

POLIO



POST

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April 2023

Executive Members 2022/2023

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Newsletter: Cheryl Currie

Newsletter Layout: George Tataryn

Directors: Len Baydack Linda Wilkins

Publicity: Don Lavallee

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

Presidents Report April, 2023

Post Polio Network's President, Wes Hazlitt, has medical issues at this time and is unable to write a report. Cheryl Currie, Past President, has an update in his place.

The members of PPN and the Board of Directors send their thoughts and well wishes to Wes.

This is the first newsletter since Fall of 2022 and the May General Meeting will be our first 'get together' since the November 2022 winter luncheon. Unfortunately, medical issues, illnesses and family concerns were quite hard on the Board of Directors and as a result the Annual General Meeting, the April meeting and the newsletter had to be postponed. During the 'get together' on May 30, there will be a **brief** AGM #36 so that the membership can approve the minutes of the 35th AGM held on March 29th, 2022 and the Financial Report for February 1, 2022 to January 31, 2023. Committees will also provide an update.

Our annual summer celebration luncheon will be held on June 27th. It would be wonderful to see all who can attend.

The Board of Directors have waived PPN membership fees effective April 27th, 2023. Please provide any updates re: addresses, emails etc. by forwarding an updated membership application form (last page).

Would you please consider volunteering to become one of the Directors on the PPN Board as volunteers are needed for various positions? Give us a call at 204 975 3037. Our network can only succeed and continue with strong support from our members. We need HELP!!

Manitoba Health

Excerpt From Manitoba.ca –Health - Public Health

COVID -19 ACTIVITY for Week 15 (April 9 – April 15, 2023)

COVID-19 activity in week 15 was similar to the previous week. The number of reported cases was similar in the last few weeks while the number of COVID-19 associated hospital admissions seemed to decrease. The incidence rate in people aged 80 years and older decreased in the last week. Overall, laboratory detection decreased from the fall of 2022. Older adults continue to have higher risk for COVID-19 infection, associated hospital admissions, and fatalities. Wastewater surveillance data up to April 11 indicated sustained activity of COVID-19 in Winnipeg and Brandon at lower levels compared to the fall of 2022.

As of April 15, in all Manitoba residents, 77.7% have received at least two doses of COVID-19 vaccines. Additionally, 21.1% have received at least one dose of bivalent vaccine.

COVID-19 Testing Advice and Guidance

Testing can help determine if you have COVID-19. This is an important step to help reduce the spread of the virus.

If you have had a previous COVID-19 infection, it is possible to have COVID-19 again. However, it is uncommon to get COVID-19 again within three to six months of your last infection. If it has been less than four months since your last COVID-19 infection and you have symptoms again, testing is not routinely recommended, but you should continue to isolate until you do not have fever and your other symptoms have been improving over the past 24 hours. However, if you are at high risk of severe disease, health care providers may recommend testing regardless of the time since your previous infection. If it has been more than four months since your last COVID-19 infection and you have symptoms again, testing is recommended.

Members Page

Upcoming Events

1. May General Meeting

DATE: **May 30th**, 2023

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:30 p.m. – 2:30 p.m.

TOPIC: Brief AGM and round table.

2. June Luncheon

DATE: **June 27th**, 2023

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 12:30 p.m. – 2:30 p.m.

RSVP; before June 20th, 2023
TELE: 204 975 3037

EMAIL:

www.postpolionetwork.ca

Today's Laughs

1. Pastry chefs know that old age crepes up on you.
2. You know you're getting older when you have a party and the neighbors don't realize it.
3. Why do seagulls fly over the sea? If they flew over the bay, they would be bagels.
4. If my body were a car, I would trade it for a newer model. Every time I cough, sputter, or sneeze, my radiant leaks and my exhaust backfires.
5. How do you keep a bagel from getting away? Put lox on it.
6. What do lawyers wear to court? Lawsuits.

