



Next Meeting:  
4th March 10:30AM

In the Chair  
Delightful Doris

Meetings are usually held on the 1st Monday of every month Main Conference Room, McKellar Centre, Nth Geelong (first left passed main Reception Desk) just before The Hub Cafe

## In This Issue

- Polio - An Historical Perspective
- About Our March Guests
- The Menace of Polio



TO YOU

Les Madden - March 2nd

*Have a fabulous day!!*

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# GPSG NEWS

INFORMATION FOR POLIO SURVIVORS  
IN THE GEELONG REGION AND BEYOND



Dept. of Human Services  
Community Grant  
Recipient

March 2019 Edition

## From the Editor's Desk

Happy Autumn Everyone  
and Hello from the NEW Editor's desk

Welcome to the 2nd GPSG Newsletter for 2019  
and my very FIRST!!

It seems that 'dreams and wishes' do come true as Denise's wish for a NEW Editor has magically appeared from the Genie's Lamp.

All jokes aside Denise has been struggling for quite some time now with health issues and after battling on magnificently for such a long time she now finds it impossible to continue in the Editors role.

And so you now have me, Gary Newton happily accepting the challenge of turning out something worth reading each month.

Denise, like Winnie has very BIG boots to fill so the challenge for both Sharyn, our new coordinator and myself is a ripper and certainly won't be easy.

Nevertheless we will do our BEST coz that's just what Polio Survivors do, don't we?

I think it's fair to say that all of us know no other way.

### A Little About Your New Editor

For those who don't know me, I'm married to Annie (just celebrated our 32nd wedding

anniversary) and between us we have 4 adult children and 6 growing grand children ranging in age from 7 to 15 years.

I contracted Polio when I was 15 months back in 1954 (to save you doing the Math, I'm 66.) For many years now I have run my own small audio services business and over the past 3 years I have taken up volunteer roles with Polio Australia's Board, joined Rotary to promote polio awareness and support for polio survivors, and been to India last year to help the Global Polio Eradication Initiative in the fight to rid our planet of polio. I often speak to Rotary Clubs and community groups about my personal experience with paralytic polio, where we are today with the disease and the damage it continues to do even today on us survivors. Many people are surprised to hear this as most think polio is long gone. More about this inside this issue.

I'm hoping to bring you each month some interesting polio news, some views and a few laughs and stories so hang around for the ride.

If you have any suggestions, concerns, questions or submissions for our monthly Newsletter please feel free to contact either myself or our Convener, Sharyn. - Ed



## Convener Corner...

It was good to see most of our group back after the Christmas/New Year break. For those of you at the last meeting in February you would have experienced my first meeting as convener. I hope to improve on my performance of the first meeting. I felt a bit like a fish out of water but I am sure with practice and your encouragement I will improve.

I will be away for the March meeting as I am going to Queensland on an overdue visit to my family up there. It has been over 4 years since I have seen them so there will be a lot of catching up to do.

Even with the luxury we have today with social media like face book where we can find out what people are doing on line it is not the same as a physical visit where we can hug and kiss to our hearts delight.

Last month we welcomed Sandy to our group and at our next meeting another lady will attend. Her name is Maggie Carrol and she has recently moved from Traralgon to Geelong. I am sure you will make her feel very welcome.

This month we are fortunate to have from Parkinsong in Ocean Grove, Marilyn Brown who will show us the benefits of singing.

Marilyn has experience as a music teacher, choir member and conductor. Barry Sims accompanies Marilyn on his keyboard.

I would like to thank Doris in advance for chairing the March meeting. I am sure she will do a brilliant job.

I look forward to seeing you all again in April.  
- Sharyn

# MAKING NEWS TODAY

## THE MENACE OF POLIO

From The Nation Newspaper Pakistan

It is true that in the past few years, Pakistan has made significant progress towards polio eradication. The resilience of the polio team has brought a 97% reduction in polio cases. Despite such a remarkable fight, Pakistan is one of the two unfortunate countries where Polio is yet to be eradicated even in 2019. The other is Afghanistan. This means that neither of the two nations can eradicate polio without assisting the other. Since the start of 2019, three cases of polio have been reported in different parts of the country. The first case was reported in Lakki Marwat. Second and third cases were reported in Bajaur and Bannu respectively.

According to the latest reports Faisalabad has returned to the list of districts affected by poliovirus. Reports also suggest that the virus is even present in the provincial capital of Punjab, Lahore, as well. This new finding does not augur well for the country's children.

The disease is a highly infectious one, which mainly affects young children. So far, according to the Ministry of National Health Services, poliovirus is detected from the sewage of eight cities across the country during the environmental surveillance carried out by the

polio eradication program in the last month of 2018. Faisalabad is the new addition to the list.

The presence of the virus in cities and cases of polio victims reported so far show that the state has become lethargic in uprooting the disease. According to revelation in papers, it is known that an average of 50 % drop has been reported in the immunisation coverage in Faisalabad. The problem with polio is that as long as the virus continues to circulate in Pakistan, no child in Pakistan is entirely safe from becoming a victim of the virus.

