

POLIO



POST

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February 2026

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

Presidents Report February, 2026

Hello to all of our Post Polio friends at PPN!

We are both hoping the weather has calmed down to near normal now that spring is around the corner! We have had awesome weather the entire time we have been here in Florida.

The 30 hours spent driving here, was perfect road conditions all the way. We were grateful for that.

When we arrived here, it was a tad cooler than normal, but perfect for us!

All the palm trees and green grass is beautiful to inhale while walking around this area.

I have started to concentrate on 'grounding' myself every day now. I walk in the soccer field right below our balcony, barefoot in the green grass. It feels so good! I was told years ago, by my podiatrist, that I had a fallen arch and I should never walk barefoot at any time, ever again!

Well, my son has convinced me it can't hurt, it can only help me, so I'm giving it a try! He happens to read a lot about health, just like his mom. No fiction books for us! It's marvellous & my foot does not ache at all, after 30 minutes. If one ever gets the chance to walk barefoot on grass, sand, or your garden, if possible, I suggest give it a try!

I also heard that Manitoba Possible's move has been delayed, again, so that will allow us more time to get the old place all cleared out, but Don, Doug & Dolores probably have it done already as I write this.

Looking forward to another great year, with our Post Polio group, this coming March!

Hopefully, you all are staying healthy & keeping warm at the same time.

Best regards,
Carole & Wilf Tiefenbach

HAPPY NEW YEAR 2026



GREY CUP WINNERS

Thank you to all the persons who support our fundraising by donating to our Grey Cup Pool ticket sales. In no particular order the following were the winners:

Kathy Enns, Ken Paramor, Boyd Benson, Boyd Gumbrill, Stan Swanson, Gerald Leopky, Lori Thorvalsen, Paul David, Marie Skrumedda, Lynne Stuart, Fred Alb, Henry Ozwonck, Sonia Coombs, Sarah Vadeboncoeur, Susan Ivey, Vivian Platero, Carol Timburg, Greg Mlodzinski, Jared Jaffrey, Bennis Boboski, Mark Martel, Harold Applebaum, Jacqueline Hay, Fred Albi.

BASIC TECH FUNDAMENTALS

From: Polio Canada Newsletter Jan 6, 2026

If you are looking for support to gain access to online meetings and a basic independence with your digital literacy skills, please see link to register below for Digital Fundamentals.

Do you wish you knew more about the basics of how to use a computer, tablet or phone to connect with people and the world out there? If you have a disability and are 18 years or older, you are eligible to be matched with a tech support coach who is volunteering their time. Your coach will answer your technology questions and set you up. This provides virtual one on one support for your technology needs.

<https://www.skillingup.ca/>

SLEEP & PAIN WEBINAR

From: email rec'd from MoD, Feb 24, 2026

Upcoming Webinar Series - Sleep & Pain March 11, May 13, August 12, 2026
A webinar series on sleep and pain, presented by psychotherapist Fani Wong, which will take place during our regular virtual polio support group meetings on Wednesday, March 11, May 13, and August 12.

The sessions will be held at our usual meeting times:

11 am PT | 12 pm MT | 1 pm CT | 2 pm ET | 3 pm AT | 3:30 pm NF

For information: email: polio@marchofdimes.ca

Tele: 1-888-540 6666

Manitoba 55+ Games

The Manitoba 55+ Summer Games will be held this year in Morden, Stanley & Winkler on June 9 – 11, 2026. If you are interested in becoming a volunteer at the MB 55+ Games in Morden, Stanley & Winkler contact via their website, email or call.

website: www.activeagingmb.ca; email: info@activeagingmb.ca or call: 204-632-3947

The Games also provide a social and cultural atmosphere through social events. On Tuesday night an Opening Ceremonies & Reception will be held.

• 5-pin bowling • Arts & Crafts • Bocce Ball • Disc Golf • Golf • Pickleball • Slo-pitch Softball • 8 Ball & 9 Ball Pool • Swimming • Wall Darts • Contract & Duplicate Bridge • Cribbage • Track • Predicted Walk – Run • Horseshoes • Equestrian (Birdshill Park)

Things to do in Manitoba this Spring 2026

Excerpt from Travel Manitoba

- Festivals & Events:
 - ♦ [Third + Bird Spring Market](#): Held at Red River Exhibition Park (April 17–19, 2026), featuring local vendors.
 - ♦ [Festival of Fools](#): Acrobatics and comedy in the Exchange District.
 - ♦ [Winnipeg Comedy Festival](#): Scheduled for April 20-26, 2026.
- Cultural & Urban Experiences:
 - ♦ Museums: Visit the Manitoba Museum, open daily (10 am – 4 pm) during spring break (March 28 – April 5, 2026).
 - ♦ Mural Tours: Walk through the West End, Exchange District, or Brandon to see local art.
- Spring Road Trips:
 - ♦ Drive through the Pembina Valley for scenic views and local, modern eateries.
 - ♦ Visit the Inglis Grain Elevators National Historic Site.

