

POLIO



POST

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

Presidents Report September, 2021

Welcome to Autumn, my favourite time of the year; however, that means winter isn't far behind. The last 18 months or so have definitely has been trying times for all of us. The COVID pandemic has caused us to be missing our families and friends—BUT we've made it. Life is beginning to have some normalcy; but we are still under the cloud of COVID. My hope is that everyone continues to do what they can to prevent any further loss of lives from this virus---get vaccinated, wear a mask and follow all health guidelines. Environmental issues due to Global Warming are resulting in major concerns for all of us—huge forest fires, lack of rain in some areas and flooding due to heavy rains in other areas, major large storms causing widespread damage and deaths. Parts of Manitoba had to have extreme draught in effect issues enacted; forest fires causing smoke filled skies causing many to have breathing issues. We need to be more aware of our environment and how each of us has an impact on the future.

PPN is planning a general meeting for September 27th as long as the restrictions remain the same as in effect at present. Also, we are hoping for an October General Meeting and a November Winter Celebration wind-up.

I want to thank the Board of Directors for their support this past year.

As this is our last newsletter for 2021, please renew your membership with PPN for 2022. It is your membership that keeps the network viable.

ELEVATED HEMIDIAPHRAGM & POLIO SURVIVORS

Excerpt from Facebook account of the Post Polio Resource Group of Central Florida

@PostPolioResourceGroup · Medical Company; Richard Bruno – The Post-Polio
“COFFEEHOUSE”

The diaphragm is the main breathing muscle. When you take a breath, the resting dome shape of the diaphragm flattens as the muscle moves toward your feet like a piston, creating “negative pressure” in your chest and causing both lungs to inflate.

Actually the diaphragm is two muscles – two “hemi” (half) diaphragms -- that are stimulated by the right and the left phrenic nerves. The phrenic nerves are motor neurons that can be infected, damaged and killed by the poliovirus.

What's more, the neurons that serve as the breathing "pacemakers" that turn on the phrenic nerves are in the brain stem and also can be victims of the poliovirus attack.

Seeing an elevated hemidiaphragm on X-ray indicates weakness of that half of the muscle, which can be caused by damage to the above-mentioned neurons, but particularly to the phrenic nerve that should be “pulling down” the elevated side of the diaphragm but isn't.

Polio survivors who have difficulty breathing, fatigue, frequent chest infections, scoliosis or sleep disorders should have a chest X-ray along with lung function testing to see if an elevated hemidiaphragm caused by phrenic nerve weakness may be playing a role. Using a volume ventilator to help inflate the lung with the weakened diaphragm is the most common treatment.

New Opportunities for Outdoor Enthusiasts who Face Mobility Barriers

Excerpt from [Accessibility News](#), Issue 20; Aug. 2021

SAVE OUR SEINE recently celebrated its 30th anniversary of water stewardship by building an accessible dock - the first of its kind in Winnipeg. The non-profit organization raised close to \$200,000 (\$75,000 from Manitoba's [Building Sustainable Communities Program](#)) to build the dock, which is located at the John Bruce Bridge, near Bishop Grandin Boulevard and St. Anne's Road in Bois-des-Espris (Spirit Woods) Park.

The dock is built into the riverbank, allowing users to comfortably embark their watercraft from solid ground and then launch it into the river. The design is perfect for people with disabilities, families and people new to boating. It is also a welcome option for boaters who prefer not to retrieve their footwear from Winnipeg's muddy riverbanks. “It was a very exciting journey,” said designer Bob Somer, Principal at Scatliff + Miller + Murray. “Most notably, it's turned into a truly universal kayak launch. It's simply better and easier to use for ALL.”

What is a virus variant and the Wild Polio Virus

Excerpts from PA Polio Survivor's Network; www.papolionetwork.org; Aug.2021 newsletter

All viruses, change over time, so new variants are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. For as long as the coronavirus continues to spread, new variants will continue to appear.

Most changes have little to no effect on a virus's properties. But some changes can affect how easily a virus spreads; the severity of the associated disease; and/or the performance of vaccines, therapeutic medicines, diagnostic tools and other public health and social prevention and control measures.(1)(3)

“There are four notable variants that have been detected in the United States (so far)

•**Alpha**(B.1.1.7): first detected in the U.S. in December 2020; initially detected in the United Kingdom

•**Beta**(B.1.351): first detected in the U.S. at the end of January 2021; initially detected in South Africa in December 2020

•**Gamma**(P.1): first detected in the U.S. in January 2021; initially identified in early January 2021 in travelers from Brazil, tested during a routine screening at an airport in Japan

•**Delta**(B.1.617.2): This variant, a sub-lineage of B.1.617, was first detected in the U.S. in March 2021; initially identified in India in December 2020.” (1)(3)

Polio survivors realize that although COVID-19 is a completely different virus, so much of what we've experienced in the last year and a half is a heartbreaking reminder of what happened in the past. We also realize that through the gift of modern vaccines, polio is on the verge of being only the 2nd disease in history to be eradicated (after Smallpox).