The provincial government of Khyber Pakhtunkhwa (KP) has decided to carry out an anti-polio emergency drive after three cases surfaced in the province on February 18th. The rest of the provinces also need to start such campaigns because the number of districts with poliovirus being active is increasing.

Furthermore, the suggestion of the prime minister's focal person for polio eradication in Pakistan, Babar bin Atta's proposal to raise the polio vaccination age of children in the high-risk districts from 5 to 10 years should be valued. Arguably, it is the shared responsibility of all Pakistanis to ensure that the vulnerable children under the age of 5 are vaccinated against this disease in every door-to-door campaign.

***(Polio is reported on almost DAILY in Pakistan newspapers – Ed)***

### Our March Guests

#### **ParkinSong**

Research throughout the world indicates that people living with Parkinson's and many other conditions can benefit from regular singing sessions.

Singing exercises the lungs and abdominal muscles. Singing is also a natural mood regulator, it helps us to focus and stimulate thought, and it relaxes and invigorates.

**The Ocean Grove Parkinson's Support Group** is now incorporating singing during its monthly meetings. Fun vocal exercises are incorporated to encourage sound breathing techniques, facial mobility, vocal clarity, volume and speed.

This is followed by a sing-a-long with a wide variety of musical styles.

Movement activities associated with these activities are designed for everyone who attends the sessions.

These sessions are taken by **Marilyn Brown**, whose husband was diagnosed with Parkinson's in 2014. Marilyn has experience as a music teacher, choir member and conductor. **Barry Sims** accompanies the activity with amazing expertise on his keyboard.

Above all the aim is to have fun so please come along to our next meeting!!

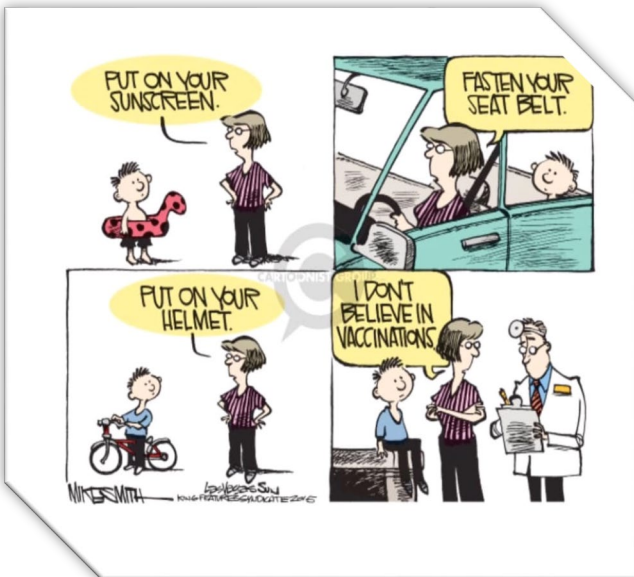


**I Hope You've Found This Issue of Our Newsletter 'Interesting'**

**We Look Forward To Seeing You All Again Soon.**

*Disclaimer: This newsletter is written for interest and information only. Information of a medical nature in this newsletter, is not authorised in any way. Please contact a medical professional before adopting or acting upon anything contained herein. The writer of this newsletter accepts no responsibility for the authenticity of services and does not warrant they are either accurate or true*

## MAKING THE W.H.O. TOP 10 PUBLIC HEALTH RISK LIST IN 2019 IS – ‘VACCINE HESITANCY’



## Polio - An Historical Perspective

The history of polio can be divided into three major phases:

- The *endemic phase* from antiquity to the nineteenth century in which the disease occurred relatively rarely and did not result in many paralytic cases.
- The *epidemic phase* until the mid-20th century, during which the world saw large-scale outbreaks and increased geographic spread.
- And the *vaccine phase* that followed the introduction of vaccines in 1955. In this phase polio prevalence has been reduced first in richer countries and over the last decades in poorer countries around the world.

The hope is that the world will see a fourth and final phase, in which polio is entirely eradicated from the planet.

### At Our Next Meeting in April

Professional Organiser **Elise Purkis**, specialist in downsizing, chronic disorganisation and hoarding will join us to talk about **The Zen of Decluttering** at our April Meeting (Monday April 1st).

Looking for some life changing magic? Put it in your diary now and be sure to come along to hear Elise speak. Elise has a wealth of experience and knowledge so it's sure to be a very interesting and terrifically beneficial talk.

**"Alone We Can Do So Little, TOGETHER We Can Do So Much" – Helen Keller**

## TIME FOR A CHUCKLE

### Getting Married

Jack, age 92, and Gill, age 89, are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way they pass a chemist shop and Jack suggests they go in.

Jack addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jack: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jack: "How about medicine for circulation?"

Pharmacist: "All kinds"

Jack: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jack: "How about suppositories?"

Pharmacist: "Yes"

Jack: "Medicine for memory problems, arthritis, and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works."

Jack: "What about vitamins, sleeping pills, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jack: "Everything for heartburn and indigestion?"

Pharmacist: "We do..."

Jack: "You sell wheelchairs and walkers and walking sticks?"

Pharmacist: "All speeds and sizes."

Jack: "Adult incontinence pants?"

Pharmacist: "Yes."

Jack: "Then we'd like to use this store for our wedding presents list..."