

POLIO



POST

Polio Post is Published Tri annually

February, 2018

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

Presidents Report February, 2018

HAPPY NEW YEAR! Welcome to the first Post Polio Network's newsletter of 2018.

We had a great time at our holiday party this year. We enjoyed a get together at The Caboto Centre; a great lunch; wonderful door prizes and lots of camaraderie with great people. See some of the pictures in this newsletter.

The Grey Cup Pool ticket sales is Post Polio Network's major fund raiser so thanks to everyone who purchased and sold Grey Cup Pool tickets. Let's give a special thanks to Doug Mihalyk and to Mervin and Ruth Woodward for all their help and salesmanship.

Two free services for those who are interested are available for you to access: (please see further information in this newsletter)

- ◆ The free tax preparation program will be held in April of this year.
- ◆ The U of M Rehabilitation Sciences will be holding an exercise-based rehabilitation to people with various mobility issues, including POST POLIO. Please see further information on these two programs in the newsletter. The therapy is provided free of charge by final year Physical Therapy Students under the supervision of a licensed physiotherapist.

It was mentioned on the national news that the Federal and Provincial Health Ministers were in agreement with reducing the costs of generic drugs. I haven't heard any follow-up on this pronouncement; but I am waiting to see what savings, if any, will result in the cost of drugs for us (the end users).

Thanks to the executive for their hard work over the past year. The PPN and its members appreciate your commitment. The Post Polio Network works and thrives because of our volunteers. The Board members would appreciate it if there were volunteers that would help the board members carry out their duties. Whatever time you can spare to help out, please let us know.

The **Annual General Meeting** will be held this year on **March 27, 2018** at the Caboto Centre on Wilkes Ave., Winnipeg at 1:00 p.m. Please mark your calendars.

We are so pleased to announce that for our April 24th meeting, Ms. Allison Baird, Speech-Language Pathologist, and President of Speechworks Inc. will talk about swallowing issues.

REMINDER: Membership fees were due on January 1, 2018. If by chance you haven't mailed in your membership, please do as soon as you can. See the back page of this newsletter.

Looking forward to see everyone at the AGM on March 27th.

Keep warm!!! Spring is just around the corner.

How A Polio Survivor Became An Ironman World Champion

By Alexandra Klausner

When she was 6 months old, Minda Dentler was paralyzed from the waist down by polio and abandoned by her mother at an orphanage in Mumbai, India. She wasn't expected to live past her 18th birthday — let alone become the first female wheelchair athlete to complete the Ironman World Championship.

The 39-year-old mother, motivational speaker and insurance executive, who lives in New York City, has completed 30 triathlons, including four Ironmans. Her next major goal is to break her 13:07 Ironman record at an upcoming race in Florida in November.

"I would say to anyone with or without disabilities, it is better to be in the game or on the court than to be on the sidelines", she told The Post.

Dentler — who has paralysis in both legs — is unable to walk without the assistance of leg braces and crutches, and uses a wheelchair in her day-to-day life.

Dentler, who was adopted by a family in Spokane, Washington, when she was 3½ years old, credits her adoptive parents with helping her get surgeries on her hips, legs and back, which straightened her body and gave her more mobility.

Spending her childhood paralyzed from the waist down was just one of the many challenges she faced after coming to America. She said one of the greatest joys she has felt as a mom was watching her daughter get vaccinated for the first time — a health benefit she never received as a baby in India.

"As a person who has been affected by a preventable disease, I have become an advocate for global childhood immunization and polio eradication", she said.

Source: New York Post – 26 September 2017

From Polio Australia, Summer Dec. 2017, Volume 7 Issue 4

Community Volunteer Income Tax Program

FREE 2017 TAX CLINIC IN APRIL 2018

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you.

Daytime appointments only on the following dates: April 4th & 5th, April 11th & 12th, April 19th & 20th, and April 25th & 26th.

Call 204 975 3010 or email FinLit@smd.mb.ca to register.

