



GPSG NEWS



INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

MAY 2019 EDITION

Next Meeting:
6th May 10:30am

In The Chair:
Super Sharyn

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

IN THIS ISSUE

- Polio Australia Update - Pg 2
- Coming Up This Month - Pg 3
- Laugh Time - Pg 3
- Polio Survivor Frida Kahlo Face on The Cushion -Pg 4



MARGARET COLLINS
3RD MAY
SANDIE PRICE
6TH MAY
WINNIE TED
15TH MAY

Contact Us

Support Group Coordinator:
Sharyn Matthews
Contact: 0435 719 333
Email: sharynmatthews56@gmail.com
GPSG Newsletter Editor:
Gary Newton
Contact: 0409 239 773
Email: g.newton@inet.net.au

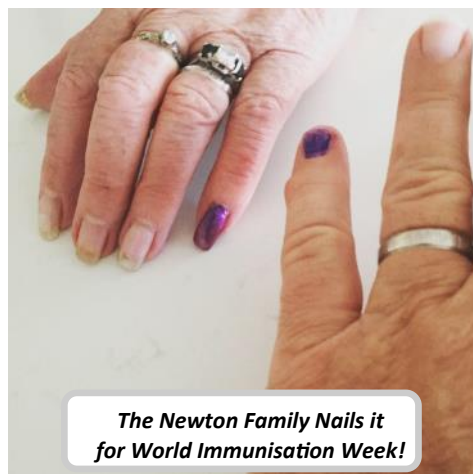
From the Editor's Desk

As we go to print, this week is World Immunisation Week - the theme this year is 'Protected Together: Vaccines Work'.

This week aims to promote the use of vaccines to protect people of **all ages against disease**. Immunisation saves millions of lives every year and is widely recognised as one of the world's most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today.

Through the global fight to [#endpolio](#), [Rotary International](#) and its partners have protected more than 2.5 billion children from polio. Because of their work and the efforts of tens of thousands of health workers, polio will one day soon be a distant memory.

Meanwhile Rotary members around the world (including my wife and I) painted their pinkies purple this week to raise awareness for the fight to #endpolio. Please join us! It's not too late guys and gals to paint your pinkie!



The Newton Family Nails it for World Immunisation Week!

Last month our guest speaker was the lovely **Elise Purkis** from **UnKluttered Life**. If you were fortunate enough to hear Elise speak, you'll know what an asset she is to anyone looking to de-clutter. Very interesting and extremely helpful. On behalf of all our members a great BIG Thank You to Elise for making her time available to us. BTW, Elise can be contacted on 0418 127 979 to discuss her fee-based services.

One of our regular contributors is GPSG member Jan McDONALD. Jan discovered an interesting story on the Polio Australia Website and wonders could this apply to Post Polio fatigue as well? Sounds like a pretty good reason to have hot chocolate/cocoa! Read the article in next months newsletter.

Convener's Corner

I hope everyone had a blessed and happy Easter and enjoyed eating lots of chocolate. My Easter was spent with family and the best part besides attending my church on Good Friday and Easter Sunday was the Easter egg hunt I set up for my two grandkids.

I had lots of fun hiding the eggs in all sorts of interesting places around the garden and placing signs to tell them what direction to go to either help them or get them totally confused. All ended well with both kids happy with their find.

With a house full of chocolate over Easter I probably indulged a bit more than I should have. Then I read an article on the Polio Australia Facebook page explaining that drinking hot chocolate, rich in cocoa could help people with M.S. battle fatigue and since our condition of post-polio is somewhat similar, I now feel quite justified in indulging more. After all who doesn't need extra energy these days.

On another indulgence (collecting material things which we don't always need and one day have to say good bye to) I found our last speaker Elise Purkis very interesting. I have already disposed of many bags of clothes and items which I clearly didn't need. I would almost say it has empowered me to even try and tackle some family members homes if they allow me.

I look forward to catching up with you all at our next meeting.
Cheers, Sharyn

Polio Australia UPDATE

A major objective of Polio Australia is: to educate and inform polio survivors, their families and carers, and the community at large about the late effects of polio.

During the second half of 2018, the team at Polio Australia identified that there was a gap in providing accessible, practical information to our post-polio community.

Much of the existing information was lengthy and often clinical. In response, Polio Australia has developed a brand new series of fact sheets on the Late Effects of Polio. There are four categories: Health, Lifestyle, Services and Providers, covering 29 topics.

