

Connections • Spring 2021 Newsletter

***Each day,
I choose to
THRIVE,
not just
SURVIVE***

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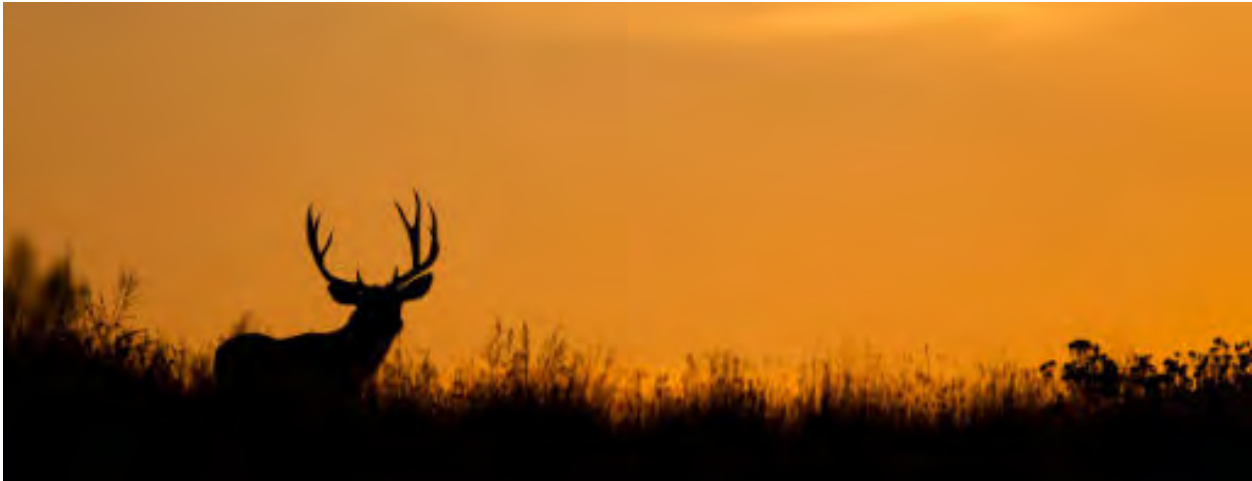
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Time to Get Outdoors



Rocky Mountain Arsenal, Denver, Colorado

Everyone has been cooped up this past year. It's time to get out and enjoy the beauty where you live or across this great nation of ours. There are many accessible options from venues to sports to experiences. The parks services, national and Colorado, have passes that also make it easier for you to get outdoors.

Accessible Nature Info, at accessiblenature.info, lists places throughout the US and Canada where you can enjoy nature with minimal obstacles. Trails are either wheelchair accessible, or at least, very easy walking. A contemplative outdoor experience is emphasized. Venues are categorized by state.

Colorado has many outdoor wheelchair accessible experiences including Garden of the Gods, Seven Falls, and even, Great Sand Dunes National Park. To learn more about these sites and others check out, OutThereColorado.com and use the search word "wheelchair".

Sports and activities are other ways to get outdoors and be active. Check out aapmr.org and use the search word "athletes". This comprehensive directory of national organizations is great for individuals living with disability who want to find accessible activities and sports. From aquatics and archery to fishing and horseback riding, you will find something that calls to you to get active.

Time to Get Outdoors (Continued)



Lily Lake, Estes Park, Colorado

Accessible hikes near Denver can be found at: dayhikesneardenver.com/handicap-accessible-hikes/.

Access Pass - FREE

The Access Pass is part of the *America the Beautiful - National Parks and Federal Recreational Lands Pass Series*. A free, lifetime pass that provides admittance to more than 2,000 recreation sites is available for US citizens or permanent residents that have been medically determined to have a permanent disability (does not have to be a 100% disability). More information can be found on the National Park Services' website, nps.gov using the search word "access pass".

Columbine Pass - \$14.00

The Columbine Pass allows Colorado residents with a permanent and total disability to:

- Purchase an annual state park pass for \$14.
- Transfer pass between vehicles.
- Receive a \$3 discount per night Sunday-Thursday except for holidays for Pass holders 64+.

To learn more, visit the Colorado Parks & Wildlife's website, cpw.state.co.us and use the search word "Columbine Pass".

