

GPSG NEWS



INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

OCTOBER 2020 EDITION

Next Meeting:

10:15 AM Monday Oct 5th
via ZOOM

Join Meeting:

ID: 849 6379 2270
Passcode: 347657

In The Chair:

tbc

Special Guest This Month on Zoom: Dr Stephen de Graaff

We hope regular Meetings will resume shortly. Please be patient and continue to take great care.

Stay SAFE everyone!

We will advise you in a separate communication.



Our Next Meeting Is On Zoom—Oct 5th 10:15am

We're Mailing Early—fingers crossed

In the hope you can join us for our next Meeting which will be on Zoom on Monday Oct 5th at 10:15AM we are mailing this newsletter early.

We are starting earlier than usual (15 minutes) so that our Meeting can dove-tail into a meeting **Polio Australia** have planned at 11am that same morning.

Q and A with Dr Stephen de Graaff (this won't be recorded to allow open discussion), 11am AEST, 5th October: www.bit.ly/PolioWebinarQandA

Zoom log in details for our meeting are on the left or if you are viewing this newsletter electronically click on the link below to take you straight to our GPSG Meeting.

<https://us02web.zoom.us/j/84963792270?pwd=dE1DdlhtUTJXOC9NNncydVJFVnowZz09>

It is not necessary to book for our Meeting however it is most important that you book for the Polio Australia Talk with Dr Stephen de Graaff. **Please BOOK in advance:** <https://www.polioaustralia.org.au/community-information-sessions/>

Contact Us

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Convenor's Corner

The Geelong Polio Support Group has a vacancy

We are looking for a volunteer Convenor. Here's what we need!

Polio Self-Help/Support Group Convenor

While the convenor role doesn't have to be hugely demanding, there is some responsibility. For this reason, it's often a good idea to change the convenor from time to time.

Skills required to be the group convenor may include:

- Able to communicate via phone and email
- Friendly
- Able to arrange simple rosters
- Available to attend most meetings

Geelong Post-Polio Support Group convenor role has the following duties:

During meetings:

- Make sure the meeting room is opened in time
 - Chair the meeting
 - The chair can rotate – the convenor only needs to roster them
 - Pass on any relevant information, news or events from Polio Australia, PPV, PNV etc
- Ensure the room is left tidy afterwards
The group works together for this

Between meetings:

- Contact speakers to schedule for meetings
- Other group members can provide contacts and suggestions
- Call members in need of support
- The convenor doesn't do this alone – members can be assigned
- Prepare a brief update for the newsletter

Occasionally:

- Ensure the member list is up-to-date and given to the relevant people for birthday cards and collection of annual fees
- Respond to calls, emails etc from potential new members
- Act as the contact person for other groups, PNV etc

Annually:

- Book venue for Christmas lunch
- This task can easily be delegated to another group member

Are you interested in this position or do you have questions?

Please contact Newsletter Editor—Gary Newton on 0409 239 773

Thank you!



From The Editor's Desk



Gary Newton Editor

Hi there everyone!

For those of us in regional Victoria

things are on the improve with the recent easing of COVID restrictions.

Let's hope the numbers continue to be low for us and keep going down in Melbourne so that they too can get a much needed break. For those with family there, (such as myself) loved ones who we have not seen for months the end can't come soon enough.

As you no doubt know, October is **Polio Awareness Month!** This year Polio Australia's theme is **Past Pandemic Survivors**. In the coming days Polio Australia

will be sharing their plans for October on their website. Be sure to look out for those here!

<https://www.polioaustralia.org.au/polio-awareness-month/>

Also from Polio Australia I'm hearing that their August Zoom meetings which were open discussions based around a topic, had around 50 participants in each session which is fantastic involvement from polio survivors.

I'm delighted to let you know that Polio Australia will continue with regular Zoom sessions in October as part of Polio Awareness Month. Meetings will again be facilitated by the very lovely Steph from Polio Australia who will be joining us on Zoom at our next meeting on Oct 5th. Please be sure to join us if

possible.

And don't forget immediately following our meeting you are all invited to a very special Q & A session on Zoom with Dr Steph de Graaff. Details on how to join this meeting are on Page 1 of this newsletter.

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

Last month we featured a picture of our former Convenor Sharon's dog Ringo which was a real interest item. So next month I thought we would start to show some more of our member's pets. Do you have a pet that you think is adorable? Then please send me a photo and we'll feature it in an upcoming newsletter.

Until next time, stay safe.

Gary



How to Deal with Stress, Anxiety and Sadness

By Paulette Jackson, MS, MSN, RN Administration Officer—Polio Australia

COVID-19 and social isolation restrictions have impacted the lives of many people globally. It is normal to have worry or stress during a pandemic, especially when you are isolated from others. However, social isolation can have negative impacts on your physical and mental health. How are you coping? You might be finding isolation a bit difficult. It's okay. Even though you are isolated, you are not alone. Here are a few helpful tips for supporting your mental health during these uncertain times.



