

# POLIO



# POST

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## *President's Report*

*Our summer is rapidly coming to an end and fall is around the corner.* Hope everyone is having a great summer especially after our long winter and spring.

The annual picnic was well attended and everyone enjoyed the food and camaraderie. Tailgaters was the caterer for the third year and thanks go out to the organizers, Lorna and Estelle. Special thanks to the members and guests who helped with the set-up and the clean up. As usual Doug Mihalyk had Grey Cup tickets to distribute to us. Doug will be working with Linda Wilkins on this fund raising endeavor. This is our major fund raising effort so please help out with the sale of these tickets. Did you enjoy the 50:50 draw? Well, at least one person did. We will plan to have 50:50 draws at future events.

The Post-Polio Network's next meeting will be September 24th at the Katherine Friesen Centre. The speaker will be Dr. Barbara Shay. Dr. Shay is the head of the Physical Therapy Department at the School of Medical Rehabilitation. Dr. Shay was a panelist at our last conference.

The Planning Committee has recommended to the Executive that the next conference topic be 'Fatigue and Coping with Fatigue'. The conference will be in 2015 and that a conference committee be formed. If you are interested please let us know.

The Planning Committee was also tasked to look at our present situation and provide recommendations to the Executive, resulting in the following recommendations:

- **MEMBERSHIP:** The membership fees will increase effective January 1, 2014, to \$15.00 per year. As long as the membership fee is paid by the Annual General Meeting, the member will be in good standing. A member in good standing will be subsidized at PPN functions such as the Holiday Luncheon and June Picnic.

- **NEWSLETTER:** As of the New Year the newsletter will be published three times

(3x) a year. Members in good standing will receive the newsletter by mail if wanted. The newsletters will be posted on our website. It will be the member's responsibility if they wish to provide a copy of the newsletter to their physician or health care provider.

- **HOLIDAY LUNCHEON:** in lieu of the gift exchange, there will be gift basket draws. The number of gift baskets to be determined.

- **VOLUNTEERS:** Volunteers are needed for PPN committees and executive and therefore we need to actively recruit our members, friends and families.

*"See you in September – See you when the summer's through" (song by The Happenings 1966.)*

*Cheryl Currie*

Wednesday, June 12, 2013

## **Success Against Polio by End-2014**

### **Realistic Prospect: IMB**

#### ***Key fundamental changes needed***

UNICEF

The Independent Monitoring Board (IMB) for polio eradication has underscored that 'stopping polio transmission by end 2014 is a realistic prospect'. In the report of its 7-9 May meeting, the Board commended the programme on the fundamental changes that have transformed the effort into a more responsive and coordinated health initiative, which has brought polio to the lowest levels ever. The IMB put forward key recommendations to address fundamental changes that are still needed. In particular: **1.** Communications & social mobilization: across the entire Global Polio Eradication Initiative (GPEI), a fundamental change is essential to ensure that parental and community concerns about vaccine safety and efficacy can be adequately addressed, and to generate genuine demand for polio vaccinations. **2.** Inactivated polio vaccine (IPV) in endemic countries: a final decision is urgently required (by end-2013) whether to introduce IPV in the remaining endemic countries prior to the universal introduction of IPV as outlined in the new Polio Eradication and Endgame Strategic Plan 2013-2018. **3.** Responsive and coordinated global management: a more focused approach is needed at the global level to ensure that countries receive the most optimal support possible. The IMB put forward key recommendations to the remaining endemic countries, as well as to urgently address the outbreak currently affecting the Horn of Africa.

From: Global Eradication Initiative

### ***DO WE NEED A POLIO VACCINE?***

This question was presented to Dr. Carol Vandenakker from University of California, Davis.  
**" If travelling to an area with polio (third world countries), a booster vaccination is recommended for everyone."**

*~ Consult your family physician ~*

## **Times of India newspaper/Mumbai June 27**

**- Simitra Del Roy TNN -**

Rotary International and the Bill and Melinda Gates Foundation (BMGF) joined hands to address the funding gap in the new strategic plan announced by Global Polio Eradication Initiative (GPEI) towards polio eradication. BMGF has announced to contribute twice the amount raised by Rotary International to stall polio from making a comeback. The projected cost for eradicating polio in the next six years is \$5.5 billion.

“Going forward, the Gates Foundation will match two-to-one, up to \$35 million per year, every dollar Rotary commits to reduce the funding shortfall for polio eradication through 2018,” said Jeff Raikes, CEO, BMGF. The estimated cost of the initiative’s 2013-18 polio eradication and endgame strategic plan is \$5.5 billion and a funding commitment of \$4 billion has been announced at the Global Vaccine Summit in April 2013. But unless the current deficit is met, the anti-polio campaign is not foolproof.

