

# POLIO



# POST

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## *President's Report February, 2015*

**HAPPY NEW YEAR!** Welcome to the first Post Polio Network's newsletter of 2015. We have an exciting year ahead of us. The biggest event this year will be our triennial conference. The conference is tentatively scheduled for September 2015. The topic will be on Aging with PPS; physically and psychologically. More information will be available later.

The Annual General Meeting will be held this year on March 31, 2015. Please mark your calendars. There are positions on the executive committee up for election. Positions to be filled are Vice-President, Secretary/Membership, and Director-at-large. We are in need of volunteers for all of the positions. If you are interested or know of someone who may be interested, please contact us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com) or telephone at 204-975-3037 and leave a message.

We had a great time at our holiday luncheon this year. I'm sure we all want to thank Lorna for organizing the gathering. Thank you to the door prize donors for making the event a success. The door prizes were won by Gilles Duquette, Pat MacAulay, Nancy Boboski, Albert Patenaude's daughter, Pamela Boboski and Joy Gardner.

After much hard work and persistence by Linda and Doug, we had a successful Grey Cup fundraising event. Thanks to everyone who supported our Grey Cup pool either through purchasing or the actual selling. This year we raised \$2796.95 after expenses. For those who are wondering – due to the privacy act and lack of disclaimer on our tickets, winners names will not be disclosed.

Membership fees were due on January 1, 2015. If by chance you haven't mailed in your membership, please do so as soon as you can. See the back page of this newsletter.

***See you at the AGM. Keep warm!***

*\*\* Cheryl Currie, President \*\**

## Anti-Vaccination Ignorance

*(Reprinted from Winnipeg Free Press February 4, 2015 )*

The recent measles outbreak at the happiest place on Earth has put renewed focus on the anti-vaccination movement. With more than 100 cases in 14 states linked to the Disneyland outbreak – and four unconnected cases in Toronto – the vax vs. the vax-not sides are trading shots on social media.

Former U.S. secretary of state and new grandmother Hillary Clinton has even injected herself into the fray. “The science is clear,” Clinton tweeted. “The earth is round, the sky is blue, and #vaccines work. Let’s protect our Kids. #GrandmothersKnowBest.”

U.S. President Barack Obama was more blunt about it: “You should get your kids vaccinated.” It’s good advice that’s going unheeded.

Officials in California have determined 28 of 34 documented cases to date involved people who never got their measles shots. Measles is a highly contagious disease, and it can be fatal. The World Health Organization says approximately 145,700 people died from measles in 2013, mostly children under the age of five. It’s also an entirely preventable disease thanks to routine shots, with doses administered at 12 months and again at age four to six. Many anti-vaxxers argue vaccination is a personal choice. It’s not. It’s a choice that affects society.

Still, the New York Times reported a “statistically significant” number of American parents started refusing to vaccinate their children in the past 15 years. Here at home, the Manitoba Immunization Monitoring System annual report for 2012-2013 shows complete measles immunization from 87.1 per cent in 2012 to 79.4 per cent in 2013. Whether the numbers are owed to the anti-vaxx movement or not, they are trending downward.

The Times interviewed a cross-section of anti-vaxxer parents in California, the epicentre of anti-vaccination movement, where some schools are now falling below the vaccination percentage required for ‘herd immunity’. These parents are wealthy, educated and seem to believe an organic, whole foods diet rich in leafy greens and fish oil is enough to stave off a disease that still kills hundreds of people every year. As Toronto journalist Jeet Heer pithily tweeted: “The anti-vaxx thing is the ultimate First World problem: We’re so privileged we’ll start reviving long-eradicated diseases.”

Though privilege certainly plays a big role in the anti-vaccination ethos, it’s fear that is the driving force here – fear that is often exacerbated by a deep-seated mistrust of The Man in whatever iteration they choose: Big Pharma, the government, medicine in general. It’s also a generally accepted fact people fear that which they don’t know or understand.

## *Emergency Preparedness for People with Disabilities*

*(Excerpt from Polio Regina Newsletter ~ presentation by David Cotcher)*

Everyone should be prepared to cope with an emergency for 72 hours and have a plan, support and resources in place. People with disabilities have special needs. (1) Know the risks (2) make a plan and (3) get an emergency kit.