MARCH OF DIMES

Excerpt from: www.marchofdimes.ca/en-ca/programs/afterstroke

There are more than 89,000 new strokes in Canada each year – about one every six minutes – but better and faster treatment means there are more stroke survivors than ever before.

How they can help: Their After Stroke program is a personalized recovery program that helps survivors and their families move forward after a stroke.

The effects of stroke vary from person to person. A stroke may cause problems with speaking, understanding and moving around. It can affect a person's mental health and make them feel isolated. It can also affect family, friends and others around the stroke survivor and their relationships with them.

Their After Stroke coordinators work one-on-one with stroke survivors and their families to connect them with:

a personalized recovery plan,
resources in their community,
and a network of support to help navigate the journey ahead.

Passages

PPN would like to extend their sympathies to families and friends of our members who have recently passed away.

Fern Massey, Joe Smithson, Isabelle Wishart, and Butch Buechler will be in our thoughts.

Their vision is for a world where stroke survivors and their families can recover and live active, healthy and connected lives. We believe everyone deserves to live the best life they can after stroke – and they are here to help make it possible. Find out more about their national After Stroke program at www.afterstroke.ca.

Bill & Melinda Gates Foundation

Excerpt from website: www.gatesfoundation.org

Their Goal: To urgently reach children, adolescents, and adults in lower-income countries with the vaccines they need to live a life free from vaccine-preventable diseases.

The Immunization team applies new perspectives to immunization challenges and funds solutions to improve the delivery of high-quality, affordable vaccines for more equitable coverage. They focus on reaching the most vulnerable children as well as adolescents and adults. They partner with countries, multilateral organizations, the private sector, and civil society organizations to support vaccine introductions that help reach national immunization goals. They particularly focus on high-impact efforts, including HPV vaccine introductions and measles campaigns. The work contributes to Immunization Agenda 2030, a vision and commitment by the global community and countries to extend the full benefits of immunization to all by 2030.

- ◆ Vaccines are among the most effective and cost-effective health tools, saving between 3.5 million and 5 million lives each year.
- ◆ The world has made impressive strides against vaccine-preventable diseases, including eradicating smallpox and dramatically reducing the number of people afflicted by **polio**, pneumonia, and measles.
- ◆ The COVID-19 pandemic has caused major disruptions to routine immunization programs and basic health services, resulting in significantly lower immunization coverage. In 2021, 25 million children missed one or more of their basic vaccines, and 18 million did not receive a single basic vaccine.
- ◆ They support efforts to bring life-saving vaccines to places with some of the highest rates of unimmunized children. These include vaccines against pneumonia, rotavirus, **polio**, measles, and cholera.
- ◆ As part of Gavi, the Vaccine Alliance, they work with country governments, nongovernmental organizations, the World Health Organization (WHO), UNICEF, and a wide range of other local, national, and global partners to provide new and underused vaccines to millions of people in lower-income countries.



Celebration Luncheon

DATE: *Tuesday, June 27th, 2023*

TIME: *12:00 p.m. - 2:30 p.m.*

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

Come and join us to celebrate summer and friendships.

FREE for MEMBERS; \$10.00 for GUESTS

RRSP by June 20, 2023 EMAIL: postpolionetwork@gmail.com or

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

Name: _____

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

Please list any allergies:



Late Effects of Polio for Polio Survivors

Excerpt from Post Polio Health International Home Page (<https://post-polio.org/education>)

Do you know that there are 11-15 million other individuals who had polio living in the world today?

Although some people think "polio does not exist anymore," even now the poliovirus is causing poliomyelitis in under-vaccinated children. You may live in a country that is still trying to eradicate the poliovirus and where there are barriers to education, employment and healthcare for survivors. Or, you may live where cases of acute polio no longer occur, but where you have to challenge the status quo that excludes people with disabilities from full participation in life. In either case, for you, polio still exists.

