



## Connections • Summer 2025 Newsletter

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### IN THIS ISSUE

#### Articles

<i>Update on Measles and Measles Vaccine .....</i>	<i>1</i>
<i>Celebrating Hal Goldberg .....</i>	<i>2</i>
<i>Food for Thought – Pioneers .....</i>	<i>3</i>
<i>Mary Poppins Song Inspired by Polio Vaccine .....</i>	<i>6</i>
<i>Family Corner .....</i>	<i>7</i>
<i>Post-Polio Library .....</i>	<i>9</i>
<i>Book Recommendation .....</i>	<i>10</i>

#### CPPO Things to Know

<i>CPPO Resource Book .....</i>	<i>10</i>
<i>Upcoming CPPO Events .....</i>	<i>11</i>
<i>Advisory Council Members + Meetings .....</i>	<i>12</i>
<i>CPPO Support Groups.....</i>	<i>13</i>
<i>Donations .....</i>	<i>14</i>

## Update on Measles (Rubeola) and Measles Vaccine

- By Marny Eulberg, M.D.

We are now at nearly 1,100 confirmed cases of measles in the United States. It is expected that by year end the U.S. will have more cases than we have seen in more than 20 years. Most people who contracted polio in the United States were born before 1957 and thus are presumed to be immune to measles because of having had the actual disease. Therefore, booster doses of the measles vaccine are not recommended.

However, a person who is concerned could choose to get a single dose of the MMR vaccine. (Note: there is no vaccine available that is just for measles, so a person would need to get the MMR, measles, mumps, rubella, vaccine).

Some persons vaccinated between 1963 and 1967 were given a killed virus measles vaccine that was not as effective as the live virus measles vaccine. If records are not available showing the type of vaccine given, these individuals should receive 1-2 doses of the MMR vaccine now.

If a person is uncertain of their measles vaccination status and especially if they will be in situations where they are at increased risk of exposure to measles, they should consult their health department or primary care provider for advice about getting vaccinated or revaccinated.

Note: Polio survivors are NOT more likely to contract measles than any other person with similar vaccination status.



## ***Celebrating Hal Goldberg***

### **Hal Goldberg**

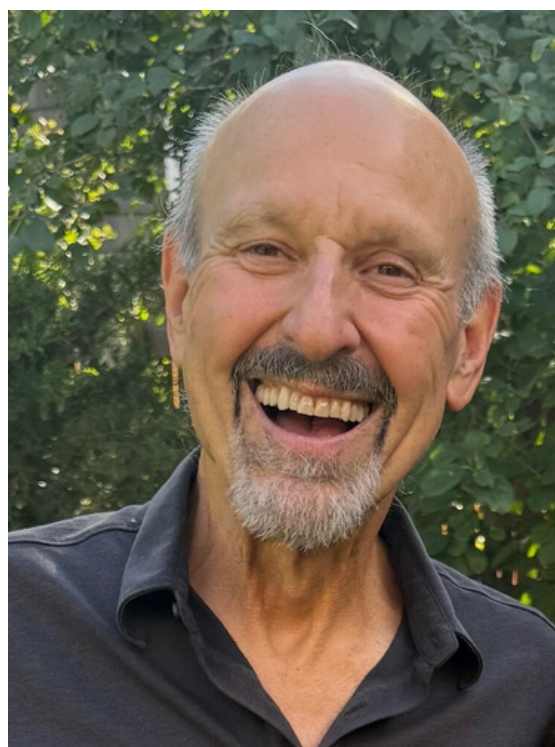
**October 29, 1948 – April 19, 2025**

CPPO's Advisory Council would like to celebrate the life of Hal Goldberg. Hal was diagnosed earlier this year with pancreatic cancer and passed away peacefully in April, at the age of 76.

Hal came to CPPO during his retirement as a facilitator of initially the Denver South post-polio support group and later added the group in Colorado Springs. He shared his insights, wisdom, curiosity and, as stated in his obituary, how he made people feel—seen, understood, and unconditionally loved.

Hal believed strongly in contributing and giving back to the community. To honor Hal, his family asks that you volunteer your time, call someone you love, or hug a family member a little longer than usual.

Extra credit if you make them laugh through tears—Hal's favorite kind of moment.



