

# WE'RE STILL HERE!

October 9-15, 2016  
www.post-polio.org

## Family Life!

### WE'RE STILL HERE! 2016 Photo Contest

#### PHOTO CONTEST WINNER!

##### *Bruce Lessard*

I can't train and race bikes like I used to, having had to cut back on the training intensity to avoid right leg pain that started occurring in my 50s, which was a suggestion from Dr. Maynard of Post-Polio Health International. That doesn't mean I need to quit. Instead, I'm

making adjustments. I've learned two things: (1) too much exercise causes right leg pain, and may contribute to more serious problems down the road; and (2) inactivity actually leads to pain in my right leg, but a low to modest amount of exercise actually helps to keep my right leg pain-free. So I can still enjoy activities with my family, like mountain biking with my granddaughter, Maggie. I realize I'm pretty lucky compared to many people with post-polio syndrome.



#### FIRST RUNNER-UP

##### *Bob Andersch*

This picture was taken on July 17, 2015 at my daughter's wedding reception at Rock Island Lake Club, Sparta, New Jersey. There wasn't a dry eye in the room. I primarily use a scooter, but I walked to the dance floor with my forearm crutches to dance a father-daughter dance. We danced to Tim McGraw's "My Little Girl."

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*PHI's mission is to enhance the lives and independence of polio survivors and home mechanical ventilator users through education, advocacy, research and networking.*

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and new addresses.

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Send us your second address and dates you will be there  
and we'll do our best to send your newsletter.

## SECOND RUNNER-UP

### *Barbara Mayberry*

This photo of myself and husband David was taken on August 17, 2013, along the shoreline of Lake Michigan, north of Holland, Michigan. David and I have been riding motorcycles since 1983. We get many second looks as we ride along with my crutch tied onto the side of the motorcycle. Most people assume the crutch is from a motorcycle accident, but if I get a chance to talk to people about it, I always tell them the crutch and left leg brace are the result of polio that I had in 1952 as a five-year-old child.

Some younger people may have never heard of polio, but many who are old enough to remember are surprised that I ride a motorcycle. I like to remind them that my disability has not kept me from doing whatever I decided I wanted to do. Our travels on the bike have taken us to all 48 contiguous states and Canada. We still ride as often as we can.



## THIRD RUNNER-UP

### *Britta Westhausen*

As a polio survivor, since 1950, I am still lucky to be able to enjoy all aspects of a family life. My two sons and I do a lot together. We travel, dine together, visit art exhibitions and museums, and share a lot of funny and interesting things when we have the time.

As a visual artist, I have to travel. Last year, I was in Beijing and my eldest son was my “bodyguard;” otherwise it would not be possible. My family are and have always been totally relaxed about my condition.

This photo was taken at the National Aquarium Denmark on September 18, 2016.

## FOURTH RUNNER-UP

### *Mary Ellen Hemby*

The below photo shows me with my three-year-old grandson, Bo, in January, 2009. We found a bicycle trailer that easily connected to my power wheelchair!



**WE'RE STILL HERE!** was established in 2007 by Post-Polio Health International (PHI) as an annual campaign to educate the health care community and the public that there are survivors of polio still in need of healthcare and still making the world a better place for all people with disabilities.

**Thank you for your participation in this year's contest! Do you have ideas for next year?**

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