

POLIO



POST

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

President's Report August, 2012

It's not the heat, it's the humidity!!

I hope everyone is coping well with these humid hot days. Well, everyone should have received the extra mailing regarding our upcoming conference. This year we are holding the conference in September, a month earlier than usual, to accommodate our members and our keynote speaker. Therefore, we have to have the registrations in by August 17, 2012. I hope that you've sent in the registration to reserve your spot. Registration forms are also on the website, www.postpolionetwork.ca

Our keynote speaker, Dr. C. Vandenakker, is a well known physical rehabilitation specialist who is an expert on post polio syndrome, the needs of patients with disabilities and spinal rehabilitation. We are so lucky to have such an esteemed doctor and speaker to come to speak at our conference. The afternoon panel discussion includes experts in the fields of occupational therapy, physiotherapy (including acupuncture) and living/working with a disability.

See you there!

We had a great turn out for our last two events!

At the May general meeting, Jean Forrest, from SMD Wheelchair Services, informed us on applying for handicap parking permits. The lunch was great and enjoyed by all.

The June Picnic was a really good time for all. We had 73 people attend to enjoy the food catered by Tailgaters BBQ.

On June 21st Estelle and I attended a Pot Luck lunch with other members of the Clearinghouse. This was a perfect opportunity to share our successes and our future goals. Many useful ideas were also discussed

For those who weren't there and still need Grey Cup tickets, give Doug a shout.

Looking forward to seeing you at the Pain and Pain Management Conference in September.

Enjoy the rest of the summer!

Ms. Theresa Oswald, Minister of Health
 Legislative Bldg.
 Room 302
 450 Broadway Ave.
 Winnipeg, Mb R3C 0V8

April 4, 2012

RE: Forearm (Lofstrand or Canadian) Crutches

Dear Madam

The Post Polio Network (Manitoba) Inc. was established in 1986 and is a non-profit organization that serves as a support group and information centre for polio survivors throughout Manitoba. Our members are Polio survivors, and their families and their supporters.

This letter is being sent to you on behalf of the Manitoba residents whom are Polio survivors and or are suffering from Post Polio Syndrome who require crutches to conduct day-to-day activities and to assist with mobility. Crutches are a form of medical device and are meant to perform two major function; reducing the weight load on the affected legs and help to maintain stability while walking or standing.

Presently, Manitoba Health does not cover the cost of crutches for Polio survivors or those with Post Polio Syndrome. We are an aging community and crutches can be an expensive health aid. It is our hope that the Manitoba Government's Health Policy could be amended so that with a prescription, from a recognized Manitoba physician, crutches would be provided at no cost to Polio survivors or those suffering from neurological or muscular disorders.

Forearm crutches (Lofstrand or Canadian) are one of those crutches types which have a cuff which goes around the forearm. These tend to provide more support when compared to underarm crutches and also tend to take the weight off the armpits by providing support via the forearms. These crutches are used by people that have some sort of a permanent physical disability, such as polio survivors. The cuff which fits around the forearm may be made of plastic or of metal and may be complete (better grip) or may be in the form of a semi-circle (which allows the forearm to slip out and release the crutch in case there is a fall).

Background information: Post-polio syndrome is a condition that affects the survivors of polio decades after the acute illness of poliomyelitis. The major symptoms are pain, fatigue and weakness. Many survivors may also experience muscle atrophy or muscle wasting.

Because there is no cure for post-polio syndrome, health professionals recommend a management plan that is designed specifically for the polio survivor. The plan may include a variety of recommendations:

- bracing to support weak muscles and/or over-used and stretched joints
- ***use of canes and crutches to relieve weight on weak limbs and to prevent falls***
- customized shoes to address unequal leg lengths, which can be the cause of back pain and requires extra energy to walk
- use of wheelchairs or motorized scooters for long-distance

If you have any questions or concerns, please contact the Post Polio Network.

Thanking you in advance for your consideration.

Sincerely

Cheryl Currie
 President, Board of Directors
 Post Polio Network (Manitoba) Inc.

TELEPHONE: 204 831-8406 (res)
 Email: cacurrie@mts.net

c.c. Cotelle Mackintosh
 Intake Co-ordinator

Regional Policy and Programs
2035 - 300 Carlton, Winnipeg MB R3B 3M9

APR 25 2012

Ms. Cheryl Currie
President, Board of Directors
Post Polio Network (Manitoba) Inc.
825 Sherbrook Street
Winnipeg MB R3A 1M5

Dear Ms. Currie:

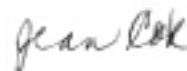
Your letter addressed to the Honourable Theresa Oswald, Minister of Health, regarding coverage for the cost of crutches for polio survivors or those with post polio syndrome, has been referred to me for response. I appreciate the opportunity to reply.

