

# Toomey j GAZETTE

• spring - summer 1963 •



TWO SPECIAL FEATURES

★ HOUSING FOR HOMELESS QUADS

★ QUADS AT HOME—FAMILY LIFE AND FUN

# T j G

Vol. VI, No. 1 Spring-Summer, 1963  
Editorial Office: Box 149, Chagrin Falls, Ohio, U.S.A.

The TOOMEY j GAZETTE is published twice a year by a volunteer staff of severely disabled (Horizontalists) and their non-disabled friends (Verticals). It is a non-profit, tax-deductible organization incorporated as Iron Lung Polios, Inc.

FREE to respos, other quads and all severely disabled.

QUADS are quadriplegics--those whose four limbs are paralyzed or useless because of disease or injury.

RESPOS are respiratory polios----those who require mechanical breathing aids, such as iron lungs, etc.

(Professionals - minimum contribution of \$1 per copy)



TjG AIM: To reach, to inform, and to dignify all respiratory polios, and all other severely disabled young adults, throughout the world.

## Horizontal Foreign Correspondents

- Argentina: Monica Le Monnier, Rodriguez Pena 34, Buenos Aires
- Australia: Max Rawson, Ward 12, Fairfield Hospital, Fairfield, Victoria
- Canada: Bob Gordon, Pearson Polio Pavilion, 700 W. 57th Ave., Vancouver 14, B.C.
- England: Kenneth McDonald, 39, Naples Ave., Burnley, Lanc.
- France: Michel Le Saux, L II R, Hopital R. Poincare, Garches, S et O
- Germany: Jurgen Erbsleben, Hamburg Osdorf, Blomkamp 90d
- Ireland: Ethna O'Dowd, Ward 7, Cherry Orchard Hospital, Dublin 10
- New Zealand: Ngaire Pascoe, Lincoln Rd., Massey, Henderson
- Switzerland: Charles Froelicher, Steinfalhe 18, Luzern

Horizontal Editors: Sue Williams  
Ida Brinkman, Jane Comstock, Barbara Cory, Ruth Davis, Don Kollar, Margaret Norris

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Vertical Editors: Connie Winslow, Jean Frazier, Nancy Martt, Brooke Owens, Maribel Reynolds, Nancy Sargent, Melda Smith

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Horizontal Foreign Correspondents: See below

Promotional Editors: Bea Shmock, Jan Service, Pearl Essert

Technical Adviser: Junius Eddy

Writers: Our writers are the readers



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Vol. VI No. 1 (Sixth Year)

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# It's Great to Be Home

by Joe Cardy

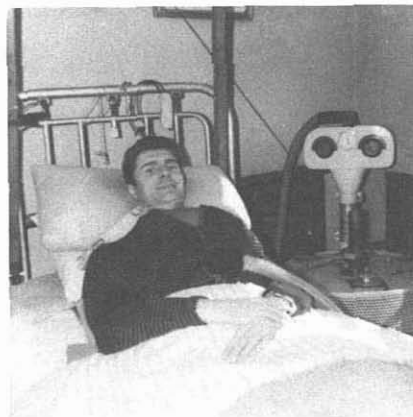
12, Wykeham Rd., Writtle,  
Nr. Chelmsford, Essex, England

**O**n Friday the thirteenth in 1957 I became a polio suspect. I was soon on my way to the isolation hospital, which was right opposite the London Road firm with whom I had been employed as an industrial engineer. When my breathing weakened rapidly, the diagnosis of polio was confirmed.

I was then smartly whisked away to the nearest respiratory polio unit, Rush Green Hospital, Romford, and popped into an iron lung. Time went by and, after six months in the lung, things looked pretty permanent. Then I learned frog-breathing. It was the hardest work I had ever done, but it meant some freedom from the lung.

I still had to have mechanical aid to breathe throughout the night and most of the day, but it was in the form of the Tunnicliffe breathing jacket that allowed me to sit up in a normal bed. Being a very practical man I soon began to make use of the only moving part left, my head, I mean the outside of my head as well as the inside.

I dressed up in an ear, nose and throat specialist's headband, with a sixteen-inch metal rod projecting forward like a unicorn's horn, to which I attached paint brushes. Propped up in bed with an easel in front of me and with some paints within reach, I once more made my mark in the world. And so it went for another year, painting a lot of pictures and having them noticed.



I had come to terms with the new world in which I lived. I was not ill any more but I was still helpless. The challenge had begun. I had been given life again and I was going to live it. Being just 25, I still had a lot of things to do.

I was now able to stay out of my breathing device for two and a half hours, and had been in hospital eighteen months. For a polio patient whose breath of life depended on a machine, the dream of going home was as hopeful as a dream of winning the pools. The risk was too big with electric power cuts and a host of other hazards to be faced.

But my wife, Doreen, is both devoted to me and has a practical turn of mind, so she and I talked it over. Then we talked to my doctor on the ward who in turn discussed it with the superintendent who decided to give it a trial. A fifteen-amp socket was installed into which my machine could be plugged. I also got batteries to drive a small D.C. electric motor which would run my machine for five hours, then we could

call the police or fire-brigade for more batteries. A phone was rigged for emergencies. A home help was hired to help my wife, who already had to look after our two small children, Leonard and Josephine. The district nurse arranged to call on me each morning. The date was set, and home I came. That was in December 1958.

Some called me brave and some mad, to take such a risk. But after a time things worked out and I got to know the outside world again. Then nature had its way and my wife became pregnant. We had a beautiful baby girl, of whom I am very proud indeed - Shirley Jane.

Two of my first interests after the illness were the television and the radio. I must say they still are. I have to keep up to date with the cowboys and Huckleberry Hound, who are great favourites with my children as well as with me. I enjoy reading, with my son turning the pages for me, and I like music - anything jazzy like rock 'n' roll.



**M**y latest and prized possession is an electric typewriter. I type by using the painting headband and a rubber cork on the end of the wand with which to press the keys. As for my paintings, I now use oils, and paint on canvas. It was by selling them that I was able to buy my typewriter. Second-hand, of course, but quite serviceable. Now that I can write under my own steam, I would like to find pen friends. I am sure I can find plenty to talk about as my interests are wide.

Last fall I started taking English lessons four afternoons a week. It is being paid for by the local County Council who have said that a home teacher may call on me as long as he thinks necessary. The teacher is a retired man who has taught for 50 years in a good school and he is so very interesting. The hoped-for outcome is that I shall be able to write short stories for children's magazines. I have already written two and we are hopefully plugging them with the publishers.

We moved into a larger house that has more ground - floor

space and a much better view from my window because in August 1961 we had another baby, or rather my wonderful wife, Doreen, did. It was another girl - Janet Dawn. I went back to the polio centre for the month of August, and I saw all my old friends while Doreen had the babe. I often look upon our two post-polio babies as wonders of God worked through science, and joke to my friends that they were born on borrowed time.

Two of the pictures are of Doreen and the children down at the coast. The children are real water babies. They love to stand and let the waves knock them over. Doreen rents a bungalow on the seafront every year for a week, while I go back to the hospital. Then, I hear the works when they get back.

I have been home over five and a half years now and, with the help of my family, and many good friends and the grace of God, I am living a useful life in my home with my wife and children. Doreen's constant attention and the joy I get from watching the children at play make life worth living. ●●●



## CONSIDER ADOPTION!

by Grace Layton Sandness  
3506-7th Ave N, Grand Forks, N.D.

About four years ago we first learned about the Harry Holt Adoption Plan (Orphan's Adoption Fund, Inc.). Mr. and Mrs. Holt were tree farmers at Creswell, Oregon, who became interested in Korean-American Orphans, legally adopted eight of their own, and then set up their own orphanage in Korea.

We did not apply for a child in this country, since we knew enough about state agencies to realize that we would not have a chance. Our formal application through the Holt Plan was made in December, 1962. Since we knew of a specific child we wished, the process went faster for us than ordinarily.

After applying, our home was investigated by an independent home study agency. We were asked to submit letters of recommendation, pictures, and so forth. We next completed many legal papers pertaining to the adoption in Korea. Cynthia Lea was subsequently adopted to us in the Korean courts with the understanding that, after she had been with us six months, we would readopt her in our state courts.

The next step was to apply to the U.S. Immigration Service for a visa for Cindy. This entailed more home investigation, especially of a financial nature, finger prints, etc.

At last we received the final approval, and Cindy was flown to us - arriving in Chicago on May 5, three days after her 5th birthday. My husband met her and right now we are adjusting to each other and learning how to communicate.

We feel that, in our situation, an older child will be much easier to care for than a baby would have been. I have three people, two of them college girls, who work at different times

during the day. They will be able to do the material things for Cindy while my husband is at work. However, we don't have someone living with us all the time, so it shouldn't be hard for the three of us to become a real family.

We certainly feel that we can give Cindy a good home, full of the love she needs so much. Since I won't be out gadding around as much as some mothers do, I will be able to spend a lot of time with her, helping her to learn English, etc.

You can imagine how thrilled we are to have her. She is chattering and singing all the time and thrilled with every new discovery. It will take a lot of adjusting for all of us, but we are sure it is all going to work out. We can hardly believe that she is finally ours. ●●●



I was stricken with polio while serving in the Army in Pusan, Korea, in '56. I decided to support a Korean boy because I saw so many little homeless children on those dirty streets that I felt I should help one. I wrote to the Everett Swanson Evang. Assoc. Inc., 7774 W. Irving Park Rd., Chicago 34, Ill. Mr. Swanson sent me information which included the age of children, country they are from, and their rules. For a small amount yearly, I found that I could support an orphan.

Min Yung, the little Korean boy I decided to help, has been a blessing to me. He is now 11 years old and writes nice letters which he dictates. He is studying English this year, so I hope he will soon be writing his own.

Since I am unmarried, this experience has been a real satisfaction to me. These children show their appreciation so much. Here is the closing paragraph from Min's last letter: "In all, everything is fine with us, dear Dad, and we are living happy life in your loving care. I just wanted to say that I do love you and pray for you always...your beloved son."

by Lowell Weissert, respo, 604 W. Sunset Dr, Bourbon, Ind.

Grace is a respo, an artist, a designer of greeting cards - ("Grace Notes"), painting with a mouthstick. She got polio in 1950, while at college. She met her husband, Dave, through ham radio. They were married in 1958. She continued college work by correspondence. Both received degrees at the U. of Iowa - David an M.A. in Rehabilitation Counseling and Grace a B.A. in English. Dave is now Staff Psychologist in the Rehabilitation Unit of the U. of North Dakota Medical School.

# everybody in the act

scene 1: Mary Ann Hamilton and Family

scene 2: Ruth Davis and Family



scene 1

**M**y name is Mary Ann Hamilton. I am an up-side-down polio alumna of the 1954 campaign. I am the mother of four marvelous children, and one stupendous (that is quality, not quantity) husband who calls me his wife. Lady luck dropped on my shoulder when polio bug 54 came visiting in Denver. I am able to walk anywhere I please, within the capacity of a 450 V.C. I find that I have a small problem, though - what to do when I get there.

My arms are about as much use to me as an ostrich's wings are to him. Just something to carry around, which I do, naturally. But my "wings" do not fold up so my aunt dreamed up a brainstorm for me. I wear a stole around my neck; it reaches about my waist length in the front. There is a pocket in each end in which my hands fit. These stoles are made of fairly heavy broadcloth and I have them in many colors including orange. For dressy occasions I have a couple made of felt and trimmed with shoulder pins.

I chuckle at the thought of a schedule. I haven't thought much about being on one. I just accept each day as a gift and gratefully open each one to see what it will bring.

Our day begins with thirteen year old Patty crawling out of bed at 6:45 to pack lunches for fourteen year old Danny and herself. They attend Junior High School. The rest of my gang - Danny, Mike, twelve; Jan, ten; and THE MASTER OF OUR HOME, Ed, all take turns banging on the bathroom door.

**B**ert, our housekeeper, arrives at 7:15, accompanied by her assistant, Pammy, age three. Bert has been with us for three years, which, in this house, is a record. After two years we award the Valor in Action Medal, but after three years - The Purple Heart! Pammy has been coming with her mother since she was only five months old. This was the first time we had tried a housekeeper with a child and it has worked out beautifully.

At about 8:30 it's my turn to rise and shine. Out of the shell, up and dressed. Then Bert, Pammy and I enjoy breakfast together. I usually read or type 'til the noon time rush when my elementary school crew comes home for lunch.

I sit and rest for a couple of hours in the afternoon in the shell or with positive pressure (playfully known as the opium pipe). I like to stay up late so I take a breather in the afternoon. I use a magic wand (mouthstick) to type, made of plastic and cut to fit the bite of my teeth. Typing this way, there is a slight resemblance to a wood-pecker beating on the bark of a tree.

Around 3:30 we organize the supper and start anything that can be cooked that early. My wonderful daughters are taking over the cooking more and more, which makes us all feel terribly independent. My marvelous husband does all of the shopping and sometimes, depending on the weather, I trail along. As long as we aren't out to break the speed test, I can walk all over our large grocery stores. Every evening is filled with four sets of homework, which hasn't taught me a thing about spelling.

Bert leaves at four and the children take turns staying with me until their daddy comes home. The most wonderful part of the day!





scene 2

My name is Ruth Davis. I'm another up-side-downer, polio vintage of 1953, and one of the horizontal editors of TjG. Mary Ann's description of her family bestirs me to write of the Davis menage...

One more week until school is out. I don't know if I should yell for joy or scream for help.

With school out, I should be able to eliminate some of my shouting. I seem to be the only one in the family that can wake up in the morning. Each evening, my husband and our three "monsters" tell me what time they must be up. Comes 6:30, the first call.

Bells ring. Music plays. Not a soul stirs. I frog up a big BELLOW.

Now there's a slight movement. The yelling continues to 8:10 when the last bus leaves. Then I turn up the motor for a couple of stiff breathes and lay back to recuperate.

When Mary arrives, breakfast shouldn't be far behind. But I have to fight the cats for first serving. Against the four cats rubbing around her ankles, and their meocowing, my yelling has no effect. Consequently they win.

Good thing I like toast and orange juice and not cereal and milk or there might be an all our war. Incidentally, that isn't the only place the cats have won precedence over me. I was known around the neighborhood as the lady with the bed in the living room. Now we're known as the house of the cats. (No variations on that theme, please.)



In the meantime, my husband, David, has been awake several times, but never enough to rise out of bed. The bell that does that is the "money bell" - the business phone. Whenever the phone rings, the business day begins and Daddy is off and running. The business is next door but, contrary to what people think, I never know where my husband is.

When the big trucks come, he is out.

When the telephone rings, he is in.

Our television isn't working. It keeps making designs instead of pictures - probably influenced by modern art. Consequently, it's quiet around here so I've been making telephone calls for our minister and for the Boy Scouts' Court of Honor.

In fact, I've talked so much I've a blister on my big toe.

