

POLIO



POST

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President's Report Aug, 2009

Summer has come and gone, although come to think about it, did it ever really arrive? What a summer of unusual weather! Despite the weather your board soldiers on, primarily preparing for our conference in October.

We are excited that Ramesh Ferris is going to be our Keynote speaker. He is an inspirational speaker who we know from his Cycle to Walk campaign last year. He hand cycled across Canada, dipping his toe in two oceans to bring attention to the issues of eradicating polio in the third world, through inoculation and to assist polio sufferers with assistive devices around the world. Ramesh also travelled to India and we are looking forward to hearing about his trip.

Our AGM, held in March, was well attended and once again we enjoyed visiting with old friends and new. We were honoured to have as our guest speaker, Rick Frost, **(pictured right)** CEO of the Winnipeg Foundation, who spoke about the work of the Foundation and about planned giving.

We look forward to seeing you all on October 13th at the Victoria Inn for an interesting and informative conference. **Register early!!!**

*(Advertisement and Registration form
for Conference on back page)*



Attention: For All Those Who Love To Go To The Movies

A member of our group has brought to our attention a way to save money and have our support person with us when we go to the movies.

The Access 2 Entertainment Card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. This program was developed by an advisory group of nine national disability organizations in conjunction with Cineplex Entertainment.

Applications for the card can be picked up at a Cineplex theatre and will cost \$20.00, however the card comes with a couple of movie vouchers.

Canadian Device May Help Patients With 'Foot Drop'

A new pacemaker-like device - designed by Canadian researchers – may help stroke victims regain the use of a partially paralyzed foot.

Many patients who suffer a stroke, or are diagnosed with a neurological disorder, develop a condition known as “foot drop”, whereby they have a weakness in the ankles and toes that makes it extremely difficult to walk comfortably.

“Foot drop is a significant problem for people with brain injury, stroke, spinal cord injury or nerve damage”, Dr. Mark Bayley of the Toronto Rehabilitation Institute told CTV News. “And on a daily basis they face difficulties with walking, with falls, with tripping”.

Until now, patients with foot drop were often treated with a leg brace that sends electrical signals down the leg to stimulate movement. But Professor Andy Hoffer of Simon Fraser University in B.C. has developed a pacemaker, called Neurostep, that is implanted into the thigh, to stimulate muscles inside the leg. When the patient’s heel touches the ground, wires send signals to the Neurostep, which in turn causes the muscles at the front of the foot to contract. This helps lift the toes off the ground.

One patient in Hoffer’s study, who needed assistance from others to walk, was moving with just the aid of a cane after 10 weeks. “It builds up muscle strength again and so the person actually becomes steadier”, Hoffer told CTV News. Quebec firm, Victhom Human Bionics, has acquired the rights to market the Neurostep in Europe later this year, but the device has not yet been approved for use in Canada. The estimated cost is about \$15,000.

The implanted device intrigues doctors because it could replace a piece of equipment that must be put on and removed every day. “This might be a permanent solution that people can have”, Bayley said.

Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him..... A super calloused fragile mystic hexed by halitosis.

Parking Permit Holders Pay to Park

Parking Permit holders are now expected to pay for parking at meters and in metered lots in downtown Winnipeg. The City's website reads as follows: "...Parking is offered on a 'pay as you go' daily or hourly basis provided they display their permit. Although parking meters and pay stations often restrict time to two hour blocks, parking permit holders with disabilities are welcome to purchase up to four hours at any location. Where the machines offer only one or two hour parking periods, Parking Permit holders with disabilities are allowed 4 hours without penalty as long as payment is made."

The site goes on to say: "All customers, including those with disabilities, who use downtown meter parking regularly may purchase a hang tag style permit which is recognized at parking meters and pay stations. These permits are valid for 4 hours and can be suspended from the rear view mirror for regular daily use. All customers, including those with disabilities, who use meters and pay stations infrequently may wish to purchase a book of 10 single use "scratch ticket" style coupons. The month and date should be scratched to validate and the coupon displayed on the vehicle dash. Coupons are valid for 3 years". The site also elaborates on a number of payment options for downtown parking. Those who do not pay for their parking downtown will be ticketed by the Winnipeg Parking Authority.

