

POLIO



POST

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

President's Report May, 2012

Hello to everyone. I want to introduce myself. My name is Cheryl Currie and I became the president of our network at the recent AGM. Thank you to Charlene Craig who has provided her guidance to the Post Polio Network for the last four years. She is continuing as the Past President and will be working on the newsletter so she is still a large part of the executive. Congratulations to Esther Gill, our new Vice President, and Donna Remillard, who continues as our Treasurer. New committee chairs are Kathryn Harper, Phoning Committee, and Lorna Richaud, Programming Committee Co-Chair.

Spring is here; and early this year. Some of us were wondering where Winterpeg had gone, especially when some of our March and April temperatures were higher than those in Vancouver and even Palm Springs, on a couple of days. This has made for an easier winter for us all.

The Annual General Meeting in March, had a large turnout and the speaker, Amy Krahm and her assistant, showed us many helpful aids and provided us with brochures and pamphlets.

Our first annual Spring Tea was held on April 24th to the enjoyment of all who attended.

Thanks to Charlene for organizing the event, and a special thanks to Kathryn Harper for catering the event, thanks to Esther and Lorna and Diana Oakley for providing us with more dainties.

Please mark your calendars for the upcoming events:

1. General Meeting to be held on May 29th at the Kathryn Friesen Centre on Notre Dame
2. Our Picnic to be held on June 18th at the Bourkeville Community Centre
3. The Conference Committee is working hard to organize the "Pain and Pain Management" conference. This time the conference will be held September 17th at the Victoria Inn, Winnipeg.

Complete details on these events can be found further on in this issue.

Have a great summer.!

~ Cheryl Currie, President ~

News Release from Winnipeg Police Service



FRAUD PREVENTION TIPS

As part of Fraud Awareness Month, the Winnipeg Police Service Commercial Crime Unit would like to remind the public and merchants of the importance of being aware of current scams and other fraudulent activity that has occurred in Winnipeg and surrounding areas.

Citizens and employees are encouraged to educate themselves to avoid becoming a victim of crime **“Recognize it Report it and Stop it”**.

The Competition Bureau of Canada has launched **“The Little Black Book of Scams”**. This compact and easy-to-use reference guide is filled with information people can use to protect themselves against a variety of common scams.

Consumers and businesses can consult the book to avoid falling victim to internet scams, fake lotteries, romance scams, and other schemes currently used to defraud Canadians of their money or personal information.

The booklet offers information on how scams work and how to recognize them, as well as practical tips on how consumers can protect themselves. It also offers a step-by-step guide for victims to reduce their losses and avoid becoming repeat victims.

The Little Black Book of Scams can be downloaded from the bureau’s website at:
http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/03074.html#s4_0.

The Competition Bureau, as an independent law enforcement agency, ensures that Canadian businesses and consumers prosper in a competitive and innovative marketplace.

Anyone who has been the victim of any of the above mentioned scams, or any other scam, should report the matter to police by attending in person to any police station.

Enquires can also be directed to the Winnipeg Police Service Commercial Crime Unit at 986-6231.

Annual Post Polio Network Picnic

Monday June 18th, 2012 (5-7p.m)

Join us at the Bourkevale Community Centre, 100 Ferry Road
 (turn south off Portage Ave at Ferry Road, towards the Assiniboine River)

All the food will be catered by
Tailgator’s BBQ Pit

Bourkevale is wheelchair accessible with adequate parking.

**Join us, bring a guest,
 Hope to see you there!**



The fundraising team will be distributing
 this year’s Grey Cup tickets at this function

Breathing Problems of Polio Survivors Revisited

by Judith R. Fischer, MSLS and Joan L. Headley, MS

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“Post-Polio Breathing and Sleep Problems” was published in the fall of 1995 (Polio Network News, Vol. 11, No. 4). As a result of the continual flow of phone calls and emails from polio survivors and family members about this life and death topic, Judith Fischer, editor of Ventilator-Assisted Living (our other quarterly newsletter), and I decided to revisit and revise the original article. Our goal is to educate and to clarify misinformation about breathing problems of polio survivors.

