

POLIO



POST

Polio Post is Published Tri annually

May 2022

Executive Members 2021/2022

President: Wesley Hazlett

Programs: Lorna Richaud

Vice President: Don Lavallee

Treasurer: Donna Remillard

Past President: Cheryl Currie

Fund Raising: Doug Mihalyk

Membership: Clare Simpson

Fire Safety/Privacy: Dolores Horobetz

Phoning: Christine Portelance

Newsletter: Cheryl Currie

Newsletter Layout: George Tataryn

Directors: Len Baydack Linda Wilkins

Publicity: Don Lavallee

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

Presidents Report May, 2022

Wow, the calendar says that summer is around the corner yet after a very trying winter, spring is struggling to take its place.

Hi everyone, my name is Wes Hazlett, and I am the incoming President of your network. I would like to thank Cheryl Currie for her many years of service to our board in so many capacities. While retiring from the position of President that she has held for 10 years, Cheryl remains a member of our board in the position of Past President to help guide Don Lavallee (Vice President) and myself as we assume our new roles with our organization. Cheryl also continues to support our members as Secretary and as newsletter publisher.

Our board continues to need new members to fill vacant positions, and we welcome Len Baydack as our newest director. Len has a history in business and looks to help guide us with his knowledge of business and finance.

The post-polio network is facing a growing challenge to our continued existence. The past two years have been a struggle for all of us and as numbers and age continue to take their toll on our membership as with many groups, we must re-evaluate our objectives and how we might best serve you, our members. It is not a requirement to have had polio or post-polio syndrome to join our board. I want to thank my fellow board members for their continued service and support to our organization.

If you have questions or concerns, topics for future meetings or advice on how we can continue to support you; please reach out to me or any other member of our board. I can be reached by phone or text at [204-229-5705](tel:204-229-5705) or email through the contact form on our website <https://www.postpolionetwork.ca/contact-us>. "continued on page 2"

POST POLIO NETWORK would appreciate it if you would mail in your 2022 membership fees. Membership renewals are less than usual this year; please send your renewal by

May 31, 2022. Thanks!!!

One of the ways that many organizations have continued to support their members has been using technology and ours is no different. We continue to livestream our speakers through our Facebook page, and I welcome you to take advantage of this by visiting our page <https://www.facebook.com/postpolionetworkmb/>.

Many organizations have included Zoom meetings to enhance communication with members as their membership has either declined or Covid-19 has prevented the ability to meet in person.

I have had the pleasure of attending many of these groups in the USA, Australia, and March of Dimes Canada. The support and connection that they provide is amazing.

Some recent topics have included dealing with pain fatigue, supportive equipment, safe exercise, and things you are proud of or grateful for during your life. It has been very interesting to listen and relate to others as they have shared their life experience with polio and post-polio.

Last week we discussed whether your experience with post-polio was gradual or sudden and I was amazed to hear from several people that experienced no late effects of polio for decades, some lived and functioned as able bodied into their 60's and 70's before experiencing sudden and drastic changes to their mobility or level of fatigue.

I would encourage those of you that would like to connect to any of these virtual calls to contact Kim Smith for registration information kasmith@marchofdimes.ca. Zoom is easy. If you own and use a smart phone or a tablet, it is simple to connect by just clicking on a link that will be sent to you by email.

March of Dimes also provides technical support unique to the device that you are using if you need help.

We are looking forward to our May meeting on **May 31st** at the Caboto Centre in Winnipeg. Lunch is provided and the topic will be Phone Call Fraud, Crime Prevention with guest presenter from **WPS Community Relations - Constable Justin Santos**.

I hope you all remain safe and well and I look forward to seeing you at our celebration luncheon on June 21st at the Caboto Centre. Please check our website for information on these and other upcoming events.

City launches accessible vehicle booking app

By 9:48 AM CDT Wednesday May. 11, 2022

Winnipeggers who rely on wheelchairs can soon test out a new way to book vehicles for hire. Winnipeg WAV, an on-demand, accessible booking service for taxis and ride-share vehicles, will offer a central trip booking service for accessible vehicles, where users can set pickup and drop-off locations to connect with the nearest vehicle. The two-year, \$1.8-million pilot project is expected to reduce wait times and increase the number of accessible vehicles. Drivers of accessible vehicles can earn up to \$2,250 per year for participating in the test project, while owners can earn up to \$2,500 per year in incentives, depending on their number of trips, driver ratings and other factors. Winnipeg WAV is available at the Apple App Store (iOS) or Google Play Store (Android), at winnipeg.ca/wav or by calling 204-986-4WAV (204-986-4928).

