

POLIO



POST

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May 2026

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

Presidents Report May, 2026

Hello to all of our members, old & new. It is a pleasure to welcome new faces into our club.

We are so fortunate to belong to this wonderful community of polio survivors!

The whole purpose of this group is to share our life experiences. Every polio survivor has a different, yet similar, experience.

We are fortunate to have a great core group that continues to volunteer their time to make these meetings as successful as they have been.

Thank you to each & every one of you, for your attendance & participation of our gatherings, also for the support of the executive. Our monthly meetings are a highlight for Wilf & I

We hope you have a great summer & we shall see you in the fall.

Warm regards from

Carole Tiefenbach

Post-Polio Health International

From PHI's facebook page, Apr.23/26:

PHI's popular Handbook on the Late Effects of Poliomyelitis for Physicians and Survivors is now available in paperback.

Written in an accessible style and grounded in current knowledge about post-polio care, the Handbook helps bridge the gap between survivors and the healthcare professionals who care for them. The Handbook provides clear, practical information about the late effects of polio and offers guidance for effective clinical care and self-management on over 85 topics.

Whether you are a polio survivor, caregiver, or healthcare professional, the Handbook serves as a valuable reference for navigating the late effects of polio.

Print copies are now available for \$20 USD, and can be ordered at:

<https://post-polio.org/education/publications/>

From PHI's facebook page, May 7/26

PHI is introducing two new resources on our website bringing together years of trusted guidance from popular newsletter columns. "Ask the Doctor" and "Promoting Positive Solutions" in one convenient place. Whether you're seeking medical insight or practical strategies for navigating the emotional and social aspects of living with post-polio, these collections make it easier than ever to find answers and support.

Ask the Doctor: <https://post-polio.org/education/ask-the-doctor-list/>

Promoting Positive Solutions: <https://post-polio.org/educ.../promoting-positive-solutions/>

LET US HEAR FROM YOU.....

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 Manitoba Possible, 825 Sherbrook St. Winnipeg, MB R3A 1M5

Retiree Mental Fitness Evaluation

Excerpt from email; Bojan Stupar, Weekly Polio update May 17-21, 2021

Giraffe Test 1

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.

Lionel Moore's Story

For this year's St. Boniface Hospital's annual fundraising campaign, one of our members, Lionel Moore, shared his story. The following was taken from that campaign story. Thanks Lionel!!

You'd never guess a visit to my eye doctor could save me from having a stroke or worse. But that's exactly what happened. My name is Lionel Moore. In my career as an announcer with CBC Manitoba for more than 30 years, I told a lot of stories on radio and television. I was having trouble with vision in my right eye in late 2023. My ophthalmologist did a bunch of tests and told me he thought there could be a problem with my ophthalmic artery. But what really worried him was that a possible blockage in my right carotid artery in my neck, which supplies blood to the brain, could be the reason behind my vision problem. "Lionel, if so, you could have a stroke at any minute," he warned. He asked my wife, Fran, to watch me closely at home for any sign of a stroke until I could get checked out, which I was just days later. And he was right; my carotid artery was almost completely blocked. Soon after, in January 2024, I saw Dr. Randy Guzman in the Section of Vascular Surgery at the Hospital, and he performed the successful surgery.

Compared with my two aortic valve replacements - which I will tell you about next - the surgery felt like a piece of cake to me. But when ~~ I said so to my family doctor and cardiologist, they both told me I was darn lucky I didn't have a stroke, a heart attack, or even brain damage during the surgery. Good thing I didn't know that at the time! I had my first aortic valve replaced in a six-hour open-heart operation performed by Dr. Keith Warrian at the Hospital in 2010. I am 86.1 don't worry much about expiry dates on food in the fridge, so I don't worry about my own expiry date. I believe that when the Big Guy puts his hand on your shoulder, it's time to go with him. I didn't think I was scared. I was concerned but didn't think I showed it. Once, before my surgery, I said, "I guess in six hours this will all be over." A nurse replied to me, "Everything will be OK. We have great, caring professionals here, you know." And she was right, of course.

Manitoba 55+ Games

This year the Manitoba 55+ Games will be co-hosted by Morden, Winkler and the RM of Stanley June 9th to 11th, 2026.

This is the 43rd annual Manitoba 55+ Games. The event brings together hundreds of older athletes for three days of recreational competition and social connection.

