

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, 2013

As presented at the AGM on March 26th, 2013

The Post Polio Network (Manitoba) Inc. had a very successful 2012. The highlight of the year was the "Pain and Pain Management" Conference. The evaluations from the participants were highly complementary. We were very privileged to have had Dr. Carol Vandenakker as our keynote speaker. Dr. Vandenakker is a well respected expert on polio and post-polio syndrome. The afternoon panel discussions were informative and enjoyed by all. The panel participants were Dr. Vandenakker, Dr. J. Derksen, Dr. B. Shay, and Ms. C. Hnatiuk. Many thanks go to the organizing committee for their hard work. The Winnipeg Foundation provided the grant that allowed the Post Polio Network to have this successful event. Thanks to our donors and Jan McLellan, Community Grants Administrative Assistant at the Winnipeg Foundation.

All of our events were well attended this past year. The highlights included the June Picnic, the Holiday Luncheon and the four General Meetings at the Katherine Friesen Centre. The presentation by Ms. S. Guillas of A&O Safety Aid program was one of these highlights.

On behalf of the Post Polio Network, I attended two meetings at SMD Clearinghouse this past year. These meetings update other member organization of the Clearinghouse on the event & issues that are important to the other member organizations. Thanks to SMD Clearinghouse, Natalie Mulaire COO and Kathy Grabowecky, Executive Administrative Assistant for all their help over the past year.

I attended a seminar on Charity Law held at United Way Headquarters. The seminar was presented by Ms. J Letterman of Thompson, Dorman & Sweatman. (~continued~)

(~Presidents Report continued~)

Regarding our organization:

- Volunteers are needed for the Board of Directors for the executive and committees.
- Discussions and decisions need to be made regarding the future needs for the network and our members. Do we continue in the same manner or do we require change?
- Financial considerations: membership dues, luncheons, newsletter. Our expenses surpass our income and therefore important fiscal decisions need to be made.
- The only fundraising event is the Grey Cup pool ticket sales. We need a membership involvement to ensure successful sales.

Lastly, I want to personally thank the members of the board of directors for their hard work and dedication.

HOW GENEROUS WE ARE

Gates Foundation applauds Canadian polio effort

The generosity of Canadians in the fight against polio was applauded by the Bill & Melinda Gates Foundation Saturday. At the 67th annual UN General Assembly last September, Canada and the Gates Foundation joined forces to establish the Pennies and More for Polio project.

Both had each originally agreed to match dollar-for-dollar donations made by Canadians to the Rotary Foundation to a maximum of \$1 million. Since that goal has already been reached, the Canadian International Development Agency and the Gates' have now agreed to match the total amount of funds which is expected to reach more than \$1.6 million.

The money will be given to the World Health Organization's Global Polio Eradication Initiative. "This innovative program is another example of Canada's and Rotarians' long-time commitment and leadership to ensuring children are forever protected from this debilitating, but preventable, disease," Chris Elias, a spokesman at the Bill & Melinda Gates Foundation, said in a statement.

Dr. Robert Scott, the chair of Rotary's International Polio Eradication Committee, also praised Canada. "Canada's support has been, and will continue to be, critical in the final push to end polio," Scott said. "We are on the verge of eradication this deadly disease, and must redouble our efforts to ensure that the goal is reached."

Since 1988, Canada has supported the immunization of hundreds of millions of children, which has led to the eradication of the polio virus from almost every country on Earth.

QMI Agency (FROM THE WINNIPEG SUN – February / March 2013)

What is the Disability Tax Credit?

The disability tax credit is a non-refundable tax credit used to reduce the amount of tax payable on your income.

All or part of these amounts may be transferred between your spouse, common-law partner or another supporting person.

If a child under 18 years of age is eligible for the disability tax credit, that child is also eligible for the child disability benefit.

Are you eligible?

You are eligible for the disability amount when your qualified practitioner certifies the form and Canada Revenue Agency approves it.

Is the credit retroactive?

Yes. Canada Revenue Agency has a taxpayer relief program that can allow your claim to go back 10 calendar years if you meet the criteria.

You can also apply for a deceased family member.

Who should apply?

Any individual who has impairment in physical or mental functions that is significant and has lasted for a continuous period of at least 12 months.

