



PO Box 6, Clifton Hill 3068
Phone: (03) 9486 5905
Email: postpolio victoria@gmail.com
Web: www.postpolio victoria.com

Committee:

Liz Telford (*President*), Martin Grillo (*Vice President*), Bernard Peasley (*Secretary*), Geoff Dean (*Treasurer*), Ron Bell (*Communications Officer*), Angela Bruzzese, Maree Jongkryg, Jill Pickering, Bob Slater, Peter Willcocks

PPViews Post Polio Victoria Newsletter No 4 2011- December

From the President

On a cold, wet and stormy Saturday afternoon, 25 people attended our first Annual General Meeting, They were rewarded for their effort with a warm atmosphere, a wonderful presentation by Frank Hall-Bentick on the NDIS and a delicious afternoon tea. We had received eight nominations (including the interim committee members re-nominating, and then two more nominations on the day giving PPV a committee of ten. With our Constitution now approved, much of the groundwork for establishing the association has been done. Over the next year will be focusing more on advocacy and raising community awareness. Thank you to all who attended on the 26th and who sent in Proxy forms and apologies. We look forward to working with you all in 2012. Wishing all our members and friends a safe and happy festive season. - Liz

Stop Press- continued page 4

PPV and Polio Australia are hosting the visit by Ramesh Ferris to Melbourne 19-22 March 2012. Ramesh will be speaking at a professional education evening on post-polio and polio eradication issues Tuesday 20 March with the General Practice Division. Steve De Graaff, Dr Jan Collins and Robert Hall of WHO are also speaking. Opportunities for the wider polio community to hear Ramesh to speak are being developed, details to follow in the next PPV newsletter.

Did you know - That Medicare (***MBS Primary Care*** - alias Medicare Plus) provides a rebate for up to 5 allied health services a calendar year, with out-of-pocket costs counting towards the extended Medicare safety net for people with a chronic (or terminal) medical condition that is being managed by their GP under a GP Management Plan (GPMP) and Team Care Arrangements (TCAs). MBS Primary Care defines a chronic medical condition as one that has been (or is likely to be) present for six months or longer.

Under the GPMP & TCAs you can access a range of allied health services that are registered with Medicare, including; audiologists, chiropractors, diabetes educators, dieticians, exercise physiologists, mental health workers, occupational therapists, osteopaths, physiotherapists, podiatrists, psychologists, speech pathologist. For more information follow the link to: - <http://www.health.gov.au/internet/main/publishing.nsf/Content/Chronic+Disease+Allied+Health+Individual+Services>

Introducing New PPV Committee members

From the editor Jill Pickering,

Hi everyone, many key PPV establishment goals have been realised, such as incorporation, a constitution, first elected committee and a strategic plan. The new committee held its first meeting on December 12th and has already generated an impressive range of ideas for 2012 that enhance PPV's advocacy role. You can see from the three 'bios' in this newsletter the skills Maree, Bob and Bernard bring along. Next newsletter will include Peter and Angela's background.

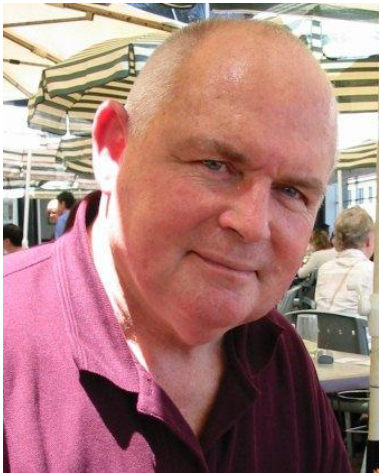
The main purpose for PPV newsletters in 2011 has been to keep members informed on PPV's evolution. So now is a good time for readers to email the editor on postpolio victoria@gmail.com (or write to PO Box 6, Clifton Hill, Vic 3068) to the editor with suggestions about what we could include in 2012 newsletters. I wish you all a safe and pleasant Christmas break and good wishes for a prosperous new year. See you around in 2012.



Maree Jongkryg contracted polio in 1954 aged 10 months and has learnt, like others, to live with it. Maree went to a Catholic Primary School in Albury before moving to a High School in Balwyn and boarding at Yooralla which meant only seeing family in the school holidays. This had its good (and bad) points since away from her parent's watchful eye Maree was able to investigate the world and boys, but she greatly missed being away from the day to day family life so declared 'no child of hers would go to a boarding school'. Maree feels lucky not to have been separated from her parents while living in Albury as she had treatment at Lady Duggan in school holidays.

