

# Knox - Yarra Ranges Polio Support Group



## NEWSLETTER JUNE 2011

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Items for inclusion in newsletter welcome. All sources must be acknowledged. Opinions expressed are not necessarily those of the group. Any medical information should be discussed with qualified practitioners before being considered for use. The group does not necessarily endorse any products or services mentioned herein.

The Department of Human Services financially assists our group.

## NEXT MEETINGS

Our next meeting for the year will be our social night at the Dorset Gardens.

**Dinner will be at 6.30 pm on Tuesday 12<sup>th</sup> July.**

Friends and family are welcome.

Please RSVP to **Dennis** on **9728 3264**

Marlene and Richard won't be joining us. They are travelling across Australia in search of better weather and new adventures with friends. They have so far experienced high winds, high fuel prices and very cold nights. The weather should improve as they progress further north. I will forward on Emails as they come to me to keep you updated. Mid-June has them in Darwin, where the weather is warmer – 27 degrees. Richard reports on a Green Tree frog inhabiting the 1<sup>st</sup> toilet and appearing at inconvenient times.

**Darren Pereira, Orthotist**  
**Saturday 20 August 1.30**  
Mountain District Learning Centre,  
The Avenue, Ferntree Gully

## DIARY DATES FOR 2011

DATE	TOPIC	VENUE
Saturday 19 February	Niagara Therapy (N/A) Business meet instead	Mountain District Learning Centre (MDLC) The Avenue, Ferntree Gully
Tuesday 8 March	Social	FTG Bowling Club
Saturday 19 March	Niagara Therapy	MDLC
Saturday 26 March	Festival Stall	Mooroolbark
Saturday 16 April	Accessible Gardening	MDLC
28 April-1 May	Wellness Retreat	Mt. Eliza
Sat 14 – Sun 15 May	Group Weekend away -	Mornington Peninsula
Saturday 18 June	Polio Australia – speaker Mary-ann Liethoff	MDLC
Tuesday 12 July	Social	Dorset Gardens
Saturday 20 August	Orthotics – speaker Darren Pereira	MDLC
Tuesday 13 September	Social	Kilsyth Club
Saturday 22 October	POLIO DAY	Ballarat
Sunday 13 November	Social – breakfast	TBA
Saturday 3 December	Christmas Break-up	TBA



## LAST MEETINGS

Since our last newsletter, so much has been happening! Four of our group were able to participate in the Wellness Retreat at Mt. Eliza. The venue was magnificent as was the food. The very busy program ran like clockwork thanks to the Mary-ann style along with her committee. Thankyou organisers!

On Thursday we had the chance to settle in, meet everyone and find our way around the huge historic building. Each of the other days started with expert speakers; Dr Steve de Graaff, Dr Andrew Sinclair from IA and Maureen Anderson who focussed on Spirituality.

We all chose different workshops for the rest of the days. My first workshop was 'Get Moving' which included an introduction to Tai Chi. After lunch I was included on the tour to the old Mt Eliza Rehab hospital which was really interesting for me to compare it with Hampton where I did my childhood rehab. We were given a DVD of The History of The Mount Eliza Centre. That was followed by a 'Recipe for Success' looking at healthy diets.

I had to put that information on hold with magnificent meals and morning and afternoon teas in abundance.

On Saturday, after hearing Andrew's wise words on top ten tips to increase happiness, I enjoyed a session on the Alexander technique and relaxation. My afternoon was occupied helping run two workshops on story telling. Everyone appreciated your stories and we sold quite a few copies of Calliper Kids. We were asked to autograph copies, making us feel quite famous. After dinner we were treated to some great entertainment with much foot stomping and more tempting treats.

Sunday workshops saw me attending Naturopathy which focused on building body defences rather than treating symptoms. After lunch we were treated to a performance by the newly formed choir under Mary-ann's direction. Everyone gained so much from the weekend and went home very tired but filled with new ideas and inspiration.

Planning is already underway for next year's event which will be held in a Brisbane suburb. Start saving now to make sure you can be a part of a sensational program.

## LAST MEETINGS - CONTINUED

Elsie made the following comments: A wonderful experience. Well worth the time and money; the company was great, the location wonderful and the college staff exceptionally helpful. I benefited from all the sessions I attended, especially the one-on-one sessions with Stephen de Graaff and a volunteer masseur. My initial attempt at bonsai sits outside on my patio and I've almost finished eating the jelly beans used in one session to measure our individual daily energy output. Hopefully I'll manage to save up enough between now and then to cover the cost of going to next years retreat in Brisbane.

