

## **Connections** • Winter 2023 Newsletter

"If we were meant to stay in one place, we'd have roots instead of feet."

- Rachel Wolchin

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### CPPO Rocky Mountain Getaway 2023

# Rocky Mountain Village Post-Polio Camp in Empire, Colorado August 6 – 10, 2023

CPPO is beginning to plan its fifth polio camp, an opportunity for polio survivors, their spouses/significant others, and caregivers to experience three plus days of activities at Easterseals Colorado's Rocky Mountain Village. Rocky Mountain Village is a fully accessible camp about an hour from the greater metropolitan Denver area. It is nestled in the mountains at 8,500 feet and offers a full range of activities.

Attendees at previous camps have come away from the experience with happy memories and a sense of accomplishment at being able to be in the outdoor mountain environment and participate in events that might not be available at other venues. New friends from around the country were gained, many returning to camp over the years.



At Rocky Mountain Village, you can hike or go wheeling on accessible trails, including a sensory trail, swim in its outdoor heated pool, soak in the hot tub, catch fish in its on-site lake, use a climbing wall and ride a zip line, not to mention be dazzled by the view and see thousands of stars clearly at night.

Each morning starts with a lecture that shares inspiration or resources to help us navigate our lives as we age. Then, throughout the day there are small group lectures and discussions of interest such as Post-Polio 101 and 401, what's new in bracing, caregiving and receiving, CBD and medical marijuana, polio survivors and loss, making end of life decisions, navigating Medicare and Medicaid, pain, fatigue, mobility devices and what's new in assistive devices and technology. Oneon-one sessions such as physical therapy, massage, bracing evaluations, gait training and hearing evaluations focus on post-polio-specific needs. Group participation events such as chair exercises, falling prevention and recovery, group physical therapy, a plant and tree walk guided by Colorado Master Gardeners, archery lessons and crafting are popular.



### CPPO Rocky Mountain Getaway 2023 (Continued)

Evenings are capped off with live musical or dramatic performances and an opportunity to visit with friends over a glass of wine before bed.

Campers are housed in one of two lodges, sleeping in bunk beds (lower bunks only!) using handicapped accessible community bathrooms and showers. There is no room service, so campers must make their own beds daily, if they choose to do so. Also available are a few rooms with queen beds for couples, one or two have ensuite bathrooms. The camp chef prepares great meals in Jake's Place, the camp dining room, and accommodates special dietary needs and snacks. Coffee is available in each lodge.



On-site RV sites are available with electrical hook-ups, but no water. Campers can also reside off campus at lodging in some of the towns located near the camp. An off-campus rate for attendees who choose these options has been arranged.

It is important to note that Rocky
Mountain Village is located at 8,500
feet altitude. People with respiratory
issues might have difficulty with the
altitude, especially if they are coming
from sea level environments. In the
past, some campers have stopped in
Denver for a day or two before coming
to camp to begin to acclimate to the
altitude. All campers are encouraged to
keep hydrated to help prevent altitude
sickness.



Campers are invited to pre-register if they are interested via the CPPO 2023 Rocky Mountain Getaway Reservation form on page 4. The intent form includes a refundable deposit. This is particularly important for couples who would like a chance at having a queen bed as these are allocated on a first-come, first-served basis.

CPPO hopes to see you in August for a fun, relaxing, educational, rewarding experience! Look for more information and the registration form in the coming months!



### Spouses Welcome!

- By Karen Carr

If you are the spouse, companion or caregiver of a polio survivor you are welcome to attend the 2023 Rocky Mountain Getaway. My husband is a polio survivor, and we attended the last two camps in 2018 and 2021. I am so glad I went with him. As he ages and the effects of post-polio syndrome continue to weaken his body, I want to do what I can to assist him in any way possible.

I have learned so much about what he is currently experiencing and things to expect in the future. There are many breakout sessions that are not polio specific and provide valuable information for everyone.





Enjoy the beauty of the Rocky Mountains and plan to attend the Colorado Post-Polio Rocky Mountain Getaway this summer at the Easterseals Colorado Camp near Empire, Colorado. You will learn new things at the breakout sessions, meet some great people, enjoy the nightly entertainment, and experience the campus' many outdoor activities. Hope to see you there!



