

# POLIO



# POST

*Polio Post is Published Tri annually*

*September 2023*

## **Executive Members 2022/2023**

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](http://www.postpolionetwork.ca) or email us at [postpolionetwork@gmail.com](mailto:postpolionetwork@gmail.com)*

## **Presidents Report September, 2023**

Unfortunately our President, Wes Hazlitt, has passed away and in the interim I am writing the President's Report. The Post Polio Network would like to send our thoughts and prayers to his family and friends.

There will be no Grey Cup Pool this year. Doug Mihalyk has been very busy planning our monthly meetings held at the Caboto Centre every last Tuesday of the month. Lunch will be served at 12:15 and the business part of the meeting will start at 1:00. The phoners will report to Doug the number of guests expected so that he can order the food needed from the caterers. Another highlight of our meetings is our door prize draws led by Ruth and Mervin Woodward. Their personal contributions and work are much appreciated by all. Thanks for adding a little bit of fun to our get togethers.

Another thank you goes to Cheryl who in spite of her ill health still manages to help us lead our meetings and put out another great newsletter. And to all the Executive and Directors thanks for your dedication. Also our phoners are to be commended for their support.

Hope you all stay well and safe until we meet again.

With my warmest regards, Dolores.

*(Thank you to Dolores Horobetz for volunteering to sit as our interim President)*

### OCTOBER 24, 2023 WORLD POLIO DAY

This year World Polio Day will be held on October 24<sup>th</sup>, 2023. World Polio Day highlights the efforts of the frontline workers who supply vaccines in polio-hit countries. On World Polio Day, global organizations urge parents and guardians around the world to vaccinate their children against this disease.

## Seniors Resource Finders

Senior Resource Finders can refer adults age 55+ to community supports, programs and services. They also coordinate some services in their community area.

### **For Manitoba Communities:**

Community Seniors Resource Councils (Support Services to Seniors) are in over 100 communities throughout Manitoba and are often the first point of contact for services for seniors and their families. Focus is on support services and referral to help older adults remain independent. To develop services specific to local needs. The Manitoba Association of Multi-purpose Senior Centres (MAMSC) represents 19 centres with over 10,000 members/clients and countless more users. For further information contact MAMSC at [jweir@shaw.ca](mailto:jweir@shaw.ca) telephone: 204\_792 5838

### **For Winnipeg:**

Conseil des francophones 55+	204 235 0670
Fort Garry Seniors Resource Council	204 489 7805
Broadway Seniors Resource Council	204 772 3533
Point Douglas Senior Coalition	204 792 2920
South Winnipeg Seniors Resource Council	204 478 6169
Downtown Seniors Resource Council of Winnipeg Inc.	204 803 8329
St. James-Assiniboia 55+ Centre	204 987 8850
Middlechurch Home of Winnipeg	204 339 1947
Dakota Community Centre	204 254 1010
Transcona Council for Seniors	204 222 9879
Good Neighbour Active Living Centre	204 222 9879
Gwen Selter Creative Living Centre	204 339 1701
Keewatin/Inkster Neighbourhood Resource Council	204 774 3085

# Members Page

## Upcoming Events

### 1. September General Meeting

DATE: **September 26<sup>th</sup>**, 2023

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Polio Museum at Riverview

SPEAKER: Bridgette Parker

### 2. October 2023 General Meeting

DATE: **October 31<sup>th</sup>**, 2023

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Music Therapy

SPEAKER: Cindy Bass

### 3. November Winter Luncheon

DATE: **November 28<sup>th</sup>**, 2023

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Social Gathering RSVP req'd.

TELE: 204 975 3037

EMAIL: [postpoliotionetwork@gmail.com](mailto:postpoliotionetwork@gmail.com)

## OUR UPCOMING PRESENTERS

**Bridgette Parker** will be presenting at the September 26<sup>th</sup> General Meeting. Ms Parker is the Executive Director Riverview Health Centre Foundation since November 2021. Ms Parker will discuss the foundation and the Polio exhibit (museum) that is located the Riverview Health Centre. She has worked in non-profits her entire career spending the last 23 years fundraising for a variety of charitable organizations including the University of Manitoba, Assiniboine Park Conservancy and Children's Hospital Foundation.

**Cindy Bass** will be presenting at the October 31<sup>st</sup> General Meeting. Ms Bass is an accredited music therapist and has worked with clients in this exciting field with all age groups from infancy to centenarians. Please join us for this interactive presentation where she will briefly discuss the benefits of this dynamic profession, as well as have you join in to show you how it works.

## ACTIVE AGING WEEK October 2—8, 2023

It is a celebration of aging and the benefits of active living at any age; Active Aging Week showcases the capabilities of older adults as fully participating members of society. This campaign also spotlights role models that lead the way. Learn how you can join with thousands of Active Aging Week supporters to help change the way we age.