After High School Maree lived at Angus Mitchell House (Armadale) and attended Coonac Rehabilitation Centre for 2 years before gaining employment. Maree married in 1975, had a daughter in 1979 and a son in 1981 and still lives in the house they built in Melton in 1979, neither child, of course, boarded. Maree currently works 4 days a week (2 in the city and 2 from home) with Optus and plans to retire in a few years. Maree has had a range of challenges and exposures in various finance roles and now works in the Credit Management Risk Team.

Maree brings both financial and team skills to PPV and is excited about PPV's advocacy role after seeing what PPV has already achieved and what is planned. Maree is looking forward to working with a dedicated and committed team whose goal is to make PPV a success.



BRIGADIER R.A. (BOB) SLATER AM MMgt FAIM FIEAust FAAG MFIA MRSV
Bob attended Sydney Boys' High, the Royal Military College Duntroon and the University of NSW. Later studies included post graduate studies in engineering equipment technology in the UK, Gerontology, and a Masters of Management. Bob's military service in full-time, part-time and honorary positions cover almost 50 years, including professional engineering, private and not-for-profit sector management. Bob even found time to work as CEO of an aged care organization.

Bob's interest in PPV derives from Rotary work and Rotary International's determination to eradicate polio worldwide. Bob joined Carlton Rotary in 1994, was club President in the RI Centennial year and is now Rotary District D9800 Vocational Service Director. Bob was awarded a Member of the Order of Australia (AM) in 1992. Bob brings to PPV a broad range of skills and experience in management, broad networking skills, community relations and fundraising.

Currently Bob is actively involved in resources planning for Alkira (adults with intellectual disabilities in City of Whitehorse) and Carers Victoria and involved in several advisory bodies. Bob is married to Ruth, and they have three daughters, six grandsons and two granddaughters.



Bernard Peasley after contracting polio in 1952 at Parkdale aged 11 months and was isolated from family in Fairfield Hospital for four months, and confined to a Double Thomas splint for three more years with all his limbs and joints bound, except for the right forearm. After being released from the splint in 1955, Bernard underwent physiotherapy for 5 years. Bernard's "late effects" emerged about 8 years ago, but at this stage seem to be confined to the left shoulder.

Bernard, a Mechanical Engineer, has run his own engineering consultancy since 1979, working in the specialized field of irrigation design. However the incessant long working hours have taken a severe toll on Bernard's health and it is PPV's good fortune after retiring at the end of this year, he can channel the many skills developed over years of running a business to PPV. Such skills include: business management &

accounting; written communications; and proficiency in Windows based personal computing, MS Word, Excel, Web Browsers, email and digital image processing. Before becoming involved with PPV, Bernard's only contact with other polios had been during his childhood. Bernard's non-work related interests include reading, photography and creative writing.

Polio Australia's November 2011 AGM/Planning Meeting

Jill Pickering attended the meeting held at Baulkham Hills, NSW

PA's vision is for all polio survivors in Australia to have access to appropriate health care and the support required to maintain independence and make informed lifestyle choices. Polio Australia is committed to standardising quality polio information and service provision across Australia for polio survivors. PA has made serious inroads into achieving many of its goals, since it's conception in 2007, such as; incorporation in 2008, opening an office in 2010 and obtaining a grant to fund one full-time staff member 2011-2013. In terms of practical 'hands on' work, PA provides current information on polio via a comprehensive website and regular 'Polio Oz' newsletters. In addition PA has;

- Run two annual Health and Wellness Retreats (NSW then Victoria), and is now calling for expressions of interest for the 2012 retreat. PA Retreats are a great way to exchange views with other polios and professionals.
- Progressed PA's Clinical Advisory Group's work to increase knowledge on the late effects of polio to medical staff via Clinical Polio Practice Modules
- Advised governments on PA programs required to support Australia's polio survivors (via Parliament lobby visits and engaging Parliamentary Patrons)

Post Polio Victoria (PPV) was granted observer status at PA meetings during the year and was represented at their recent 2 day AGM/Strategic Planning Session. A busy schedule was set, but we still found time to network and exchange ideas from a state viewpoint and together highlight priorities to ensure PA continues to represent the tens of thousands of polio survivors living in Australia via;

- *Capacity Building*: securing a stable income stream to support Polio Australia and our key program areas into the future.
- *Education*: Promoting enhanced knowledge and management of the late effects of Polio across the Health and Community sector.
- *Health Service Promotion*: Lobbying and advocating for recognition of and appropriate service provision for Australia's polio survivors.
- *Collaboration*: working with and supporting state-based polio networks by producing resources and standardising polio information for use by the networks and their members.

