

POLIO



POST

Polio Post is Published Tri annually

May 2024

Executive Members 2024/2026

President: Carole Tiefenbach

Secretary: Wilf Tiefenbach

Programs: Kathryn Harper

Vice President/Publicity: Don Lavallee

Treasurer: Donna Remillard

Past President: Wes Hazlitt

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 , Lorna Richaud

Publicity: Don Lavallee

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

Presidents Report May, 2024

PPN's New President of the Board of Directors Story. Carole Tiefenbach and her husband Wilf have recently moved to Winnipeg from Regina. Carole was the president of Polio Regina and was a member there since 1992. Carole was elected as the new President of the Post Polio Network (Manitoba) Inc. at the recent Annual General Meeting. Wilf was elected as the Secretary of PPN at the AGM. Thank you to both of you for volunteering to take on these responsibilities.

I was born in the St. Boniface hospital in Winnipeg, Manitoba. My mother and father ran a boarding home but I only remember slightly, the very old man, by the name of Mr. Porteous who stayed with us. I remember him because when I set our boarding home on fire (playing with an electric heater and folded paper planes), it was his room that my younger brother and I ran up to when we were so frightened by the fire! He lived on the third floor, no less! My very brave and dear mother awoke, smelled the smoke and hollered for us, and I guess Mr. Porteous hollered back, "they are both under my bed!!!" My Mom quickly ran up the stairs amid all that smoke and rescued us! We all ended up in the St. Boniface hospital with smoke inhalation and my dear Mom had our picture in the Winnipeg Tribune under the title, "Brave Mom rescues tots from burning home!" You can bet, to this day, we were always grateful to her for that. Just before that horrendous fire, I contacted the worst case of measles, one bout after another, Red and German and supposedly Black measles. (I have never heard of Black measles but that's what my Mom was told at the time.) The extreme high fever may have destroyed nerves in my ears, thus my hearing problem, so I have been told. My Mom and Dad divorced shortly after and my Mom met up with my stepfather a little later and off we went to a small farming community in Geysir, MB, east of Arborg, MB. That was in 1950. I started school the following year and in the year of '52, I contacted polio. I remember walking home from school, (I REALLY did have three miles to walk!!!), but I collapsed about an eighth of a mile from the school. As I lay on the side of the highway, my younger brother, he might have been five at the time, walked home all that way and told our Mom that I couldn't walk and was lying on the road. My stepfather came to pick me up by horseback. I never saw a doctor. We didn't have the money for that. I remember my Mom crying while she carried me to the bathroom,

