

POLIO



POST

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Presidents Report September, 2018

Hope that your summer was enjoyable because--here in Manitoba it is said that we have two seasons--winter and road repair. Our last general meeting was the June Summer Celebration Luncheon. Thanks to all attended and to all those who donated prizes for the draws and the 50:50. It was a great time; but, the attendance was lower than expected. Do we need to reconsider these Celebration Luncheons?

A lot of this issue has articles and information on vaccinations. WHY? A 1998 fraudulent anti-vaccine study still affects public health. In 1998, an article written by a British doctor, Andrew Wakefield linked the MMR (measles; mumps; rubella) vaccine to autism. As his results couldn't be replicated, the research was labelled fraudulent and in 2010, the British medical authorities stripped Wakefield of his medical license. However, the damage was done and the "autism" scare is still alive and well. Contagious childhood disease outbreaks are becoming more common as parents are not vaccinating their children and putting others at risk. In December 2017, an outbreak of whooping cough in southern Manitoba was partly linked to infants who haven't been vaccinated, according to Southern Health region.

There is a short survey in this issue that PPN's board of directors would like you to respond to as it will provide us with your opinions on vaccinations and what, if anything, we as a group should do. Please either mail in your responses or email responses to: postpolionetwork@gmail.com.

As this is our last newsletter for 2018, we ask that you renew your membership to the PPN for 2019 by January 1, 2019. It is our members that keep the network viable.

Thank you.

5 Ways to Improve Sleep for Seniors

Excerpt from May 28, 2018 by Brightwater Senior Living

During the day, sleep often sounds delightful and we look forward to resting in the evening. Why is it then, that when the sun sets, sleep sometimes evades us? Occasionally having trouble falling asleep can be frustrating, but chronic sleep deprivation can be detrimental to our health. Here, we've provided some tips on how to fall asleep easier and make good sleep a habit.

1. Reduce Exposure to Light Close to Bedtime

Before the invention of artificial light, people spent their evenings mostly in darkness – a natural signal to the body to wind down. But artificial light, whether it's from a television, smartphone, tablet, or lamp can throw off your natural biological clock, called your circadian rhythm. Research shows exposure to light slows the release of melatonin, a hormone that affects circadian rhythm. Blue light from your laptop or other devices, is shown to suppress melatonin even more than regular light. It's best to use dim red lights at night if possible, and stop looking at blue screens at least a couple hours before bed.

2. Create a Cool, Dark, and Quiet Bedroom

Can you recall a night you spent tossing and turning because you were too warm in bed, or an obnoxious light was shining into your bedroom? It's no mystery why you had a miserable night of sleep. Darkness isn't the only message to your body that it's time for sleep – cooler temperatures are a signal too. Because temperature decreases when the sun goes, studies have shown that our bodies respond to a drop in temperature similar to how we respond to a lack of light. Adjust the blankets on your bed and the clothes you wear to sleep to the season to be your most comfortable.

3. Develop Soothing Bedtime Rituals

Just as you brew coffee every morning to start your day, it's important to create a night routine to prepare yourself for bedtime. Maybe an evening cup of herbal tea is the best way for you to settle in for the night, or you enjoy listening to soothing jazz to calm your mind. Set up your bedtime ritual to suit you. The best before-bed activities will put you in a state of relaxation so you feel ready to wind down and close the day.

4. Maintain a Consistent Sleep Schedule

Just as a bedtime ritual will help signal to your brain it's time for bed, performing that routine at about the same time each evening will help you get used to the schedule you want. If you go to bed at varying times each night, you may be hurting your sleep schedule by throwing off your circadian rhythm. Choose a bedtime window that works for you and stay inside of it to get your best sleep. That way you will be able to wake up at about the same time each day and feel rested when you do.

5. Cut Down on Sugary Foods

While those sugary foods may taste delicious in the moment, you're better off avoiding them if you're having trouble sleeping. Sugar, like light, can negatively affect your body's release of melatonin – the hormone that controls your circadian rhythm. And it's not just super-sweet candy or cookies that play a role. The sugar in refined carbs, like white bread or pasta, can cause more sleep arousals, according to a study by Columbia University. The study's author suggests switching out refined carbs for high-fiber ones, which have been shown to lead to more deep sleep.