## Food for Thought — Polio Pioneers

- By Margaret Hinman

We have many heroes in our lives. Often, we are not aware of them and often we fail to recognize and acknowledge them. Our heroes can be anyone from the person who opens and holds the door when we enter a place, to the firefighter who rescues us from a burning building to the person who gives his/her life for us and includes the many people in between. So many people have contributed to making our lives better, helped us on our life journey and been there for us when we needed them, and they are, in their own ways, heroes!

One group of unsung heroes that we often don't acknowledge as heroes, unless we think about it, are the adults and children who took the jabs and the cubes in the trials to make FDA approval of the polio vaccine happen, starting with Dr. Jonas Salk and Dr. Louis Sabin.

In getting approval from the FDA for use of a vaccine or a medication, developers are required to conduct a series of at least three trials. The first trial is to test that it is safe to take. Jonas Salk's first trial was on himself and his family.

The second trial includes a larger population, and its goal is to test not only its safety but its effectiveness. In other words, does the medication do what it is supposed to do? Does the polio vaccine prevent contracting polio and what is its rate of effectiveness?

The third trial increases the population numbers and includes more demographic populations. It studies the universality of the vaccination/medication as well as its safety and effectiveness.

My friend, Tom Brosh, was one of the participants in the third trial of the Salk polio vaccine in 1954. Individuals who



## Food for Thought – Polio Pioneers (continued)

participated in those trials were called Polio Pioneers and he was given a card as evidence of his participation.

The card itself is an artifact that tells a little slice of polio history. It was issued by the National Foundation for Infantile Paralysis, and it is signed by Basil O'Connor, its president, and a friend of President Franklin D. Roosevelt. Basil O'Connor also helped found the March

of Dimes, the first giving campaign in the U.S. that reached out to the general population for donations. Prior to the March of Dimes campaign, solicitations for donations were targeted to wealthy donors.

Tom doesn't recall getting the three jabs. He was seven years old and in the second grade at the time. His parents were dedicated to having their family be well cared for and protected, and considering the scourge of polio at the time, when his school became a site for the polio vaccine trials, they gave their permission for Tom to participate.

It took courage on the part of Tom's parents to allow him to test the unknown, and on Tom's part to get the shots, when they really didn't know what the consequences of the trial would be. Hats off to them and to all of the Polio Pioneers! They are true heroes!

Their participation in the trials have helped save many lives, helped rid almost the whole world of a significant and horrendous disease, and although most of us survivors were visited by the





## *Food for Thought – Polio Pioneers (continued)*

virus before the vaccine, ensured that our children, grandchildren and future generations are protected from the debilitation and suffering that polio has brought. Let's hope that the trend for developing new vaccines does not stop and that people will participate in the gift of wellness that they provide. And let's appreciate each group of "pioneers" who have helped in any and all vaccine trials that will help make the world a better and safer place in which to live.

Tom's card is on file on Post-Polio Health International's web site in Polio Place under "artifacts" which is a virtual archive/museum of polio stories and artifacts. PHI and Polio Place are great resources for learning about polio, not only from the professional academic perspective but also the human experiences perspective. Check them out! <https://post-polio.org> and <https://polioplaceliving.org> with polio/artifacts.

Thank you, Tom, and all of the other Polio Pioneers, for your contribution in making our world safer!

And enjoy learning about more polio heroes at PHI and Polio Place!

Just some food for thought!

## Mary Poppins' "A Spoonful of Sugar" was Inspired by the Polio Vaccine

When inspiration strikes, you have to just go with it — no matter how unexpected the circumstances. Few knew that better than Robert B. Sherman, who, along with his brother Richard, made up one of the best-known songwriting duos in Hollywood history. In addition to *The Jungle Book*, *The Sword in the Stone*, and other Disney classics, they collaborated on 1964's *Mary Poppins* — including the song "A Spoonful of Sugar," which was inspired by the polio vaccine.

This was recounted by Robert's son Jeffrey, who in late 2020 shared his story of receiving the vaccine as a child. When asked whether it hurt,

Jeffrey told his father, "They put it on a sugar cube and you just ate it. He stared at me, then went to the phone and called my uncle Dick."



Robert recalled the incident similarly: "I realized at the moment that I had the spark of a winning song," he wrote in his autobiography *Moose: Chapters From My Life*. "I couldn't sleep all night. The lyric mulled around in my mind. The next day, at work, I showed up half an hour earlier than usual so that I could pop the idea on my brother."

