

POLIO



POST

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September 2024

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

Presidents Report September, 2024

I hope you are all well and that you all had a great summer! Although it was slow at first, it sure warmed up in a hurry & kept us indoors to keep cool, if we were fortunate enough to have A/C.

The summer has flown by and every day just seems to come & go, as fast as 'the weather changes'!

We kept ourselves busy with family, church & condo activities. We did a couple of trips to the Zoo, with grandchildren & great grandchildren. We did several trips to the Leaf to see the different displays, some were excellent, some not so great.

On June 30th, I lost my best friend of 73 years. I had known her since my first day of Grade 1. She was in Grade 2. We were friends for life! I still find it hard to believe that she is not with us anymore.

Wilf & I enjoyed a Tiefenbach Reunion in Katepwa Lake on June 22nd. There were only 56 family members & their families in attendance. Approximately 54, were unable to make it!

My cousin & her husband drove her dad, my 93 year old uncle, Hughie, out to Gimli just so he could meet up with us, & his 94 year old friend, who resides in a care home in Gimli. That was another wonderful reunion. Uncle Hughie, is pretty amazing, at his age, as he also had polio in 1931, and continues to build furniture, odds & ends, like shelving, benches, tool boxes, bird houses, etc, from old scraps of excellent hardwood, that friends drop off at his garage. He is legally blind but one would never know it by the beautiful woodwork that he gives to everyone!

We also were with my mom's side of the family at a 60th wedding anniversary a few weeks ago. Our grandson came here to visit us a couple of times. He is stationed up in The Pas, with the RCMP.

We had friends & relatives visit & stay with us, from Regina! It is always wonderful to catch up with the news from back home.

Our usual doctor's appointments kept us busy. Wilf will have another kidney stone blasted in November, after we return home from a 3 week vacation in Utah.

Other than that, we are in pretty good health and very grateful to our Heavenly Father for all our many blessings we get to enjoy with our families & friends, grandchildren & most of all, our great grandchildren!

Take care, everyone! With warm regards,

Carole Tiefenbach

September Is Alzheimer's Month

Our Alzheimer's society will be holding a conference in October. For your information I received the following informational email.

Care4u Family Conference!

As you're wrapping up the summer with gatherings of family and friends, help us spread the word about our upcoming Care4u Family Conference! Over 19,600 Manitobans currently live with dementia and most of us know someone in our lives impacted by the disease. Now on its 13th year, our Care4u Conference has been a leading resource for care partners looking to build their knowledge, discover resources, gain support and connect with other care partners in the dementia community.

At this year's conference, "Building Confidence for Day-to-Day Care", on Saturday, October 19, 2024, from 9 am to 3:30 pm at the Victoria Inn Hotel & Convention Centre, learn from keynote speakers who will discuss strategies for navigating dementia and be inspired as they share insights from their own experiences as caregivers and how to care for yourself while caring for others. Choose from eight breakout sessions including topics about:

- Communication and responsive behaviours
- Home safety
- Legal and financial matters
- Navigating end of life

Wherever you are in your caregiving journey, Care4u has something for you.

For more information, please contact: Jennifer Vicente-Licardo, Education Manager
204-943-6622 / 1-800-378-6699 alzeducation@alzheimers.mb.ca

GETTING HEALTHY GUIDE

Get personalized health advice from Manitoba expert doctors on how to prevent disease and live a longer and a happier life. This is an on line tool. To access the service and to get some personalized advice on such topics as: Moving Better, Getting Better Sleep, -Eating Healthy, Reducing Stress, Catch up on Screenings, Catch up on Immunizations.

The Guide can be found on the following platforms:

- Instagram: [@manitobadoctors.ca](https://www.instagram.com/manitobadoctors.ca)
- Facebook: [@DoctorsManitoba](https://www.facebook.com/DoctorsManitoba)
- X: [@DoctorsManitoba](https://twitter.com/DoctorsManitoba)

TIME_{TM} at HOME STUDY

From: March of Dimes newsletter Aug 2024

With permission from Anchal Badwal, BKin'25, Research Assistant, Rehabilitation Sciences Institute, Temerty Faculty of Medicine | University of Toronto

NOTE: The study is filled at present; but, there will be another study in March 2025

Time_{TM} is an ON-LINE Group Exercise Program for People with Balance and Mobility Challenges. This is a group program where they stream an exercise video using Zoom. You join from your own home using an electronic device such as a laptop or tablet using the internet. The exercise class is 1.5 hours, twice per week for 8 weeks. You follow a 60 minute exercise video that includes a warm-up, functional exercises, and a cool-down. The exercises are aimed at improving balance and mobility (e.g. standing up and sitting down, lunging, stepping, walking).