6 Ways to Help Prevent Alzheimer's

Excerpt from July 30, 2018 by Brightwater Senior Living

Exercise

Studies have shown that those who exercise regularly have a lowered risk of developing Alzheimer's disease. Increased exercise keeps your blood flowing and increases the chemical functions that protect the brain. Aim for moderate intensity workouts 150 minutes per week to get the brain-boosting benefits of regular physical activity.

Social Engagement

It's no secret that we as humans enjoy all types of social interaction. Although meaningful connections look different to every person, it's important to cultivate or maintain relationships that spark your interest. Consider joining a social group with similar interests, volunteering, or maybe set up a weekly get-together with friends and family.

Healthy Diet

What you choose to eat matters for both your body and brain. Inflammation in the body caused by an unhealthy diet can injure neurons and inhibit communication between brain cells. Try to eat plenty of fruits, vegetables, avoid sugar, and cook meals with whole foods as much as possible. If you're not sure where to start, join a healthy cooking club in your area for a host of wellbeing benefits.

Mental Stimulation

Keeping your brain active is a great way to stay engaged, have fun, and increase mental stimulation at any age. Although puzzles are one of the better-known ways to increase mental stimulation, studies have found that there are many other ways to do so, from baking and gardening to word games or a hearty discussion about current events. Find your next passion or hobby, and know that your body and mind can both benefit.

Quality Sleep

Those who love a good night's sleep will be pleased to know that hitting the hay is a great way to prevent Alzheimer's dis

ease. Amyloid proteins accumulate in your brain throughout the day, and while sleeping, our brains do an amazing job of clearing out the excess proteins. Without quality sleep, a buildup of amyloid proteins can occur. This buildup creates plaque in the brain tissue, which can lead to Alzheimer's. Remember not to overlook the importance of sleep. Your body is hard at work while you are getting some shut-eye.

Reduce Stress

A recent study found that 72 percent of Alzheimer's patients have experienced emotional stress during the two years preceding the diagnosis. Bereavement and financial problems can be a common and understandable source of stress in the elderly. Although certain types of stress can be unavoidable at times, try incorporating healthy coping mechanisms like regular exercise and meditation, which can help reduce stress-induced cortisol and inflammation.

Society for Manitobans with Disabilities

SMD Saving Circle SAVE FOR SOMETHING YOU NEED!

The Saving Circle helps eligible low-income individuals and families save for needed assets. In 6 months, you can save up to \$250.00 for an approved goal and for every \$1.00 you save the Saving Circle will match it with \$3.00.

That means you can save up to \$1,000!

Once approved into the program there will be a 10 week class with on-going supports to help you set your goals and keep on track. These include:

- Lining up your life goals and money goals
- How to create a budget that works based on your goals!
- Dealing with credit, savings, and problem solving

Applications Accepted NOW – Class starts in November, 2018

Generously Supported by:



Presented by:

SMD Self Help Clearinghouse
Winnipeg, MB. R3A 1M5
204-825 Sherbrook St.
Call: 204-975-3103

What is a Certified Hand Therapist and Why Should I See One?

Scenario 1: John has been using a cane for many years. Recently, he has noticed a tender lump in his palm near the middle finger which makes it uncomfortable to put weight through his hand while using his cane. He also notices that the middle finger will click when he bends his fingers around the handle of his cane. Both of these new symptoms are making it difficult for him to get around using his cane.

Scenario 2: Jane's mobility has been declining over time. She now requires a 2-wheeled walker to get around. Within weeks of starting to use the walker, she notices that the pinky and ring fingers of both hands are bothered by numbness and tingling. In addition, she feels that her hands have become weaker and she feels "clumsy" when attempting fine motor tasks such as opening packages and using nail clippers.

Which of these individuals should see a Certified Hand Therapist? The answer is both! John has developed a trigger finger. Jane has developed Guyon's Canal Syndrome (also known as Crutch Palsy). Both conditions are common in individuals who place prolonged pressure through the palms on crutch, cane or walker handles.

What is a Certified Hand Therapist? "A Certified Hand Therapist (CHT) is an occupational or physical therapist who has a minimum of five years of clinical experience, including 4,000 hours or more in direct practice in hand therapy. In addition, the Certified Hand Therapist has successfully passed a comprehensive test of advanced clinical skills and theory in upper quarter rehabilitation. Because of changes in the profession, every CHT is required to demonstrate continued professional development and competency by recertifying every five years." (Source: Hand Therapist Certification Commission). Visit www.htcc.org/home to learn more or to find a Certified Hand Therapist near you. There are currently less than ten Certified Hand Therapists practicing in Manitoba.