Joan L. Headley, Editor, Post-Polio Health (ventinfo@post-polio.org)

New breathing and sleep problems in aging polio survivors can be insidious and often go unrecognized by either polio survivors, their family members or their health care providers. Polio survivors may have weakened breathing muscles as a result of the initial damage by the poliovirus; the lungs themselves were not affected. Those who were in an iron lung during the acute phase should be aware of the potential for developing problems later in life and educate themselves in order to recognize important signs and symptoms which may indicate underventilation which may lead to respiratory failure. Even those who did not need ventilatory assistance during the acute phase may also be at risk for underventilation and should be aware of problems with breathing and sleep.

Underventilation (hypoventilation is the medical term) means that not enough air reaches the lungs to fully inflate them. The result may be too little oxygen and too much carbon dioxide (CO₂) in the blood. Underventilation can be caused by one or more of the following: weakness of the inspiratory muscles (mainly the diaphragm and rib muscles) for breathing in, weakness of the expiratory muscles (the abdomen) for breathing out and producing an effective cough to clear secretions, scoliosis (curvature of the spine) and sleep apnea. Other factors contributing to a polio survivor's breathing problems are a history of smoking, obesity, undernutrition and other lung diseases such as asthma, bronchitis and emphysema.

Vital capacity (VC) is the volume of air that can be expelled after taking a big breath and is a measure of how well the lungs inflate. VC normally decreases with age, but this decrease in VC is more serious in an aging polio survivor with weakened breathing muscles. Many polio survivors had impairment of their inspiratory muscles, and the normal changes due to aging may cause them to lose VC at a greater rate. Polio survivors may not experience symptoms of underventilation until their VC falls to 50% or less of predicted (normal).

Signs and symptoms of underventilation during sleep include:

- inability to breathe when lying flat — the need to sleep sitting up (orthopnea)
- inability to fall asleep and/or to stay asleep (insomnia)
- anxiety about going to sleep
- restless fragmented sleep with frequent awakenings
- shallow breathing or pauses in breathing
- awakening from sleep with choking sensation
- nightmares, night sweats, bedwetting or need to urinate frequently
- excessive daytime sleepiness
- morning headaches
- worsening mental status and impaired memory, concentration and cognition

Other symptoms may include:

- shortness of breath on exertion
- fatigue or exhaustion from normal activities
- claustrophobia and/or feeling that the air in the room is somehow bad general anxiety
- difficulty in speaking for more than a short time
- low voice/volume speech with fewer words per breath
- use of accessory muscles, such as neck muscles, to breathe
- weak cough with increased respiratory infections and pneumonias.

Polio survivors experiencing one or more of the above signs and symptoms should seek a respiratory evaluation (simple and noninvasive pulmonary function tests) by a pulmonologist, preferably one experienced in neuromuscular disorders. Pulmonary function tests should include the following measurements.

The values that indicate a warning sign for respiratory problems are in parentheses.

- VC — upright (<50%)
- VC — supine (a drop of >25% from upright to lying down)
- MIP — maximum inspiratory pressure (<60 cm H₂O)
- MEP — maximum expiratory pressure (<60 cm H₂O)
- peak expiratory cough flow (<300 L/min)
- end-tidal CO₂ (>45 mm Hg)

Overnight oximetry may be prescribed to detect episodes of oxygen desaturation (<88% during sleep). Management of breathing and sleep problems can be achieved largely through the use of nocturnal noninvasive ventilation, commonly in the form of small, lightweight bilevel positive pressure units. The units have a long tube/circuit that attaches to a mask (nasal, facial or oral), nasal pillows or mouthpiece worn during sleep. Polio survivors may find themselves gradually extending periods of ventilator use, perhaps during a daytime nap. Some polio survivors may need to use a volume ventilator to guarantee delivery of a larger volume of air than a bilevel unit can provide. Noninvasive ventilation may eventually fail, and invasive tracheostomy positive pressure may be necessary.

Treating underventilation with oxygen therapy instead of assisted ventilation can lead to respiratory failure and death because supplemental oxygen can blunt the function of the brain's respiratory control center. However, polio survivors who use assisted ventilation and have additional medical problems such as COPD, pneumonia or heart problems, or who are undertaking long airplane flights, may benefit from oxygen therapy under careful supervision.

Polio survivors may also have sleep apnea contributing to underventilation. Sleep apnea, an interruption of breathing during sleep, can be obstructive, central or mixed. Obstructive sleep apnea (OSA) is the most common form and is prevalent in the general population. The standard test for OSA is a sleep study; the standard treatment is the use of a continuous positive airway pressure (CPAP) unit with a nasal mask or nasal pillows during sleep. However, polio survivors with both weakened breathing muscles and sleep apnea should use bilevel positive pressure or volume ventilation, not CPAP.

