

POLIO



POST

Polio Post is Published Tri-annually

June, 2014

EXECUTIVE MEMBERS 2013/2014

President: Cheryl Currie
Vice- President/Phoning: Kathryn Harper
Secretary, Personal Contact, Membership
& Editorial: Estelle Boissoneault
Treasurer: Donna Remillard

Privacy/Fire Warden: Bob MacAulay
Publicity: Esther Gill
Programs: Lorna Richaud
Fund Raising: Linda Wilkins
Polio Post Newsletter Layout: Mike Nickle

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

President's Report June, 2014

Well, it's May and what has happened to our Spring?

Congratulations to all the hearty Manitobans who have just lived through the coldest winter in nearly 120 years and in my opinion also an endless winter.

Our Annual General Meeting was held on March 25, 2014 and thank you to all who attended as the weather certainly did not cooperate. The presentation on Assisted Living accommodations was interesting and informative.

The Board has approved an upcoming conference for September 2015. A committee has been started; but the committee would appreciate more members.

If you are interested in working on the conference committee, please contact me. Do you have a specific topic that you would like, or a specific speaker? Our e-mail address is: postpolionetwork@gmail.com or leave a message at our general telephone number and we will get back to you. Our telephone number is 204-975-3037. **Thank you.**

Don't forget to mark your calendars for our upcoming events. This month's meeting is on May 27th . The topic: "Mature Drivers Workshop" should be quite enjoyable and Believe it or not, we are talking about our June Picnic, which is only a few weeks away, on June 16th. This is always a great time to get together with good friends, great food and hopefully great weather.

Enjoy the warmer weather and have a great summer.

*** Cheryl Currie ***



Frederick M. Maynard, MD

ASK DR. MAYNARD

Used with permission from Post-Polio Health international

QUESTION: I am 66, and I had polio at age 3. My muscles are feeling weak, so if you know what I can do about it I would be grateful. I am depressed about this.

ANSWER: Your concerns about muscle weakening along with muscle and joint pains are the classic post-polio syndrome problem. First, one needs to fully look into your general health to eliminate any issues. Second, is your weakening a result of gradually doing less and less because when you try to do more it hurts? This is the “vicious cycle” of pain/ rest/ weakening / more pain with activity/less activity / weakening/fatigue. Options for breaking up this cycle often take analysis by rehabilitation professionals to decide where to start interventions.

Treating the pain and trying to focus on feasible exercise for strengthening muscles, where possible, are one part of the solution. Another part is often doing activities differently, including walking with braces or canes. Water exercises are often a great option for stretching, strengthening and conditioning. Complementary and alternative medicine methods are helpful for controlling pain. Treating any sleep disturbance is very important, and nutrition must be considered.

QUESTION: I am a 61-year old female who has recently been diagnosed with post-polio syndrome. I am looking for the latest research on improving muscle function in the affected limb. Are there new medicines that can improve muscle functioning?

ANSWER: Research studies have demonstrated that muscle strength and endurance can be improved among polio survivors, even those diagnosed with PPS, through individually designed exercise programs that are monitored and advanced slowly over three to six months. The major challenge is to find a personally optimal intensity of resistance and of duration to achieve desired results (a goal) without any negative consequences (side offsets such as pain or activity-limiting fatigue). There are no medicines that research has clearly shown to be effective for specifically improving muscle functioning of post-polio syndrome.

It is also important to remember that a healthy diet with sufficient protein, optimal fat and calories and generous vitamins and minerals is critical for optimal muscle functioning. Limiting high stress, having optimal sleep and achieving good emotional health are also all important for obtaining and maintaining limb muscle function through optimal activity and exercise.

** The following excerpts on support groups and podiatrists are from articles published by Polio NZ Inc. March 2014 **

Post Polio Network (Mb) Inc. is not in the true sense a support group; but also a social and educational group. For our next round table discussion these are some things to think about.

SUPPORT GROUPS provide a forum for people to learn from each other about how to enhance the quality of their lives. The goal of a support group is to empower its members with the tools to make adjustments to continue a life of dignity and independence, provide personal support and advocate for systems' change. Successful support groups promote personal empowerment to overcome personal adversity by encouraging members to become active, assertive managers of their health care, challenging attitudes of helplessness, hopelessness, and victimization. Successful groups create a confidential environment for people to share their feelings safely. Healthy groups balance a time for "me", a time for "us", and time for "you". Communication is vital in a support group. Members should be encouraged to own their ideas and reactions by using "I" statements, such as "I think...I feel...I suggest..." Equally important is listening to whoever is speaking by not interrupting or engaging in cross-talk. Sometimes distressed members digress on tangents and tell detailed stories rather than staying focused on the topic. It is necessary to recognize the limits of the group's role by encouraging persons who experience continuous or intense distress to seek professional assistance. **PODIATRISTS** are specialists of foot and lower limb function and are familiar with polio and its effects.