3:40 p.m. and the elementary school bus arrives and Nancy and Bob have found their way back once more....

"Hey, Mom - , " "Let me tell her" "Who's comin' over?" "NANNNCY."

"Can I have some of these nuts without you yellin' at me?"

"Can I go to Southland?" "Me, too!" "Not with me, ya brat."

"Hey, Mom - - , " "Ah, now you forgot me what I wanted to tell Mom, ya stupe."

One more to come home. Mary to leave.

And after next week these conversations can go on all day.

I've just decided to scream.

HELLPPP!



*Vive la difference!*

#### Two Post-Paralysis Marriages

**B**ob and Jay Reynolds met at Morris Memorial Hospital in West Virginia. Bob, a respo, had been in the hospital for 3 years. Jay was taking O.T. training. They were married a year and a half later in 1957.

Since they typify the many happy post-disability marriages, we asked them to share the secrets of their success. Following are excerpts from their letters:

Bob: "We don't think of ourselves as "shining examples" for the horizontal lovelorn (that sounds a bit off-color, doesn't it?). But we have one great advantage in that the life we lead is of our own choosing. And, when we did that choosing, it was long enough after polio that we were both reconciled to the hard facts of the situation. Jay, being an Occupational Therapist, could understand the facts. Then too, superior girls, like Jay, aren't easy to find!"

Jay: "If all the rules given in most home care booklets were followed to the letter, the person doing the work would get nothing else done but bathe, plan attractive trays, give back rubs, or change clothes.

"Some well-established conventions must go in our

Left: Jay and Bob at an exhibit of his paintings in Washington, D.C. Her professional knowledge, his architectural training and their combined ingenuity have created some unique equipment which enables Bob to pursue his career as an artist.

day-to-day life because we are firm believers in making everything as easy as possible. Because of this, I really don't think taking care of a handicapped person is as hard as it usually sounds and I ought to know. Bob and I live alone and I have his complete care except for the 7 hours a day I work.

"Here are some ideas that Bob and I had that might be of help to others:

- The couple should live by themselves •

Privacy is important to everyone. Our apartment isn't the greatest, but it is convenient to my work, stores, our church, etc. Since Bob does not get out in the winter, the fact that our place is easy to reach, means we have a lot more company.

- Make every effort to travel and make social contacts •

It is worth the effort and, after the first time, it won't be so much effort. We take vacation trips by ourselves and we have always enjoyed them. In the summer we go out about three evenings a week.

- It is important to contribute something to others •

We must accept a lot of help from others for many things, but, to maintain self-respect, we must also give something. Even though we have received financial aid from various sources, we tithe what money we have. We teach a Sunday School class and serve on various church committees. Bob has done a lot of typing for both the church and the National Foundation. When places to stay are needed for out of town groups, we always volunteer and we have met some interesting people. We have a special interest in a man about Bob's age who is in a nursing home.

- Involve your families in the marriage •

It seems natural for a family to have difficulty accepting this type of marriage but, since our marriage, my family has come to love Bob very much and our relationship with them has been as wonderful as always.

THE Rodolfos are another of the many happy couples who have pooled their abilities in marriage. Jimmy and Fay were patients at the Massachusetts Hospital School in Canton when they met. In August, 1953, Fay was stricken with polio, which paralyzed her from the waist down. In July of the same year, Jimmy dove into shallow water and broke his neck, resulting in paralysis from the neck down.

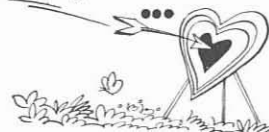
In '54 both entered the hospital school for rehabilitation and academic studies. Fay took a secretarial course. Jimmy learned to paint with a brush held between his teeth.

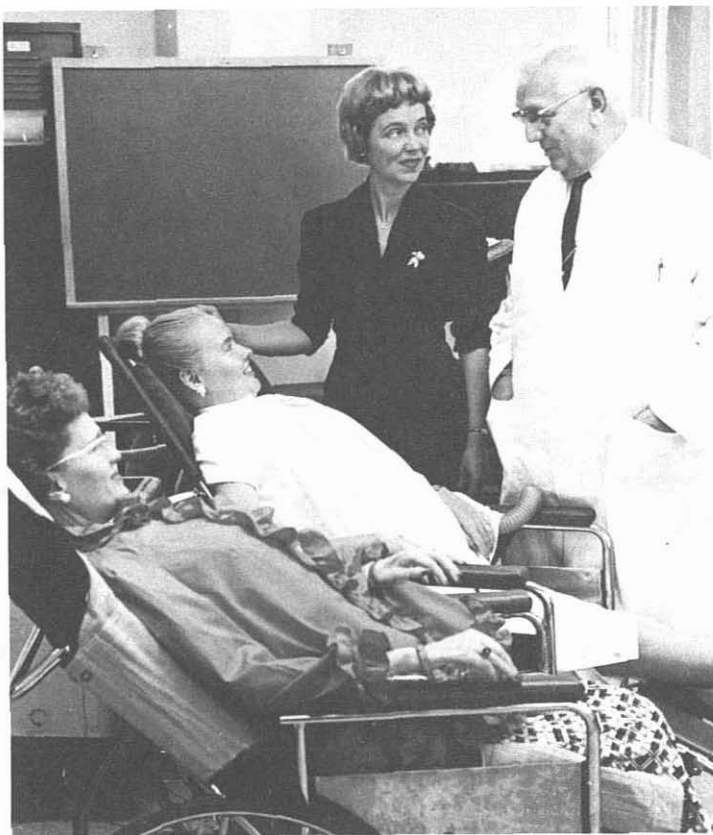
They returned to their families in 1956. Fay worked as a secretary at the local YMCA. Jimmy continued with his art lessons. Meanwhile, they saw each other on weekends once or twice a month. They were married in October, 1957.

Now they live with his parents and have a large room equipped for their wheelchairs. One section of the room is his art studio; the other is her sewing area. Fay is an enthusiastic seamstress and an excellent cook. She does all the varnishing and framing of his paintings and "sets him up" for his work.

Jimmy devotes most of his day to his art work. He has designed and sold greeting cards and his paintings have been shown throughout this country and Europe. He works fluently in oils, watercolor and casein. In August 1962, he became one of the first U.S. artists to be selected as a member of the Association of Handicapped Artists and receives a regular income from them.

They have many friends and a gay social life. With a group of their friends, they have costume parties every three months, such as a luau, a roaring 20's, a Western, or a Near East party. They enjoy many activities: drive-ins, out riding, visiting, record collecting, shopping through catalogs. Each year they spend one week at a Maine resort.





Three new officers of the Kenny Rehabilitation institute auxiliary chat with Dr. Frank H. Krusen, president of the Sister Elizabeth Kenny foundation and director of the institute. From left are Mrs. Robert Chisholm of St. Paul, executive committee member; Mrs. Paul D. Anderson of 342 Lafayette, Excelsior, president; and Mrs. Ernest Skramstad of Woodside, Excelsior, vice president.

## VOLUNTEERS GIVE VALUED SERVICE

Quads fulfill their need to be needed through volunteering

In Minneapolis, a blonde, vivacious young woman named Margaret Anderson was recently elected the first president of the Kenny Rehabilitation Institute Auxiliary. Margaret, a 35 year old wife and mother, was a patient in the Institute for 14 months, but is now home where, physically, she is confined to a wheelchair and a chestpiece. In no other way is she restricted, however, for her ideas and magnetic enthusiasm are charging up the ladies in the Twin Cities like a power plant.

Margaret's roommate at the Institute in 1953, Merle (Mrs. Robert) Chisholm, was also instrumental in forming the Auxiliary and is a member of the executive board. Both are respos and artists (wielding their brushes with their teeth). Another Auxiliary member was their third roommate, Suzanne (Mrs. William) Summers. The three women made a pact ten years ago that they would somehow repay the Institute for its wonderful care. Margaret spoke for all three when she said, "We're so happy - we've finally done it."

The Auxiliary was founded a year ago with 50 members, of which 8 are former patients. Its main purpose is to educate the public on the increasing need for well-equipped and well-staffed rehabilitation centers throughout the country.



The Auxiliary is organizing a Second International Art Contest and Exhibit for Handicapped Artists, continuing the pattern of the first such show initiated by TOOMEY j GAZETTE in Chagrin Falls in 1960.

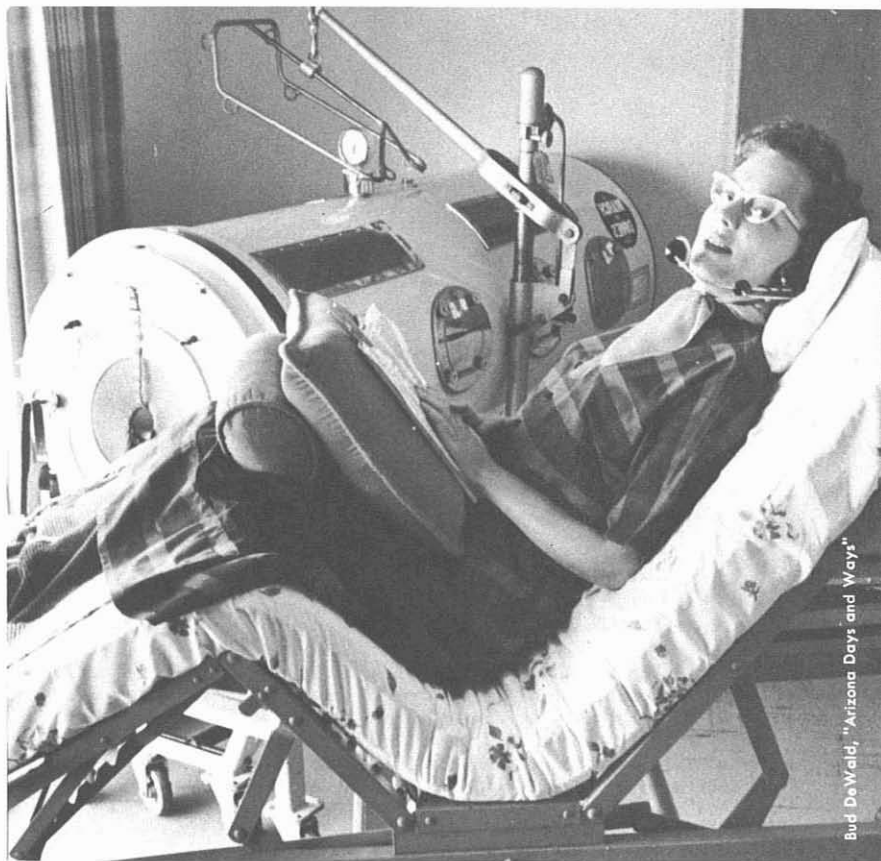
Deadline for entries is September 1, 1963. The show will be held at the Kenny Institute in October. For details, write to Margaret at 432 Lafayette Avenue, Excelsior, Minnesota.

This fall, they will have brochures of the Christmas cards by 12 different handicapped artists, which they have had printed and will sell for the benefit of the Auxiliary and the artists. The cards will be done in black and white and the price is tentatively set at \$3.50 for 25. To receive a brochure, send your name and address to Margaret.

Connie Brown of Phoenix is one of the most notable examples of immobility taking a back seat to an active mind. Connie has been a respo for nearly 18 of her 35 years. Gay, articulate and responsive, she has filled her life with treasured friendships and her work with handicapped children through the Indoor Sports Club, an international organization of clubs for the physically handicapped.

When the Indoor Sports held their national convention in Phoenix last year, she served efficiently as their publicity chairman. In a newspaper interview at the time of the convention, Connie was quoted as saying: "You keep going and growing as long as you keep trying. . . . Physically, you're down the tubes. But spiritually, intellectually, emotionally - in so many ways your growth and development go on."

*Continued*



*Publicity chairman Connie P. Brown*

Bud DeWald, "Arizona Days and Ways"



Ida Brinkman (above) of Willowick, Ohio, the mother of three children and a respo for 10 years, was nominated for the Welfare Federation of Cleveland's "Volunteer of the Year" award in 1962 for her work with Camp Fire Girls. In addition to leading weekly meetings of a Blue Bird group of Camp Fire Girls, Ida helps with Little League and PTA activities, mostly by telephoning and typing. Ida is also one of TjC's horizontal editors and its authority on mouthstick typing.

Ken Kingery is known as the "Can-Do" man in his part of Wisconsin. In his home town of Stoughton, he is an adult advisor at the Teen Canteen and Youth Center and a director of the District School Board. Ken, a respo since 1952, was selected as Wisconsin's Handicapped Person of the Year in 1961. Another respo, Californian Foster Grundy, arranges tape exchanges between American young people and those of India and Japan to promote friendships. Foster also helps a blind friend edit a taped journal for the blind.

Roger Winter of Indiana, a respo, teaches a Young Adult Sunday School class and serves on a number of committees, such as sports, by-laws and evangelism. He is an enthusiastic coach of church softball and basketball teams. A wheelchair lawyer in Kansas, Laurence Wagner, supplies free legal advice to churches, nonprofit organizations and indigent individuals.

Scout activities, PTA and church work seem to have the most universal appeal for horizontal volunteers. Almost everyone who volunteers for community projects, assists with the different health and United Fund drives. Many find political party activities stimulating.

Many readers find satisfaction in working with other handicapped persons, such as reading to the blind, tutoring children who are unable to attend school, and coaching wheelchair sports. A paralyzed insurance agent trains other handicapped people in the insurance business. One reader makes regular phone calls to aged shut-ins. Hospitalized respos volunteer too. Ethna O'Dowd, of the Cherry Orchard Hospital in Dublin, has some use of her hands so she writes letters for her friends in iron lungs and teaches crafts and painting to her fellow patients.

Utilizing their special talents, interests and skills, quads enjoy a variety of volunteering projects: proofreading, correcting papers, teaching and tutoring, translating, writing and poster making. Many mothers and fathers have expandable families as their friends add a child or two for them to "baby-sit" with their own. Amateur radio operators are always available to help in emergencies.

