survivors' Association (TPSA)

Patricia Lindsay
800 Wilcrest Ste 201
Houston, TX 77042
713-690-0695, 713-690-0696 fax
tpsa@flash.net
www.texaspolio.com
*11 groups and 4 phone link
groups in Texas*

San Antonio Polio Survivors Association

Ruth Moon
7331 Crown Piece
San Antonio, TX 78240-3202
210-523-6216
moonfamily3@sbcglobal.net
Michael Beard: 210-771-8426,
michael78247@yahoo.com

South Plains Post-Polio Support Network & Project Blue Whale

Carol J. Thompson
1316 7th St
Shallowater, TX 79363
806-832-5683
lorac657@gmail.com
*Internet and phone support
with periodic meetings*

VIRGINIA

Northern Virginia Post-Polio Support Group

Col. Charles E. Preble, Jr.,
USA Ret
8027 Garlot Dr
Annandale, VA 22003
703-560-8852
CPrebleJr@aol.com
*Second Saturday, Jan, Mar,
May, July, Sept, Nov*

Central Virginia Post-Polio Support Group

Carol Kennedy
1803 Aston Ln
Richmond, VA 23238-3066
804-740-6833
ckennedy1619@aol.com
www.cvppsg.org
First Saturday PM, Aug-June

WASHINGTON

Everett Post-Polio Support Group of Washington State

Rhonda G. Whitehead
15913 119th Ave NE
Bothell, WA 98011-4120
425-488-0219
lauriswh@msn.com
Second Saturday PM

Support Groups

continued

Bremerton & Kitsap County Post-Polio Support Group

Bob Miller
4867 NW Eldorado Blvd
Bremerton, WA 98312-1123
360-692-1381
rmiller@wavecable.com
Third Saturday PM, odd months

Tri-State Polio Pals

James L. Huetson
1120 22nd Ave
Clarkston, WA 99403-3185
509-758-2187
rockinnj@cableone.net
Fourth Saturday PM

Polio Outreach/North Central Washington

Jim & Sandee Thornton
484 N Kent Terrace
East Wenatchee, WA 98802
509-884-8856
smt1107@charter.net
Third Monday PM

Bellingham Post-Polio Support Group

Patrick Ewing
3561 Sorenson Rd
Everson, WA 98247-8212
360-966-4253
pre47airstream@aol.com
Last Saturday

Olympia Polio Support Group

Ursula Schmidt
6528 Alder Glen Dr SE
Olympia, WA 98513-4353
360-456-8097
bobuschi@msn.com
PM meetings on demand

Olympic Peninsula Post-Polio Support Group

Paul D. Tucker
517 E 7th St
Port Angeles, WA 98362-6214
360-452-6487
paulaver@olympus.net
*Third Friday PM, Jan, Mar, May,
July, Aug, Nov*

Polio Outreach/Tri-Cities Post-Polio Support Group

Norma Peters
712 Swift Ste 1
Richland, WA 99352
509-946-5485
nevers@bossig.com
Third Saturday PM

Polio Outreach/Renton, South Seattle & South King County Cities

Mimi Sangder
Seattle, WA
206-725-8937
fuzzface7@juno.com
Third Saturday noon potluck

Larry Julius, CPA, CGFM
261 SE Weston Rd
Shelton, WA 98584-7634
360-426-0100
ljulius600@aol.com
Resource Only

Polio Outreach of Washington

Vivian J. Clark
4704 235th St E
Spanaway, WA 98387-6162
253-847-8114, 253-875-9429 fax
800-609-5538
poow85jmc@msn.com
*Call for other groups in the state
(14)*

Sharman R. Collins
12811 S Fairway Ridge Ln
Spokane, WA 99224-8416
509-448-8517
sharmanrcollins@msn.com
Call for meeting information

Tacoma/Pierce County Post-Polio Support Group

Marlys Tron
419 Alder Ave
Sumner, WA 98390-1321
253-863-9556
*First Monday PM usually,
Feb-June, Aug-Dec*

Bev Nading
1726 Gregory Ave, PMB315
Sunnyside, WA 98944-1660
509-837-4265
cubfarms2003@yahoo.com
Resource only

Vancouver Post-Polio Support Group

Susie Koeser
1112 NW Westridge St
Vancouver, WA 98665
360-574-4523
360-892-5314 (Stan)
vipsusie@msn.com
Third Saturday PM

WEST VIRGINIA

Mid Ohio Valley Post-Polio Support Group

Becky A. White
2807 11th Ave
Vienna, WV 26105-2674
304-295-5879
beckyonwheels@suddenlink.net
*Second Monday PM, Apr-Jun,
Sept-Nov*

WISCONSIN

Gail A. Genereau
910 E Sylvan Ave
Appleton, WI 54915-2615
Fox Cities/Northern Wisconsin
920-734-1452, 920-734-0015 fax
genereau@vbe.com
715-546-4408
Resource only

Madison (WI) Area Post-Polio Support Group

Gail Kempfer
6838 Parkside Cir
DeForest, WI 53532
wp6838@windsorparkside.com
*Second Saturday PM, Mar, May,
July, Sept, Nov*

