



James D. Gellner: 1928-2015



James D. Gellner, 86, died February 13, 2015.

Born in Akron, he was a graduate of Akron South High School where he played on the City Championship Basketball Team. He served three years in Alaska in the U.S. Army Air Force and another four years in the Naval Reserve, continuing to play baseball and basketball in the service. An avid sports fan, he coached Little League, golfed, bowled and fished. He worked for many years with the Boy Scouts in the Keystone District,

served twice as Commodore of the Goodyear Boating and Yacht Club and belonged to the Akron Post-Polio Support Group. James retired from the Goodyear Tire & Rubber Company with 39 years service.

Preceded in death by his mother, Marie and brother, John, he is survived by his wife of 65 years, Joanne; sons, James F. (Beth), Terry and Ned (Gayle) Gellner; grandchildren, Kevin (Kristi), Amy (Jeffrey), Michael, David and Bryan; great-grandchildren, Maliah, Kason, Millie, Jonathan and Jacquelyn; sister, Doris McLaughlin; brother-in-law, Buster May; many nieces, nephews, cousins and great friends.

FREDERICK S. GALLO 1939 - 2014



GALLO FREDERICK S. GALLO, age 75, of Chagrin Falls. Beloved husband of Sandra (nee Fratantonio); loving father of Lori (Richard) Factor and Franny (Jeff) Ross; devoted grandfather of Andrew and Allison Factor and Sarah and Katie Ross; and dear brother of Judith (Keith) Johnson and the late Jean Gallo. For 40 years he owned Fred S. Gallo Electric. Fred loved traveling, the outdoors, golfing and volunteering his time. A memorial service will be held at 11 a.m. Saturday, January 3, 2015 at Federated Church, 76 Bell St., Chagrin Falls, OH 44022. Private family interment has taken place at Evergreen Hill

Cemetery, Chagrin Falls. In lieu of flowers, the family suggests contributions to Habitat for Humanity, 12180 Kinsman Rd., Newbury, OH 44065. Online tributes and condolences at www.gattozziandson.com

Editor: Alice Sporar

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Marie M. Gessler 1929-2015



Marie M. Gessler, 85, passed away January 4, 2015.

Born in Wehrum, Pa., she lived in Stow from 1968-2008, and was a longtime member of Stow Presbyterian Church and Order of the Eastern Star. Marie found enjoyment in traveling, oil painting and playing card games with her family.

Preceded in death by her husband, Donald in 1992, she is survived by her daughters, Patricia Gessler, Cynthia Schirra and Lisa Gessler; son, Robert (Catherine) Gessler; and grandchildren, Kevin Gessler, Marianne (Brett) Salyer, Jeremy (Christy), Steven, Christopher and Andrew Schirra.

Dr. David Weyrick will conduct service Friday, 2 p.m. at Redmon Funeral Home, where friends may call from 12 noon until service time. Burial at Chestnut Hill Memorial Park. In lieu of flowers, memorials may be made to Stow Presbyterian Church, 4150 Fishcreek Road, Stow 44224. (REDMON, STOW, 330-688-6631330-688-6631)

Jeremiah Allen RANGE 1944 - 2015



Jeremiah Allen RANGE, June 9, 1944 - February 14, 2015 70, faithful Catholic, loving husband to his beloved wife Jeannie, treasured father and grandfather, passed away on Saturday February 14th in Westlake, Ohio. "Jerry" was born in Erie, Pennsylvania to Pete and Mary (Nocera) Range. Jerry, paralyzed from polio at age 11, was a proud alumnus of old Dover St. Joseph High School and went on to receive his Master's in Journalism from his cherished alma mater, the University of Illinois (Go Illini!). Jerry met and married his wife Jeannie (Koch) of 45 years in Cleveland, Ohio and they went on to have 6 children:

Mickie, Jerry Jr. (Karen), Mary Rose (Mike), Chris (Kelly), Peter (Laura), Patrick (Jackie). Jerry worked on the copy desk for the Cleveland Plain Dealer and the Dayton Daily News before he was further paralyzed from the neck down from a drug poisoning in 1989. Despite his second paralysis he went on to become a respected writer at the Times-Reporter and Bargain Hunter in New Philadelphia, Ohio, as well as serving proudly on the board of MRDD of Tuscarawas County. He also published an autobiography: *Cripple: The Story of an American Journey*. Besides his wife Jeannie and 6 children, Jerry is survived by 8 grandchildren, Nicholas, Samuel, Grace, Luke, Zachary, Mark, Katherine, Emily and his two brothers Tom (Karen) and Jim (Peg), as well as his many loving nieces, nephews, and friends. Jerry was also a loyal Cleveland sports fan, and was always excited for pitchers and catchers to report as he especially loved the Cleveland Indians. Contributions can be made in his honor to the Respect Life Office of Catholic Charities, Diocese of Toledo at 1933 Spielbusch Ave., Toledo, OH 43604 or to the University of Illinois Foundation for the Disability Resources and Educational Service Annual Fund, 1305 West Green St., Urbana, IL 61801. Please include 'in Memory of Jerry Range'.

