

POLIO



POST

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

Presidents Report January, 2019

Belated HAPPY NEW YEAR! Welcome to the first Post Polio Network's newsletter of 2019.

We had a great time at our Winter Celebration luncheon this past November. We enjoyed a great get together at The Caboto Centre; a great lunch; wonderful door prizes and lots of camaraderie with great people. See some of the pictures in this newsletter. Once again thanks to everyone who purchased and sold Grey Cup Pool tickets. Let's give a special thanks to Doug Mihalyk and to Mervin and Ruth Woodward for all their help and salesmanship.

Two free services for those who are interested are available for you to access. (please see further information in this newsletter) The free tax preparation program will be held in April of this year at SMD. The U of M Rehabilitation Sciences will be holding an exercise-based rehabilitation to people with various mobility issues, including POST POLIO. The therapy is provided free of charge by final year Physical Therapy Students under the supervision of a licensed physiotherapist.

Post Polio Network (MB) Inc. is very appreciative of the substantial donation given by the Hugh and Margaret Campbell Charitable Fund. Thank you.

Our website is now operational. It is with much thanks to Ms. A. Noakes who had provided us with her expertise in setting up and running the website. (www.postpolionetwork.ca) Post Polio Network (MB) Inc. also is on Facebook. Thanks to Mr. W. Hazlitt for setting this up. (@postpolionetworkmb on Facebook)

A sincere thanks to all who completed the vaccination survey; your input was invaluable. Vaccination is a main theme of this newsletter. A letter was sent to Manitoba's Minister of Health, Seniors and Active Living, the Honourable Cameron Friesen, noting our concerns. The body of the letter is in this newsletter. We did receive a response that confirmed that our letter was received and a response will be forthcoming.

REMINDER: Membership fees were due on January 1, 2019. If by chance you haven't mailed in your membership, please do as soon as you can. See the back page of this newsletter.

Looking forward to see everyone at the AGM on March 26th at the Caboto Centre on Wilkes Ave., Winnipeg at 1:00 p.m. Please mark your calendars. Keep warm!!! Spring is just around the corner.

Vaccine Hesitancy

From: Jessica Sutherland Daily Kos staff Wed Jan 16, 2019 (excerpts from article)

A dangerous and illogical movement inspired by fear mongering and long-debunked junk science has a new and terrifying achievement to celebrate in 2019: The World Health Organization has placed “Vaccine Hesitancy” on its annual list of top global health emergencies. In the report, the WHO, established nearly 71 years ago as an agency of the United Nations, seems to be far more polite in its assessment of the anti-vaccine movement’s impact than anyone directly harmed by the resurgence of all-but-eliminated diseases would be. That’s because, quite simply, the anti-vax movement is just part of a larger picture. Vaccine hesitancy – the reluctance or refusal to vaccinate despite the availability of vaccines – threatens to reverse progress made in tackling vaccine-preventable diseases.

Measles has seen a 30% increase in cases globally. The reasons for this rise are complex, and note all of these cases are due to vaccine hesitancy. However, some countries that were close to eliminating the disease have seen resurgence. The reasons why people choose not to vaccinate are complex; a vaccines advisory group to WHO identified: complacency, inconvenience in accessing vaccines, and a lack of confidence. More recently, social media and vocal anti-vax celebrities have fueled the spread of the misinformation that prompts parents to make this dangerous choice for children too young to have a say. However, they comprise just one segment of the ever growing populations who refuses to get vaccinated. The “3 Cs” of vaccine hesitancy—confidence, complacency, and convenience—paint a better picture of the various motivators behind unvaccinated. Confidence, of course, is most-easily represented by the anti-vax movement.

It’s crucial to remember that vaccine hesitancy is a complex, multi-tiered issue affecting the entire planet, and it shouldn’t be defined solely by the anti-vax movement that provide so much fodder for disdain and dismissal. Only then can we push through and conquer the other two Cs (convenience and complacency) and get our society back to the herd immunity we all need and deserve—and that medical professionals worldwide worked so hard to secure.