There are three types of wild poliovirus (WPV) All three are extremely virulent. People need to be protected (by vaccines) against all three types of the virus in order to prevent polio disease.

•**Type 1** -caused leg, arm and sometimes breathing muscle paralysis. (Still to be eradicated).

•**Type 2**-seems to have been least likely to cause paralysis but may have damaged the “stem” at the bottom of the brain, just above the spinal cord and was responsible for huge outbreaks of “nonparalytic” polio and called the “Summer Grippe” (Eradicated by vaccines Sept. 2015).

•**Type 3**-the most rare, also caused leg and arm paralysis but was most likely to produced so called “bulbar” polio, in which the bulb or stem of the brain was severely damaged. This damage caused difficulties with swallowing, breathing and blood pressure that were sometimes fatal.”

(Eradicated by vaccines October, 2019) (2)(3)

(1): www.unicefusa.org/stories/covid-19-variants-what-you-need-know

(2): CDC, The Polio Paradox, www.polioeradication.org

(3): Material reviewed and approved by Paul A. Offit, MD

Members Page

Upcoming Events

1. General Meeting

DATE: **September 27th**, 2021
LOCATION: Caboto Centre
1055 Wilkes Ave; WPG
TIME: 1:00 p.m. – 2:30 p.m.
TOPIC: Round Table

2. September PPN General Meeting

DATE: **October 26th**, 2021
LOCATION: Caboto Centre
1055 Wilkes Ave; WPG
TIME: 1:00 p.m. – 2:30 p.m.
TOPIC: TBA

3. HOLIDAY LUNCHEON

DATE: **November 23**, 2021
LOCATION: Caboto Centre
1055 Wilkes Ave; WPG
TIME: 12:00 p.m. – 2:00 p.m.

*NOTE: Attendance for the September General Meeting has to be confirmed by Sept 23rd. Contact PPN office at 204 975 3037 or EMAIL: postpolionetwork@gmail.com

Please note changes/cancellation of events is dependent upon the status of COVID-19 and COVID restrictions.

Passages

We have recently lost the following members; Richard Tittlemeir, Martha Houston, Irene Casseles, Jean Rozwadowski and Estelle Boissonneault. Estelle was one of the founding members of PPN and served as Secretary for 19 years along with her many other contributions to the network including her work on our newsletter. Our thoughts and prayers go to their families and friends. They will be missed.

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

Laughs for Today

Retiree Mental Fitness Evaluation
Excerpt from email; Bojan Stupar, Weekly
Polio update May 17-21, 2021



Giraffe Test

How do you put a giraffe into a refrigerator?

Ans. Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.

Elephant Test

2. How do you put an elephant into a refrigerator? Did you say, Open the refrigerator, put in the elephant, and close the refrigerator? Wrong answer.

Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.

Lion King Test

3. The Lion King is hosting an Animal Conference. All the animals attend ... except one. Which animal does not attend?

Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory.

Crocodile Test

4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?

Correct Answer: You jump into the river and swim across. Haven't you been listening? All the crocodiles are attending the Animal Conference. This tests whether you learn quickly from your mistakes.

The deadly danger of ableism in health care during a pandemic

(excerpts from article published Feb.6th2021 on CBC Opinion Section website)

B iased assumptions about living with disability could impact access to life-saving care, advocate says. (CBC)Ruth Enns · for CBC News · Posted: Feb 06, 2021 6:00 AM CT | Last Updated: February 6

Ableism is to disabled people what sexism, racism and homophobia are to other marginalized populations. It is ubiquitous, unrecognized and unrelentingly negative.

Ableism: -Sees the disability, not the person. –Treats non-disabled assumptions as facts, yet views disabled people as ignorant and warped by disability. –Patronizes, infantilizes, and creates forced dependency. -Appropriates the disability voice, handing it to the nearest non-disabled person (especially medical caregivers). -Projects non-disabled fears onto disabled people, equating disability with low quality of life, suffering, burden and proximity to death. (In other words, better dead than disabled) -Is blind to resilience. While it is normal, natural and life-affirming to avoid becoming disabled, it is also normal, natural and life-affirming to adapt to life with disability.

