

# GPSG NEWS



## INFORMATION FOR POLIO SURVIVORS IN THE GEELONG REGION AND BEYOND

SEPTEMBER 2020 EDITION

### Next Meeting:

Monday Oct 5th via ZOOM

### Join Meeting:

ID: 849 6379 2270

Passcode: 347657

### In The Chair:

tbc

Special Guest This Month on

Zoom: to be advised

**F2F Meetings Suspended Until  
Further Notice due to COVID-19**

**Stay SAFE everyone!**

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## Why This Newsletter Is Late (for non-email recipients)

### Australia Post sorry for delays during lockdown



The pandemic this year has created a perfect storm for the delivery industry but Victoria's new lockdown could make it even worse.

2020 has been a disaster for the postal delivery industry.

Widespread lockdowns imposed to control the spread of the coronavirus have increased the reliance on online shopping and parcel delivery at a time when

flights were essentially grounded.

The perfect storm means demand is high at a time when importing items from overseas and domestic transportation has greatly reduced.

Australia Post were issued an apology for the massive delays.

As an example and from personal experience a standard letter posted on Aug 10th (postmarked Aug 11) from the Mornington Peninsula arrived at its destination in Geelong exactly TWO WEEKS later on Aug 25th!  
- Editor

## Convenor's Corner



Sharyn's beautiful Dog RINGO

Well another month has come and gone. Do you feel like you're in a crazy horror movie yet? It's certainly been interesting with us checking every day how many new people have got the virus and sadly how many new deaths.

Reminding yourself what number lockdown are we in and for how long. Also who would have ever thought a face mask would be the next fashion statement with all sorts of bright colours and patterns being on display.

I do hope that all of you are coping with the many changes in our lives. One thing I do know is we with post polio do know how to adapt. We have been doing it most of our lives from running to walking to walking to just sitting. We have had to change as our body changes and most of us have done it without complaints. So I guess Covid 19 is just another hurdle we all have to get over.

On a much lighter note, I have bought myself a new Border Collie puppy and before you have me committed to a psychiatric unit which I have contemplated myself a couple of times for doing it he is adorable and once he grows up he can be used to help his Mum with things around the house.

Border Collies are very clever and if trained right they can do many things. A man who lives near us is confined to a scooter and he has his Border walk with him for their daily outings. The dog adores him and he is very content to just walk the rather

slow speed that the scooter does. So here's hoping my dog can do the same if and when I need to use a scooter. So until then I have to be content with the early morning calls to get out of bed and take him outside for his toileting and teeth that bite and eat everything in site.

Our speaker last month was brilliant. Amber Malloy is a Myo therapist and for those of you who tuned in you would have found she has a wealth of knowledge on joints and muscles. I was so impressed with her that I booked an appointment to see her. After only one appointment I found out so many new things about my body that I had never heard before so I would highly recommend her for people with post polio.

Cheers, Sharyn

**Since writing this article Sharyn has stepped down as Convenor due to being 'busy with other interests'. I'm sure you will join me in thanking Sharyn for her time & wish her all the very best for the future—Ed.**

Happy  
BIRTHDAY!  
to you.

September Celebrations.

Peter CLANCEY - 7TH

Bromwyn THOMSON - 16TH

Terry KOSSECK - 28TH



## From The Editor's Desk

Hello everyone!  
As **COVID-19 restrictions** in Melbourne now at Stage 4 and for us Stage 3, we in the **Geelong Region** are being extremely careful doing all the things health officials are recommending including of course wearing masks away from home.

Recently we held our first 'virtual' online meeting via Zoom and we hope to do that (subject to interest) at least for the foreseeable future with our next online meeting set down for **October 5th**.

For those of you (with or without a computer) interested in being part of a '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 for you 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)

Until then - please stay safe, stay well!

*Sary*

### Fighting anti-vaccination rumours in Pakistan



(photo Dennis Chimenya)

**Dennis Chimenya**, a health worker with the UN Children's Fund, UNICEF, is part of a team trying to counter misconceptions, and save lives.

In an interview with UN News, Mr. Chimenya, who leads UNICEF's communications activities, outlines the problems that he and his colleagues face in raising awareness of the crucial health benefits of polio vaccinations during the COVID-19 pandemic.

"As a young boy growing up in Malawi, I remember being impressed by the positive impact and influence that radio had on my community,

and this inspired me to become a broadcaster. By the time I finished my degree, deprivation and the social impact of HIV and AIDS were a burden, and a change in people's behaviour was clearly important. So, I began working in public health communications.

