

POLIO DEJA VIEW

June - July 2010

www.cvppsg.org



*A Newsletter for the
Central Virginia
Post-Polio
Support Group*

Mary Ann Haske,
Editor

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Annual June Luncheon June 5, 2010

The Luncheon will be held on Saturday the 5th of June at the Grape Vine Restaurant, 11055 Three Chopt Rd., Richmond, VA 23233. The phone number is 804-440-9100.
Time: 12:00 Noon – 3:00 PM

We will order from the menu and individual checks will be given. Our Post-Polio Group is pleased to announce that it is paying \$10.00 of each meal.

Please respond no later than May 26, 2010 to make your reservation.

*Call Barbara Bancroft, 204-1688 or Carol Kennedy, 740-6833
Please plan on joining us for this annual social event. Barbara or Carol will be happy to answer questions about the luncheon or restaurant. We hope to see you at this festive occasion.*

Directions: Take I 64 West from Richmond. Exit at Exit 180 A which is Gaskins Road South (this is the 2nd Gaskins Rd. Exit). Turn right at the first traffic light which is Three Chopt Rd. Drive 9/10 of a mile on Three Chopt Rd. to the traffic light and the restaurant is on your left. Turn left on Church Rd. to enter the parking lot.

Parking: There is ample parking in the lot. There is a ramp from the parking lot to the sidewalk at the left corner of the front of the building. You can enter the building from either the front or the back door.

NO JULY MEETING

No Mid-Month Lunch in June!

**Mid Month
Lunches**

Thursday, July 15, 2010

Mid-Month Lunch at 11:30

Dolce Vita Italian Restaurant

2401 Colony Crossing Place, Midlothian

Go to : www.dolcevitaonline.com or call 639-7411

Go to the end of Powhite Parkway extension, Rt. 76, turn left on Charter Colony Parkway and restaurant is in shopping center at first right
For a reservation, call Carol Kennedy (740-6833) or Barbara Bancroft (204-1688) by Monday, July 12.

From Your Editor...

...Progress In Listening

Originally, this article was going to be called "Gratitude". However, as I started to write, it began to take on the life of the worst "Thank You Speech" ever heard at the Oscars. I really wanted to express gratitude to Carol Ranelli but I segued to some anonymous woman who made me a scrap book 60+ years ago when I was recovering from polio. I then meandered to another woman who gave me, for my first Polio Xmas, a merry-go-round with carved soap animals on it. So, I deleted the entire thing, because I had a long list of people who helped me during the Polio part of my life's journey and, by the time I would reach Carol, the readers' eyes would be glazed.

So, I was reading through my church bulletin and it posed this question: Have I made progress in listening to the thoughts and opinions of others, or are my thoughts and opinions always the only correct ones? I can answer "yes" to the first part of that question and here is why I think I have made progress.

While I have been up in NY helping my daughter care for her paralyzed Significant Other, I have not been able to use my wheelchair 100% of the time. It won't go through the bathroom doors or my bedroom door. Also, since the kitchen is not accessible, I end up having to stand at the stove, etc. Consequently, I have deteriorated and my legs, when I stood or walked, felt like they were coming straight up through my pelvis and chest and out my throat. Besides experiencing increased weakness, I was experiencing increased pain. I was using a cane but both sides of my body were so bad I did not know in which hand I should hold the cane!

I was discussing these problems with Carol Ranelli and she asked me

if I had thought of using forearm crutches. Who, me? Why? I had only used crutches, the old-fashioned ones, when I had had surgeries. I could not be that bad, could I??? Carol very patiently talked to me about the advantages of using these crutches. She said that I would feel much more stable, would have less pain, would give both the left and right sides of my body assistance, and would be safer. I was having trouble wrapping my mind around the concept of me on crutches but I also had to admit that I was not in a good spot. So, I really, really listened to Carol. I said "yes" and she e-mailed the site to use to make the purchase.