Created by virologist Jonas Salk, the polio vaccine (originally administered as a shot) was released in 1955, after which Salk was hailed as a miracle worker and refused to patent it. An oral vaccine, the type Jeffrey Sherman received, was developed later by biomedical scientist Albert Sabin. Within 25 years, the polio vaccine eliminated transmission of the disease in the United States.

### By the Numbers

Countries where polio was endemic in 1988: **125**

Countries where polio was endemic in 2023: **2**

Oscar nominations received by Mary Poppins, the most of any Disney movie: **13**

Box-office gross of *Mary Poppins*: **\$103 million**

SOURCE: History Facts <https://historyfacts.com/arts-culture/fact/mary-poppins-a-spoonful-of-sugar-was-inspired-by-the-polio-vaccine/>. Retrieved January 21, 2025.

## Family Corner

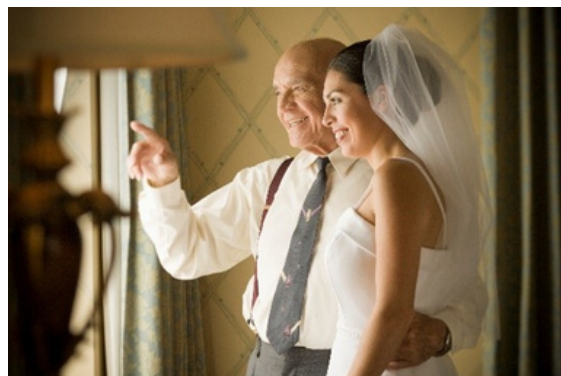
- By Mitzi Tolman

May through August is full of so many Celebrations! Graduations, weddings, new jobs, moving to a new home—all those family moments. How do we include our loved ones in all the significant family moments when we have so much on our plate as the host of many of these events? One of my good friends has a collection of aging relatives and this year, she had a high school graduate. I was so impressed with her plan to make the event work for everyone.

Some of the things she did:

1) Told everyone to wear what they are going to be comfortable wearing. Her uncle showed up in his favorite flannel pj pants with a nice shirt since he has some medical concerns.

2) Figured out the parking at the venue. Some relatives were dropped at the door while others had handicap parking passes. But honestly, I have been to many graduations where the handicap spots are all taken so having a plan for drivers to park after dropping off is always a good idea.



3) Chose a section of seats for her family to sit at the top of the venue to avoid those pesky stairs.

4) Since it was a morning ceremony, she had boxed lunches ready so everyone could go back to their hotel or home and rest and didn't have to worry about picking up lunch.

5) Held the party later the same evening with an end time well before dark.



### *Family Corner (continued)*

Not all relatives can or will be able to travel or attend big events. For those who miss the festivities, how can you make sure they are included? Send photos of the day or a quick video is also appreciated. If there is live streaming, make sure the link is provided well ahead of time to allow for technical difficulties to be addressed beforehand.

Lastly, reach out beforehand and have your family member write a letter or record a video to share on the special day with the bride and groom or graduate.

With a little foresight events can be what they are meant to be, a celebration of family, a gathering of joy, and a chance to be together.



## Post-Polio Library

The CPPO lending library is a free lending library that has more than 20 titles. Subject areas include polio history, memories, post-polio syndrome, management of symptoms, and caregiver support. These books can be mailed to you and then returned when you are finished or sent to support group leaders for local pick-up. Due to upcoming office changes, the lending library is currently closed at the Easterseals offices on Harlan Street.

Some of the available titles include:

*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.

*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.

*Conquer Fatigue in 30 Days*

Dr. Elizabeth Walker, 2001

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.



## Post-Polio Library (continued)

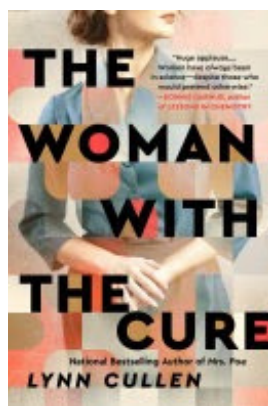
### *Helping Yourself – Helping Others: A Book for Caregivers*

Rosalynn Carter with Susan K. Golant, 1994

An emotionally supportive guidebook for family caregivers from the Rosalynn Carter Institute for Human Development.