Clinic takes place at 204 – 825 Sherbrook St., Winnipeg

Meeting the Musahar

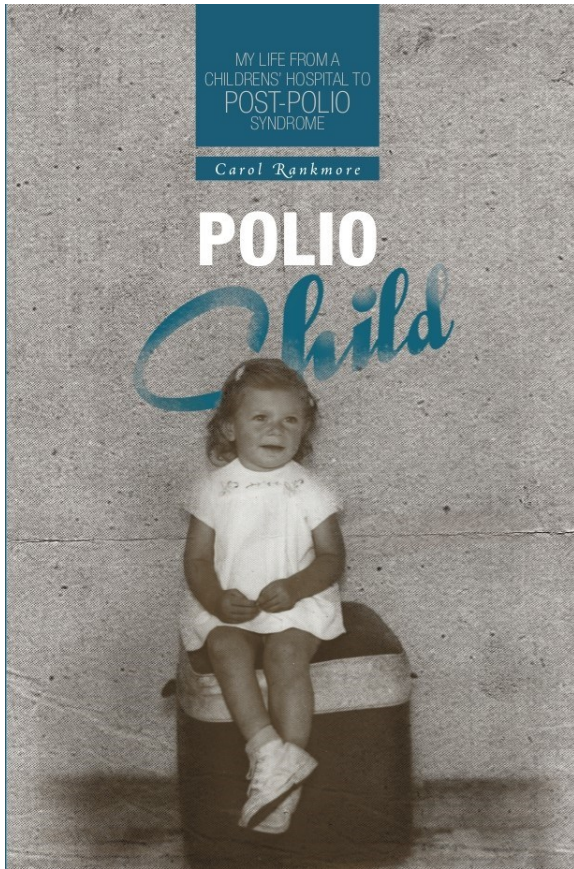
By Bill Gates

- Whenever someone asks me why I believe it's possible to eradicate polio, I tell them about my 2010 trip to India to visit one of the country's lowest castes—the Musahar.
- Today, India is polio free. But less than a decade ago, more than half the world's cases of polio could be found in India. At the time, many health experts said that India would be the last place on Earth to stop polio because its high birth rate, poor sanitation, and population density allowed the disease to flourish.
- So how did they wipe out the disease?
- The answer can be found in the remote marshlands of the Kosi River in the Indian state of Bihar. The region is home to one of the poorest, most underserved castes in India, the Musahar. In 2010, vaccinating the Musahar and other people living in remote, high-risk areas was one of the biggest obstacles India faced in its long campaign to end the paralyzing disease. Thousands of children were being missed during the national immunization drives, allowing the disease to continue to spread.
- In response, the Indian government launched an all-out effort to reach every child, employing a new communication campaign to mobilize support for polio immunization and better maps to ensure that no family was missed. They deployed more than 2 million vaccinators who covered every speck of the country, including the Musahar village I visited, which was often inaccessible because of flooding from the Kosi River. (One of the most inspiring photographs of that time was an image of polio workers wading waist deep in water to reach remote villages with the polio vaccine.)
- By 2014, India achieved its goal of being polio free, proving that the paralyzing disease could be defeated in the most complicated circumstances. With new ties to even the remotest communities, health workers are providing children with much more than the polio vaccine. They continue to work with local communities to improve the delivery of other critical health services, including maternal and newborn care, as well as vaccinations for measles and other preventable diseases.
- India's experience continues to be an inspiration for the world's final push to wipe out polio in the three countries where it endures: Afghanistan, Pakistan, and Nigeria. Based on the latest figures, in 2017, there were just 21 identified cases of wild poliovirus in the world—the lowest number ever—down from 350,000 cases per year when the global polio eradication effort launched in 1988.
- That's an incredible achievement. But now is no time for complacency. If polio is a threat anywhere in the world, it is a threat to us all. That's why it's more important than ever for the world to continue to support the millions of vaccinators who are working tirelessly to finish the job. Their dream, as is mine, is to see the day that polio is defeated.

Polio Child

By Carol Rankmore

During the 1940s and 50s, Canadian families lived in a state of panic, trying to shield their children from being infected by the often-deadly and very widespread disease – poliomyelitis. No one knew how it was transmitted; no one knew why a child was infected. Journey with Carol Rankmore as she tells her story from polio survivor to the previously unknown condition now called Post-Polio Syndrome. Her sensitive memories of childhood coupled with wry humour and historical background make this book a must-read memoir that has major implications for ageing polio survivors today.



Carol was hospitalized for months at a time for each of six corrective surgeries at the newly-opened Shriners Hospital for Crippled Children in Winnipeg. In these days before Medicare, Carol was fortunate that this state-of-the-art hospital offered free medical support to families in financial need. Carol takes us through a frightening and lonely childhood into an adulthood thought to be ‘cured’ of the deadly disease and its after-effects. But had the experience coloured her adult life? Her marriage and her career? Or had the after-effects of the polio experience helped her? Her last challenge was the diagnosis of Post-Polio Syndrome.

Despite her medical trials, Carol’s memoir is one of hope. With frank insights into the challenges of PPS, this book

offers the possibility of managing it successfully through careful exercise, a determination to never give up and a positive attitude. *Polio Child* will prove an invaluable resource for those living with – or care-giving for someone with – Post-Polio Syndrome or other disabilities.