For further information on PA activities please visit www.polioaustralia.org.au

From - Polio In parliament (Polio Oz News December 2011 Edition)

During October's Polio Awareness Month, three Senators spoke about polio eradication, and Polio Australia would like to thank them for including reference to Australia's polio survivors.

Senator Louise Pratt (WA) said:

*—In my remarks this evening I would like to highlight that Post-Polio Health International have initiated 'We're Still Here!' week this week—Sunday 9 to Saturday 15 October—as part of Polio Awareness Month. Many people who experienced polio as a child still have symptoms and will recognise new symptoms in the years to come. Polio Australia calls this group of people the invisible group. As Polio Australia's President, Gillian Thomas, says:
_Many polio survivors who have emerging symptoms tell me about the difficulty they have in obtaining correct diagnosis and treatment.... As time passes, an increasing number of previously stable' persons with a history of polio infection experience new symptoms. The large number of survivors who are now reporting these symptoms has transformed the problem from an individual predicament to a social concern.*

Senator Anne Urquhart (Tas) said:

—My Auntie Veronica and my mother-in-law, Valmai, were just two of the many thousands of Australians who contracted polio during epidemics in the first half of the 20th century. This week, as I said, is Post-Polio Health International's 'We're Still Here!' week, which seeks to highlight that there are many thousands of Australian polio survivors. These survivors, who caught polio around the time of my relatives, or who have migrated to Australia, are now experiencing the late effects of polio, which have a significant and negative impact on their mobility and independence. I say to these people: your campaign to be heard is working. You are not alone.}}

Ramesh Ferris Polio Foundation (ramesh@rameshferris.com)

Summarized from Ramesh's website

Ramesh Ferris was born in December 1979 in Coimbatore and contracted polio at age six months and his legs were left paralyzed. With no means or access to rehabilitation for him, Ramesh's mother placed him in Families for Children, a Canadian-founded orphanage, a year later. Soon after, Ron Ferris, Anglican Bishop of Yukon in Canada, and his wife Jan began the lengthy process to adopt Ramesh and bring him over to Canada. With the support of his new Canadian family and after several operations, Ramesh learned to walk with crutches and braces for the first time at age 3.5 years.



Since 2001, after graduating with his diploma in Social Work Ramesh has been working with at-risk youths and in recognition of this work Ramesh was presented with a Paul Harris Fellowship in February 2008. In 2002, Ramesh returned to India to meet his biological mother and to visit the orphanage where he once lived. During the visit, Ramesh learned of polio survivors who, without the necessary medical attention and supports, were forced to pad their knees with cut-up pieces of tire and crawl on the ground.

After much reflection, Cycle to Walk Canada was born, with a focus on Polio Eradication, Education and Rehabilitation. In 2008, Ramesh hand-cycled 4400 miles (7140 kms) across Canada. Along the route, he had 350 media interviews and made over 200 presentations at schools, Rotary clubs, churches and various levels of government. This campaign raised thousands of dollars and increased the awareness

of polio dramatically. Ramesh is a Rotarian with the Whitehorse Rendezvous.

In April 2010 Ramesh released his first book *Better Than a Cure, One Man's Journey to Free the World of Polio* (\$19.55 at www.amazon.com) proceeds benefit Rotary PolioPlus for a Polio Free World).

Ramesh has talked about his experiences surviving the effects of this dreadful disease and the need to end polio now in India, the USA, Puerto Rico, Australia, as well as Canada. Ramesh has shared his Message to Rotary International Convention 2010, Canadian Prime Minister Stephen Harper, Her Majesty Queen Elizabeth II, The Secretary of Puerto Rico, Sarah Palin, and United Nations Headquarters delegates in New York.

Ramesh looks forward to talking with you and sharing his personal journey of surviving polio and invites you to join in the efforts of making our global community polio free!