

POLIO



POST

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

Presidents Report May, 2025

Hello to all our great people in the Post Polio Network Manitoba group!
(who thought of this extraordinary long name?)

We have been having good turnouts to our luncheon gatherings at the Caboto Centre each and every time we meet. It is always good to get together and share what has been happening in our lives since the last month. We can share, ('the good, the bad and the ugly') , the ugly being our ongoing health issues, and how we deal with them.

On the whole, I believe most people enjoy the friendships they have made by joining our organization. We have welcomed some new members in the past few years, including ourselves, Wilf & Carole.

It is healthier for all of us to get out and socialize with each other.

It is well worth helping to keep this Post Polio group moving forward.

Wilf & I have enjoyed the camaraderie with this group.

We have all made it through another winter, now we have hope that we will all have a wonderful spring, summer & fall!

Warm regards,

Carole Tiefenbach

PAIN

Excerpts from: PHI COMUNIQUE (NO. 117), APRIL 15, 2016 post-polio.org polioplace.org

Physicians emphasize the “importance of diagnosing a post-polio person’s pain generator and then directing the treatment (of pain) to the specific cause.”

Post-polio health care professionals describe three different types of pain in polio survivors.

Biomechanical Pain

Problem	Ideas to Improve Alignment
Knee pain from "back knee" in the weak leg or in the "good" leg from overuse	Brace for "back knee"; use of cane to unload stress on "good" knee
Low back pain due to abnormal leaning to one side when walking (result of one-sided hip weakness)	Cane held in opposite hand to increase stability and reduce leaning
Carpal tunnel from using a cane	Use ergonomic handles or two canes to minimize stress on painful wrist
Poor sitting posture due to hip muscle imbalance (one side is smaller than other)	Small portable pad placed under buttock when sitting

Overuse Pain

Example	Problem Activity	Ideas to Reduce Pain
Shoulder (rotator cuff) injury from pushing up body weight using arms	Getting up/down from chairs, toilets	<ul style="list-style-type: none">• Elevate seat height• Install/use grab bars
Upper arm muscle pain (biceps tendinitis) from pulling body weight up stair rails (due to leg muscle weakness)	Climbing stairs, e.g., to bedroom	<ul style="list-style-type: none">• Move bedroom to first floor• Install stair lift

Treatment for overuse pain includes rest and support for the overused body part. Physical agents such as ice or heat, ultrasound and transcutaneous electrical nerve stimulation (TENS) may help reduce the symptoms. Modification of the activity that

causes the pain is the best way to provide long-lasting relief. Often rest is not possible since many survivors rely on upper extremities for both getting around and self-care.

Post-polio Muscle Pain

Survivors describe post-polio muscle pain as burning, cramping or a deep ache. This type of pain is usually associated with physical activity and typically occurs at night or at the end of the day. Muscle cramps and/or fasciculations (muscle twitching) are indications of overuse of polio muscles. In the table below, you will find a few examples of how to reduce post-polio muscle pain.

Post-polio Muscle Pain

Muscle	Problem Activity	Strategies
Front of the thigh (quadriceps)	Standing for long periods	<ul style="list-style-type: none">• Alternate sitting and standing• Evaluate for orthotics, assistive devices, etc.• Do stretching exercises to help change position
Calf (gastrocsoleus) twitching or pain	Walking long distances	<ul style="list-style-type: none">• Reduce walking distances• Evaluate for orthotics, assistive devices

Survivors and health professionals use a variety of medications to treat post-polio muscle pain. The most common ones tried are of little use. Examples include the nonsteroidal antiinflammatories (NSAIDS – aspirin, ibuprofen and naproxen), acetaminophen (Tylenol), benzodiazepams (Xanax, Valium) and narcotics. Experience shows that tricyclic antidepressants (TCAs), especially amitriptyline, can help with easing pain and decreasing fatigue. Decreasing activity of the painful muscle(s) throughout the day is the best way to manage post-polio muscle pain. An evaluation for the need for orthotics (braces) and/or assistive devices (canes, crutches, scooters) and their appropriate use may also help to reduce post-polio muscle pain.