SOURCES:

Accessible Nature: accessiblenature.info/OutThere Colorado: 13 Awesome Outdoorsy Wheelchair Accessible Experiences in Colorado: outtherecolorado.com/adventures/13-awesome-outdoorsy-wheelchair-accessible-experiences-in-colorado/article_ce4d8d6a-97df-519b-87c6-f585a102a088.html

American Academy of Physical Medicine and Rehabilitation: Search "athletes":

aapmr.org/search-results?indexCatalogue=site%2Dsearch&searchQuery=athletes&wordsMode=0

Day Hikes Near Denver: Handicap and Wheelchair Accessible Hikes Near Denver: dayhikesneardenver.com/handicap-accessible-hikes/

National Park Service Access Pass - nps.gov/subjects/accessibility/access-pass.htm

Colorado Parks & Wildlife Columbine Pass: cpw.state.co.us/buyapply/Pages/ColumbinePassInfo.aspx

Join Us for the CPPO Rocky Mountain Getaway



Sunday, August 15 to Thursday, August 19, 2021
Easterseals Colorado's Rocky Mountain Village (RMV) Camp in Empire, Colorado

The spectacular RMV camp is fully accessible with plentiful paths and walkways for exploring that are paved, wooden or packed gravel for easy wheelchair access. On-site lodging options include a limited number of rooms with queen-sized beds, a limited number of rooms with a private bath, and shared rooms with use of lower bunk beds and shared baths. Electrical hook-ups are available for RVs. Off-site lodging is convenient in nearby towns including a new hotel in Georgetown, Colorado with five accessible rooms. The dining hall serves three meals a day.

Polio survivors, caretakers, spouses and friends can customize their experience by choosing from a menu of educational forums, exercise activities and fun. Healthcare

professionals with experience working with polio survivors will provide information about Post-Polio and how it impacts individual conditions. Evenings are spent with live entertainment and social time.

REGISTRATION AND FEES

Fees are for the entire camp experience. *No one-day fee options.*

- On-site lodging: \$400/person
- On-site RV parking: \$250/person + \$20/day electrical hook-up fee
- Day camper with off-site lodging: \$250/person
- Shuttle for Denver International Airport: \$55/person each way

CAMP APPLICATION

Download online by visiting bit.ly/cppo2021 or please email mtolman@eastersealscolorado.org.

★ Smiles for the Day!



I miss the 90s when bread was still good for you and no one knew what kale was.

Remember back when we were kids and every time it was below zero outside, they closed school? Yeah, me neither.

I want to be 14 again and ruin my life differently. I have new ideas.

I told my wife I wanted to be cremated. She made me an appointment for Tuesday.

Confuse your doctor by putting on rubber gloves at the same time he does.

My wife asked me to take her to one of those restaurants where they make food right in front of you. I took her to Subway. That's when the fight started.

Me: Sobbing my heart out, "I can't see you anymore...I'm not going to let you hurt me again." Physical therapist: "It was one sit-up. You just did one sit-up."

Remember, if you lose a sock in the dryer, it will come back as a Tupperware lid that doesn't fit any of your containers.

Got Swallowing Problems? by Dr. Marny Eulberg



Swallowing problems in polio survivors can be caused by two or more disorders:

- ✓ Muscle weakness in tongue or throat muscles - can be due to prior polio or new problems such as a stroke affecting those muscles,
- ✓ Problems in the esophagus - narrowing of the tube due to scarring from acid reflux, poor coordination of the muscles (presbyesophagus - related to aging), or some deformity of the esophagus itself - such as masses, outpouches (diverticulum), or even pressure from large bone spurs from severe arthritis in the neck.

The best diagnostic test is a modified barium swallow study (MBSS) that is done by a speech therapist/swallowing expert along with a radiologist, usually done as an outpatient at a hospital. It involves the patient swallowing barium in a thin liquid (consistency of water) and a thicker solution (milkshake consistency) and finally, something that resembles solid food (such as crushed Oreo cookies or marshmallows). The speech therapist concentrates on how the muscles in the mouth and back of the throat are working and the radiologist concentrates mostly on the function of the esophagus.

Note: An endoscopy looks at the appearance of the esophagus and stomach BUT does not look at how it functions during swallowing.

The speech therapist not only determines the malfunction of the swallowing muscles but can also offer advice and treatment about how to deal with a person's specific problem.

Got Swallowing Problems? (Continued)

For a person with neuromuscular swallowing problems, although it does not seem to make sense, thin liquids (like water, apple juice) and dry foods (bread, crackers) are usually the most difficult to swallow and most likely to cause coughing/choking. Thicker liquids (nectars like apricot nectar, puddings, milkshakes/smoothies) are easier to

swallow than water, coffee, tea. Thickening agents {some brand names are Thick-It or Simply Thick} can be added to thin liquids to make them easier to swallow. It is also important to follow bites of food with frequent sips of a liquid and to cut solids such as meat in small bites and chew thoroughly before swallowing.



★ DME Grants

Paul (pictured left) ready to take on the trails near his home in his new mobility device partially funded by a Durable Medical Equipment (DME) Grant.