The campaign can be affected to an extent as the immunization efforts need to be sustained throughout the globe. The joint effort is called End Polio Now - Make History Today. “The value of this new partnership with Rotary is more than \$500 million (approx 3,000 crores). In this way, your contributions to polio will work twice as hard,” added Raikes.

Analyzing the critical phase at which ‘Polio end game is at present, Deepak Kapur, Chairman Rotary’s India National Polio Plus Committee (INPPC), who has been leading the effort for Rotary in India for more than a decade said, “GPEI’s six-year end polio strategy is a global immunization plan with the goal of ending polio while improving efforts to protect all children, including the most vulnerable, with life-saving vaccines.”

India has gone over two successful years without a case of polio and the surveillance and monitoring report indicate another strong year for India to finally clinch the regional polio-free certification in 2014. However, the danger of virus importation exists because of the neighbouring polio endemic countries looms large. The eradication effort in Pakistan has been sabotaged time and again by radical groups, who have targeted polio volunteers, even killing some. “Polio can rebound and affect 2, 00,000 children worldwide. More so in countries like India where a child is born every second and needs protection,” Kapur said.

Globally, polio has decreased by 99% to just 69 cases this year. Three countries - Afghanistan, Pakistan, Nigeria - remain endemic for the disease

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# BARRIER FREE MANITOBA

## The Accessibility for Manitobans Act

*On Wednesday, April 24, 2013*, Minister Jennifer Howard introduced Bill 26 into the Manitoba Legislature. The purpose of the proposed Accessibility for Manitobans Act is to achieve accessibility for persons with disabilities by preventing and removing barriers. The Bill is landmark because it sets out an entirely new and potentially powerful legislated framework to promote and protect the human rights of the 200,000 Manitobans with disabilities. The Bill demonstrates the Government's resolve to fulfill a commitment made more than a decade ago to: "designing and redesigning our social, economic and physical infrastructures so as to meet the needs of the full array and range of abilities in our population to as great an extent as possible"

### **Positive features of Bill 26:**

- It includes an extended "Whereas" section that covers the compelling need for, the significant benefits expected from and the overall intent of the proposed law.
- Persons with disabilities should have barrier-free access to those things that will give them equality of both opportunity and outcome.
- The responsibility for preventing and removing barriers to accessibility rests not with those faced by them but rather with the systems and parties responsible for establishing and perpetuating them.
- It aims to address a range of disabilities, not just physical disabilities.
- It refers to disability, for the most part, not in medical terms, but in terms of being disabled by barriers in society.
- It requires that the accessibility standards be developed in consultation with people with disabilities and with organizations that must remove and prevent barriers.
- It sets out a process whereby all accessibility standards must be reviewed and updated at least every five years
- It provides for administrative penalties for non-compliance and maximum \$250,000 fines for parties found guilty of an offence under the new law.

As currently drafted, Bill 26 enables but does not actually require the Government to take any measures to prevent and remove barriers to accessibility.

It is important to remember that this Bill does not provide any new rights to Manitobans with disabilities. Rather, it provides a new mechanism for the practical recognition and enforcement of already existing human rights that are enshrined in provincial, national and international law.

The Government's last policy document accepted the recommendation from the Manitoba Accessibility Advisory Council that the proposed legislation use a definition of disability that embodied "an inclusive, broad meaning of impairment including long-term physical, mental, intellectual, invisible, episodic or sensory impairments."

Assuming that Bill 26 is passed and proclaimed by the end of June 2013, the first plan for the implementation of the new law may not be available until April 1, 2015, a full 21 months from the date of passage.

Excerpts by E. Gill from Preliminary review of Bill 26.



May 28<sup>th</sup>

## Gathering at the Riverview Health Centre Polio Museum

The Post Polio group toured the Polio Museum facility at the Riverview Health Centre. There were approximately 25 members and friends in attendance.

We started out in the multi-purpose room where tea, coffee, and muffins were served. Our guest speaker was Mr. Sheldon Mindell, manager of Riverview Health Centre Foundation. He gave a very interesting talk about the Centre and answered questions from the guests. We then went to the Museum where Mr. Mindell explained about the iron lung, the movable bed, and other equipment used during the Polio Epidemic of the 1950's.