7 Examples of Discrimination most people with disabilities experience every day by Tiffany Carlson

Discrimination is a fact of life for many groups of people, but to be honest, I really never gave much thought to discrimination growing up. It wasn't until I became disabled when I was 14-years-old when I finally understood what discrimination meant. It meant not only being misunderstood but being rudely mistreated. No one truly understands what discrimination is until they are on the receiving end of things.

To say it has been a real wake-up call these past 20 years of disabled like would be a huge understatement. My goal however has always been to be grateful, not bitter, about these discriminatory occasions. Wisdom can be found everywhere too and there are a handful of things you tend to run into daily. I'm sure you have experienced many of these hundreds of times if you have a disability.

(continued on page 3)

7 Examples of Discrimination (continued from page 2)

For some keen insight into real life with a disability, here are seven examples of the most common examples of discrimination people with disabilities experience every day.

1) Store employees assuming we're stupid.

Go to the grocery store, the movie theater, a store in the mall, a restaurant or any public-type place that has employees, and five times out of ten you'll run into an employee who will automatically assume you're ill-equipped mentally because of an obvious physical disability.

This happens to me constantly, especially if I'm at a grocery store with an able-bodied friend. Every time at check-out, the cashier will always ask my friend if she wants paper or plastic, directing all her questions towards her, never assuming I'm the one who's paying. Very, very frustrating.

2) Taxis passing us by.

(continued on page 8)

OPN CONSTITUTION

At the Ohio Polio Network Conference, on September 19th, we will have a Membership meeting to elect the new Ohio Polio Network Board Members and to vote on the approval of the newly revised Ohio Polio Network Constitution.

OPN Constitution The Constitution of the Ohio Polio Network has not been revised since 1999. The OPN Board determined that extensive changes were necessary to bring the Constitution up to date with advances in the technology of communication including computer e-mail and conference call capabilities. Since there were numerous changes to be made throughout the document and to aid in the ease of reading the document, the Board decided to present the entire document as a replacement to the outdated version.

To prepare you to vote on the Constitution on September 19th, we have placed a link to the document on the website www.ohiopolionetwork.org. Those who do not have internet access should contact their closest Post-Polio Support Group leader or any member of the OPN Board.

Feel free to submit questions and comments regarding this document. The best way to present questions is to go to the "Contact Us /Request Information" page by selecting it from the menu.

In addition, we will have a Membership meeting on May 2nd to answer any questions you may have.

Ohio Polio Network Member Meeting**Saturday, May 2, 2015****Noon****Discussion regarding the newly revised****OPN Constitution****Conference Room****Westerville Public Library****Westerville, OH**

Due to the time constraints on the day of the Conference, we will not have time to discuss the document. We will be presenting the Constitution, as a whole, for the members to vote to approve or reject it.

Patrick Kelly, OPN President

Transportation Forum: Impacting Persons with Disabilities

When: March 31, 2015

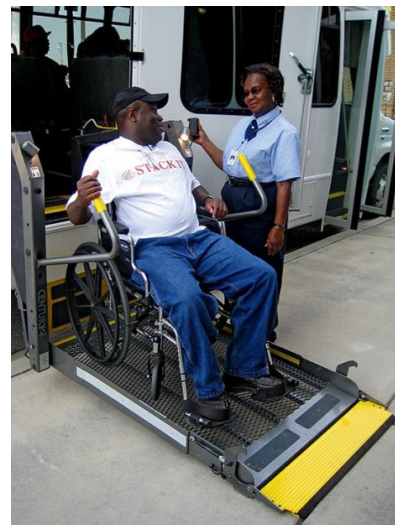
9:30am – 3pm

Where: Cuyahoga County Public Library

Parma-Snow Branch

2111 Snow Road, Parma, OH

(served by GCRTA routes 20, 35, & 135)



Throughout the day we will:

- ✓ **Identify** issues impacting transportation for people with disabilities
- ✓ **Hear** about transportation from the state and community levels
- ✓ **Explore** options and potential solutions
- ✓ **Discuss** “next steps” to address issues

RSVP by Friday March 20th:

Phone: Trina at (216) 731-1529 or

Email: troddy@sil-oh.org

At the time of registration, please let us know your lunch preference. Choices are: *Roasted Veggie (Vegetarian), Smoked Turkey, or Roasted Chicken Salad*

Requests for accommodations must be made at least one week in advance by contacting Laura at lgold@sil-oh.org or (216) 731-1529.

