

POLIO



POST

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President's Report November 2010

Hello again, after a very wet summer we have enjoyed lovely fall weather with the gorgeous colors of the leaves turning and warm sunny days. Winter is coming but we hope it will be manageable and not too cold.

In September, our members met at the Katherine Friesen Centre to socialize and hear a chiropractor talk about chiropractic and post-polio. Unfortunately our speaker was unable to attend, but we had a very productive meeting with folks offering ideas for our group. It was very interesting going around the table to hear when members had polio and how old they were when the virus hit. We enjoyed a lunch prepared by the culinary department of Tech Vocational School. There was a record attendance due in part, I believe, to the beautiful weather and to the prospect of an interesting speaker.

However, we were so pleased that on Tuesday, October 26th we met at the Katherine Friesen Centre where Dr. Richard Tapper, Chiropractor, addressed 30 members of our Post-Polio group. The presentation was lively, well delivered and gave all pause for thought. Dr. Tapper is a gifted speaker who spoke on how our nervous system affects our well-being and specifically how our attitude affects how well we feel or not. Dr. Tapper engaged the audience with facts and a good sense of humor; his talk was very well received. Dr. Tapper as well as being a Doctor of Chiropractic has contributed chapters to two books most notably **'Sick and Tired of Being Sick and Tired'**; several of those present purchased his book.

Dr. Tapper's wife was also in attendance and we learned that they are expecting their first child at the beginning of December. Dr. Tapper made a very kind offer to members in attendance to do an initial assessment of anyone wishing to see him at an incredibly discounted fee. The offer, of course, was for a limited time. His regular assessment fee would be \$140.00 but he offered his ser-

vice for \$40, which he will donate back to the Network. Anyone wishing to speak to Dr. Tapper may call 204 275 5030. We thank Dr. Tapper for speaking with us and hope to hear from him again.

The Network has purchased 2 copies of Dr Tapper`s book. Call Bob MacAulay at 204 474- 2717 to borrow a copy of Dr Tapper`s book as well as other recent books.

Our own Kathryn Harper spoke to us about telling our stories, for the newsletter. The stories don`t have to be long and as she is a writer, she will assist with writing the stories. You can reach her by phone at 204 275 0146 or by email at scotlass@mymts.net.

Our holiday lunch is fast approaching—I look forward to seeing you all at the Holiday Inn on December 7, 2010.

News Flash

Washington – A Federal Appeals Court on Friday Upheld a Ruling That Vaccines are Not to Blame for Autism.

The U.S. Court of Appeals for the Federal Circuit upheld a decision last year by a special vaccine court, which concluded there`s little if any evidence to support claims of a vaccine-autism link.

Scientists years ago reached that conclusion, but more than 5,500 families sought compensation through the government`s Vaccine Injury Compensation Program.

Fridays ruling came in the case of Michelle Cedillo of Yuma, Arizona, who is disabled with Autism, inflammatory bowel disease and other disorders that her parents blame on a measles vaccine given at 15 months.

In the 2009 ruling Special Master Denise Vowell wrote that the evidence “is weak, contradictory and unpersuasive. Sadly the petitioners in this litigation have been the victims of bad science conducted to support litigation rather than to advocate medical and scientific understanding” of autism.

In its ruling Friday the appeals panel said ”we have carefully reviewed the decision of the special master and we find that it is rationally supported by the evidence, well articulated, and reasonable. We, therefore, affirm the denial of the Cedillo`s petition for compensation.”

Earlier this year the so called the so called vaccine court also concluded that the additive thimersol is not to blame for autism, an added set back in the long running battle by [parents convinced there is a connection.

The decisions help to offer reassurance to parents scared about vaccinating their babies because of a small but vocal anti-vaccine movement. Some vaccine preventable diseases, including measles, are on the rise.

Editors note: Approximately 11 % of children are not vaccinated in Canada which is concerning regarding putting other children at risk. The polio virus is alive and well and can be transferred to North America by travelers from countries where the vaccine is not given.

Safety in the bathroom: Are you at risk?

The answer is, unfortunately, yes. Anyone can be hurt while performing common daily tasks in the bathroom. The most common dangers include slips and falls, burns from scalding water and electrical shock. 30% of seniors fall every year and for those over 80, the risk increases to 40%. Of those falls, 85% occur in the home. While we are all in danger, some of us are more so than others, particularly for people with mobility challenges.