The effects of this impairment must also cause you to be markedly restricted in at least one of the following basic daily-living activities:...walking...dressing...hearing...speaking...feeding...mental functions...legal blindness...elimination (bowel/bladder functions).

Do you answer YES to any of the following question?

- Does it take you longer to walk 100 meters than someone your age without your condition?
- Do you use any devices to help with mobility, such as a walker, cane or scooter?
- Do you spend at least 2 hours per day managing your Type 1 diabetes?
- Are you dependent on life-sustaining therapy such as insulin, oxygen or dialysis?
- Does it take you 2-3 times longer to manage elimination because of your condition?

If you answered YES to any of these questions, you should consider applying for the disability tax credit.

13 Statistics Canada estimates that 1 in 6 Canadians are living with a restriction or disability.

Are you a caregiver?

If an adult family member is dependent on you due to an impairment in physical or mental functions, you may be entitled to claim the caregiver amount.

- Each dependent must be 18 years of age or older.
- The dependent must be living with you.
- The dependent must meet the income threshold.

Presented at the 2013 Annual General Meeting by Cheryl Kehler and Shonna Pepper @ Disability Tax Credit Services. # 204-221-8628.

PHI Announces 2013 Research Award Recipient

Post-Polio Health International (PHI) awarded a \$25,000 grant to study the effects of using an innovative machine that has shown early promising results with frail elders and people with various neurologic conditions in pain reduction, strengthening and bone density improvement.

The study – Effects of Whole Body Vibration on People with Post-Polio Syndrome – will be led by Carolyn Kelley, PT, DSc, NCS, from Texas Woman's University, Houston, Texas. Carlos Valbona, MD, TIRR-Memorial Hermann Rehabilitation & Research, is part of the research team.

The team will study the possible negative, as well as positive effects of two innovative machines (Power Plate pro5 and Soloflex – trademarked) machines with a platform that a person can stand or sit on, that vibrates the entire body. “Whole body vibration” is being used in fitness clubs, people's homes, and nursing homes to either enhance exercise protocols or as an exercise substitute.

Before we can learn if whole body vibration can help people with post-polio syndrome, we need to make sure it is not too intense or harmful, so we will measure muscle cramping and strength, effort, pain, sleep problems, fatigue and walking ability (if you can walk).

The study will recruit 40 people who have post-polio syndrome. Participants who qualify will use each of the machines for a month, with the order randomly assigned. People who walk full-time, part-time, and not at all can qualify. Recruits need to be between 49 and 85 years old and have no active medical problems such as a fracture, cancer or blood clot or if you have any internal metal rods or joint implants. You need to be able to stand for up to 20 minutes in spaced short time periods or be able to sit in a wheelchair with your feet on the platform, leaning forward onto your knees for up to 20 minutes.

Kelley explains that because this is an interventional study, people will need to either reside in the Houston metropolitan area or be able to stay in Houston for about three months.

Used with permission from Post-Polio International, St. Louis MO USA

Post-Polio Network MB. will follow this study and print the results as they become available.


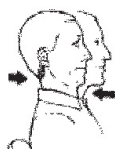
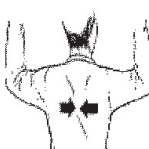



Daily Exercises That You Can Do At Your Workstation

EXERCISES

Daily stretching exercises aren't a substitute for a proper workstation or equipment, or a cure for persistent pain or discomfort. However, they can help reduce muscle strain tension and eyestrain.

The stretches below take about five minutes to complete. Repeat each stretch three to five times. You can do all of these exercises, or select only some to relieve tension in particular muscles or areas of your body. Remember, if you select an exercise that stretches one side of your body, you should also perform it on your other side to balance your exercise routine.

Before starting to exercise, see your physician if you have a medical condition or injury to an area of the body involved in any of the exercises.

