

PROGRAM

Five issues of major interest to polio survivors – in fact, to all mature adults with disabilities and their families – form the theme for this year’s conference: “Post-Polio: New Knowledge, Innovative Remedies.” They are:

- The Role of Exercise
- What’s New in Post-Polio?
- Balance and Swallowing Problems
- Home Accessibility
- Chair Yoga

8:30 – Registration,
9:45 a.m. Continental Breakfast, Exhibits
First-Timers: Meet with PNNJ
President, Arthur Siegfried

9:15 a.m. **Opening Announcements
Citations**

9:30 – “What’s New in Our
10:30 a.m. Post-Polio World?”
Joan L. Headley, MS



As Executive Director of Post-Polio Health International (PHI) since 1989, Ms

Headley has coordinated five PHI international conferences and presented at over 50 meetings. From her unique position in the post-polio world, she will discuss the most recent information about polio and its late effects and will describe the many activities in which PHI is involved.

10:30 – **Break** - Time to visit exhibitors
11:15 p.m. and special information tables.

11:15 a.m.– **“The Role of Exercise in
12:15 p.m. Post-Polio Health”**
Frederick M. Maynard, MD



A specialist in physical medicine and rehabilitation, Dr Maynard is also board certified in electrodiagnostic

medicine and neuromuscular diseases. He is on the Board of Directors of PHI, where he serves on the Medical Advisory Committee and is in private practice (UP Rehab Medicine Assoc.) at Marquette Medical Center in Michigan.

12:30 p.m. Luncheon - Grand Ballroom

2:00 p.m. **Trio of Workshops:**
1) S. Thomas Westerman, MD
**“A Polio Survivor’s Guide to
Balance and Swallowing”**



A specialist in otolaryngology, Dr Westerman has a practice in Shrewsbury, NJ, that includes treatment for hearing, balance,

nasal and sinus, allergy, taste and smell, and laryngeal and esophageal problems. He is clinical professor of otolaryngology at Drexel University College of Medicine.

2) Jack Purvis, AIA, Architect
**“Making Your Home
Accessible”**



Mr Purvis established his architectural practice in Allenwood, NJ, in 1986. His more than

20 years of experience has included a wide variety of projects including barrier-free renovations. He also works on new construction and additions to existing structures. Whether major or minimal, changes to achieve accessibility can lead to greater comfort and safety.

3) Marie Gagliardi
**“Chasing Stress with
Chair Yoga”**



Ms Gagliardi teaches Integral Yoga, which incorporates poses, breathing, deep relaxation, and meditation.

She is also certified to teach Cardiac Yoga, a program designed by Dr Dean Ornish. Participants in this workshop will be able to do yoga poses and stretches whether seated or standing and holding on to the back of a chair.

The Polio Network of New Jersey invites you to join us for a day or an overnight stay at the Bridgewater Marriott to share in a program of education, information, and rejuvenation on Saturday and Sunday, April 12 and 13.

Attendees may wish to drop in on the Board of Directors meeting at 2:30 p.m. on Saturday and/or join us for cocktails and dinner on Saturday evening.

Our formal program begins at 8:30 a.m. on Sunday with a sumptuous continental breakfast. Providers of services to people with disabilities and vendors of disability-related products will be on hand. Visit them on arrival, while enjoying your second cup of coffee, during breaks in the Conference program, and after lunch. First-timers are invited to meet our President, Arthur Siegfried, during the breakfast hour, to learn more about PNNJ and how we can help you. Leaders of PNNJ support groups and Independent Living Centers (CILs) will share information about your post-polio needs and disability services where you live.

Following the opening presentation at 9:30 a.m. by Joan Headley, with ample time for questions, a long break will allow for vendor visiting and information-sharing. Our second speaker, Dr. Frederick Maynard, will round out the morning program, again with ample time for Q & A. Luncheon will be an informal gathering, with opportunity to socialize with friends. Following luncheon, attendees will have the option of one of three workshops on widely different topics: “problems with balance and swallowing,” “making your home accessible,” and “chair Yoga.”

Pictures, newspaper clippings, and other memorabilia of your early polio days are very welcome. A special place will be set aside to display these historical items. Please identify them clearly with owner’s name.

The Polio Network of New Jersey is a non-profit organization; it receives financial assistance from tax-deductible member contributions, from United Way donations, and from corporations and foundations.

THE MARCH OF DIMES BIRTH DEFECTS FOUNDATION IS A MAJOR SUPPORTER OF THE PNNJ CONFERENCE THROUGH ANNUAL GRANTS FROM DIVISIONS OF THE NEW JERSEY CHAPTER.

REGISTRATION FORM

Name _____

Street _____

City _____

State _____ Zip _____

Phone () _____

(indicate if phone number is home or business)

E-Mail (optional) _____

(Note: We do NOT share e-mail addresses. It will only be used to keep you updated.)