***Polio Child* is available at large bookstores and through the publisher, Friesen Press.**

University of Manitoba Faculty of Health Sciences

College of Rehabilitation Sciences

The University of Manitoba, College of Rehabilitation Sciences, Physical therapy Neuro Rehabilitation Clinic will be running a **free-standing clinic between Apr 3 and June 21, 2018** that will provide active exercise-based rehabilitation to people with various mobility issues, including POST POLIO.

The therapy is provided free of charge by final year Physical Therapy Students under the supervision of a licenced physiotherapist.

If you are interested and would like further information, please contact:

Shawna (College Assistant College of rehabilitation Sciences) at TELE: 204-789-3897

or email at mptneuro@umanitoba.ca.

AROUND THE WEB

~Dr. Mathew Varghese, an orthopedic surgeon, runs a polio clinic at St. Stephen's Hospital in Delhi providing desperately needed services, such as corrective surgeries, to India's vast pool of polio survivors. See "Dr. Mathew Varghese: The polio warrior who wants his ward empty" from the *Hindustan Times*.

~A rare photograph of President Franklin Roosevelt wearing the braces he needed to stabilize his legs was unveiled earlier this month at the Roosevelt House Public Policy Institute at Hunter College in New York City. Read more and see the photo: "Daily News gifts rare Franklin Roosevelt photo to policy think tank."

From the January 31, 2018 Post Polio Health International (PPHI) Memo 60

Members Page

Upcoming Events

1. PPN Annual General Meeting

DATE: March 27, 2018

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Annual General Meeting

2. PPN General Meeting

DATE: April 24, 2018

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 1:00 p.m.-2:30 p.m.

TOPIC: PPS AND SWALLOWING-

SPEAKER: Allison Baird,
Speech-Language Pathologist,
President of Speechworks Inc.

As I get older I realize:



- ◆ I talk to myself, because sometimes I need expert advice.
- ◆ My people skills are just fine. It's my tolerance of idiots that needs work.
- ◆ The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
- ◆ When I was a child, I thought nap time was punishment; now, it's a mini-vacation.
- ◆ The day the world runs out of wine is too horrible to think about.
- ◆ Wouldn't it be great if we could put ourselves in the dryer and come out wrinkle free and three sizes smaller.
- ◆ "Getting lucky" means going into a room and remembering why I am there.

Passages

It is with deep regret that we announce the passing of the following old friends.

- Hazel Lane. Hazel was a long time supporter of PPN through her husband Ed, a polio survivor. Hazel was an instructor in the Red Cross water safety program for 50 years.
- Anne E. Jacoby. Anne was 94 years young and loved to paint, create ceramics, knit, and crochet. She also enjoyed her Bingo nights
- Jean Staples. Jean had been a member of PPN who had been living in Saskatchewan.
- Janet Vickers. Janet was an active member of Wheel Chair Sports. She became a swimmer and took part in events across Canada and Germany, winning several medals. After Janet's swimming days were over she continued to be an active member of Wheel Chair Sports.

Eating in the Fifties

Pasta had not been invented. It was Macaroni or Spaghetti. Curry was a surname. A take-away was a mathematical problem. Pizza? Sounds like a leaning tower somewhere. Bananas and oranges only appeared at Christmas time..

All chips were plain. Oil was for lubricating, fat was for cooking. Tea was made in a tea pot using tea leaves and never green. Cube sugar was regarded as posh. Chickens didn't have fingers. None of us had ever heard of yogurt. Healthy food consisted of anything edible. Cooking outside was called camping. Seaweed was not a recognized food. "Kebab" was not even a word, never mind a food. Sugar enjoyed a good press in those days and was regarded as being white gold. Prunes were medicinal. Surprisingly Muesli was available; it was called cattle feed. Pineapples came in chunks in a can; we had only seen pictures of real ones. Water came out of a tap.

The one thing that we never had at the table in the fifties was "elbows, hats and cell phones".

Picture taken in the summer of 1955 shows two of our members; do you know who?



L. to R. Clare Simpson (sister Janis McMorran is behind her) Marilyn Hendzel (and her brother is behind her)

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 SMD Self-Help Clearinghouse

825 Sherbrook Winnipeg, MB, R3A 1M5

PPN's November 2017 Winter Celebration Luncheon



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 ____ for 20 ____

Membership Renewal - \$15/year ____ for 20 ____

I wish to make a charitable donation of \$ _____

(Tax deductible receipt will be issued.)

Total \$ _____

Please make cheque payable to: Post- Polio Network Mb. Inc.

Your NEWSLETTER delivery preference by: ____mail or ____email

Please mail the application form and cheque to:

Post-Polio Network, 825 Sherbrook St., Wpg. Mb. R3A 1M5

For further information please phone 204-975-3037

Signature

Date

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.