

POLIO



POST

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

Presidents Report February, 2020

Belated Happy New Year to all! Welcome to Post Polio Network's first newsletter for 2020. The PPN would like to give thanks to all of our supporters last year; our members, donors and friends of the network; a special mention to the Hugh & Margaret Campbell Fund for their continuing support.

As Post Polio survivors most of us are finding that some of our daily activities are become more and more problematic for us. There is good news on the horizon; organizations are recognizing the growing needs of persons with disabilities and the senior citizen.

- **MoDC's DesignAbility** Program in partnership with the UManitoba Rehab Sciences offers custom-built solutions and modifications to the everyday challenges that can be faced by people living with mobility issues.

-**Makers Making Change** is a program that connects people with disabilities to volunteer makers who build assistive technologies in a customized and affordable way. This is a great opportunity for people with disabilities to be able to access assistive technology. (Presentation at PPN April General Meeting)

-**The Society for Manitobans with Disabilities** is presently building a new app, known as Envoy that will help Manitobans find contract workers for services like respite support, elder care, childcare, and more.

Our last gathering was the Winter Celebration Luncheon held in November 2019. Everyone seemed to enjoy their meal and the camaraderie; to those that won the door prizes, congratulations. Our next meeting is PPN's Annual General Meeting which will be held at the Caboto Centre on March 31st. Hope to see you there.

On a personal note, I will be retiring as President of the Post Polio Network's Board of Directors after the PPN's Annual General Meeting. But, I will still be part of PPN's Board of Directors as the Past President. Much thanks to all the support that I have received from the Board of Directors and the members of the PPN over the past many years. It has been a great experience!!

Please note that the Post Polio Network relies on its members for support and if you haven't renewed your membership for 2020, please do so.

OUR PARENTS DIDN'T HAVE A CHOICE...

The following OPEd was forwarded to CBC television network for publication on their website:

Today, the majority of people receive their news using “Social Media” and not traditional media sources. Unfortunately, this has led to a lot of false information and misinformed groups such as the “Anti-Vaxers”. Although concerns regarding vaccinations, i.e. causing Autism have been debunked by science and medical specialists, people who do not believe in vaccinations are refusing to vaccinate their children leaving them open to major communicable diseases that can have lifetime repercussions .

We, as Polio survivors, live every day with a multitude of issues that are enveloped in a diagnosis of Post Polio Syndrome (PPS). Those fortunate ones are able to maintain mobility with or without crutches and walkers; but, others are confined to wheelchairs. Many of us spent months in hospitals, some living in “iron lungs” and being treated with measures that were unproven in hopes to helping us return to our homes and families.

The first Poliomyelitis vaccine was developed in the mid 1950's; but, not in time to prevent a major outbreak in Winnipeg and Manitoba. The first major outbreak in Manitoba occurred in 1928 and the last major outbreak occurred in 1953.

In total the number of reported cases during that time period was over 5500. To put in perspective, the population of Winnipeg in 1953 was 234,000 and over 2000 cases of polio were reported in Winnipeg alone. The numbers are shocking and show how an unvaccinated community can be ravaged by a communicable disease.

Many provinces in Canada are now legislating to have compulsory vaccinations for school-aged children. Manitoba has not. In 2019, at their annual general meeting, Manitoba School Board's trustees voted unanimously to defeat a motion to have vaccinations compulsory.

No child, adult should have to live with the threat of a lifetime with a disability (or death) due to the lack of a vaccination.

We implore everyone to ensure that your children and you are safe---GET VACCINATED.

FROM: The Post Polio Network (Manitoba) Inc.; 825 Sherbrook St., Winnipeg, MB; R3A 1M5

EMAIL: postpolionetwork@gmail.com

Website: www.postpolionetwork.ca

AGAIN Once Again: DRIVING SAFELY IN THE WINTER

There are a lot of tips on how to be safe while driving in the winter. Here are the top 10 tips we liked from Manitoba Public Insurance, CAA and the Canada Safety Council.

