

POLIO



POST

Polio Post is Published Tri annually

September 2026

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

Presidents Report September, 2026

Hello to all,

I always talk about the weather! We both watch it a lot! I hope everyone had an enjoyable summer with its 'ups & downs' with the strangest weather ever! We enjoyed, & made use of our 3rd floor balcony, facing Northwest, watching incredible, beautiful sunsets, major storms/ wind tunnels that came thru frequently this summer.

We made a trip to Regina for our granddaughter's graduation. It is amazing how fast time flies from their birth to a grade 12 graduation. We try our best to stay healthy, eat well, & get our daily exercise in, by walking & cycling every day, dealing with the aches & pains that come with the lot! We managed a trip to the Zoo with a grandson & two adorable great grandsons. That was a tough one which I, personally, will never try to do again! We walked way too far, just to witness a very lazy day for three sleeping POLAR BEARS sleeping outside! We also made a trip to the new Manitoba Possible building, to pick up the access card from Ashpreet Singh, who works alongside Sam Unrau at Manitoba Possible. He will call us when he has another key to the tiny room they have put aside for our group. It is with sincere condolences, and we are so saddened by the sudden passing of Don LaVallee. He will be missed by his family, close friends and our entire group here at Polio Manitoba. We are looking forward to the upcoming season with all of you. Take care, be safe, & stay healthy. Here is a little poem which you all have probably heard before

Wasn't this us?

A little house with 3 bedrooms

One bathroom and one car on the street

A mower that you had to push

To make the grass look neat!

Carole & Wilf

Pharmaceutical Weight Loss and Nutrition

Polio Australia's Clinical Advisory Group

Unless you've completely avoided media in recent years—a rare feat— it's very likely you will have heard of drugs like Ozempic and Wegovy. These medications belong to a class of drugs known as glucagon like peptide-1 (GLP-1) receptor agonists, or GLP-1 mimickers. They were originally developed to help people with type 2 diabetes manage their blood glucose levels. However, like many medications, GLP-1 agonists have benefits beyond their initial purpose. They have gained widespread attention for their “off label” use in supporting weight loss, particularly for people with a body mass index (BMI) of 30 or more. There are currently four key medications in this class of drugs, all of which require a doctor's prescription and are self administered via subcutaneous injection: Ozempic and Wegovy (semaglutide) Saxenda (liraglutide) Mounjaro (tirzepatide)

Important considerations, while these drugs can seem like miracle solutions for those who have long struggled with their weight, they are not standalone cures. In some users, they have been shown to cause muscle loss alongside fat loss. Long-term behaviour change is key to preventing weight regain after stopping the medication. To avoid issues like constipation, dehydration, and nutrient deficiencies, users should: Drink plenty of water Consume sufficient fibre. Prioritise protein intake at each meal to help preserve muscle mass. If recommended by a health professional consider a daily multivitamin/mineral supplement.

Winnipeg Foundation: Winnipeg's Forever Fund

Excerpt from Winnipeg Foundation website

The Winnipeg Foundation was the major funder for Post Polio Network's past conferences. Thanks to Winnipeg Foundation for assisting in ensuring the success of those conferences.

For more than 105 years, generosity has shaped our story. For generations, caring Winnipeggers like you have helped build Winnipeg's forever fund, creating lasting support for our community today and for generations to come.

Our look is changing, but our promise is not. Our mission, values, and endowment model remain the same. We are still here to inspire generosity and support the well-being of our community, now and forever.

You'll notice our name is now shorter: Winnipeg Foundation. Dropping "The" brings us closer to the city we serve. This is not an organization apart from Winnipeg. It is our city's forever fund.

Our new logo features a ribbon, a symbol of connection, care, and continuity. It reflects how generosity links people, places, and possibilities across Winnipeg.

Thank you for being part of this story. Your trust and generosity help Winnipeg Foundation continue to grow, evolve, and serve our community, here for good, forever.

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1. Why did Grandpa get banned from the zoo?
Because he had a lion's heart.
 2. Why did dad put wheels on grandpa's rocking chair?
Because grandpa wanted to Rock-n-Roll.
 3. Why did grandpa refer to grandma as Insta-gram?
Because she was on his speed dial.