Books will be mailed free throughout the state. Contact Mitzi Tolman, [mtolman@eastersealscolorado.org](mailto:mtolman@eastersealscolorado.org).

## Book Recommendation



### *The Woman with a Cure* by Lynn Cullen

A well-known historical fiction author has stepped into the world of the Polio vaccine development. A unique fictional and factual look at the in-depth scientific system of vaccine development.

This book did a great job of combining fictional character development with the timeline of the American polio epidemic. An easy read 400-page book that might be fun to add to your reading list.



### **CPPO Resource Book**

Need more info? Check out CPPO's Resource Book of Articles Related to Polio and Post-Polio Syndrome.

<https://www.easterseals.com/co/shared-components/document-library/post-polio/july-22-resource-book.pdf>

## Upcoming CPPO Events

### STATEWIDE ZOOM MEETING UPDATE

We invite you to submit your panel discussion questions for a statewide online meeting. These meetings will be held as needed when there are topics that have a larger interest.

Please submit your questions on pain and fatigue management for an upcoming online meeting. Send your questions to [mtolman@eastersealscolorado.org](mailto:mtolman@eastersealscolorado.org) by September 15th so a panel can be assembled for a meeting this winter.



### ***Traveling Clinic Fall 2025***

Interested in being seen by Dr. Eulberg for a Post-Polio consultation in early September? CPPO will host a traveling clinic to the Western Slope in the fall of 2025 if there is enough interest.

To make the trip cost effective, it is best to have at least five consultations scheduled. Contact Dr. Eulberg by August 15 if you are interested, [marnyeul@me.com](mailto:marnyeul@me.com)



## 2025 Advisory Council Members

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## 2025 Advisory Council Meetings

Advisory Council meetings are when planning takes place. You are welcome to attend. **Meetings are held quarterly the 4th Wednesday of the month at 4:30 p.m. via Zoom.** If you are interested in attending, please let Mitzi know.

2025 dates: July 23 and October 22.





## **Colorado Post-Polio Support Group Schedules**

*CPPPO encourages you to stay in touch with your facilitator so you are aware of any meeting changes.*

### **AURORA**

Meets the 4th Thursday of every month from 11:00 a.m. to 12:30 p.m.

Meeting in-person at the New Hope Church, 17699 E. Hampden Ave.

Facilitator: Myrna Schmidt, 608.790.5755 or [myrnaschmidt1@yahoo.com](mailto:myrnaschmidt1@yahoo.com)

### **COLORADO SPRINGS**

Meets the 1st Wednesday of every month from 10:30 a.m. to 12:30 p.m.

Meeting in-person at the Colorado Springs Police Dept., 950 Academy Park Loop.

Contact the facilitator for additional information.

Facilitator: Fran Weitzel-Callan 719-460-4764 [franweitzel@comcast.net](mailto:franweitzel@comcast.net)

### **DENVER NORTH**

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

Meeting via Zoom.

Facilitator: Jill Eelkema, LCSW, 720.675.9902 or [jille@westerncarepartners.com](mailto:jille@westerncarepartners.com)

### **DENVER SOUTH**

Meets the 1st Tuesday of every month from 11:00 a.m. to 12:45

Meeting via Zoom. Contact [erubin85248@gmail.com](mailto:erubin85248@gmail.com) for the link or contact [mtolman@eastersealscolorado.org](mailto:mtolman@eastersealscolorado.org)

### **GRAND JUNCTION**

Contact Ron Carlson, 970.640.8052 or [rpcarlson2@gmail.com](mailto:rpcarlson2@gmail.com) for support and information. No group meetings at this time.

### **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](mailto:NOCOPolio@gmail.com)

### **PUEBLO**

Contact Jill Eelkema, LCSW, 720.675.9902 or [jille@westerncarepartners.com](mailto:jille@westerncarepartners.com) for support and information. No group meetings at this time.



## 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



Colorado Post-Polio  
393 S Harlan St, Suite 250  
Lakewood, CO 80226



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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](mailto: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 need to change your mailing information**, please contact Mitzi Tolman at Easterseals Colorado at 720.940.9291 or [mtolman@eastersealscolorado.org](mailto:mtolman@eastersealscolorado.org).