The good news is that you can take measures to prevent many of these falls and maximize your safety. You can maintain your dignity, independence, and privacy by making a few specific modifications and/or changes to the bathroom environment that suit your individual needs.

This article was provided by AMG Medical. For more information and to view a list of potential hazards and suggestions on how to make your bathroom a safer place, please visit www.myaquasense.com

WARNING SIGNS THAT YOU MAY FALL	RECOMMENDATIONS
Toilet: <ul style="list-style-type: none"> • Difficulties getting on or off the toilet • Losing balance while adjusting clothing 	<ul style="list-style-type: none"> • Install grab bars - wall mounted • Install safety rails - attached to toilet using existing seat hardware • Use a raised toilet seat - two inches can make a difference! Some models have grab bars attached • Modify clothes so that they are easy to take on or off
Tubs: <ul style="list-style-type: none"> • Losing balance while stepping in/out • Being tired when bathing • Water temperature that is too hot 	<ul style="list-style-type: none"> • Use bathroom and non-skid surfaces. Some bathmats have an integrated temperature sensor to provide visual feedback of dangerous water temperatures (*Bathmats are considered universal precautions and are recommended for all age groups, with or without mobility, sensory or cognitive impairments.) • Install grab bars or a bath safety rail • Use a bath chair - there are many different styles • Have a bath board or transfer bench - eliminates the need to step over the edge of the tub and allows safe and independent entry • Use an anti-scald device (including bathmat as described above) and/or turn down water thermostat • Install a hand-held shower
Sink: <ul style="list-style-type: none"> • Fatigue or dizziness 	<ul style="list-style-type: none"> • Sit on a stool
Overall Bathroom: <ul style="list-style-type: none"> • Visual challenges 	<ul style="list-style-type: none"> • Ensure you have adequate lighting • Have a clear plastic shower curtain • Use a mirror magnifier • Use contrasting colours on bathroom objects to make them easier to see

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Canadian Centre On Disability Studies Celebration of United Nations International Day of Persons with Disabilities

December 2, 2010 7:00 – 10:00 pm at the Fairmont Hotel, Winnipeg

This event will feature an address from three time gold medal Paralympian Vivian Forest. Vivian is a legally blind high performance alpine ski racer. She is one of the select women in the world to have won gold medals at both the Summer and Winter Paralympics.

All profits from this event will benefit the CCDS small grants program, which awards grants to emerging and community researchers to support disability - related research.

Tickets are available from CCDS for \$50

For tickets call Denise at CCDS at 287-8411
or visit their website at communications@disabilitystudies.ca

A Lasting Legacy: The Martin Family and March of Dimes

The history of March of Dimes is interwoven with Martin family, beginning with Paul Martin Sr., Former Minister of Health and Welfare, and for whom the charity's giving society is named. Paul Martin Sr. is best known for making the extremely difficult decision of approving the polio vaccine for distribution in Canada against enormous odds. His bravery saved thousands of lives and helped stop an epidemic that had left thousands of children and adults with severe disabilities.

But many people are unaware of the Martin family's personal history with polio. As March of Dimes heads into its 60th anniversary, two members of the Martin family, former Prime Minister, The Right Honourable Paul Martin, and his eldest son Paul W. Martin shared their thoughts on the family's legacy, how polio has touched their lives and the importance of March of Dimes.

The Right Honourable Paul Martin was eight years old, at the family's cottage near Lake Erie when he became sick, experiencing a pain he describes as "feeling like I had a plate in my stomach." His mother, already fearing the polio epidemics that had been sweeping through the province, rushed the young Paul to the hospital in nearby Windsor, where the family received the diagnosis that most terrified people in the 1940's and 50's - Paul had polio

***March of Dimes:
Do you remember having polio as a child?***

The Right Honourable Paul Martin:

I am never sure of my memories as a child, whether they are actual memories, or remembering what I have been told. But I do remember getting sick. I was in a ward with about thirty other children. I remember jumping on my bed, and an iron lung was wheeled into the room. The boy in the bed next to me said, "You had better stop that, because that is where you are going to end up." I remember being quite lonely, my parents were not allowed in the room, and I remember seeing them standing at the door, not able to come in. And the one thing I will never forget is that there was a wonderful young nurse, I can't remember her name now, but I will never forget, she spent time with me, and I was feeling pretty lonely and then one day she didn't come in. I asked another nurse where she was and was told it was her day off. About twenty minutes later this nurse walked in - she had come to the hospital on her day off to visit me. I never forgot that.