Early in my career, I worked with international non-governmental organizations in Africa focused on HIV/AIDS and maternal and child health. Since joining UNICEF, I have continued to focus on health communications, including serving in public health emergencies such as the Ebola responses, and with polio vaccination campaigns.

The last pockets of polio resistance Pakistan is one of only two countries in the world, along with Afghanistan, where polio is still endemic. A reluctance to vaccinate is one of the issues that has contributed to sustained polio virus transmission in these countries.

Parents in some pockets of communities refuse vaccines, due to rumours and beliefs they hold. My job is to develop activities that will lead more people to accept vaccines and, eventually, achieve the eradication of the disease in the country.

Online readers can read the full story here: <https://news.un.org/en/story/2020/08/1070722>

Polio, a deadly, debilitating, yet easily preventable disease, is eradicated in most countries, but is still endemic in Pakistan, partly due to a reluctance to vaccinate amongst some parts of the population.

### A Note from Polio Australia's Steph Cantrill

(Community Programs Manager)

Hi all, please find below a list of resources to support older people during the COVID-19 period. If you don't need to access any of these services, you might know someone who does.

While **Polio Australia** doesn't provide individual support/advocacy, we are happy to continue this conversation - if you know of other organisations or support services, we'd love to hear about them so we can share them with others.

#### National COVID-19 Older Persons Information Line:

- According to the My Aged Care website, this line is for people who are feeling lonely or worried and looking for support and advice
- 1800 171 866 – Monday to Friday, 8.30am-6.00pm

#### Help with groceries and meals:

- This is a short-term service for the COVID-19 period.
- If you're already on a home care package and this service isn't part of your usual care, you can call your provider to enquire, or call My Aged Care on 1800 200 422.
- If you're registered with **My Aged Care** (even if you don't use any services), you can use your ID number for priority online shopping. If you don't know how to do this, or need more than just online shopping, call **My Aged Care on 1800 200 422**.
- If you're not registered with My Aged Care, it's best to give My Aged Care a call on 1800 200 422.
- My Aged Care's website is [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

#### Friend Line:

- [www.friendline.org.au](http://www.friendline.org.au)
- If people are looking for connection and just someone to chat to, they can call Friend Line on 1800 424 287. Please note it's not a crisis support line – just a chat for company.
- 6pm – 8pm, Tuesday to Thursday or 2pm – 5pm, Saturday & Sunday.

#### Be Connected:

- [beconnected.esafety.gov.au/bookings#connecting-to-others](http://beconnected.esafety.gov.au/bookings#connecting-to-others)
- Be Connected is for help with connecting with others online, and using the internet safely.
- Ironically, they share information via webinars – but people can call them on 1300 795 897 to get started.

#### Older Persons Advocacy Network:

- [opan.com.au](http://opan.com.au)
- If people don't feel that they're being fairly treated, they can contact the Older Persons Advocacy Network on 1800 700 600.

#### Counselling and Crisis Support:

- Finally, there are phone counselling services such as Lifeline (13 11 14) and Beyond Blue (1300 22 4636) for those who need to speak to someone about their experiences.
- **Lifeline:** [www.lifeline.org.au/](http://www.lifeline.org.au/)
- **Beyond Blue:** [www.lifeline.org.au](http://www.lifeline.org.au)

Also, don't forget to reach out to your state network for polio-related issues - see [www.polioaustralia.org.au/support-and-services](http://www.polioaustralia.org.au/support-and-services) for contact details.

# Permanent extension of telehealth

Together with the Neurological Alliance we call on the Australian Government to:

- **Have permanent telehealth options that people can utilise to have greater access to health services. With this being said it must be both safe and clinically appropriate given the individual's circumstance.**
- **To have NDIS plans include this service by having trained staff and resources available so there is no technological barrier.**



## Polio Australia Short Topic Feedback

Cold intolerance is a common symptom amongst polio survivors (29-56% incidence according to Brauer 2011). A related question is whether polio survivors have a lower core body temperature. We don't have an answer for you, but would like to find out! Is your's lower than normal?

Write down your body temperature

measurements for 14 days at about the same time each day (set a daily alarm!). Record in degrees Celsius, with any type of thermometer. Submit your list of temperatures to their online form (linked below) once you have your 14 numbers. (All ages, genders and nationalities of polio survivors are welcome to contribute to this data.)

