

ONE DAY AT A TIME

NO MORE EXCUSES! (LIVING WITH DISABILITIES)

A POWER CHAIR (NOT MANUAL) OR SCOOTER IS NOT AN INSTRUMENT OF TORTURE. USING A POWER CHAIR OR SCOOTER WILL NOT MAKE YOU LOOK STUPID—AT LEAST NOT AS MUCH AS PRETENDING YOU DON'T NEED ONE WHILE STUMBLING AROUND, FALLING DOWN AND TAKING PAIN PILLS. USING A POWER CHAIR OR SCOOTER WILL GIVE YOU MORE ENERGY BECAUSE YOU WON'T BE USING ALL YOUR ENERGY IN TRYING TO ACCOMPLISH THE IMPOSSIBLE (I.E. -LOOKING LIKE YOU DON'T NEED ONE). YOU WILL HAVE THE FREEDOM TO GO WHEREVER YOU WANT!

USING A POWER CHAIR OR SCOOTER WILL RELIEVE THE STRAIN ON OVERTAXED SHOULDER MUSCLES AND JOINTS THAT WERE NEVER MEANT TO BE WALKED ON IN THE FIRST PLACE. YOU MAY ALSO FIND THAT YOU DON'T NEED AS MUCH OR ANY OF THE PAIN MEDS. USING A POWER CHAIR OR SCOOTER WILL SHOW THAT YOU ARE WINNING THE BATTLE! BUT YOU NEED TO DEFINE YOUR BATTLES. YOU ALREADY HAD POLIO. NO WAY TO CHANGE THAT. YOU ARE HAVING POST POLIO SYNDROME. ANOTHER DONE DEAL. THESE ARE BATTLES PEOPLE WILL THINK THAT THEY NEED TO FIGHT AGAINST, BUT THERE IS NO WAY TO WIN HERE. **IT'S HAPPENING. LIVE WITH IT.** BUT THE BATTLE YOU CAN WIN IS THE BATTLE FOR INDEPENDENCE! YOU CAN BE YOUR OWN PERSON AGAIN. "FIGHT ONLY THE BATTLES YOU CAN WIN". LIVING LIFE ON YOUR OWN TERMS IS POSSIBLE ONLY IF YOU HAVE THE STAMINA, THE BALANCE, AND HEART FOR IT...**WE ARE POLIO SURVIVORS.** WHAT WE DON'T HAVE ARE THE BALANCE AND THE STAMINA. A POWER CHAIR OR A SCOOTER CAN HELP. THESE ARE DEVICES THAT CAN HELP MAKE OUR LIVES EASIER. YOU ARE NOT GIVING IN...YOU ARE STEPPING UP TO AN EASIER WAY OF DOING THINGS. **ENJOY! I WISH YOU WELL. JACK B.**