***March of Dimes (to Paul W. Martin):
Do you remember your father telling you anything about his experiences having polio?***

Paul W. Martin:

Yes, but only briefly. I think it was something his generation didn't talk about very much. But attending the event (Paul W. Martin attended March of Dimes' Ability and Beyond Gala dinner on behalf of the family), I really learned more about our connection with polio and it has sparked my interest and I want to know more.

***March of Dimes (to The Right Honourable Paul Martin):
How long did it take you to recover?***

The Right Honourable Paul Martin:

Well, I missed almost a year of school, I know I was not allowed to play football, and I do know I clearly disobeyed this edict. I also remember that I had a softball that I loved. It was missing the cover, and it fell into the river and I was very upset about losing it. My mother had been told by the doctors that it was very important not to upset me. The next morning the softball was on the porch. I didn't realize until much later that she had bought a new ball and taken the cover off and left it for me to find - so I wouldn't be upset. But I also know that the doctor had told my parents not to let me become upset, and a child that is not allowed to be upset can become insufferable, and then one day I did something. I must have been about ten, and she blew her cork, and that was when I knew I had recovered.

March of Dimes:

Switching subjects, do you remember when your father was making the decision to move forward with the vaccine campaign?

The Right Honourable Paul Martin:

I was quite young, but yes, I do remember. My father travelled a lot, so when he was home, he really made an effort to be with me and my sister. I remember that weekend he was very tense; I think I had knocked something over in his study and he lit into me. I went to my mother, and she told me that my father had a very big decision to make. I know he agonized over that weekend, especially because some American children had died receiving the vaccine. He determined that it wasn't the vaccine itself that was at fault, he had the confidence in Connaught Laboratories (Connaught Laboratories was the Canadian manufacturer of the polio vaccine). And even though the Prime Minister at the time, Mr. St Laurent, was dubious it was the right decision. And we talked about it many years later and he told me it was the single most difficult decision he has ever made in his life.

March of Dimes:

How do you think the fact that both you and your father had polio affected him and his decision to push forward with the vaccine campaign?

The Right Honourable Paul Martin:

The fact that my father had polio was the driving force behind his decision to go into politics. He was from a very poor family in Pembroke. After polio he was paralyzed on one side and had trouble with one arm and one eye, his brother used to pull him around on an old sleigh. Having had polio made him want to be Minister of Health, made him advocate for universal healthcare, it is why he is known as the "Father of Universal Healthcare."

March of Dimes:

What role has March of Dimes played in your family's life?

The Right Honourable Paul Martin:

My father was very close to March of Dimes, for him it was the ultimate charitable endeavour. I remember going to hear him speak at a March of Dimes event in Windsor. He was so involved because polio and March of Dimes had left such a mark on both his and my life.

Paul W. Martin:

For me, the importance of March of Dimes has always been what they do now to help people with disabilities. Even though polio touched my family's life in such a profound way, it always seemed to be something that happened in the past. For my generation, it seems like something like the black plague, a historical disease. So it is a great compliment to the March of Dimes that my generation knows them

for their work on behalf of people with disabilities.

The Right Honourable Paul Martin:

The extraordinary thing, is that for my generation, my father's generation, and I would suspect even my grandfather's generation, there was no such thing as a school without one or two kids in class with braces because of polio. It was just a fact of life. I remember friends put up with tremendous suffering and pain, and being told they just had to deal with it. So it is extraordinary that for my sons' generation, they know little of this. They haven't experienced it. Thank Heaven.

Paul W. Martin:

We are happy about the success of March of Dimes. I know my grandfather would be so touched that the March of Dimes Giving Society is named in his honour.

The Right Honourable Paul Martin:

The March of Dimes has always been an integral part of Canada's response to need and disability. As polio was beaten back, March of Dimes didn't stop providing support, but recognized that needs still existed for people that had disabilities, first from polio, and then or anyone with a disability. It is really a great tribute to March of dimes that it realized it was not only the cause that needed to be addressed, but the consequence. It is important to support the March of Dimes in its great work.

LARRY HURTIG

With great sadness, the family of Larry Hurtig announces his passing on Wednesday, October 6, 2010. Larry leaves to mourn his devoted wife of 47 years, Roberta, his three loving children Bradley, Jack (Lori) and Renee (Ari), three adoring grandchildren Noah, Bailey and Sarah, and his caring sister Doreen. Also mourning the loss of Larry are his sister-in-law and brother-in-law Nancy and Barry Corey, nieces, nephews, cousins, aunts, uncle and many precious friends.

