

# POLIO



# POST

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## **Presidents Report February, 2024**

When Wes became sick, I stepped in for him. In August when Wes died and our secretary and newsletter editor, Cheryl was very ill, in and out of the hospital for most of the year, we had a very difficult decision to make. Our future as an organization looked very bleak. In September we met as an executive and seriously talk about it coming to an end. However, we all decided to carry on with the help of Doug and Linda as interim secretaries until December. Fortunately our vice-president Don took over all the duties that I could not do as president. I thank them all for this. In the meantime, Cheryl got better and was able to put out a newsletter again. Cheryl is still on the mend and I value her dedication to our group. At this AGM, March of 2024, we will be electing a new executive as all the positions are up for renewal. We do hope you will join us as it has been a long-time since we met as a group. Best wishes for a happy, healthy and safe New Year. With warmest regards.

Dolores Horobetz

# IS ANTIBIOTIC RESISTANCE MORE FRIGHTENING THAN COVID?

*With permission from © 2023, Post-Polio Syndrome Advocacy Group, Hosted By The Rotary Disability Advisers Group*

Antibiotic resistance is a serious global health threat that could be even more frightening than COVID-19. Antibiotics are a vital tool for treating infections, but they are becoming less effective as bacteria develop resistance to them. This means that infections that were once easily treatable are now becoming more difficult to cure.

In some cases, antibiotic resistance can be fatal. For example, people with tuberculosis who are infected with drug-resistant strains of the bacteria have a much higher risk of death than those who are infected with drug-sensitive strains.

The World Health Organization (WHO) has warned that antibiotic resistance is a "global health crisis" that could lead to a "post-antibiotic era" in which common infections are once again deadly. The WHO estimates that antibiotic resistance already causes 700,000 deaths each year, and that number is expected to rise to 10 million by 2050.

COVID-19 is a new and deadly virus that has caused a great deal of suffering and death. However, it is a virus that can be controlled with vaccines and other measures. Antibiotic resistance, on the other hand, is a more insidious threat that is difficult to control.

There are a number of factors that are contributing to the rise of antibiotic resistance, including:

- **Overuse of antibiotics:** Antibiotics are often prescribed for conditions that do not require them, such as colds and flu. This can lead to the development of resistance in bacteria that are not actually causing the illness.
- **Inappropriate use of antibiotics:** Antibiotics are sometimes used incorrectly, such as not taking the full course of medication or stopping treatment when symptoms improve. This can also lead to the development of resistance.
- **Poor sanitation:** Poor sanitation can allow bacteria to spread and develop resistance.

There are a number of things that can be done to address the threat of antibiotic resistance, including:

- **More judicious use of antibiotics:** Doctors need to be more careful about prescribing antibiotics, and patients need to be more aware of the risks of overuse.
- **Development of new antibiotics:** New antibiotics are needed to replace those that are becoming less effective.
- **Improved sanitation:** Poor sanitation needs to be addressed to reduce the spread of bacteria.

Antibiotic resistance is a serious threat to global health, but it is a threat that can be addressed. By taking steps to reduce the overuse of antibiotics and develop new antibiotics, we can help to prevent a post-antibiotic era.

Source: World Health Organisation August 2023 Briefing

## New Health Plans for Seniors in Manitoba

### 1. Canadian Dental Care Plan

The Canadian Government has a new Dental Care Plan. Canadian residents who are enrolled in the CDCP will be able to start seeing an oral health provider as early as May 2024, starting with seniors. In order to enrol one must have an access code. A letter will be forwarded to those that are eligible when they can apply for these benefits. If you do not receive a letter then you can contact the Canadian Dental Call Centre at 1 833 537 4342.

Coverage can include:

- preventive services, including scaling (cleaning), polishing, sealants, and fluoride
- diagnostic services, including examinations and x-rays
- restorative services, including fillings
- endodontic services, including root canal treatments
- prosthodontic services, including complete and partial removable dentures
- periodontal services, including deep scaling
- oral surgery services, including extractions

To qualify for the Canadian Dental Care Plan (CDCP), you must meet all the eligibility criteria. If you have a spouse or common-law partner, you both need to meet the eligibility criteria to be able to qualify for the CDCP. Eligible Canadian residents are those with an annual adjusted family net income of less than \$90,000; do not have access to dental insurance; be a Canadian resident for tax purposes and have filed a tax return the previous year.

Starting in mid-December 2023, letters will be mailed to seniors aged 87 and above who may qualify, followed by those aged 77 to 86 in January 2024, then those aged 72 to 76 in February 2024 and those aged 70 to 71 in March 2024. These letters will include a personalized application code and instructions on how to apply.

Sun Life is the contracted service provider who will manage the Canadian Dental Care Plan (CDCP) on behalf of the Government of Canada. Sun Life will then send you a welcome package, which will include information on the CDCP, your member card, your coverage start date.

## 2. Manitoba Seniors Hearing Aid Program

The Manitoba Seniors Hearing Aid Program provides eligible Manitobans with financial support up to \$2000 towards the purchase of hearing aids.