Letter to the Editor of the Brandon Sun

In October 2018, PPN member Ken Ivey submitted the following letter to the editor of the Brandon Sun:

October 24th is “World Polio Day”. It is a day for me, and many others, to reflect on the debilitating effects of contracting polio. From a firsthand experience of having to accept the diagnosis of Polio in 1953 when I was one of over 2,300 in Manitoba that year who received this same news, I am constantly reminded how important the discovery was of the Salk vaccine which was licensed in Canada in 1954. In Canada from 1927 – 1962, there were 49,711 recorded cases of polio. And yet today many parents fail to have their children vaccinated against polio (and, so foolishly, other diseases). Just because we don’t hear of many new cases today, doesn’t mean that the disease has been completely eradicated. The virus could arrive in Canada on the next international flight from a country that is still experiencing new infections.

This begs the question: Why would parents willfully risk their children’s health and well being, when a vaccine is available as a simple insurance against contracting polio?

If you need further convincing to have vaccinations done talk to someone who has had to deal with the various levels of polio disability throughout their whole life. And then, also, in our later years be faced with “Post-Polio Syndrome”.

Minister of Health Vaccinations

BODY of LETTER TO: The Honourable Mr. Cameron Friesen; Minister of Health, Seniors and Active Living

“The Post Polio Network (Manitoba) Inc. is one of many organizations that are concerned with the escalating controversy over vaccinations for school aged children.

We would ask that the government of Manitoba (Department of Health, Seniors & Active Living) consider legislating mandatory vaccinations for school aged children.

Please note the following outbreaks that have/are occurring in Canada. (Information was obtained from the Government of Canada website).

In 2018 as of November v27 cases of measles

Sept 2016 - November 2018 2,175 cases of mumps

In 2018 as of November 48 cases of Acute Flaccid Myelitis* or AFM

And in December 2016 the Manitoba Southern Regional Health Authority reported 10 cases of pertussis.

Unfortunately, the following resolution was defeated by the Manitoba School Board Association at their Annual General Meeting Annual General Meeting, March 16, 2018 and was similarly defeated in 2016.

“BE IT RESOLVED THAT in order to protect the health of children and the community, the Manitoba School Boards Association lobby the Province of Manitoba to enact legislation requiring vaccination of school children for the following designated diseases: diphtheria, tetanus, poliomyelitis, measles, mumps, rubella, meningococcal disease, pertussis, and varicella (chicken pox). Exemptions from Immunization requirements could be allowed for medical reasons (i.e., prior immunity or medical contraindication).”

The misinformation regarding Autism as a result of vaccinations in children is widespread. A 1998 study published in the Lancet (British Medical Journal) turned tens of thousands of parents around the world against the measles, mumps and rubella (MMR) vaccine because of an implied link between vaccinations and autism. In 2010, The Lancet retracted the paper and as a result the study director, Dr. Andrew Wakefield, has lost his medical license to practice due to the incorrect and contrary findings.

Post Polio Network (Manitoba) Inc. would ask that the government of Manitoba (Department of Health, Seniors & Active Living) introduce legislation that would make vaccinations mandatory for school aged children.

c.c. The Honourable Ms. Karen Herd

Deputy Minister of Health, Seniors and Active Living

* Acute Flaccid Myelitis (subtype of Acute Flaccid Paralysis) is an illness that is linked to enterovirus A71 & D68; both which are particular strains of Poliomyelitis virus family.”

Community Volunteer Income Tax Program FREE 2018 TAX CLINIC

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you. Daytime appointments from March 11, 2018 to April 30 2018. Clinic takes place at SMD 204 – 825 Sherbrook St., Winnipeg. For any questions about eligibility or to arrange an appointment, please contact Angel Prefontaine-Gibson at 204-975-3103 or email aprefontaine-gibson@smd.mb.ca

College of Rehabilitation Sciences

The University of Manitoba, College of Rehabilitation Sciences, Physical therapy Neuro Rehabilitation Clinic will be running a free-standing clinic between Apr 1 and June 21, 2019 that will provide active exercise-based rehabilitation to people with various mobility issues, including POST POLIO.