You are invited to join 15 minutes before and after the class to socially interact with other participants and discuss topics related to health and wellness. There is no cost to participate as funding is provided through a grant. If you do not have an electronic device (laptop or tablet) the program will loan you one for the study. You will receive a \$15 gift card after each evaluation. For more information or to see if you are eligible, please contact the Time_{TM} at Home Study Coordinator.

TELE: 406 946 7579

EMAIL: timestudy@utoronto.ca

Invitation for to Polio Survivors

With permission from Dr. Mant, Ph.D. Assistant Professor, Department of Anthropology, University of Toronto

Dr. Madeleine Mant (University of Toronto Mississauga) is conducting a study seeking to engage directly with Canadian polio survivors about their experiences with polio, post-polio syndrome, and their perceptions of the COVID-19 pandemic. This study seeks to provide new insights about post-polio syndrome and amplify the voices of survivors to healthcare providers and academics.

Madeleine is seeking interviewees to take part in a one-hour individual interview. This interview could take place over the phone or over Zoom depending upon your preference. All interview participants will receive a \$50 gift card as a thank you for sharing your time and experiences. This research has been approved by the University of Toronto Research Ethics Board (Protocol No. 45288).

If you might be interested in taking part in an interview or have any questions about the research, please reach out directly to Madeleine by e-mail (maddy.mant@utoronto.ca) or over the phone (905-923-1560).

MADELEINE MANT, Ph.D. (she/her)

Assistant Professor

Department of Anthropology, University of Toronto Mississauga

Series Co-Editor *Routledge Advances in the History of Bioethics*

Lead Academic Advisor *Defining Moments Canada*

Members Page

Upcoming Events

1. September 24th, 2024 General Meeting

DATE: **September 24th**, 2024

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Round Table Discussions

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

2. October 29th, 2024 General Meeting

DATE: **October 29th**, 2024

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Presentation By: International Hope

Speaker: Founder Phyllis Reacher

TELE: 204 975 3037

EMAIL: postpoliolionnetwork@gmail.com

November 26th 2024

WINTER CELEBRATION LUNCHEON

See information in the newsletter

PASSAGES



Mr and Mrs Curtis Elston donated a beautiful quilt for PPN's June Meeting raffle and the next week we were sorry to hear that Curtis had passed away on July 4th. PPN also lost long time members Doris Jones and Barbara Roth. We extend our condolences to their families and friends.

POLIO FOUND IN GAZA

From the horrors of war it has been announced through many media outlets that there is a possibility of a polio outbreak in Gaza. By the time this newsletter is distributed, hopefully the vaccination of children will be underway and successful.

From the website “The Guardian.com” Aug 30, 2024 edition. The World Health Organization has announced it has “a preliminary commitment” from Israel and Hamas for humanitarian pauses in fighting in the Gaza Strip to allow for the vaccination of children against polio, with the first vaccinations to begin as early as Sunday.

The UN is preparing to vaccinate an estimated 640,000 children in Gaza, where the UN’s global health body confirmed on 23 August that at least one baby has been paralysed by the type 2 polio virus, the first such case in the territory in 25 years.

From the World Health Organization (WHO) website; <https://www.who.int › health-topics › poliomyelitis>. Of the 3 strains of wild poliovirus (type 1, type 2 and type 3), wild poliovirus type 2 was eradicated in 1999 and wild poliovirus type 3 was eradicated in 2020. As at 2022, endemic wild poliovirus type 1 remains in two countries: Pakistan and Afghanistan.

WORLD POLIO DAY is October 24th. For the rotary clubs and public health advocates to come together to recognize the progress in the fight to end polio and to talk about the actions to be taken to end polio for good.



WINTER CELEBRATION LUNCHEON

DATE: *Tuesday, Nov 26th, 2024* TIME: *12:00 p.m. – 2:00 p.m.*

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

Come and join us to celebrate WINTER HOLIDAYS and friendships.

RRSP by *NOV. 19th, 2024* EMAIL: postpolionetwork@gmail.com
or

TELE: *204 975-3037* or MAIL to: *Post Polio Network, 825 Sherbrook Ave.,
Winnipeg MB R3A 1M5*

There will be a voluntary gift exchange. Please under \$10.00 and unisex.

Name: _____

No. of persons attending: _____ member(s) _____ guest(s)

Please list any food allergies:



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

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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.