Colorado Post-Polio Organization is proud to offer DME Grants for many items.

Contact Mitzi Tolman at mtolman@eastersealscolorado.org to be sent a grant application.

★ **Planned Giving**



All abilities. Limitless possibilities.

Is the Easterseals Colorado Post-Polio program already in your will, trust, or estate plan?

Thank you! Please let us know about your plans because it helps Easterseals Colorado plan for the future.

Notify Sharon Kay Brown in the Development Office
(sbrown@eastersealscolorado.org or 720.234.5976)
and she will add your name to the Sunburst Legacy Society.
Your gift may remain anonymous, if you like.

Don't have a will?

You're not alone! Now is a great time to start planning, and please consider including a bequest to the Easterseals Colorado Post-Polio program in your estate plan. Contact Sharon for suggested 'bequest language' and the Easterseals Colorado Tax ID for you to share with your attorney.



★ **Statewide Virtual Meetings Continue**

On April 15, the Colorado Post-Polio Organization hosted its first statewide virtual meeting. Dr. Marny Eulberg gave an update on COVID-19 and Post-Polio. Hal Goldberg, support group facilitator, discussed mental health and the pandemic. More than 60 people attended the meeting with many from other parts of the United States and Canada. The board has voted to continue the meetings quarterly.

Next Statewide Virtual Meeting - Saturday, May 22, 2021

10:30 a.m. to 12:00 p.m. MST via Zoom

"More pain more gain???" Exercise and Post-Polio finding the right balance.

Registration link: bit.ly/cppomay22zoom



Food for Thought: Public Bathrooms & Handicapped Parking by Margaret Hinman



Got to be thankful for the Americans with Disabilities Act (ADA).

Accessibility today is certainly a lot different, and better than in the late 50s when, for example, access to the only student bathrooms in my high school meant going to the basement of a two-story building. I had to struggle going up and down stairs with a weak leg and had to plan each day so as to minimize the need to go down there. No one thought to offer me the use of the faculty bathroom on the main level! I accepted that this was how it was, and I adapted to the accepted norms of the day: that

people needed to adapt to the environment, not that the environment could be adapted to peoples' needs.

Got to appreciate and wonder at how today the ADA is interpreted and implemented in everyday life.

Although most public facilities are more accessible than before ADA, designers and builders have not always facilitated or implemented the adaptability needs optimally. They have not walked in our shoes or on our crutches, ridden in our wheelchairs and scooters nor

Food for Thought: Public Bathrooms & Handicapped Parking (Continued)

matured to where the consequences of aging have impacted them, and they just don't know how a design and build impacts us.

Got to shake your head at the ironies that are out there as we navigate our environment. Most public bathrooms are notorious examples of the naivety of the planners. Often the entrance doors are so heavy that most people have difficulty opening them, let alone persons with disabilities. And this is especially ironic when they are in medical facilities, doctors' offices and facilities that are designed to provide services for the disabled. Then, after wrestling one's way into a bathroom, particularly in multi-stalled large bathrooms, the handicapped stall(s) are often at the end of a long walk to the far end of the room. Not very friendly when you have difficulty walking and have an urgency to go!

Inside the stalls themselves, grab bars, toilets and their locations are another adventure. Grab bars can be either non-existent, too high, too low, too close or too far away or, as I discovered in a convenience store in eastern Wyoming, that the only bar is

above the tank. Toilets often have similar inconveniences. Finally, try washing your hands and reaching for the towels or the dryers when you are on crutches or in a wheelchair and the dryers are across the room from the sinks!

Handicapped parking, as the king said to Anna in the movie, *The King and I*, "Is a puzzlement!" Logic would tell us that people with disabilities probably have difficulties with mobility and that it makes sense to allow them to park as close to an entrance as possible. However, often the handicapped spaces are located near the far end of a walkway or across a driveway which may be covered with snow and ice in the winter. This is even the case with some doctors' offices and hospitals! And, in Colorado some shopping mall designers prefer placing their entrances facing north so the snow and ice across the driveway may last longer.

Enough complaining!

So, thanks in part to ADA, I am still adapting to my environment but

Food for Thought: Public Bathrooms & Handicapped Parking (Continued)

differently than when I was in high school. Whenever I have the option, I choose to support and use facilities and establishments that are more disability-friendly and whenever possible I thank them for their facilities. Whenever possible, I scope out bathrooms before I need them and then plan ahead so that I can get there in time when I need to go.



I watch weather reports closely and plan ahead to get groceries and other needed items and I cancel

appointments and events before bad weather arrives. And I enjoy my time at home looking at the weather out my window and reading a good book, watching TV, playing games on my tablet, tackling a neglected project or talking to friends on the phone.