**Judith R. Fischer, MSLS, is Editor, Ventilator-Assisted Living.
(Joan L. Headley, MS, is Editor, Post-Polio Health.)**

Here is a list of books that can be found in the Post Polio library

Live Eels and Grand Pianos	(Andrew Bradford)	Managing Post-Polio	(Lauro S. Halstead, M.D.)
Post-Polio	(Julie K. Silver, M.D.)	The Polio Paradox	(Richard L. Bruno H.D., Ph.D.)
Tired of being Sick and Tired	(Eleven Chiropractic Professionals)	Walking Fingers	(S. Aitken, H. D'Orazio & S. Valin)

To borrow books call Bob MacAuley 474 2717

General Meeting

Katherine Freisen Centre

940 Notre Dame Ave

May 29th, 1pm- 3pm

Speaker: *Jean Forest* (SMD Wheelchair Services)

Jean will be discussing regulations with respect to handicapped parking

Lunch will be served!

2012 Post-Polio Conference

September 17, 2012

8:30-4:00

Victoria Inn

1808 Wellington Ave.

Guest Speaker

Dr. Carol Vandenakker, MD

Associate Professor and Residency Director

Physical Medicine and Rehabilitation

UC Davis Health System, Davis California

Topic

Pain & Pain Management

Including

Panel Discussion Q + A

Cost is \$35.00

Lunch is included



For more information call

975-3037

Advance Registration Form

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone (____) _____

Food Concerns / Allergies _____

Send cheque or money order for \$35.00, with the registration, to

Post Polio Network 825 Sherbrook Ave Winnipeg Mb R3A 1M5

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: _____ **Fax:** _____ **E-mail:** _____

Please check one or more of the following options:

- ☐ **New Membership - \$10/year**
- ☐ **Membership Renewal - \$10/year**
- ☐ **I wish to make a charitable donation of \$** **Tax deductible receipt will be issued.)**
- ☐ **I would like a copy of the newsletter sent to:**
(My doctor, therapist or other individual at the address below)

Name: _____ **Profession:** _____

Address: _____ **City:** _____ **Province:** _____

Postal Code: _____ **Telephone:** _____

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

Membership Renewal

2012 is here and we should be renewing our memberships. The fee is \$10.00/ year. Please check your mailing label on your envelope. If your mailing label indicates 2013 or greater, your membership is up to date.

If the date is 2011 or 2012, please renew.

Thank you ~ The Polio Post editorial team~

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. 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@shaw.ca

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



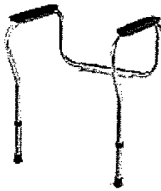
Winnipeg Regional Health Authority
Caring for Health
Office régional de la santé de Winnipeg
À l'écoute de notre santé

Occupational Therapy

Equipment & Vendor List Winnipeg Suppliers

The following equipment has been recommended by your Occupational Therapist. Equipment may be found at the Winnipeg vendors listed on the reverse. This is a representative list only and is not considered to be all-inclusive. Recommended equipment may be carried at other health care or retail stores in the Winnipeg area. Some private insurance plans may require physician's prescription to cover partial purchase costs of equipment.

Please note: Prices are subject to change. Please phone for updated prices.



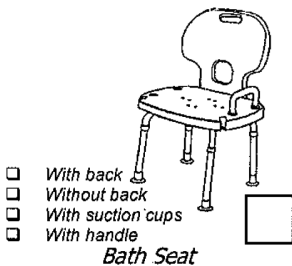
Toilet Armrests Clamp on



Toilet Seat with Armrests

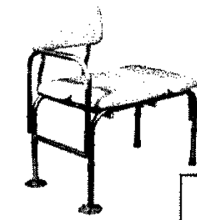


Raised Toilet Seat

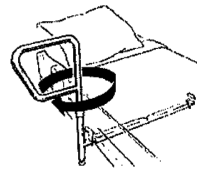


- ☐ With back
- ☐ Without back
- ☐ With suction cups
- ☐ With handle

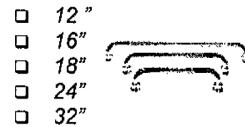
Bath Seat



Transfer Bench



Bed Rail



Grab Bar



Long Handled Shoe Horn



Dressing Stick

- ☐ 18"
- ☐ 24"