Registration fee:

\$40 for participants, family members and friends.

Registration includes continental breakfast, lunch, and conference materials.

- Enclosed is my check which includes \$_____ for _____ registration(s) for Sunday's Conference.

Luncheon entree choice(s):

Chicken _____ Vegetarian pasta _____

Extra option:

Dinner at the Marriott on Saturday evening at \$40 per person; cash bar. Reception, 5:30 p.m.; dinner, 6:30 p.m.

- I have also included \$_____ for _____ dinner(s) for Saturday night.
Entree choice(s):
Beef _____ Fish _____ Vegetarian _____

TOTAL \$_____ MAKE CHECKS PAYABLE TO: PNNJ

Mail registration form and check to:

Polio Network of New Jersey
Lee Bekir, Conference Chairman
4 Coronet Way
Hillsborough, NJ 08844-4802
(DO NOT send to PNNJ P.O. Box #)
Phone: 908-698-2769

Please make your reservation by April 5, 2008.

Please check if yes:

- I will be using a wheelchair or motorized scooter.

For health care professionals only:

I am affiliated with _____

For those who have not joined PNNJ for 2008,

- I have enclosed my annual member dues contribution of \$15 (check payable to PNNJ)
 I cannot attend the Conference but have enclosed my \$15 membership dues contribution.

HOTEL INFORMATION

Bridgewater Marriott

700 Commons Way • Bridgewater, NJ 08807
908-927-9300

A block of rooms has been set aside at a special price of \$99 per room for Saturday night, April 12. They will be held until March 29. Please make your reservations directly with the hotel by calling the number above. Be sure to specify that you are attending the PNNJ Post-Polio Conference. A limited number of wheelchair-accessible rooms are available. Many people find they can be accommodated with a raised toilet seat, or a shower bench. (Bed height is 23") If you need any special accommodation, please describe your need at this time. Late check-out for all attendees is available.

Parking: Ample outdoor parking is available beside and in the front of the hotel.

Join Us for Dinner?

Some participants choose to join us for the weekend at the hotel. Help with luggage will be available on Saturday and Sunday. A reception and dinner on Saturday evening (April 12) offer an opportunity to meet old friends, make new ones, and meet our presenters. It's a pleasant and convivial way to be rested for the Sunday Conference program. See inside for registration details. Space is limited, so don't delay.

Visit the beautiful PNNJ website for a map showing the Bridgewater Marriott: www.njpolio.org

For further information about the conference, call
The Polio Network of New Jersey
201-845-6860

Directions to the Bridgewater Marriott

FROM NEW YORK CITY: Take Lincoln or Holland Tunnel to NJ Turnpike. Take exit 14 to 78 West Express to Route 287 South (exit 29). See * for 287 South Directions.

FROM ROUTE 78 EASTBOUND & WESTBOUND: Take to Route 287 South (exit 29). See * for 287 South Directions.

FROM NORTHERN NJ VIA THE NEW JERSEY TURNPIKE: Take exit 14 to 78 West Express to 287 South (exit 29). See * for 287 South Directions

FROM SOUTHERN NJ VIA THE NEW JERSEY TURNPIKE: Take exit 10 to 287 North. Follow to exit 14B (left-hand exit). Travel approximately 1.5 miles on Route 22 West. Take exit on right to Commons Way. Hotel will be on your right.

FROM NEWARK AIRPORT: Take Route 78 West Express to Route 287 South (exit 29). See * for 287 South Directions.

FROM THE GARDEN STATE PARKWAY SOUTHBOUND: Take to 78 West Express (exit 142). Take to Route 287 South (exit 29). See * for 287 South Directions.

FROM THE GARDEN STATE PARKWAY NORTHBOUND: Take to Route 440/287 North (exit 127). Follow Route 287 to exit 14B (left-hand turn), (Route 22 West). Travel approximately 1.5 miles on Route 22 West. Take exit on right to Commons Way. Hotel will be on your right.

FROM PRINCETON/TRENTON AREA: Take 206 North to the Somerville Circle. Take 2nd branch off the circle and continue on Route 206 North. Take 3rd exit, for Commons Way. Turn right at end of exit. Hotel will be on your left.

* Follow Route 287 South to exit 17 (Route 202/206 South). Bear right immediately and make a right at the sign reading Commons Way. At first light, make a left onto Commons Way. Make a left at the fourth light.



Invites you to

*The
18th Annual
Conference
of the
Polio Network
of New Jersey*

**SUNDAY, APRIL 13, 2008
8:30 A.M. TO 3 P.M.**

**BRIDGEWATER
MARRIOTT HOTEL**

POST-POLIO NEW KNOWLEDGE, INNOVATIVE REMEDIES