The CRUTCHES are great!!! You have no idea how much better I feel. I have improved. Even if I take a few steps now, without the crutches, I am so improved that my legs don't feel like they are coming straight through my body like a pair of missiles. I am so much more stable. Thank you, thank you, Carol, for being so patient with me and helping me to overcome my resistance.

In the 12/08, 1/09 Deja View there is an article called "Canes and Crutches". (Look it up on our website.) I am sure I read it but it did not resonate with me at that time. It tells one to walk in front of a mirror without an assisting device and then do the same using the device. If you need the device, you will look much better walking with it. How true. Since I did not have a need in Dec. '08, I did not pay attention. I am grateful that Carol shared her experiences with me. I think what I learned from all this is that it is important to be open to change, to listen to others and consider that they might have good ideas to contribute. Thanks Carol.

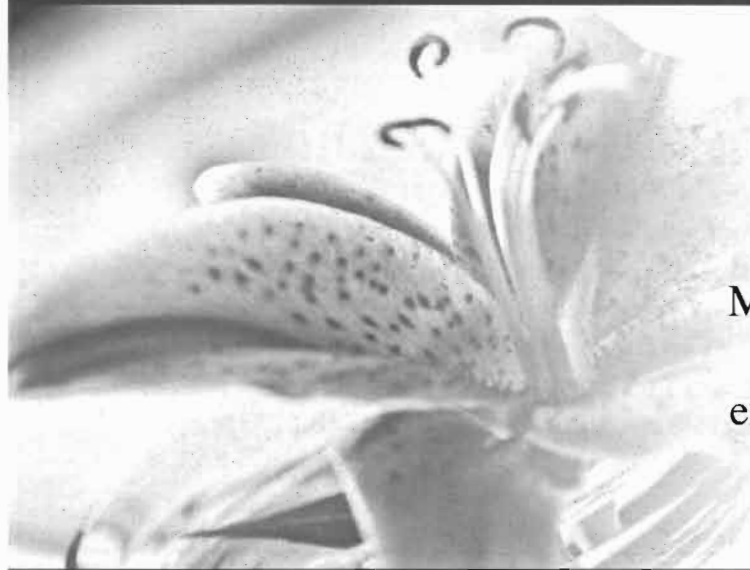
Thank You!

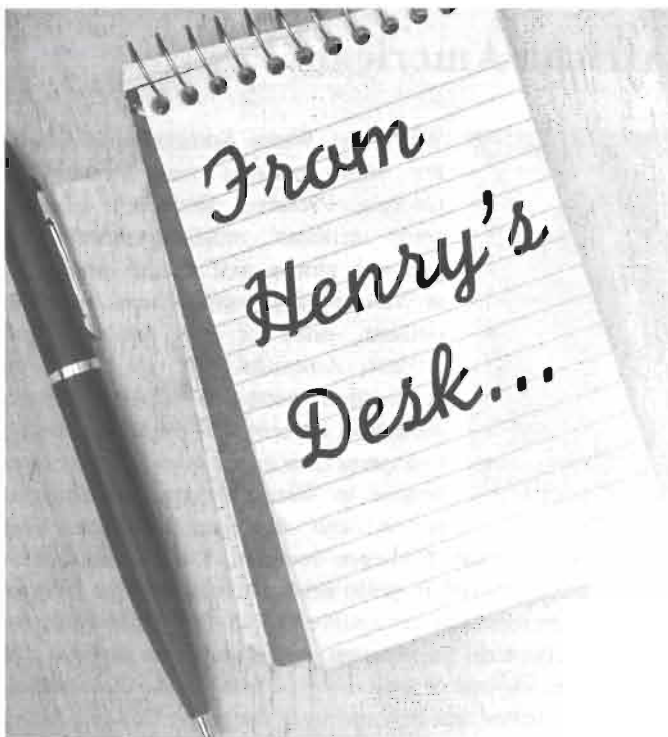
Thank You to all of you who sent your articles in early to facilitate my getting the newsletter to the printer ahead of schedule. I was able to then focus on moving back home to Richmond after being at my daughter's for over six months. Your efforts are much appreciated.