I recognize the challenges faced by polio survivors, and I acknowledge the role that crutches and other devices play in enabling mobility. Regrettably, Manitoba Health (MH) does not cover the cost of crutches.

MH receives many requests to expand the range of insured services under the provincial health care plan. Periodically, MH reviews programs to align them with advances in new technologies and to ensure current available benefit options provide care that is therapeutic and cost-effective in relation to other available options. All requests are given careful consideration, including how resources can be best used to benefit the largest number of Manitobans.

Thank you for writing. I commend the Post Polio Network (Manitoba) Inc. for advocating on behalf of polio survivors and their families.

Sincerely,



Jean Cox
Assistant Deputy Minister

c Honourable Theresa Oswald

LIGHTWEIGHT BRACES

Researched by Cheryl Currie

CONTACTS:

1. Health Science Centre, Rehab Engineering

787-2790

Tom Nitsch

2. Seifert Technische Orthopadie

Info@seifert-to.de

Wolfgang Seifert

3. Arizona APOS

www.apos.net

azprosthetics@aol.com

rorgoldstein@apos.net

Ron Goldstein

4. Arizona AFO

Info@arizonaafo.com

Don Pierson

5. Canadian Footwear

Brian@canadianfootwear.com

[Brian Scharfstein](mailto:Brian.Scharfstein@canadianfootwear.com)

1. Health Science Centre

Cheryl telephoned the Rehab Engineering area at HSC, on March 21, 2012 and talked to Tom Nitsch regarding KAFO and AFO lightweight braces. Mr. Nitsch advised:

- carbon fibre braces are available for below the knee braces, but that the steel and resin braces at the Rehab Engineering are more comfortable
- knee and above knee braces require steel/metal joints and hard resin

2. Seifert Technische Orthopadie

Cheryl emailed Seifert on March 21, 2011 and requested information regarding the lightweight braces (AFO and KAFO). Mr. Seifert emailed back on March 30, 2012 and advised:

- as of January, 2011, the company, which is now headed by Mr. Seifert, who split from his partner, advised that the company is still undergoing reorganization
- see the website for the description and pictures of the braces: (English translation will be forwarded to us when available)

www.seifert-to.de

- has fitted 2000 polio survivors
- no Canadian supplier
- all orthoses are handmade

NOTE: There is a KAFO description and picture on the website; but it appears that the knee joint does not articulate.

3. Canadian Footwear

Cheryl emailed Brian Scharfstein, of Canadian Footwear, on March 26, 2012 and requested information regarding “light weight” braces and/or/maybe if he would be able to provide contact information..

The return email suggested that a telephone conversation would be beneficial.

Mr. Scharfstein advised:

- to visit the websites of Arizona AFO and Arizona APOS and to Google Ernesto Castro
- he has a working relationship with Arizona AFO. However the original owner, Ernesto Castro, has sold his business but is still slightly involved.
- Arizona AFO have a working relationship with a company in Grand Forks, ND., where measuring and fitting can take place;
Altru Health System; Paul Edman; pedman@altru.org,
TELE: 1-701-780-22424.

4. Arizona APOS

Cheryl emailed Ron Goldstein, of Arizona APOS, on March 27, 2012 and requested information on lightweight braces, AFO and KAFO. Mr. Goldstein emailed back on March 27, 2012 and advised:

- no supplier closer
- Hotel available at Mayo Clinic Scottsdale. To arrange call 1-800-698-5657
- the website, www.apos.net, is very informative. *The following was found on the website:*
- “All custom braces are fabricated on-site by our qualified staff. All of our custom made appliances are made on site in our fabrication facility using the latest in materials, machinery and equipment.” *For lower limb Orthotics they provide:*
- APO, KAFO, Knee Orthoses, Hip Orthoses. (It appears that the KAFO does not articulate; but that would need to be confirmed).

5. Arizona AFO

Cheryl emailed Arizona AFO on March 27, 2012 and requested information on lightweight braces, AFO and KAFO. Mr. Pierson emailed back on March 27, 2012 and advised:

- they fabricated custom AFOs that are lightweight. However, they are not set up to do KAFOs, **at least not in a high volume manner.**
- his experience is that polio patients tend to not be very receptive to any type of major change in leg brace of which they have become accustomed. “Whenever we provided a lightweight version to replace a heavy one, the patient ended up rejecting the light one. This is not always the case, but it was my experience,” Mr. Pierson said.
- he will send a packet and advised that once we have had an opportunity to review it, to let him know if he can be of any further assistance.

