



GPSG NEWS



INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

AUGUST 2019 EDITION

Next Meeting:

5th August 10:30am

In The Chair:

Sharyn M.

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

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THIS MONTH

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Convenor's Corner

How is everyone handling the cold weather. Being Polio Survivors, we do find the cold more challenging than most. Pain always seems to feel worse in winter for me but thankfully we are getting some nice sunny days.

I hope everyone enjoyed our speaker last month. I found Sue's story of her trip to North Korea enthralling considering the tight restrictions placed on you when you visit a place like that. I can honestly say North Korea will never be on my Bucket List of places to visit, but that's just me.

I recently watched a **Netflix mini-series on the political life of President Franklin D. Roosevelt called The Wheelchair President**. Here is a bit of an extract from the show which you may find interesting.

After Roosevelts initial recovery from polio he wanted to try and get back into politics. He had to wear a heavy steel corset and braces which ran from his hip to his heel. The weight was exhausting and the metal cut into his hips but when locked allowed him to stand. He wanted to walk to his front gate but after 2 years of trying he realized he would never do it and he would have to con the public into believing that he could walk.

In 1924 he first appeared in public. It had been 3 years since polio had first struck him down in 1921. He practiced for hours with his teenage son James so he could be ready to take a few steps on that night. With his crutches he looked down and concentrated in

walking each steep while the audience watched on in anticipation. When he reached the podium, he handed back his crutches and hung onto the podium for dear life as the audience cheered with admiration. He spoke for a half hour and appeared to glow in the spotlight. Eventually he was able to walk in public with just a cane and his braces locked to keep his legs straight.

What determination to prove he was as good as the next person - if not better. He became President in 1932 at the beginning of the worst depression in history. Most of America never knew he was still crippled.

This month **Bec Picone** will be talking about all things to do with **Brain Tumours** which most of you know is part of my family's life since our daughter-in-law died from one. So, I hope you can all make it.

Cheers Sharyn

Did You Know

Through immunisation, Rotary and its partners have saved 18 million children from becoming paralysed by polio. #VaccinesWork



Polio Day Reminder

From Bev Watson

Chair - Polio Network Victoria

World Polio Day

Plans are already underway for this year's Polio Day which will be held in **Warrnambool** at the Lady Bay Resort on **Thursday, October 24**. The theme for this year is "Change to Grow".

Very apt for the change period we are going through individually.

There are more details in the Winter Edition of *Polio Perspectives* which should be on out very shortly. Be sure to look out for it.

From the Editor's Desk

Greetings all and welcome to the August 2019 edition of our Newsletter. I hope you find it interesting and a bit of a laugh here and there!

My wife and I have just returned from a terrific 8 day Sth Pacific Cruise with 14 members of our immediate family. And what an amazing experience it was! We visited Noumea, capital of New Caledonia, Mare and the Isle of Pines on the Carnival Spirit out of Sydney.

It was decided last September to see if we could gather together our four children, their partners and our 6 grandchildren to holiday for the very first time together. Logistically it was tough with some living in Perth, some in Melbourne & Geelong and needing to take school holidays into consideration also. We managed to get it organised, everyone in agreement (and the grandkids especially excited at the idea of FREE Ice Cream & Pizza 24 hours a day) and it was a wonderful experience for us all.

We've done 4 cruises now including New Zealand and Alaska and I've been asked to provide an informal chat at one of our upcoming meetings about those trips with a particular focus on Cruising With A Disability. It will be very relaxed and a great opportunity for those with mobility problems who are yet to cruise to ask lots of questions. Cruising, either locally or overseas is certainly a great way to have a holiday if you have restricted movement.

In the meantime, if you're on Facebook check out: **Cruising With A Disability** Til next month!
Cheers Gary

Upcoming Polio Australia Clinical Practice Workshops

As at 23 July 2019, there have been **68 Workshops** held across Australia, providing training to **820 Health Professionals**.

There are 9 Workshops upcoming - secure your place by registering with **Polio Australia** (03) 9016 7678.

More locations and dates announced soon.

Hamilton, Mt Gambier & Warrnambool coming up soon.

The important one in our area you don't want your healthcare professional to miss...

Geelong

Date: Tuesday 13th August

Time: 1.00pm - 3.00pm

Location: McKellar Education and Training Centre 45 - 95 Ballarat Rd, North Geelong

Space Available but they need to be quick!!

If you have any questions, or are interested in hosting a future workshop, please email us at workshops@poliohealth.org.au

Who should attend?

Allied and other health practitioners such as: physiotherapists, occupational therapists, orthotists, exercise physiologists, nurses, podiatrists, speech pathologists, dietitians, social workers, case managers, and anyone else who is interested in knowing more about the post-polio body.

This session is not suitable for polio survivors to attend, however we are developing [Community Information Sessions](#) suitable for polio survivors (*currently Victoria only*).

Quality Education Workshops offered by Polio Australia are developed and driven by best-practice research emerging from Europe and the USA. Paul Cavendish, Accredited Exercise Physiologist with a neurological background, delivers the workshop with vital contributions from 'lived experience expert' polio survivors.

Polio Australia wishes to build a complement of skilled and knowledgeable 'polio' practitioners across many different modalities around Australia to further increase awareness and standardise care provision for polio survivors.