- **Changing feet**

The PPS foot is in constant change with its characteristic incremental weakening, and requires regular monitoring of function and tissue stresses. Early intervention is important as losses in function are irreversible, and even small challenges can accelerate motor neuron loss. Bracing, orthoses and other aids should not be thought of as defeat or giving in, but rather as preservation tools that will help maintain function and independence in daily life. Aging itself produces changes and modification of these devices and or new orthoses are needed over time.

- **Tips for Healthy Feet**

Feet are very easy to ignore, mostly out of view, so we throw them into shoes and off we go. But we also expect a great deal from them too often it; only after a problem has been present for a while that the feet get the attention they require. Like any other part of the body they need maintenance. This should involve regular scrutiny, checking for bumps, hard spots, deformity and nail changes. If you are not sure of what's going on with your feet, check with a podiatrist. It's important to control hydration of the feet. An easy rule of dermatology is: if it's wet dry it, and if it's dry wet it. Be careful with treatment of callus and corns; recognize our limitations. It's safer to use an abrasive than a blade. Most people can manage their toenails; however nail care can be difficult and result in serious complications. Seek help in managing these problems.

Hooked on Pickleball

So much fun - it's our fastest growing sport!

A dilly of a game with a funny name, Pickleball is more popular every day! The game is often played in doubles, on a court similar in size to a badminton court. Players serve a plastic wiffle-style ball underhand over a net the same height as for tennis, but with a slight droop in the middle.

Where to play Pickleball in Winnipeg and throughout Manitoba:

- **Wellness Institute at Seven Oaks Hospital** - 1075 Leila Ave. 204-632-3900
(6AM-9AM daily & drop-ins)
- **St. James/Assiniboia 55 Plus Pickleball** - contact Ruby at 204-885-4085
Games are played at Sturgeon Heights Community Centre, 210 Rita St.
(Monday, Wednesday, and Friday)
- **Reh-Fit Centre** – 1390 Taylor Ave. 204-488-8023
(Tuesday and Thursday 6:30Pm-8:30PM) (Saturday 11AM-1PM & drop-ins)
- **Norberry-Glenlee Community Centre** - 26 Molgat Ave. 204-256-6654
(Monday, Wednesday and Friday noon-3PM)
- **Oakbank Elementary School** - 204-444-2450 (Mon. 6PM & Thur. 4PM)
- **Anola Elementary School** - 204-866-4110 (Tues. 6PM)
- **Teulon-Rockwood Recreation** - 204-861-0366
- **Carman Active Living Centre** - 204-745-2356 contact Bob Kowalchuk 204-745-2649
- **Morden** - Contact Bill Sandercock 204-822-3623 or Lois Dudgeon 204-822-6207
- **Winkler Senior Centre** - contact John Klassen 204-325-8964

WHO (WORLD HEALTH ORGANIZATION) HAS DECLARED HEALTH EMERGENCY

The rapid spread of POLIO in the conflict zones of Pakistan, Syria, and Cameroon has prompted the World Health Organization to declare an international health emergency. An emergency committee said on Monday that the three countries have allowed the virus to spread, reversing decades of effort made toward bring the disease to near-complete eradication. The WHO urged the countries to contain the virus by vaccinating or re-vaccinating children, and said that adult travelers should carry government-approved documents showing proof of vaccination. At the end of 2013, 60 percent of polio cases were the result of the international spread of the virus, according to the WHO.

The re-emergence of polio has also seeped into neighboring countries; the virus has spread into Afghanistan from Pakistan, into Iraq from Syria, and into Equatorial Guinea from Cameroon, the committee said. Adult travelers are partly to blame for the spread, as well as unvaccinated communities. Polio largely affects children under 6, but ongoing conflict means health workers have found difficulty in reaching communities to vaccinate. In Pakistan's tribal areas, in particular,

health workers are often targets of violence as Taliban fighters often accuse them of being Western spies, or the programs themselves of being part of CIA plots.