Would this new discovery be helpful for Post Polio Syndrome? Let's keep our fingers crossed and see what develops.

Scientists discover how stem cells trigger muscle regeneration

By Michael Irving, May 31, 2021 Excerpt From Salk Institute **MEDICAL**

Researchers at the Salk Institute have uncovered a mechanism by which stem cells can help regenerate muscles. The discovery could provide a new drug target for repairing muscles after injury or rebuilding muscle mass lost during the normal aging process. May 31, 2021

Other ways to rejuvenate cells are being studied; these techniques could eventually lead to boosting tissue and organ regeneration.

Explore Manitoba

1. Journey to Spruce Woods Provincial Park and visit the Spirit Sands – Manitoba's only desert and our largest sand dunes. This area is home to plants and animals you can find only in Manitoba.
2. Journey to Hecla/Grindstone Provincial Park – Relax at the spa, read on the beach, learn about the Icelandic history, golf and hike.
3. Journey to Fort Whyte Alive in Winnipeg – go on a bison safari, rent a canoe, watch the wildlife on trails.
4. Journey to Pisew Falls Provincial Park about 45 minutes south of Thompson and home to the second highest waterfall in Manitoba.

Members Page

Upcoming Events

1. May General Meeting

DATE: **May 31st**, 2022

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:30 p.m. – 2:30 p.m.

SPEAKER; Constable Justin Santos
WPS Community Relations

TOPIC: Phone Call Fraud,
Crime Prevention

WPS Community Relations

2. June Summer Celebration Luncheon

DATE: **June 21st**, 2022

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:30 p.m. – 2:30 p.m.

Cost: Members: Free, Guests: \$10.00

RESERVATIONS REQUIRED before
June 17th, 2022

TELE: 204 975 3037

EMAIL: postpolionetwork@gmail.com

Passages

PPN has lost two of our members. David Petrie passed away in April 2022. David was a long time member and supporter of PPN. Our condolences are sent to David's family and friends on his passing. Robert Rutherford passed away earlier this year, in January. Our condolences are sent to his family and friends.

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

Laughs for Today

ISMs (from FaceBook)

Dear Ann: I am an English teacher, and my students are reading George Orwell's "1984". I am having a difficult time explaining communism, socialism and fascism without giving a time-consuming history lesson. I recall you printed a humorous explanation of these concepts using cows. Will you please print it again.



SOCIALISM: You have two cows. Give one cow to your neighbour.

COMMUNISM: You have two cows. Give both cows to the government and they may give you some milk.

FASCISM: You have two cows. You give all the milk to the government and they sell it.

NAZISM: You have two cows. The government shoots you and takes both cows.

ANARCHISM: You have two cows. Keep both cows, shoot the government agent and steal another cow.

CAPITALISM: You have two cows. Sell one and buy a bull!

Three Minutes for a Dog: My Life in an Iron Lung

From Wikipedia, the free encyclopedia

Paul Richard Alexander (born 1946) is a lawyer, writer and paralytic [polio](#) survivor. He is popularly known as one of the last people living in an [iron lung](#) after he contracted polio in 1952 at the age of six. Beginning in 1954, with help from the March of Dimes and a Physical Therapist named Mrs. Sullivan, Alexander taught himself voluntary breathing which allowed him to leave the iron lung for gradually increasing periods of time.

He graduated from high school, he earned a bachelor's degree in 1978, then a law degree in 1984 from the University of Texas at Austin. He got a job teaching legal terminology to court stenographers at an Austin trade school before taking his oath as a lawyer in 1986.

He self-published his memoir, *Three Minutes for a Dog: My Life in an Iron Lung*, in April 2020.

POST-POLIO101 WHAT YOU NEED TO KNOW

Excerpts from article published by Polio Epic, Inc. P.O. Box 17556, Tucson, AZ 85731-7556 www.polioepic.org

1. WHAT IS POST-POLIO SYNDROME? (PPS) (late effects of polio). TRUTHS: A secondary condition to having had polio. New symptoms approximately 10 – 40 years after recovery from polio. Not everyone who had polio develops PPS. PPS if other conditions have been ruled out including normal aging.

2. WHAT CAUSES POST-POLIO: Decades of “overuse and abuse” of the body. Polio damaged the nervous system, including the brain. Motor neurons that move muscles, weakened by polio are beginning to fail. PPS has been triggered by a trauma (surgery, accident, immobilization, death of a loved one, etc.)