Sock Aid



Long Handled Reacher

- ☐ 24"
- ☐ 26"
- ☐ 30"

Other Recommendations: _____

****If you have any questions, please contact the occupational therapist _____ at _____.**
(name) (phone)

Equipment & Vendor List - Winnipeg

Assistive Healthcare Products

1-4-1100 Concordia Avenue
 Phone: 487-2257 Fax: 487-2335
Equipment Type: new, rental and lease
Hours: Mon-Fri 9am-5pm
Delivery: Free in-city delivery

Backworks Homecare Product Centre

www.reliableused-new.com
 666 St. James Street
 Phone: 774-6322 Fax: 772-2754
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10-5pm
Delivery: \$12 charge on small items; subject to size on large items

Canadian Health Care Products

www.chcp.ca
Main Location: 6-3166 Portage Avenue
 Phone: 832-9963 Fax: 888-9609
Equipment Type: new, used and rental
Hours: Mon-Fri 8:30am-5pm; Sat 10am-2pm
 (Note: CLOSED long weekends)
Delivery: \$29 on small items; \$62 on large items

2nd Location: 835-1615 Regent Avenue
 Phone: 888-2427 Fax: 667-6157
Equipment Type: new, used and rental
Hours: Mon-Fri 8:30am-5pm; Sat 10am-2pm
Delivery: \$29 on small items; \$62 on large items

Diamond Athletic Medical Supplies Inc.

www.diamondathletic.com
 75 Poseidon Bay, Unit 185 (at the Pan Am Clinic)
 Phone: 488-7820 Fax: 488-0294
Equipment Type: new and rental
Hours: Mon-Fri 9am-6pm; Sat 10am-4pm
Delivery: Free in-city delivery

HT Mobility Medical

451-A Henderson Highway
 Phone: 668-6111 Fax: 663-4657
Equipment Type: new, used and rental
Hours: Mon-Fri 8:30am-5:30pm; Sat 9am-3pm
Delivery: Free in-city delivery

Independence Plus

3362 Roblin Boulevard
 Phone: 896-4027 Fax: 896-4823
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; by appointment only Sat and evenings
Delivery: Free in-city delivery on small items; \$35 charge on large items

Innovative Medical Supplies

217 Henderson Highway
 Phone: 663-6633 Fax: 663-2452
Equipment Type: new and rental
Hours: Mon-Wed and Fri 9am-5:30pm; Thu 9am-7pm; Sat 10am-2pm
Delivery: Free in-city delivery (Tuesday/Thursday)

LNJ Medical Inc.

www.LNTmedical.ca
 3161 Vialoux Drive
 Phone: 697-1801 Fax: 697-2010
 Toll-free: 1-866-277-1010
Equipment Type: new and rental
Hours: Mon-Fri 8am-5pm
Delivery: Free in-city delivery within 100 km

MEDichair

www.medichair.com
 385-550 Century Street
 Phone: 949-2300 Fax: 774-2191
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-4pm
 (Note: CLOSED long weekends)
Delivery: \$15 charge on items under \$200; free of charge on items over \$200

Medigas

www.medi-gas.com
 150 McPhillips Street
 Phone: 786-4719 Fax: 786-1972
Equipment Type: new and rental
Hours: Mon-Fri 8am-5pm
Delivery: \$7.50 delivery fee

Mobility Matters

www.mobility-matters.ca
 (Mobile Vendor)
 Phone: 222-2940 Fax: 222-0263
Equipment Type: new
Hours: Flexible, Mon-Sun
Delivery: Free in-city delivery

Northland Home Healthcare

www.nhccp.com
Main Location: 865 Bradford Street
 Phone: 786-6786 Fax: 783-7496
Equipment Type: new
Hours: Mon-Fri 8am-4pm
Delivery: \$8.50 charge on items under \$100

2nd Location: 18-2727 Portage Avenue
 Phone: 953-0020 Fax: 953-0023

Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-2pm
Delivery: \$6.50 charge on items under \$100; free of charge on items over \$100

3rd Location: 67 Goulet Street
 Phone: 235-0914 Fax: 231-5669
Equipment Type: new and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-2pm
Delivery: \$6.75 charge on items under \$100; free of charge on items over \$100

