



POLIO POST

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February 2017

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President's Report February 2017

I would like to wish a belated HAPPY NEW YEAR to everyone and their families and wish everyone Health, Happiness and Prosperity for 2017.

We had a great 2016 at the Post Polio Network and we hope that 2017 will be just as great. Our two new celebrations; the Summer Celebration Luncheon and the Winter Celebration Luncheon were a great success. Great food and great camaraderie and great door prizes!

Thanks to the executive for their hard work over the past year. The PPN and its members appreciate your commitment. On that note; the board of directors is looking for volunteers to help out. If you have time, please let us know. It's the volunteers that keep our Networking going. If we want to have another conference for 2018, it will soon be time to begin the planning stages and therefore we need volunteers. Is there anyone out there who wants to help plan this major event? Please advise a board member or leave a message at our answering service. (204) 975-3027

In an effort to try to include members that don't live in the Winnipeg area, the PPN's executive committee is looking into having our May 2017 executive meeting in Brandon. The meeting will be open to PPN's out of town members to express their views and concerns. I sure hope that this plan comes to fruition, if not, for this upcoming May as soon as can be arranged.

It has been announced that Natalie Mulaire, Chief Operating Officer of the SMD's Self-help Clearinghouse is retiring at the end of April. Ms. Mulaire has been a great friend of the Post Polio Network and we shall miss her, especially her enthusiasm for the Clearinghouse and its member groups.

Our next general meeting will be on March 28th. It is our 30th Annual General Meeting and I hope to see you there.

REMINDER: Membership fees were due the first of January 2017. Please ensure that you forward membership dues as soon as possible.

DRIVING SAFELY IN THE WINTER

There are a lot of tips on how to be safe while driving in the winter. Here are the top 10 tips we liked from Manitoba Public Insurance, CAA and the Canada Safety Council.

Tip #1 – Make sure your vehicle has been winterized - Have your vehicle serviced regularly, winter scraper/brush, pack extra blankets, keep some snacks and water in the trunk, have a charged cell phone and have a First Aid kit available

Tip #2 – Watch your speed and driving habits -Roads are more slippery at -1 deg. C. than what they are at -18 deg. C. When & where the snow is blowing around, you may encounter black ice

Tip #3 – Be mindful of reduced visibility

Tip #4 – Learn how to control skidding -According to canadasafetycouncil.org, you need to turn into the skid and accelerate. Doing this will transfer the weight from the front to the rear of the mobility vehicle and often helps in regaining control.

Tip #5 – No Cruise Control or Overdrive In Bad Weather

Tip #6 – Give Yourself Enough Time

Tip #7 – Protect Your Eyes So You Can See -On a clear day, the sun can reflect off of the snow

Tip #8 – Brake Normally -ABS is there to help you maintain control and prevent you from sliding around.

Tip #9 – Pay Attention -Snow makes it more difficult to make last second manoeuvres

WEAR YOUR SEATBELT!

INNER PEACE

If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the; same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
If you can conquer tension without medical help,
If you can relax without alcohol,
If you can sleep without the aid of a drugs,
Then you are probably **THE FAMILY DOG!!**

From Polio OZ Summer 2016 Newsletter

Ninth case of polio-like illness confirmed in Washington State

Source: CBS News/AP – 30 November 2016

The boy, under age 10, has acute flaccid myelitis, also referred to as AFM.

The other children from Washington who were diagnosed with the syndrome this fall range in age from 3 to 14 and come from King, Pierce, Snohomish, Whatcom and Franklin counties.

AFM cases have not been limited to Washington. In October, Centers for Disease Control and Prevention pediatrician Dr Manisha Patel told CBS News, *“We do have an uptick in cases of acute flaccid myelitis in 2016”*.

As of September 2016, 89 people in 33 states were confirmed to have AFM, according to the CDC. Even with the increased rates, AFM is still rare — striking about one in a million people.

Ninety percent of cases have been in children, said Patel, the acute flaccid myelitis team lead at the National Center for Immunization and Respiratory Diseases at the CDC.

Health officials say AFM can occur as a result of a variety of germs including enteroviruses, West Nile virus and adenoviruses. The condition affects the nervous system, primarily the spinal cord.

Its symptoms — arm or leg weakness or varying degrees of paralysis — are likened to those caused by polio (which was eradicated in the U.S. thanks to the polio vaccine). Still, the CDC reports that the cause of the recent cases is unclear and it’s not known how to prevent it.

The CDC is working with local health officials to investigate the cases in Washington state and elsewhere in the U.S.

