

POLIO



POST

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

President's Report September, 2017

Summer started with Post Polio Network's Summer Celebration Luncheon held in June at the Caboto Centre in Winnipeg. The luncheon was a great success, with good food and good friends. Hope everyone had a great summer.

But, Fall is quickly approaching and that means cooler temps with the beautiful foliage and PPN's 2017 years activities are winding down. There are three more PPN gatherings for the year; the September and October General Meeting and the Winter Celebration Luncheon in November.

October is Polio Awareness month. The official World Polio Day is marked on the 24 October by Rotary's End Polio Now campaign. There are approximately 31,000 Canadian polio survivors living with Post Polio Syndrome. Did you know that the last reported case in Canada was in 1988 and not until 1994 was polio declared eradicated in Canada by the World Health Organization?

The Post Polio Network (Mb) survives because of our volunteers. We need volunteers willing to give the Network a few hours of their time every month and to provide their experience to the board. Once again, please consider forwarding your name (or a friend, a family member) to join Post Polio Network (Mb)'s Board of Directors. In March 2018, the President and the Treasurer positions are up for election.

Please help us out with our major fund raising event of the year - selling GREY CUP POOL TICKETS. It is proceeds from these pool tickets that help us with our programming and luncheon costs. If you would like tickets, please call Doug at 1-204-345-9029. Much thanks for your help.

Don't forget that membership fees are due January 2018; the form is in the newsletter. Please forward as soon as you can.

16 Million Reasons To Be Optimistic About Polio

By Bill Gates June 12, 2017

People often ask me how I know the world is getting better. I usually point to numbers like this one. Because of efforts to eradicate polio by groups like Rotary International, more than 16 million people are walking today who would otherwise have been paralyzed.

That's more than 16 million people who can walk to school. More than 16 million people who are better able to start a business or carry their child to bed. More than 16 million people who are living better lives, because a group of health care workers, volunteers, government leaders, and funders devoted themselves to fighting polio.

Rotary International is one of the key players in this global coalition. For more than 30 years, their volunteers have traveled to some of the most remote, most dangerous parts of the world to administer vaccines to children. Their members have donated their time and resources to keep eradication on the global agenda. They are part of the reason why we are breathtakingly close to wiping polio off the map for good.

At their annual convention in Atlanta, I encouraged more than 25,000 Rotarians to keep fighting. We've gone from 40 cases an hour back in 1988 to just 40 cases in all of 2016. But if we stop now and don't get to zero, experts say that within a decade there would be 200,000 new cases of polio every year.

We're closer now than we have ever been to eradication. If groups like Rotary keep going, no person will ever have to suffer from polio again.

City of Winnipeg's new Policy re Yard Waste

Excerpts From connections; Volume 17 Number 4 April 2017

The City of Winnipeg has adopted a new Policy that allows people with disabilities who are unable to transport their yard waste to the curb, another option. The new policy was spurred by a human rights complaint to the Manitoba Human Rights Commission that alleged that the City was discriminating against an individual by not accommodating her disability-related needs. The Policy will create a new process that allows individuals to apply for yard-waste removal services on providing medical support for the need for the service and if they can show that there is no other individual at their residence who can assist with transporting yard waste the curb.

Marilyn Hendzel, who until now has relied on the generosity of her neighbours who have been transporting her yard waste to the curb, made the initial complaint to the Commission.

Details regarding the new policy and a start date for the service will be available on Winnipeg.ca or by contacting 311, open 24 hours every day, by phone at 311 or by email at 311@winnipeg.ca.

*Marilyn is a long time member of the Post Polio Network. Thanks Marilyn for taking on this initiative. Many of us will be able to use this new service.

WHAT FINANCIAL HELP IS AVAILABLE FOR ADULTS WITH DISABILITY ?

1. Federal

The Disability Tax Credit

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. You are eligible for the DTC only if CRA approves Form T2201. A medical practitioner has to fill out and certify that you have a severe and prolonged impairment and must describe its effects

If you are eligible for the disability tax credit, you may be able to claim the disability amount of \$8,001 in 2016.

The Home Accessibility Tax Credit

A **qualifying renovation** is a renovation or alteration that is of an enduring nature and is integral to the eligible dwelling (including the land that forms part of the eligible dwelling). The non-refundable credit will provide tax relief of 15 per cent on up to \$10,000 of eligible expenditures per calendar year, per qualifying individual, to a maximum of \$10,000 per eligible dwelling. Considered qualifying individuals are seniors who are 65 or older, persons with disabilities who are eligible for the Disability Tax Credit.

Canada Pension Plan (CPP) Disability Benefits

Employed adults who become disabled, or who have a decline in their abilities, may be eligible for monthly benefits. Contact your local Service Canada office for information on how to complete the application for CPP disability benefits.