- Mary Ann Haske

CONDOLENCES

We are saddened to report that Ann Makepeace, the wife of Daniel Makepeace, passed away on April 22, 2010 after an extended illness. Dan and his family are in our thoughts and prayers.





Polio and African Americans

Many African American children were victims of polio during the epidemic years. In the traditional southern states racial segregation was legal and enforced. Almost every public or private facility was segregated. This included schools, parks, pools, restaurants, buses, theaters, rest rooms and hospitals. When I entered medical school in 1962 the doors of the public rest rooms in the A D Williams Clinic Building at the Medical College of Virginia (MCV) were labeled: White Males, Colored Males, White Females and Colored Females. When I was a polio patient at MCV in 1950 none of the polio patients in the wards near me were African American patients. However, several African American nurses were employed on the wards for white patients. In fact I remember two of their names, Therla Hall and Miss B. V. Taylor. Both were "practical nurses."

At that time MCV had a public funded hospital for African American patients and a nursing school for African American women. The hospital was named St. Phillip. While I was in medical school from 1962 – 1966 St. Phillip Hospital was primarily used for African American patients. It is difficult to find much factual information on the numbers of African American children

The rest of the story is continued on page 4

CENTRAL VIRGINIA POST-POLIO SUPPORT GROUP

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Barbara Bancroft, Social Committee	(804) 204-1688	babancroft@gmail.com

If you would like to talk with someone about Post-Polio Syndrome, you are welcome to contact the above members. If you send an e-mail, please refer to APPS@ in the subject heading.

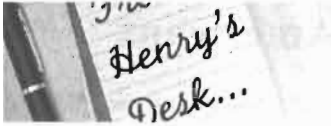
We would love to have any of our members write an article for our newsletter. It can be about your lifestyle adjustments, comments on post-polio or any subject, humorous or serious, that we may all benefit from.

Please send articles for or comments about our newsletter, as well as changes, additions or deletions for the newsletter mailing list to:

Mary Ann Haske, Newsletter Editor
2956 Hathaway Rd, Richmond, VA 23225
or contact me at: (804) 323-9453 or mahaske@hotmail.com

The opinions expressed in this newsletter are those of the individual writers and do not necessarily constitute an endorsement or approval of the Central Virginia Post Polio Support Group.

Please note: Our articles may be used exactly as written provided credit is given for each article used.



Cont'd from page 3

who contracted polio. What information that is available would indicate that African American children contracted polio in similar proportions to the white children.

There is an article that appeared in the January 12, 1938, Richmond Times Dispatch newspaper entitled, "City Would Get Negro Unit." The President's (Roosevelt) annual birthday ball was approaching on January 30, President Roosevelt's birthday. Funds from the ball would be used to help establish polio centers around the country. Richmond was designated as a center for the state of Virginia. The center would include forty beds for boys and girls and four isolation beds. However, the article does not indicate how many beds were designated for African American children. 1950 was the worse year for polio cases in Virginia on record. There were 1200 cases of reported polio during that year with the numbers increasing greatly after September 1. Newspaper articles indicated that nurses had to be recruited from other parts of the state. There is an article that reported that a local hotel or school would be used if necessary.

