

POLIO



POST

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Executive Members 2018/2019

MAY, 2019

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

Presidents Report May, 2019

After a long, hard winter here in Manitoba spring has arrived and summer is around the corner.

One of the newest happenings at Post Polio Network is that when we have speakers we will be “live streaming” the occasion on Facebook and on YouTube. If you can’t attend the meeting you can watch and listen to the speaker and the discussions on either Facebook or YouTube.

For what is becoming an annual event, the PPN Board of Directors will be holding their June executive meeting in Brandon on June 11th, 2019 at the Canad Inn. Our WesMan members are invited to attend the meeting and the phoning committee will be telephoning the members. Dr. L. Ross will be our guest at the meeting. Dr. Ross is the Chairperson, Board of Trustees, Brandon School Division and Associate Professor at Brandon University. She is an advocate for immunization of school aged children.

In January 2019, a letter was forwarded to the Minister of Health, Seniors and Active Living regarding compulsory vaccinations for school aged children; in April 2019 a follow-up letter was forwarded to the Minister) to “again consider the introduction of legislation that would make vaccinations mandatory for school aged children. There needs to be some type of encouragement to motivate the parents of unvaccinated children in Manitoba to ensure that their children and others are protected”.

As our members age, as well as coping with the effects of Post Polio Syndrome, the majority of us also suffer from some type of arthritis or other autoimmune condition. World Autoimmune and Autoinflammatory Arthritis Day, observed on Monday, May 20th and sponsored by the International Foundation for Autoimmune Arthritis. To learn more, visit <http://www.worldautoimmunearthritisday.org>

For your information, the Engineering section of Health Science Centre no longer accepts appointments for orthotics/braces. A doctor from Health Science Centre must provide a referral to set up appointment. However, your doctor’s prescription can be used at other orthotic companies, such as Winnipeg Prosthetics & Orthotics and Anderson’s.

The June Summer Celebration Luncheon will be held on June 24th, 2019 at the Caboto Centre. There is a notice/RSVP in this newsletter. Please note that we require RSVP’s for this event so please reply as soon as possible. Have a great summer!

Members Page

OUR WONDER YEARS

If I dropped something when I was younger, I just simply picked it up.

Now, that I'm older, if I drop something, I stare at it for a bit contemplating if it's something that I actually need anymore!!!

I'M NOT OLD

I woke up, I lifted my arms, I moved my knees, and I turned my neck.....

Everything made the same noise: "CCCRRRRRRAAAAACCCCKKK!"

I came to a conclusion: I am not old, I am CRISPY?



Age and Opportunity 55+ Housing and Active Lifestyle Expo

The 12th annual A&O Housing and Active Lifestyle Expo will be held on May 29th 10 a.m. to 5p.m. at Victoria Inn. . This expo will provide older Manitobans and their families with a variety of housing options, active lifestyle opportunities, and support services necessary for successful aging. Admission is free

Upcoming Events

1. May General Meeting

DATE: **May 28th**, 2019

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Self Managed Healthcare &
ILRC Programs

SPEAKER: Representative from ILRC

2. June Summer Celebration Luncheon

DATE: **June 24th**, 2019

LOCATION: Caboto Centre 1055
Wilkes Ave; WPG

COSTS: \$10.00 for Members
\$15.00 for Guests

RSVP by June 18, 2019

TELE: 204-975-3037

EMAIL: postpolionetwork@gmail.com

Do you have an interesting story to tell?

Or do you know any good jokes, inspirational or humorous quotes or poems? Then you are invited to email them to:

postpolionetwork@gmail.com or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5



NEW POLIO VACCINE

Excerpt from Polio Oz News Vol 8, Issue 4, Dec. 2018

This New Polio Vaccine Has One Crucial Difference, and It Could Finally End the Disease for Good

By Mike McRae; Source: www.sciencealert.com – 28 November 2018

Just 22 people contracted polio in 2017. It's a whisper away from eradication, but due to the challenges involved in getting the vaccine to where it's needed most, the extinction of the polio virus in the wild remains just out of reach. The end might finally be in sight thanks to a new method for preserving the preferred inactivated form of the vaccine – this new method requires no refrigeration. As a freeze-dried powder, the vaccine can now be shipped into places previously off limits, to provide much needed immunity to the handful of populations that are still at risk from this devastating illness. Scientists from the University of Southern California worked with researchers from the drug manufacturer Integrity Bio to develop a process that removes the moisture from inactivated poliovirus vaccines (IPVs) without affecting their effectiveness, improving their stability at ambient temperatures.

Polio is a disease most of us could be forgiven for thinking is already extinct. No cases have been recorded in the US since 1979. Prior to immunisation, annual cases could be as high as nearly 60,000 during outbreaks. Among adults with paralytic forms of the illness, up to nearly a third faced death.

