

Post-Polio Library

The Colorado Post-Polio Library is located at Easter Seals Colorado. It contains a small collection of books and videotapes that may be checked out for a limited period of time. Below is a list of the books which are available.

For further information about the library and/or to request a book, contact Nancy Hanson at Easter Seals Colorado, 303-233-1666, ext. 237, or nhanson@eastersealscolorado.org.

50 Years of Miracles: and Adventures. Raymond Youdath , 2006. A personal story of one man's ability to deal with having polio and the challenges he faced.

7 Wheelchairs: A Life Beyond Polio. Gary Presley, 2008. Presley's powerful memoir recounts the physical and psychological challenges he faced during his long recovery from polio.

A Pinch of Dry Mustard – is written by Barbara Cramer, a Lakewood polio survivor. While this book of fiction doesn't deal with polio, the protagonist suffers an early trauma leading to her making some disastrous choices. What follows creates a suspenseful yarn of a family's testament to faith, hope and love.

A Rough Road – By Patrick J. Bird tells the story of a 4-year-old's polio treatments during WWII when his parents weren't able to visit him. He's isolated from older patients and never knows what new scary procedures he must endure. He's urged to cope "like a man."

A Summer Plague: Polio and its Survivors. Tony Gould, 1995. A history of polio from first discovery in New York in 1916 through FDR's work at Warm Springs to the vaccine development of Salk and Sabin to the discovery of post-polio syndrome.

Access Anything: Colorado. Craig P. Kennedy, 2005. A guide to recreation and travel in Colorado for persons with disabilities.

American Story: A Lifetime search for Ordinary People Doing Extraordinary Things is written by Bob Dotson, a 40-year NBC correspondent who had a series on the Today Show. As he describes creative and inspirational ways his fellow citizens cope with their setbacks, he rarely mentions his own “bed leg.” He maintains “It’s never too late to have a happy childhood. Growing up with the aftereffects of polio taught me to view my handicap as a springboard. Whatever held me back also pushed me to achieve. We all approach success differently because of the limits placed on our lives. That’s why most successful people ‘do their own thing’. Their handicaps are not an excuse for failure. They are more often the edge that helps them succeed.”

Barrier Free Travel. 3rd ed., Candy B. Harrington, 2009. A guide to national and international travel by all modes of transportation and how to assess accessibility in lodging while a disabled person travels.

Black Bird Fly Away: Disabled in an Able-Bodied World. Hugh Gregory Gallagher, 1998. This unusual autobiography is a collection of writings, some previously unpublished, by a man who is recognized today as the father of the Architectural Barriers Act of 1968 and the grandfather of the Americans with Disabilities Act. Hugh Gallagher, blessed with a smart mind and strong spirit, overcame the obstacles, making a statement to society about his worth as a human being.

Blue. Joyce Moyer Hostetter, 2006. Blue is a fictional story of a young girl who got polio in the 1940’s. However, it is based on research of the disease and how it was treated at the time.

Brave Little Girls Don’t Cry: The Story of Esther Keesing-Styles. Julia Millen, compiler. 1992.

Comfort. Joyce Moyer Hostetter, 2009. In this sequel to Blue (2006), Hostetter continues her WWII-era story about Ann Fay Honeycutt and the North Carolina teen’s efforts to recover from polio, which has left her physically challenged and emotionally vulnerable. It also tells the story of her stay at Warm Springs.

Conquer Fatigue in 30 Days. Dr. Elizabeth Walker, 2001. *Conquer Fatigue in 30 Days* is the ultimate health restoration program to maximize your wellness, energy and personal power. The book offers daily activities to help the reader easily incorporate nutrition, exercise and stress management changes into their busy lifestyle.

Count Us In: Growing Up with Down Syndrome. Jason Kingsley and Mitchell Levitz, 1994-afterward 2007. Written by two young men with Down's Syndrome, this book will open eyes and touch the heart. The authors discuss their friendship, having Down's Syndrome, marriage, children, becoming independent, and their hopes and dreams for the future. They speak openly about how people have treated them differently because of their disorder and how they feel about it. EDI Award from the National Easter Seal Society

Current Trends in Post-Poliomyelitis Syndrome. Daria A. Trojan, MD, MSC and Neil R. Cashman, MD, 1996. Chapters on history/description, epidemiologic studies and predictive factor, pathophysiology, differential diagnosis, current management, and future approaches.

Elegy for a Disease: A Personal and Cultural History of Polio. Anne Finger, 2006. In this dazzling memoir, Anne Finger interweaves her personal experience with polio with a social and cultural history of the disease. She writes about the physical expansiveness of her childhood, about medical attempts to "fix" her body, about family violence, job discrimination, and a life rich with political activism, writing, and motherhood.

Faces of Polio in the USA. A DVD featuring Peter Way (Fort Collins Support Group Leader) and survivors Myrna Margheim and Anne Peterson. Robert Tello, MD, a Loveland Internist Rotarian, Nancy Catts, a nurse, and Scott Wheeler, the narrator. The Group members tell early and present portions of their personal stories. The video emphasizes how our present fear and refusal of vaccinations endangers our population again, since four other countries haven't eliminated the nerve and muscle disease. MS, ALS and Fibromyalgia mimic the symptoms of Post-Polio and many patients fail to realize they need to tell their doctors about their past history. Since the last case in the US was in 1979, awareness is lacking with

30% to 50% of survivors experiencing Post-Polio. It's worth a look and you will enjoy seeing some of our Colorado folks in it.