wondering why I couldn't walk. My legs were paralyzed for seven months, but I could still roll off the couch to pet the family 'farm' dog, that was never allowed in the house, never mind sleep on the couch! I got caught as most kids do and I got a whacking from my stepfather. I learned to crawl with incredible arm strength to go visit Pal, the dog, out in his territory, outside on the straw bed. I must have really liked that dog because he was really my 'pal'. The days were so long and lonely. My Mom was always busy with the farm work, a huge garden, plus the usual housework, cooking and looking after the three other siblings at home. In later years, she had three more children. My nature is to move around and move around I did, until I finally could slowly start standing up to gradual walking as I slowly got stronger and better each day. It took quite a while! That was a happy day when I returned to school for a Valentine's party. I hadn't been to school since the end of June! I soon forgot all about my polio ordeal; having no noticeable side effects, I carried on as a normal child. Yes, I still was told I had to walk to school, which I did, with my little brother, Brian, but in those days, we often took a ride with people who stopped to ask us if we would like a ride! Would we?? You bet! I always had very tired legs but after a rest, I could carry on. I excelled in school and sports, high jump, 'of all things', baseball, hockey and anything I felt like participating in. I loved working hard and having fun at the same time. When I was 15 years old, I started to work at a bakery that was right across Lake Winnipeg from where we lived. I worked my butt off, at that new job, even on my days off I did laundry for the whole staff because I loved the soft water at Victoria Beach! I always loved the smell of clean laundry and to this day, I still love it. I later married the boss' son, (I guess my boss knew his son would have a hard working wife that could work in the bakery), and we had three children. I was always very exhausted, after about eight hours of work, then I would nap when the kids napped, then carry on doing what mothers do. After 10 years I became a single mom with three children. It was the biggest challenge I ever had, but I made it. I started to work at Safeway in the bakery as a cake decorator, one week after the busy summer. I loved my children and I loved my new job! It was very difficult for a few years but things got settled down. After about 15 years I began having severe back problems eventually leading to my quitting work. Every doctor that I saw in four years would ask me if I ever had polio and I always told them about being paralyzed as a child. I moved to Regina in 1992. After about a month, I got a referral to see Dr. Mavis Matheson as my physician. After examining me, she, like other doctors before, asked me if I ever had polio. I told her that I was paralyzed for seven to eight months as a child, and right away she suggested the post-polio group. If I remember correctly, I think it might have been the Saskatoon group, but we soon had our own Polio Regina group. I have learned so much since I joined the group. It had helped me immensely. I don't always listen to my body, but most days I do. My husband and I volunteer our time and effort with this group to try to keep the memories alive! No one can forget about this dreadful disease ever! This polio virus still is not completely eradicated and until it is, we have to keep plugging, so the younger generation will never have to deal with the after effects of polio. All of us should be so thankful for Rotary International, for their hard work and dedication to eradicate polio, to encourage younger parents to make sure their child is vaccinated, as many are choosing not to vaccinate. I am very proud to be part of an organization that is teaching us how to take better care of ourselves and let others know about our support group. I know how it has helped our members and that is what a support group should do. My life is wonderful now. I have a very kind, loving, supportive husband, Wilf, who also had polio, whom I met in our polio group. We certainly understand what postpolio is and how we must look after the bodies we are left with after that debilitating disease. We belonged to a wonderful church, which kept us busy and we were asked to serve a mission in Regina for the Addictions Recovery Program, which we thoroughly enjoyed. Yes, we might still do a tad too much, but as long as we rest in between, hopefully we can keep at it for a few more years.

Manitoba 55+ Games

This multi-sport event combines social activity, entertainment, and exercise. The Games are a fun and enriching experience for spectators, volunteers, and participants. Over three days, there are dozens of events, from pickleball to arts and crafts.

This year the games will be held in Brandon, June 18 -20th. Even if you can't participate, come as a spectator and enjoy the fun. For more information check out Active Aging website (www.activeagingmb.ca) or by calling 204-632-3947

Elder Abuse

Excerpts from the Winnipeg Regional Health Authority website; www.wrha.mb.ca/support-services-to-seniors &

Senior Scope newsletter, May 6th, 2024

Abuse towards older adults is any action or inaction by a person in a position of trust that causes harm to an older adult. Abuse happens to an older adult when someone they know and often someone they care about limits or controls their rights and freedoms. Abuse can be a hard word to accept and it can happen to anyone. Most often abuse of older adults occurs within the family by adult children, grandchildren, or a spouse or partner. When someone is abused by a spouse or partner we call this domestic abuse. Other relatives, friends, neighbours, caregivers, landlords, spiritual and financial advisors or anyone in a position of trust or authority can also act abusively to an older adult. Social Workers provide confidential counselling, support, advocacy and access to emergency accommodation for older adults experiencing physical, emotional and financial abuse or neglect.

This year World Elder Abuse Awareness Day (WEAAD) is on June 15, 2024. WEAAD involves activities to bring greater recognition of mistreatment of older adults wherever they live throughout the world, and to highlight the need for appropriate action. It is intended to give abuse and neglect of older adults a global relevance that will sustain and move prevention efforts forward through the year and for years to come.

If you are concerned that an older adult (or yourself) may be experiencing abuse or neglect and have questions, please call or contact:

A & O: Support Services for Older Adults Intake Line

In Winnipeg: 204-956-6440 Toll-free: 1-888-333-3121 Fax: 204-946-5667

E-mail: intake@aosupportservices.ca

The following cards were taken from March of Dimes March 5th 2024, Polio Program Canada News-
letter. IF you think that these would be helpful for any future care required, please print, fold or cut
out and put in your wallet.