Linda A. Tomter
3219 Chasewood Ln
Eau Claire, WI 54701-6024
715-834-8837
tomter@discover-net.net
Resource only

Paul Garness
1160 Shorewood Dr
La Crosse, WI 54601-7020
608-788-5331
pgarness@centurytel.net
Resource only

**Post-Polio Resource Group
of Southeastern Wisconsin**

Harvey Padek

PO Box 13841

Milwaukee, WI 53213-0841

414-297-9093, 262-782-0506

hpadek@yahoo.com

www.pprg.org

*Third Saturday PM, Spring & Fall
discussion web at*

http://health.groups.yahoo.com/group/pprg_list/

Other Useful Contacts

Professional organizations of medical specialties, governmental agencies and other organizations and associations.

Professional Medical

American Academy of Neurology

1080 Montreal Ave
Saint Paul, MN 55116
800-879-1960, 651-695-2717
651-695-2791 fax
memberservices@aan.com,
www.aan.com

American Academy of Orthopaedic Surgeons®

6300 N River Rd
Rosemont, Illinois 60018-4262
847-823-7186, 800-346-AAOS
847-823-8125 fax
800-999-2939 AAOS
fax-on-demand
www.aaos.org

American Academy of Physical Medicine and Rehabilitation

330 N Wabash Ave Ste 2500
Chicago, IL 60611-7617
312-464-9700, 312-464-0227 fax
info@aapmr.org, www.aapmr.org

American Board of Certification in Orthotics and Prosthetics

330 John Carlyle St Ste 210
Alexandria, VA 22314
703-836-7114, 703-836-0838 fax
info@abcop.org, www.abcop.org

American College of Chest Physicians

3300 Dundee Rd
Northbrook, IL 60062-2348
Products and registration:
847-498-1400
800-343-2227 (toll-free in US)
847-498-5460 fax
accp@chestnet.org
www.chestnet.org

American Medical Association

515 N State St
Chicago, IL 60610
800-621-8335
www.ama-assn.org

American Orthopaedic Foot and Ankle Society

6300 N River Rd Ste 510
Rosemont, IL 60018-4262
800-235-4855, 847-698-4654
847-692-3315 fax
aofas@aofas.org, www.aofas.org

Association of Rehabilitation Nurses

4700 W Lake Ave
Glenview, IL 60025-1485
800-229-7530, 847-375-4710
877-734-9384 fax
info@rehabnurse.org,
www.rehabnurse.org

American Physical Therapy Association (APTA)

1111 N Fairfax St
Alexandria, VA 22314-1488
703-684-2782, 800-999-2782
703-683-6748 TDD
703-684-7343 fax
www.apta.org

The American Occupational Therapy Association, Inc. (AOTA)

4720 Montgomery Ln, PO Box
31220 Bethesda MD 20824-1220
301-652-2682
800-377-8555 TDD
301-652-7711 fax
www.aota.org

USA Governmental

Centers for Disease Control and Prevention (CDC)

1600 Clifton Rd
Atlanta, GA 30333
800-311-3435
404-498-1515 public inquiries
www.cdc.gov

National Institutes of Health (NIH)

9200 Rockville Pike
Bethesda, MD 20892
301-496-4000, 301-402-9612 TTY
NIHinfo@od.nih.gov, www.nih.gov

National Institute of Neurological Disorders & Stroke (NINDS)

(part of NIH)
PO Box 5801
Bethesda, MD 20824
800-352-9424, 301-496-5751
301-468-5981 TTY,
www.ninds.nih.gov

Social Security Administration

Office of Public Inquiries
Windsor Park Bldg
6401 Security Blvd
Baltimore, MD 21235
800-772-1213, 800-325-0778 TTY
www.ssa.gov

Associations/ Organizations

American Chronic Pain Association (ACPA)

PO Box 850
Rocklin, CA 95677
800-533-3231, 916-632-3208 fax
ACPA@pacbell.net,
www.theacpa.org

Chronic Pain Association of Canada (CPAC)

PO Box 66017
Heritage Postal Station # 130
2323-111 Street
Edmonton, Alberta T6J 6T4
Canada
780-482-6727, 780-433-3128 fax
cpac@chronicpaincanada.com
www.chronicpaincanada.com

Easter Seals

233 S Wacker Dr Ste 2400
Chicago, IL 60606
800-221-6827, 312-726-6200,
312-726-4258 TTY
312-726-1494 fax
www.easter-seals.org

March of Dimes Birth Defects Foundation (National Office)

1275 Mamaroneck Ave
White Plains, NY 10605
914-997-4488, www.modimes.org

Restless Legs Syndrome (RLS) Foundation

1610 14th St NW Ste 300
Rochester, MN 55901
877-463-6757, 507-287-6465
507-287-6312 fax
rlsfoundation@rls.org, www.rls.org

Rotary International

1 Rotary Center
1560 Sherman Ave
Evanston, IL 60201
847-866-3000, 847-328-8554 fax
847-328-8281 fax
programs@rotaryintl.org,
www.rotary.org

