

Issue 149
Autumn 2023

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Polio SA

*The post-polio support group
for South Australians*

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Disclaimer: Polio SA Inc. assumes no responsibility for any treatment undertaken by readers of this newsletter. Any advice, either explicit, or implied is not intended to replace qualified medical advice.

Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of Polio SA Inc.

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Welcome to the Autumn Edition of the Polio SA Newsletter

GOOD DAY TO EVERYONE.

The New Year has not been kind to POLIO SA, it was with sadness that Peter Wierenga passed away after a long battle with cancer, Peter was our Treasurer for many years, I can tell you how great it is as a member of a Board to have a Treasurer you can rely on, he will be sorely missed.

Then we had the resignation of our new Board Member Savi Deo bringing our committee down to 6 members, with Laura Abraham volunteering as the sixth member, welcome aboard Laura.

Now we have to announce the retirement of Helen Leach, our Community and Membership Officer, due to ongoing ill health requiring frequent therapy for cancer, there is no underestimating the loss of our gate keeper and fountain of knowledge, we wish Helen well in the future interventions Helen has to face.

It's fair to say the mood of the Board is somber and flat, new directions have been tabled, it will take a high level of motivation and commitment to see these concepts through, to this end the Board needs support from its members, we need a Treasurer to replace the loss of Peter, we need at least 2 extra Board Members to help create energy and maintain direction.

So how about it, do you think you could spare a few hours a month to attend and give input into the role of POLIO SA ?? Or maybe you have a hidden skill that will take on the role of Treasurer?? Please give some thought to ensure the continuous direction of the organisation.

I will leave my report there, as I believe other business can wait, until we are back on an even-keel, I am optimistic that with member support and help the goals of 2023 will be clearly set out for members within the next two months, I will take on some of Helen's role until a new Community and Membership Officer is appointed with the Board's approval.

Until next time, stay safe and take care.

Kyp
President Polio SA
Andrew Kyprianou
March 2023





THE WORLD NEEDS MORE
#ROTARIANS

Just a reminder that Rotary International Convention is on in Melbourne 27th– 31st May 2023. We have had a few Rotary members help out at Polio SA AGM last year and are keen to get involved with how to help our Organisation further. Also Shirley President of Post Polio Victoria asked if any of our members are keen to attend the convention to get in contact with her as they hope to get together for lunch with anyone that would like to.

Shirley Glance OAM

President

Post Polio Victoria Inc.

T: 0431 702 137

www.postpolio victoria.org.au

Details for Rotary International Convention Melbourne

Here is the link <https://convention.rotary.org/en/melbourne>

Melbourne Convention Centre:

Wurundjeri Woi Wurrung Country

1 Convention Centre Place

South Wharf, Victoria 3006



Friends and members of Polio SA

It is with sadness we learn of the passing of Peter Wierenga -our group's Treasurer, Board member and former Chairman. Peter was also on the board at Polio Australia.

Peter gave many years of service to Polio SA, and in a moment of upset at the passing of Brett Howard, took control of things and made sure our organization stayed firm.

Many of us privileged to know Peter , will remember his contribution to Polio SA - his wit, and humor, and his gentle Canadian accent. Peter cared for his fellow man and showed love and understanding of those around him.

Others can tell of Peter- the husband, father and educator. We at Polio SA can vouch for the care and love he extended to all of us.

Ron Blackwell Polio SA Committee Member.

Peter passed on 20th January 2023 after a battle with Multiple Myeloma.

We all extend our sincere condolences to Peter's family. If anyone would like to make a donation in memory of Peter to Multiple Myeloma Research

The South Australian Health and Medical Research Institute (SAHMRI).

Details can be found here <https://sahmri.org.au/donate> or contact 8128 4000 or email hello@sahmri.com

Thank you, Polio SA Committee.

SOME USEFUL INFORMATION FOR SERVICES , WEBSITES YOU MAY NOT KNOW ABOUT YET

COTA

COUNCIL ON THE AGEING (SA)

Telephone 08 8232 0422 Country Callers 1800 182 324 cotasa@cotasa.org.au

Website <https://cotasa.org.au/about-us>

About Us

COTA [Council on the Ageing] SA is an older people's movement and the peak body that represents the rights, interests and futures of the more than 698,000 South Australians aged 50+.

Connect with The Plug-In

COTA SA's social enterprise **The Plug-in**, is a specialist market insights operation which connects older people with business, industry and researchers. We give older people an influential voice and enable clients to innovate and improve products, services and policies for the growing 50+ market.

Contact The Plug-In on 08 8224 5526 email connect@theplugin.com.au

Level 1 85 Hutt St, Adelaide SA 5000 Website <https://theplugin.com.au/contact-us/>

The Department of Health and Aged Care has released a Home Care Packages Program Manual for Home Care Package.

This Program Manual includes useful information for Home Care including:

- Home Care Packages Program and how it operates
- What's included and excluded from Home Care Packages, to help recipients work with their provider to decide if a type of care or service is appropriate to meet their aged care needs
- how fees and charges are calculated.

For more information please view the website:

<https://www.myagedcare.gov.au/.../home-care-packages-manual>

If you'd like to provide feedback about this manual, please call My Aged Care on

[1800 200 422](tel:1800200422).



Recent Media articles in relation to NDIS exclusion of over 65's with a disability.

<https://www.yourlifechoices.com.au/health/aged-care/over-65s-launch-class-action-over-ndis/?>

fbclid=IwAR00monep3pZAQol07FnQYLc0E4AJ0Sj5tUiBzvR4yjeW3LWBZsyDtGAqFQ

by [Brad Lockyer](#) 21 February 2023, 2:05 pm

The lawsuit alleges the age limit is inconsistent with United Nations Convention on the Rights of Persons with Disabilities (CRPD) and also that the staggered nature of the NDIS rollout, where some geographical areas qualified for the scheme while others didn't, breached Australian constitutional rules on state-based discrimination.