“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games.

Twenty-six times, I’ve been trusted to take the game-winning shot and missed.

I’ve failed over and over and over again in my life. And that is why I succeed.”

Michael Jordan, basketball superstar



Home & Yard Maintenance



- The following is a list of non-profit organizations in the Winnipeg area that offer cleaning & household maintenance services at an economical rate.
- **Please note:** These companies are not necessarily endorsed by your Occupational Therapist or the WRHA.

Seniors Centres

Services: You can contact senior centres for a list of people who do jobs like cleaning, yard work and snow removal at economical rates

- **Broadway Seniors Resource Council Inc.**
- The Wolseley, West End, & Broadway area.
- **Phone:** 772-3533

- **Keewatin/Inkster Neighborhood Resource Council Inc.**
- The East Kildonan, North Kildonan, Elmwood & Transcona areas.
- **Phone:** 774-3085



- **River East Council for Seniors**
- The River East area.
- **Phone:** 667-6812

- **St. James Assiniboine Senior's Centre**
- The St. James area.
- **Phone:** 987-8850

- **Transcona Council for Seniors**
- The Transcona area.
- **Phone:** 222-9879
- **E-Mail:** transconacouncilforseniors@gmail.com

Other Resources for Seniors

- **Community Home Services Project**
- **Services:** Provides assistance for low-income seniors (60+) & physically disabled persons throughout the city. Services offered include yardwork, home cleaning, window & wall washing, snow removal & small jobs.
- Services are free of charge for qualified individuals.
- **Phone:** 927-1720

- **SSCOPE Inc. (Self-Starting Creative Opportunities for People in Employment)**
- **Services:** Provides casual employment opportunities for consumers of mental health services, so that they can use & develop their work skills. These men & woman will do yard work, light moving & hauling, general maintenance & other odd jobs. Average monthly cost for service is \$90-125.
- **Phone:** 987-6300

Snow Angels Snow Removal (Charleswood)

- **Services:** Matches seniors with community volunteers who provide free snow removal in winter months from sidewalks and driveways.
- ***Closed June - September
- **Phone:** 897-5263 or 832-6527

Housework, Chores & More

- **Services:** services offered include housekeeping, home & yard work & escorted transportation. Free estimates.
- **Phone:** 237-7866

Workforce Venture

Services: Workforce Venture is a division of McDonald Youth Services. They provide work training for young people aged 14–18. Supervision is provided for yard work & snow removal.

Phone: 477–1722

Good Neighbors Seniors Centre

Services: services offered include cleaning, laundry & yardwork for seniors. Fees apply.

Phone: 669–1710

E-Mail: gnscl@mts.net

Did You Know?

- The City of Winnipeg is able & willing to provide special services to seniors living in their own homes that are physically unable to put out their own garbage & recycling.
- Here's how it works:

- **Garbage:** Call the City at **986–5858** and explain your need. They will send a bylaw Constable to tell you about the program & give you an application. A medical certificate may be required. If you're eligible for the service, the foreman of the refuse crew will check to see if your home is easily accessible for his crew.

- **Recycling:** The City of Winnipeg has a porch/front door pick up program for individuals who cannot carry out their blue box recycling bin or garbage to the curb. Individuals need to complete a special application, which can be obtained by calling **986–5858**.

- **Snow Removal:** There is a provision for the city to make sure that you have a path cleared from the sidewalk in front of your home to the road (in the winter). You are only eligible for this service if all persons in the household are physically unable to do the work and there are no other options (family, friends, neighbours). For more information, call the City at **986–5858**

From: Seniors Resource Network, July 2011
http://seniors.cimnet.ca/cim/19C99_51T1945T50T1930T52T19065.dhtm

G:\Occupational Therapy\Resource Aide OT\Patient Handouts\WRHA Patient Handouts 2011

Revised July 2011 by VGH Occupational Therapy

The Home Maintenance Program for Older Adults, run by Good Neighbours Active Living Centre, provides seniors 55+, residing in Winnipeg, with names of service providers who offer various services to seniors at reasonable rates.

Services include housekeeping, meal preparation, painting & carpentry, yard work, minor electrical & plumbing, & handyman jobs.

If you are interested, please contact the Home Maintenance Coordinator at (204)-806-1303, or hmprogram@gnalc.ca.

They are also for looking people that are willing to provide services.

Reprinted from the Seniors Scope

Beware of Scammers

Scammers of all kinds can obtain your number fraudulently or from public lists, such as a phone book. As a result, you can receive scam calls even if you have an unlisted number or have registered your number on the National Do Not Call List.

