

INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

SEPTEMBER 2019 EDITION



Next Meeting:
2nd Sept 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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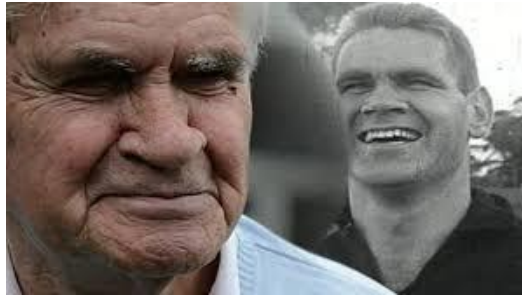
THIS MONTH

- Peter CLANCEY 7TH
- Bromwyn THOMSON 16TH
- Terry KOSSECK 28TH

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Polio Survivor Graham 'Polly' Farmer dies at 84



Australian football legend Graham "Polly" Farmer has died in Perth.

Raised in an orphanage and suffering polio as a child, Graham "Polly" Farmer overcame early adversity to become *one of Australia's best* AFL players during the 1960s.

A trailblazer for Indigenous players in Australian sport, Farmer played 356 games from 1953 to 1971 across the WAFL and VFL leagues for East Perth,

Geelong and West Perth.

Regarded as one of the greatest players to play Australian rules football, 'Polly' is credited with revolutionising

the role of the ruckman, particularly with his trademark use of the handball.

He won three Sandover medals as the WAFL's top player and took out his club's best and fairest award 10 times.

Farmer also coached the Cats between 1973 and 1975 as the first Indigenous coach in the league.

"The Geelong Football Club will forever be better due to the fact that Polly coached us,"

Geelong chief executive Brian Cook said, "I think what Polly did, he changed Australian Football, but he also was great for Australian culture.

"He was courageous enough to take a strong leadership role in a time when it must have been really tough for him and his people, and he did it with flying colours."

For the final round of the 2019 AFL Home & Away season the Geelong Football Club instead of wearing the usual black arm bands, wore the Club's Indigenous Guernsey, designed by Quinton Narkle as a mark of respect to the great man.

Football fans will have the opportunity to farewell Farmer at a public memorial service at GMHBA Stadium on Friday 30 August.

Convenor's Corner

I hope everyone is keeping warm this winter. I am finding it very cold and so are my joints. As polio survivors we can find it very hard to keep warm. I find sometimes my lower legs are frozen but I may not feel it until I go to put on socks and my hand feels the leg and I can't believe how cold it is. I use wheat bags to get the legs back to some sort of normal temperature. Me and my heat bag have a very good relationship, especially during winter. One of our members, who is only now suffering the late effects of her polio later in life, is finding it very unfair that older people miss out on the NDIS. I have to agree with her even though I have just been excepted for the NDIS myself and am using the benefits which they have given me. I know there are benefits which older people over the age of 65 can get but I have heard people say that the waiting for these benefits can be very long. I myself am finding even with

the NDIS I still must wait for some things - nothing is instant. My biggest complaint with it is no one seems to get back to me. In this rushed world we live in people don't seem to have time to answer their phones and we are always asked to leave a message by the person who most of the time never gets back to us.

I must be getting old because I even find myself complaining about the calls you make where you're asked to press a number-usually between 1 and 5. You are then told another set of numbers you have to pick only to find then you're put on hold while you listen to music for the next 20 minutes. After all this you may be lucky to talk to a real human.

I look forward to catching up with everyone in September when our guest speaker will be our Editor Gary who will talk about his travels by ship and travelling with a disability, so until then.

Cheers

Sharyn

From the Editor's Desk



Dear Mother-in-law,
I don't need you to
teach me how to
handle my children.
I'm living with one of
yours & he needs a
lot of improvement.

Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96-year-old sister went upstairs to take a bath. As she put her foot into the tub, she paused. Then she yelled down to the other two sisters and asked, "Was I getting in the tub or out?" "You dern fool," said the 94-year-old. "I'll come up and see." When she got half way up the stairs she paused. "Was I going up the stairs or down?" The 92-year-old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door."

Greetings everyone and welcome to the September 2019 edition of our Newsletter. **SPRING** already...where has the year gone? refuses to go away I suggest you talk to your GP about an inhaler.

The good news is that warmer weather is coming to warm us all. Personally I'm glad **Winter** is behind us.