Click the link to see full article and associated video: www.cbsnews.com/news/polio-like-acute-flaccid-myelitis-afm-illness-washington-state-confirmed-cdc/

PASSAGES

Our network lost three long time members in 2016. Our condolences to their families; they will be missed.

Albert Patenaude passed away on May 12, 2016.

Mel Jarvis passed away on June 19, 2016.

Joyce Gorrell passed away on December 1, 2016.

On Christmas day Mia Farrow’s son died suddenly. Thaddeus Farrow contracted polio in India and was paralyzed from the waist down. Ms Farrow adopted Thaddeus in the mid-1990. Ms. Farrow was also a polio survivor

Mike Nickle who has been doing our newsletter layout for many years passed away suddenly on February 7, 2017. Thanks Mike for all your help over the years.

Polio Day: Australia Can Help End Polio

Excerpts taken from Polio Oz News Summer 2016

NOTE: Mr. Ferris was the keynote speaker at Post Polio Network (Mb) Inc. at the 2009 Conference “Building Better Tomorrows, Living Healthier Lives”

By Ramesh Ferris

www.internationalaffairs.org.au/australian_outlook/australia-can-help-end-polio/

24 October 2016

The eradication of polio is absolutely achievable. The disease remains present in just a few countries and the vaccine required to immunise children against polio costs only 13 cents per dose. On World Polio Day on 24 October, Australia should know that the disease can be eliminated by coordinated global action and that Australia can play a significant role.

I have been an advocate to end polio ever since I met polio survivors in India crawling on the dirty streets because they didn't have access to vaccines, corrective surgeries and rehabilitative supports like braces and crutches. Seeing their utter lack of mobility made me profoundly aware of the undignified life I could have lived.

I was born in India and was diagnosed with polio when I was six months old. This should have sealed my fate. Instead, I was adopted by a family in Canada, a country where I was able to receive the critical medical attention that grants me the ability to walk today with the help of braces.

I will always be grateful for the opportunity I have been given. This is why I have partnered with Global Citizen, a campaigning and advocacy organisation with the mission to end extreme poverty by 2030. Together, we are campaigning key donor governments to fully fund the at least US\$1.5 billion (AU\$1.9 billion) needed to once and for all eradicate polio by 2019.

Over the last few weeks, I have travelled to Canada, the US and Australia and met with prime ministers, members of parliament, celebrities and advocates. In Montreal, I stood on stage at a Global Citizen Concert to end AIDS, Tuberculosis and Malaria, calling for the end of polio in front of 15,000 people. I made the case that the success of our polio eradication efforts serves as a blueprint for combating other terrible diseases. Moreover, the savings we will amass once polio is gone, US\$50 billion in 20 years, can be used to strengthen healthcare systems and be redirected toward addressing other health emergencies.

After this event, I met with Bill Gates and he reaffirmed his support and commitment to end polio through the Gates Foundation. The overwhelming public support I received from global citizens and influencers from all around the world has convinced me that united we can achieve a polio-free world within our lifetimes.

In order to reach these goals and rebound from setbacks, such as the recent tragic outbreak in Nigeria after two years as polio-free, we must pressure our governments to recommit to polio eradication by fully funding the Global Polio Eradication Initiative.

Furthermore, our success in eradicating polio by 2019 could serve as an early success and the litmus test for the ability of the international community to achieve the Sustainable Development Goals. At the moment, we have a narrow window of opportunity to build on the progress that has been made and stop polio once and for all.

Ramesh Ferris is a polio survivor and global advocate for the eradication of the disease.

Management of Spinal Issues in Polio Patients

By Carol Vandenakker-Albanese, MD
University of California, Davis, Health System

Excerpt from Polio Oz News Winter 2016

The following abstract is one of the presentations which make up the Program for the Australasia-Pacific Post-Polio Conference — Polio: Life Stage Matters from 20-22 September 2016 in Sydney. Check the website for all details: www.postpolioconference.org.au.

The spine provides structural support of the trunk and stabilizes the limbs. The polio virus attacks the motor nerves in the spinal cord, resulting in varying degrees of paralysis of muscles. This causes asymmetry of skeletal support and bone, altering posture and function.

These changes result in: loss of bone strength, altered body mechanics, secondary deformity, increased stress on spine segments and increased stress on supporting soft tissues. Related spinal problems in the polio survivor include: spinal deformity, osteoporosis, accelerated degeneration, and nerve impingement secondary to spine degeneration that can mimic post-polio syndrome.

