

GPSG NEWS



INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

AUGUST 2020 EDITION

Next Meeting:

Monday Aug 3rd via ZOOM

Join Meeting:

[https://us02web.zoom.us/j/82258451285?](https://us02web.zoom.us/j/82258451285?pwd=VzIDUGgxUEZvZzF5ZE1zb0E2bDB3QT09)

[pwd=VzIDUGgxUEZvZzF5ZE1zb0E2bDB3QT09](https://us02web.zoom.us/j/82258451285?pwd=VzIDUGgxUEZvZzF5ZE1zb0E2bDB3QT09)

In The Chair:

Sharyn & Gary (as Zoom Master)

Special Guest This Month on Zoom: Myotherapist—Amber Molloy

F2F Meetings Suspended Until Further Notice due to COVID-19

Contact Us

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August Celebs.

2ND AUGUST
Doris JARVIS

20TH AUGUST
Lauren WILSON

Due to Covid-19 our Meetings now on Zoom



The Geelong Polio Support Group is inviting you to a virtual meeting on zoom.

Topic: Our August GPSG Meeting on Zoom with special guest, Amber Molloy—Myotherapist

Myotherapists provide evidence-based assess-

ment, treatment and rehabilitation for a wide range of musculoskeletal pain and associated conditions such as: Back pain, Neck and shoulder pain, Headaches, Muscle Tightness and much more

Time: Aug 3, 2020 10:30 AM AEST

Join Zoom Meeting (copy this link)

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OR

*Dial in by phone (safe, secure, contact-free) (*call charges may apply)*

Ph: (03) 7018 2005

Meeting ID: 822 5845 1285#

Participant ID: #

Passcode: 830055#

If you are having problems connecting with our Zoom meeting contact our Editor, Gary Newton

Convenor's Corner

It's hard to believe that we are still going through this covid 19 existence that we call life.

Like me you are probably fed up with what's going on and sick of hearing the phrases "masks," "shelter at home," "wash your hands" and "don't touch your face" just to name a few.

As much as I hate all of this I have just heard on the news that we have another 450 new cases and another 10 people have died.

This is a battle we are all in and we do have to do the right thing. In saying all of this there is hope through all of this. We are much luckier than many other countries who have lost 1,000s to this horrible disease.

I like many have had to have the covid test when I had a simple

cold just to make sure I didn't have covid and infect all my family and friends.

For those of you who haven't had the test yet and I do hope that it is most of you- it is not a pleasant experience but once you have had it you feel fine. A swab is placed around your mouth where they take your saliva and a second one is placed up your nostril. This one is uncomfortable because of how far they have to go up the nose but once its done you feel no ill effects.

As post polio people we have to take extra care of ourselves because of our lower immune system .I have also found that I have been experiencing extra anxiety because of this.

If any of you are experiencing this or need help in any way

please give me a ring and I will see what I can do. Even if its just to talk with someone can make a huge difference.

If anyone needs groceries and medications and has no one else to do it I am happy to pick up food and medications and take it to your home. Please don't hesitate to call me. My phone number is 0435719333

Christmas is not far away and as it is my favourite time of year I find myself thinking of that time ahead where I can celebrate the birth of the Saviour, give gifts to my family and friends and even if we still have a covid lifestyle I will not let it take the joy of that time away from me. So until next time lets think of the good things in our lives.

Cheers,

Sharyn

From The Editor's Desk

Hello again everyone!

As covid restrictions in Melbourne ramp up we in the Geelong Region are being very pro-active wearing masks when out shopping and doing all the things health officials are recommending.

Last month we held our first 'virtual' online meeting via Zoom and we will continue to do that at least for the foreseeable future. Joining us with a tremendous amount of really interesting information was Michael Jackson, Clinical Health Educator with Polio Australia. A BIG thanks to Michael for his very valuable input to our 'online meeting'.

For those of you (with or without a computer) interested in being part of a 'virtual' meeting of the **Geelong Polio Support Group** once a month, please see the details on Page 1 of this newsletter to get the link to join in. These 'virtual' meetings can be arranged quite simply and are very easy for you to join even if you have **zero computer skills** plus you can also *join in over the phone without the need for a computer*. Also there is NO CHARGE* (telecommunication charges may apply to your phone device)



Till then - stay safe, stay well!

Sary

POLIO ERADICATION IN THE MIDST OF COVID-19



Activities that will continue while polio vaccination campaigns are paused due to COVID-19:

 <p>SURVEILLANCE ACTIVITIES</p> <p>Continue tracking the poliovirus so we know what areas may be at risk</p>	 <p>ROUTINE IMMUNIZATION</p> <p>Strengthen vaccination services at health centers in areas at risk of polio</p>	 <p>VACCINE SUPPLY</p> <p>Ensure the availability and readiness of polio vaccines</p>	 <p>ADDITIONAL SERVICES</p> <p>Support delivery of basic services to polio-affected areas</p>	 <p>CATCH-UP VACCINATION PLANS</p> <p>Prepare to launch high-quality campaigns as soon as possible</p>
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An Invitation From Polio Australia

Join us!

Each Wednesday morning in August, we'll be meeting on Zoom to chat, meet others around the country from the polio community, and share your stories on a range of topics. Click the link to add your name and get the Zoom details. www.bit.ly/polio-zoom-chats-australia

Informal chats (not webinars), loosely based around a discussion topic as follows:

- 5th August - Post-polio symptoms
- 12th August - Energy-saving tips for everyday tasks
- 19th August - Food! Good? Bad?
- 26th August - Health professionals

New to Zoom? No worries! Send us a Facebook message, or email steph@polioaustralia.org.au, to get some more instructions.

MODERN LESSONS FROM OUR POLIO PAST

Before there was a vaccine, one polio treatment used infected blood to create a serum. But there are lessons to be learned from the past when it comes to COVID-19

By Professor Joan McMeeken, University of Melbourne

Scientists are still working to understand whether the blood plasma of people who have recovered from COVID-19, which potentially contains antibodies against the virus, could be used as a treat-

ment for coronavirus patients.

The jury is still firmly out when it comes to the research – one recent study from China was unclear about any benefit, and another from Johns Hopkins University in the US offered a hint of potential.

For the full story, go online here: <https://bit.ly/3f1icUp>