What could a Certified Hand Therapist do to Help patients like John and Jane? A Certified Hand Therapist would take a thorough patient history and complete a detailed clinical assessment. Each patient would be provided with an accurate diagnosis and individualized treatment plan. If suitable, a custom thermoplastic splint would be fabricated by the Certified Hand Therapist. The therapist may also suggest modifications, such as padding, to the handle of any mobility aides. Patients like John and Jane may also benefit from treatments such as paraffin wax, therapeutic ultrasound and acupuncture to help alleviate their symptoms. The Certified Hand Therapist would liaise with the family physician of each patient if further management such as diagnostic imaging, electrodiagnostic testing, steroid injection or surgical management is required.

Submitted by:

Krista Paulson, BMR-PT, BSc, MSc, Acupuncture Provider
Physiotherapist, Certified Hand Therapist

Krista is co-owner of EastCity Physiotherapy: A Hand to Shoulder Clinic, in St. Vital. eastcityphysio.ca

Golden retriever cross 'gives me reason to live' says Winnipeg living with post-polio syndrome

Excerpt Donna Carreiro • CBC News • Posted: Oct 26, 2017 5:00 AM CT

A Winnipeg woman's post-polio syndrome robbed her of her strength, her independence and her mobility, but a service dog named Kerry — one of the first in Canada to help polio survivors — is giving some of it back to her. "She's given me freedom. She expands my life by getting me out," said Marilyn McWilliams, 76. "She walks right beside me and I know she can help me if I'm in trouble."

Kerry is one of just a handful of dogs trained as a companion for those living with post-polio syndrome.

Today, the virus has been all but eradicated. "We're almost there, but we can't stop immunizing until all the cases are gone," said Dr. Greg Hammond, a Winnipeg infectious disease specialist and Rotary Club member. "Vaccines work if they're used, but if they're not used, they won't work. [Polio] could spread again and it could spread to become where it was in the past."

Marilyn McWilliams makes certain Kerry gets plenty of 'play time' and love. (CBC/John Einerson)



Compulsory Vaccination Resolution Defeated at MSBA CONVENTION

Dr. L. Ross, Ph.D is a psychologist, and is an Associate Professor and Chairperson Department of Psychology, Brandon University and is currently the Chair of the Board of Trustees of the Brandon School Division.

The following is the background regarding a defeated compulsory vaccination resolution that was presented by Dr. Ross and defeated again this spring (2018) at the Manitoba School Board Association Convention):

In 2016 I brought forward to the Board of Trustees of the Brandon School Division a proposed resolution, mandating vaccination for school children, for the MSBA (Manitoba School Boards Association) Convention in 2016. This resolution was supported by the Brandon Board and proceeded to the MSBA Convention of 2016. The notion that vaccination of school children should be mandated, with exemptions "*allowed for medical reasons (i.e., prior immunity or medical contraindication)*" appeared more than reasonable to me and to the Board of Trustees of the Brandon School Division. This resolution is attached below (Resolution 2016). (Please note that the resolutions have not been attached. C Currie) Nevertheless this resolution was soundly defeated at the 2016 MSBA convention.

As the numbers of unvaccinated children continued to rise, in 2018 I once again brought a proposed resolution to the Board of Trustees of the Brandon School Division, mandating vaccination for school children. This resolution is attached below (Resolution 2018). This 2018 resolution included additional information that made a strong case for vaccination. The Brandon School Division Board of Trustees supported the resolution, and it proceeded to the MSBA convention of 2018. Prior to the convention, the resolution generated considerable media interest, and I communicated with numerous media sources. This interest made me hopeful that this second, stronger resolution, with additional information provided, would be supported on the floor of the convention. Alas, I was sadly mistaken. The resolution was again clearly defeated. The vote was not counted, as is the case unless a show of hands by voting delegates indicates that the vote is very close. This did not happen in this instance.

Objection to the resolution was primarily based on the argument that this was a matter of parental choice, and not something to be addressed by a legislated mandate. I continue to believe that this is a very important public health issue, and I am alarmed when I read of increasing instances of diseases, and increasing choice by parents not to vaccinate their children. Edmonton pediatrician Raphael Sharon says it extremely well: "Vaccination is a moral and social obligation on all of us so that we can protect those who can't".