For more information, visit: www.esdc.gc.ca/en/cpp/index.html

2. MANITOBA

Primary Caregiver Tax Credit

This credit recognizes the vital support caregivers provide to those needing care. Manitoba's Primary Caregiver Tax Credit provides a refundable credit of up to \$1,400 a year (in 2016) to people who act as primary caregivers for spouses, relatives, neighbours or friends who live at home in Manitoba. This credit is not income-tested, and is fully refundable. This means you can earn this credit even if you do not owe income taxes. For information on claiming this tax credit through the income tax system, contact the Manitoba Tax Assistance Office at 204-948-2115, 1-800-782-0771 toll free or e-mail TAO@gov.mb.ca.

Manitoba Employment and Income Assistance (EIA) – The Employment and Income Assistance Program may provide funding for basic and essential medical equipment and supplies for people who are not covered through home care or any other plan. For more information, please visit the Disability Health and Support Unit (DHSU) website at www.gov.mb.ca/fs/dhsu/. The DHSU offers a streamlined, one-stop-shop to help eligible clients access these disability and health-related supports in a consistent, fair and efficient manner.

EIA provides: -financial help for basic needs, help for people with disabilities, including home repairs, education and training, employment benefits.

-Rent Assist

Rent Assist Program applies to households that do not receive Employment and Income Assistance.

Effective July 2017, all enrolled households will contribute a set percentage (28 per cent) of their income towards rent.

Winnipeg: 204-945-2197 Toll free: 877-587-6224

How to apply for EIA

Winnipeg: 204-948-4000 Toll free: 1-877-812-0014

Website: <https://www.gov.mb.ca/jec/eia/>

Manitoba Finance – Taxation department

There is a GST Service Tax rebate for goods and services for people with disabilities; includes walkers, assistive aids, mobility aids, glasses, clothing etc. The listing of sales tax exemptions is quite extensive. The website: www.mb.gov.ca/finance//taxation/bulletin/002.pdf

There is a GST Housing Rebate Program for modifications to homes for people with disabilities.

Toll free 800-959-5525

3. COMMUNITY AND NON-PROFIT ORGANIZATIONS

Some service organizations provide support for equipment purchases, either through direct funding or long-term rentals. You can contact community organizations such as the Lion`s Clubs or Kiwanis Clubs that may provide funding for needed assistive devices such as glasses and hearing aids.

Society of Manitobans with Disabilities (SMD)

Assistive Technology Support Program helps people gain access to assistive or adaptive aids and devices to improve their daily lives. The Assistive Technology Support Program may offer individuals 50% reimbursement of the cost of an assistive technology device up to a maximum of \$2,500 or the unfunded amount, whichever is lesser.

The Assistive Technology Funding Guide has been written to help people find sources of funding for assistive technology and to better determine whether they qualify for support under the numerous programs listed. The funding guide has also been prepared under the auspices of the SMD Foundation/Easter Seals™ Manitoba with funding provided by the Assistive Technology Fund. <https://www.smd.mb.ca/smd-services/assistive-technology>

For more information relating to this program please contact:

Winnipeg: 204-975-3033

You Can be a Research Participant

Participants are needed for a study that looks at how memory tools can assist people in their daily living. The study is being carried out by Daniel Saltel, a Master's student in the Department of Community Health Sciences at the University of Manitoba.

Participants in the study must be age 55 or over. They will be asked to use different methods, such as checklists and diaries, to help them remember things they need to do in their daily life. These methods will be tailored to their individual needs. Taking place over a three-week period, the time commitment is less than 30 minutes per day, along with three weekly one-hour sessions with the researcher. The location for the tasks involved is the participant's choice.

Daniel can be reached by calling 204-257-7145 or by email at umsalt23@myumanitoba.ca

POST-POLIO RESEARCH (from Polio Health International July 25, 2017 (No. 58))

Participants Wanted

PHI has been approached by the Physician Assistant Program at Baylor College of Medicine and asked to promote a research project entitled "Post-polio Syndrome: Time to Diagnosis. A Survey of Post-polio Survivors' Experience with the Diagnosis of Post-polio Syndrome." Post-Polio Health International has agreed to announce this research effort because its overriding aim is to increase awareness of and knowledge of post-polio syndrome and further illustrate the experiences of people seeking help for their symptoms. People with a diagnosis of post-polio syndrome are invited to participate in an online 50-item survey. Should you wish to volunteer to participate in this research project, please go to the following website: <http://www.polio-place.org/phi-funded-research/opportunities-participate-research> (and click on the Post-polio Syndrome: Time to Diagnosis. A Survey of Post-polio Survivors' Experience with the Diagnosis of Post-polio Syndrome.

Baylor College of Medicine

USEFUL TELEPHONE NUMBERS

Manitoba Health - Insured Benefits Branch	Winnipeg: 786-7101	Toll-free: 1-800-392-1207
Pharmacare Line	Winnipeg: 788-2506	(English) 788-2520 (French)
Pharmacare Program	Winnipeg: 786-7141	Toll-free: 1-800-297-8099
Medication Information Line for the Elderly	Winnipeg: 474-6493	
Seniors Information Line	Winnipeg: 945-6565	Toll free 1-800-665-6565
Health Links/Info Santé	Winnipeg: 788-8200	Toll-free: 1-888-315-9257
Info Health Guide to Health Services in Manitoba	Winnipeg: 786-7105	Toll-free: 1-800-392-1207
Medic-Alert		Toll-free: 1-800-668-1507
Medication Information Line for the Elderly	Winnipeg: 261-3111	Toll free: 1-800-432-1960 ext.6493

MAY 16, 2017 EXECUTIVE MEETING held in Brandon, MB.