Join the Conversation!

Sponsored by

Disability Rights Ohio and Services for Independent Living

[10 Things You Should Know about Social Security Benefits](#)

1. Get to Know [Disability.gov](#), the federal government website for information on disability programs and services in communities nationwide. Visitors can explore resources covering 10 main topics, including [housing](#), [employment](#) and [healthcare](#). Since the site is a [directory of resources](#), you will be sent to other websites managed by the federal government, state and local government agencies, and nonprofit organizations to get the information or help you need.

[Disability.gov](#) does not process disability benefits applications or decide who has a disability. Those matters are handled by the [Social Security Administration \(SSA\)](#) and your state's [Disability Determination Service](#). However, **[Disability.gov](#) does connect you to information**, such as [qualifying for Social Security disability benefits](#). To learn more about navigating [Disability.gov](#), read the "[How to Use the Site](#)" guide. You can also browse [14 different guides](#), which provide a brief overview of the site's most important topics like [disability benefits](#) and [financial help for low income individuals and families](#).

2. Applying for Disability Benefits. Last year, more than [2.5 million people](#) applied for Social Security disability benefits, and that number is expected to continue growing as baby boomers (born between 1946 and 1965) enter their most disability-prone years. For the nine million who receive a monthly check, the [average disability benefit](#) is only \$1,146, an amount barely above the 2013 poverty level of \$11,490 annually; yet, even this modest level of support makes a difference.

So where should you begin? [Disability.gov](#) offers a thorough [Guide to Disability Benefits](#), which connects visitors to information on [what you need](#) to apply, as well as [what SSA means by "disabled."](#) You should also check out SSA's factsheet on "[What You Should Know before You Apply for Social Security Disability Benefits](#)" and the [Disability Planner](#). Next, use [this checklist](#) to help you gather the necessary pieces of information. Finally, read this [brochure about applying online](#), which will help you save time, money and a trip to the Social Security office!

3. Benefits for Children with Disabilities. If you have a child with a disability who is younger than 18 years of age, he or she may be eligible for [Supplemental Security Income \(SSI\)](#). To get started, review SSA's [Child Disability Starter Kit](#), which includes a [factsheet on the application process](#), a [child disability interview preparation checklist](#) and a [Medical and School Worksheet](#). You can submit the [Child Disability Report](#) online, but you must complete your SSI application over the [phone](#) or schedule an appointment with your [local Social Security office](#). Adults who have a disability that began before the age of 22 may be eligible for Social Security Disability Insurance (SSDI) benefits. In this case, SSDI is considered a "child benefit" because it is paid on a parent's Social Security earnings record. Visit [Disability.gov](#) for an [easy-to-read overview](#) on the requirements of both SSI and SSDI.

4. Returning to Work. Earlier this month, SSA released its free [2015 Red Book – A Guide to Work Incentives](#), which includes everything you need to know about returning to work, employment supports and other resources to help you during your transition. If you don't want to read the entire publication, check out [what's new](#) this year. You should also learn about [Ticket to Work](#), where you can get career counseling, job placement and training from Employment Networks or your state Vocational Rehabilitation agency. Watch this [YouTube video](#), sign up for a monthly [Work Incentive Seminar Event \(WISE\) webinar](#) or call **1-866-968-7842** (TTY: **1-866-833-2967**) to learn about the program and different [work incentives](#). The best part is that you can take advantage of a [trial work period](#) during which you can test your ability to [work while still receiving your full Social Security benefits](#) for at least nine months.

5. Survivor Benefits. Losing a loved one takes a toll – both emotionally and financially. But did you know that immediate family members of a deceased loved one may be eligible for [Social Security survivor benefits](#), depending on the amount of time he or she worked? If you work and pay Social Security taxes, you [earn up to four Social Security credits](#) per year, and the time you put in affects the [amount of survivor benefits](#) your family may receive. Under a special rule, SSA can pay benefits to your spouse and children even if you don't have the required number of credits. If you have a disability that started before or within seven years of your spouse's death, you may be [eligible for survivor benefits](#), too. Call 1-800-772-1213 (TTY 1-800-325-0778) or contact your [local Social Security office](#) to schedule an appointment.