Through their many and varied volunteer services, quads have taken a big step out into their communities and found it to be a rewarding experience - a fulfillment of the need to be needed. ●●●

# SPORT AND VACATIONS

## I. Fishing

*With Rod and Wheel*

by Don W. Smith, Route 2, Guthrie, Minnesota



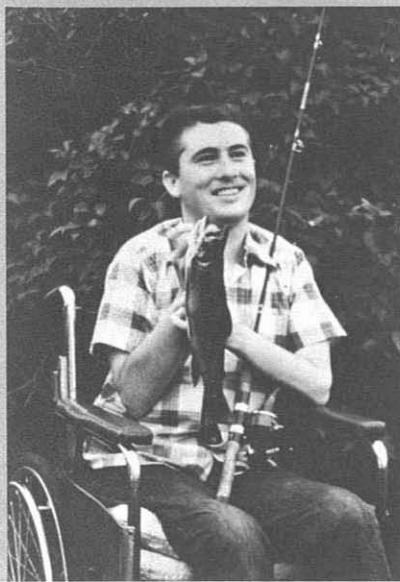
Since early childhood, I have enjoyed fishing more than any other sport. However, in 1952, at the age of 13, polio struck and, apparently, put an end to my fishing. It left me totally paralyzed from the waist down, with about fifty-five percent of normal muscle function above, and a weak left arm and hand. When I returned home from the hospital in the summer of 1954, my father took me fishing with him. I became very discouraged because I found it too difficult to keep my balance while sitting in the conventional boat seats:

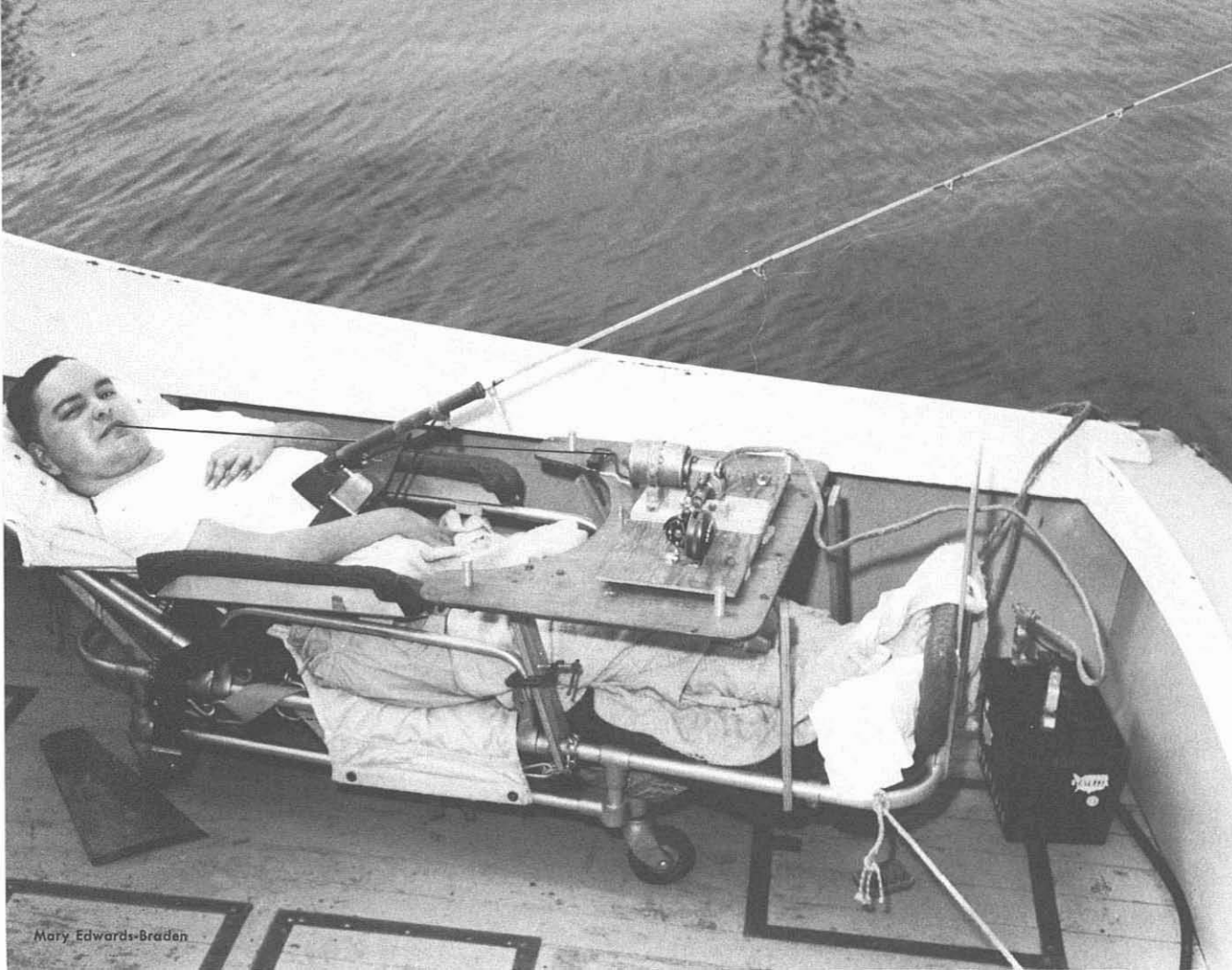
After unsuccessfully trying various types of boat seats, I struck upon the idea of putting my wheelchair directly in the boat, placed crosswise between the seats. It fits well in most of the modern round bottom boats; but I prefer the new fiberglass boats as they are generally wider and more stable. Of course, I always take along a life jacket.

Thus, having defeated the problem of a seat, I set about finding a rod and reel I could handle. I found that a spinning outfit consisting of a 7' hollow fiberglass rod and an open-faced spinning reel, with right hand retrieve, suited me best. With this equipment, I can cast, troll, or still fish. I have been able to handle all but one fish I have hooked. This was a huge muskie in the 35 to 40 lb. class. I battled it for ten minutes or more and became tired. My father willingly took the rod and continued the battle for nearly an hour; however, this fish proved to be too much for my light tackle, and we parted company. I can say now that just seeing this fish was the greatest thrill of my life.

In recent years, I have discovered I can even enjoy stream fishing for trout. Frequently, where a stream crosses a road, there will be a pool in the downstream side washed out by high water in the spring. These pools are often easily accessible, and, while sitting in my wheelchair on the banks of such pools, I have caught some really fine trout. I am especially proud of two - one a 13 $\frac{1}{2}$ " Brookie (see photo), and the other, a 14 $\frac{1}{2}$ " Brown.

The winters are very long in the northern part of Minnesota. This meant that from the first of November, until the last of April, fishing was pretty much at a standstill for me; so, this year, I had a fish house built. It is equipped with a small oil stove so I am assured of reasonable comfort on the coldest days and very pleasant fishing. ...





*It's No  
Fish  
Story*

**R**obert  
Kemper,  
fisherman,  
contest  
winner,  
and avid  
sports buff

by  
Roy Abell,  
respo



Lots of people went fishing at Fort Myers, Florida, in June, and Robert Kemper was among them. Fishing is his favorite sport, and one night he caught 20 fish. That may sound like ordinary fishing, but there is nothing ordinary about the way Robert fishes. In 1952, when he was 13, he was the victim of polio and has been paralyzed from the neck down ever since.

Robert's father, Judge Kemper, came up with a unique invention that made it possible for him to fish once more. He lies flat on an ambulance-type stretcher in the stern cockpit of a boat (or on a pier) and a board is secured to the frame across his legs. The fishing rod butt fits into a socket at his chest. Then the apparatus is hooked up to his dad's invention. A spinning reel is mounted on the board across his legs beside a windshield wiper motor. The motor is connected to a 12-volt battery placed at the end of the stretcher. A starting switch is based on the butt of the rod.

His father casts, then Robert takes over, keeping a keen eye on the line, with a string in his teeth, the string being attached to the starting switch. When a fish takes the bait, Robert starts the switch with a jerk of his head and the motor reels the fish in.

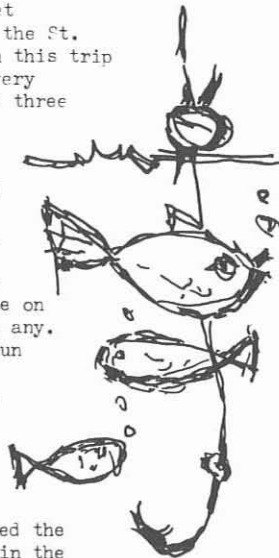


One of his specialities is mullet fishing, using red wigglers, in the St. Johns in his native Georgia. On this trip to Fort Myers, he landed fish every night, including several two and three pound trout.

One day the Kempers went out on a 29 ft. boat, and here we'll quote Robert: "It was kinda rough, about like a rocking bed. A big wave hit the boat and turned the stretcher over on its side. My head and shoulders were on the floor, but it didn't hurt me any. We had an umbrella to keep the sun off me, but the wind tore it to pieces. I nearly got blistered, but I didn't."

And concerning his necessary breathing equipment, "halfway to Florida we discovered we had forgotten my chestshell, so I used the vacuum in the daytime and slept in the iron lung at night." He no longer uses the shell, just the lung at night.

One of these fishing trips, Robert hopes to land a tarpon. It wouldn't surprise his friends one bit to see a mounted "silver king" in the Kemper house in Jonesboro. ●●●



- Excerpted from THE ROCK AND ROLL, publication of the Southeastern Respiratory Center

## II. Swimming

### *That's Revolutionary*

by Susan Armbrecht,  
"Head" Swimming Coach, respo, age 24

**S**wimming to increase strength and mobility in the partially paralyzed is customary. But "swimming" by the totally and permanently paralyzed for pure pleasure - that's revolutionary.

Since I was paralyzed 18 years ago, nothing has given me such a tremendous feeling of real freedom as floating serenely and INDEPENDENTLY in a pool: no mattress against my back; no pressure on my tail-bone or heels; none of my usual dead-weight feeling; my smallest movement magnified ten times ten to a flowing sweep of motion. They call me "Unsinkable Susan." I'm guaranteed to float. This is amazing - almost ridiculous. Paralysis causes buoyancy - the more paralyzed, the more extremely buoyant. Here's an Olympic which quads can win.

Let me tell you of my first daring summer in a pool. Fear was my greatest obstacle. The little ripples in the water created by other people were terrifying. Being able to move all of a sudden was frightening. But, gradually, I gained confidence as I realized that I could not sink. A whole new world opened up to me. I felt I could "swim" the English Channel - if it were as pleasantly heated as the pool (80° to 90°).

First, I tried floating on a rubber raft to get the feel of the water's motion. When I felt more secure, I dangled my feet in the water, then the lower half of my body. Eventually, only my head was on the raft. The next step was to have my head held securely around the jawbone while my body floated. Then this was too tame - just being held up and slowly moved. So we put music on the outdoor speaker and started "dancing." We gently "cracked the whip" - by rhythmically moving my head. My whole body followed in a delightful, undulating motion. Very exciting! It was scary at first, but a wonderful feeling of really moving.

IT IS THE SINKABLE HEAD THAT RESPOS WORRY ABOUT! So we invented a head-holder-upper. We sewed a child's life preserver so that it made a fat sunbonnet-type of hat, with long ties to secure it tightly under the chin, or to criss-cross the chest or under the arms to tie in back. We glamorized it with plastic flowers. And lo, I was on my own!

Each of us has worked out the most satisfying way of getting in the water. I prefer to be carried in. Mickie, who has some leg strength, is "walked" down the steps, with the support of two friends. Sue is tall and must have her head supported, so she uses the hydraulic lift with hammock and headpiece.

Readers, somewhere near you there is a pool, a lake, or an ocean. If I can "swim", you can too. If you have any questions, write to me: 15985 Nelacrest, East Cleveland 12, Ohio ●●●



MY BROTHER, KEVIN HOLDS ME ON  
MY SCARY FIRST DAY



ON MY OWN WITH MY BEFLOWERED  
FLOATING-HAT

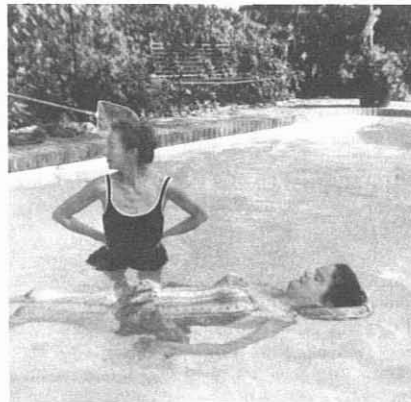
PARTY TIMES IN CHAGRIN FALLS



"DANCING" THE TWIST WITH DR. BILL



GINI PUTS SUE IN WITH THE LIFT



GUARANTEED TO FLOAT



KEVIN AND BROOKE "SWIMMING" MICKIE AND ME



CONNIE AND GINI TRYING TO SINK SUE



BETTY AND JOE'S TURN

### III. Camping

#### *A Wonderful Experience*

by Betty Mielke,  
Fond du Lac, Wisconsin

I first found out about Camp Wawbeek from JoAnn Ulvestad, who had been to Camp the summer before and had a marvelous time. I believe it is the only camp in the United States where an adult handicapped person can stay without an attendant for a two-week period. It is not a family affair. Only the handicapped, between the ages of 8 and 45 can attend. Half of the cost of each camper's stay is paid by the Wisconsin Easter Seal Society, which owns and operates it, and the remaining \$60 is paid by the camper himself or some sponsoring organization.

Each camper has a counselor to help him with everything he needs help with and to act as a companion. Most of the counselors are vacationing college students who are planning to be nurses or doctors. They have one rocking bed which JoAnn and I use at different two-week periods. Physicians are on call and a registered nurse is at camp at all times.

There are so many things to do throughout the day that it would be impossible for a person not to find something that would be interesting. There is wheelchair bowling, card games, wheelchair ball games, nature-rock, handicrafts, knitting, conferences and lectures on things that are being done and should be done for the handicapped. If you can't bat a ball or hold a hand of cards, a counselor is always there to help. You just tell him what to do.

I think the very biggest attraction is the big heated swimming pool. One of the most exciting things to do is to ride the big trailer, pulled by a tractor, that enables about 25 campers, in their wheelchairs, to go for trail rides in the woods. It is so beautiful - especially at sundown. The woods seem so peaceful. The pine trees smell so good. You can see so many different birds and hear them singing.



Betty (center) masked for a costume ball

At night there is always one big activity to get everyone together, such as a camp fire sing, or local entertainers, or a costume party, or a wheelchair dance. It is a real dance: a theme is picked for the decorations, a king and queen and court are selected, and a live orchestra plays the music. At the end of our camping vacation, a talent show is put on by the staff and campers.

I look forward all year to my two-week camping vacation, not only for the good times, but to seeing my old friends and to making new ones. Every year I have learned a new craft which I can make during the winter and market profitably. Going to camp is a wonderful experience! The Camp is open only to Wisconsin residents. I wish every state had a Camp Wawbeek. ●●●

#### IV. Vacation Directory



##### • DIRECTORY OF U.S. CAMPS FOR THE HANDICAPPED •

This directory, revised regularly, lists camps which are organized and adapted for the handicapped. The majority are geared for children only, but several dozen welcome handicapped adults or the parents and families of handicapped children. Many of the camps are devoted to a specific disorder, such as diabetes, blindness, cerebral palsy; others have a more general service to orthopedic and neuro-muscular handicaps. Price 50¢. Order from National Society for Crippled Children and Adults, Inc., 2023 West Ogden Ave., Chicago 12, Illinois.