# **CPPO Rocky Mountain Getaway 2023 Reservation**

Name		
Age: Under 60 Over 6	00 Over 80	
I have included my \$75 deposit.		
Address		
City: State:	Zip:	
Home Phone: C	ell Phone:	
Email:		
REGISTRATION AND FEES	HOUSING	
Fees for the camp are for the entire camp	Sleeping accommodation assignments wil	
experience. There are no one-day fee	be made on a first-come, first-served	
options. Registration fees for the camp are dependent on the housing + shuttle	basis. While CPPO has made every effort to provide appropriate housing for all	
options chosen:	individuals attending the camp, bed	
	options are limited.	
HOUSING (please check your preference)	Please rank your on-campus sleeping	
On Campus housing - \$450 per person	preference/needs:	
	(1 - your first choice, 2 - your second	
RV on site in place of campus housing -	choice, 3 - your third choice, N/A - not a	
\$300 per person + \$20 per day electrical hook-up fee. No other hook ups available	choice) Queen Bed (Couples only)	
(i.e. water/sewer)	- 5 available	
Day Camper with off-site lodging - \$300	Private Room (Couples or Person	
per person	+ Caregiver) - 2 lower level bunk beds	
SHUTTLE FOR DENVER INTERNATIONAL AIRPORT:	Lower Bunk (Single persons will be sharing a room with at least one other)	
Each way - \$55 per person	Adjustable Bed	



### Solutions—For Living Better with Polio

There is no cure for polio. We are not going to restore what our bodies have lost so we must be creative and use whatever tools, devices and strategies we can find to help us live full, independent lives. Here are some that polio survivors have discovered and use:

\*Accessible storm/screen doors—Easy open/stay open, easy adjustable closure storm doors have roll up screens which means that the screens and the glass don't have to be changed out. Example-Andersen Series 10. \$500 and up plus installation.

-Margaret Hinman

Trash collection—Some waste management companies will pick up your trash from inside your garage rather than at the curb. Fill out the company's application form and get a doctor's signature to attain this service. Factor in the pros and cons of having your garage door open and for how long on trash days. Example-Waste Management. Free service.

-Margaret Hinman

### Need to take off your brace to drive-

Pant legs can be modified by putting a zipper or hook and loop tape along the pant leg's inseam to make it easier to get in and out of the brace.

Already made pants are available online from www.nolimbitsw.com, a company that specializes in adaptable clothes for persons with disabilities. Prices start at \$65. Custom Adaptive Clothing at the Cover Up Shop,

www.customadaptiveclothing.com, will customize your own clothing to fit your needs.

-Karla Stomberger

Strap-on shoe lifts—A cheaper way than putting a lift on every pair of shoes. Strap-on shoe lifts are not quite as cosmetic as a lift applied to the sole of a shoe. Lifts come in three different heights, just one can be ordered for either left or right and in a variety of sizes. They are also helpful in temporary situations, for example, when wearing an orthopedic boot on one leg and needing to balance the leg length differences until recovery is complete. Example –EVENup shoe lifts website: https://opedmedical.com/evenuporthotic-shoe-lift-landing-page/ Costunder \$40 each.

-Marny Eulberg

\*Stair half-step options—CPPO recently learned about Stairaide Half Step, www.stairaide.com, from a person applying for a DME grant.



### Solutions - For Living Better with Polio (Continued)

This may be an option if your home won't accommodate a chair stair lift, the cost is prohibitive, or you can still walk is stair step modification. Each wooden block is screwed into the existing stair. Single half-steps or a set of 14 are available for purchase. \$45 for a single step and 14 steps cost \$630, not including shipping or taxes as of December 2022.

For a single step, such as into the entrance to a home or to get into and out of a bathtub without such a big step, there are several options on www.amazon.com search for "half steps for mobility". Cost \$21 to \$80.

There also is a cane with the half step built into it. It is available from Amazon and www.supportplus.com. Cost \$100 to \$120 without shipping and taxes. -Marny Eulberg





\*After-market SUV electric trunk power lift gate—When buying a SUV, consider one with an electric trunk power lift gate as part of the vehicle. If you have a SUV with a manually operated lift gate, there are after-market electric power lift gates available. Lift gates are available from dealerships and on-line. Car Toys is a vendor that will install them. Starting price as low as \$130 plus installation. -Margaret Hinman

\*Chair lifts - If I had to identify my greatest challenge and frustration with post-polio syndrome it would be stairs. Up and down stairs. When I'm out shopping, etc. I can usually find an alternative. Elevators are definitely a more important development than sliced bread in my world. This summer I decided that I needed to look at making life easier within my house. I have an outer room with only five steps.



