

Another Successful PHI International Conference!

Polio survivors, their families and friends and health professionals with expertise in promoting healthy ideas met at PHI's 11th International Conference in St. Louis, May 31–June 3. Arriving from seven countries, 35 states and the District of Columbia, 212 individuals participated in a wide variety of sessions learning new ideas and skills, participating in discussions and meeting new people strengthening their networks.



The conference began with a dinner on Saturday evening, supported by The Rehabilitation Foundation for Disabled Persons, Inc. Before dinner, PHI Research Committee Chair, Daniel J. Wilson, PhD, introduced Antonio Toniolo, MD, FAMH, University of Insubria, Varese, Italy, the leader of a team that was granted PHI's latest research award (see page 1).

Dinner guests were entertained by a group of young adults with disabilities who danced with members of the Common Threads Dance Company and who told their personal stories of having a disability, exposing the challenges that still exist today for people with disabilities. The audience of polio survivors identified with them – actors and creators of the material as members of The DisAbility Project, part of the St. Louis-based That Uppity Theatre Company.

Some sessions were lectures, some were participatory and some were designed to initiate dialog. PHI compiled the materials (abstracts, handouts, PowerPoints) made available by the presenters to the attendees on a flash drive, which was distributed at the meeting. This flash drive is available to those who could not attend along with a DVD of your choice of sessions filmed at the conference.

Funding to assist with filming of the sessions was received from Clark Callahan, Edouard Foundation, Grifols, and the Roosevelt Warm Springs Foundation (RWSF). At the conference, twelve health professionals and polio survivors were individually filmed presenting lectures on a wide-range of topics for PHI's website Polio Place. This project is funded by the Roosevelt Warm Springs Foundation. Watch *Post-Polio Health* and *PHI's Membership Memo* for a notification of posting.

Promoting Healthy Ideas: PHI's 11th International Conference Order Form

Flash drive of conference materials

____ Quantity at \$15 each = \$ _____

Promoting Healthy Ideas conference bag (12"x18" with a 12" long strap and 5" gusset made of polyester)

____ Quantity at \$12 each = \$ _____

Printed copy of "Handouts" (42-pages) made available by some presenters (included on flash drive)

____ Quantity at \$8 each = \$ _____

DVD of all of the sessions (19) video recorded at the conference

____ Quantity at \$35 each = \$ _____

About the DVDs: The filming was "point and shoot" and to help you select which to purchase, go to (www.polioplace.org/sites/default/files/files/AbstractsDVDSessions.pdf) to review abstracts for the sessions listed on the next page. If you have questions about the content of the material, please contact the presenter, who is responsible for it, or contact PHI for clarification.



(continued, reverse side)

DVD of the following sessions (\$3 each session):

_____ Review: Late Effects of Polio & Your Health (Frederick M. Maynard, MD)

Conditions of Aging

_____ Managing More Meds (Marny K. Eulberg, MD; Alicia B. Forinash, PharmD)

_____ Cardiovascular Aging (Michael W. Rich, MD; Martin B. Wice, MD)

_____ A Good Night's Sleep (Ann Crocker; William M. DeMayo, MD)

_____ Maintaining Posture (Holly Wise, PT, PhD; Carol Vandenakker-Albanese, MD)

Medical Matters

_____ Pain: It Gets Our Attention (Ann Crocker; William M. DeMayo, MD; Frederick M. Maynard, MD)

_____ Let's Talk about the Spine (Cynthia Henley, PT; Carol Vandenakker-Albanese, MD; Kathryn Wollam, PT)

_____ Update on Anesthesia (Selma Calmes, MD)

_____ Roundtable on Post-Polio Bracing (William M. DeMayo, MD; Marny Eulberg, MD; Marmaduke Loke, CPO, Dynamic Bracing Solution; Dennis Richards, CO, Townsend Design)

_____ Roundtable on RADs, Vents & Interfaces (Betsy Thomason, RRT; Ronda Bradley, MS, RRT, FAARC, CareFusion – Alternate Care; Tony Mengwasser, RRT, Philips Respironics; Michael Madison, RRT; Bob Richardson, RRT, ResMed)

Post-Polio Research

_____ Lessons from The Rehabilitation Research & Training Center on Aging with a Physical Disability (Alexandra Terrill, PhD; Aimee Verrall, MPH)

_____ Summary from Brazil & South America (Sheila Jean McNeill Ingham, MD, PhD) & Genetic Predisposition to Polio: New Research from Canada (Mark Loeb, MD, MSc, FRCPC) & Endurance Training: How to target intensity? (Eric Voorn, MSc)

_____ Update on PHI-funded Research (Antonio Toniolo, MD; Carolyn Kelley Da Silva, PT, DSc, NCS; Claire Kalpakjian, PhD)

Managing Our Relationships

_____ Relatives of Survivors: Three Perspectives (Stephanie T. Machell, PsyD; Mary Navarre, OP, EdD; Willard [Bill] Smith, PhD)

_____ Communicating for Understanding (Stephanie T. Machell, PsyD; Rhoda Olkin, PhD)

Life Decisions of Aging

_____ Advice on Solo Aging (Jann Hartman; Alison [Sunny] Roller, MA; Susy Stark, PhD, OTR/L, FAOTA)

Recreating Ourselves

_____ Assessment: Our Home (Gina Hilberry, AIA; Cyndi Jones)

Wellness Practices

_____ Why Worry? Stop Coping and Start Living (Kathryn Tristan)

UN Convention on the Rights of Persons with Disabilities

_____ Disabilities Treaty (Judith E. Heumann, MPH, Special Advisor for International Disability Rights at the U.S. Department of State)

_____ sessions at \$3 each= \$_____

Total of all choices = \$_____

Enclosed is my check to Post-Polio Health International

Or charge \$_____ to my MasterCard VISA Discover

Acct. # _____ Exp. Date _____

Name on card _____

Signature _____