| Eyes | Neck | Shoulders | Back | Wrists and Hands | Lower Limbs |
|---|---|--|---|--|---|
|  <ul style="list-style-type: none"> • Close your eyes, cup your hands, and place them over your closed eyes. Rest your elbows on your desk and breathe deeply for one minute. • Look away from your computer screen and focus on a distant object. • Look up, down, and side to side without moving your head. |  <ul style="list-style-type: none"> • Glide your head back as far as it will go, keeping your head and ears level. Next, glide your head forward. Repeat three times. • Shrug your shoulders, raising them for a count of three, then lowering them. Rotate your shoulders backwards, arms relaxed at your sides. Repeat three times. |  <ul style="list-style-type: none"> • Squeeze your shoulder blades with your elbows lifted away from your body. Imagine you have a pencil between your shoulder blades and you are trying to trap it and then release it. |  <ul style="list-style-type: none"> • Hold your arms straight in front of you and stretch them forward. Raise your arms above your shoulders and stretch them upwards. • Sit relaxed, feet flat on the floor. Imagine a cable attached to the top of your head pulling you up. Hold for a count of three, then relax. Repeat three times. |  <ul style="list-style-type: none"> • Clench your fists, then release them, spreading out your fingers. Hold each position for a count of three. • In a sitting or standing position, drop your arms to your side. Gently shake out your arms and hands. |  <ul style="list-style-type: none"> • Lift your lower leg from a seated posture, leaving your knee bent slightly. Rotate your ankles slowly. Point your toes and then pull them toward your shin. • Stand up and take a short walk. |

Safety Aid Presentation by: Sheldine Guillas, Project Co-Ordinator

Personal Safety

- to prevent identify theft DO NOT carry the following identifications—SIN, Birth certificate, Government Senior's Card (or old age security card)
- purchase a fire safe chest to keep all important information
- shred all papers containing any personal information

Pedestrian Safety

- do not wear a purse strap over your neck and shoulder; use only one shoulder to hold purse.
Do not fight if there is an attempt to purse snatch
- walk with a buddy if possible
- walk facing traffic
- use pedestrian corridors and look both ways before crossing
- carry and use a "life line" alarm

Home Safety

- do not open door to strangers
- use only your initial in telephone book; also on your answering service use the automated voice or if you are a female ask a male relative to record the message
- ensure patio doors are secure by using recognized security equipment
- take pictures of your home and property and keep these in a fire safe chest for insurance
- install wide angle peep hole in door

Vehicle Safety

- do not enter your car until you have checked for people hiding in or around the car, check the back seat
- lock doors immediately when getting into car
- DO NOT get out of your car or open your car to strangers

Reporting a Crime

- stay calm, dial 911 and give your address
- for suspects try to remember: tattoos, piercings, and scars
- for vehicles try to remember: car color, model, license plate, province on plate and which direction the car was travelling

Frauds and Scams

- DO NOT give over the phone any banking information, Canada Revenue Agency requests, or donation requests
- DO NOT give over the phone any personal information for jury duty
- DO NOT wire monies for long lost relatives until verified by your family

Member's Page

*Do you have an interesting story to tell?
Or do you know any good jokes, inspirational or
humourous quotes or poems?*

Then you are invited to email them to:

postpolionetwork@shaw.ca or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

New Dictionary Definitions

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CANNIBAL: Someone who is fed up with people.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISINS: Grapes with a sun-burn.

SECRET: Something that you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest saving devices of today.

YAWN: An honest opinion openly expressed.

WRINKLES: Something other people have, similar to my character lines.

IN MEMORIAM

We have recently lost the following member.

Diane Mikolajek in January at the age of 73



GENERAL MEETING

April 30th, 1:00-3:00PM



Place: Katherine Friesen Centre
940 Notre Dame Avenue

Speaker: Dr. R. Corbett DC

Topic: Treatment of Adult Scoliosis Utilizing
Spine Cord Dynamic Corrective Brace

Lunch is provided

Future speaker:

Eryn Kelly from March of Dimes

Visit

The Riverview Polio Museum

(This is a come and go as you please)

Date: May 28th

between 10:30 – 12:30pm

Cost: \$5.00/person for coffee and snacks

Parking: in the metered parking lot

RSVP to Doug @ 204-222-7013

Annual Post Polio Network Picnic

Monday June 17th, 2013 from 5-7:30p.m

Join us at the

**Bourkevale Community Centre
100 Ferry Road**

(turn south off Portage Ave at Ferry Road,
towards the Assiniboine River)

Catered by Tailgator's BBQ Pit

Bourkevale is wheelchair accessible
with adequate parking

**Members can bring a guest. \$5.00/person
will be collected at the door this year.**

Hope to see you there!

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

2013 is here and we should be renewing our memberships. The fee is \$10.00 per year. Please check your mailing label on your envelope. If your mailing label indicates 2014 or greater, your membership is up to date.

If the date is 2012 or 2013, 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.