#### Solutions - For Living Better with Polio (Continued)

I go up and down there six to eight times a day. I also have steps to my basement which is actually a big storage area and has become very hard and dangerous for me to "visit."

I started looking at both chair lifts and platform lifts and discovered that platform lifts are amazing, but extremely expensive. I had decided on the company and brand of the chair lift that I wanted and happened onto a barely used one. So, a quick decision was made to buy the new one for the short stairs and the used one to go to the basement.

The verdict is this. It is one of the smartest things I've done in a long time. I feel safe again using the stairs in my home. The final thing if you are thinking about a chair lift, be sure to ask about a maintenance plan. I found that some dealers are very reasonable and others not reasonable at all. I no longer feel guilty or strange about being seated going down my stairs. Note: you can find good dealers of chair and platform lifts under Accessibility Products and Elevator companies. \$\$\$\$\$\$-Paul Snell

Items, equipment or strategies listed have been discovered by polio survivors, are not intended or used as advertisements and are not endorsed by Colorado Post-Polio Organization or Easterseals Colorado.

If you have any great discoveries that you would like to share, send them to Mitzi Tolman at mtolman@eastersealscolorado.org and she will pass them on to the authors.

\*This item may be eligible for Colorado Post-Polio Organization supplemental grant money to assist in the purchase by polio survivors who are residents of Colorado. Contact Mitzi Tolman for an application form.





### Food for Thought - Selective Neglect

- By Margaret Hinman

One of the issues that many polio survivors face is living with fatigue. Fatigue can have other causes than polio, but when those have been addressed and the after-effects of polio that cause the fatigue are what remain, our best strategy is to manage our activities because there are no medications available to eliminate the condition.

Post-polio fatique is the result of the years of overworking those muscles that were impacted by the virus. It is compounded by the general, normal weakening of our bodies that comes with aging. Overworking our bodies canlead to a complete physical meltdown that prevents us from being

able to do anything physically but rest for sometimes days after. It can drain us mentally and emotionally as well.

All we get is time and choice. Be wise with both.

One strategy for managing fatigue is to practice "selective neglect." Selective neglect is the act of prioritizing what needs to be done on that long "to do" list we all have then eliminating or postponing the not-so-necessary activities we do. Inherent in selective neglect is the deliberate action, CHOOSING to do something or to not do something.



### Take Part in a Healthcare Access Study

The Southwest ADA Center at TIRR Memorial Hermann is conducting a study on the experiences of people with disabilities with the accessibility of their health care. This study is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR).

They are looking for US residents (18+) who have experiences with the health care system? They are interested in learning about your experiences through the following survey link:

https://survey.alchemer.com/s3/6943585/Healthcare-Access-Survey



### Food for Thought - Selective Neglect (Continued)

Selective neglect can be emotionally freeing. It boosts our sense of being in control of our lives. Because we are choosing what we are doing and/or how we are doing it, we can be freed from or at least lessen the guilt that can come from the sense of failure or disappointment of not being able to do something that we used to do.

Conversely, in lessening our fatigue and often reducing pain, it allows us more time and energy to do more of the things that we want to do and enjoy.

When you make a choice, you change the future.

Selective neglect can take many forms. We can choose not to do something, choose to find better ways of doing it, or choose to have someone else, such a family member, a house cleaner or a handyman do the task(s) for us. We can choose how we do things such as breaking down large activities into smaller increments and spreading the tasks out over time, even over several days, such as dusting/vacuuming or yard work. It can mean an attitude change,

modifying our internal "should do" list, changing our expectations of how things "should" look or allowing us to accept less than perfection in our lives.

We certainly don't want to select to neglect the necessary activities of daily living but there may be other ways to choose how to do them, thus "neglecting" the "old way of doing them" and saving our strength, our time, and our energy.

We can also choose to take advantage of the many assistive devices that are available today, including new improved braces, canes, walkers, motorized scooters/chairs and/or installing phone managed electronic assists such as remote-controlled lights, window blinds or door locks. These assistive devices can help give our bodies a rest as well as reduce pain and fatigue and possibly prevent falls.