On March 19th, we e-mailed the Parking Store to ask the following question: "We would like to know that if we pay for 2 hours of parking on a city street and use only one hour of the time, can we use the extra hour of time left on the voucher to park at another meter without having to buy another ticket?"

The answer was: "As long as you are using one of the city's new 'Pay Station' meters, you can use any remaining minutes at another location in the city which also uses the 'Pay Station' meter. You cannot use remaining minutes you have left over from one of the older crank-style parking meters or from tickets received from meters located in a business parking lot". ~ Pat McNeill ~

IMPORTANT NOTICE: MEMBERSHIP RENEWAL

1. The Post Polio Network of Manitoba has a new program that deals with issuing membership receipts as well as donation receipts.
2. The yearly membership for your Network runs from January 1 to December 31 of any given year. The annual dues are \$10.00. If you send us more than \$10.00 this amount becomes your donation. We appreciate and thank you for your continued support.
3. At this time the renewal date for your membership will not appear on the address label. Therefore your membership is due January 1st 2010 unless you have paid in advance.
4. Membership dues help cover the cost of printing the newsletter and mailing it to all members. Your newsletter – "Polio Post" – is published 4 times a year – February, May, August, and November.

Annual Barbecue

In June, on a balmy day, we gathered for our annual barbeque at the Bourkevale Community Club. We were pleased to welcome some new members as well as long time members and a lovely time was had by all. Our intrepid chefs, Pat McAuley and Doug Mihalyk fed us glorious burgers and hot dogs extraordinaire. Thank you so much to all the folks who volunteered their time and energy.



"Doug Mihalyk cooks for the crowd"



"Members enjoy the food & good company"

"Of all the things I've lost, I miss my mind the most."

~ Mark Twain ~

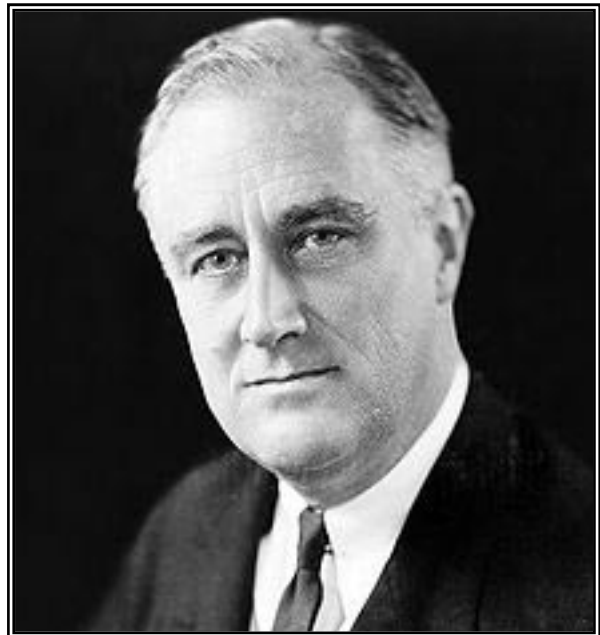
Famous People With Polio

Franklin Delano Roosevelt (FDR)
(January 30th, 1882- April 12th, 1945)

He was the 32nd President of the United States of America. Elected to four terms in office, he served from 1933 -1945, and is the only President to have served more than two terms of office.

In August 1921, while the Roosevelts were vacationing at Campobello Island, New Brunswick, Roosevelt contracted an illness, believed at the time to be polio, which resulted in Roosevelt's total and permanent paralysis from the waist down.

FDR sought out innumerable cures including electric currents, ultraviolet light, massage, mineral baths- whatever might improve his atrophied legs. He also consulted a number of other physicians and therapists in a vain effort to revitalize his muscles.



"The difference between golf and government is that in golf you can't improve your lie."

~ George Deukmejian (former governor of California) ~

Post-Polio Health 10th International Conference Held at Roosevelt Warm Springs, Georgia, USA

TOPIC: Living with Polio in the 21st Century

I've always wanted to attend a conference held by Post-Polio Health, whose headquarters are in St. Louis, but this year the conference was in Warm Springs. What better place to visit than that made famous by President Roosevelt, a polio survivor, who ran one of the greatest countries in the world using crutches and a wheelchair.

Lots of sessions with excellent speakers.