To Protect Yourself From Scams:

NEVER give an unsolicited caller access to your computer.

If you receive an unexpected phone call about your computer system's security status, and the caller requests remote access to your computer, hang up – even if the caller claims to represent a well-known company or product.

Don't give out personal information.

Do not give out credit card or online account details over the phone, unless you made the call and the number you are calling came from a trusted source.

Protect your computer.

Make sure your computer is protected with a good firewall and regularly updated anti-virus and anti-spyware software. Take the time to do some research first, and only purchase software from a source you know and trust.

Read online privacy policies.

If you are considering providing personal details to a company, read their privacy policy and terms and conditions first. If you do not agree with how they will use your details, do not provide them.

For more information check out:

www.antifraudcentre.ca

Cst. Ben Doiron

Winnipeg RCMP

Financial Integrity Unit

Reprinted from the Seniors Scope

Member's Page

Conference 2012



Monday, Sept. 17th @
at the Victoria Inn
1808 Wellington Ave



Speaker: Dr. C. Vandenakker
(well known physical rehabilitation specialist)

Please register ASAP
(as registrations must be in by August 17th)

www.postpolionetwork.ca

975-3037

General Meeting

Katherine Freisen Centre
940 Notre Dame Ave
Tuesday, October 30th
1pm- 3pm

The speaker's topic is on
SAFETY AID FOR ADULTS
"Safety Aid is a crime prevention program that helps prevent break and enters and gives older adults a greater sense of safety and security in their homes. Safety Aid also provides material on how to prevent falls."

Lunch will be served!

A note from one of our members

Hi,

Just thought you would want to know that Dr. Richard Tapper, the chiropractor, has passed away. I understand that he spoke to the group last year. I was at his funeral today and it was exceedingly sad but a lovely tribute to him.

Richard was 35 years old, was married just less than 2 years and leaves an 18 month old son, Gabrielle. He passed away from cancer. The eulogies were beautiful and it was obvious he was much loved and respected.

~ Esther ~

The Fibromyalgia Support Group's 20th Anniversary Celebration

Monday, October 1, 2012, 6 p.m.
at the Centro Caboto Centre
1055 Wilkes Ave.

The evening consists of a sit down dinner, speaker & silent auction.

Dinner costs \$25.00 per person, for members and \$35.00 for non-members.

The speaker, **Dr. Kevin White, MD, PhD**, works with Fibromyalgia clients and has presented in Canada, the US & the UK.

The title of his presentation is "*Fibromyalgia and the Hidden How To*"; The Scientific Reality of Fibromyalgia.

To offset costs, the evening will end with a Silent Auction. Donations of new items are needed and can be dropped off at meetings or the office.

There is a letter of request that can be sent to companies. Check with Karen for a copy so as to avoid duplication in approaching businesses.

Four surgical teams from Winnipeg Concordia Orthopedic Surgical Department are going to Nicaragua to perform hip and knee surgery.

All the surgeons, nurses and anesthetists are donating their time and service; they are planning to do 110 operations for the week. They are raising the funds to support the project. The suppliers are donating the implants.

If anyone is interested in donating they should forward their donation to the:

"Concordia Foundation Operation Walk."

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@shaw.ca or mail them to:

Post-Polio Network (Manitoba) Inc.

C/O SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

Post-Polio Network (Manitoba) Inc.
C/O SMD Self-Help Clearinghouse
825 Sherbrook Street
Winnipeg, MB, R3A 1M5



Membership Application Form

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Fax: _____ E-mail: _____

Please check one or more of the following options:

New Membership - \$10/year

Membership Renewal - \$10/year

I wish to make a charitable donation of \$ Tax deductible receipt will be issued.)

I would like a copy of the newsletter sent to:
(My doctor, therapist or other individual at the address below)

Name: _____ Profession: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Telephone: _____

Please make cheque payable to the Post-Polio Network (Manitoba) Inc. and mail to the address listed above.

Membership Renewal

2012 is here and we should be renewing our memberships. The fee is \$10.00/ year. Please check your mailing label on your envelope. If your mailing label indicates 2013 or greater, your membership is up to date.

If the date is 2011 or 2012, please renew.

Thank you ~ The Polio Post editorial team~

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. including programs, services, special events, funding needs, opportunities to volunteer or to donate.

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

If at any time you wish to opt out of any services, simply contact us by phone at (204) 975-3037, or write us at 825 Sherbrook Street, Winnipeg, MB R3A 1M5 and we will gladly accommodate your request.