The fact sheets are typically 2-page printable resources which can be used by polio survivors, their families/carers and/or health professionals to increase knowledge about the Late Effects of Polio.

We consulted a number of health professionals to contribute to and/or review the content. The design of the fact sheets was the result of a partnership with Swinburne University students.

Sitting alongside the fact sheets, Polio Australia has filmed a series of videos featuring key health professionals. The videos aim to give an overview of the topic, and tips for managing the condition. A few videos are currently available, but many are still a 'work in progress'.

We have also included clinical research papers, external links, and tips on finding an appropriate health professional.

The new "Living With Polio" webpage aims to be an information hub for polio survivors to find all they need about their condition. Access the new resources here:

www.polioaustralia.org.au/living-with-polio

Note: this webpage is still under construction, so check in regularly for updates.

Clinical Practice Workshops

As at 22 April 2019, there have been 57 Workshops held across Australia, providing training to 702 Health Professionals.

There are 9 Workshops upcoming. Another Clinical Practice Workshop for Allied Health Professionals is coming up in Geelong – 13 August 2019.

Further details and registration (vital) available on the Polio Australia website.

Details on the Polio Australia website.

Workshop Topics:

What is Polio?

Demystifying Late Effects of Polio and Post-Polio Syndrome

Clinical Presentation and Screening

The Ageing Polio Population

The Management Team

Practical Strategies

A Late Effects of Polio Case Study

ROYAL COMMISSION PROMPTS THOUGHTS:



Nurse came in and said Doc, there's a man in the waiting room who thinks he's invisible, what should I tell him? The doctor said Tell him I can't see him today.

Have Your Say: Aged Care Royal Commission

Please have your say by completing the **Online Survey**.

Polio Australia will submit a statement to the Royal Commission into Aged Care Quality and Safety. We want to make sure we have an accurate picture of the concerns and problems experienced by polio survivors who access aged care support across Australia.

Polio Australia may use some of the details as an example case study, or in identifying common concerns, as part of this submission. Your details are anonymous in regards to this form and any details provided within a submission to the Royal Commission. However, there is an opportunity to complete your personal details should you wish to be contacted and/or like further information. The final submission will be shared by Polio Australia to polio survivors through a variety of our communication platforms.

The time to complete the survey will depend on the concerns or problems you raise—they are open text boxes. Please note, the aim of this submission is addressing the difficulties someone experiences as a result of the late effects of polio. You may complete parts of the relevant section of this form based on your experience/s. For example, write in 2 of the 5 text boxes within the Home Care Package section of this form; with no other sub-section being relevant (e.g. flexible care or residential care). Once you have completed any relevant areas, please click the "SUBMIT" button.

If there are any concerns or queries with this form, please contact Paul Cavendish (Clinical Health Educator, Polio Australia) on:

0466 719 013 / paul@polioaustralia.org.au

COMING UP at our May Meeting

B

elinda McArdle

Singer | Vocal Teacher | Workshop Facilitator | Songwriter | Performer

Joins us at our **May meeting**. Belinda will inform, engage and delight with details of her **Acbellas** and more, so make sure you join us for our May 6th, 2019 meeting with our wonderful guest speaker **Belinda McArdle from 11am**.

Aaah... The Good Old Days

CURVES OF YOUTH
will be yours if you will
"Pull the Cords"

Gives the Flesh the Resiliency and Freshness of Youth

Prevents Double Chins

Effaces Double Chins

Reduces Enlarged Glands

PROF. MACK'S
Chin Reducer and Beautifier



The only mechanism producing a concentrated, continuous massage of the chin and neck, dispelling flabbiness of the neck and throat, restoring a rounded contour to thin, scrawny necks and faces, bringing a natural, healthy color to the cheeks, effacing lines and wrinkles. Price only \$10. What better investment could be made? Sent postpaid immediately.

Free Booklet
—giving valuable information on how to treat double chin and enhance facial beauty will be sent on request. Write at once to

Prof. Eugene Mack
507 Fifth Ave. Suite 1004 New York

KEEP YOUNG AND ATTRACTIVE
Use a Few Boxes of
Dr. Campbell's Safe Arsenic Complexion Wafers

they produce a firm glowing skin of wondrous youthful beauty. All pimples, wrinkles, blackheads, sallowness and all facial blemishes disappear in a short time as if by magic. You may have little or no success with other things you have tried—but no matter how skeptical you may be, try Campbell's Wafers, you will not be disappointed. It is remarkable, but true, Campbell's wafers have been universally successful as thousands of users testify. Physicians recognize there is but one way to beautify the skin and complexion, that is by purifying the blood, that is exactly what Campbell's Wafers do—impure blood is the real cause of all skin troubles. 50 cents and \$1.00 per box postpaid in plain cover from



RICHARD FINK CO., Dept. 93,
396 Broadway, N. Y.