Anesthesia Warning Cards

<p style="text-align: center;">Anesthesia Warning ! I am a Polio Survivor</p> <ul style="list-style-type: none"> • EASILY SEDATED, and can be difficult to wake • Can Have Difficulty BREATHING and SWALLOWING with Anesthesia • HYPERSENSITIVE to PAIN and COLD. May Need heated blanket and increased pain medication post-op. <div style="text-align: right;"></div> <p style="text-align: center;">Information Available (scan code): "Preventing Complications in Polio Survivors Undergoing Surgery" "Breathing Outcomes: Post-Poliomyelitis Syndrome (PPS)"</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">I am a Polio Survivor with Post-Polio Sequelae</p> <p>Name _____</p> <p style="text-align: center;">I have these Symptoms (checked):</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Overwhelming Fatigue</td> <td><input type="checkbox"/> Muscle Weakness</td> </tr> <tr> <td><input type="checkbox"/> Muscle and Joint Pain</td> <td><input type="checkbox"/> Sleep Disorders</td> </tr> <tr> <td><input type="checkbox"/> Cold Intolerance</td> <td><input type="checkbox"/> Difficulty Swallowing</td> </tr> <tr> <td><input type="checkbox"/> Difficulty Breathing</td> <td><input type="checkbox"/> Sensitivity to Anesthesia</td> </tr> </table> <p style="text-align: center;">Post-Polio Care Information for Families and Health Care Providers http://www.papolionetwork.org/-anesthesia-warning.html http://www.papolionetwork.org/information-for-pps-caregivers-and-providers.html</p>	<input type="checkbox"/> Overwhelming Fatigue	<input type="checkbox"/> Muscle Weakness	<input type="checkbox"/> Muscle and Joint Pain	<input type="checkbox"/> Sleep Disorders	<input type="checkbox"/> Cold Intolerance	<input type="checkbox"/> Difficulty Swallowing	<input type="checkbox"/> Difficulty Breathing	<input type="checkbox"/> Sensitivity to Anesthesia	<p style="text-align: center;">Anesthesia Warning ! I am a Polio Survivor</p> <ul style="list-style-type: none"> • EASILY SEDATED, and can be difficult to wake • Can Have Difficulty BREATHING and SWALLOWING with Anesthesia • HYPERSENSITIVE to PAIN and COLD. May Need heated blanket and increased pain medication post-op. <div style="text-align: right;"></div> <p style="text-align: center;">Information Available (scan code): "Preventing Complications in Polio Survivors Undergoing Surgery" "Breathing Outcomes: Post-Poliomyelitis Syndrome (PPS)"</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">I am a Polio Survivor with Post-Polio Sequelae Common Symptoms :</p> <table style="width: 100%; border: none;"> <tr> <td>Overwhelming Fatigue</td> <td>Muscle Weakness</td> </tr> <tr> <td>Muscle and Joint Pain</td> <td>Sleep Disorders</td> </tr> <tr> <td>Cold Intolerance</td> <td>Difficulty Swallowing</td> </tr> <tr> <td>Difficulty Breathing</td> <td>Sensitivity to Anesthesia</td> </tr> </table> <p style="text-align: center;">Post-Polio Care Information for Families and Health Care Providers http://www.papolionetwork.org/information-for-pps-caregivers-and-providers.html http://www.papolionetwork.org/-anesthesia-warning.html</p>	Overwhelming Fatigue	Muscle Weakness	Muscle and Joint Pain	Sleep Disorders	Cold Intolerance	Difficulty Swallowing	Difficulty Breathing	Sensitivity to Anesthesia
<input type="checkbox"/> Overwhelming Fatigue	<input type="checkbox"/> Muscle Weakness																
<input type="checkbox"/> Muscle and Joint Pain	<input type="checkbox"/> Sleep Disorders																
<input type="checkbox"/> Cold Intolerance	<input type="checkbox"/> Difficulty Swallowing																
<input type="checkbox"/> Difficulty Breathing	<input type="checkbox"/> Sensitivity to Anesthesia																
Overwhelming Fatigue	Muscle Weakness																
Muscle and Joint Pain	Sleep Disorders																
Cold Intolerance	Difficulty Swallowing																
Difficulty Breathing	Sensitivity to Anesthesia																