World Health Organization (WHO)

Avenue Appia 20, 121
Geneva 27, Switzerland
+41 22 791 2111
+41 22 791 3111 fax
info@who.int, www.who.int

Disability Rights/ Independent Living

American Association of People with Disabilities (AAPD)

1629 K St NW Ste 503
Washington, DC 20006
800-840-8844
202-457-0046 voice/TTY
aapd@aol.com, www.aapd-dc.org

Disability Lifestyles

(An Australian-based website
of information and resources
for people with disabilities
following a serious injury)
www.disabilitylifestyles.org.au

Disabled Persons International (DPI)

874 Topsail Road
Mount Pearl, Newfoundland
A1N 3J9
709-747-7600, 709-747-7603 fax
info@dpi.org, www.dpi.org

Independent Living Institute

Arenavägen 63, 12177
Stockholm, Sweden
+46 8 506 22 179
admin@independentliving.org
www.independentliving.org

Independent Living Research Utilization (ILRU)

2323 S Shepherd Ste 1000
Houston, TX 77019
713-520-0232 voice/ TTY
713-520-5785 fax
ilru@ilru.org, www.ilru.org

Mobility International USA

132 E Broadway Ste 343
Eugene, Oregon 97401
541-343-1284 voice/TTY
541-343-6812 fax
info@miusa.org, www.miusa.org

National Council of Independent Living (NCIL)

1710 Rhode Island Ave NW,
5th floor
Washington, DC 20036
877-525-3400, 202-207-0340 TTY
202-207-0334, 202-207-0341 fax
ncil@ncil.org, www.ncil.org

National Council on Disability (NCD)

1331 F St NW Ste 850
Washington, DC 20004
202-272-2004, 202-272-2074 TTY
202-272-2022 fax
ncd@ncd.gov, www.ncd.gov

National Organization on Disability (NOD)

910 Sixteenth St NW Ste 600
Washington, DC 20006
202-293-5960, 202-293-5968 TTY
202-293-7999 fax
ability@nod.org, www.nod.org

National Patient Travel Center

4620 Haygood Rd Ste 1
Virginia Beach, VA 23455
800-296-1217 24-hr helpline
757-512-5287, 800-550-1767 fax
info@nationalpatient
travelcenter.org
www.PatientTravel.org

Polio Survivors Association

12720 La Reina Ave
Downey, CA 90242-4243
562-862-4508, 562-862-5018 fax
info@polioassociation.org
www.polioassociation.org

Rehabilitation International

25 E 21 St 4th Floor
New York, NY 10010
212-420-1500, 212-505-0871 fax
RI@riglobal.org

Other Useful Contacts

continued

Assistive Technology (Equipment)

Abledata

8630 Fenton St Ste 930
Silver Spring, MD 20910
800-227-0216, 301-608-8912 TTY
301-608-8958 fax
abledata@verizon.net
www.abledata.com

Enabling Mobility Center

(Saint Louis, MO)
5240 Oakland Ave
Saint Louis, MO 63110
314-289-4202
314-289-4252 TTY
314-289-4201 fax
walkerc@msnotes.wustl.edu
http://enablemob.wustl.edu
*Recycled DME program,
wheelchair cleaning and repair
(for Saint Louis residents only)*

Technical Assistance Project

1700 N Moore St Ste 1540
Arlington, VA 22209-1903
703-524-6686, 703-524-6639 TTY
703-524-6630 fax
resnaTA@resna.org
www.resna.org/taproject/at/
statecontacts.html

Topical Resources

SCOLIOSIS

(curvature of the spine)

National Scoliosis Foundation

5 Cabot Place
Stoughton, MA 02072
800-NSF-MYBACK
(800-673-6922)
781-341-8333 fax
nsf@scoliosis.org
www.scoliosis.org

Scoliosis Research Society

555 E Wells St Ste 1100
Milwaukee, WI 53202-3823
414-289-9107, 414-276-3349 fax
info@srs.org
www.srs.org

Shoes of Different Sizes

National Odd Shoe Exchange

PO Box 1120
Chandler, AZ 85244-1120
480-892-3484, www.oddshoe.org

The One Shoe Crew

PO Box 285
Rio Linda, CA 95673
sally_tavarez@hotmail.com
www.dcn.davis.ca.us/YoloLINK/
programs/
pOneShoeCrew-2349.html

Nordstrom's

888-282-6060
www.store.nordstrom.com
www.nbweexpres.com
*Will sell a pair of mismatched
New Balance shoes for the
price of one.*

OneShoe TwoShoe

106 NJ Route 70 East # 3065
Cherry Hill, NJ 08034
800-399-9885
oneshoetwoshoe.net
info@oneshoetwoshoe.net

Post-Polio Directory 2009[©]



POST-POLIO HEALTH INTERNATIONAL
INCLUDING INTERNATIONAL VENTILATOR USERS NETWORK

4207 LINDELL BOULEVARD, #110
SAINT LOUIS, MO 63108-2930 USA
314-534-0475, 314-534-5070 FAX
INFO@POST-POLIO.ORG, WWW.POST-POLIO.ORG