There are long-term physical consequences to having had poliomyelitis. New symptoms recognized by the medical community that may relate to prior polio include: unaccustomed fatigue – either rapid muscle tiring or feeling of total body exhaustion; new weakness in muscles, both those originally affected and those seemingly unaffected; pain in muscles and/or joints; sleeping problems; breathing or swallowing problems; and/or decreased ability to tolerate cold temperatures. Any combination of the symptoms may affect your ability to conduct customary daily activities such as climbing stairs, walking, lifting, etc.

Recommended Actions. Obtain a complete general medical evaluation from your primary care physician. Any medical problems found in the evaluation should be treated and monitored. **If your symptoms persist, seek a neuromuscular examination** from a specialist in post-polio problems, typically a physical medicine and rehabilitation specialist (physiatrist) or a neurologist. The purpose of this examination is to determine what the problem is and to establish a baseline from which to judge future changes, to evaluate and update your mobility aids and/or your ventilatory equipment, and to develop an individualized management plan. **Do not attempt to diagnose yourself.** Post-polio syndrome is a diagnosis of exclusion and it is important to rule out (or treat) conditions with similar symptoms that may be causing distress. Although research has not yet identified a medication that stops or delays the weakening of muscles, the symptoms can be managed. **Seek medical advice** and use recommended mobility aids and ventilatory equipment. **Listen to your body** and follow common sense guidelines that include avoiding activities that cause pain and/or fatigue that lasts more than ten minutes. **Pace yourself in your daily activities**, routinely stopping to rest for 15 to 30 minutes several times a day. **Consider joining a support group** that encourages group participation and positive action, or consider seeking individual and/or family counseling to assist in making needed lifestyle changes. **Maintaining health is essential for those with a compromised neuromuscular system.** Heed general advice about eating well, getting the proper amount of sleep, avoiding unhealthy habits such as smoking and overeating, and exercising appropriately. Many symptoms result from the overuse and misuse of muscles and joints. Carefully consider which muscles to exercise and how often. **Educate yourself and your loved ones** about post-polio problems and treatment approaches. Cultivate a team of traditional and, when appropriate, complementary health professionals, collaborating with them as you strive for health and independence.

MANITOBA 55+ GAMES

Manitoba 55+ Games are celebrating 40 years. Active Aging in Manitoba is proud to host the largest multi-sport event in Manitoba for those 55+. This multi-sport event combines social activity, entertainment, and exercise. The Games are a fun and enriching experience for spectators, volunteers, and participants. This year the games will be held in Portage la Prairie: June 20- 22, 2023 (in-person) Virtual Games: June 23 - July 21, 2023

Over three days there will be dozens of events, from pickleball to arts and crafts. Interested in learning more about our games? Here's a list of the activities (which may vary slightly from year to year): Swimming, 5 Pin Bowling, Carpet Bowling, Predicted Walk/Run, Slo-pitch Softball, Horseshoes, Floor Shuffleboard, Brain Games, Arts & Crafts, Track, Snooker, Golf, Floor Curling and Pickleball.

TO REGISTER:

- 1) Visit our website: www.activeagingmb.ca
- 2) Click on Events in the top menu bar, then click 55+ GAMES Registration
- 3) Complete the registration page prompts

If you have any questions about registration please contact the games office:

Phone: 204-261-9257

Email: manitoba55plusgames@gmail.com

GREY CUP POOL TICKET WINNERS

Congratulations to the winners of PPN's Grey Cup Pool, November 2022. Thank you for donating and helping PPN to fund raise. Winners included Vonda Cranswick, James Pattyn, Doris Benson, Beth McFee, Tammy Oneschuk, Dawn Macaulay, Don Benson, Darryll Sum, Hugh Lawrence, Scott Hazlitt, Gail Hazlitt, Val Gardiner, Diedre Darbell, Darrell Scheirich, Darlene Gagne, and Peggy Thomas.

This was quite possibly our last Grey Cup Pool. Doug Mihalyk has been the driving force in making this a very successful fund raiser for over ten years. Doug has expressed his enjoyment meeting and working with PPN members over the years. PPN thanks Doug for his hard work.

Membership Application Form



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, 825 Sherbrook St., Wpg. 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.