### **Resources:**

- Government of Canada – Get Prepared <http://www.getprepared.gc.ca>
- Emergency Preparedness for People with Disabilities <http://www.getprepared.gc.ca/cnt/rsrscs/pblctns/pplwthdsblts/index-eng.aspx>
- Emergency response Information Kit (ERIK) [http://seniors.cimnet.ca/cim/19C45\\_51T5882T50T1547.dhtm](http://seniors.cimnet.ca/cim/19C45_51T5882T50T1547.dhtm)

## Depression and Aging with a Disability

*(Excerpts from 'Healthy Aging' Rehabilitation Research and Training Centre  
– University of Washington)*

Older adults with a disability are at a higher risk of depression than older adults without a disability. Depression is a treatable medical condition that often goes untreated in older adults because:

- People do not seek treatment because they think that depression is a normal part of aging or a natural reaction to losses that might happen as we age. Fortunately, depression is not a normal part of aging with a disability. In fact, most older adults adjust well to aging and are not depressed.
- People may not want to admit that they are depressed because they feel embarrassed or ashamed. Depression is not a sign of weakness or a character flaw.

Older adults also report more physical symptoms of depression than younger adults, like difficulties sleeping and loss of appetite. Social isolation and loneliness may also worsen depression in older adults. For all these reasons, it is important that older adults know how to recognize symptoms of depression and seek treatment if needed.

Medical problems and stressful life situations that may be part of aging, such as retirement or loss of a spouse, can cause changes in certain brain chemicals, called neurotransmitters. These chemical changes (also called a chemical imbalance) can affect your mood, sleep, energy, appetite and ability to concentrate.

Some periods of sadness can be normal, but if you are feeling depressed or lose interest in usual activities on a daily basis that lasts for more than two weeks, it is important to seek professional help.

## EXERCISE FOR OLDER ADULTS WITH A DISABILITY

*(excerpt from Aging with Physical Disability fact sheet, University of Washington)*

**Exercise has many benefits for older adults with a disability, including:**

- Increased strength and mobility
- Improved balance to help prevent falls
- Increased independence (improved ability to take care of daily activities)
- Decreased fatigue
- Improved mood (less depression and/or anxiety)
- Improved cardiovascular function (lower blood pressure)
- Improved social interactions/self-esteem
- Improved bowel and bladder functioning
- Increased clarity of thinking
- Improved sleep
- Prevent weight gain

You may not see or feel immediate benefits but it is important to keep exercising. Benefits such as increasing physical strength or decreasing fatigue may take many months.

Older adults with disabilities have a wide range of physical abilities, so it is important to consult your health care provider to find the best exercise program for you.

# The Effects of Cold on Polio Survivors

*(Cold intolerance and "Polio feet" by Dr. Richard Bruno)*

Polio Survivors are extremely sensitive to changes in temperature. At merely cool temperatures, most polio survivors report that their feet have always been cold to the touch, their skin a purplish colour. However, as polio survivors have aged, 50% report "intolerance to cold" and that their limbs have become more sensitive to pain as the temperatures decrease.

When polio survivors take a hot bath, blood vessels do exactly the opposite of what they do in the cold. Polio feet and legs become bright red as arteries and veins relax and blood rushes to the skin. Then, when polio survivors stand to get out of the tub, they can feel dizzy or even faint as blood pools in their legs and causes their blood pressure to drop. The pooling of blood in the feet also explains why polio survivors' feet swell, swelling that increases as they get older. And polio survivors easily losing body heat explains why they have an increase in symptoms, especially cold-induced muscle pain, as the seasons change.

Polio survivors need to dress as if it were 20 degrees colder than the outside temperature. They need to dress in layers and wear heat-retaining socks or undergarments made of polypropylene (marketed as Gortex or Thinsulate) that should be put on immediately after showering when the skin is warm.

Polio survivors need to remind doctors that EMGs or nerve conduction tests must be performed in a room that is at least 75(F) degrees to prevent false, abnormal readings and that a heated blanket is necessary in the recovery room after polio survivors have surgery.

## THE TEN COMMANDMENTS OF POST POLIO SYNDROME

I. LISTEN TO YOUR BODY

II. WORK SMARTER,  
NOT HARDER

III. GO SLOW AND STEADY

IV. BE KIND TO YOUR  
NEURONS

V. SAY NO TO DRUGS

VI. SLEEP WELL

VII. TURN UP THE HEAT

VIII. EAT BREAKFAST

IX. ANESTHETIZE WITH CARE

X. DO UNTO YOURSELF AS  
YOU HAVE BEEN DOING  
FOR OTHERS

~ Credited to Dr. R.L.Bruno and Polio Regina editor Ivan Jorgensen ~

## *Victoria Lifeline*

**Many individuals** living with a chronic illness or mobility issue at some point think about getting a personal help button, something they could use in a medical emergency or if they needed help of any kind. If you spend time at home alone and are worried about personal safety, help at your fingertips is a reassuring idea. If you've ever thought about it, then let's talk about Lifeline.