Ron said 'The thought of going to a retreat did not really appeal to me, but eventually I decided to go and I'm glad I did. I enjoyed every hour spent sharing with other polios and listening to the excellent guest speakers. I went to a photography workshop and was surprised to learn how much I didn't know. I think I will be on learners for life. Another workshop I attended was a massage where I enjoyed being pampered, but also learned the differences between a massage therapist, chiropractor, physiotherapist, and osteopath. My last workshop was meditation. The session was well run but I failed badly. I drifted off for about five minutes then my mind was back to reality. I could not relax enough to think I was somewhere else. Apart from that I had a wonderful time sharing experiences and fellowship with others.'



## LAST MEETINGS CONTINUED

In **May**, our social activity was a group visit to the **Mornington Peninsula**. Mornington-on-Tanti provided very accessible accommodation. On Friday night we sat enthralled watching 'Warm Springs' provided by Ron. As we were unable to play it on the provided room system, RetraVision in Mornington lent us a DVD player and brand new television at no cost!! We don't know how Ron and Judy managed it but we were very impressed and thanked the store with one of our books.

On Saturday we joined Mornington Group at their meeting, enjoying sumptuous eats and some more sampling of Tai Chi. Thankyou Dennis, Fran and Graeme J for organising our visit. We then progressed on to the Tyabb craft and antique markets. After some 'feet-up' time, some of the Mornington Group joined us for dinner, and then stayed on for Ron's information on the formation of Post Polio Victoria. That sparked quite a bit of discussion.

A leisurely breakfast on Sunday was followed by a drive to experience the Bittern Market. A few people came away with 'bargains', even though it was rather cold and muddy. We then went separate ways. Graeme and Joan enjoyed a ride on the local steam train before heading home.

We were sorry to get Ursula's phone call with cancellation as Peter had hurt himself in a volunteer job. Hopefully they will join us next time.

At our **June meeting**, we welcomed **Mary-ann Liethof, National Program Manager of Polio Australia**, fresh and recovered from the Wellness Retreat. It was great to see so many members turn out on a cold wintry day.

Mary-ann gave us a good understanding of the role of Polio Australia with its very short but action filled history and the plans for the next three years. She again spoke of the need for every polio survivor to register to compile more accurate data to help seek political support. You don't have to leave your name and details won't be passed on to any other organisation. Even if you don't require any additional assistance or experience post-polio issues, it is still important to be counted. You can contact Mary-ann on 9016 7678 or 'on line' on Polio Australia's website [www.polioaustralia.org.au](http://www.polioaustralia.org.au) or Email [office@polioaustralia.org.au](mailto:office@polioaustralia.org.au) I have a complete set of notes from Mary-ann's power point presentation if you would like to read them. We thanked Mary-ann for her on-going support and planning for our future needs.

## OTHER NEWS

The newly formed group Post Polio Victoria has established a new website. To visit it please go to [www.postpoliovictoria.com](http://www.postpoliovictoria.com) It welcomes any contributions, activities or group newsletters. I hope you found the posted information clear and useful.

The group will hold its first Annual General Meeting later in the year when a committee will be elected. Don't forget to join up as a member. Contact them on [postpoliovictoria@gmail.com](mailto:postpoliovictoria@gmail.com)

On **Sunday, 11 September** from 11.00 am. until 3.00 pm, we will have an information stand / stall at the '**Good Health For Life Expo**' at Temple Society Community Hall, 52 Elizabeth Street, Bayswater. **Judith and Ron** will coordinate our stand. Please call them on **9725 8943 to offer your help** with a time that suits you. Many hands make light work!

The end of June is the time for annual submissions to cover our operating costs. Joan is busy getting that together. If you have any ideas about equipment or other ways to help our group operate more effectively please let Joan know. This year we are including a request for a mobile, portable display unit to take when we speak to community groups. Ron and Joan cover many groups and it will be useful to display our information and photos.

A repeat reminder: South Eastern Region Polio Support Group celebrates its 20<sup>th</sup> birthday in October this year. The City of Dandenong is providing a Mayoral Reception on Saturday 8<sup>th</sup> October at 1.30 in the Springvale Town Hall. This will be at no cost to guests. There will be afternoon tea and light music. We are all invited to attend, but official invitations will be sent by the council. To that end we need to provide a list of those interested in receiving an invitation. Let me know if you want to be included and I will forward a list of names and addresses to Lyn Bates. Entry is by invitation only.