Pandemic protocols: Ontario and Quebec recently released pandemic triage protocols to deal with overloaded intensive care units. Of the four steps outlined on CBC'S The Current (Jan. 18), the first two should raise alarm bells. Priority goes to those perceived most likely to benefit and those most likely to leave ICU sooner, and those not nearing the end of their so-called life cycle. With pre-existing double standards and low expectations of benefit and life expectancy for disabled people, these protocols disproportionately target this population. Protocols not only facilitate quick decision-making, they also diffuse responsibility. The only restraint on such thinking is conscience. Conscience cannot be dropped when personal protective equipment is put on, to be picked up again when the pandemic is over. Once the unthinkable becomes commonplace, it's permanent. Is Bill C-7 being rushed through Parliament to facilitate such protocols? (Bill C-7 would amend the Criminal Code to permit medical assistance in dying for those whose natural death is NOT reasonable foreseeable.)

All we can do during this pandemic to evade medical ableism is to wash our hands, practice physical distancing, wear masks and get vaccinated. Only greater education, increased awareness and a willingness to change can decrease ableism in medicine and everywhere.

Only greater education, increased awareness and a willingness to change can decrease ableism - *Ruth Enns*

Ruth Enns has been a teacher, a free lance writer for a rural weekly and is a published author. Following the death of her husband in 2007 she moved to Winnipeg from Sanford, Man., and switched from community-managed home care to the self-management program. She is a polio survivor and has glaucoma.

NOTE: To read the complete article, type in "CBC Ableism" in your browser

ANNOUNCEMENT: AFTER STROKE PROGRAM MARCH OF DIMES

Excerpt from Email of March 25 2021

In June we will be proudly relaunching our After Stroke program – combining the best of our previous offerings with exciting community-based programming and resources. The new After Stroke is a personalized recovery program that aims to support stroke survivors and their families after a stroke.

After Stroke engages with stroke survivors and their families in the transition from hospital to home, working with them and connecting to resources and services that provides support, education and participatory programming so they can re-establish their lives and achieve their goals.

The new program will take a community-based approach to stroke support, beginning in the hospital. Rebranded under the After Stroke name, our existing in-hospital peer support programs (Peers Fostering Hope, Linking survivors with Survivors) will remain an important first contact opportunity for stroke survivors and families, offering compassionate assistance and information in the immediate wake of a stroke.

Complementing our work in hospitals, we are introducing dedicated After Stroke Coordinators in five regions. These coordinators will serve as the main point of contact for stroke survivors and their families, whether they have just left the hospital and returned home or have been living with the effects of stroke for months or years.

Our coordinators will work directly with survivors and families to understand their goals for life after stroke and develop individualized plans to help achieve them. The development of our new program model has been a collaborative effort between March of Dimes Canada, people with lived experience of stroke and health professionals and academic experts in stroke recovery and rehabilitation. All aspects of the program were designed based on the best evidence, and informed by stroke care best practices.

In support of the After Stroke program, March of Dimes Canada and Heart & Stroke have also formed a new collaboration drawing on the complementary strengths, expertise and resources of each organization to optimize recovery after stroke.

Manitoba Possible Community and Support Services Announcement

Bill Mulion is the new Manager of Community Inclusion and Support Services at Manitoba Possible.

Derek Day is now the Director of Human Resources for Manitoba Possible.

Rebecca Janzen has joined the Community Inclusion and Support Services at Manitoba Possible as the Administrative Assistant.

PPN wishes them success in their new positions.

World Polio Day

This year, World Polio Day is observed on **October 24**.

This annual observance was established by Rotary International in order to commemorate the birth of Jonas Salk, the developer of a vaccine against polio.

More JOKES

My husband and I went through the fast food restaurant's driveway window and I gave the cashier a \$5 bill. Our total was \$4.25, so I also handed her 25cents. She said, 'you gave me too much money.' I said, 'Yes I know, but this way you can just give me a dollar back.' She sighed and went to get the manager who asked me to repeat my request. I did so, and he handed me back the 25c, and said 'We're sorry but we don't do that kind of thing.' The cashier then proceeded to give me back 75 cents in change.

We had to have the garage door repaired. The repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener. I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower. He shook his head and said, 'You need a 1/4 horsepower.' I responded that 1/2 was larger than 1/4 and he said, 'NOOO, it's not. Four is larger than two.'

We recently had a new neighbor call the local city council office to request the removal of the DEER CROSSING sign on our road. The reason: 'Too many deers are being hit by cars out here! I don't think this is a good place for them to be crossing anymore.'

My daughter went to a Mexican fast food and ordered a taco. She asked the person behind the counter for 'minimal lettuce.' He said he was sorry, but they only had iceberg lettuce.

From facebook item

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.