Afghanistan, Ethiopia, Israel and Nigeria also have contained infections, but there is an ongoing risk that the disease could spread from those countries, too.

This article was originally published at:

<http://www.thewire.com/global/2014/05/spread-of-polio-prompts-international-health-emergency/361726/>

GRANDAD'S CANE

With LES GREEN

The year 1941 was not a happy one for Mrs. Green. The War was raging and her oldest son was in uniform and would soon head overseas. Her aged father was ill and would soon pass on. And her fifteen year old boy had contracted infantile paralysis --- POLIO! Luckily, she and her husband had come through the Depression Years alright, but now the world seemed to have come crashing down on them.

When the now-lame son came home from his three month stay at the Children's Hospital on Aberdeen Avenue in Winnipeg, he was advised to use a cane to help his mobility. "Here, take your Grandad's cane," she said, "for he won't be using it anymore."

So doing as he was told, the boy got around, even strapping the cane on his trusty CCM bike so he could follow his chums. By the time he was able to go back to school in The Fall, he discarded the cane and it was put in the back of the closet.

Fast forward to the present! The son is now an old man of 87 or is it 88. He has had a good life, always limited a bit by his "polio-ness," but blessed with a loving helpful family. All around him, however, he sees his peers --- those who are still in the land-of-the-living --- on their scooters, walkers and canes. But he keeps saying: "Not yet, my dears, not yet..."

The day finally came when he found that, if he was to wander to the far reaches of Walmart, he would need a little bit of help. Why not a cane then? So he dug into the back of the closet and pulled out his old Grandad's cane, and started to use it. AFTER SEVENTY YEARS!

No, this is not quite the end of the story. He felt a bit self conscious strutting along with the gnarled old stick in his hand, till one day someone commented that in the olden days, every fine old gentleman carried a cane.

Fine old gentleman indeed!



Come and Enjoy our Annual Picnic



Monday June 16th, 2014
Time: 5:00 p.m - 7:00 p.m

Join us at the Bourkevale Community Centre
100 Ferry Road
turn south off Portage Ave at Ferry Road towards the Assiniboine River

All the food will be catered by

Danny`s Whole Hog

Cost: \$5.00. You are welcome to bring *one* guest.

Bourkevale is wheelchair accessible with adequate parking. We will use the clubhouse in the event of inclement weather.

Hope to see you there!

Member's Page

LUNCH PROGRAMS

If you are interested in a substantial meal at a great price there is a CONGREGATE lunch available for:

Winnipeg

South East Manitoba

North East Manitoba

For more information and locations contact us by phone at 204-975-3037 or Email us at postpolionetwork@gmail.com

DO YOU NEED A RIDE?

The following is a list of volunteer drivers:

- Boni-Vital Council for Seniors
204-255-2061
- Broadway Seniors Council
204-772-3533
- Keewatin/Inkster Resource Council for Seniors
204-774-3085
- River East Council for Seniors
204-667-6812
- St. James Assiniboia Senior Centre
204-987-8858
- Transcona Council for Seniors
204-222-9879
- Seven Oaks Senior Links
204-612-3888
- Middlechurch
204-336-4126
- Rupertsland Caregivers
204-452-9491

IT PAYS TO ENRICH YOUR WORD POWER

- Coruscate
- to glitter; give off flashes of light ;
as coruscating gemstone
- Mendacious
- untrue; dishonest
- Miscreant
- a scoundrel; a person who behaves
viciously
- Proscribe
- to prohibit; denounce; condemn

"PUNS FOR THE EDUCATED MIND"

- A dog gave birth to puppies near a highway and was cited for littering.
- A grenade thrown into a kitchen in France results in Linoleum Blown-apart.
- A hole has been found in the nudist-camp wall...the police are looking into it.
- A backward poet writes inverse.
- A vulture carrying two dead racoons was boarding an airplane. The stewardess looked at him and said. "I'm sorry sir, only one carrion allowed per passenger."

Do you have an interesting story to tell?

Or do you know any good jokes, inspirational or humourous 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

Post-Polio Network (Manitoba) Inc.
C/O SMD Self-Help Clearinghouse
825 Sherbrook Street
Winnipeg, MB, R3A 1M5
Phone 204-975-3037



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

Membership Renewal - \$15/year

I wish to make a charitable donation of \$

(Tax deductible receipt will be issued.)

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

Membership Alert

Our Post-Polio memberships are due January 2014. Please check the front of your newsletter envelope. If the date is 2013 or 2014 – your membership is due.

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