www.papolionetwork.org/-anesthesia-warning

With Name and Symptoms noted

Without name and specific symptoms

Members Page

Upcoming Events

1. May 28th, 2024 General Meeting

DATE: **May 28th**, 2024

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Annual General Meeting

SPEAKER: LIFETIME REPRESENTATIVE

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

2. June 25th, 2024 General Meeting

DATE: **June 25th**, 2024

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

SUMMER LUNCHEON: RSVP by
June 18th, 2024

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

The Final Two Polio Endemic Countries Update

From MoD; The Polio Newsletter, Tues. May 7, 2024: (by Terry Ziegler, Rotarian): (For the week ending May 4, 2024)

Pakistan: No new Wild Polio cases reported this week. Two Wild Polio cases reported in 2024. Six Wild Polio Cases reported in 2023. Twenty Wild Polio cases reported in 2022. The most recent case had an onset of paralysis on 10/24/23. No WPV1 Samples and no cVDPV2 Positive Environmental Samples were reported this week in Pakistan.

Afghanistan: No new Wild Polio cases reported this week. Two Wild Polio cases reported in 2024. Six Wild Polio Cases reported in 2023, Two Wild Polio Cases reported in 2022. The most recent case had an onset of paralysis on 9/4/23. Two WPV1 Samples and no cVDPV2 Positive Environmental Samples were reported this week in Afghanistan.



PASSAGES

PPN has recently lost three of their long time members; Karl Surber, Doris Jones and Barbara Roth. We extend our condolences to the families and friends of Karl, Doris and Barbara. They will be missed.

Excerpt from **The Ten Commandments of PPS**

By Richard L. Bruno

1. Listen to Your Body The first step in treating PPS is to listen to yourself: to what you feel, physically and emotionally, when you feel it and why. Our most powerful tool in treating PPS is the daily logs our patients keep that relate activities to their symptoms. Polio survivors need to listen to their own bodies, not to friends and family members--and the voices in your own head--saying you're getting lazy busybodies.

2. Work Smarter, Not Harder The more you overuse your muscles, the more strength you lose. You need to "conserve it to preserve it." Stretching may help pain, and nonfatiguing exercise for specific muscles can prevent you from losing the strength you have after you get a brace. Polio survivors need to work smarter, not harder.

3. Go Slow and Steady A study of patients showed that taking two 15-minute rest breaks per day--that's doing absolutely nothing for 15 minutes--is the single most effective treatment for PPS symptoms. For polio survivors, slow and steady wins the race.

4. Be Kind to Your Neurons Using crutches or braces are not signs of failure or of "giving up." Muscles and joints hurt and nerves die after decades of doing too much work with too few motor neurons. So why not use a brace, cane, crutches--dare we say even a wheelchair or scooter--if they decrease your symptoms

5. Say No to Drugs Polio survivors are twice as sensitive to pain as everyone else and usually need more pain medication for a longer time after surgery or an injury.

6. Sleep Right All Night "Post-polio fatigue" may be due to a treatable sleep disorder.

7. Turn Up the Heat Cold is the second most commonly reported cause of muscle weakness and is the easiest to treat. Dress in layers and wear socks made of synthetic fabrics like breathable fiber polypropylene that hold in your body heat.

8. Eat Breakfast or Else When patients follow a "hypoglycemia diet" (16 grams of low-fat protein at breakfast and small, non-carbohydrate snacks throughout the day) they have a remarkable reduction in fatigue. Protein in the morning does stop your mid-day yawning.

9. Anesthetize with Care Your complete polio history and any new problems with breathing, sleeping and swallowing should be brought to the attention of your surgeon or dentist--and especially your anesthesiologist--long before you undergo surgery.

10. Do Unto Yourself as You Have Been Doing for Others Accepting assistance is what can keep you independent. Appearing "disabled" by not doing for others and asking for help may be frightening, but they are also the best ways to manage your PPS.



CELEBRATION LUNCHEON

DATE: *Tuesday, June 25th, 2024* **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.

RRSP *by June 18, 2024* **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:



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.