We are the longest standing personal help button service in Manitoba with over 25 years experience. Our program features life-saving fall detection technology and personalized help plans to make sure our clients get the help they need, when they need it. Here are the top five things you need to know about Lifeline:

1. Help is on the way - our customized 'help plan' is designed around your needs and all the information is on hand at the Response Centre – this includes who should be contacted in the event of an emergency, important medical information and any special instructions pertaining to your medical condition. We can accommodate physical limitations if you are unable to press your button or speak. Lifeline has 4 different Access Switches which are body motion activated.
2. Fall Detection - worn around the neck like a regular button, the AutoAlert can send a help signal if you've fallen, lay unconscious and are unable to press the button yourself. Imagine the comfort this button will bring knowing you can access emergency help in the event of a major fall.
3. Protection when having a shower or bath - our buttons are 100% waterproof.
4. User-friendly features - Our Lifeline communicator units can be adjusted to suit your hearing needs and can even be used to answer the phone, so you will never run out of breath rushing to the phone again. From the comfort of your favourite easy chair, just press the button after the phone rings twice and talk to your caller through our two-way speaker. If you do need help, our Response Centre can speak to you in one of over 140 languages, so if English is not your first language, you can rest assured your calls for help will be understood and responded to quickly.
5. The Personal Touch – our Home Service Representatives will come out and install Lifeline and walk you through your very own test call to the Response Centre so you will feel comfortable using the service. They will also test the button throughout your home. Our buttons provide coverage for an average sized home and yard.

**So** if you're contemplating a personal help button, call our office today at 204-956-6777 and find out why Lifeline is right for you. Victoria Lifeline is a not-for-profit service of the Victoria General Hospital Foundation.



## Annual General Meeting

March 31<sup>st</sup>, 2015 between 1:00 & 2:30 pm

The Katherine Friesen Centre

940 Notre Dame Ave

Speaker:

Presentation on Winnipeg's nostalgia radio station CJNU

*The meeting is open to all polio survivors and their supporters  
Lunch and coffee will be served !*

Visit our website at [www.postpolionetwork.ca](http://www.postpolionetwork.ca)

or email us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)

**975-3037**

## THE HISTORY OF APRONS



I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but it was also used for other purposes:

It served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

When the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden it carried all sorts of vegetables.

After the peas had been shelled, it carried out the hulls.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Grandma used to set her hot baked apple pies on the window sill to cool.

Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I never caught anything from an apron but love!

## 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 of post-polio members

**Maurice Cloutier on January 12th 2015  
@ 91 years**

**J.T. (Jack) Lumbard in March 2014  
@76 years**

**Elizebeth Lupkoskie in March 2014**



*Marilyn Klappprat retired from her duties at Zion Lutheran Church in Beausejour on Nov. 30th, 2015. Her party was attended by (from L-R) Lorna Richaud, Deb & Doug Mihalyk, Estelle Boissoneault & Liddy Bernardin. (members of Post-Polio Network MB.)*

## F Y I

**Are you a member of the Post Polio Network, Mb.?** Would you like to advertise your service or your product to the membership of the Post Polio Network?

If so, please forward a business card or a short advertisement that can be included on the "Member's Page" in the newsletter, The Polio Post.

Email: [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com) OR mail to:

Post Polio Network  
825 Sherbrook St.  
Winnipeg Mb. R3A 1M5

### POST POLIO EXPERTS PRESENT

Timely, information videos are posted on the following site: [www.polioplace.org](http://www.polioplace.org). Once on the site enter "videos" in the SEARCH BOX. Then click on "Post Polio Experts Presents": for listing of videos.

**55+GAMES** for 2015 will be held in Beausejour, Manitoba, June 14 to June 18, 2015.

For information call ALCOA-MB at 1-866-202-6663. Join in for lots of fun.

### AGE AND OPPORTUNITY

Support services for seniors

Call 204-956-6440 for information on programming.

### MARCH OF DIMES CANADA:

Has accessible travel opportunities with attendant care if needed.

Call 1-416-425-3463 extension 7213 for further information regarding future cruises and trips.

### DOES YOUR HOME NEED EXTERIOR PAINTING?

Don't forget the "Brush Up Winnipeg Program" for the spring spruce – up.

There are criteria to qualify for the program that include income.

For information on the 2015 program call: 204-956-7590

Post-Polio Network (Manitoba) Inc.  
C/O SMD Self-Help Clearinghouse  
825 Sherbrook Street  
Winnipeg, MB, R3A 1M5  
Phone 204-975-3037



## 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.***

### **\*Membership Alert\***

**Our Post-Polio memberships are due January 2015. Please check the front of your newsletter envelope. If the date is 2015 – your membership is due.**

### **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](http://www.postpolionetwork.ca) or email us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)**