Larry was born in Winnipeg in 1937, lived briefly in Pleasantdale, Saskatchewan and then moved to and grew up in Thunder Bay, Ontario. He had a large extended family there and many close friends with whom he remained close to his entire life. The memories and friendships from his days in Thunder Bay were always a source of pride and pleasure for Larry.

Larry lived life to the fullest. He was a true example of how to make every day count and how to leave a mark in this world that will last long after us. Despite being faced with numerous health challenges beginning at a young age, Larry persevered, always a fighter, always a champion.

Larry was a devoted son, husband, father, grandfather and brother and an extremely loyal friend. Always a good listener, a source of good advice, a supporter of our endeavours, always calm, gentle and incredibly patient, his family was and will continue to be extremely proud of the man Larry was and of the legacy that he leaves behind.

Larry earned his CA designation at the University of Manitoba and worked as an accountant for many years. In 1986, together with a partner, he co-founded Chartered Financial Services and later with a third partner, ASH Management Group, both successful and thriving businesses. Larry loved his work and always conducted himself in an honest and ethical manner throughout his career and was a mentor and role model to many. It was also a great pleasure of Larry's to have his son Jack working alongside him at ASH Management Group.

After his family and his work, Larry's third passion in life was community service. A true pillar in the Winnipeg community, he firmly believed in and epitomized the phrase coined by Winston Churchill that, "You make a living from what you get but you make a life from what you give." His volunteer commitments were numerous and constant throughout his life. Some of the highlights of these were, being past-president of the Estate Planning Council of Winnipeg, founding member and past president of Shalom Residences (homes for individuals with intellectual disabilities), past-president and founder of the Shalom Residence's Foundation, past-president of Versatech Industries (meaningful workshops for individuals with intellectual disabilities) and past-president of Versatech Charitable Foundation, board member of Jewish Child and Family Services, board member of the Jewish Foundation of Manitoba, past-president of the Jewish Federation of Manitoba, integral contributor to the initiative to bring Argentinean families to Winnipeg, past-president of the Asper Jewish Community Campus, co-chair of the successful Asper Jewish Community Centre's Building on Success Capital Campaign, a volunteer with the Post Polio Network of Manitoba, member of the organizing committee for the Jews in Thunder Bay - a permanent exhibit of the Jewish Heritage Centre and contributor to the establishment of the Endowment Fund for Thunder Bay Jewry at the Jewish Federation of Manitoba, a member of the fundraising committee for CancerCare Manitoba's prostate cancer dinners, and proud advisory committee member of the Canadian Centre for Disability Studies.

As a result of these endeavours, Larry was the recipient of many awards over the years including the Sol Kanee Distinguished Community Services Medal, was a Fellow of Chartered Accountants, a recipient of the Queen's Golden Jubilee Medal, UIA Federation's Chai Award, Community Services Award from the Institute of Chartered Accountants of Manitoba and a recent honouree at the JNF Negev Gala in Winnipeg.



If you had the good fortune of knowing Larry then you were likely a better person because of it. He was a role model, mentor, leader, humanitarian, friend and a true mensch... an inspiration to us all. The void left behind is huge but the mark that he left is even greater.

Larry's funeral was held in Winnipeg on Friday, October 8, 2010. Pallbearers were Ari Zaionz, Matan Gamliel, Jeff Hurtig, Gerry Arron, Max Reich, Mickey Rosenberg, Bill Silverberg, and Mauricio Zylberman. Honorary pallbearers were Harvey Cogan, Harold Diamond, Barry Corey and Marshall Wilder. Donations in Larry's memory may be made to the Larry Hurtig Campus Endowment Fund at the Jewish Foundation of Manitoba (477-7525) or to a charity of your choice.

The clock of life is wound but once and no man has the power to tell just when the hand will stop on what day-or what hour. Now is the only time you have so live it with a will. Don't wait until tomorrow. The hands may then be still.

For Sale

A brand new Invacare Tilt Powerchair, with all the bells and whistles, is offered for sale, as well as a brand new (never used) Dodge Caravan with a passenger side ramp, fully loaded. For more information phone Roberta at 338-8191.

Greetings from Ramesh Ferris

I'm excited to announce that I'm releasing my first book April 12th, 2010.