*Submitted by Lorna Richaud – programming chair person.*



## Post Polio Picnic 2013



*The winner of the 50/50 draw was  
Robert Havens, son of member  
Marie Anne Britton.*

# Mark Your Calender

## for our exciting speakers for the fall season

# 2013

September							October							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	22	23	24	25	26	27	28
29	30						27	28	29	30	31			29	30	31				

On September 24<sup>th</sup>, 2013  
Dr. B. Shay, will speak about what a physiotherapist can do to help polio survivors. She is a specialist on acupuncture.  
Place: Katherine Friesen Centre  
922 Notre Dame Ave.  
Time: 1:00pm to 2:30pm

On October 29<sup>th</sup>, 2013  
Henry Paul from the Winnipeg Parking Authority will address "What are your parking rights as a disabled person?"  
Place: Katherine Friesen Centre  
922 Notre Dame Ave.  
Time: 1:00pm to 2:30pm

On December 6<sup>th</sup>, 2013  
Holiday Luncheon.  
Place: Greenwood Inn  
on Wellington Ave.  
NOTE: December 6<sup>th</sup> is a Friday  
and the time is from  
Noon to 2:00pm

## Jacquelin Perry, M.D., 1918-2013

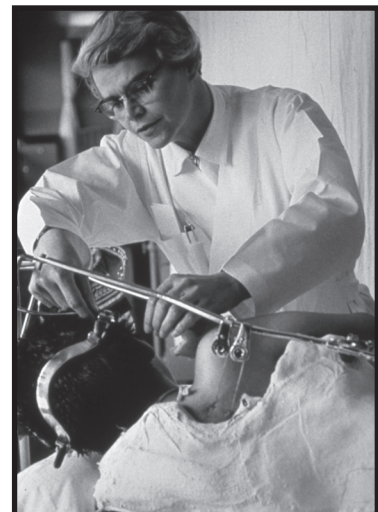
Used with permission from POST-POLIO HEALTH INTERNATIONAL

*To the polio community*, it was her work with polio patients in the 1950's and later in the 1980's for which she is best known. As an orthopedic surgeon, she and Dr. Vernon Nickel developed surgical techniques for paralyzed polio patients who had been in iron lungs. It used a "halo" device to stabilize weakened necks and immobilize the spine, neck and head.

When polio survivors in the 1980s began to experience symptoms of extreme fatigue, muscle weakness, joint pain and breathing difficulties, Dr. Perry was one of the first - along with PHI founder Gini Laurie and Dr. Lauro Halstead - to identify the condition as the late effects of polio.

She told the *New York Times* in 1985 that polio survivors "just push themselves more than most of us. They've put up with signs of strain to live a normal life. I always say people who had polio are overachievers, because so many of them are out to prove they can do just as well as those who didn't have it. But now the strain has accumulated, and tissues are aging prematurely."

Dr. Perry's advice: "Modify your lifestyle to accommodate your new reality," and "Listen to your body and adopt a program that avoids the strain."



## Member's Page

*Do you have an interesting story to tell?*

*Or do you know any good jokes, inspirational or humorous quotes or poems?*

*Then you are invited to email them to:*

[postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com) or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

### IN MEMORIAM

*We have recently lost the following members.*

Doug McEachern from Carmen,  
passed away on April 27th

David McGowan from Thunder Bay,  
passed away on May 19th

The kids had been getting way out of line lately, so the mother decided on a plan.

"I'm going to keep track of everyone's behavior this week," she explained.

"At the end of the week the one who's been most obedient will get a reward."

"That's not fair," complained the youngest. "Daddy will win it every time!"

~~~~~  
A man insisted that his domineering wife see a psychiatrist. To his surprise, she consented. When she emerged after an hour-long session, he asked, "Did you make any progress?"

"Not much," she replied. "It took me 50 minutes to convince him that the couch would look better against the wall."

The following can be sung or hummed to the tune of "My Favorite Things" from "The Sound of Music".

Botox and nose drops  
and needles for knitting,  
Walkers and handrails  
and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.

Cadillacs and cataracts,  
hearing aids and glasses,  
Polident and Fixodent  
and false teeth in glasses,  
Pacemakers, golf carts  
and porches with swings,  
These are a few of my favorite things.

When the pipes leak,  
when the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.

Hot tea and crumpets  
and corn pads for bunions,  
No spicy hot food  
or food cooked with onions,  
Bathrobes and heating pads  
and hot meals they bring,  
These are a few of my favorite things.

Back pain, confused brains  
and no need for sinnin',  
Thin bones and fractures  
and hair that is thinnin',  
And we won't mention  
our short shrunken frames,  
When we remember our favorite things.

When the joints ache,  
when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.



**Post-Polio Network (Manitoba) Inc.  
C/O SMD Self-Help Clearinghouse  
825 Sherbrook Street  
Winnipeg, MB, R3A 1M5**



## **Membership Application Form**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Please check one or more of the following options:**

☐ **New Membership - \$15/year**

☐ **Membership Renewal - \$15/year**

**I wish to make a charitable donation of \$**

**(Tax deductible receipt will be issued.)**

***Please make cheque payable to the Post-Polio Network (Manitoba) Inc.  
and mail to the address listed above.***

### **Post-Polio Network's Privacy Policy**

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists.

The information provided will be used to deliver services and to keep you informed and up to date on the activities of the Post-Polio Network (Manitoba) Inc.

**You may visit our website at:**

**www.postpolionetwork.ca or email us at postpolionetwork@gmail.com**