

ONE DAY AT A TIME

KEEP TRYING

HOW DIFFICULT IT IS FOR US TO MAKE CHANGES THAT WILL HELP US THROUGH OUR POLIO PROBLEMS. IT'S HARD TO FACE THAT MOMENT WHEN WE FINALLY SHED DENIAL AND SAY TO OURSELVES, "I CANNOT DO THIS ANYMORE." IT ISN'T EASY TO ADMIT WE CAN'T DO SOMETHING WE HAVE BEEN DOING FOR YEARS AND YEARS, ESPECIALLY FOR A TYPE-A PERSONALITY.

DECIDING TO DO THE RIGHT THING CAN BE TOUGH. NOBODY LIKES THE IDEA OF USING A WHEELCHAIR, WALKER, SCOOTER, CRUTCHES, A CANE, WEARING A BRACE OR CUTTING BACK ON ACTIVITIES, BUT KEEP ON TRYING, YOU CAN DO IT!!!

THE COURSE OF MY LIFE HAS CHANGED

BUT THE DIRECTION

REMAINS THE SAME,

FORWARD