The therapy is provided free of charge by final year Physical Therapy Students under the supervision of a licensed physiotherapist.

If you are interested and would like further information; TELE: 204 789 3897 or email at mpt-neuro@umanitoba.ca.

Mental Health Resources for Seniors

In Manitoba the following mental health resources are available for seniors:

- A&O: Support Services for Older Adults · 204-956-6440
- Geriatric Mental Health Teams Intake: 204-982-0140
- Province Wide Seniors Abuse Line · 1-888-896-7183
- Manitoba Government - Seniors and Health Aging Secretariat,

Seniors Information Line · 204-945-6565 or toll free 1-800-665-6565 ·

Or email seniors@gov.mb.ca

DO YOU NEED A RIDE?

Winnipeg Services

There are many times when someone will need a ride for an appointment or a meeting. There are volunteer driver groups for seniors that can be useful.

All groups require that you are pre-registered with them. Please note that you cannot call at the last minute to arrange rides as lead times are required to arrange for pickups. Please note that there are charges for their services.

- Broadway Seniors Council 204-772-3533 (medical)
- Keewatin/Inkster Resource Council for Seniors 204-774-3085
- River East Council for Seniors 204-667-6812
- St. James Assiniboia Senior Centre 204-987-8858
- Transcona Council for Seniors 204-222-9879 (medical)
- Seven Oaks Senior Links 204-612-3888
- Caregiving with Confidence 204-452-9491
- Seniors Transport (not a volunteer service) 204-430-9851
- St. James Assiniboia 55+ Centre Rides for Seniors 204-987-8858
- Winnipeg Transit Plus (Handi Transit) is a service of Winnipeg's public transit system that provides door-to-door transportation for people who are unable to regularly use the City's fixed route transit system because they are legally blind or have a physical disability that significantly impairs their mobility. Services must be applied for. Contact number is 204-986-5722

PPN's November 2018 Winter Celebration Luncheon



Members Page

Upcoming Events

1. March Annual General mtg.

DATE: **March 26th**, 2019

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Annual General Meeting

SPEAKER:

2. April General Meeting

DATE: **April 30th**, 2019

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 1:00 p.m.-2:30 p.m.

TOPIC: Hand/Shoulder Massage Therapy

SPEAKER: Krista Paulson, BMR-PT, BSc MSc

Passages

John (Jack) Smith passed away September 21, 2018. He was a long time member of PPN.

Monique Everton passed away October 4, 2018. She designed the computer program that PPN uses.

Post Polio Network (MB) would like to express their sympathy to the families.

Lost Words from our childhood: (author unknown)

Murgatroyd! Do you remember that word? Would you believe the spell-checker did not recognize the word Murgatroyd? Heavens to Murgatroyd!

The other day a not so elderly (I say 75) lady said something to her son about driving a Jalopy; and he looked at her quizzically and said, "What the heck is a Jalopy?"

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included: Don't touch that dial, Carbon copy, You sound like a broken record, and Hung out to dry.

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!

We were in like Flynn and living the life of Riley; and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.;

Oh, my aching back! Kilroy was here, but he isn't anymore.

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! (Carter's Little Liver Pills are gone too!)

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator! Okidoki.

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



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 ____ for 20 ____

Membership Renewal - \$15/year ____ for 20 ____

I wish to make a charitable donation of \$ _____

(Tax deductible receipt will be issued for donations over \$10.00.)

Total \$ _____

Please make cheque payable to: Post- Polio Network Mb. Inc.

Your NEWSLETTER delivery preference by: ____mail or ____email

Please mail this application form and cheque to:

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

For further information please phone 204-975-3037

Signature

Date

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

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., Wpg. Mb. R3A 1M5 and we will gladly accommodate your request.