"Your insurance will cover either the vasectomy or the anesthetic. Your call."



"What else did you fix today?"



"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car."

POLIO SURVIVOR – Frida Kahlo

The Face on the Cushion



Submitted by JAN McDONALD

Returning to school she developed into a promising student, and planned a career in medicine until, at the age of 18, the bus in which she was travelling collided with a streetcar. Frida suffered near-fatal injuries and spent many months recovering. This led to lifelong pain and medical problems requiring expensive treatment and operations. With her medical plans thwarted, Frida turned to her childhood hobby - art. Inspired by nature, she painted in a naïve folk style, also completing many portraits.

At the age of twenty she joined the Mexican Communist Party, and through this met her future husband, the artist Diego Rivera. Frida went on to exhibit paintings in Paris, the United States and Mexico. Always in poor health, it declined in the 1940s, and she died at the age of 47 in 1954. Frida had a tumultuous life, involved in issues of politics, health, gender and race.



In the 1970s Frida's art was "rediscovered" and she became an icon for Mexican national traditions. Now her face is famous, particularly her self-portrait, which we see in many shop windows. Her childhood home is now the Frida Kahlo museum, and she is remembered as Mexico's most famous artist.

Sources: (1) https://en.wikipedia.org/wiki/Frida_Kahlo; <https://www.fridakahlo.org>;

#DYK

Pain

People with physical disabilities often experience pain related or in addition to their disability condition.

When this pain lasts for more than three months, it is called chronic pain. Chronic pain seems to be most common in middle age (45-65 years). However, as some individuals with physical disabilities age, the frequency and severity of pain may increase. Chronic pain can have negative effects on sleep, mood, fatigue, thinking, work, and daily activities. With help from health care providers, you can learn to manage your chronic disability related pain and limit its impact on your life.

Falls

In Australia falls are the leading cause of injury related deaths in people over the age of 65

Approximately 55% of people over 65 years old have a fall each year. Of those who fall 20% will sustain an injury that requires medical attention, and around 10% of all falls result in a broken bone. People who have a pre-existing condition such as polio that causes muscle weakness and associated joint pathology are predisposed to falls.

Injury following a fall is likely to lead to a loss of mobility and independence.

It is therefore vital that, where possible, falls are prevented.

The **ATSA Independent Living Expo** is on again in Sydney (8-9 May) and in Brisbane (15-16 May) this year, and for the first time also in Canberra (27-28 August). As always, it is a FREE event, with extensive displays of aids & equipment (over 100 exhibitors in Sydney and over 80 exhibitors in Brisbane), as well as a free 2 day international conference. The exhibitions and conferences are aimed at people of all ages, and cover a range of aids and equipment/assistive technology. See more information at www.atsaindependentlivingexpo.com.au

Currently the same face keeps cropping up in prints, on cushions, lamp shades, rugs, and other soft furnishings. You might be aware that this is the face of the famous artist, Frida Kahlo.

But did you know that Frida suffered from polio as a small child?

Frida Kahlo was born in Coyoacan, Mexico City, in 1907. At the age of six she contracted polio, spending 9 months bedridden, and isolated from other children. Having missed year of school, she coped with bullying, and later had a tendency towards introversion.

However, encouraged by her photographer father, who spent time teaching Frida at home, she overcame her difficulties. "Frida credited him for making her childhood 'marvellous... he was an immense example to me of tenderness, of work (photographer and also painter), and above all in understanding for all my problems.'

He taught her about literature, nature, and philosophy, and encouraged her to play sports to regain her strength, despite the fact that most physical exercise was seen as unsuitable for girls. He also taught her photography, and she learnt to help him retouch, develop, and colour photographs."

Disclaimer: The aims and objects of the Geelong Polio Support Group is to gather and disseminate information on Post-Polio Syndrome and Late Effects of Polio, to support each other in any way we can. 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... We do not purport to be medically qualified. Consult your doctor before trying any medication or new form of exercise. Please give relevant information to your doctor and help them to help us. We do not endorse any product or services mentioned.