##### • DIRECTORY OF HOLIDAYS FOR THE HANDICAPPED IN BRITAIN •

This exciting booklet lists the Organisation, Holiday Camps, Hotels, Guest Houses, Private Homes and Cheshire Homes which offer special holiday facilities for the disabled. Detailed information is included as to facilities and care available, types of disabilities which can be accommodated (from special diets to respiratory polios), age groups, prices (average about 6 pounds per week or \$17), and the entertainments and special features of the nearby areas.

The pamphlet was published jointly by The Central Council for the Care of Cripples and the British Red Cross Society. It may be ordered from the latter at 14, Grosvenor Crescent, London, S.W.1 for only 2/6 (34¢) plus postage.

##### • "WINGS ON WHEELS" - TOURS FOR THE HANDICAPPED •

Evergreen Travel Service specializes in travel tours for the handicapped, complete with nursing care, personal aides, and two tour escorts. Last January, eighteen disabled persons from the Seattle area enjoyed a 10-day trip to Hawaii. Following are typical scheduled tours: 21 days in Europe starting September 29. November 1 - 10 to Mexico City, Taxco and Acapulco. January 6 - 16, 1964 to Hawaii. Prices include jet air fare, transfers, sightseeing, baggage handling and hotel rooms and meals. Send for brochures: Betty J. Hoffman, Evergreen Travel Service, Box 583, Security Bank Building, Lynnwood, Washington.

##### • MEXICAN RESORT HOME FOR QUADS AND PARAS •

Open year round. Individual rooms, attendant care, good food, companionship and interesting sightseeing. Quads - \$180 a month. Paras - \$120. Males only. Altitude too high for a respiratory polio. Write to: George E. Ray, Cubilete 147, Col. Chapalita, Guadalajara, Jalisco, Mexico.

##### • PILGRIMAGE FOR THE HANDICAPPED TO LOURDES AND PARIS •

All inclusive rate of \$598 includes air transportation from New York, hotels and meals. Dates: October 1-9, 1963. For details, write to: Catholic Travel Office, Dupont Circle Building, Washington 6, D.C.

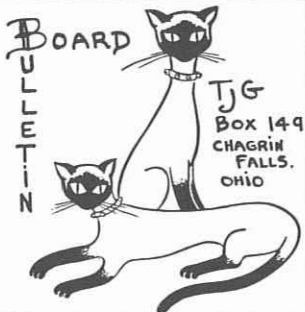
##### • WHEELCHAIR TRAVEL GUIDES •

"Where Turning Wheels Stop." Paralyzed Veterans of America, 7521 Roslyn St., Swissvale, Pittsburgh 18, Pennsylvania.

"Along the Wayside." Al Cohee, 27 N.63rd St., Philadelphia 39, Pennsylvania. 15¢

"New York with Ease." Compiled by a respo, Sandra Schnur. Published by: Association for Crippled Children and Adults of New York State, 239 Park Ave. S., New York 3, N.Y. \$1. ●●●

# BOARD



BULLETIN

EXTRA COPIES OF THIS ISSUE \$1 ea.

FREE TO ALL HANDICAPPED

"SPECIALIZED PLACEMENT OF QUADRIPLÉGICS AND OTHER SEVERELY DISABLED". EXCELLENT REPORT BY N.Y.U. MEDICAL CENTER.

WE HAVE SOME COPIES WE CAN SEND TO YOU.

WARNING!

DO NOT ORDER ANYTHING FROM FASCOLE CORP! READERS REPORT THEY CASHED THEIR CHECKS AND DID NOT SHIP THE MERCHANDISE.

WARNING!

## NEXT ISSUE (FALL-WINTER 1963) QUADS INTERNATIONAL

- PHOTOS AND STORIES OF OUR FRIENDS IN AUSTRALIA AND NEW ZEALAND - AND ENGLAND, IRELAND, GERMANY - ETC ...
  - WINTER HOBBIES (PHOTOGRAPHY, CHESS BY MAIL ....)
  - MORE HAMS AND TAPESPONDENTS
- ... SEND IN YOUR IDEAS, STORIES AND PHOTOS

TAPESPONDENTS! HERE ARE TWO TAPE CLUBS THAT HAVE VOLUNTEERED TO GIVE FREE MEMBERSHIPS TO TJG'S DISABLED READERS: MR. FRED RIMMER, INTERNATIONAL TAPE FELLOWSHIP, 21, MOUNT PLEASANT, SUTTON IN ASHFIELD, NOTTINGHAM, ENGLAND. MR. LARRY DUHAMEL, UNIVERSAL TAPE NETWORK, BOX 50, MAIN ST. R.F.D. #1, EAST DOUGLAS, MASS.

I WOULD LIKE TO CORRESPOND WITH SOMEONE ABOUT MY AGE (21) THAT HAS RHEUMATOID ARTHRITIS. I WRITE POEMS, SHORT STORIES AND ARTICLES © DORENE WITT, 7329 11<sup>th</sup> N.W., SEATTLE 7, WASH.

CONGRATULATIONS! WINNER OF THE "ELECTRONIC" \$150 CONTEST: DONALD A.W. BLAKE, PHILADELPHIA, PA.

THE MANY GOOD IDEAS RECEIVED WILL APPEAR IN OUR NEXT ISSUE.



LADIES, HAVE YOU DISCOVERED HOW MUCH SIMPLER IT IS TO USE A WOMAN'S URINAL THAN A BEDPAN?

WE'RE STILL HOPING SOMEONE HAS INVENTED A PORTABLE ROCKING-BED. \$10 PRIZE FOR DETAILS OF A WORKING-MODEL.

WE HAVE ANOTHER \$150 TO GIVE AWAY - THANKS TO THE SAME ANONYMOUS DONOR. SEND US YOUR THOUGHTS ON:

"HOW INDIVIDUALS AND ORGANIZATIONS HAVE HELPED ME"

OR

"HOW INDIVIDUALS AND ORGANIZATIONS COULD HELP ME"

OR

"HOW A NATIONAL SERVICE CORPS COULD HELP ME BY ORGANIZING LOCAL VOLUNTEERS"

1<sup>ST</sup> PRIZE \$100  
2<sup>ND</sup> PRIZE \$50

ENTRIES WILL BE JUDGED ON IDEAS, NOT WRITING-ABILITY. DEADLINE: SEPTEMBER 21, 1963

"NO MAN IS AN ISLAND."

-JOHN DONNE

## SCRABBLE

21-YR OLD RESPO WISHED TO GET TOGETHER, BY WAY OF THE MAIL, TO FORM SCRABBLE TOURNAMENTS. ALSO INTERESTED IN CORRESPONDING WITH OTHERS IN THE PRINTING TRADE □ MARY L. BOCHER, 1996 So. 28<sup>th</sup> St. Scotts, Rt.1, Michigan

HAVE YOU WRITTEN TO YOUR CONGRESSMAN AND SENATORS IN SUPPORT OF THE "TALKING BOOKS" BILL (H.R. 2853)?

IT WOULD AMEND THE ACT PROVIDING BOOKS FOR THE ADULT BLIND SO AS TO MAKE BOOKS ALSO AVAILABLE TO QUADRIPELGICS AND THE NEAR BLIND.

12-YEAR OLD RESPO WOULD LIKE TO CORRESPOND WITH OTHERS HER AGE - PREFERABLY IN ITALIAN - ROBERTA ECKHOUSE, 35 EAST 84<sup>th</sup> ST. NEW YORK CITY 28

IF YOU HAVE CREATIVE IDEAS OR INFORMATION ABOUT CO-OP RESIDENCE HOMES FOR SEVERELY HANDICAPPED ADULTS, WRITE TO: MARGARET NORRIS, A RESPO, AT V.A. HOSPITAL WARD 22-1-N, BAY PINES, FLORIDA  
• SEE PAGE 40 •

IF YOU ARE 16<sup>TEEN</sup> OR SO, WRITE TO TjG'S TEEN EDITOR, KATHY HARRIGAN, A RESPO, AT 1865 ROXBURY RD., EAST CLEVELAND 12, OHIO.

HERE ARE SOME 16TEENERS WHO ARE LOOKING FOR PEN FRIENDS: TOLAND - MISS EWA ZELKOWSKA, UL. GRANCIZNA 11/5. LUBLIN, POLSKA. A POLIO, SHE WRITES ENGLISH AND IS INTERESTED IN SONGS, FILM, STAMPS, VIEW CARDS (POSTCARDS), THEATRE, LITERATURE, SPORT. JAPAN - A RESPO, DEANNA TOWNSEND, HAS TWO JAPANESE GIRL FRIENDS WHO WRITE ENGLISH. THEY ARE NON-HANDICAPPED. WRITE TO DEANNA AT Box 43, BIGGS, CALIFORNIA AND SHE WILL FORWARD YOUR LETTERS.

"SCOPE" - NEW RESPO LITERARY QUARTERLY SEEKS ORIGINAL MATERIAL. EDITORS, BRUCE CAMPBELL AND SHARON STERN. WARD C-12, GOLDWATER MEMORIAL HOSPITAL, WELFARE ISLAND, NEW YORK 17, N.Y.

### TjG USED EQUIPMENT POOL

IF YOU OWN ANY PIECE OF EQUIPMENT THAT YOU ARE NOT USING OR THAT YOU WOULD LIKE TO WILL TO TjG, WE WILL FIND SOMEONE ELSE WHO NEEDS IT. WE HAVE BEEN GIVEN THE FOLLOWING TO GIVE AWAY:

- HYDRAULIC LIFT
  - TELEPHONE AMPLIFIER
  - TOMAC MULTI-CONTROLLER
- IF ONE OF THESE IS JUST WHAT YOU'VE BEEN WANTING, TELL US WHAT EFFORTS YOU HAVE MADE TO GET ONE.

ATTENTION, HANDICAPPED ARTISTS!  
SECOND INTERNATIONAL ART CONTEST AND EXHIBIT. DETAILS ON PAGE 13.

"REPORT ON A SURVEY OF RESPIRATORY AND SEVERE POST-POLIOS," BY DR. NAGI, OHIO REHABILITATION CENTER.

WE STILL HAVE SOME COPIES OF THIS BOOKLET.

SUGGESTED READING....

### SELF-HELP DEVICES

REHABILITATION MONOGRAPH XXI. \$2. ORDER FROM: PUBLICATIONS UNIT, INST. OF PHY. MED. & REHAB. 400 E. 34<sup>th</sup> ST. N.Y.C. 16

WANT A FUR JACKET? A

FRIEND HAS GIVEN US A BROWN SHEARED RACCOON TO GIVE AWAY... THE MAGIC NUMBER IS BETWEEN 1 AND 1963. SEND YOUR GUESS ON A POSTCARD. DEADLINE: SEPT. 21, 1963

### INTERNATIONAL RESPIRATORY EQUIPMENT SALESMEN WANTED

OPEN TO RESPOS ONLY. APPLY TO: MR. HARRIS A. THOMPSON, PRESIDENT THOMPSON RESPIRATION PRODUCTS, INC. BOX 916, BOULDER, COLORADO



ADDRESS ALL MAIL TO: TjG BOX 149 CHAGRIN FALLS, OHIO U.S.A.



Photo: Bert Arenson



## HOUSING FOR HOMELESS QUADS

WHERE WILL I GO if I outlive my parents?  
if something happens to my wife?  
when my children are ready to marry?

**H**andicapped young adults are haunted by these ever-present fears.

In the past, the few extremely disabled who lived and survived beyond their families, were consigned to a living burial in a County Home for the senile.

The present has little more to offer although, in the last two decades, antibiotics and other medical discoveries have created a new and ever-growing population of able-minded young people who live on, healthfully, in spite of extreme physical limitations.

**O**btviously, their accomplishments show clearly that, with their own determination and some commonsense assistance, they can be successfully and economically employed, can raise their families and serve their communities.

But assistance is essential to their living and productivity. Now, before their present assistants are gone, their "Where will I go?" must be answered.

**M**orally, institutionalizing young people with so many potentialities for service is wrong. One answer lies in small co-operative residence homes in which the residents have freedom and privacy to live - not merely exist.

Because each handicapped individual is unique, the problem is a local one. His needs can best be accommodated in or near his own community. The nature of the problem suggests that local community action and active leadership by the major voluntary health agencies concerned would evolve answers to this chronic and growing problem.

**E**xamples of various types of residence homes throughout the world, already in operation or planned, are presented on the following fifteen pages. It is our hope that these examples will be followed by similar voluntary undertakings in many communities to prevent these important human beings from becoming superfluous people, in the worst sense of the word.

- The Editors

## THE CHESHIRE HOMES IN ENGLAND



LE COURT - *Liss, Hants.*



ST. BRIDGET'S - *The Street,  
East Preston, Sussex*



ALNE HALL - *Alne, York*

THE Cheshire Homes were started in 1948 when Group Captain Leonard Cheshire took one sick and homeless old man into his own home. Others in similar circumstances followed, and were admitted on the sole grounds of there being nowhere else to go. Some were old and helpless, others young and still semi-ambulant but suffering from progressive muscular diseases. Within a year, he had collected some twenty severely disabled people, caring for them, and running his family home, Le Court, on purely voluntary resources, the disabled residents helping as much as possible.

From this small beginning, there has developed a whole chain of Cheshire Foundations throughout the world. In Britain, where there are at present, thirty-nine Homes, there is a central Trust, known as The Cheshire Foundation Homes for the Chronic Sick. The Homes are privately owned and run, having no capital behind them and being largely dependent on voluntary help and subscriptions. The Trust presides over the Homes, owns all the property and is a registered charity. Similar Trusts have been established to control the Homes in India, Africa, Malaya and Jordan.

Each Home is autonomously managed by a committee, representative of the local community, which decides all matters of policy, admits patients, appoints staff and raises the necessary money. In this way, the Homes fit naturally into their surroundings, and the patients have a sense of belonging to



*A family group at work at St. Teresa's.*



STAUNTON HAROLD,  
*Ashby-de-la-Zouch, Leicestershire.*



HONRESFELD HOUSE,  
*Littleborough, Lancs.*



ST. TERESA'S - *Long Rock, Penzance,*  
*Cornwall*



AMPHILL PARK HOUSE,  
*Bedfordshire*



ST. CECILIA'S - *Sundridge Avenue,*  
*Bromley, Kent*

the community. There is a volunteer medical officer who visits at regular intervals and is available on call and who is helped by specialist consultants. The larger Homes have a resident warden in charge, but most of them are run by a Nursing Sister, who has a nucleus of trained and semi-trained nurses and other permanent staff.

Help is given by the patients who are encouraged to take part in the running of the Home, and who are responsible for the Patient's Welfare Fund. Local people help by organizing money raising events, collecting furniture, books, and equipment, visiting and entertaining patients, arranging lessons by local artists or musicians, and assisting with avocations such as amateur radio.

The Homes have developed as opportunity or need has presented itself, and very often in premises for which no one else could find a use. Some of the Homes were acquired by way of a gift, others by purchase.