For more info visit the website: www.activemb.ca or TELE: 204 632 3947 or 1-866 202 6663

Cartilage Regeneration

With growing older, a lot of post-polio persons have or will have developed osteoarthritis in hips and knees. I thought this article was of interest.

“Scientists developed an injectable hydrogel that stimulates complete cartilage regeneration in damaged joints — regrowing the smooth tissue that normally never heals, eliminating the need for joint replacement surgery in patients with severe osteoarthritis.

The hydrogel from Duke University delivers stem cell growth factors and scaffolding peptides directly to the cartilage defect site using a single intraarticular injection. The peptide scaffold forms a three-dimensional matrix anchoring cartilage-forming cells, while growth factors stimulate chondrocyte proliferation and production of new collagen matrix. Over 12 weeks, new cartilage fills the defect with tissue histologically indistinguishable from healthy native cartilage.

In a randomized trial of 120 adults with Grade 3 knee osteoarthritis awaiting joint replacement, 81 percent of injected participants achieved sufficient cartilage regrowth at 6-month MRI assessment to be removed from the surgery waiting list. Pain scores improved by 74 percent in the responder group and remained improved at 18-month follow-up, confirming durable cartilage restoration.”

Source: Duke University Pratt School of Engineering, National Institutes of Health, Nature Biomedical Engineering, 2025

[#cartilagegrowth](#) [#osteoarthritis](#) [#medicalbreakthrough](#) [#jointhealth](#) [#stemcells](#)
[#healthcare](#) [#medicalscience](#)

GREY CUP POOL

Grey Cup pool tickets are available now!!!

Upcoming Events

Summer Celebration Luncheon

DATE: **June 30th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC:

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

2. General Meeting

DATE: **September 29th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Speakers: TBA

TOPIC:

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

Condolences



Our condolences to the families and friends of Mary Ann Britton on the loss of their loved one. She will be missed by her friends at Post Polio Network.

Excerpt From: **The Ten Commandments of PPS**

By **Richard L. Bruno**

1. Listen to Your Body The first step in treating PPS is to listen to yourself: to what you feel, physically and emotionally, when you feel it and why. Our most powerful tool in treating PPS is the daily logs our patients keep that relate activities to their symptoms. Polio survivors need to listen to their own bodies, not to friends and family members--and the voices in your own head--saying you're getting lazy busybodies.

2. Work Smarter, Not Harder The more you overuse your muscles, the more strength you lose. You need to "conserve it to preserve it." Stretching may help pain, and nonfatiguing exercise for specific muscles can prevent you from losing the strength you have after you get a brace. Polio survivors need to work smarter, not harder.

3. Go Slow and Steady A study of patients showed that taking two 15-minute rest breaks per day--that's doing absolutely nothing for 15 minutes--is the single most effective treatment for PPS symptoms. For polio survivors, slow and steady wins the race.

4. Be Kind to Your Neurons Using crutches or braces are not signs of failure or of "giving up." Muscles and joints hurt and nerves die after decades of doing too much work with too few motor neurons. So why not use a brace, cane, crutches--dare we say even a wheelchair or scooter--if they decrease your symptoms

5. Say No to Drugs Polio survivors are twice as sensitive to pain as everyone else and usually need more pain medication for a longer time after surgery or an injury.

6. Sleep Right All Night "Post-polio fatigue" may be due to a treatable sleep disorder.

7. Turn Up the Heat Cold is the second most commonly reported cause of muscle weakness and is the easiest to treat. Dress in layers and wear socks made of synthetic fabrics like breathable fiber polypropylene that hold in your body heat.

8. Eat Breakfast or Else When patients follow a "hypoglycemia diet" (16 grams of low-fat protein at breakfast and small, non-carbohydrate snacks throughout the day) they have a remarkable reduction in fatigue. Protein in the morning does stop your midday yawning.

9. Anesthetize with Care Your complete polio history and any new problems with breathing, sleeping and swallowing should be brought to the attention of your surgeon or dentist--and especially your anesthesiologist--long before you undergo surgery.

10. Do Unto Yourself as You Have Been Doing for Others Accepting assistance is what can keep you independent. Appearing "disabled" by not doing for others and asking for help may be frightening, but they are also the best ways to manage your PPS.

Members Information/Application 2026



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.