

## SATURDAY, MAY 31

**12:00 – 4:00 pm**

**Registration**

**5:30 – 6:00 pm**

**Cash Bar**

**3:00 – 4:15 pm**

**Regency A**

**Pre-Conference Session: Orientation  
for participants attending their first  
PHI conference**

**Welcome**

William G. Stothers

**Maximizing Your Conference Experience**

Joan L. Headley

**Review: Late Effects of Polio & Your  
Health**

Frederick M. Maynard, MD

**6:00 – 7:30 pm**

**Regency D**

**Dinner** (ticket required)

**7:45 – 8:30 pm**

**Regency D**

**“One World,” performed by the  
DisAbility Project of That Uppity  
Theatre Company and Common  
Threads Dance Company**

*Supported by Rehabilitation Foundation for  
Disabled Persons, Inc.*

## SUNDAY, JUNE 1

**8:00 – 9:00 am**

**Registration**

**Regency B**

**Help with Healing: Humor,  
Breathing, Stretching, Yoga** ■

**Presenters:** Melissa Gatlin, Hannah Hedrick,  
PhD, Millie Lill

**9:00 – 10:15 am**

**Regency A**

**Changing Relationships through a  
Life Span** ■

**Presenters:** Sandra Loyer, LMSW, Stephanie  
T. Machell, PsyD

**Regency C**

**Polio’s Effects on Breathing** ■

**Moderator:** Bonnie Jo Grieve, MD  
**Presenter:** John R. Bach, MD

### THEME

■ Medical Matters

■ Wellness Practices

■ Recreating Ourselves

■ Minding Our Relationships

■ Conditions of Aging

■ Life Decisions of Aging

## SUNDAY, JUNE 1 (cont'd)

### Regency D

#### Managing More Meds ■

**Presenters:** Marny K. Eulberg, MD, Alicia B. Forinash, PharmD

### Regency E

#### Advice on Solo Aging ■

**Presenters:** Jann Hartman, Audrey King, Susy Stark, PhD, OTR/L, FAOTA

### 10:15 – 10:45 am ■ Break

### 10:45 am – 12:00 pm

### Regency B

#### Being Spiritual ■

**Presenters:** Allison (Sunny) Roller, MA, Ann Williams, AdvCBP, BAT

### Regency C

#### Travel Opportunities ■

**Presenters:** Barbara Gratzke, Jean Hartley, Mary Gordon

### Regency D

#### Assessment: Our Home ■

**Presenters:** Gina Hilberry, AIA, Cyndi Jones

### Regency E

#### Pain: It Gets Our Attention ■

**Moderator:** Ann Crocker

**Presenters:** William M. DeMayo, MD, Frederick M. Maynard, MD

### 12:00 – 1:15 pm

### Regency C or D

#### Lunch

### 12:30 – 12:50 pm

### Regency C

#### Support Dog Demonstration

Nadine Wenig, Lead Assistance Dog Trainer, Support Dogs, Inc.

### 1:15 – 2:30 pm

### Regency B

#### Assessment: Our Abilities ■

**Presenter:** Hilary Boone

**Reactors:** Beth Kowall, MS, OTR, Carol Vandenaeker-Albanese, MD

### Regency C

#### Managing Polio's Effect on Breathing ■

**Moderator:** Bonnie Jo Grieve, MD

**Presenter:** John R. Bach, MD

### Regency D

#### Cardiovascular Aging ■

**Presenters:** Michael W. Rich, MD, Martin B. Wice, MD

### Regency E

#### Relatives of Survivors: Three Perspectives ■

**Moderator:** Stephanie T. Machell, PsyD

**Presenters:** Mary Navarre, OP, EdD, Willard (Bill) Smith, PhD

### 2:30 – 3:00 pm ■ Break

### 3:00 – 5:00 pm

### Regency B

#### Beyond Eradication: The Forgotten Polio Survivors of India

**Presenter:** Neena Bhandari

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## SUNDAY, JUNE 1 (cont'd)

### Regency C

**Passing in the Shadow of FDR:  
Polio Survivors, Passing, and the  
Negotiation of Disability ■**

**Presenter:** Daniel J. Wilson, PhD

**5:00 – 7:00 pm**

**Dinner on your own**

**7:00 – 8:30 pm**

### Regency D

**Roundtable on Post-Polio Bracing ■**

**Moderator:** William M. DeMayo, MD

**Presenters:** Marny Eulberg, MD; Marmaduke Loke, CPO, Dynamic Bracing Solutions; Mike Nieder, CO, Hanger, Inc; Dennis Richards, CO, Townsend Design