3. WHAT ARE SOME OF THE SYMPTOMS/SIGNS OF PPS?: Unaccustomed fatigue-either rapid muscle tiring or feeling of total body exhaustion. New weakness in muscles-both those originally affected and those unaffected by the virus. Pain/burning sensations in muscle and/or joints. Breathing difficulties and/or sleep problems. Swallowing problems. Functional decline. Depression and/or anxiety. Weakness and muscle atrophy. Muscle spasms, twitching and tingling. Nerve compression problems (carpal tunnel, tendonitis, etc.)

5. WHAT CAN BE DONE?

To PREVENT new symptoms from occurring: be aware of type “A” behaviour, plan frequent rest periods, pace daily activities, limit exposure to cold, increase protein and decrease added sugars in diet, gentle exercise program as prescribed by a professional. To PRESERVE remaining strength: Conserve energy, “Conserve to Preserve”, stop overusing and abusing, be active, but STOP short of fatigue and pain, use assistive devices, use quality nutritional supplements as advised by a nutritionist, control your weight, maintain a positive attitude, join a post-polio support group

6. WHAT ABOUT BREATHING

Polio survivors may experience new breathing problems; as breathing muscles affected such as diaphragm and rib muscles. Symptoms may be: the need to sleep sitting up, insomnia, morning headaches, excessive daytime fatigue/sleepiness, unproductive cough and increase in respiratory infections. APPROPRIATE ACTIONS: See your healthcare provider and/or a pulmonologist for function testing, appropriate treatment may be assisted ventilation, possibly need a sleep study.

7. WHAT TO DO ABOUT PAIN? Tips that have worked: Use moist heat and/or ice packs to the painful area, get light massages, try warm water therapy, use assistive and adaptive aids to reduce stress to muscles and joints, try alternative type treatments (acupuncture, yoga Reiki etc), medical as prescribed by your healthcare provider.

8. WHAT ABOUT MEDICATION? It is your responsibility to know all your prescriptions, over-the-counter (OTC) drugs, and supplements. Inform your health care provider with: drug name, purpose, dosage, and any previous medication reactions.

9. HOW IS PPS DIAGNOSED? Keep a journal of progression of symptoms, making simple entries concerning: daily living, physical and emotional changes, positive and negative changes, note current symptoms (tiredness, exhaustion, pain etc). keep a list of questions and concerns to present to your healthcare provider. Have a Healthcare provider exclude all other possible causes for new symptoms, (normal aging, ALS, MS, MD, etc.)

10. 11. HOW TO COMMUNICATE WITH YOUR HEALTHCARE PROVIDER? DURING the visit with your Healthcare Provider: Describe all current symptoms and when/how they have changed over time, be specific about what you need, avoid giving “Yes” and “No” answers, describe HOW: (i.e. much, long, in what way). (“I can climb 3 steps in 5 minutes with assistance.”), clarify what you hear by asking, “Did you say...?”, bring written post-polio information.

POLIO OUTBREAKS

Health Crises and War Threaten Polio Eradication

The 2020 Covid-19 restrictions worldwide delayed immunization in countries with polio; however, the immunization programs are starting up again.

In Sudan two new outbreaks that paralyzed children occurred in March and April of 2020. About 11 other vaccine-derived cases were found in this region

In Ukraine, where a polio outbreak was detected in the fall 2021, health authorities were forced to halt a nationwide vaccination campaign after the war began in late February

February 2022 an outbreak of polio was identified in Malawi. This strain was linked to a strain in Pakistan and Afghanistan where polio is still endemic.

March 8, 2022 -- Israel has detected its first polio case since 1989 in a 4-year-old boy in Jerusalem, according to an announcement from the country's Ministry of Health.

Partners of the Global Polio Eradication Initiative are making every effort to end polio worldwide so that no child will ever suffer this disease.

MANITOBA 55+ GAMES

The Manitoba 55+ Games will be hosted by Selkirk MB, June 7 – 9th! The Manitoba 55+ Games are open to Manitobans 55 years of age or older by Dec. 31, 2022. A wide range of events are offered including card games. Go out and enjoy the competition and make new friends. <https://activeagingmb.ca/55games/events-activities/> Tele: (204) 785-2092

The Manitoba Virtual Games will occur from June 10 to July 10. The focus will be on inclusivity, reaching out to those who cannot attend the in-person Games in Selkirk or want to continue with fun and engagement. For more information or to register www.activeaging.mb.ca

Summer Celebration Luncheon



DATE: *TUESDAY, June 21st, 2022*

TIME: *12:30 p.m. - 2:30 p.m.*

WHERE: *CABOTO CENTRE*

1055 Wilkes Ave., Winnipeg

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

Come and join us to celebrate summer and friendships.

RRSP by June 17, 2022 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)

List any food allergies:



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.