The majority of the Homes admit only the younger generation of the disabled, between the ages of 18 and 40, who have a long prognosis. However, the residents, as they grow older, are never discharged for that reason. A balance is preserved between those who, with the special facilities provided, can achieve a real degree of personal independence, and those who represent a heavy nursing work-load. Married couples, the aged, and the mentally retarded are not included, but have a

few Homes for their own separate groups.

Members of the disabled family help with the laundry, clear and wash up after meals, go on errands in their invalid tricycles. Some help with the house sewing, as well as execute private orders. One young girl weaves scarves with her feet. A young man has set up a small printing business of his own. Another paints with a brush held between his teeth. Some do packaging for local manufacturing firms. Another does developing, printing and enlarging. Shoe repairs are carried out by one. A great variety of handmade gift items are produced for sale. Others are writers, salesmen, accountants, etc.

The running cost of the Homes has been kept low by the use of voluntary helpers and by the patients taking an active part in the running of the Homes. Thus, in England the weekly bed-cost in 1960 was as low as \$18 to \$20 in the Homes, compared with \$64 in a National Health Service Hospital with chronic sick facilities. Patients pay none, part or all of their costs, depending on their ability to pay. In some instances, the various service clubs or Associations to which the patients may belong pay all or part of the costs and some have small per capita County Grants.

The Homes are run as homes rather than hospitals and they aim to offer the affection and freedom of family life. They average about 40 patients per Home, in equal numbers of men and women, and with a carefully balanced selection of various



HAWTHORN LODGE,  
Dorchester



MIRAFLORES,  
154 Worpole Road, Wimbledon, SW20



WHITE WINDOWS,  
Sotterby Bridge, Yorkshire



THE STAFF AND RESIDENTS OF LE COURT

types of disorders - multiple sclerosis, Parkinson's, cerebral palsy, respiratory polio, traumatic quadriplegia, etc.

In addition to the permanent residents in each Home, two or three beds are reserved for disabled visitors to stay for a short time. These may come from their own families who are consequently enabled to have a holiday; from other Cheshire Homes, thus providing an exchange of ideas; or as an applicant on probation, which builds a realistic waiting list.

"The Cheshire Smile," the semi-official organ of the Foundation is edited, managed and published quarterly by a group of residents at Le Court. The circulation has passed the 7,000 mark under the editorship of Frank Spath (left), who has been disabled by rheumatoid arthritis since his teens.

Frank wrote, "It is not surprising that we are strengthened by the

knowledge that we can do useful, beautiful and constructive things."

The Homes are evolving and responsive to new ideas. The latest, Raphael, was started in December, 1962, when a shipping millionaire handed over the deeds of a 10-acre property at Hydon Heath, near Godalming. This Home will provide self-contained units of accommodation, both for disabled married couples and for single people who require nursing. They will, as far as possible, be able to live their own lives, although communal facilities will be available.

Another innovation, a Service Corps, embracing nurses, cooks, domestic helpers, occupational therapists, etc., will be trained here. This will be a "Special Duties Corps," composed of people who feel they want to give at least part of their lives to the service of the disabled, without requiring in return the full wage that they could otherwise earn. Small salaries will be paid according to individual needs and requirements. A pension scheme is being initiated so that those who retire will have security for their future.

●●●



Photo: Norman Rogers

## More Projects Abroad

**E**ngland: NATIONAL SPINAL INJURIES CENTRE, Stoke Mandeville Hospital. Dr. L. Guttman, Director, reported the following statistics in July, 1962 to the European Seminar at Cambridge University:

During World War II this Centre gave a lead to the world by a new medical and psychological approach to the paralysed. Of the 2,500 patients treated since then: 1,682 are living at home; 233 in special settlements, hostels and homes; 214 are still under treatment and 371 died.

Those who were resettled at home were assisted in adjusting their homes to wheelchair living and in securing employment. Several hostels in England and one in Scotland for ex-service men have been set up for those who can go out to work in their motorised tricycles or where they can work in sheltered workshops. As wage-earners, they have to pay income tax and also for their board and lodging in the hostels. Of the 1,700 traumatic paraplegics and quadriplegics available for employment, 85% are gainfully employed.

**E**ngland: BRITISH POLIO FELLOWSHIP'S RESIDENTIAL HOSTEL has been in operation nearly six years. Known as "Silverwood," it is located in Cobham, Surrey. It is the permanent home for 18 severely handicapped polios. The Matron and her husband are both trained nurses and they run it as a large "family" without rules or regulations.

The house is a pleasant old one which has been redecorated and adapted to wheelchair living. It has spacious lounge rooms, a library and a large meeting room. Provisions are made for hobbies, such as photography and painting, and local Friends are recruited to assist with the hobbies and to take the residents on outings. Some of the residents assist with the bookkeeping, others sell Christmas cards, etc.

There are three shared rooms - two for two people each, one for three, all the rest being singles. Newcomers start by sharing, and move into their own rooms as they become vacant.

Members of the local Fellowship maintain a continuing interest and assist with fund-raising through an annual Fete.



Paraplegic Hostel in Western Australia

**A**ustralia: PARAPLEGIC HOSTELS are being developed in connection with the Spinal Injuries Centres in the various States. Some residents, without homes, are permanent; others are temporary while they undergo further educational and vocational training until they can establish themselves in suitable adapted homes. The next step will be provision for similar long-term care of quadriplegics.

**I**reland: THE POLIO FELLOWSHIP IN IRELAND is setting up a residential centre in Stillorgan with accommodations for 30 polios who will be assessed and trained for occupations. Additional centres are planned for other parts of Ireland. A country-wide survey of polios is being made, with social case workers trying to contact every known case.

**F**inland: VETERANS COMMUNITY. Several years ago, the government of Finland acquired and renovated a castle in the suburbs of Helsinki for 100 handicapped veterans. These veterans not only help the staff to manage and run their community, but they have varied opportunities for gainful employment, craft-work and recreation. In time, their wives and families raised enough money to build their own ranch-style homes on the land surrounding the castle, in order to be with their men-folk.



Reprinted From:  
*Nursing Mirror*, 15 June 1962

*The 13-storey block of 170 flats, 14 being reserved for respiratory patients and their families. Nursing annexe is on top floor*

## **Family flats with a nursing annexe**

### **A Danish experiment for the disabled**

Described by Eugenie Engberg, M.Econ.  
Copenhagen, M.Sc. Columbia ;  
Deputy Divisional Chief, Danish Ministry of  
Social Affairs, Copenhagen

IN MOST COUNTRIES hospital beds are expensive and scarce, yet many of them are filled by patients who need only care and attention. Unfortunately it seems likely that the number of these long-stay invalids will increase. We are likely to have more old people, and, with modern therapeutic methods and drugs, many people survive formerly fatal illnesses but have to live with a disability. War, traffic, and industry each claim their own casualties, and too many of these are young people.

At present completely helpless patients usually have to be in some form of institution, but in Copenhagen we have lately built an experimental block of flats with some hospital facilities on the top floor, where it is hoped they will be able to live with their families and yet not become too great a burden on their healthy relatives.

### Background to experiment

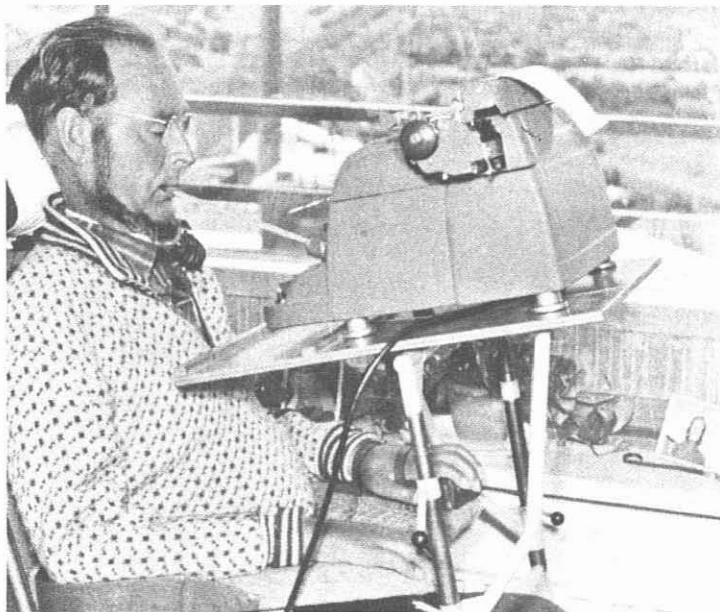
In 1952 there was an epidemic of poliomyelitis in Denmark, and for the first time a considerable number of patients survived though with respiratory paralysis. They have now been in hospital for 8 years and this has had serious consequences both for them and for their families. The young patients have lost their ties with their siblings, and some of the very young cannot remember anything except life in a hospital bed. Spouses have become estranged and some marriages have ended in divorce. There seemed to be no future for these patients other than a continuing hospital life with increasing deterioration of family ties.

However, a new venture changed the outlook for them. In 1956, as a pilot project, a few respiratory patients were discharged and placed in their own homes, with the result that the physical and emotional well-being of some of them improved. Even if a father breathes only through a respirator, he will want to play his part in the daily life of the family, helping to bring up the children, visit relatives and friends, and share in community life. Similarly, a paralysed child needs the love and care of his parent and siblings, and he too wants to follow the happenings in his family. Likewise the single adult, who used to have rooms of his own, usually wants to get away from a hospital life with its rigid time-table and changing nurses.

In 1959 the National Foundation against Poliomyelitis gave 1 million Danish kroner (about £50,000)\* to the Ministry of Social Affairs to provide accommodation for these patients outside hospital.

As a start all the patients and their families were interviewed by a social worker and asked to say how they thought their future should be arranged. Their wishes had to be considered against the family background, and the difficulties caused by the long separation had to be faced. Some marriages had broken up, and some were only formally still in existence. Where the patient was a child, two or three more babies had been born into the family, with whom the patient had not established any ties. The wishes of the relatives as well as the patients had to be taken into account, for we recognised that the experiment would fail unless there was honesty on both sides.

\* 1 krone = 1 shilling.



*Paralysed poliomyelitis patient with inside respirator, in his private room typing with the aid of a stick gripped in his mouth*

According to what was said in these interviews, the patients could be grouped as follows:—

(a) Patients who wanted to live alone with their family in a specially designed and equipped individual home (12 patients).

(b) Single patients, who for various reasons—such as divorce or death of a relative—wanted to live alone with a housekeeper-nurse in a suitable apartment (2).

(c) Patients who had to be placed in an institution because their relatives felt they could not accept responsibility (6).

(d) Patients who wanted to live with their families in private flats, but at the same time have the help of an institution (6).

#### **Family life and medical and nursing care**

The wishes of the first three groups could be met by orthodox solutions, but the groping wishes of the last group contained an idea for a new form of care. They wanted the privacy of family life in a setting which would provide a regular medical service, professional nurses, reserve respiratory equipment, and accommodation where the patients could sleep under professional supervision. As one of the parents put it, they needed *a combination of family and institutional care*.

In response to these suggestions an experimental block of flats with some medical facilities was opened in Copenhagen in 1960. A semi-public organisation representing the Ministry of Social Affairs, the National Foundation against Poliomyelitis, and the Society and Home for the



Crippled, has been made responsible for the management.

The project is housed in a new 13-storey block containing 170 flats and such communal services as doorman, switchboard, and restaurant. It is owned by a non-profit housing association. Fourteen flats are reserved for respiratory patients and their families, and the organisation pays the housing association a monthly rent of 425-800 kr. for each flat.

Each family has its own flat with bathroom, and kitchen. The flat is designed, and equipped with extra electrical equipment and safety installations, to accommodate respiratory patients.

On the top floor of the building there is a nursing annexe with professional staff and emergency equipment. It contains cubicles where patients can sleep under professional supervision at night, when they are ill, or when their families are on holiday. In an emergency a patient can be wheeled in his bed or wheelchair to an elevator and within minutes be under professional care on the top floor. The annexe also has living-rooms, a classroom for education and entertainment, and roof gardens. There are some private rooms in the institution for those few patients who do not have families and who must be classified as full-time institutional patients.

In our experience a member of the family is able to look after these patients with some help from the nurses and doctors of the annexe. A mother, a wife, a sister, or a full-time housekeeper is employed by the Government to take on this responsibility after some hospital training in the use of respiratory equipment. The principle of paying a member of a family to look after a relative has never been



*Charming living-room in one of the 14 flats*

used in Danish social welfare before. But if a relative becomes a full-time paid attendant she cannot take on another job, and more than half of all married women in Copenhagen are employed outside their own home. From the point of view of the Government she replaces a nurse who would have to be paid anyway, since the expenses for the care of the severely handicapped is a State responsibility.

The benefit normally paid under the Danish disablement insurance scheme does not nearly cover the care of a patient with respiratory poliomyelitis and must be supplemented by the Government. Financial needs vary from family to family, and no flat-rate salary for taking care of a relative or flat-rate subsidy is recognised; but each case is considered individually.

In a family consisting of a sick child and her widowed mother, who after a training period in the hospital is responsible for the care of her daughter, the flat is regarded as an official flat as long as the mother takes care of the patient. Besides the rent, a monthly allowance of 700 kr. is paid to cover other expenses.

Another family consists of a father, mother, and paralysed child. The father has a job, the mother takes care of the child, and besides the rent the family is paid an allowance of 150 kr.

Single adult patients have a full-time housekeeper/nurse who gets full board and lodging in the patients' flat and a salary of 450 kr. a month. The patient gets the rent for the flat, and 350 kr. to cover his own expenses.

The institutional services (medical care, sleeping cubicles, nursing care, education, entertainment) are free of charge.

It was expected that some patients and their families

would meet difficulties in this new way of life. Some families had to move from the country to a big city. Sometimes the wage-earner had to get a new job, and the children had to move to new schools and find new friends. Accordingly a trained social worker, who can work intensively with the patients and with their families, is considered essential to success.

### Conclusions

Though it is much too early to evaluate the results of this project, some preliminary conclusions might be drawn as to the wide application of this type of service:

1. A new type of service has been designed in an attempt to meet the growing number of patients who are severely handicapped not only by the after-effects of poliomyelitis but also by such conditions as multiple sclerosis, debilitating diseases, or old age.
2. Severely handicapped patients and their families have been enabled to function as a family unit in spite of the handicap.
3. Badly needed hospital beds and personnel have been released for other purposes.
4. Public funds have been saved, since the cost of maintaining a patient in his own home is less by a third than the cost of maintaining him in hospital.
5. For the first time the Government has employed a member of a family to look after a sick relative.

U. S. A.

## FREEDOM GARDENS for the Handicapped, Inc.

**F**reedom Gardens for the Handicapped, Inc. is a pioneer in the United States in the establishment of a self-supporting home for physically handicapped persons.

This non-profit agency was founded by Miss Lillian Petock, who is afflicted with muscular dystrophy. The group includes members permanently disabled by respiratory polio, arthritis, and cerebral palsy.