MANITOBA'S 55+ GAMES

This year Steinbach will be the home of Manitoba's 55+ Games. 'It's worth the trip' to Steinbach this June 3-5th! Registration is open for this year Manitoba 55+ Games. You can be part of the games by participating, volunteering or just cheering others on. For further information visit the website at www.activeagingmb.ca for further information or call 204 632 3947

NEW SENIORS ADVOCATE ACT

The Manitoba government has proposed to proclaim the Seniors Advocate Act that will create a new independent seniors advocate who will represent and advocate on behalf of seniors in Manitoba. Uzoma Asagwara, Minister of Health, Seniors and Long-Term Care announced the plan on March 28/25. The act is in force as of Nov. 1. The independent advocate will report to the legislative assembly and be tasked with identifying and evaluating issues faced by seniors and elders, and making recommendations to government. These recommendations could be on a wide range of government services including health care, housing and government programs and supports.

MANITOBA'S PROVINCIAL PARKS

Manitobans Can Enjoy Free Park Entry Until March 31, 2026. The Parks Reservation Service will start taking reservations for specific campgrounds each day at 7 a.m. each day online at www.manitobaparks.com and by phone at 204-948-3333 (in Winnipeg) or 1-888-482-2267 (toll-free). However, camping reservation fees continue to apply. For more information, visit: www.manitobaparks.com.

Spring Cleaning and Organizing Tips*

By Maria Gracia

*Excerpts taken from: Reprinted from <https://www.getorganizednow.com>

Here are tips to help you start the season off right.

1. Assign Yourself a Different Task for Each Day

Make yourself a schedule that is comprised of one hour and one task each day. Your schedule may look something like this:

Monday: Decluttering

Tuesday: Dusting

Wednesday: Vacuuming

Thursday: Scrubbing

Friday: Organizing and Rearranging

Saturday: Laundering

Then, spend **ONE** hour each day doing your assigned task for a room, throughout your house. You'll be amazed at the difference you can make in your home by following this simple system.

2. Be Ruthless When it Comes to Decluttering

If you don't love it, and/or you don't use it, it's clutter. It's the perfect time to embrace the Feng Shui art of uncluttered living. Feng Shui teaches that if energy can easily flow through a room, your life will be more harmonious and happy--and clutter is an obstacle to reaching this relaxed and calm state. Make it a quest of yours to be ruthless when it comes to your decluttering efforts. You'll have less to dust, less clutter to look at, an easier time finding the things you do use and less stress in your life.

3. Donate or Sell the Things You Don't Use.

If you have items that you don't use, but are in good condition, they are prime candidates to sell or donate. Decide whether you would prefer to donate them or sell them. If you choose to donate, consider giving them to your local Salvation Army, or a shelter. Many of these organizations will even pick up your donations for you. If you choose to sell, you might set a date for a yard sale. Or, take some photos of these items with your digital camera, and put them up for sale at an online auction Web site.

Where do polar bears keep their money?

In a snowbank.

What do you call a pig that practices karate?

A pork chop.

What do you call a sad strawberry?

A blueberry

Upcoming Events

1. May 27th, 2025 General Meeting

DATE: **May 27th, 2025**

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Frauds & Scamss

Speaker: Winnipeg Police Services

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

2. June 24th, 2025 General Meeting

DATE: **June 24th, 2025**

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

EVENT: SUMMER CELEBRATION
LUNCH

PASSAGES



We extend our condolences to the families and friends of Post Polio Network recently lost two of our long time members, Beatrice McLean and Donna Nicholson. We extend condolences to their family and friends.



Celebration Luncheon

DATE: TUESDAY, *June 24th, 2025*

TIME: *12:00 p.m. - 2:00 p.m.*

WHERE: *CABOTO CENTRE 1055 Wilkes Ave., Winnipeg*

Come and join us to celebrate summer and friendships.

Please confirm your attendance to you telephone "caller" or

RRSP by June 16, 2025 EMAIL: postpolionetwork@gmail.com or

*TELE: 204 975-3037 or MAIL to: Post Polio Network, 825 Sherbrook St.,
Winnipeg MB R3A 1M5*

Name: _____

No. of persons attending: _____ member(s) _____ guest(s)

Please list any food allergies:



Members Information/Application 2024



PLEASE ADVISE OF ANY CHANGE OF ADDRESS, TELEPHONE or EMAIL.. THANK YOU

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____ E-mail: _____

I wish to make a charitable donation of \$ _____

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

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 MB Inc.
c/o Manitoba Possible
Community Inclusion and Support Services
825 Sherbrook St.
Winnipeg. Mb. R3A 1M5*

For further information please phone 204-975-3037

Signature

Date

Note: as of April 27th, 2023 membership fees to PPN have been waived

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.