10 Tips To Support Your Mental Health

1. If you are feeling alone, reach out to others via email, telephone, video chats, or social media. You can also utilise Friend Line for when you just want to chat with someone because you are feeling lonely. Contact 1800 424 287 / Chat online www.friendline.org.au. **Note: Friend Line is not a crisis support line – see website for hours and availability.**
2. Try to maintain your normal daily schedule to keep you in a

- routine – medications, eating, sleeping, and exercise.
3. Turn off the news and sign off social media if these resources increase your stress.
4. Recognise that isolation isn't forever and there is a light at the end of the tunnel.
5. Acknowledge that social isolation is making a difference in flattening the curve, which will result in relieving restrictions.
6. Engage in activities that make you happy – hobbies, exercise, read, music, dance, etc.
7. Choose to eat nutritious foods to keep your body healthy and boost your immunity.
8. Pick up a new project around the house or learn a new skill.
9. Write about happy events in your life or write down three things you are grateful for each day.
10. Acknowledge your feelings and seek professional help if you continue to feel sad, stressed, or anxious.

Resources Available If You Need Mental Health Support

- ◆ **Your Doctor/GP:** they can refer you to the help you need
- ◆ **Lifeline: 24-Hour crisis support:** Contact 13 11 14 / Chat online www.lifeline.org.au
- ◆ **Beyond Blue's Coronavirus Mental Wellbeing Support Service:** Contact 1800 512 348 / Chat online coronavirus.beyondblue.org.au
- ◆ **Head to Health:** Digital mental health resource—<https://headtohealth.gov.au/>

Polio Survivors' Survey

By Michael Jackson, Clinical Health Educator—
Polio Aust.

in ability over time; your use of health professionals; and the support services you use.

with other survivors you know in your community.

Polio Survivors Health, and Health Professional Use Survey (#2 of 2020)

Early in 2020 we had over 730 Australian survivors respond to our survey about polio survivors' impressions, expectations, and satisfaction with their health professionals. Those results were published in recent Polio Oz News editions. If you did not do that previous survey, that is ok—you can still participate in this new one. (International polio survivors are also welcome to complete the survey should they wish to.)



As with our previous survey, the responses to this survey will be grouped to look for differences or trends amongst polio survivors, and in comparison to the Australian population. Grouped data (individual responses are not identifiable) will be used in Polio Australia's planning and education—for polio survivors and health professionals.

The results will be reported in Polio Oz News later this year.

This new survey asks about different things: your post-polio related health; your changes

It takes about 15 minutes to complete and is online only. Please share the survey link

[Click for Survey Link](#)

Only Joking

A female CNN journalist heard about a very old Jewish man who had been going to the Wailing Wall in Jerusalem to pray, twice a day, every day, for a long, long time.

To check it out, she went to the Wall, and there he was, walking slowly up to the holy site.

She watched him pray, and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Pardon me Sir, I'm Rebecca Smith from CNN. What's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Wailing Wall to pray?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims."

"I pray for all the wars and all the hatred to stop."

"I pray for all our children to grow up safely as responsible adults, and to love their fellow man."

"And how do you feel Sir, after doing this for 60 years?"

"It's like talking to a bloody brick wall."

The Drover at the Pearly Gates

A drover from a huge cattle station in the outback appeared before St. Peter at the Pearly Gates.

"Have you ever done anything of particular merit?" St. Peter asked.

"Well, I can think of one thing," the drover offered.

"On a trip to the back blocks of Broken Hill out in New South Wales, I came across a gang of bikers who were threatening a young sheila. I told them to leave her alone, but they wouldn't listen. So I approached the largest and most heavily tattooed biker and smacked him in his face, kicked his bike over, ripped out his nose ring, and threw it on the ground. I yelled, 'Now, back off!! Or I'll kick the s**t out of the lot of ya!'"

St. Peter was impressed, "When did this happen?"

"A couple of minutes ago."



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.

Polio Australia Factsheets

Polio Australia has developed factsheets to assist with your understanding of living with polio. These factsheets, and others, are available on our Polio Australia website www.polioaustralia.org.au/living-with-polio.

In 2020, the factsheets listed below were printed and distributed to the polio state networks across Australia. We printed the factsheets for the 20 most frequently requested topics.

Health

- Anaesthesia and Surgery
- Bone Density & Health
- Continence
- Physical Activity and Exercise
- Fatigue
- Women's Health
- Footwear/Pedorthics
- Pain Management
- Sleep and Breathing
- Cold and Heat Intolerance

Lifestyle

- Aids & Equipment
- Falls - What to do if you have a fall
- Speech and Swallowing
- Medication
- Driving & Vehicle Mods
- Orthoses

Services

- Disability Services
- NDIS
- MyAgedCare

Providers

- Types of Health Professionals