I interviewed an African American member of our support group. Her name is Vivian Powell. She contracted polio at age 14 in September 1956. She lived in Lawrenceville, Virginia in Brunswick County. She may have contracted polio from babysitting a three year old child. Her left side was affected more severely. She was sent to St. Phillip's Hospital in Richmond and was there two weeks before being transferred to the Dooley Annex where she stayed for six months. The Dooley Annex was a smaller building adjacent to St. Phillip Hospital. She recalled that there were five African American polio patients in the hospital at that time. She went home and for six months went to MCV for rehab therapy with Dr. Herbert Parker and a Mrs. Scaropa. In the fall of 1957 she went to the Tuskegee Institute in Tuskegee, Alabama, to the John Andrews Hospital for intensive polio treatment. She stayed at Tuskegee six months until the spring of 1958. She graduated from the James Solomon Russell High School in 1959 and attended college at the Hampton Institute for one year, but found the buildings were not accessible. She wore a long leg brace on her left leg, a short leg brace on her right leg and used Canadian crutches. After five years she discarded the braces. She married, had three children and now has four grandchildren and one great grandchild. After marrying she moved to Richmond and lived in a home in the Highland Park section of Richmond for thirty-one years. She has held jobs in the past including working for Sears. She also worked for the court system from 1995 to 2002. She currently works as a library assistant at the Linwood Holton Elementary School. She began experiencing the symptoms of Post Polio Syndrome (PPS) in 1991 and has worn out five scooters.

Polio and African Americans



Vivian Powell

When the Warm Springs polio center for white patients was founded in Georgia, President Roosevelt received some criticism, mostly political, that although almost half of the employees at Warm Springs were African American citizens, none of the patients were African American due to the racial segregation laws in place. African American citizens and physicians began to express their views. As a result a center similar to Warm Springs was founded for African American children. This was accomplished at the Tuskegee Institute. During the 1920's and 1930's many involved in polio research believed that African American children were less susceptible to polio than white children. However, poor statistical information and even poorer reporting of African American victims of polio swayed real factual information. Closer studies indicated that in some areas the proportion of African American children contracting polio exceeded the proportion of white children contracting the disease. By about 1950 scientists began to accept that the polio virus was not only color blind, but was indiscriminate among races, religions, creeds or sex.

On the campus of the Tuskegee Institute was the John A. Andrew Hospital. The staff of the hospital was all African American. For many years, the John A. Andrew Hospital was the only public medical facility in Macon County, Alabama, and was one of the few places rural blacks could get treated. Each year, the hospital held free medical clinics for the rural Blacks who lived nearby – not just from Macon County, but also from across the state and from Florida, Georgia, Louisiana and Mississippi. It offered an opportunity for Black doctors to gather, to teach and inspire each other and to network. Black doctors traveled down from urban medical centers all over the country. Each year Tuskegee Institute hosted a conference for our Nation's Black doctors. One of its standouts was the Infantile Paralysis Unit. Tuskegee offered a bi-monthly Cripple Children's Clinic at the hospital.

In 2007 the March of Dimes recognized a man who had worked for the benefit of African American polio patients during the epidemic years. His name was Charles H. Bynum. An article written at the time reads:

WHITE PLAINS, N.Y., FEBRUARY 1, 2007 – As Americans prepare to commemorate Black History Month, the March of Dimes pays tribute to one man who fought both the dreaded epidemic disease polio and the evils of segregation, and whose legacy has not received the recognition it deserves.

Charles H. Bynum, an African-American educator and civil rights campaigner, served as Director of Interracial Activities for the National Foundation for Infantile Paralysis (now the March of Dimes) from 1944 to 1971. In the course of his work for the March

of Dimes – most of which took place in a segregated United States – Mr. Bynum traveled widely and tirelessly throughout the country to ensure that African-American children and adults received proper medical care and rehabilitation during the polio epidemics. He also was responsible for March of Dimes publicity and fundraising efforts that featured African-American “poster children” each year from 1947 to 1960.

Mr. Bynum, a North Carolina native, received a bachelor’s degree from Lincoln University in Pennsylvania and a master’s degree from the University of Pennsylvania. Prior to joining the March of Dimes, Mr. Bynum was a high school biology teacher and then dean of Texas College in Tyler, Texas. He was also an assistant to the president of the Tuskegee Institute in Tuskegee, Alabama. Mr. Bynum died in 1996.

There are probably more African American polio survivors among us than many of us realize. I thank Vivian Powell for sharing her story which stands as example to us all. I respect her courage and admire her for her uplifting spirit and ability to overcome.