4th Location: 9-1341 Henderson Highway
 Phone: 925-4599 Fax: 925-4590
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-2pm
Delivery: Free in-city delivery

Reliable Used & New

www.reliableused-new.com
 Phone: 774-6322 Fax: 772-2754
 Toll-free: 1-800-361-7788
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-5pm
Delivery: \$12 charge in-city delivery on smaller items; prices range for large items

Re-new Mobility

551 Osborne Street
 Phone: 453-6473 Fax: 453-7086
 Toll-free: 1-866-474-1664
Equipment Type: new, used and rental
Hours: Mon-Fri 9am-5pm; Sat 10am-2pm
Delivery: \$20 charge on items under \$100; free of charge on items over \$100

Stevens Home Medical Supply

www.stevens.ca
 (Entrance at 730 William Street)
 Phone: 787-3532 Fax: 787-3552
Equipment Type: new and rental
Hours: Mon-Fri 8am-5pm
Delivery: \$10 charge on items below \$100

Winnipeg Custom Seating

www.winnipegcustomseating.ca
 186 Marion Street
 Phone: 233-0333 Fax: 235-0117
Equipment Type: new, used and rental
Hours: Mon-Fri 8am-4:30pm
Delivery: \$7 charge on items under \$100 (city limits); \$15 charge on items under \$100 (outside city limits); free of charge on items over \$100





Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Occupational Therapy

1/2

Grocery Delivery Services in Winnipeg



Here are just some of the locations in Winnipeg that will delivery groceries to your home. There are different ways that you can order your groceries for delivery including:

- **Phone-in Order** - You call the store; list grocery items over the phone and the store will shop for your items and deliver them to your home
- **Shop-in Order** - You go the store, select and pay for the groceries and the store will deliver them to your home later that day
- **Pick-up Service** - You call the store, list grocery items over the phone and the store will get the items ready for you so that you can pick them up.
- **Internet Shopping** - You order your groceries over the Internet from a website and your groceries are delivered to your home.
- **Customer Pick-up** - The store will pick you up at home and drive you to the store so you can shop, then give you a ride home when you are done

When using any delivery service make sure to verify the delivery fees, times and general information as stores may modify their services.

Please note: The following companies are not necessarily endorsed by your Occupational Therapist

Downtown/St.James

AM Food Fare

Location: 905 Portage Ave.
Phone: 987-8844

Food Fare

Location: 115 Maryland St
Phone: 772-1250 or
772-1251

IGA Downtown

Location: NW Donald &
Broadway
Phone: 947-6645

Cantor's Grocery

Location: 1445 Logan Ave.
Phone: 774-1679 or
774-1670

Family Foods

Location: 724 Watt St
Phone: 668-2269

Main Meats & Groceteria

Location: 661 Main St
Phone: 942-7837

St.Vital / St.Boniface

Dakota Family Foods

Location: 1099 St Mary's Road
Phone: 255-6129

Fort Garry/Fort Rouge/River Heights

GJ Andrews Food & Wine Shoppe

Location: 384 Academy
Phone: 487-7300

Lilac Food Fare

Location: 247 Lilac Street
Phone: 475-6638

Meghana Grocery

Location: 1741 Pembina Hwy
Phone: 261-422

River East

Cavalier Sobeys

Location: 839 Cavalier Dr.
Phone: 885-1636

Family Foods

Location: 1881 Portage Ave
Phone: 988-4810

AM Food Fare

Location: 2285 Portage Ave
Phone: 885-2381

Courts IGA

Location: 2727 Portage Ave
Phone: 837-7882

North & West Kildonan/North End

Sunvalley Family Food

Location: 1529 Gateway
Phone: 667-8769

Pal's Supermarket

Location: 855 McGregor
Phone: 338-0266

Marketplace in North Kildonan

Location: 1795 Henderson
Phone: 334-4381

Avenue Meat

Location: 595 Selkirk Ave
Phone: 589-3587

Reidger's Supermarket

Location: 188 Isabel
Phone: 774-2451

Other

- **All Safeway locations**

Phone: 1-800-723-3929 (Customer Service)

Note: No phone-in orders, customers must shop in store and groceries will be delivered

- **Fresh Option Organic Delivery**

<http://www.freshoption.ca>

Location: 1338 Clifton Street

Phone: 772-1479

Note: Fresh Option is not set up as a retail location.

- **Online Grocery Store = www.winnipeggrocery.com**