SMD Clearinghouse Meeting June 14th, 2018

SMD Clearinghouse has regular meeting with the organizations that are part of the Clearinghouse. Post Polio Network (MB) Inc., is one of the organizations that are a member of the Clearinghouse. From the meeting minutes, the following was presented by C. Currie.

Post Polio Network (MB) Inc is a non-profit charitable organization. The Network serves as a support group and information centre for polio survivors throughout Manitoba. We provide awareness, communication and education between the membership and the community; provide information about research and treatment of Post Polio Syndrome; PPN represents the interests and concerns of persons with post polio syndrome. Our members are Polio survivors, and their families and their supporters.

One of our biggest issues at present is vaccinations. This issue was brought to the fore front due to the Manitoba School Board Trustees overwhelmingly rejecting a proposal to make vaccinations compulsory in our public schools. Although Polio is not an issue presently in Canada, it is in some third world countries. It is possible to have an outbreak anywhere including Canada. As a result we are advocating on behalf of vaccinations.

Other issues include getting volunteers to assist in the running of the organization (our organization's members are older with health and mobility issues and are not able to volunteer); and recruitment of members. We are trying to become more visible, especially with new immigrants to Manitoba, our Pilipino community, East Indian Community and our Aboriginal community. We are part of the Manitoba March of Dimes Canada Committee and we hope that this will assist us in reaching people. For many years PPN has not been associated in any way with Polio Canada; but, we are working on a mutually beneficial arrangement with each party aware of the others expectations. Polio Canada was more central Canada in past; but, is becoming a more national organization.

MEASLES OUTBREAK

From August 20. 2018 Canadian Press

The World Health Organization says the number of measles cases in Europe jumped sharply during the first six months of 2018 and at least 37 people have died.

The U.N. agency's European office said Monday more than 41,000 measles cases were reported in the region during the first half of the year — more than in all 12-month periods so far this decade.

The previous highest annual total was 23,927 cases in 2017. A year earlier, only 5,273 cases were reported.

Italy has introduced a new law requiring parents to vaccinate their children against measles and nine other childhood diseases. Romania also passed a similar bill, including hefty fines for parents who didn't vaccinate their children.

The U.N. agency on Monday called for better surveillance of the disease and increased immunization rates to prevent measles from becoming endemic.



LUNCH AND LEARN SERIES

Room 203-825 Sherbrook St.

**Bring your own lunch and
learn something new
and exciting!**

More Information to Come!

**RSVP to Angel Prefontaine-Gibson
204-975-3103 or aprefontaine-gibson@smd.mb.ca**

**Tuesday
October 2nd
12:00 – 1:00 pm**

Primary Caregiver Tax Credit

Speaker: Carlene Yachiw from
Manitoba Tax Assistance Office

**Tuesday
November 20th
11:30 – 1:00 pm**

Finance & Food

Speaker: Tim St. Vincent from
Credit Counseling Society

**Tuesday
January 22nd
12:00 – 1:00 pm**

Preparing for your 2018 Tax Return

Speaker: Louise Pryslak
Income Tax Volunteer

Members Page

Upcoming Events

1. September General Meeting

DATE: **September 25th**, 2018

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Independent Living & Self
Managed Health Care

SPEAKER: TBA (from ILRC)

2. October General Meeting

DATE: **October 30th**, 2018

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

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

TOPIC: TBA

SPEAKER: TBA

I know that you have been lying awake at night wondering why baby diapers have brand names such as **"Luvs"**, **"Huggies"**, and **"Pampers"**, while undergarments for old people are called **"Depends"**.



Well here is the low down on the whole thing. When babies crap in their pants, people are still gonna **"Luv'em"**, **"Hug'em"** and **"Pamper'em"**.

When old people crap in their pants, it **"Depends"** on who's in the will! Glad I got that straightened out so you can rest your mind.

VACCINATION SURVEY

What is your opinion regarding vaccinations and should Post Polio Network (Mb) be advocating vaccinating children? Thank you for your opinions.

Do you feel childhood vaccinations should be a "required" health initiative?

Should PPN as a group, support mandatory vaccinations (i.e. Polio and other childhood diseases)?

What would be the most effective means of indicating our opinion?

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

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.