6. Your Claim Is Denied, What's Next? You've submitted an application for disability benefits, [checked the status](#) and found out that it's been denied. First, you have a right to [question the decision](#) made on your claim by [filing an appeal](#), which must be submitted in writing within 60 days of the date you received your denial letter. There are four levels of [the appeals process](#), beginning with a [request for reconsideration](#). During this stage, a Social Security representative, who was not involved in making the first decision, will review your claim. If you disagree with his or her decision, you may then request a [hearing with an administrative law judge](#). The next level is a hearing with the Appeals Council, and finally, you may [file a civil suit](#) in a federal district court. You may want to [contact your local Legal Aid Office](#) to find out if you qualify for free [legal assistance](#).

7. Should I Hire a Representative? Last month, [Disability.gov](#) posted a guest blog on "[10 Questions to Ask a Lawyer before Hiring One for Your Disability Case](#)." Many readers correctly pointed out that although everyone has the [right to be represented](#) by an attorney or another representative, it is not required, nor is it needed to file a claim. It's a well-known fact that SSA initially [rejects more than 60 percent](#) of Social Security Disability Insurance applications; according to Allsup, a provider of Social Security disability representation, [common mistakes](#) include not providing enough information or underestimating the extent of one's disability. Watch this [seven-part video series](#) to learn more about the disability process. SSA representatives explain in detail what happens when a claim is denied and how to appeal the decision. Only you can weigh the pros and cons, includ-

ing costs, of hiring a lawyer or non-attorney representative to help your case.

8. Fraud, Waste and Abuse of Benefits. It might be tempting to fudge information on your Social Security application to “improve” your chances of getting benefits; however, if you [commit fraud](#), you could face [penalties](#) of up to \$5,000 and be required to repay up to twice the amount of benefits you received fraudulently. Making [false statements on claims](#), [falsifying information that affects eligibility](#) or [failing to report worker’s compensation](#) are all situations of fraud. Sometimes beneficiaries are the target. According to the American Association of Retired Persons (AARP), 75 percent of fraud victims, age 55 and older, never report it, resulting in \$2.9 billion in losses each year. For this reason, SSA’s [Office of the Inspector General \(OIG\)](#) and the [U.S. Senate’s Special Committee on Aging](#) have stepped up [efforts to combat fraud](#) targeting seniors. If you believe someone is committing fraud, you should report it to the [OIG Fraud Hotline](#).

9. Identity Theft may provide plenty of material for a witty comedy, but for the [16.6 million people affected](#) by it in 2012, there was no comic relief in the circumstances. While most cases involved the fraudulent use of an existing account, such as a credit card or bank account, crooks also used the stolen identities of more than 1.1 million people to open new accounts. With [your Social Security Number \(SSN\)](#), fraudsters can apply for credit cards, mortgages and even file a [fake tax return](#) to claim your refund. As journalist Phil McKenna found out, [tracking down information](#) like the date and location of your birth or answers to security questions is not hard, especially when the information is available online.

Even worse, the damage caused might take years to repair, which is why it is important to [protect yourself](#). **Never post your SSN**, birth date, disability benefits confirmation number or other [personally identifiable information](#) online. You should [call SSA](#) if you want to discuss or [check the status](#) of your application. If your identity is stolen, visit the Federal Trade Commission’s website for information on [what to do right away](#) and [what to do next](#). You can also contact the Identity Theft Resource Center’s free [Victim Assistance Call Center](#) to speak with a trained counselor at any time by calling 888-400-5530.

10. Saving Money while Receiving Disability Benefits. In December 2014, President Barack Obama signed into law the [Achieving a Better Life Experience Act](#). Better known as the [ABLE Act](#), it allows people who have a disability that occurred before the age of 26 to open one tax-free savings account to pay for qualified disability expenses. This money can be used for education, housing, transportation, employment training and support, health and wellness, as well as other miscellaneous expenses. Under [current gift-tax limitations](#), families may deposit as much as \$14,000 annually, and beneficiaries can save up to \$100,000 before impacting their SSI benefits; Medicaid eligibility will continue no matter how much money is saved. You won’t be able to apply for one until later this year, but in the meantime, review this list of [10 Things You Must Know](#) about ABLE accounts from the National Disability Institute.

7 Examples of Discrimination (continued from page 3)

If you live in a big metropolitan area like NYC, chances are you've experienced taxis passing you by quite often. People with disabilities constantly complain that taxis pass them by when they're out on the road trying to hail a cab. Taxis frequently avoid passengers with physical disabilities, not wanting to deal with our extra needs, seeing them as a headache and not looking at us as an equal customer.

Little do they know that we do not demand their assistance. Anyone with a disability hailing a cab solo more than likely can do the entire transfer on their own.