Since 1958 they have been telephoning friends and neighbors in Westchester County asking for discarded clothing and household materials to be repaired and sold to help support their project of employing the handicapped and setting aside a fund to establish a home.

By 1962 they had raised enough money to purchase a bungalow colony on rolling land, with a swimming pool and a brook. They hoped to move into their new home in the spring of 1963. However, their plans were halted when the Yorktown Zoning Board of Appeals turned down their request for a special use permit.

Victory was realized in May, 1963, after 11 months and a Supreme Court ruling. The points to be complied with were:

- that it be operated for the purpose of providing individual residence accommodations for the physically handicapped;



The Main House



One of the Bungalows

- that it shall provide individual "homes" for individual persons, and not accommodations for nursing, convalescent or boarding care, with each family or single person having a separate apartment with kitchen facilities;

- that each family will pay its proportionate share of the operating costs of the total project similar to that of a co-operative apartment project;

- that no handicapped person shall occupy the second floor of any building unless proper exit facilities are provided;

- that all structures shall comply with the applicable local and state codes relating to multiple type residences.

The nine-building group is located at the intersection of Strawberry Hill Road and Foothill Street in Shrub Oak, New York. The potential occupancy will include about 40 to 50 persons. Residents will come from hospitals and foster homes where they are presently being cared for. Final closing of the property will be in October 1963. Meanwhile, the group is raising funds to adapt the property to wheelchair living and to make other needed improvements, such as better heating equipment.

For further information, write to: Lillian Petock,  
Executive Director, 9 Joan Drive, Yonkers 4, N.Y.



## *New Horizons, Inc.*

NEW BRITAIN - CONNECTICUT

In 1955, in the New Britain Memorial Hospital, a handful of severely handicapped patients decided to do something about the drab, uninteresting lives they were living and were perhaps destined to keep on living. They formed an organization known as "New Horizons."

Joan Herman, the organization's spearhead and the editor of their quarterly publication, was "mowed down" by respiratory polio just after she finished high school and was preparing to enter Wellesley College. Since then, she has spent 17 years in hospitals. Another organizer, James Dunigan, who had occupied a bed in the same room for 30 years, isolated by rheumatic fever, arthritis and antiquated ideas, acts as secretary of the group. Other officers are quads or C.P.'s.

- Immediate objective ● Obtain ample acreage in Connecticut, within convenient distance of an urban center and establish residence for between 30 and 60 physically handicapped persons, with perhaps 20 resident staff members.

- Long-term development ● Establish a productive workshop - taking on sub-contracts from factories. It is hoped further development will also see the construction of ranch-style homes, around the first large residence, for families with one or two severely handicapped members; the building of a gift shop; the raising of a modest auditorium; the construction of

a chapel; the developing of a picnic area and swimming pool; the creation of a school for higher learning.

- Environment ● The residents would have the right to determine their own lives. Though the home would provide adequate orderly and nursing help, as well as medical care, the emphasis would be on homelike, productive living. There would be a living room, dining room, library, rooms for crafts, music and study.

- Management ● Each resident would have the opportunity to participate in the management. The administrator would be chosen by the Executive Board, many of whom would be residents. They would elect a Representative Council which would draw up recommendations to guide the running of the home.

- Structure ● Everything planned would have the wheelchair person in mind: all on one floor, ramps, wide doorways, etc. Bedrooms would be for one, two or four persons, having wallpaper, curtains, according to the individual's preference.

- Finances ● Local communities have cooperated enthusiastically with many fund-raising projects to produce a sizeable start on the Building Fund. New Horizons hopes for large contributions from individuals and foundations, as well as from interested groups. A growing circle of friends who give small contributions each year will always be an important source of funds. Federal grants may be available through the Hill-Burton Bill and the Community Health Facilities and Services Act of 1961. All such aid would subsidize the cost of per diem care for each resident, in some cases provided by State Welfare, or individual families, or the resident himself through his own or group work.

This dynamic group of able-minded adults aptly quotes Helen Keller in their prospectus: "A person who is severely impaired never knows his hidden sources of strength until he is treated like a normal human being and encouraged to shape his own life."

For further information, write to: Joan Herman,  
New Horizons, Inc., New Britain, Connecticut.

## More Projects in U. S. A.

CHRISTIAN LEAGUE FOR THE HANDICAPPED, located in Walworth, Wisconsin, has been working to raise the money for a home for many years, through pledges from its chapters throughout the country. Their dream will be realized this summer when the home is completed. Funds were raised either by outright gifts, or Trust Agreement loans, on a non-interest basis or on the basis of receiving 5% interest semi-annually. Future plans include a gift shop building, cooperative apartments and facilities for individuals who require complete nursing care. For further information, write to Mr. Charles E. Pedersen, General Director, and editor of their monthly "Bulletin."

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SEATTLE HANDICAPPED CENTER, with a membership of 200, is the only large center in the country run exclusively by the handicapped. Its director, Ida Daly, crippled by muscular dystrophy since childhood, has been working to get the Seattle Housing Authority to build a Residence Home for the Handicapped under Public Housing. The Center would administer all activities and the dining facility. Public Housing, under new laws, can build auxiliary recreational facilities for general handicapped use (swimming pool, gymnasium and auditorium combined and meeting rooms) in conjunction with a housing project. Plans have been formulated roughly for 120 units which would include living room, bedroom and bathroom. It would house the handicapped requiring all degrees of care from maximum to none. In cases where an able-bodied parent or helpmate would share a unit with the handicapped individual, he or she would help in return for room and board. In other cases, help could be expected from each other. Though many problems remain to be cleared, their Residence Home Committee is both active and optimistic. For more information, write to Mrs. Daly at 2525 So. Hill Street, Seattle 44, Washington.

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PRIVATELY OWNED HOME FOR PHYSICALLY HANDICAPPED is now being started in Cloquet, Minnesota by Joyce Okerstrom. A former nurse, who has taken care of many who are severely disabled, she got the idea from seeing the unhappiness of young adults among the aged and senile in nursing homes.

The home will be financed by a Federal loan and about 40% by private funds. Monthly costs will be in accordance with County and State Nursing Home rates, and will be paid by the patients, most of whom receive their support from County Welfare. No special provision will be made for the patients to earn money in the home.

Construction started in June 1963 with space for 16 patients and plans for future expansion. She plans to have both men and women, with two patients to a room, and to limit the ages to those between 18 and 50.

Plans call for a basement and ground floor, with an elevator between the floors. The basement will include a recreation room and craft shop. The ground level will contain the family room, bedrooms and dining room.

Miss Okerstrom's main concern is that this home be like a home not a hospital or institution. With this in mind, she is choosing draperies, bedspreads and colors which will provide the warmth of a home. Provision will be made for day and evening snacks. The home will be surrounded by 10 acres of land and many outdoor activities such as barbecues and picnics will be arranged for the residents.

So far, those who have expressed interest in living in the home include victims of cerebral palsy, multiple sclerosis, polio and rheumatoid arthritis. Any type of physical disability will be accepted.

For further information, write to:  
Joyce Okerstrom, Cloquet, Minnesota

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**F**REE VACATION MOTELS FOR HANDICAPPED in Florida are made available through the May K. Houck Foundation. There are four motels on the Tamiami Trail and three residences in Sarasota. For a visit beyond two weeks, the Foundation expects a donation. No meals are provided, but housekeeping facilities are available. Presently, studies are being made relative to establishing a permanent home for handicapped. When applying for vacation reservations, make your plans well in advance, and send complete information as to the nature of your disability to: Frank W. Moffett, Trustee, May K. Houck Foundation, 1896 Bahia Vista St., Sarasota, Florida.

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**C**O-OP HOUSING IN ST. PETERSBURG, FLORIDA, designed for wheelchairs, is in the planning stage. Designs include a 40 unit building, consisting of 1 and 2 bedroom, 1 or 2 bath apartments, with all appliances including air-conditioning, complete with a swimming pool, and sheltered entry and parking, at a top price of \$12,500. If interested, get in touch with Phillip G. Smith, c/o Mutual Insurance Agency, 6989 Seminole Boulevard, Largo, Florida.

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**P**RVATELY OWNED MOTEL IN CALIFORNIA FOR HANDICAPPED has just been started by Mr. W. H. Manor, 1400 No. Mt. Vernon, San Bernardino. The brochure states, "This home is intended to be the place where, as near as possible, every need of a physically handicapped person who does not need professional nursing or medical care is fulfilled." The prices per month are: \$195 for a private room and \$150 for a semi private. This includes all meals, attendant care, simple laundry and linens. There is also a heated swimming pool.

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**I**NDOOOR SPORTS CLUBS throughout the country are saving commemorative postage stamps towards Homes for the Handicapped. The first actual home attained was purchased by District #4 in Windsor, California. The Home represents seven long years of effort. The InDoor Sports have a nationwide organization of social clubs for the disabled, and a monthly publication "The National Hookup." For information about their nearest chapter write to: P.O. Box 98, Solana Beach, California.

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**C**EREBRAL PALSY ALUMNI PLAN COTTAGE COMMUNITY at their alma mater, Children's Rehabilitation Institute, Reisertown, Maryland. They envision small cottages for one or two people (and an attendant if needed) on the 200 acres that the Institute owns. Those who are able to work "on the outside" will be able to do so and make their home in the hoped-for cottage community. For the more severely disabled, the community's sheltered workshop will provide a place to live while pursuing whatever activities are within their capabilities.

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**C**ITY OF NEW YORK MIDDLE-INCOME HOUSING PROJECT, contains 14 apartments especially designed for handicapped persons. The builder, Rose Associates, 529 Fifth Avenue, New York City, included these specially designed apartments of his own accord. In addition to several studio apartments there are one, two and three bedroom units. The Evergreen Apartments, which were opened in November, 1962, rent from \$74.25 for the studios to \$151.25 for the 5 $\frac{1}{2}$  roomers, depending upon income. The living rooms are airy and spacious; the bathrooms are extra large and are equipped with handrails; the kitchens have low work counters and refrigerators; all doors are wide enough to accommodate wheelchairs.

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. . . . Suggested Reading

HOMEMAKING AND HOUSING FOR THE DISABLED IN THE UNITED STATES OF AMERICA. Rehabilitation Monograph XX. \$1. Order from: New York University Medical Center, Institute of Physical Medicine and Rehabilitation, 400 East 34th St., New York 16, New York.

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UNITED CEREBRAL PALSY OF PENNSYLVANIA and the Department of Welfare plan a two-year study of the 33,000 persons with cerebral palsy living in Pennsylvania to evaluate the needs of cerebral palsied adults appearing to need resident care and to demonstrate the use of community facilities for long term care. For information, write to: Mr. Leslie Park, Executive Director, 1719 North Front St., Harrisburg, Pennsylvania.

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FOSTER HOMES FOR HANDICAPPED ADULTS have solved living problems for some hospital-bound throughout the country. A New York agency is one source for such placement. However, it limits its services to those between the ages of 18 and 40 and those who need minimal assistance in eating and dressing and have total independence in toilet and bathing. For information, write to: New York Service for the Orthopedically Handicapped, 853 Broadway, New York 5, N.Y.

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LA VISTA CLUB - A HANDICAPPED AND BLIND CO-OP COMMUNITY in California in which they have combined their abilities to build a "miniature city" of their own. It includes stores which sell handicrafts and ceramics, real estate and insurance. Other buildings in the community are a social hall, a wood-working shop and four-unit apartments. They have organized a radio program, and an orchestra to play at their dances, and collected a library of records and books in Braille. an "odds and ends" store in downtown Santa Barbara brings in most of the community's income, supplemented by generous donations by the citizens of Santa Barbara of money, labor, materials and transportation.

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88TH CONGRESS  
1ST SESSION

**H. R. 740**

**A BILL**

To amend title II of the Housing Act of 1959 to extend the program of loans for housing for the elderly so as to include housing for handicapped families and persons, and to enable occupancy of such housing by the handicapped at rentals they can afford by authorizing grants to maintain its solvency where rentals are reduced for this purpose.

By Mr. ASHLEY

JANUARY 9, 1963

Referred to the Committee on Banking and Currency

This Bill was introduced by Representative Thomas L. Ashley of Ohio.

If you feel H.R. 740 would help to solve your problems, write to your Senators and Representative indicating your support of this measure.

**C**O-OPERATIVE HOME (RESIDENT CARE CENTER) FOR ALERT HANDICAPPED ADULTS is being planned in Florida by a private group of the severely handicapped. Their purpose is twofold: (1) To provide maximum opportunity for handicapped persons to participate in the management of their own affairs, and (2) to provide a background for disabled persons to participate (more fully) in the community's social, cultural and economic life.

Their plans now envision small units. Eventually, they hope for more centers, which would be scattered but cooperating, with one or two close to a college campus so that they could avail themselves of student help and telephone hook-ups for continuing education. There would be both single and family units. Patients of varied disabilities would help each other and all would share housekeepers, nurses and stenographers. Accommodations would be included for vacationing disabled on a short term basis. For more information, write to: Margaret Norris, V.A. Hospital, Ward 22-1-N, Bay Pines, Florida.



THE COMMUNITY HEALTH SERVICES AND FACILITIES ACT OF 1961 authorized the Surgeon General of the Public Health Service to make project grants to public or non-profit agencies or organizations for the development of outside-the-hospital health services, particularly for the chronically ill and aged.

This Act encourages experimental projects and new approaches, at the community level, to services such as nursing home and home nursing care, homemaker services, social services, etc. For more detailed information, consult your Public Health Service Regional Office.

**R**ANCHO HOME CARE PLAN, based at Rancho Los Amigos Hospital in Downey, California, makes it possible for about 200 respirator patients in Los Angeles County to live at home. Fifteen without homes are carried as home care patients in contract sanitariums, which are also used for short-term placement when families need rest periods or go on vacation.

The County plan, started in 1953, is an extension of the hospital into the home. The patient remains a patient of the hospital with the Home Care Department providing or arranging for services and equipment. Private physicians in the patients' communities care for them at home and are given limited privilege appointments to the medical staff of the hospital, reporting regularly on the medical status of their patients. Specialized medical services, laboratory tests and medicines are supplied on an outpatient basis.

The hospital provides respirators, generators, hydraulic

lifts, etc. Workers from the mechanical department visit monthly to service equipment and provide emergency coverage 24 hours a day.

Before the patient goes home, the medical social worker confers with him and his family frequently. She helps solve financial problems and explores community resources. Psychological and vocational counseling are available in the hospital and on an outpatient basis.

Authorization for attendant-housekeeping help is based on the needs of the patient and his family. Recommendations of various departments are considered before the service is authorized. The County pays all or part of the salary. The family and the attendant-housekeeper receive instructions at the hospital in the care of the patient and his equipment.

For more information, write to Mrs. Enid B. Callahan, Home Care Coordinator, Rancho Los Amigos Hospital, Downey, Calif.