**Active Aging in Manitoba (AAIM)** is a not-for-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans to enhance their health, mobility and continuing participation in their community. Active Aging in Manitoba encourages all older Manitobans to move more and sit less; to continue to connect with and contribute their time, knowledge and skills to their community; and, to strive toward optimal health for life. AAIM promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics, and management of the annual Manitoba 55 Plus Games sport for life program.

CONTACT: Active Aging in Manitoba Inc. 1075 Leila Ave., Winnipeg, MB R2P 2W7 or Telephone: 204 632 3947 or 1 866 202 6663

## A MANITOBA HOMEGROWN PATIENT SAFETY INITIATIVE : THE ERIK

(Emergency Response Information Kit)

The Emergency Response Information Kit (E.R.I.K.) provides important medical information about you should first responders arrive at your home during an emergency. First developed by Manitoba paramedics and seniors resource coordinators, E.R.I.K. is now maintained by Senior Resource Finders. This bilingual kit is ideal for seniors, people living with chronic illnesses, those who live alone or who have caregivers and others who have difficulty communicating. The E.R.I.K is available from local Senior Resource Council and from Fire and Paramedic Stations. Call 1-800-665-6565 to find out the phone number of the Senior Resource Council nearest you.

In E.R.I.K., you will find a [signupforlife.ca](http://signupforlife.ca) card with contact information and details about how to register on Manitoba's organ and tissue donor registry.

Keep your kit up to date and on the front of your fridge. Included in this kit is key personal information such as health card numbers, next of kin, family physician, medical history allergies and medication. There is also a disclaimer "please note that EMS personnel are not responsible for the accuracy of the contents of E.R.I.K.

## DO YOU NEED A RIDE? Winnipeg Services

There are many times when someone will need a ride for an appointment or a meeting. There are volunteer driver groups for seniors that can be useful. (Also included are \*Non-Volunteer Companies) All volunteer groups require that you are pre-registered with them. Please note that you cannot call at the last minute to arrange rides as lead times are required to arrange for pickups. Please note that there are **charges** for their services. If you live outside of Winnipeg try contacting your local **Seniors Resource Centres** to see if they offer ride services.

- River East Council for Seniors 204-667-6812
- Transcona Council for Seniors 204-222-9879 (medical appointments)
- Seven Oaks Seniors Link 204 612 3888
- St. James Assiniboia 55+ Centre Rides for Seniors 204-987-8850 ext. 106
- Keewatin/Inkster Resource Council for Seniors 204-774-3085 (hopefully by late fall 2023)
- A&O Support Services 204-956-6440 (on hold at present)
- \*Seniors Transport 204-430-9851
- \*Right at Home's Senior Transportation 204 808 5280 (not volunteer)
- \*Tammy Shandi Transit 204 918 5757 (not volunteer)
- Winnipeg Transit Plus (Handi Transit) is a service of Winnipeg's public transit system that provides door-to-door transportation for people who are unable to regularly use the City's fixed route transit system. Services must be applied for. Contact number is 204-986-5722

### TODAYS LAUGH

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

# STRESS

Excerpt from gettinghealthy.ca

Some tips to help manage and reduce stress:

Talk to someone you can trust. Try relaxation techniques, mediation, mindfulness or deep breathing. Try avoiding alcohol or reducing alcohol, smoking tobacco or marijuana. Give yourself time for you every day, even just 10 minutes for a hobby, relaxation or to get outside and enjoy nature. Practice gratitude. Plan ahead and prioritize tasks. Try starting a journal. Turn your screens off and take a break from social media. It is OK to ask for help. Practice saying no; we often say yes to avoid conflict. Connect to your spiritual side.

When to call a doctor:

If you are unable to cope with everyday life. You are having trouble sleeping. If your appetite changes or other physical symptoms that could be the result of chronic stress. You find yourself withdrawn from friends and family. You are finding unhealthy ways to cope, i.e. alcohol or drugs. If you are feeling like your stress is too hard to manage or you feel out of control, anxious all the time, sad, guilty or hopeless most of the time or have thoughts about dying.

## Passages



PPN has recently lost three of their members. Our president, Wes Hazlitt, passed away August 13<sup>th</sup>. Through the COVID epidemic Wes was a strong proponent of vaccinations and a representative of polio survivors. He was interviewed by local, national and international media expressing his views and telling his story.

Post Polio Network will miss his leadership and friendship. Margaret Sucharov passed away in June 2023 and Rose Duquette passed away in July 2023. We extend our condolences to the families and friends of Wes, Margaret and Rose.



# Winter Celebration Luncheon

DATE: *Tuesday, November 28th, 2023*

TIME: *12:00 p.m. - 2:30 p.m.*

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

*Come and join us to celebrate Winter and Holidays.*

*FREE for MEMBERS; and their GUEST*

*RRSP by November 21st, 2023 EMAIL: [postpolionetwork@gmail.com](mailto: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



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](http://www.postpolionetwork.ca) or email us at [postpolionetwork@gmail.com](mailto: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.