

## PPS's Managing Change May newsletter 2011

### Meetings:

**Lunch:** Gold coin donation

**Convenors:** Shirley Glance & Peter Willcocks

**Dot Joiner:** Peter Willcocks

**Last Meeting:** Milanos Tavern

Tuesday 3rd May April 2011 12.30- 2.30pm

Attendance: 25

**May Guests** Ron Bell- Post Polio Victoria

**June Guests** Jean Magar Team Leader & Dietitian  
Bentleigh Bayside Community Health

**Next Meeting: HAMPTON COMMUNITY CENTRE**  
**TUESDAY 7th June 2011 12.30pm to 2.30pm**

### New Logo

Next time you see Fee give her a big thank you for our new logo, She has also volunteered to layout our Post Polio Directory - it is really good of Fee to help us out, an enormous load has been lifted off Shirley's and my shoulders.

### Post Polio Victoria

Many thanks to Ron and Judith Bell our guests at Malinos Tavern. Ron spoke about the importance of Post Polio Victoria being able to provide active representation and advocacy for the polio community. Post Polio Victoria are there to provide an authoritative voice. Phone Ron on 9725 8943 to discuss putting a little bit more oomph into getting your message across.

### Post Polio Directory

The Post-Polio Directory of contacts and services is nearly completed and ready for printing.

### Join Phone Friends

Phone Peter 9578 5953

### Learn from the web

[www.rotary.org/en/EndPolio/](http://www.rotary.org/en/EndPolio/) [www.polioaustralia.org.au/](http://www.polioaustralia.org.au/) [www.poliotoday.org/](http://www.poliotoday.org/)  
[www.polionetworkvic.asn.au/](http://www.polionetworkvic.asn.au/) [www.post-polio.org/](http://www.post-polio.org/)

### Polio Update 11th May 2011

W.H.O. recorded 145 cases of polio for 2011 (146 for the same period 2010)  
In 2010 there were 1290 recorded polio cases.

## Next Meeting at the Hampton Community Centre 14 Willis Street Hampton (near Hampton Railway Station)

We have chose the Hampton Community Centre for our next meeting. We will be discussing various options for our future meetings.

We have in mind varying the location and day to help many of our members who are not able to attend meetings on a Tuesday. We look forward to discussing your suggestions at our next meeting.

### Soup for lunch

Lunch has become such an enjoyable part of our meetings. Im June at our next meeting we'll be serving delicious gluten free soup and rolls



### Our Guest for June is Jean

Jean Magar is a dietitian and team leader at **The Bentleigh Bayside Community Health Centre. Gardener Road Bentleigh East 9575 5333** also **55A Edward St Sandringham 3191 9598 2808**  
The Bentleigh East Centre provides a wide suite of health services and counselling including diabetes education, hydrotherapy, occupational therapy, physiotherapy, podiatry speech pathology and much more.

Jean will explain how to access the services and discuss health centre options for us throughout the bayside area.

### And now for something a bit different

*Ceramic teaching doll to show treatment for polio 1930-50*



**Bentleigh Sunday Market (Rotary Club of Bentleigh / Moorabbin) Sundays 7am - 12noon**  
**(Opposite Coles supermarket near the Bentleigh Railway Station)**

## **Need help getting to our meetings call Peter 9578 5953**

Carer at our meetings: We all require different levels of assistance, but unfortunately for legal reasons any assistance is undertaken at your own risk. Providing carer help at our meetings is extremely important as it enables us all to get out and about, enjoy our friendships and provide peer support.

## **Mt Eliza Polio Wellness Retreat**

**Polio Australia 28th April - 1st May**

by Aroona Prasad

*Coral, Fran & her daughter Annette, Peter and Aroona attended the wonderfully organised retreat at Mt Eliza Melbourne University Business College extremely comfortable accommodation in beautiful surroundings overlooking the Port Phillip Bay. The theme of the retreat was **Polio Health and Wellness - Body, Mind and Spirit.***

*Dr Stephen de Graaff, rehabilitation specialist, director of pain services at Epworth Rehabilitation looked at the Polio Body and Self-management. I found him precise and clear about our body. The activities on the topic were relevant and we had professional help with our questions.*

*For me the **Healthy Mind** was most interesting and the information given by Dr Andrew Sinclair was helpful and appropriate. Dr Sinclair is the team leader of Psychology and counselling services at Independent Australia and has worked with people living with the late effects of Polio. After his mindful talk and discussion the activities were very helpful and relaxing. They gave us abilities to transfer stress into energy creating inner peace, freedom and inner strength. There were chances to explore our physical, emotional and mental capacities which inspired profound changes within.*

*On the last day, Sunday the inspirational witness from Maureen Anderson was motivational and lifted our spirits. I also found Dr Michael McIntyre, a naturopath very interesting and informative. He explained the different approaches by medical doctors and alternative medicine doctors, not disregarding any methods but working together. He had a great theory that "every body is unique and thus should be treated as such.*

*A big thank to Gillian Thomas, Neil Von Schill, and Mary-ann Liethof Polio Australia. They all worked tirelessly to make us comfortable and get as much as possible from the retreat. It was an excellent 3 days.... cheers Aroona.*

**NEXT MEETING 7th June 12.30 -2.30**

**HAMPTON COMMUNITY CENTRE**

**14 Willis St. Hampton**

**Thank you to Aroona, Fee and Margaret for their help with this newsletter**

## **National Disability & Carer Conference 2011**

- by Margaret Cooper

*The cold, draughty Etihad Stadium conference rooms were used for approximately 1000 people to discuss the pros and cons of the proposed National Disability Insurance Scheme (NDIS). The National Injury Insurance Scheme (NIIS) will be a separate system funded by insurance premiums. Currently both Labor and the Liberal parties support the idea of assisting all Australians to receive disability related support. There is broad agreement between state, territory and federal governments on the principles of an NDIS.*

*The cons are fear of the costs, exclusion of people with ongoing illnesses or episodes of illness such as schizophrenia or AIDS and confusion around responsibility for care of ageing people with disabilities. There is also some concern that people with intellectual disability are specifically mentioned. A better way is to treat people according to what support is needed.*

*The pros are many. There will be services available to people regardless of the cause of their long-term disability. It has been estimated that 360,000 people need high levels of care and equipment. The costs of helping these citizens, and those with lesser disability, can be met, according to the Productivity Commission, by doubling current disability funding to 13 billion or 0.5% of Australia's Gross Domestic Product. Money can also be saved by all funds being controlled by the NDIS Commission. At present money from the Australian and state governments are filtered through various government, council and service provider bureaucracies.*

*There are about four months to refine the proposals. We have to convince all state and federal members of Parliament to vote for it. There is an excellent website [www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au) where people can get more information and even sign their support*

## **Moorfield Rehabilitation Program**

68-72 Atherton Rd Oakleigh 03 9568 0466

*We were delighted to see Ray join us at our May lunch at Milanos Tavern. Ray had a stroke and spent months in Rehab. He attributes his current well being to the help and encouragement that he has received from the Moorfields Rehabilitation Program.*

*The centre provides a wide range of therapy services and programs such as physiotherapy, occupational therapy, social work, strength training, tai chi, relaxation, fall prevention, warm water exercise, health and education.*

*Bayside Polio Group is proudly sponsored by **The Rotary Club of Bentleigh / Moorabbin***

***Caulfield Park Community Bank** 193 Balaclava Rd Caulfield North Returning profits to our community*