Major Festivals & Events

- Royal Manitoba Winter Fair (Brandon): March 30 – April 4, 2026. This "Royal Celebration of Agriculture and Community" at the Keystone Centre features world-class equestrian events, live entertainment, and agricultural education.
- Freeze Frame International Film Festival (Winnipeg): March 8–14, 2026. An annual event at the Centre Culturel Franco-Manitobain providing youth with access to quality international films and filmmaking workshops.
- Third + Bird Spring Market (Winnipeg): April 17–19, 2026. Winnipeg's largest urban market at [Exhibition Place](#) features over 170 local makers, food, and drink.
- Winnipeg Comedy Festival: April 20–26, 2026. Celebrating its 25th anniversary with stand-up and sketch comedy performances across the city.

Preventing Falls

The following are excerpts from the Canadian Physiotherapy Association

More than 1 in 3 elderly Canadians (ages 50 and older) fall each year. It is estimated that 50% of those who fall will suffer moderate to severe injuries such as sprains, hip fractures, or head traumas that can permanently reduce their mobility and independence.

Tips to reduce the risk of falling:

- wear a good pair of lace-up shoes that will support your feet and provide necessary cushioning for your joints
- use aids for walking, balancing, hearing and seeing
- sit rather than stand while dressing
- when moving from lying to sitting, wait 10 seconds before rising
- install handrails and grab-bars in the stairways and bathroom
- make sure stairways are well lit, install a night light at the top of the stairs
- immediately wipe up any spills
- avoid taking unnecessary risks like standing on furniture, use a sturdy stepladder or ask for help
- plant both feet securely on the ground before getting out of the car
- put every day items on a shelf at eye level
- manage medication properly
- be mindful around pets.

Upcoming Events

1. March PPN General Meeting

DATE: **March 31st**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Annual General Meeting

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

2. April PPN General Meeting

DATE: **April 28th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Speakers: Jon Tiessen

TOPIC: Physiotherapy

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

3. May PPN General Meeting

DATE: **May 26th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: 211

SPEAKER: Samantha White

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

Condolences



Our condolences to the families and friends of Abe Wiebe and Marilyn Klapparat on the loss of their loved one. They will be missed by their friends at Post Polio Network.

World Health Organization

Excerpt From: <https://www.emro.who.int/pak/pakistan-news>

21 January 2026 – Islamabad, Pakistan – Rotary International has provided a grant of US\$ 9.9 million to the World Health Organization (WHO) in Pakistan to support the vaccination of 27 million children against polio in high-risk districts. This partnership will reinforce the operations of the Government of Pakistan-led Polio Eradication Initiative, which conducts multiple nationwide door-to-door campaigns and subnational drives each year, reaching over 45 million children.

Globally, since 1988, Global Polio Eradication Initiative, (GPEI) has brought down polio cases by 99.9%. As of today, wild poliovirus type 1 remains endemic only in two countries: Afghanistan and Pakistan.

To date, Rotary has contributed US\$ 3 billion to global polio eradication efforts and nearly US\$ 500 million to Pakistan, along with high-level advocacy and countless volunteer hours.

Grandparents for Vaccines

Excerpt From: Post-Polio Health International (PHI) Facebook page

A new volunteer-led group called Grandparents for Vaccines recently launched. The group plans to bring together grandparents who lived through polio, measles, TB, and other diseases to share what life was like before vaccines. As a community of polio survivors, we know how powerful these firsthand stories can be — and why vaccines remain so important. Grandparents (or any polio survivor that wants to advocate for vaccines) everywhere are invited to join and lend their voices at <https://grandparentsforvaccines.com/>

Post-Polio Health International’s mission is to collect, preserve and make available research and knowledge to promote the well-being and independence of polio survivors, home ventilator users, their caregivers and families. post-polio.org

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.