I also speak up to management when I am frustrated by the barriers that exist, not expecting that the situation will change, but to give that person a gift of the awareness of what life is like outside his or her experiences. And sometimes I like to think it

facilitates change. My local grocery store just got four new electric carts after years of hearing my frustrations (I have such power!) because their carts would not hold their electric charge and I would have to use two and sometimes three different carts to complete one trip around the store!

Finally, I chuckle at the idiosyncrasies of what was and what is and am thankful for how much better life is, even in this imperfect world!

A final thought, maybe we could earn some extra change if we would offer our services and our experiences as consultants to help educate those designers and planners who are crafting our environment!

And, by the way, my old high school was razed in the 70s! No need for ADA compliance there anymore!

Just some food for thought!

2021 Advisory Council Members

Sue Brandon, *Chairperson*

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Robert Burnett (*Habla Español*)

720.394.5500

robert.v.burnett@gmail.com

2021 Advisory Council Meetings

Advisory Council Meetings are when our planning takes place. Members are always valued to comment on our future goals and activities. **Meetings are held quarterly on the 4th Wednesdays of January, April, July and October at 4:30 p.m. over Zoom.**

2021: April 28th, July 28th, and October 27th



Colorado Post-Polio Support Group Schedules

At this time, as a result of the coronavirus pandemic, some Support Groups are beginning to meet in-person with appropriate social distancing. Others are meeting virtually. Persons without a computer can call in to participate in the conversation. Contact your group's facilitator for the specific call-in phone number. We encourage you to stay in touch with your facilitator to find out how your group will be meeting.

AURORA

Meets the 4th Thursday of every month from 12:30 p.m. to 2:00 p.m.

Facilitator: Myrna Schmidt, 608.790.5755 or myrnaschmidt1@yahoo.com

COLORADO SPRINGS

Meets the 1st Saturday of every month from 10:00 a.m. to Noon at Colorado Springs Police Dpt. Sand Creek Division, 950 Academy Park Lp, Colorado Springs, CO 80910

Facilitator: Hal Goldberg, 303.212.0017 or halgoldberg@halgoldberg.net

GRAND JUNCTION

On hiatus until new facilitator found. If you know someone who might be interested, please contact Mitzi Tolman at 720.940.9291 or mtolman@eastersealscolorado.org.

LAKESWOOD

Meets the 2nd Tuesday of May, June, Sept. and Nov. from 10:00 a.m. to Noon.

Facilitator: Annette Beck, 720.427.1789 or annette.beck242@outlook.com

NORTH AREA

Meets the 3rd Saturday of every month from 10:00 a.m. to Noon.

Facilitator: Jill Eelkema, 720.675.9902 or jille@westerncarepartners.com

NORTHERN COLORADO (Fort Collins)

Meets the 4th Saturday of every month from 10:00 a.m. to Noon.

Facilitator: Peter Way, 970.460.6164 or NOCOPolio@gmail.com

PUEBLO

Meets the 3rd Saturday of January, April, July and October from 3:00 to 5:00 p.m.

Facilitator: Jill Eelkema, 720.675.9902 or jille@westerncarepartners.com

SOUTH DENVER - Looking for new members!

Meets the 1st Tuesday of every month from 11:00 a.m. to Noon at the Colorado Club Building, 4155 E Jewell, Suite 218, Denver, CO 80222

Facilitator: Hal Goldberg, 303.212.0017 or halgoldberg@halgoldberg.net

 **Donations**

If you would like to donate to support Colorado Post-Polio efforts, **please complete this form, detach and mail it to Mitzi Tolman at Easterseals Colorado.** To ensure that we receive 100% of your donation, contributions should be **payable to Easterseals Colorado** with **"POST-POLIO" written in the memo line.** Your contribution will be gratefully acknowledged. Thank you again!

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

E-MAIL: _____

MAIL TO:

Easterseals Colorado
Attn: Mitzi Tolman
393 S Harlan St, Suite 250
Lakewood, CO 80226
Memo line: POST-POLIO



**FREE MATTER FOR
BLIND OR DISABLED**



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We invite not only your comments about this newsletter; tell us what topics you want to read about in future issues. If you have article ideas or suggestions, are willing to write a short article, tell your personal story or you'd like to review a book, please call **Mitzi Tolman** at **720.940.9291** or email her at mtolman@eastersealscolorado.org, or write to: Easterseals Colorado, Attn: Mitzi Tolman - Colorado Post-Polio *Connections*, 393 S Harlan St, Suite 250, Lakewood, CO 80226.

If you prefer to receive this newsletter online or change your mailing information, please contact Mitzi Tolman at Easterseals Colorado at 720.940.9291 or mtolman@eastersealscolorado.org.