3) Stairs in public spaces.

You go to grab a coffee or meet a friend for lunch, but wait - you can't get in. This is architecture discrimination at its finest and we encounter it every day. Despite the misguided notion that certain buildings are grandfathered-in to the ADA and do not need to be accessible, umm no, they do. Any public space *must*.

That means any store, restaurant, hotel or bar needs to meet all the ADA requirements. The sad part is how so many owners simply don't care and choose to blatantly discriminate. Clint Eastwood's refusal to make his hotel ADA accessible goes down as the worst.

4) Doctors not really listening.

Out of all the people we encounter each day who may possibly discriminate against us, you'd think medical personnel would not be on the list, however doctors and nurses can be some of the most discriminatory people when it comes to how they treat people with disabilities. Doctors have long been known for just nodding their heads and not really hearing what their patients are saying and it only gets worse when they interact with people with disabilities.

They think we're not as intelligent and therefore not as aware of our bodies, and frequently brush off anything we might say. I've had many friends with disabilities complain about their doctors not listening. Sadly, this is a rampant problem.

5) Wheelchair "quotas."

"Sorry, no more wheelchairs allowed." Concert venues, airplanes, city buses, amusement park rides - quotas on how many wheelchairs are allowed in certain places are a reality of disabled life. They're instated for safety, but they're also highly limiting, generally only allowing a half dozen people with disabilities or so into an event or two people who use wheelchairs on a city bus.

These rules can be highly limiting, forcing us to change our plans. Very often when I try to buy tickets for a show, the wheelchair tickets have long been sold out, leaving me no option but to not go. While this isn't considered illegal discrimination, in my eyes it is just as bad.

6) Strangers pretending they don't see us.

Once in awhile you'll run into someone who's not very pleasant. Maybe they're butting in line in front of you, or avoiding your gaze when you're looking for someone to help you grab something from the shelf. These folks like to pretend they don't see us, thinking it's easier to do that than just interact with us.

This also will happen in a crowd when people are trying to get past you. Moms with strollers are the worst. They will ignore you just so they don't feel bad about ramming into you to get where they're going.

7) People taking our parking spots.

It happens all the time - able-bodied individuals parking in handicapped parking spaces. The convenience is just too hard to deny. And while this is all fine and dandy when it's in the middle of the night and there's no one else at the store, they generally take our spots in the daytime, especially the good ones that have extra room for our ramps. Whatever you do, don't let these daily discriminatory occasions bring you down. Patience is huge in the life of a wheelchair-user, especially if you want to survive and do so with grace. Discrimination may even be your reality for upcoming several years. However, if you can use each time you discriminated against as a learning opportunity, then you're on your way to true success. *What daily discrimination do you face?* www.themobilityresource.com/ Dec 19, 2013

2015 OHIO POLIO CONFERENCE

TO BE HELD

SATURDAY SEPTEMBER 19, 2015

**IN NEW PHILADELPHIA OHIO
MORE INFO TO COME**

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St . Louis, MO 63108-2930

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*April hath put a spirit of youth in every-
thing...William Shakespeare*

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(330) 264-2897

<p><i>The Polio Post</i> is published quarterly. All articles are due according to the following schedule:</p> <table border="1"> <thead> <tr> <th><u>Issue</u></th> <th><u>Date Due</u></th> </tr> </thead> <tbody> <tr> <td>Spring</td> <td>March 1st</td> </tr> <tr> <td>Summer</td> <td>June 1st</td> </tr> <tr> <td>Fall</td> <td>September 1st</td> </tr> <tr> <td>Winter</td> <td>December 1st</td> </tr> </tbody> </table> <p>Please forward letters and articles to the return address on the newsletter or e-mail to amsporar@worldnetoh.com</p>	<u>Issue</u>	<u>Date Due</u>	Spring	March 1st	Summer	June 1st	Fall	September 1st	Winter	December 1st	<p>Membership Categories:</p> <ul style="list-style-type: none"> • Sponsor - \$50.00 • Basic - \$10.00 • Special Gifts <p>OPN is a non-profit & tax exempt organization under:</p> <p>IRS 501(c)3 and Public Charity 509 (a) (2)</p>	<p>Make checks payable to: Ohio Polio Network c/o Ruth McCort 1048 Austin Avenue Akron, OH 44306-2956</p> <hr/> <p>Alice Sporar - Editor</p> <p>Nelson Sommers - Formatting/Publishing</p> <p>Ruth McCort & Brenda Ferguson- Printing & Mailing</p> <p>Patrick Kelly - Advisor</p>
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