### Regency C

**Reflections on Being a Polio  
Survivor**

**Moderators:** Francine Falk-Allen, Frederick M. Maynard, MD, Allison (Sunny) Roller, MA

## MONDAY, JUNE 2

**8:00 – 9:00 am ■ Registration**

**9:00 – 10:15 am**

### Regency A

**Pause – Relax – Attend: the Mindful  
Way to Stress Relief ■**

**Presenter:** Bridget Rolens, MA, BSOT

### Regency B

**Staying Active: Mind & Body ■**

**Presenters:** Mark D. Peterson, PhD, MS, Beverly Schmittgen, EdD, William G. Stothers

### Regency C

**Refining Our Castle ■**

**Presenters:** Frank Frisina, Karen Hagrup

### Regency D

**Let's Talk about the Spine ■**

**Presenters:** Cynthia Henley, PT, Carol Vandenakker-Albanese, MD, Kathryn Wollam, PT

### Regency E

**A Good Night's Sleep ■**

**Moderator:** Ann Crocker

**Presenter:** William M. DeMayo, MD

**10:15 – 10:45 am ■ Break**

**10:45 am – 12:00 pm**

### Regency A

**Moving You to Better Health with  
the Lebed Method ■**

**Presenters:** Laura Dowell, PT, CLMT

### Regency B

**Legal Concerns for Polio Survivors:  
A Benefits Primer ■**

**Presenter:** Martha C. Brown, JD

### Regency C

**Weight Management ■**

**Moderator:** Jann Hartman

**Presenter:** Kathy Davis, MSW, LCSW,

**Reactor:** Mark D. Peterson, PhD, MS

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# MONDAY, JUNE 2 (cont'd)

## Regency D

### Maintaining Posture ■

**Presenters:** Holly Wise, PT, PhD, Carol Vandenaeker-Albanese, MD

## Regency E

### Communicating for Understanding ■

**Presenters:** Stephanie T. Machell, PsyD, Rhoda Olkin, PhD

**12:00 – 1:15 pm**

Regency C or D

Lunch

**12:30 – 12:45 pm**

Regency C

### Adventures on Cruises

Maureen Sinkule

**1:15 – 2:30 pm**

Regency A

### Exploration of Faith & Disability ■

**Presenter:** Cyndi Jones

Regency B

### Finding a Pair of Hands and Legs ■

**Moderator:** Saul Morse

**Presenter:** Ann Ford

Regency C

### Support Groups: What Works ■

**Presenters:** Jean Graber, Beth Kowall, MS, OTR, Mary-ann Liethof, Elizabeth Lounsbury, Micki Minner

## Regency D

### Why Worry? Stop Coping and Start Living ■

**Presenter:** Kathryn Tristan

## Regency E

### Update on Anesthesia ■

**Presenter:** Selma Calmes, MD

**2:30 – 3:00 pm** ■ Break

**3:00 -5:00 pm**

Regency C

### My New Reality ■

**Moderator:** Rhoda Olkin, PhD

**Presenters:** Neena Bhandari, Mark Mallinger, PhD, Joyce Tepley

Regency D

### Roundtable on RADs, Vents & Interfaces ■

**Moderator:** Betsy Thomason, RRT

**Presenters:** Ronda Bradley, MS, RRT, FAARC, CareFusion – Alternate Care, Tony Mengwasser, RRT, Philips Respironics, Michael Madison, RRT, Bob Richardson, RRT, ResMed

### Regency F – Two Forms of T'ai Chi & Yoga

**Fitness Center (Lobby Level) – Machines, Weights, Bands**

### Exploring Exercise ■

**Facilitators:** William M. DeMayo, MD, Melissa Gatlin, Hannah Hedrick, PhD, Mark D. Peterson, PhD, MS, Frederick M. Maynard, MD, Ann Williams, AdvCBP, BAT, Holly Wise, PT, PhD

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# TUESDAY, JUNE 3

**8:00 – 9:00 am ■ Registration**

**9:00 – 10:15 am**

**Regency B**

**Proven Energy Boosts ■**

**Presenters:** Carol Elliott, Betsy Thomason, RRT

**Regency A**

**A Discussion for Significant Others ■**

**Presenter:** Willard (Bill) Smith, PhD

**Regency C/D**

**Lessons from The Rehabilitation Research & Training Center on Aging with a Physical Disability ■**

**Presenter:** Alexandra Terrill, PhD, Aimee Verrall, MPH

**Regency E**

**End of Life: The Practical & The Experiential ■**

**Presenters:** Audrey King, Maria Miskovic, LCSW

**10:15 – 10:45 am ■ Break**

**10:45 am – 12:00 pm**

**Regency C/D**

**Post-Polio Research – Plenary Session**

**Moderators:** Selma Calmes, MD, Daniel J. Wilson, PhD

**Summary from Brazil & South America**

**Presenter:** Sheila Jean McNeill Ingham, MD, PhD

**Genetic Predisposition to Polio: New Research from Canada**

**Presenter:** Mark Loeb, MD, MSc, FRCPC

**Update on PHI-funded Research**

**Presenter:** Antonio Toniolo, MD

**12:00 – 1:15 pm**

**Regency C/D**

**Lunch**

**12:30 – 1:00 pm**

**Regency C/D**

**Disabilities Treaty (CRPD)**

Judith E. Heumann, MPH, Special Advisor on International Disability Rights at the US Department of State

**1:15 – 2:30 pm**

**Regency C/D**

**Post-Polio Research (cont'd)**

**Endurance Training: How to target intensity?**

**Presenter:** Eric Voorn, MSc

**Update on PHI-funded Research**

**Presenters:** Carolyn (Kelley) Da Silva, PT, DSc, NCS, Claire Kalpakjian, PhD

**2:30 – 3:00 pm**

**Regency C/D**

**Discussion of Future Needs of Polio Survivors**

**Facilitators:** William G. Stothers, Daniel J. Wilson, PhD

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*Supported by a charitable donation from Grifols, Rehabilitation Foundation for Disabled Persons, Inc, Roosevelt Warm Springs Foundation, The Edouard Foundation, Inc.*