Polio in the World Today

Wild poliovirus remains endemic in only two countries—Afghanistan and Pakistan—with very low overall case numbers globally. (1)

Wild Poliovirus (WPV1): As of mid-2026, the Global Polio Eradication Initiative has reported 19 wild polio cases globally for the year 2026, following 21 cases reported in 2025. (1,2)

Endemic Countries: Afghanistan and Pakistan are the only remaining areas where wild poliovirus transmission has never been interrupted. (1)

Variant Poliovirus (cVDPV): Outbreaks of circulating vaccine-derived polioviruses occur in under-vaccinated populations. For example, Nigeria reported 34 cases of cVDPV2 and 9 cases of cVDPV3 in 2026. (1,2)

Overall Progress: Total wild polio cases have dropped by over 99% since the World Health Organization and global partners launched the eradication campaign in 1988, reducing hundreds of thousands of annual cases down to double digits today. (1,2,3)

Recent reports: Afghanistan: 18 WPV1-positive environmental samples: DR Congo: five cVDPV2 cases: Nigeria: two cVDPV2 cases. (2)

(1) World Health Organization; (2) Global Polio Eradication Initiative: (3) News.un.org

WE’VE MOVED. Our NEW MAILING ADDRESS is:

POST-POLIO NETWORK (MANITOBA) INC.

**Unit 2-1680 Notre Dame Ave,
Winnipeg, MB R3H 1H6**

TO CONTACT PPN :

TELE: 204 975 3037

Email: postpolionetwork@gmail.com

Website: www.postpolionetwork.ca

What is 211?

211 is a free, confidential phone line and online searchable database available 24 hours a day, 7 days a week, 365 days a year. It connects individuals to thousands of government and community-based health and social services available across the province.

Why use 211?

211 Manitoba is a free, confidential 24/7 helpline and online database that connects people to non-emergency community, social, health, and government services across the province. Managed by [United Way Winnipeg](#) in partnership with the government, it offers support in over 150 languages.

What 211 Helps With

- Housing and Homelessness: Finding emergency shelters or housing supports.
- Basic Needs: Locating food banks, clothing, and utility assistance.
- Mental Health & Addictions: Accessing non-clinical counseling and support lines.
- Family & Senior Supports: Child care, parenting programs, and elder assistance.
- Newcomer/Indigenous Services: Culturally relevant resources and newcomer transition aids

How to Access It

- By Phone: Dial 2-1-1 (available 24/7).
- Online: Search the directory at the [211 Manitoba Website](#).

From 211 website

Upcoming Events

September General Meeting

DATE: **September 29th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Healthier Grocery Shopping

SPEAKER: WHRA Public Health
Nutrition

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

October General Meeting

DATE: **October 27th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Alzheimer's Society

Speakers: Jennifer Vincente-Licardo,
Education, Manager

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

November General Meeting

DATE: **November 24th**, 2026

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Social Gathering—**RSVP (Cash
Donations accepted)**

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

Condolences



Our condolences to the families and friends of Don La Vallee on the loss of their loved one. Don was the Vice President of PPN's executive and his presence will be sadly missed and remembered fondly.

END POLIO NOW—A CONCERT FOR A POLIO FREE WORLD

presented by Winnipeg Rotary District 5550

LIVE MUSIC: Haeln & Connor, Eco Choir, Baltimore Road

DATE: OCTOBER 24th, 2026

WHERE: Winnipeg First Unitarian Universalist Church

603 Wellington Cres., Winnipeg

TIME: 7:00 p.m. – 10.00 p.m.

TICKETS: \$40.00

Email: ncosway@mymts.net

For information on Rotary Club: facebook.com/rotaryclubofwinnipeg

ACTIVE LIVING & RESOURCE EXPOS

with Thirty+ Exhibitors and Resource Tables

Fort Gary Mennonite Brethren Church, 1771 Pembina Hwy

DATE: Wednesday, September 22nd

TIME: 10 a.m. – 3 p.m.

THEME: Wills, Estates & POAs

Dakota Community Centre, 1188 Dakota St

DATE: Thursday, October 1st

TIME: 10 a.m. – 3 p.m.

THEME: Fraud & Scam Prevention



Members Information/Application 2026

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
Unit 2-1680 Notre Dame Ave.,
Winnipeg. Mb. R3H 1H6*

For further information please phone 204-975-3037

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 Unit 2-1680 Notre Dame Ave., Wpg. Mb. R3H 1H6 and we will gladly accommodate your request.

Signature

Date