Modifying Activities of Daily Living to Accommodate New Weakness: this session was on the breakdown of the 5 P's for energy conservation -- planning, prioritizing, pacing, posture and power/labour saving devices.

Feel Good Food: Boosting Energy, Maintaining Weight; discussion on what to eat to maintain proper weight.

Learn about Acupuncture: how acupuncture can improve one's health.

Aging and Disability: Policy Lessons Learned From Polio: Fernando Torres-Gil, Professor of Social Welfare and Public Policy, UCLA...my favorite session – discussion of how gov't will respond to the needs of people with disabilities as 2 important demographic trends become reality - the aging of the Baby Boomers and aging of people with long term disabilities like polio. He stressed the fact that we need to pay close attention to what political decisions are made concerning benefits & services, which will influence the quality of life for people with disabilities.

Anesthetic Update: discussion on how to choose this practitioner carefully, what drugs and techniques they use, & inquire about their understanding of post-polio under the effects of anesthesia.

Exercises: Kinds, Methods and Benefits; Bracing - What's New? - Is Old Better? ; Too Hot & Too Cold - Causes and Solutions: discussion on managing one's temperature sensitivity.

Improving Your Mobility Move Forward: discussion on avoiding falls, how to conserve energy, maintaining mobility with exercises and weight management. Interesting fact from this session – for each 11 pounds lost takes 50% stress off the knees!

Questions you might ask: Would I return to Warm Springs for a conference? No, too much walking from one hall to another. What about the weather? Fabulous – high 70's- everything was green and in bloom. Did I meet a lot of people? I spoke to a few people before the sessions but wasn't able to enjoy their company at lunch/dinner because the sessions I attended overlapped mealtimes. (Drank only water and ate trail mix). Did I visit the pool? No, the pool was not open to conference attendees. Warm Springs is a medical Rehab facility specializing in brain & spinal cord injury, orthopedic and stroke rehab.

~ Estelle Boissoneault ~

Bill Gates Visits Nigeria to Boost Global Fight Against Polio

February 2, 2009

Nigerian government to receive more than 100 million doses of oral vaccine (OPV) through innovative financing mechanism.

ABUJA, Nigeria - Bill Gates, co-chair of the Bill and Melinda Gates Foundation, today said that if Nigeria capitalizes on commitments made by state and federal governments, it can *eradicate polio*, a disease that still inflicts severe disability on Nigerian children.

During a press conference in Abuja, Gates commended the renewed resolve he saw first hand, and expressed optimism that leaders at all levels of the country will help create a movement to protect Nigerian children from Polio and other vaccine preventable diseases.

While in Nigeria, Gates observed the efforts of vaccination teams during a nationwide immunization. In Northern Nigeria, where the poliovirus continues to circulate, he met with government officials, and traditional and religious leaders. He also met with mothers, traditional birth attendants, and representatives of a Muslim women's association to discuss their personal experiences with immunization and ideas for achieving polio eradication.

The Gates Foundation also finalized a \$25 million agreement with the World Bank to support the purchase of more than 100 million doses of oral vaccine (OPV) in Nigeria. The agreement stipulates the Gates Foundation will "buy down" a World Bank loan to the Nigerian government to support polio eradication efforts. Relief of the loan is triggered when Nigeria achieves certain polio program milestones within the next three years, such as attaining 80 percent vaccine coverage in each state. Rotary International and the UN Foundation have also used this innovative financing mechanism for vaccine purchase in Nigeria.

Including this new agreement, the Gates Foundation has committed more than \$77 million to polio eradication efforts worldwide. The foundation is actively working with development partners to meet the program's ongoing financial requirements.

The Bill and Melinda Gates Foundation

Guided by the belief that every life has equal value, the Bill and Melinda Gates Foundation works to help all people lead healthy, productive lives. In developing countries, it focuses on improving people's health and giving them the chance to lift themselves out of hunger and extreme poverty.

In the United States, it seeks to ensure that all people - especially those with the fewest resources - have access to the opportunities they need to succeed in school and in life.

Based in Seattle Washington, the foundation is led by CEO Jeff Raikes and Co-chair William Gates Sr., under the direction of Bill and Melinda Gates and Warren Buffet.