There are three strains of the polio virus. One was officially declared wiped out in 2015, some 16 years after the last of its kind was detected in India. Another hasn't been seen since 2012. But that still leaves one variety persisting in communities in Pakistan and Afghanistan. To avoid a return to those epidemics, we'll need to overcome all obstacles. This research was published in my Bio.

OPPORTUNITY TO PARTICIPATE IN RESEARCH

(from Post Polio Membership Memo April 30, 2019 No. 67)

Johns Hopkins University

A new study concerning acute flaccid myelitis (AFM) and polio is being conducted by researchers at Johns Hopkins. They are currently recruiting polio survivors to participate in the study. Polio survivors are encouraged to participate. You will be asked to fill-out a questionnaire and submit a saliva sample by mail.

Contact information: Dr. Priya Duggal (Co-Principal Investigator)

E-mail: pduggal@jhu.edu

Phone: 410-955-1213

Betsy Dee (Research Assistant)

E-mail: edee1@jhu.edu

Phone: 410-614-0146

College of Rehabilitation Sciences

Book Review from POLIO OZ News Vol 8, Issue 4, Dec. 2018

Ginger Visel contracted polio in the winter of 1950, when she was not yet five years old. Her life would never be the same. By the time the virus was through with her, she had a withered leg, weak muscles, and hip trouble that required multiple surgeries. The University of Michigan Hospital became a second home, the March of Dimes a reliable support system, and leg braces an everyday part of her wardrobe. In the era before ramps and automatic doors, Ginger had to learn to adapt to a world not built for her.

Surrounded by ten siblings and guided by an unstoppable mother, she met every challenge with determination and an unshakable faith in God. With equal parts cheerful humor and honest vulnerability, Ginger recalls desperately trying to fit in at school, the terror of learning to drive a hand-controlled car, the near-impossibility of finding an accessible college, and the worry that she'd never get married and have a family of her own. Both a universal coming of age story and a look at the complexities of being disabled before the ADA, *Ginger Stands Her Ground* is an inspiring story of the meaning of family, the importance of faith, and the ultimate triumph of love.

Available at Amazon

Excerpt from:

EFNS guideline on diagnosis and management of Post-Polio Syndrome

First published: July 20, 2006

A small number of controlled studies of potential specific treatments for PPS have been completed, but no definitive therapeutic effect has been reported for the agents evaluated (pyridostigmine, steroids and amantadine).

Supervised muscular training, both isokinetic and isometric, is a safe and effective way to prevent further decline of muscle strength in slightly or moderately weak muscle groups and can even reduce symptoms of muscular fatigue, muscle weakness and pain in selected post-polio patients. There are no studies evaluating the effect of muscular training in patients with severe weakness and the long-term effects of such training are not yet explored. Precautions to avoid muscular overuse should be taken with intermittent breaks, periods of rest between series of exercises and submaximal work load.

Training in a warm climate and non-swimming water exercises are particularly useful.

Recognition of respiratory impairment and early introduction of non-invasive ventilatory aids prevent or delay further respiratory decline and the need of invasive respiratory aids. Respiratory muscle training can improve pulmonary function.

Group training, regular follow-ups and patient education are useful for the patients' mental status and well-being.

Good practice points: weight loss, and adjustment and introduction of properly fitted assistive devices; but lack significant scientific evidence.

GREY CUP POOL TICKET WINNERS

The Board of Directors of Post Polio Network is often asked about the winners of the Grey Cup Pool Tickets. After discussions it was decided that the names would be published; but, not the monies won. From the November 2018 Grey Cup the following people were the lucky ones:

N. Bradley	E. Fraser	N. Hackewich	E. Heaman
N. Horobetz	J. Ireland	D. Jimenez	R. Kabernick
A. Lannan	B. McLean	C. Portelance	W. Rieu
R. Watkins	B. Weston		

The Grey Cup Pool ticket sales are PPN's major fund raising event for the year. Tickets for the 2019 Grey Cup will be available at the June Summer Luncheon Celebration. Please support!

Thank you.

CHOOSING A HEALTH ADVOCATE

From Wellness News Nov. 2018

One of the most important steps in senior's life is to choose the right health advocate. Your advocate could be your family member or your friend; someone you can trust with your health concerns. The advocate will play in a very important role in your healthcare plans in the future. For example, they can go with you to a doctor, the lab, your pharmacy, or the hospital. It is important to name an advocate before you need one, and you can decide the limits of their authority. You can find more information, videos, and a "My Patient Advocate Agreement" form at *SafeToAsk.ca*.



CELEBRATION LUNCHEON

DATE: *MONDAY, June 24th, 2019*

TIME: *11:30 a.m. - 1:30 p.m.*

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

COST: *\$10.00 for MEMBERS; \$15.00 for GUESTS*

Come and join us to celebrate summer and friendships.

RRSP by June 18, 2019 EMAIL: postpolionetwork@gmail.com or

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

Name: _____

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

Please list any food allergies:



If you would like to, please bring an item for Winnipeg Harvest

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 for donations over \$10.00.)

Total \$ _____

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, 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.