Tip #1 – Make sure your vehicle has been winterized. Have your vehicle serviced regularly, winter scraper/brush, pack extra blankets, keep some snacks and water in the trunk, have a charged cell phone and have a First Aid kit available

Tip #2 – Watch your speed and driving habits. Roads are more slippery at -1 deg. C. than what they are at -18 deg. C. When & where the snow is blowing around, you may encounter black ice

Tip #3 – Be mindful of reduced visibility.

Tip #4 – Learn how to control skidding. According to canadasafetycouncil.org, you need to turn into the skid and accelerate. Doing this will transfer the weight from the front to the rear of the mobility vehicle and often helps in regaining control.

Tip #5 – No Cruise Control or Overdrive In Bad Weather

Tip #6 – Give Yourself Enough Time

Tip #7 – Protect Your Eyes So You Can See. On a clear day, the sun can reflect off of the snow

Tip #8 – Brake Normally. ABS is there to help you maintain control and prevent you from sliding around.

Tip #9 – Pay Attention. Snow makes it more difficult to make last second manoeuvres

WEAR YOUR SEATBELT!

Members Page

Upcoming Events

1. PPN 33rd Annual General Meeting

DATE: **March 31st**, 2020

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

TOPIC: Round Table discussion to follow meeting

2. April PPN General Meeting

DATE: **April 28th**, 2020

LOCATION: Caboto Centre
1055 Wilkes Ave; WPG

TIME: 1:00 p.m. – 2:30 p.m.

SPEAKER: Ms. Suzanne Winterflood,
Winnipeg Regional Coordinator of
Makers Making Change

TOPIC: Presentation re: Makers
Making Change.

This is a program that connects people with disabilities to volunteer makers who build assistive technologies in a customized affordable way.

Things Money Can't Buy

Manners, Morals, Respect,
Character, Common Sense,
Trust, Patience, Class, Integrity,
and LOVE

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

HUMOUR on AGING



1. “My memory is gone Mildred, so I changed my password to “Incorrect.” That way when I log in with the wrong password, the computer will tell me... “Your password is incorrect.”
2. “C’mon Ma you have got to try it” I pleaded to my elderly Mother. I don’t know how my Mother lasted this long without ever using the internet, but enough was enough! I thought. “Ok” she said reluctantly settling down by the computer and slowly putting on her reading glasses “what do I do now?” “Now I’m going to open the home page of google”, I explained. “OK here it is! Now type in ANY question you want into the bar over here and you will find an answer to your question.” I confidently assured her. My Mother looked at me warily, thought for a second, and slowly began to type, How is Gertrude doing this morning?
3. One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. “You look great John, how do you stay looking so young? Why you must be 60 already but you don’t look a day over 40!” Rob exclaimed. “I feel like I’m 40 too!” replied John. “That’s incredible” exclaimed Rob, “Does it run in the family? How old was your dad when he passed?” “Did I say he was dead?” asked John. “He’s 81 and is more active then ever. He just joined the neighborhood basketball team!” responded John. “Whoa! Well how old was your Grandfather when he died?” “Did I say he died” asked John. Rob was amazed. “He just had his 105th birthday and plays golf and goes swimming each day! He’s actually getting married this week!” “Getting married?!” Rob asked. If he’s 105, why on earth does he want to get married?! John looked at Rob and replied, “Did I say he wanted to?”

THRIVE WELLNESS EXPO

Date: April 18, 2020

Time: 10 AM – 4 PM.

Location: Soul Sanctuary 2020 Chevrier Blvd., Wpg

The fair will provide people living with Parkinson’s disease - as well as other physical and/or neurological challenges (including those which occur with natural aging) - opportunities to learn about services, products, activities, groups, agencies, etc. related to **living well with various conditions and with aging.**

More information about THRIVE:

EMAIL: Donna Greening at donna.greening@parkinson.ca

Website: <https://www.parkinson.ca/event/thrivewellnessexpo/>

TELE: 1-800-565-3000 ext 3440

BOOK REVIEW

Traveling without a Spare

by Dr. Wenzel A. Leff

Decades after recovering from polio, many aging Americans are grappling with an emergence of new pain, weakness, and fatigue. This unforeseen symphony of symptoms is a central fact of many polio survivors' lives. Wenzel A. Leff, MD, explains how polio's initial attack depleted the body's neuromuscular reserves, so that when former polio patients begin to lose cells to the natural process of aging, they find they are truly "traveling without a spare." In *Traveling Without A Spare: A Survivor's Guide to Navigating the Post-Polio Journey*, the author draws from his own polio experience and his forty-plus-year career in Internal Medicine, to provide polio survivors – and their families, caregivers, and healthcare team – a clearer understanding of the stages and complexities of polio. This informative book will help survivors evaluate their own bodies and condition, and empower them to make the most of their remaining strength and mobility.

