

my exercise routine so that I could go home much sooner. Mom, to whom I owe so much of my recovery, faithfully and lovingly filled our bathtub up to my chin with very hot water and then performed the exercises three times daily. I remember trying so hard to pedal an oversized tricycle up the hill in front of our house to stretch and strengthen my legs. Mom and I got plenty of fresh air and sunshine that summer! I was fortunate to have a complete recovery, in other words no braces, but a limp was detectable when I was fatigued. I had a lack of coordination and a penchant for stumbles and falls when running. I also grew very rapidly and that further complicated running. Life marched on as an over achiever, married, working 50 to 60 hours weekly, volunteering in several capacities in my church including choir director, traveling for business daily and helping raise my sons. At 36 (1986), my body was slowing and my pain level climbing. I read a newspaper article about a new PPS group forming in the bi-state (IL & IA) community; the symptoms I read described me and I got to that first meeting. I got answers but didn't like what the future might hold. By July, 1987, I could only work a few hours weekly thus total disability at age 37 was my new reality. My future quickly brought bi-lateral AFO braces, bi-lateral plastic forearm braces and a scooter for mobility. Swallowing became more difficult. The founder of the Quad Cities Polio Survivors couldn't keep up with both work and the support group so I became facilitator in 1987 until I moved to Jacksonville in 1999. I had the privilege of attending several International PPS conferences in St Louis as well as regional conferences in various parts of the country. With a vast improvement in my health I went back to work fulltime in July, 1996. My health decline started in 2008 and I stopped working February, 2009, with PPS and other conditions. I am honored to become President of First Coast PPS and look forward to education, fellowship and support opportunities. Janice, Bill and others have done an awesome job of keeping our group going and I look forward to helping continue that legacy started by our Founder, Sue Bridges.