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

COMING UP at our August Meeting, Sharyn's amazing daughter...Bec



Bec Picone CEO & Founding Director | Peace Of Mind Foundation

Peace of Mind Foundation is a not for profit organisation created to give support, courage and community to brain cancer patients, their carers, family and loved ones.

Having lived through emotional and pragmatic challenges of a family member with brain cancer; Bec and her brother Clint founded the organisation to provide the much needed and often difficult to find support and care for patients and family. The organisation was created in honour of Clint's wife and Bec's sister-in-law, Caroline .

You might think it's a long way from Polio but it is still a fascinating story of how a young girl and her brother started a fantastic support foundation. Come along to hear **Bec** speak at our next meeting on **Monday August 5th**.

If You Only Attend ONE Retreat This Year...



Make it this one!

Extremely well priced and jam packed with great information, **Polio Australia's ninth and final Polio Health and Wellness Retreat 'Body, Mind & Spirit'**, encompassing a range of self-management strategies for polio survivors and their carers happens in October 2019.

Date: Thursday 17th October – Sunday 20th October

Location: St Joseph's Centre for Reflective Living, 64 MacKillop Drive, Baulkham Hills, NSW 2153

Cost: \$400 per person or \$350 per person twin share/double rate

For more information and registration details please call the **Polio Australia** office on **03 9016 7678**.

Or go online and visit: <https://www.polioaustralia.org.au/retreat-2019/>

Just Jokin'

Got an e-mail today from a "bored housewife 32, looking for some action!" I've sent her my ironing. That'll keep her busy!

The wife's been hinting she wants something black and lacy for her birthday. So I've got her a pair of football boots!

My wife asked if she could have a little peace and quiet while she cooked the dinner, so I took the batteries out of the smoke alarm!

My wife shouted at me this morning for not opening the car door for her. I would have, but I was too busy swimming to the surface!

A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!"

Neighbours feared him. The old man liked the fact that he was feared.

Then one evening, he died when he was 98.

After the burial, her neighbours, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

The wife said, " Let him dig.

I had him buried upside down...and I know he won't ask for directions."

Fake 'Pinky Marks' The Newest Problem In Pakistan's Push To Eradicate Polio



A Pakistani child shows his marked finger after receiving the polio vaccine in Lahore, Pakistan

Militant violence, anti-vaccination conspiracies, and religious hard-liners have long thwarted a drive to once-and-for-all eradicate the crippling polio disease in Pakistan.

But now, vaccination teams in the South Asian nation of some 220 million people face a new obstacle: fake marker pens.

Polio workers say parents who are suspicious of the government's immunization campaigns have acquired special markers used by health workers to put a colored dot on the left pinky fingers of children after they have been vaccinated.

Health workers say parents opposed to the vaccinations are marking their children's pinkies to make it appear they have been vaccinated when, in fact, they weren't. The deception causes vaccination teams to skip over children who need to be vaccinated -- thereby preventing the disease from being eliminated in the country.

With the disappearance of wild polio

cases in Nigeria in recent years, Pakistan and Afghanistan are currently the only countries in the world where new polio cases are found.

Read the full story at: <http://bit.ly/2GiuV6L>



Access Melbourne

How does Melbourne rate compared to other cities, and whose responsibility is it to bring it up to scratch when it comes to making it liveable for everyone?

Ever heard of the city of Breda in southern Netherlands? The tiny municipality of just over 180,000 people is one of the most accessible places in the world, winning the 2019 Access City Award, which is handed out to European cities for exceptional work in the sector.

Breda's historical centre is wheelchair accessible; multiple municipal websites meet international standards for web accessibility; and the majority of museums, theatres and sporting facilities are fully adapted to accommodate disabled people. The city has an accessibility fund to help improve accessible communication in organisations and pay for physical improvements. It also checks the accessibility of over 800 shops and restaurants and speaks to business owners about how to make their premises more accessible. The city also engages with people with disabilities about how to continually improve the city.

How does Melbourne compare? Over the last 20 years tactile footpath indicators have been installed at every corner in the grid, and Braille street signage is used in a limited capacity within the CBD. Melbourne City Council has checklists on its website for making events and venues accessible for all Melburnians. Auslan-interpreted performances and relaxed performances for those on the spectrum are popping up at major Melbourne theatres, too. But there's still a long way to go until we're at Breda-level accessible.

Metro says all metropolitan train stations are wheelchair accessible, but steep ramps can pose problems. Then there's the multitude of stairs and rough tiles that cover one of Melbourne's biggest attractions, Federation Square.

Making Melbourne a more 'liveable' city is a policy objective of the Victorian state government. According to Melbourne councillor Beverley Pinder, "There is a huge variation in individual abilities of each person with a disability, and this presents many challenges that we endeavour to address."

Recently, Yarra Trams has invested in making public transport more accessible and convenient for those with disabilities, including making the route 96 the first fully accessible tram line in Melbourne. Pinder says Melbourne city council is also working on making public transport even better for those with disabilities. "We advocate and engage with transport providers and have organised on-site meetings with our Disability Advisory Committee members to demonstrate the challenges people with disabilities face when accessing public transport," says Pinder.

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.



CONTRIBUTIONS WELCOME.

If you have anything you would like to contribute or share with the GPSG community in upcoming issues please contact g.newton@iinet.net.au

Deadline is the 17th of each month