This past May, PPN's Board of Directors held their executive meeting in Brandon. We met at the Canad Inn for lunch and the meeting. There were 13 attendees. We were pleased to meeting some of our members from West Manitoba.



JUNE 19, 2017 SUMMER CELEBRATION LUNCHEON



*MEMBER'S PAGE***UPCOMING EVENTS:**

- | | |
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| <p>1. September PPN General Meeting
Caboto Centre
1055 Wilkes Ave., Wpg
Date: September 26th, 2017
Time: 1:00 p.m. – 2:30 p.m.
Speaker: Dr D. Biehl
TOPIC: Anesthesia and PPS</p> | <p>2. October PPN General Meeting
Caboto Centre
1055 Wilkes Ave., Wpg
Date: October 31st, 2017
Time: 1:00 p.m. – 2:30 p.m.
Speaker: TBA
TOPIC: Assistance & Resources</p> |
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PASSAGES:

Mr. David Borthistle passed away in August. Mr Borthistle contracted polio during the 1953 epidemic and was the last surviving resident of the King George (now Riverview Health Centre). Our sympathies are extended to his family and friend.

THE AMAZING CUCUMBER (excerpts; from a member)

This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

1. Cucumbers contain most of the vitamins you need every day
2. A good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up
3. Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Place a few slices in a small pie tin and your garden will be free of pests all season long
5. Try rubbing a slice or two of cucumbers along your problem area for a few minutes to help remove cellulite
6. To avoid a hangover or terrible headache eat a few cucumber slices before going to bed
7. Cucumbers have been used for centuries for quick meals to thwart off starvation.
- 8.. For a quick shoe polish, rub a freshly cut cucumber over the shoe.
9. If you need to fix a squeaky hinge, take a cucumber slice and rub it along the problematic hinge.
10. To eliminate bad breath, take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds.
11. Take a slice of cucumber and rub it on the surface you want to clean faucets, sinks or stainless steel
13. Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers.

JOKE OF THE DAY:

I hate it when I see an old person and then realize that we went to high school together.

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.)

Total \$ _____

**Please make cheque payable to: Post- Polio Network Mb. Inc.
Your NEWSLETTER delivery preference by: _____mail or _____email**

**Please mail the 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

Additional Financial Assistance Programs for Adults with Disabilities

NOTE: the following information has inadvertently left out of the September 2017 PPN Newsletter. Information was obtained from websites. C.C.

- 1. Manitoba Housing - Homeowner Residential Adaptations for Disabilities (RAD)** - The program provides financial help to low income homeowners to make their home more accessible for a household member who finds it difficult to do everyday tasks in their home due to a disability or physical limitation. Qualified homeowners may receive up to \$16,000. If the home is located in a northern community (north of the 53rd parallel), qualified homeowners may receive up to \$19,000.

Who is eligible?

- Homeowners who own and live at the property for which the application is being made
Households with at least one member having a disability or limitation that makes performing daily living activities difficult
- Owners with property taxes paid up to date and without tax arrears
- Households with a total gross income that is at or below the program income limit set by Manitoba Housing for the community.
- To be eligible for Homeowner RAD, the property must be the applicant's main residence and be located in Manitoba, outside of First Nations communities.

For more information contact: **Manitoba Housing, Housing Delivery Branch**
Telephone: 204-945-5566 or Toll Free: 1-866-689-5566

- 2. Rehabilitation Engineering Program** - The program provides orthotic, electronic, mechanical, and assistive technology devices for both daily living and specialty use. Costs for devices vary from no cost to cost recovery, depending on the individual's needs. There is also a low-cost rental program for both short and long-term situations, for augmentative/alternative switches, environmental controls and computer access equipment.

Note: You must be referred to this program by a health care professional

For more information contact: **Health Sciences Centre**
MH036-59 Pearl St, Winnipeg MB R3E 3L7
Phone: 204-787-2202
Website: www.hsc.mb.ca/re/

- 3. Manitoba Health Funding for Assistive Devices** - There are Manitoba government programs that provide Manitobans with funding for assistive devices, as prescribed by a medical doctor/practitioner. The programs include a Telecommunications Program, a Hearing Aid Program, an Orthopedic Shoes Program, and an Eyeglasses Program, and a Prosthetic and Orthotic Program

For more information contact: **Manitoba Health Ancillary Programs**
300 Carlton St., Winnipeg MB R3B 3M9
Phone: 204-786-7365 or 204-786-7366
Toll free: 1-800-297-8099 (ext. 7365 or 7366)