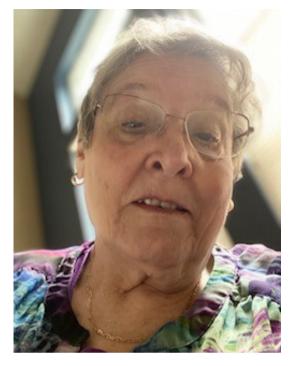
Finally, selective neglect can help some of us choose to "neglect" our current living environment and move to a home where we don't have to do any chores, have any household upkeep and be free from the responsibility of caring for something other than just ourselves.



### Food for Thought - Selective Neglect (Continued)

As polio survivors we have always been creative in solving problems. By practicing selective neglect, we can use it to come up with new solutions and strategies to manage our fatigue, choosing to make our lives easier and more enjoyable and ultimately helping conserve our energy to be able to enjoy our lives to the fullest.

Just some food for thought!



Margaret Hinman is a retired middle school counselor, a CPPO board member and a polio survivor. She is a long term and frequent contributor to the Connections newsletter.



### **CPPO Statewide and Beyond Zoom Educational Meetings**

CPPO hosts educational meetings via Zoom. Meetings are open to all who wish to join from

wherever your life takes you! Social: 10:30 -11:00 a.m. MST

Presentation (topics TBD): 11:00 a.m. -Noon MST

Questions: Noon -12:30 p.m. MST

Registration: Contact Mitzi Tolman at mtolman@eastersealscolorado.org

2023 Dates: April 29, September 30, December 30





### Just For Fun - Time Capsule 1923 (Jan. - April)

**January 10:** The last US troops leave Germany after WWI.

**January 24:** The Aztec Ruins National Monument is established in Mexico.

February 5: Jack Murphy, American sportswriter for the San Diego Union, was born in Denver, CO. Later, the Chargers' home field would be renamed "Jack Murphy Stadium" in his honor after his death in 1980.



**February 16:** After cataloging the antechamber, Howard Carter opens the sealed doorway to King Tutankhamun's burial chamber and sees the sarcophagus.

**March 3:** The first issue of TIME Magazine is published.

March 12: American electronics engineer Lee de Forest held a press conference to demonstrate his new system of "talking movies", Phonofilm. March 29: A young Mexican woman by the name of Marina Vega broke into Charlie Chaplin's house in the Hollywood Hills. She was removed from the premises, but she broke back in again and was found in Chaplin's bedroom wearing his pajamas.

**April 4:** Adolf Hitler told the Chicago Tribune that rumors he was planning a march on Berlin to overthrow the government were "fairy tales" and asserted that his only fight was against Bolshevism.

**April 18:** Yankee Stadium opened its doors in New York City. Babe Ruth hit the first home run in the ballpark's history as the New York Yankees downed the Boston Red Sox, 4 to 1.







### **2023 Advisory Council Members**

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### **2023 Advisory Council Meetings**

Advisory Council Meetings are when our planning takes place. Members 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.

2023 dates are: April 26, July 26, and October 25





### Colorado Post-Polio Support Group Schedules

CPPO 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

#### **COLORADO SPRINGS**

Meets the 1st Wednesday of every month from 10:00 a.m. to Noon

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

Contact the facilitator for additional information.

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

#### **GRAND JUNCTION**

CPPO welcomes our new Facilitator, Ron Carlson! Meetings started in January 2023.

Please contact Ron to share your wishes for the group. Thank you Ron!

Facilitator: Ron Carlson, 970.640.8052 or rpcarlson2@gmail.com

#### **NORTH AREA**

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

Meeting via Zoom. Members outside the North area are welcome to attend.

Facilitator: Jill Eelkema, LCSW, 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.

Next meeting April 15, 2023 from 2:30 to 4:30 p.m. at Rawlings (Main Branch) Library, 100 E. Abriendo Ave.

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

#### **SOUTH DENVER**

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

Meeting via Zoom. Contact the facilitator for further information.

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





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!


#### **MAIL TO:**

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

it doesn't mean you can push me around!



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FREE MATTER FOR BLIND OR DISABLED

This Is YOUR Newsletter – *Connections* is the official news publication of the Colorado Post-Polio Program. The opinions are those of the individual contributors, and do not necessarily constitute an endorsement or approval by either the Colorado Post-Polio Council or Easterseals Colorado. (Always check with your personal physician for all medical questions and concerns.)

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 need to change your mailing information, please contact Mitzi Tolman at Easterseals Colorado at 720.940.9291 or mtolman@eastersealscolorado.org.