Reference:

1. Interview with Vivian Powell of Richmond, VA
2. March of Dimes News Desk, Feb. 1, 2007, White Plains, NY, article on Charles Bynum
3. Rogers PhD, Naomi, Race and the Politics of Polio: Warm Springs, Tuskegee and the March of Dimes; American Journal of Public Health, May 2007, pages 784 – 795.
4. Personal memories of Henry D Holland MD



“Your Dimes Helped Me”

Rita Reed from Blue Island, Ill., the first African American March of Dimes poster child, 1947.



Join the MARCH OF DIMES

NATIONAL FOUNDATION FOR INFANTILE PARALYSIS, FRANKLIN D. ROOSEVELT, FOUNDER

A Synopsis of the March 6th Meeting Regarding the Future of Our Retreats

Reported by Linda VanAken

The CVPPSG has held a Retreat for over ten years. Though many members still enjoy the event, we discussed the idea of not having a Retreat every year as it is quite a lot of work for those involved with the organizing. At our December meeting the Board of Directors voted to not have a 2010 Retreat, then ask for volunteers and input from our membership for ideas if we wished to resume the Retreats in 2011. At our March meeting we engaged the members to get ideas of what people wanted in future Retreats. It was almost unanimous that we don't need speakers to tell us about PPS or how to change our lives in living with the syndrome. For the most part, members of our group feel as though they have already heard the latest info and any new ideas on how to live with PPS. Thus, what members want is the camaraderie and fun of a social event. We did agree that we need some kind

of program or structure, but we could have an interactive event at one point in the day and simply listen to an entertainer later on. Games and the partners sessions should be continued, but we might wish to branch out with other games and activities for our members. These were all just ideas that were shared.

There was a discussion of changing the venue to another city, or town, just to have a get away weekend. The difficulty of that is finding a location with enough handicap rooms. Also we discussed staying overnight just for one evening to keep the cost lower. The problem then is for people who come from further away. People traveling a great distance like the idea of an extra night stay.

We did have a few volunteers to work on the committee for this event, however once again those that volunteered are primarily members

of the Board of Directors. We would really love to have other members on our planning committee so if any one is interested or has good ideas to share please call Linda VanAken at 804-778-7891 or email me at ChatNLinda@aol.com (note put something in the subject line about PPS so I don't delete it).

The committee planning Retreats would like input from our membership. Please respond to the following questions by emailing: Ckennedy1619@aol.com or ChatNLinda@aol.com or by mailing to Linda VanAken at 14606 Talleywood Ct., Chester Va. 23831 or calling either Carol Kennedy at 804-740-6833 or Linda VanAken at 804-778-7891. You can also bring your responses to our next meeting.

Retreat Survey

1. Are you still interested in having annual weekend Retreats? _____
2. Are you still interested in the Support Group as a means of learning and sharing? _____
3. Would you prefer the Retreats to be more of a social event and less of an educational event? _____
4. Would one day (10:00 – 4:00) be a better option than a two day event? _____
5. Is it too physically difficult for you to continue to pack & travel in order to attend a two day event? _____
6. Can you attend just a one day program? _____
7. What kind of social activities would interest you? (I.e. cards, games, entertainment) _____
8. If we don't have a professional speaker discussing PPS would that prevent you from attending? _____
9. Would you travel if we choose another location outside of the Richmond area? (If so within what limitation, i.e. 1 or 2 hrs?) _____
10. Do you have any suggestions for a location for either a special day event or a weekend long Retreat? _____
11. Should we change the time of year from the 3rd weekend of September to another time frame? If so when? _____

Thank you for your assistance in our planning endeavors.

WHEELCHAIR ANTICS

From Eileen Vaught, a CVPPSG Member

Let's face it; dealing with the after effects of polio is not easy. Spending a life time depending on crutches, braces, scooters and wheelchairs is very tough! We've all been there and know for a fact that everyday has had its challenges and frustrations for sure.