Book can be purchased at amazon.com or ask your local bookstore to order

STRANGE BUT TRUE

Excerpts from TIDBITS of Grand Forks, May 2018 Issue 1067

- Those who study such things say that a typical newspaper contains just 30 percent editorial content – 70 percent of the paper is taken up by advertising.
- Thomas Jefferson was an inventor as well as a statesman, but he refused to takeout patents on any of his ideas. He believed that inventions should benefit all of humanity, not just himself.
- The last country in the world to get telephones was the South Asian nation of Bhutan, and both television and the Internet were banned there until 1999. Incidentally, Bhutan is the only nation in the world in which the well-being of the citizens is so important the government measures the country's Gross National Happiness.
- The Beatles was not the first band in which John Lennon played. Those previous groups didn't work out; though, in fact, at one point Lennon broke a washboard over a bandmate's head during a dispute. After the Beatles' success, Lennon apologized in style: He bought the guy a supermarket.
- In Germany, Rice Krispies doesn't say "Snap, Crackle & Pop"; they say "Knisper, Knasper, Knusper".

GREY CUP POOL WINNERS

Thank you to all the persons who support our fundraising by donating to our Grey Cup Pool ticket sales. In no particular order the following were the winners:

D. Hazlitt,

N. Boyd.

A. Walcott,

R. Bremaud,

J. Evans,

L Richaud,

S. Vincent

R. Kabernick,

M. Sanford,

C. Dreilich,

M. Waldron,

S. Burton,

E. Sanders,

M. Klapprat,

N. Hackewich,

W. Berezowski,

EVOLVE COLLEGE OF MASSAGE THERAPY

The Evolve College of Massage Therapy (ECMT) is expanding their specialized student massage clinic for people living with chronic/autoimmune conditions. It is a wonderful, supervised program that allows people to use massage therapy as part of their wellness plan and to do so at a reduced rate of \$30/1-hour massage!

If you would like more information, please contact Nikki Spence, the ECMT Director at:

EMAIL: director@evolvecollege.ca

TELE: 204.772.8999

INTUBATION and POST-POLIO

Excerpts from POST-POLIO HEALTH, Fall 2019, Volume 35, Number 4

Dysphagia (difficulty swallowing) can become a worsening issue if intubation is required to improve oxygen saturation. This is more of a caution for post-polio sufferers whose swallowing ability is impaired and which can be worsened if they are subjected to intubation for treatment of pulmonary edema or general anaesthesia during operations, pneumonia, or other such hospitalizations. After intubation it is common for dysphasia to be exacerbated by intubation, but it usually clears up after a few months. If there is a concern regarding aspiration after swallowing; a modified barium swallow test or fiber optic evaluation of swallowing (FEES) test can definitely show aspiration on swallowing or not. When aspiration is severe, the risk of pneumonia is great.

Those with post-polio can develop pulmonary edema because they are hypoventilating during sleep. Carbon dioxide retention during sleep can lead to pulmonary edema with or without other heart disease. If there is any history of morning headache, daytime drowsiness and/or fatigue, sleep study evaluations are indicated.

There are articles that can be given to a physician of a post-polio patient who has developed severe enough pulmonary edema to consider intubation treatment i.e. *Postgraduate Medical journal, 2005; 881: 637-643.*

Community Volunteer Income Tax Program FREE 2019 TAX CLINIC

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. Clinic takes place at SMD 204 – 825 Sherbrook St., Winnipeg during March and April 2020

For any questions about eligibility or to arrange an appointment, please contact:

Angel Prefontaine-Gibson at 204-975-3103

or email aprefontaine-gibson@smd.mb.ca

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 for donations over \$10.00.)

Total \$ _____

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

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.