## OTHER NEWS CONTINUED

Independence Australia has let us know that Polio Day this year will be held on Saturday 22 October in Ballarat. Pencil that in, but there should be full details in the next edition of Inform, currently at the printers.

Knox Leisureworks YMCA can now help you through their new Exercise Physiology Team. Available to anyone with chronic conditions (eg diabetes, arthritis, musculoskeletal conditions, back pain, obesity, cardiovascular, osteoporosis, chronic pain, stroke, fear of falls etc). After an initial one-to-one clinical assessment by a Clinical Exercise Physiologist, clients can be linked with a series of sessions run by students studying post graduate physiology. Other services include development of specialised exercise intervention program, hydrotherapy, and group programs. You need a referral from your GP for Enhanced Primary Care Plan with Team Care Arrangement, or Private Health Insurance. The cost without the EPC plan is \$50 to see the Physiologist. Contact Knox Leisureworks YMCA on 9762 3133. This information was forwarded through Amanda May, City of Knox.

Dr Rhonda Galbally retires from Chair of Victorian Disability Advisory Council. Tricia Malowney from Box Hill group will act as VDAC Chair until a permanent appointment is made.

Disability Action Group Eastern Region invites you to the following programs: Jodie Willmer, CEO Travellers Aid, Mon 25 July, at Nunawading Civic Centre, and Terry Mulder, Minister Public Transport and Roads, Wed 10 August, venue TBA. Enquiries and bookings on 9720 9800 or [Marriott@alphalink.com.au](mailto:Marriott@alphalink.com.au)

## OTHER NEWS CONTINUED

The position of Information Services Officer (previously held by John Walta) has been advertised. Applications close 21 June 2011. There are now seven nominees for the Polio Reference Group. The first meeting will be held Friday 24 June. Metro representatives are Fran Henke, Michael Judson, Win Urch. They will liaise with other metro groups. There are also rural reps with back-ups. Currently Leonie Swift is filling John Waltas role.

Polio Australia is sending a delegation to Canberra on 22 June to meet with a number of Senators, Parliamentary Secretaries and Ministerial Advisors. Maryann will be attending the European Post Polio Conference in Copenhagen in August.

Post Polio Victoria is holding a special meeting to develop the vision and plan for the group. Funding allows a consultant to assist. We are all invited to have input. Lunch and some travel costs provided. Let your ideas be known. The meeting will be held at **Northcote Town Hall**, 189 High Street, (Melways Map 30 E9), on **Monday 22 August** from 11.00 am until 2.00 pm. RSVP by 15 August to Liz Telford 9486 5905. See attached notice.

## **BIRTHDAY GREETINGS**

*Happy Birthday to Ursula in June,*

*Dennis in July*

*and*

*Marlene in August, wherever she may be.*



# USEFUL CONTACT NUMBERS:

## **Polio Services**

Based at St. Vincent's Hospital, Bolte Wing, Nicholson Street, Fitzroy 3065  
Includes Rehab. Physician, Physiotherapy, Occupational Therapy & Orthotist  
Phone 9288 3900

Free service covered by Medicare – G.P. referral required.

Email [psv@svhm.org.au](mailto:psv@svhm.org.au)

## **Polio Network Victoria** a service of **Independence Australia**

Provides information about polio and runs the annual Polio Day

A polio reference group represents support groups to assist the

### **Polio Community Education Officer**

Independence Australia, 208 Wellington Street, Collingwood, 3066

Phone 9418 0411

Email [polio@independenceaustralia.com](mailto:polio@independenceaustralia.com)

## **Dr. Stephen de Graaff**

Consultant Physician in Rehab. Medicine Epworth HealthCare

888 Toorak Road, Camberwell 3124

Phone 9805 4153

Private system – fee for service – G.P. referral required.

Email [sdegraaff@bigpond.com](mailto:sdegraaff@bigpond.com)

## **Independence Australia**

IA can provide or refer to personal health care products, rehab. equipment services, attendant care, accommodation, counselling, and insurance cover for our polio group.

They publish the quarterly 'Inform' incorporating 'Polio Perspectives'

National Office – 208 Wellington St, Collingwood 3066

Phone 1300 704 456

Email [theteam@independenceaustralia.com](mailto:theteam@independenceaustralia.com)

[www.independenceaustralia.com](http://www.independenceaustralia.com)

## **Polio Australia Incorporated**

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## **Post Polio Victoria Inc.**

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