Free Wheelchair Mission: Transforming Lives through the Gift of Mobility For the disabled impoverished in underserved regions around the world, a wheelchair is often a dream far beyond their wildest imagination. Free Wheelchair Mission is dedicated to providing wheelchairs for those individuals and this book explains their mission.

Helping Yourself--Helping Others: A Book for Caregivers. Rosalynn Carter with Susan K. Golent, 1994. An emotionally supportive guidebook for family caregivers from the Rosalynn Carter Institute for Human Development.

How to get the Health Care You Want. Laura L. Casey, 2007. Help in making confident, informed choices about health care and its costs.

In the Shadow of Polio, A Personal and Social History. Kathryn Black, 1996. Ms. Black writes of her mother's struggles with polio within the context of the history of America in the 1940' and 1950's.

Living, Laughing and Loving Life. Dan Miller 1997. An inspirational, humorous book of encouragement about meeting his "impossible" dreams in spite of having to overcome severe paralysis from polio at age 18.

Living with Polio: The Epidemic & Its Survivors. Daniel J. Wilson, 2007. More than 150 first-person accounts of persons with polio, which remind us that more than half a million Americans are still living with its consequences.

Managing Post-Polio: A Guide to Living and Aging Well With Post-Polio Syndrome. Lauro S. Halstead, 2nd. ed. 2006. Likely the most comprehensive, easily understood treatise on the causes and effects of post-polio syndrome.

A Pinch of Dry Mustard. Barbara Cramer, 2009 This novel written by a member of the Colorado Post-Polio Group takes place over a three-day period in a quaint fishing village along the coast of Maine. It is an intriguing mystery and a family's ultimate testament to faith, hope, and love. An excellent read!

Playing from the Heart. Roger Crawford and Michael Bowker. 1997. A personal story. Although born with such severe physical deformities that doctors believed he would never even be able to walk, Roger had the determination and heart to become a champion—in tennis and in life.

The Polio Paradox. Richard Bruno H.D, Ph. D. 2002. A popular book on all aspects of polio and post-polio syndrome and Dr. Bruno's interpretation on how to treat the symptoms.

Polio: A Dose of the Refiner's Fire: Surviving Polio. Jeane L. Currey Dille, 2005. Jeane Dille is a polio survivor from Pueblo, Colorado who has written her own story.

Polio: An American Story. The Crusade that Mobilized the Nation Against the 20th Century's Most Feared Disease. David M. Oshinsky, 2005. Pulitzer Prize winner in History 2006. Oshinsky tells the story of the race to create the polio vaccine by Jonas Salk and Albert Sabin, as well as the impact of March of Dimes.

Polio and Its Aftermath: The Paralysis of Culture. Marc Shell, 2005. Marc Shell, himself a victim of polio, offers an inspired analysis of the disease. Part memoir, part cultural criticism and history, part meditation on the meaning of disease, Shell's work combines the understanding of a medical researcher with the sensitivity of a literary critic.

Polio Voices. Julie Silver, M.D. and Daniel Wilson, Ph. D., 2007. A combination of historical perspective and testimonials from polio survivors, both historically and regarding polio today.

The Post-Polio Experience: Psychological Insights and Coping Strategies for Polio Survivors and Their Families. Margaret E. Bachman, Ph.D., 2006. Dr. Backman, a Clinical Psychologist,

examines polio survivors' psychological reactions to their earlier experiences and to their current struggles with the late effects of polio.

Post-Polio Syndrome. Lauro S. Halstead and Gunnar Grimby, 1995. Reference for clinicians in neurology and rehabilitation medicine on post-polio syndrome, its manifestations, diagnosis, and management.

Post-Polio Syndrome: A Guide for Polio Survivors and Their Families. Julia K. Silver, M.D. and Anne C. Gawne, M.D., 2002. Silver describes Post-Polio Syndrome, talks about how it is diagnosed and various treatments for it. She also stresses that choosing an experienced and open-minded physician is vital to good treatment.

Small Steps: The Year I Got Polio. Peg Kehret, 1996. This heartfelt memoir takes readers back to 1949 when the author, at age 12, contracted polio and details her diagnosis, treatment, frustration, and pain.

Traveling without a Spare. Wenzell Leff, MD, 2011 Decades after recovering from polio, many aging Americans are grappling with new pain, weakness, and fatigue. This unforeseen symphony of symptoms is a central fact of many polio survivors' lives. Dr. Leff explains how polio's initial attack depleted the body's neuromuscular reserves, so that when former polio patients begin to lose cells to the natural aging process, they find they are truly "traveling without a spare".

Twin Voices: A Memoir of Polio, the Forgotten Killer. Janice Flood Nichols, 2008. A childhood victim to the polio epidemic, Nichols lost her twin brother, Frankie, to the disease and suffered temporary paralysis, leading her to choose a career as a rehabilitation counselor. Written through several "voices," including that of Janice, family members and friends, the doctor who cared for Janice and Frankie, and even Frankie himself, "Twin Voices" is a fascinating read about the polio epidemic that swept the country, the frantic efforts to put a halt to its devastation, and her optimism and unwavering determination to help eradicate the virus from the world.

Warm Springs Traces of a Childhood at FDR's Polio Haven.

Susan Richards Shreve, 2007. Shreve spent two years at the sanitarium at Warm Springs, Georgia founded by FDR. Her memoir is both a fascinating historical record of that time and an intensely felt story of childhood.

Where to Stop Where to Go. Arthur. A Frommer, 2005. A guide to traveling with overactive bladder in the United States.

Sent to Nancy Hanson for posting 2/28/2014