Learn: [http://bit.ly/polio\\_cold](http://bit.ly/polio_cold)

Together with the Neurological Alliance of Australia, we are calling on the

government to extend the option of telehealth for NDIS services beyond the COVID-19 period. <https://www.polioaustralia.org.au/wp-content/uploads/Neurological-Alliance-of-Australia-Position-Paper-expanded-Telehealth-services-for-NDIS-participants.pdf>

## Upcoming 'Webinar' Sessions on Zoom from Polio Australia are:

- Monday 31st August, 11.00am Eastern Standard Time – **Food and the Immune System**
  - Mel Overall, Nutritionist
- Booking link: <http://bit.ly/PolioWebinarNutrition>
- Monday 7th September, 11.00am Eastern Standard Time – **Sharing Stories of Managing Polio**
  - Gordon Jackman, CEO, Duncan Foundation (NZ)
- Booking link: <http://bit.ly/PolioWebinarNZ>
- Tuesday 15th September, 11.00am Eastern Standard Time – **Postural and Core Muscles for Polio Survivors**
  - Lillian Drummond, Physiotherapist
- Booking link: <http://bit.ly/PolioWebinarCoreMuscles>
- Tuesday 29th September, 2.00pm Eastern Standard Time – **Assistive Technology for Polio Survivors**
  - Natasha Layton, Occupational Therapist
  - No booking link yet – I'll be in touch!

There is also likely to be a **Question and Answer** session with Dr Stephen de Graaff. We haven't locked in a date yet, but I'll keep you informed. I'm not quite sure whether we'd be able to record this session, so I'll try to give enough notice as possible so anyone who's interested can join us.

*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 and Polio - a tale of two doctors



Starting Aug. 31, if you say the name Dr. Joseph Polio in the halls of Orthopaedics & Sports Medicine Owensboro in the USA, two heads will turn.

Dr. Joseph L. Polio has been an orthopaedic surgeon in Owensboro for three decades and has worked at OSMO for about seven years.

Now, his oldest of four sons, Dr.

Joseph A. Polio, 33, has joined that practice.

Last month, the younger Polio completed a foot-and-ankle fellowship at Reno Orthopaedic Clinic in Reno, Nevada. Returning home to practice was a given.

“I was pretty intent that I wanted to come back to Owensboro,” he said. “... I loved growing up here and liked the people here.”

Living with a dad who was an orthopaedic surgeon inspired him to choose the same career path. He also enjoyed anatomy and believed in the benefits of surgery.

After graduating from Owensboro Catholic High School, he attended Centre College before attending University of Louisville Medical School, where he served a five-year residency.

With a foot-and-ankle subspecialty, his knowledge base in that area is on a higher level than his dad’s.

“He knows how to do things I don’t know how to do, for sure,” his dad said.

The younger Polio is the first surgeon in the region with that particular sub-speciality. OSMO patients would have to travel to larger cities, such as St. Louis, Indianapolis, Nashville or Louisville, to find a surgeon with the same qualifications, the elder Polio said.

“It’s going to be good for the community,” he said of having his son join OSMO.

The two Polios look forward to working side-by-side. They share mutual respect and admiration.

For the last few years, they have consulted with each other on several cases.

As an aside, another Polio — second son, Dr. William Polio — also is expected to join the OSMO team in about two years. He’s currently in his final year of residency and plans to earn a dual certification in shoulder and elbow and sports medicine at Campbell Clinic Orthopaedics in Memphis, Tennessee.

Other sons are Michael, who attends dental school at U of L, and Samuel, a sophomore pre-med student at Centre College.

Source: [https://www.messenger-inquirer.com/news/paging-dr-polio-two-drs-joseph-polio-to-work-at-osmo/article\\_e53b1d0d-0198-5117-ba42-bcfb00c71ef0.html](https://www.messenger-inquirer.com/news/paging-dr-polio-two-drs-joseph-polio-to-work-at-osmo/article_e53b1d0d-0198-5117-ba42-bcfb00c71ef0.html)

## Only Joking

F	/	/	/
F	/	/	/
<b>HOW DID YOU HEAR ABOUT THE YMCA</b>			
(Please check one)			
<input type="checkbox"/> Television	<input type="checkbox"/> Online		
<input type="checkbox"/> Radio	<input type="checkbox"/> Drove By		
<input type="checkbox"/> Ad in paper	<input type="checkbox"/> Family/Friend		
<input type="checkbox"/> Postcard	<input type="checkbox"/> Other <b>X Village People</b>		
<input type="checkbox"/> Return Member	<input type="checkbox"/> Insurance		
<input type="checkbox"/> Email	<input type="checkbox"/> Billboard		
<b>FOR OFFICE USE ONLY</b>			
<b>EFT INFORMATION</b>			
Payment Method (please circle)			

