

# WE'RE STILL HERE!

October 12-18, 2014  
www.post-polio.org

## Help PHI proclaim to the world that WE'RE STILL HERE!

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PHI's annual awareness campaign will run October 12-18 in 2014. You can contribute by sharing experiences. Why? How?

**Why?** We have the opportunity to leave a written legacy with pictures/scans or artifacts that recalls the past and educates and encourages the international community of polio survivors. The internet makes this possible and PolioPlace is your web site! Whether we are retired, semi-retired or currently working — we are all “living with polio” and have contributions to make. Let’s record our achievements, recall our important memories, share the lessons learned and help ourselves and the younger generation of polio survivors who will be living in a world without polio.

**How?** Go ahead! Pick a topic and include at least one picture/artifact representing the memory from your past and write a short piece (250-400 words) about that piece of equipment, letter, etc., telling other survivors how you were influenced by it as a polio survivor. Or, write about your personal experiences and achievements reflecting how you are “living with polio” – share your ideas!

These questions will help you pick a topic.

- Did you find getting a job difficult? If so, what helped in getting employment?
- Was obtaining the appropriate education or advanced degree you needed easy or difficult?
- Did you find securing a job challenging? How did you overcome the challenge?
- Did you feel you had to settle for something less just to become employed?
- How did your polio shape or define how and what you chose as your job or career?
- If you are still working, what hints do you have for others?
- What was your experience raising your children?
- How have you made your home accessible to your needs?
- What care-providing challenges does your spouse or life partner face? How have they been resolved?
- How do you live with post-polio syndrome on a daily basis as you face your “new normal”?
- Do you take the time for relaxation and hobbies, and if so, what are they?

For examples, visit [www.polioplace.org](http://www.polioplace.org) and look at “Artifacts” and “Living With Polio” sections. There are contributions on many topics: Aging, Breathing, Education, Exercise, Health and Wellness, Ideas to Manage Fatigue and Pain, Mobility, Relationships, Retirement, Self Help/Mutual Aid, Travel, Ventilator Users, Worship, Workplace. If you have questions before you submit your contribution, send an e-mail to [polioplace@gmail.com](mailto:polioplace@gmail.com).

Your contributions will be posted on Polio Place ([www.polioplace.org](http://www.polioplace.org)) to remind the world that WE'RE STILL HERE! ■