“Better Than A Cure, One Man's Journey to Free the World of Polio”

Highlights: The harsh reality of polio in North America and throughout the world, the world's effort to find a cure/prevention, Bill and Melinda Gates polio eradication involvement, Rotary International's role in polio eradication, My personal experiences growing up in the Yukon and Ontario, Over coming obstacles, meeting my birth mother in India for the first time, Developing the Cycle to Walk Campaign, The Cycle to Walk Cross Canada Experience, Going back to India to Administer the Polio Vaccine to Children, Our Global Responsibility to continue the forwarding of the world's largest public health initiative the Global Polio Eradication Initiative!

If you are interested in purchasing this book go to www.amazon.ca or in Whitehorse you can purchase the book at Macs Fireweed, Well Read Books, or Yukon College Book Store!

"If the world chooses not to eradicate polio, it's predicted that an additional 10 million children will be paralyzed over the 40 years" -World Health Organization-

By purchasing my book, “Better than a Cure-One Man's Journey to Rid the World of Polio”, you will be supporting the Rotary International's Polioplus Program.

I thank-you all once again for your continued support in bringing attention to the need that we must work together as a global community to rid the world of polio.

Editors note: We will be purchasing copies for the Post-Polio Network.

Mayor moots private Bill on post-polio syndrome

From “The Times of India,” August 1 2010

ADODARA: City mayor and BJP MP Balkrishna Shukla along with Indian Medical Association (IMA), Vadodara chapter, laid the stone for launching an awareness drive on post-polio syndrome (PPS) on Sunday. Looking at the growing risk of PPS and absence of intervention, Shukla also plans to move a private Bill in the current session of Parliament, seeking government action to initiate measures to deal with PPS.

“For the first time in our country, a discussion on PPS was conducted with plans for starting extensive awareness drive for the same. PPS is a condition that affects polio survivors, years after recovery from an attack of the poliomyelitis virus,” said Shukla, who along with IMA organized a panel discussion and deliberation session in the city on Sunday.

“We intend to introduce a private member’s Bill on PPS in the Parliament as there are 80 lakh people affected by PPS in the country. The purpose behind this Bill is to create awareness among patients and their families as well as to seek government help in formulating strategies to fight it,” added Shukla.

PPS is mainly characterised by weakening of muscles that are previously affected by the polio infection. However, this can be dealt with proper intervention. “The first session was for doctors to gain their insight on PPS. Similar sessions will be hosted for parents, patients and other therapists involved in dealing with PPS cases,” Shukla shared.

President of the city unit of IMA, Dr Yogesh Bhatt said, “We will launch an awareness program on PPS for polio survivors and their families. Intervention measures like staying away from addictive substances, following balanced diet and exercise regime can go a long way in helping the patients.”

Post - Polio Network's **Annual Holiday Luncheon**

Date: December 7th, 2010

Place: Holiday Inn South, 1330 Pembina Hwy

Time: 11.30am - 2.00pm

Reservation Deadline: November 20th, 2010

Cost: \$10.00 for members \$15.00 for non-members

Please send cheque to Post-Polio Network MB Inc.

825 Sherbrook Street Winnipeg MB R3A 1M5

GIFT EXCHANGE OPTIONAL:

Please Bring a Gift Value Not to Exceed \$10.00

Menu choice

Please Choose From The Items Below

<u><i>Guest</i></u>	<u><i>Starter:</i></u>	<u><i>Member</i></u>
<input type="checkbox"/>	<i>Soup</i>	<input type="checkbox"/>
<input type="checkbox"/>	<i>Or</i>	
<input type="checkbox"/>	<i>Salad</i>	<input type="checkbox"/>
	<u><i>Entrée:</i></u>	
<input type="checkbox"/>	<i>Roast Turkey Dinner</i>	<input type="checkbox"/>
<input type="checkbox"/>	<i>Or</i>	
<input type="checkbox"/>	<i>Vegetarian Meal</i>	<input type="checkbox"/>
	<u><i>Dessert:</i></u>	
<input type="checkbox"/>	<i>Lemon Meringue Pie</i>	<input type="checkbox"/>
<input type="checkbox"/>	<i>Or</i>	
<input type="checkbox"/>	<i>Apple Strudel</i>	<input type="checkbox"/>

Name(s): _____

Address: _____

Phone Number: _____

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

REMINDER: It's time to renew your membership for the year 2011 due on January 1st. \$10.00 covers the cost of our newsletter published 4 times a year. A tax receipt will be issued for any other financial donations, as membership fees are not tax deductible.

Thank you. Estelle, secretary

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.