To qualify for the Manitoba Seniors Hearing Aid Program you must meet all the eligibility criteria. Eligible Manitobans must be a resident of Manitoba; a Canadian citizen or a permanent resident of Canada; be age 65 or over; have a household net income below \$80,000 in the previous year and require hearing aids as prescribed by a certified hearing aid dealer licensed in Manitoba.

Coverage can include: Up to \$2000 towards the purchase of their hearing aid (s), hearing assessment, and fitting of the hearing aid(s) for eligible applicants; if you have private insurance that covers the purchase of hearing aids, you may be eligible through this program as a second payer, (the amount your private insurance covers will be deducted from the maximum \$2000 payable).

You will need the following documents to apply for the Manitoba Seniors Hearing Aid Program:

- a completed Manitoba Seniors Hearing Aid Program Application Form that can be obtained from the Department of Families Phone: (204) 945-5588 Department Seniors/Long Term Care Fax: (204) 948-2143 100-114 Garry St. Winnipeg, MB R3C 4V4 or [manitoba.ca/seniors/hearing\\_aid\\_program.htm](http://manitoba.ca/seniors/hearing_aid_program.htm)

- a 'Proof of Income' statement from Canada Revenue Agency from the previous full tax year (If you are married or in a common-law relationship, please ensure both you and your spouse/partner's incomes appear on the Proof of Income statement). For information on how to get a Proof of Income statement call 1-800-267-6999

- a hearing assessment document from a certified hearing aid dealer licensed in Manitoba indicating a degree in hearing loss that requires hearing aids.

To apply, send all three documents by mail or drop them off in person at the following address:

Manitoba Seniors Hearing Aid Program  
Provincial Services  
100 - 114 Garry Street  
Winnipeg, MB R3C 4V4

## Manitoba Possible's Wheelchair Services Program

Excerpt from , Free Press internet site written Jan.2, 2024 by Katie May and with permission from Joy Gardner

**A**DOCCACY in MOTION: Joy Gardner, a Post Polio Network member, has been trying to have changes made to Manitoba Possible's Wheelchair Services Program by lobbying the province for changes to Manitoba Possible's wheelchair services program. This program is funded under the Winnipeg Regional Health Authority via provincial health and families budgets. For months, Joy has been trying to get the program to cover the costs of installing a power lift in her wheelchair. She argues that she and other wheelchair users wouldn't need to rely so heavily on other health-care services if they have the assistive devices they need.

The power lift comes with a hefty price tag, \$3500, and the WRHA's argument has been that it must only provide basic mobility devices through Manitoba Possible's wheelchair program. Add-on devices are considered extras and they are not donated to clients because they are commercially available in Manitoba. However, the program had provided her with a wheelchair nearly 20 years ago with a power lift. . Another issue is that Joy has been advised by Manitoba Possible that they will no longer repair her present chair because they have no more funding

She argued unsuccessfully in the summer before the Manitoba Health appeal board as the board ultimately decided such matters **aren't in its jurisdiction**. She approached her local MLA (Kelvin Goertzen) and received a response in December from Families Minister Nahanni Fontaine stating funding the wheelchair program is a "top priority" and "we are looking into funding options". The letter was signed by Fontaine and copied to Health Minister Uzoma Asdagwara.

Despite letter advocating on her behalf from her family doctor occupational therapists, support from her local MLA and even an acknowledgement from the Manitoba Health appeal board that a "chair power lift will be necessary to continue independent living", Joy has not been able to change things.

However, Joy has not finished fighting and is considering that a human rights complaint "will be the next step

## Elsie MacGill "Queen of the Hurricanes"

**T**he Royal Canadian Mint has recently celebrated the extraordinary life and accomplishments of aeronautic trailblazer Elsie MacGill with uncirculated 2023 \$1 commemorative coins.

All her work and achievements were accomplished even though she **contracted polio** at the age of 24, which stopped was her deep desire to obtain a pilot's certificate.

She was the first Canadian woman to graduate with a degree in electrical engineering, the first woman in North America with an advanced degree in aeronautics, and the world's first woman to become an aircraft designer. She designed, oversaw production and was aboard the test flight of the Maple Leaf Trainer II. She was called "Queen of the Hurricanes" and was pivotal in the production of the Hawker Hurricane in Canada during World War II, and designed a series of modifications including de-icing and skis to equip the plane for cold-weather flying.

She served on aeronautical research and regulatory committees for the National Research Council and the United Nations. An active feminist, MacGill was national president of the Canadian Federation of Business and Professional Women's Clubs (1962–64). She was also a member of the Royal Commission on the Status of Women in Canada (1967–70). During her appointment to the Canadian Royal Commission on the Status of Women, she supported abortion and tax laws that made women responsible for themselves.