The risk of scoliosis in a polio survivor is 30%. Progression of the curve is correlated to degree of weakness and age at onset. Bracing is often unsuccessful in preventing progression and surgical fusion is often recommended. Progression of scoliosis can continue after skeletal maturity due to degenerative changes. Progression can cause an unbalanced spine, bony pressure points, and/or reduced lung function.

Polio survivors are at increased risk of osteoporosis based on: reduced peak mass, reduced muscle action on bone, and reduced mobility. Spine (vertebral) fractures may occur with trauma or spontaneously.

Spine degeneration is common in polio patients. Stress on the spine is increased by asymmetry of muscle support, postural changes and altered mechanics of movement. Degeneration can include slippage of vertebrae, enlargement of joints and ligaments and bulging discs. Degenerative changes may result in compression of nerves. Single level nerve compression can cause pain, weakness and/or loss of sensation in a limb.

Spinal stenosis refers to narrowing of the spinal canal, often as a result of degenerative changes. Symptoms can include: loss of balance and aching in the legs that increases with standing or walking. Pain is usually relieved with sitting or walking with shopping cart or walker and may be confused with symptoms of post-polio syndrome.

Medical evaluation is important to diagnose and focus treatment. Treatment options for spine conditions include: postural adjustments, activity modification, physical therapy, medications for pain control, bracing, injection procedures, and surgical intervention. Spine bracing is safe but not always tolerated. Braces reduce motion and provide support. Spinal injection procedures may be very helpful for inflamed nerves or joints. Nerve blocks can help alleviate pain from joint degeneration, but relief is usually temporary. Surgery may be considered when pain or nerve compression results in loss of function. Spine surgery is often major surgery with significant risks.

The preferred management of spinal conditions in a polio patient is conservative. Treatment should focus on changes in lifestyle, activity modification and a therapy program that includes postural correction, strengthening, stretching and cardiovascular conditioning.

MIX & MATCH MEMBERS PAGE

HEALTH FAIR

Good Neighbours Active Living Centre, the Healthy Aging Resource Team (WRHA) and River East Seniors Resource Finder are planning a HEALTH FAIR to be held Monday April 24th from 12 noon to 4 p.m. The event "SPRING INTO HEALTH" will be held at the Bronx Park Community Centre, 720 Henderson Hwy.

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent

Looking for custom orthotics:

Prothotic Health West is located on the 4th floor of "The Bay", 450 Portage Ave., Winnipeg. There phone number is 204 783-3355.

UPCOMING EVENTS:

- | | |
|--|---|
| 1. Post Polio Network (MB) Inc. AGM | 2. Post Polio (MB) Inc. General Meeting |
| Katherine Friesen Centre
940 Notre Dame Ave., Wpg
Date: March 28, 2017
Time: 1:00 p.m. – 2:30 p.m.
TOPIC: Annual General Meeting | Katherine Friesen Centre
940 Notre Dame Ave., Wpg
Date: April 25, 2017
Time: 1:00 p.m. – 2:30 p.m.
Speaker: TBA |

What is 211 Manitoba?

-- The new 211 Manitoba website – www.mb.211.ca – is a province-wide online service to help Manitobans find the help they need when they need it. -- The search tool is simple and intuitive so Manitobans can quickly find the help they need from government and community based health and social services from across the province.

-- The 211 Manitoba database of 5,000 agencies and programs will be continuously monitored and kept up-to-date to ensure current and correct information is made available.

-Why is it useful? Manitobans facing challenges related to homelessness, food security, mental health, addictions, community safety, and much more will now be able to find the resources they need to get help.

-Who's involved? 211 Manitoba is a partnership of United Way Winnipeg and Volunteer Manitoba, but all Manitoba United Ways are stakeholders in offering the services to their communities.

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

or mail them to: Post-Polio Network (Manitoba) Inc.
C/O SMD Self-Help Clearinghouse
825 Sherbrook Winnipeg, MB, R3A 1M5

From the Winter Luncheon Celebration:





Membership Application Form

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____ E-mail: _____

Date: _____

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.)

TOTAL \$ _____

Please make cheque payable to:

Post- Polio Network Mb. Inc. and mail application form and cheque to:

Mailing Address: Post-Polio Network
825 Sherbrook St.
Wpg., Mb. R3A 1M5

For further information please phone 204-975-3037

POST POLIO NETWORK'S PRIVACY POLICY

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all the 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. including programs, services, special events, funding needs, opportunities to volunteer or to donate.

You may visit our website at www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

If at any time you wish to opt out of any services, simply contact us by phone (204 975 3037) or write us at 825 Sherbrook St., Winnipeg MB R3A 1M5 and we will gladly accommodate you request.