I don't know about you but this is the 'sickest' winter I've had in a very long time. It started for me as a sore throat which felt like a bit of a cold then turned into an annoying persistent dry cough which lasted more than 5 weeks. It was so bad at times that I couldn't talk on the phone without a massive coughing fit.

I'm pleased to say that it is now almost gone but required some unusual treatment in the form of a steroid filled inhaler which I'm still using to knock it on the head. If you have a nagging cough that

Sharyn has asked me to provide an informal chat at our next meeting on Sept 2nd about holiday trips on BIG Cruise ships with a particular focus on Cruising With A Disability. Not sure how long it will go but hopefully I'll not send you to sleep. I'll bring a few photos along to look at from **Alaska** and the **Sth Pacific**. It will be very relaxed talk and a good opportunity for those with mobility problems who are yet to cruise to ask lots of questions from someone who has experienced this type of travel. I reckon **Cruising**, either locally or overseas is certainly a great way to have a fantastic holiday especially if you have restricted movement.

I hope to see you at that meeting! Til next month!
Cheers Gary

The Fight to End Polio - THANKS to Rotary



At 75 years old, **Anil Garg** of Simi Valley has led nearly 20 trips and more than 300 polio vaccinators to India as part of Rotary International's quest to eradicate the disease.

"When we started this program back in 1985, we used to get 1,000 cases per day worldwide, and it was endemic in 125 countries," said Garg, a member of the Simi Valley Noontime Rotary Club. "Last year we had only 30 cases worldwide; the year before that we only had 22 cases worldwide, and that was in two countries, Pakistan and Afghanistan.

"So we are very, very, very close in eradicating."

Garg is heading for Delhi, where he and other volunteers will attend three orienta-

tion programs with representatives from the World Health Organization, UNICEF and India's national polio committee office.

"Even though India hasn't had a case in five years, we still continue doing this," said Garg, who was named a 2012 "Champion of Change" by the White House for his work. "Why? Because the virus is still there in Pakistan and Afghanistan, and it will take only one flight to bring that virus back into the country where, so far, we have spent over US\$8 billion in this program since 1985."

"The younger generation doesn't know what polio is," Garg said.

"For polio, there is no cure, only prevention, because once a child contracts polio, they're stuck with it for life," Garg said. "Now, we're finding people who contracted polio during the 1950s, and they're in their 60s or 70s now with post-polio syndromes hitting them."

In the mid-1900s, the threat of polio was deathly serious.

"People were afraid to go near a body of water because they were afraid of catching

the polio virus," Garg said. "If you talk to families, I can guarantee you, if they were growing up in the 1950s, either a friend or family member was afflicted by polio."

Garg said more than 3 million people are helping distribute the vaccine in India.

"So our role is to boost the morale of the people who are doing it, and have been doing it for such a long time," Garg said.

The volunteer Rotarians are also trying to publicize the program. Their bright yellow jackets help.

"When you have a person standing in the middle of a village street wearing a bright yellow jacket, it brings out children and it increases the visibility of the program," Garg explained. "They become curious as to why this person is there in their village ... and when they find out that these people are traveling 13,000 miles, spending their own money, taking their own vacation time, they see what they're doing must be really important."

He said it's also important to raise awareness of Rotary so these programs stay alive for future generations.



COMING UP at our September Meeting, Polio Aust. Board Member Gary Newton - 'Cruising With a Disability'

Final Polio Retreat draws closer...



Polio Australia
Representing polio survivors throughout Australia



Have you considered going to Polio Australia's FINAL Retreat?

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**.

Polio Day Reminder

World Polio Day will be held in **Warrnambool** at the Lady Bay Resort on **Thursday, October 24**. The theme for this year is "Change to Grow".

More details in the Winter Edition of *Polio Perspectives* out very shortly or call [1300 704 456](tel:1300704456).



Remember When?

It took five minutes for the black and white TV to warm up then you could use the circular switch to "click, click, click" it to your channel.

Nearly everyone's Mum was home when the kids got home from school

Nobody owned a purebred dog

You'd reach into a muddy gutter for a penny

Your Mother wore nylons that came in two pieces

All male teachers wore ties and female teachers had their hair done every day and wore high heels

You got your windscreen cleaned, oil checked and petrol served, without asking, all for free, every time..

They threatened to keep children back a year if they failed the school year .. And they did!

When a Ford Zephyr was everyone's dream car...

And people went steady

No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked

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.