# Warning to Others: A Letter to Ponder

## NOTES FROM HELL OR A POLIO'S PERDJTION

by former H.B. (human being) E. S. Rector

**I**n World War I the expression "Going West" meant to stumble into a six by three hole and stay there. Well, let me tell you what "Going South" meant to this polio and what kind of a hole I am in. . .

I HAD my halcyon days at home with the sliding glass doors everready to unfold me to the kindly ministrations of the sun, as with Hands of Praise. . . The storemen knew my wheelchair; twice I went to church. And, then amongst these parts of Paradise, black lightning struck. . .

My attendant had to go to Minnesota on family business and thus began a flight amongst those darlings fate sends to squeeze shut the eyelids of those the bug has sucked. I mean the attendants YOU get when you put an ad in the paper. I have read enough from others to eschew the pursuit of such delicacy, n'est-ce pas?

Next that shield of my ignomy and despair, the NFIP, metamorphosed into that Dragon with Tail Endless, the N.F. and I was struck down a la my attendant (meaning without one) so that the perversity of fate has planted me here.

**I** arrived at this County Hospital attended only by those looks people give cows balancing on thistles. I passed the first night on positive pressure tube without sleep (where was my rocking bed?) and the second night on tube without

sleep, but when they suggested I go the weekend the same way I BLEW MY STACK. Result - a truck arrived with my bed just as I turned black from cursing and blue from CO<sub>2</sub>. . .

It was soon evident to me that I was considered something which ought to have been dumped on somebody else. The baby watchers had no men to help them get me up or down and it was here I began to meditate how to strangle myself with the hair of the next inbound beauty (if she ever came). Have you ever laid on your back, unable to move, for seven hours, without seeing even an imitation of a human soul? Go ahead, RING your button. Or have you ever sat in (you name it) for the same length of time and then have the red rash hastily diagnosed and rushed to the lab?

Out of that room and into another ward, twenty old and dying men, with three more wards like same or worse, making eighty, and two male attendants on at night to help a nurse and her aide feed and take care of them, including twenty incontinent. In such a place it was days before anybody realized big, fat, husky, normal me had any needs at all. . . I wrote to the County Supervisors. I also wrote good old friends. . . and so communication was established - Just the facts, ma'm - Today I have my first shampoo since July. . . six weeks for a haircut. . . I wrote a friend who was coming to see me and said, Stay Home. But I won't do that again and if any of you want to come to visit me, you may (Purgatory notwithstanding).

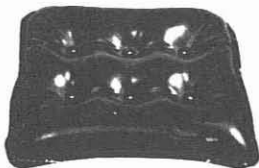
EDITOR'S NOTE: The preceding letter was dictated by our friend, Elbridge Rector (now deceased). It was received a few weeks before he passed away...It seems poor management on the part of society to spend thousands of dollars getting a man with a fine education and talents through a polio crisis and dropping him to be institutionalized at indigent level...

Elbridge's letter and the Editor's Note are excerpted from THE SPOKESMAN, November 1960, the Newsletter of the Bay Counties Post-Polio Association.

## EQUIPMENT

"In perhaps no other field of medical endeavor is mechanical assistance of such keystone importance as it is in rehabilitation of the physically handicapped. One lever, even one gadget, one device, may be worth one thousand dollars, ten thousand treatments or one hundred thousand words."

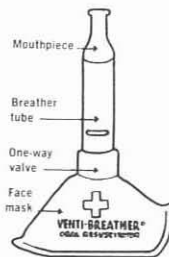
Howard A. Rusk, M.D



● **BYE-BYE DECUBITI** ● and pressure pains too with a seat cushion that is "tops" for bottoms. A simple air cushion, made of rubber, it scientifically equalizes pressure. Priced from \$7 to \$11, depending on size. Ken McRight, 3334 N. Iroquois, Tulsa 6, Oklahoma.

● **EMERGENCY BREATHER** ● Inexpensive, breath-operated, oral breather. Useful to have in car in case of an accident, or during a power failure, or for general emergency use.

Victim's lungs are inflated when rescuer blows into mouthpiece. He breathes out through the exhaust side-vents and not into the rescuer's mouth. Price: \$4.95. Venti-Breather Sales, Inc., 725-15th St., N.W. Washington 5, D.C.



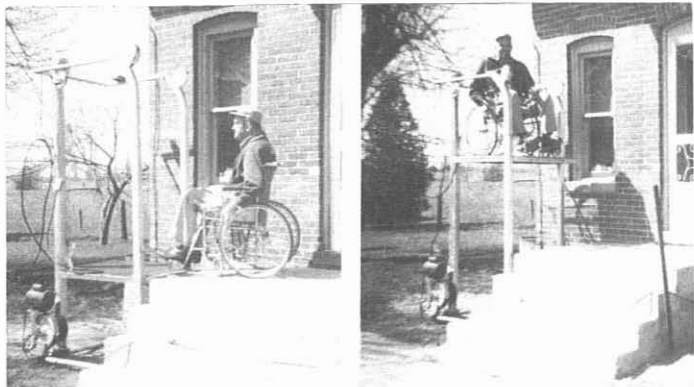
HOW DO YOU PREVENT BED SORES IN SOMEONE WHO CAN'T MOVE MUCH IN BED ?



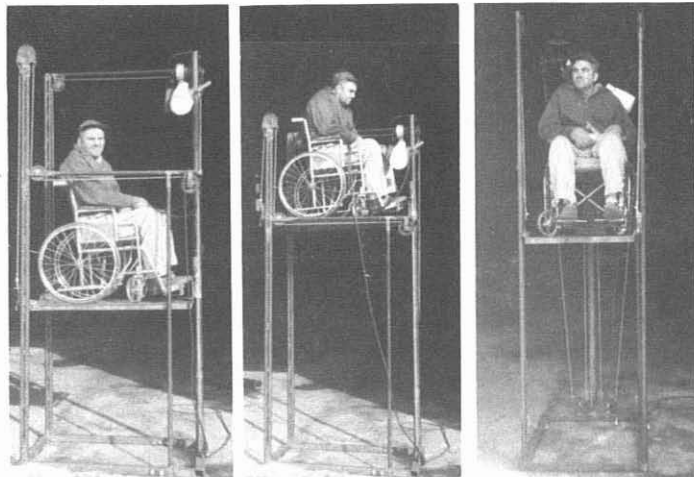
SHEEPSKIN HAS RECENTLY BEEN RECOMMENDED. IF THE PATIENT LIES DIRECTLY ON THE WOOL, BED SORES ARE LESS LIKELY TO DEVELOP.

● **BEDS IN SHEEP'S CLOTHING** ● Washable, sheared and tanned sheepskins prevent burning pressure pains in heels, etc., as well as bedsores. Full skin for bed or seat cushion cover for wheelchair. See ad in Market Place. Kendall Enterprises, 2714 Holly Ave., Arcadia, California.

An excellent synthetic version is also available - "Decubicare Pads." Norwood Mills, Janesville, Wisconsin.



5-foot rise four-way elevator with three posts



8-foot rise elevator

• CUSTOM-BUILT ELEVATORS •

Vince La Mielle, polio '48, a creative inventor, has organized a machine shop to engineer his designs at minimum prices.

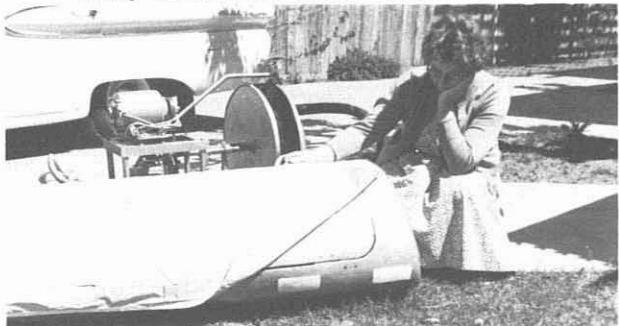
Each elevator is individually designed and built to order for the particular handicap and home:

- Attendant-operated or self-operated, by either hand, with micro-switch.
- Sized to wheelchair or ambulance cot.
- Outside from porch to ground level.
- Inside from first to basement or to second floor.
- Entrance and exit, from side, back or front.
- Typical rise heights and prices: 3' rise (\$200); 5' rise (\$225); 8' rise (\$300 to \$350). All prices f.o.b. Bad Axe, Michigan. Since all units are custom-made, remittance in full must accompany order.
- Shipped in a husky wooden crate; can be handled by motor freight.
- Inconspicuous and compact; easy to install or relocate; simple to maintain.
- Ruggedly built of steel. Operated by a 1/3 to 3/4 H.P., 110 volt motor - in relation to height and personal need.

Send for more complete information. With your initial inquiry: (1) specify height of rise desired; (2) send a photograph or sketch of location; (3) detail your problems. Write to: V. La Mielle & Co., East City Limits, Bad Axe, Michigan



Ready to leave for an Australian "roo shoot"



Noelene's mother shows Terylene and Velcro seal

Noelene Heley  
models her  
Colville  
Respirator

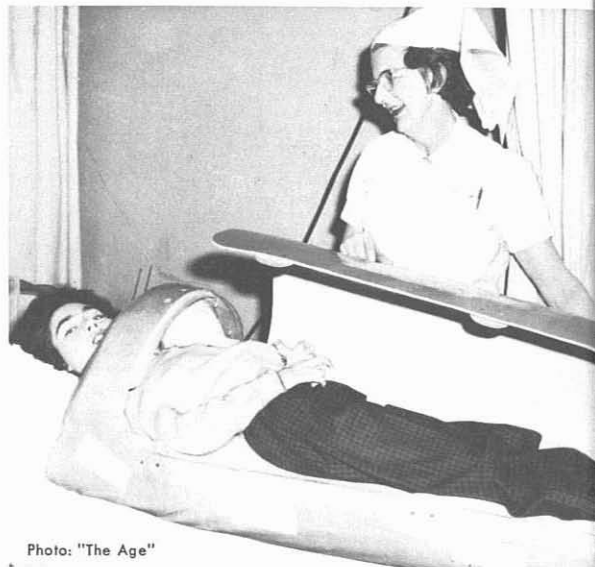
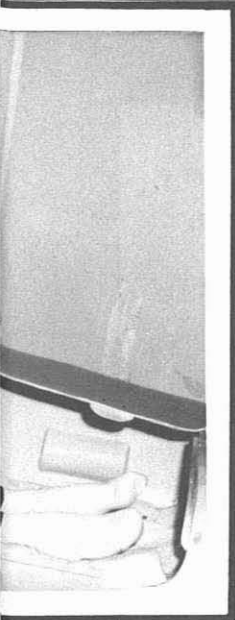


Photo: "The Age"

● PORTABLE FIBRE GLASS LUNG ● This lightweight respirator was designed for eighteen-year old Noelene Heley to use at night on camping trips with her family on their kangaroo hunts and fishing trips.

It was developed and produced by Dr. Peter Colville of the Health Department with technicians and physiotherapists at Fairfield Hosnital and the Royal Children's Hospital in Victoria, Australia.



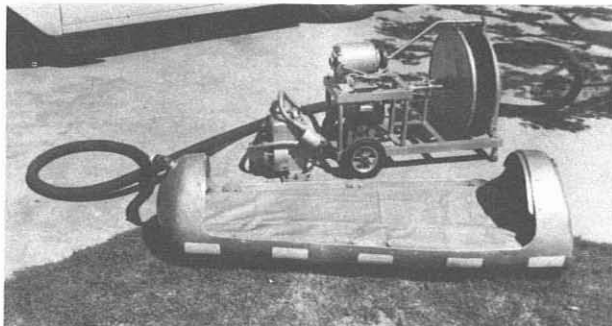
The lung, which looks like a space capsule, is really a "tank" tailored to size and shape. It weighs only 51 lbs. plus a 4" foam rubber mattress. A standard spiral twist type of collar is provided.

A mould was made to the required dimensions, the fibre glass applied, and the mould dismantled through the collar hole. The lid was then sawn out of the resultant barrel shaped shell and provided with aluminium clips for repositioning.

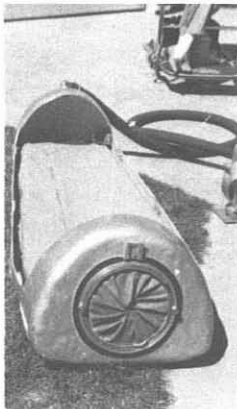
The seal is probably unique: simply a sheet of Plastic or Terylene laid over the shell - the suction creating a very good seal between the smooth sheet and the smooth shell; this sheet is positioned by several pieces of Velcro fastener.

A standard hospital type bellows is used. It is powered by a light vacuum cleaner motor or, when they leave the power lines, by a small petrol driven engine. The latter is used with about 30 feet of air hose and a large exhaust pipe submerged in water, so that the noise is subdued to tolerable levels.

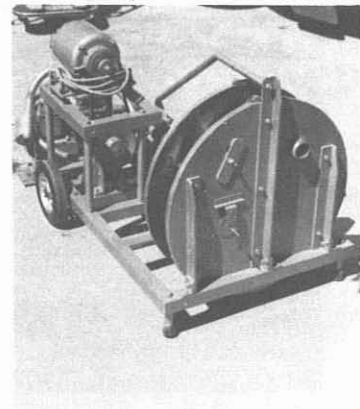
(TJG has been furnished complete instructions and blueprints that we will send to anyone who wants to duplicate Moelene's Colville Respirator.)



Respirator, petrol driven engine, motor and bellows



Standard collar



Lightweight motor and bellows

● SELF-ADJUSTABLE BED ● At the touch of a button the bed becomes a mobile chair. It gives a range of positions between lying and sitting and includes extra fittings to provide for postural drainage, for leg raising and for head-down tilt. Sides and adjustable foot-rest are removable. Width: 3' or 2'6". Length: 6'6" or 7'. For more information, write to the Sales Representative (a respo): Mr. Paul Bates, Egerton Engineering Co., Tower Hill, Horsham, Sussex, England.



More about:

● ELECTRONIC MULTI-CONTROLLERS ●

(See TjG, Fall-Winter 1962, pages 32 and 33)

Mr. W. H. Short, inventor of the Selectascan, has developed a typewriter connected to a tape recorder.

His wife, Pat, in an iron lung, now has a job typing and editing tapes for the B.B.C.

Write: The Avondale Engineering Co., 22 Avondale Rd., Farnworth, Bolton, Lanc., England.

Mr. Herbert S. Merrill, respo, an electronics design engineer, has developed an improved and less expensive model of his Switch-O-Matic - especially designed for other quads.

Send for his new brochures: Down East Electronics Mfg. Co., 93 Depot Rd., Falmouth, Maine.

Consult him for solutions to your individual problems. For example, he can furnish a voice controlled unit for some dictating machines for \$30 to \$40.