Resurgence of polio

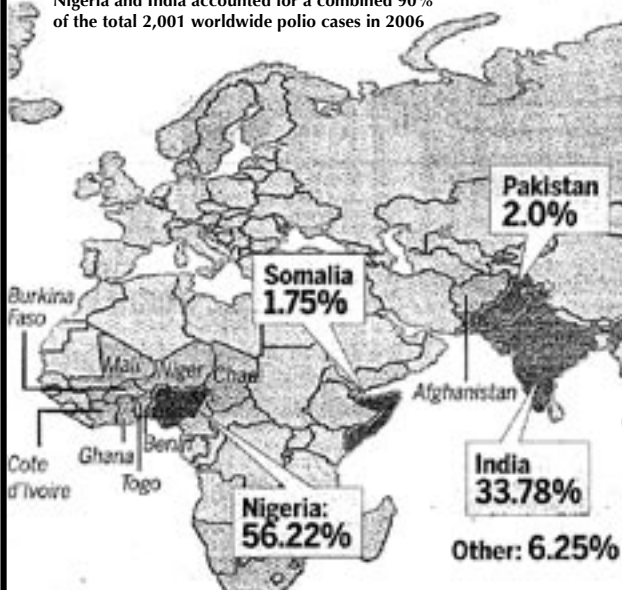
Largely eradicated in the Western world thanks to the use of vaccines, polio is now spreading fast in Pakistan and Afghanistan, two of its largest strongholds, in areas struck by violence and mass displacement. Low immunization rates in Nigeria have caused the virus to spread to eight of its neighbours - Benin, Burkina, Faso, Chad, Cote d'Ivoire, Ghana, Mali, Niger and Togo - that previously wiped it out.

SYMPTOMS

- Paralysis begins after signs of a **cold and fever**, sometimes with **diarrhea or vomiting**. After a few days the **neck becomes stiff and painful**, and parts of the body become **limp**. Parents may notice the weakness right away, or only after the child recovers from the acute illness.
- **Feeling** is not affected.
- The paralysis **does not get worse with time**.
- Often the paralysis **will gradually go away** partly or completely. Any paralysis left after seven months is usually permanent.
- Secondary problems like **contractures** (shortening of muscles and tendons so that the full range of limb movement is prevented), **curve of the backbone** and **dislocations** may occur.

POLIO HOTBEDS

Nigeria and India accounted for a combined 90% of the total 2,001 worldwide polio cases in 2006



THE LIFE CYCLE

The virus enters the body through contaminated food, dirty fingers or water tainted with sewage.

The virus attaches to receptors on the intestinal walls. From there, it can get into the bloodstream.

Even in people with no symptoms, the virus is excreted in feces that can contaminate food and water.

Intelligence and the mind are not affected.

In less than 0.5% of cases, the virus attacks the central nervous system destroying cells in the spinal cord.

In 99.5% of cases, the virus causes no symptoms or mild flu-like illness.

Nerve cell death causes muscle paralysis, mostly in the legs.

MUSCLES COMMONLY AFFECTED.

Shoulder muscles.

Back muscles on either side of backbone.

Muscles behind arm (weakness straightening arm)

Thumb muscles

Muscles that straighten or bend the hip or that spread or close legs

Muscles that straighten the knee

Muscles that lift the foot



PRESENTS

Conference 2009

“Building Better Tomorrows: Living Healthier Lives”

Place: Victoria Inn 1808 Wellington Ave
For info call: 204-975-3037

Date and time: October 13th 2009
8.30am -3.30pm

Agenda for Conference Meeting:

Keynote Speaker: Ramesh Ferris

A polio survivor who works tirelessly for the eradication of polio worldwide and support for those who require assistive devices. Ramesh hand cycled across Canada last year to bring attention to the issue.

Speakers:

Ron Jersack on “Poliowise Physiotherapy”

Bonnie Hopps on “Arthritis and Post Polio” and “Laughing Yoga”

Plus Bags, Tags & Posters

Cost: \$25.00 includes meals

There will be Breakfast, Lunch, Door Prizes, Silent Auction

“All Are Welcome!!”

Advance Registration Form

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone (____) _____

Food Concerns / Allergies _____

Send cheque or money order with the registration to

Post Polio Network 825 Sherbrook Ave Winnipeg Mb R3A 1M5