But life is not all frustrations. Haven't we also had times of very funny experiences? I look back over my own life in a wheelchair and have to chuckle at the laughable situations it has gotten me into. Notice, I take no responsibility for anything...it is all the fault of the chair! I hope maybe those of you who have a rogue chair too, will relate to my story.

My husband and I love to eat lunch at a very popular local coffee shop. We try to get there early because the place is small and fills quickly with patrons. If we're late, we don't get in....there's just no room for a power wheelchair.

On this particular day, we got a great table. Sure enough the place got very busy, and soon we were back to back with other customers. When we were ready to leave, I quickly and efficiently backed up my chair, making a quick turn to the right. Quick is always good. But alas, someone behind me was shrieking!

When I looked behind me, I was aghast! Turns out, as I was backing up, my large back wheels locked very precisely on each side of the chair legs behind me. When I made the quick turn, I also turned that chair, with a lady in it, into the next table of diners. I couldn't believe my eyes! The lady had changed tables without even standing up! How could it have happened?

I mean, what do you do? Here's this poor lady instantly sitting at another table with people she doesn't know. She is still holding her knife in one hand and fork

in the other! And my wheels are stuck around her chair legs, so she can't move. I'm glued to a lady I don't know!

Things are really moving fast at this point. My husband is frantically getting the chair loose and we are apologizing to anyone who will listen, which by now is everyone in the place. I'm mortified while trying not to fall apart laughing. It can't be very good to be laughing when you are mortified. But I was, and the lady was not amused.

With more apologizing to all, we were finally on our way out of the place, thanking God this kind of thing only happens once in a while!

Maybe it's time to invest in a loud back-up bell, like the ones on those big trucks.

FYI...

There is a new web site that opened in August. It is run by the Salk Institute for Biological Studies. There are testimonial videos from polio survivors from around the world. It is so great to see videos from people as far away as Australia and South Africa! There are also videos dealing with such subjects as sleep problems, relaxation and yoga, and breathing problems. Dr. Susan Perlman, a UCLA Neurologist, is a regular contributor. Lo and behold, when I watched her, she answered questions that I had about the use of IVIG and post-polio! That site is: <http://www.poliotoday.org>.

(I can almost hear some of you who do not have a computer groaning. I know that it is hard for you to keep hearing about computers when you can not avail yourself of the information. How about asking your children, friends, relatives to show you this site? Usually, people are happy to share their technical knowledge and skill. Try it.)

My Life With Polio...

From Phyllis Stein, a CVPPSG Member

When I had it, it was called infantile paralysis. In the autumn of 1931, I was ten months old and had started walking around furniture, when I suddenly collapsed and wasn't able to move. I have no memory of the first five years of my life, so I have relied on the stories told to me by my older sisters, who are 10 and 16 years older and remember the bewilderment and fear that swept through the family when I was diagnosed. As the youngest of 7 children, with the family struggling through the depression, it is not that hard to believe that I had never been out of the neighborhood. My sister Vi had taken me for daily strolls in the carriage, but other than that, I stayed at home. According to records, I was the only person diagnosed with polio in Lynchburg, VA, in 1931.

Those were the days when our family doctor, Dr. John Wyatt Davis, Sr., made house calls. He lived less than a mile

from us, and had welcomed me into the world as the first of my family to be born in a hospital. My mother was 39 at the time and had six other children ranging in age from 3 to 16. I can only imagine the awful effect my illness had on my family. My sister remembers meeting Dr. John Davis, Jr. for the first time when his father brought him along to see me. It was the young doctor, just out of medical school, who suggested a spinal tap, which he and his father performed on our dining room table.

When the diagnosis came back "infantile paralysis", I was isolated from the rest of the family, and my mother became my sole provider and prisoner. Her meals were left at the door of the bedroom she shared with me and all clothing and linens were passed out of the window to be washed separately in scalding water on the back porch of our small home.