## What is Advocacy?

With permission excerpts from: Post-polio Syndrome Advocacy Group August 2023 Newsletter,

**A**dvocacy is the act of supporting or promoting a cause or issue. It can be done on an individual or group level and can take many different forms. Some common types of advocacies include:

- **Case advocacy:** This type of advocacy focuses on helping an individual or family achieve a specific goal, such as getting access to a service or benefit. The advocate may work with the individual or family to identify their needs, develop a plan, and advocate on their behalf with service providers, government agencies, or other decision-makers.
  - **Self-advocacy:** This type of advocacy is when people speak up for themselves and their own rights. It can be done in a variety of settings, such as schools, workplaces, and healthcare facilities. Self-advocates may use a variety of strategies to advocate for themselves, such as writing letters, attending meetings, or testifying before a government agency.
  - **Peer advocacy:** This type of advocacy involves people with similar experiences working together to support each other. Peer advocates can provide emotional support, information, and practical assistance. They can also help each other to advocate for their rights and interests.
  - **Paid independent advocacy:** This type of advocacy is provided by a professional advocate who is not affiliated with any particular organization or agency. Paid independent advocates are trained to help people with disabilities, mental health conditions, or other challenges to advocate for themselves.
  - **Citizen advocacy:** This type of advocacy involves a volunteer working with an individual to help them achieve their goals. The volunteer, known as a citizen advocate, may provide emotional support, companionship, and help with tasks such as accessing services or making decisions.
- Systems advocacy:** This type of advocacy focuses on changing policies or practices that affect a group of people. Systems advocates may work to raise awareness of an issue, lobby decision-makers, or file lawsuits.

These are just a few of the many different types of advocacies. The best type of advocacy for a particular situation will depend on the needs of the individual or group involved.

Advocacy is an important way to ensure that everyone has the opportunity to live a full and meaningful life. It can help people to get the services and supports they need, to have their voices heard, and to make a difference in the world.

*If you are interested in getting involved in advocacy, there are many ways to get started. You can contact a local advocacy organization, volunteer your time, or simply speak up for yourself and others when you see something that is not right. Every voice matters, and together we can make a difference.*

# Members Page

## Upcoming Events

### 1. March Annual General Meeting

DATE: **March 26<sup>th</sup>**, 2024  
LOCATION: Caboto Centre  
1055 Wilkes Ave; WPG  
TIME: 12:00 p.m. – 2:30 p.m.  
TOPIC: Annual General Meeting  
SPEAKER: LIFETIME REPRESENTATIVE  
TELE: 204 975 3037  
EMAIL: [postpoliotionetwork@gmail.com](mailto:postpoliotionetwork@gmail.com)  
\*election of board of directors

### 2. April 30 2024 General Meeting

DATE: **April 30<sup>th</sup>**, 2024  
LOCATION: Caboto Centre  
1055 Wilkes Ave; WPG  
TIME: 12:00 p.m. – 2:30 p.m.  
SPEAKER: Ms Bonnie Hopps  
TELE: 204 975 3037  
EMAIL: [postpoliotionetwork@gmail.com](mailto:postpoliotionetwork@gmail.com)

## INCOME TAX SERVICES

A free tax clinic is a place where eligible people can get their tax returns done for free by volunteers. They are hosted by community organizations across Canada through the Community Volunteer Income Tax Program (CVITP). The CVITP Virtual Tax Clinic is open 10 am-4 pm Monday-Thursday. Call 204-989-1913 to book an appointment over the phone. Visit: <https://cfcstaxes.com> for more information. Or call Toll Free: 1-888-573-2383, or (204) 989-1900. Filing your income tax can assist with getting benefits. Examples of these benefits are: the Manitoba Pharmacare program, the Canadian Dental Care Plan, Manitoba Seniors Hearing Aid Program, Rent Assist and/or Employment and Income Assistance (EIA). FREE tax preparation services is dependent on income and if you have a simple tax situation and low income.

## EFFICIENCY MANITOBA

If you want to save energy at home check Efficiency Manitoba first. Energy efficiency has the expertise and rebates to help save energy, money, and the environment. Efficiency Manitoba is a Crown corporation committed to achieving significant annual energy savings targets by offering cost-effective programs and services to Manitobans. There are income rebate offers for Insulation, Windows and Doors, Appliance Recycling, Heating and Controls and Home Energy Retrofits

Efficiency Manitoba can make it easy and affordable to invest in energy efficiency upgrades. They have a variety of program and rebates that could help you save money and energy. Contact Efficiency Manitoba to see if you qualify for these rebates. If you do qualify it may be possible to finance qualifying upgrades with Manitoba Hydro's Home Energy Efficiency Loan. Financing can be made by monthly payments added to your energy bill.

CONTACT INFORMATION: Tele: 1 844 944 8181 EMAIL: [energyteam@efficiencymb.ca](mailto:energyteam@efficiencymb.ca)

# Members Information/Application 2024



PLEASE ADVISE OF ANY CHANGE OF ADDRESS, TELEPHONE or EMAIL.. THANK YOU

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 MB Inc.  
c/o Manitoba Possible  
Community Inclusion and Support Services  
825 Sherbrook St.  
Winnipeg. 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](http://www.postpolionetwork.ca) or email us at [postpolionetwork@gmail.com](mailto: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.