• SINGULAR WHEELCHAIRS •



DOUBLE for twin girl respos



QUEEN SIZE for a 450-lb lady



The Aga Khan's chair



King Saud's wheelchair throne



FITTED TO A KING. President Franklin D. Roosevelt presented this chair to King Ibn Saud of Arabia at the Cairo Conference. The King, severely crippled by arthritis, was so pleased with it that he ordered a dozen more.

The Aga Khan heard of the King's rolling chairs through the Moslem grapevine. He was so greatly impressed that he ordered several for himself through his emissaries.

(Photos courtesy of Everest & Jennings, Inc.)

a  
carnival of  
values...wander through  
the tjc's market place and find the  
answer to all your wants and needs...do it  
yourself with herbert merrill's switch-o-matic remote  
...earn for yourself with grace and irene's lovely note  
paper... stand up for yourself with kendell's elevating seat  
...these and many other exciting values are to be found in the market place!

tired of lugging your lapboard  
to every party? get one of  
bobby's unique terre-cotta  
coasters...ties onto arm of  
your chair...glazed in matte  
(not shiny) white only...\$1.00  
each...write to barbara cory  
456 greenwood...glencoe, ill.

hand-made baskets and purses  
... subscriptions to "readers  
digest"... write lenora cleek  
... 477 winans ... akron, ohio.

custom built, outdoors, elec-  
tric elevators...see special  
equipment section of this tjc  
...vince la mielle...bad axe,  
michigan.

wedding invitations and at-  
tendants gifts...discounts  
to all...write or phone...  
also handle avon and stanley  
products...jo ann goodin...  
19602 helen...detroit 34,  
michigan.

THE MARKET PLACE - all adver-  
tizers are respos and other  
severely handicapped ... for  
free space write to mickie  
mcgraw c/o tjc...box 149...  
chagrin falls, ohio.

stationery 8½ x 11 inch sheet  
with pen sketch of horse's  
head or country church scene  
...15 sheets plus envelopes -  
\$1.25...contact jane comstock  
...the comstock lode...sparks,  
oklahoma.

"your work merits our meti-  
culous attention"...typing-  
manuscript, legal, etc...cor-  
rections if desired...stencil  
typing - typing for photo re-  
production...mimeographing -  
booklets, programs, forms, let-  
ters, bulletins, postcards,  
pricelists, etc...estimates on  
request...contact g & g enter-  
prises...ginny pauff and gene  
pritchard...766 st. johns ave.  
lima, ohio.

wheelchairs, lifts ... com-  
modes... polyfoam, foam rub-  
ber ... write for catalogue  
...specialty aids...439 locust  
street ... santa cruz, calif.

the country school run by jean  
ryan (see tjc, vol V, no.2)..  
wonderful outlet for your  
special craft...don't pass up  
this opportunity...send on  
consignment to jean ryan's  
gift shop for the handicapped  
...rte.2...dundee, illinois.

business printing-cards...  
letterheads...statements...  
advertising novelties-book  
matches...pens...calendars...  
magazines...write tommy sex-  
ton...1723 evansdale...toledo  
7, ohio.

bookkeeping and tax service..  
contact mary w. angel ... 8  
gansevoort street ... bath,  
new york.



"we clear magazines for agents  
...over 3,000 domestic and  
foreign periodicals in our  
catalogue...many of the more  
popular magazines carry 50%  
commission"...for latest cata-  
logue write ed rosenwasser...  
magazine subscription service  
...p.o. box 3062...corpus  
christi, texas.

agent in switzerland and other  
european countries for "thomp-  
son respiration products"...  
information and catalogues on  
request...charles froelicher  
...steinhofhalde 18...lucerne,  
switzerland.

hart's specialties...adver-  
tizing...imprints...novelties  
...greeting cards...magazine  
subscriptions...blaine hart  
...rd #3...fairview road...  
salem, ohio.

1000 personal address labels  
- \$1.00 ... 4 lines neatly  
printed in black on white...  
marion sampra ... 2501 north  
meade ave...chicago 39, ill.

mouthstick christmas cards...  
write for complete brochure  
of these beautiful cards...  
ann adams...3405 hendricks  
ave...apartment 2...jackson-  
ville, florida.

david tawwater...insurance  
agency...bookkeeping-tax serv.  
...contact him at 303 moffett  
street...richardson, texas.

handicaps, inc....hand driving  
control...also very much inter-  
ested in finding people to  
act as local agents for prod-  
ucts...wonderful opportunity  
contact handicaps, inc...  
4345 south santa fe...engle-  
wood, colorado.

earn up to \$.45 per box...  
sell "grace notes" - charcoal  
sketched note paper and greet-  
ing cards made by one of the  
gang...for further informat-  
ion write to grace notes...  
3506 7th ave.north... grand  
forks, north dakota.

"seconds sanctified" - a bi-  
monthly publication especially  
for shut-ins written by shut-  
ins...correspond with people  
all over the world...only \$1.00  
per year...more information  
on request...write marian  
ricker...rr#1...marcus, iowa.

set of 24 postcards - reproduc-  
tions of paintings by mouth  
...\$1.00 plus \$.10 postage...  
also oil original postcards  
or paintings for those inter-  
ested...miss nyla thompson...  
1711 crown dr...austin, texas

secret pen pal club - join the  
fun...have a secret pal...  
write a letter telling about  
yourself - hobbies, interests  
age, sex, etc...send informa-  
tion with a self-addressed,  
stamped envelope to joyce  
walker...20304 dresden...det-  
roit 5, michigan.

knob handle rubber stamp - 1  
line .75 ... 2 lines \$1.00...  
3 lines \$1.50...4 lines \$1.75  
...5 lines \$2.00... also 1000  
name and address labels - 3  
lines only ... \$1.00... hand  
decorated stationery - \$1.25  
... jewel cole ... 9½ w.moun-  
tain street...fayetteville ,  
arkansas.

the rock shop...tourist in-  
formation and novelties ...  
lapidary jewelry...canadian  
souvenirs...alan and bernice  
kay...highway 16 west...eed-  
monton...alberta...canada.

rehab aids announces spring  
release of '63-'64 rehabili-  
tation mail order catalogue.  
..wonderful opportunity -  
profusely illustrated...many  
new items...only \$.50...also  
available -"easier living" -  
a free bulletin covering all  
phases of rehabilitation...  
write to rehab aids...6473 sw  
8 street...miami, florida.

Continued

wanted - used kar-top lifter.  
..for sale-niagara cyclo mas-  
sage car cushion...12 volt  
svstem in fine condition ori-  
ginally \$89...now only \$40.  
write lowell weissert...604  
w.sunset...bourbon,indiana.

accounts and income tax ef-  
ficiently and inexpensively  
serviced by mail ... please  
write charles lyser ... 717  
liberty street... el cerrito,  
california.

sell mouth stick sketched  
cards and notepaper...write  
for brochure...also available  
12 large, single fold notes  
for \$1.25 ... irene ridgeway  
...8415 luxor street...downey  
california.

thompson's christian bookstore  
..books, bibles, gifts, greet-  
ing cards, stationery, sunday  
school supplies, etc...greene  
and morris streets...waynes-  
burg, pennsylvania.

for sale -electric motor...  
24V., 13.5A., D., C. 1/3 H.P.,  
compound ... size -3" diameter  
x 8" long ... shaft -5/8diam-  
eter x 1 1/2" long ... \$10.00,  
postpaid...write to blair kay  
jones ... 9909 dilston road..  
silver springs, maryland.

wonderful buy-electric page  
turner...almost new...must  
let go...only \$30.00...1/4 of  
original purchase price...  
for more information write to  
bettye erickson...2519 barnes  
bridge rd...dallas 28, texas.

would be glad to be of any  
help to those interested in  
writing childrens books...  
also be sure to get alyce's  
own book "rocky the rocket  
mouse"...only \$2.75 per copy  
...contact alyce mae bergey..  
lanesboro, minnesota.

magazines for any hobby: for  
those studvng french there  
is "se lection du reader's  
digest" ... six mois pour  
seulement \$1.00...save over  
1/2 regular price...any lang-  
uage edition regular \$4.00  
per year...also sell "tv guide  
-34 weeks only \$2.88...write  
mr. wylie (kn7tcy)...815 11th  
st. nw. ... puyallup,washing-  
ton.

newsletter written by and for  
handicapped adults...publish-  
ed 11 times a year...filled  
with news of people, organiza-  
tions, activities, etc...\$1.00  
per year...write editor...  
chicago star newsletter...54 1/2  
n.magnolia ave...chicago 40,  
illinois.

switch-o-matic! model s-2  
controls five appliances, by  
microswitch-\$119.00...new  
model s-3 especially designed  
for quads-controls appliances,  
tv,recorders,intercom,phones.  
..for full details of this  
wonderful new device contact  
herbert s. merrill...down -  
east electronics...93 depot  
road...falmouth, maine.

agents wanted - take orders  
for magazine subscriptions...  
free sales kit - no obligat-  
ion...good commissions on all  
magazines...sawyer's magazine  
service...box 90 - austinville  
rd#1...troy, pennsylvania.

kendell elevating seat...self  
operating...18" travel can be  
used over toilets or as chair  
in other rooms...hydraulic  
pump raises you high enough to  
stand without bending your  
knees...lowers to lounge chair  
level...kendell enterprises...  
2714 holly ave...arcadia,calif

registered representative of  
waddell and reed, inc. ...  
mutual funds and financial  
planning ... glad to answer  
any questions...contact tom  
rogers...1001 25th ave.ct....  
moline,illinois.

IRON LUNG POLIOS, INC.

Statement for the Year Ended December 31, 1962

Balance on hand January 1, 1962:		
Checking Balance	\$1,316.21	
(Including \$150 given for prize)		
Cash	-0-	\$1,316.21
Receipts: (Gifts from 129 friends)		
Donations for Part-time attendant	400.00	
"Sales" of Gazettes	46.00	<u>\$3,749.28</u>
		\$5,065.49
<hr/>		
	<u>Disbursements</u>	
Bank Charges	\$ 9.00	
Books and Periodicals	54.75	
C.O.P.H.* Dues and Meeting	31.50	
Office Supplies	62.09	
Part-time Attendant for Editor	350.00	
Postage	453.49	
Printing the TOOMEY j GAZETTE	3,599.93	
Prizes	150.00	\$4,710.76
Balance on hand January 1, 1963:		
Checking Balance	\$ 354.73	
Cash	-0-	<u>\$ 354.73</u>
		<u>\$5,065.49</u>

\* Congress of Organizations of the Physically Handicapped



TjG is proud to announce that among the "Gifts from 129 friends" listed in our 1962 Year End Statement, are donations from the following Foundations:

The Harry K. Fox and Emma R. Fox  
Charitable Foundation  
\$1,000

The Cleveland Foundation from the  
David C. Wright Memorial Fund  
\$1,000

The Charles H. Giles and Fannie M. Giles  
Memorial Foundation  
\$300

If you wish to help with a tax-deductible contribution, make check to:  
IRON LUNG POLIOS, INC.  
Box 149, Chagrin Falls, Ohio

**T J G** thanks our good friends, listed below, for their generous gifts which helped pay for the printing and mailing of this issue:

● California

Mrs Madeline Alverson  
Mr & Mrs H J Barneson Jr  
Michael J Callahan  
Marilyn V Card  
Mrs Hollis Caswell  
In memory of Johnny Denton  
Carolyn DeVaney  
Ralph O Dosch  
Alta E Dubois  
Rev & Mrs F Harold Essert  
Mrs Martin L Greiffenberg  
Linda L Harvey  
The Lerner Foundation  
Janet A McDonald  
Mr & Mrs Seymour Rosenberg  
Emmy Ruud  
Mrs Carlton L Shmook  
In memory of Mrs Louis J Smith  
Deanna Townsend  
Ben Woodcock  
● Colorado  
Mr John Burke & Sons  
Virginia T Smith  
Dana Stanton  
Harris A Thompson  
● Connecticut  
In memory of Dr Burton H Fern  
Patricia Gagner  
Mr & Mrs William F Otterstrom  
● Florida  
Mr Harry A Doll Sr  
Chris W Ford  
Margaret Norris  
● Georgia  
Gene Marks

● Illinois

Jean Ryan  
Ginny Simens  
Beulah B Snell  
Thomas Howard Taylor  
● Indiana  
Merlin L Hamman  
Jim Thompson  
● Kentucky  
Mr & Mrs Wilbur Arnold  
Mrs Eulah Sahner  
● Louisiana  
Anonymous  
● Massachusetts  
Mary T Chiavarini  
● Michigan  
JoAnn Goodin  
● Minnesota  
Paul M Ellwood Jr MD  
● Missouri  
David Beatty  
Mrs Wilson Carr  
Robert V Fellhauer  
Mr & Mrs Ernest Kirschten  
● Nebraska  
Lois Krautkremer  
● New York  
Anonymous  
Mrs Charles W Bast  
Richard J Bauer  
John Lyle Brownlee  
Mr & Mrs Martin Eaton  
Robert D Eckhouse  
Dr and Mrs Paul L Essert  
Rev Francis F Fisher  
Edward J Klanit  
Mrs Maurice K Stern

● North Dakota

Grace Sandness  
● Ohio  
Lenora Cleek  
Emmy C Dobler  
Mrs R J Edwards  
The Harry K Fox & Emma R Fox  
Charitable Foundation  
In memory of Mrs Eldy Gross  
Albert Holloway  
James W Hooper  
Miss Cecile Hush  
Anonymous  
Ealon Lamphier  
Roger Liephart  
Mrs Robert A Little  
Rose Marquard  
Mrs Arthur A Mathson  
Donna McGwinn  
Edward J Moriarty  
Imogene Prichard  
Mrs Jack Rodgers  
Solon Women's Service Club  
Mrs Shirley Wolf  
● Ohio, Chagrin Falls  
Mrs Allan M Cleaveland  
Mr & Mrs William A Harshaw II  
Mr & Mrs Bill F Hutchins  
J S Laurie  
Dr Tom D Rose  
Willard C Stoner Jr MD  
Mrs Arthur Winslow  
● Oklahoma  
Bobbie Slatten  
● Pennsylvania  
Ann Alderfer  
Mrs George C Crowder  
Mr & Mrs W H McCullough

● South Carolina

Catherine D Tarpley  
● Texas  
Rev Skardon D'Aubert  
Jeanne Drake  
Highland Baptist Church  
Louella Long  
Ben A Rosamond  
● Vermont  
Mrs Cornelia Lightner  
Thetford Ladies'  
Benevolent Society  
● Virginia  
Cassie M Gunn  
● Washington  
Kenneth C Anderson  
● West Virginia  
Fairy Godmother  
● Wisconsin  
Marie C. Hoyer  
● Canada  
Dr & Mrs Neil Compton  
In memory of  
William Fraser Macklaier  
Clifford McIntosh  
● England  
Dr H B C Sandiford  
Janet Sandiford  
● Germany  
Hans Nuck  
● India  
Dr Ruth M Myers  
● Phillippines  
Fe Isaac-Saño