How long this period of isolation lasted, I don't know, but according to my sisters, I spent the next four years scooting around the floor, propelling myself with my arms, and biting the ankles of anyone who ignored my demands. It is also the probable beginning of my lifelong love of dogs. I am told that Pete, the family collie, was my constant companion and since my mother did not allow dogs on the beds, I usually took my naps nose to nose with Pete, who was allowed to rest his head on the bed until I woke up. I have no conscious memory of Pete, but I can sometimes conjure him up, particularly when I am tired. Fortunately, I have no qualms about dogs on beds and Sammie, our current companion, races me to the bedroom when she hears the word "naptime".

Notifications

SEPTEMBER ELECTIONS

In preparation for the coming elections, a nominating committee has been formed. If you are interested in running for a seat on the board or if you wish to nominate someone, please contact one of the following people:

Fay Garnett 804-740-2422
Jim Wells 804-745-0564

Remember, you must have the person's permission to place their name in nomination.

SCHOLARSHIP FUNDS AVAILABLE

The Central Virginia Post Polio Support Group is pleased to announce that we have a small discretionary fund that is to be used as a Scholarship Fund. We would like to remind all members that the money is there if you need assistance in paying fees for attending our events or obtaining our newsletter. Thus if you are unable to pay the fees to receive the newsletter, or cannot pay the full amount to attend our Retreat or other events, or have special needs, please contact Linda VanAken at 804-778-7891, or at ChatNLinda@aol.com or mail the request for assistance to 14606 Talleywood Ct., Chester, VA, 23831.

New Vaccine Could Boost Eradication Efforts...

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A new vaccine against polio, which provides more effective protection against the two remaining strains of polio, was used for the first time in Afghanistan in December. The new bivalent oral polio vaccine (bOPV) was recommended by the Advisory Committee on Poliomyelitis Eradication (ACPE), the technical advisory group of the Global Polio Eradication Initiative, as a critical tool in providing the optimal protection needed by young children against both surviving types of the paralyzing poliovirus.

Of the three wild polioviruses (types 1, 2 and 3), type 2 has not been seen anywhere in the world since 1999. As a result, monovalent vaccines were developed to

protect against types 1 and 3 with greater efficacy. The bOPV was developed to test whether it could effectively protect children living in areas where both types 1 and 3 were known to circulate.

In clinical field trials last June, bOPV was found to be at least 30 percent more effective than the traditional trivalent vaccine and almost as good as the monovalent vaccine, but in a package that could deliver both at once.

This is a great advantage in simplifying vaccine logistics and in optimizing protection using a mix of available polio vaccines according to local needs. In areas where access to children is limited by the security considerations, using bOPV maximizes the impact of each contact with a child. It could accelerate vaccination and eradication efforts in war-torn countries like Afghanistan

and in countries with inadequate health systems, such as those in Sub-Saharan Africa.

The swift development and production of bOPV in 2009 was a collaborative effort of the World Health Organization, UNICEF, vaccine manufacturers and regulatory agencies.

The bOPV is expected to be put into use in Nigeria, India and much of West Africa in the first quarter of this year. Among the ACPE's key recommendations at its recent meeting was that bOPV be introduced as rapidly as possible.

Read the news release: www.polioeradication.org/content/pressreleases/20091215.ENG.asp

Save the Dates

- Mid-Month Lunch, May 20, 2010
- Annual Banquet, June 5, 2010
- No Mid-Month Lunch in June
- Board Meeting, June 23, 2010
 - No Meeting in July
- Mid-Month Lunch, July 15, 2010
- Regular Meeting, August 7, 2010
- Mid-Month Lunch, August 19, 2010
- Regular Meeting, September 11, 2010

(Now go IMMEDIATELY and put these dates on your calendar!)

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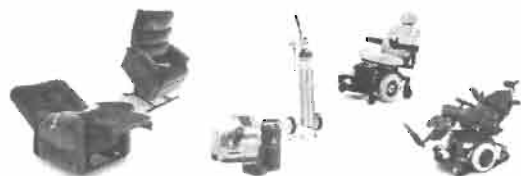
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