Mitry Lawyers is alleging that the average NDIS recipient receives approximately \$111,000 annually in care, while My Aged Care disability funding is capped at \$56,000 per year.

"My Aged Care rather than the NDIS," the law firm says in a statement.

"Specifically, unlike the NDIS, My Aged Care has capped levels of funding, is means tested, requires fees and co-contributions and, most importantly, does not ascertain the care needs of the individual, which should be a fundamental right for all disabled people.

"This class action would be aimed overall at removing the exclusion so that all age groups can access the NDIS."

Mitry Lawyers is accepting further applicants for the class action and has an expression of interest form on its website.

<https://www.mitry.com.au/ndis>

Polio Australia

Representing polio survivors throughout Australia

I hope everyone has had a pleasant 2023, thus far.

We have successfully conducted community information sessions in Geelong and Mornington Peninsula on the 16 th and 11 th of December and February, respectively (Thanks Gary and Fran!). While the aim of the Geelong session was to attract new members to join our existing community and spread awareness about Late Effects of Polio, bringing survivors and their carers into the fold that



had hitherto been unaware of us and our efforts, the Mornington Peninsula session, however, was conducted for the pre-existing support group, to bring everyone up to speed on, “How to make the most of your healthcare team and self-management tips for LEoP.”

Community information sessions are being planned for the various states, as we speak, with me visiting the Sunshine State at the end of March and the others to follow suit soon, so keep your eyes peeled for announcements in your local newspapers!

Plans are also in place for our next Melbourne seminar on, “Wellbeing for Polio Survivors and Carers”, to take place on the 29 th of April, from 11am till 2 pm at the Darebin Arts and Entertainment Centre. The topics covered will range from exercise tips for polio survivors and mental health improving strategies for survivors and their carers, to issues that carers face and tips on navigating them, with lunch being included. This session is only meant for Victorian survivors, and we have had to limit the number of attendees to 50, so please hurry to secure your free tickets at: https://bit.ly/Melbourne_Seminar

Until next time, stay safe and warm!

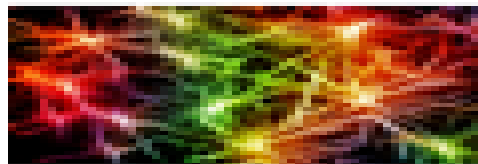
Devalina Bhattacharjee

Community Development Worker

Polio Australia Incorporated

The Vagus Nerve

This was a recent article that was in
Bruno Bytes Fourth Quarter 2022
From Richard L. Bruno, HD, PhD
Source : www.papolionetwork.org



Dr. Bruno's Original Post:

From Science Focus: MORE THAN YOU EVER WANTED TO KNOW ABOUT THE VAGUS NERVE!

www.sciencefocus.com/the-human-body/vagus-nerve/

Article Summary:

What is the Vagus Nerve?

"Your brain is connected to your body through a set of 12 crucial nerve networks that descend through your spine and branch out into your body. Of these, the vagus nerve is probably one of the most important. Its tendrils influence digestion, your heart, your reflexes and your breathing.

So you can see why scientists are so interested in what the vagus nerve does – especially when you consider how all of the above affects your mood. You could call it a superhighway between our brains and bodies."

Vagus Nerve Function

"In contrast to the rapid 'fight or flight' responses that are under the control of the sympathetic arm of the nervous system, the vagus nerve is responsible for many of the slower, 'rest and digest' responses that we collectively call the parasympathetic nervous system. The nerve itself is actually two thick bundles of individual neurons (nerve cells) that originate in the brain and pass out to the rest of the body through left - and right-sided openings at the bottom of the skull."

"Most of the individual neurons that make up the vagus nerve are sensory ones – about 100,000 on each side of the body in humans – which pass messages from the organs to the brain, and are activated by sensory input from the environment. The remainder are motor neurons, which send messages in the opposite direction, from the brain to organs, and directly control . . . muscle movements", for example in the intestines.

The article continues with:

Why is the vagus nerve so important?

How is the vagus nerve connected to our wellbeing?

The vagus nerve and the heart

What happens if the vagus nerve is damaged?

Bruno Bytes - 4th Quarter, 2022 Richard L. Bruno, HD, PhD www.papolionetwork.org 4

The Encyclopedia of Polio and Post-Polio Sequelae

contains all of Dr. Richard Bruno's articles, monographs, commentaries, "Bruno Bytes"

(Questions & Answer articles) and his Video Library.

The Encyclopedia of Polio and PPS is also available by a direct link from: www.postpolioinfo.com

(Talking to one of our Polio SA members she found this article very useful so we wanted to share in case any of you missed it.)



Catalyst Foundation

Catalyst Foundation is a not-for-profit organisation and the leading provider of community information in South Australia. We connect people to services and we provide free and independent information to all South Australians.

Provides information on :

- Housing and low cost rental accommodation
- Concessions and benefits
- Independent living and home support
- Retirement Housing

Services Include:

- Ageing SA— accommodation placement and aged care service assistance
- Disability information resources for people living with a disability
- Support to navigate My Aged Care, MyGov, NDIS service website
- Legal Services including Legal Brokers and Legal Service Clinic
- Seminars and Community Education on Aged Care, Home Care, Accommodation options, Retirement Living and lifestyle matters including Estate Planning and Advance Care Directives, Financial Planning and accessible Public Transport.
- IT training and support including learning to use computers, tablets and smart phones
- Tax Help

<https://catalystfoundation.com.au/>

(08) 8168 8776 or 1800 636 368 for SA Country Callers

Email : enquiry to information@catalystfoundation.com.au



Hi All,

I just wanted to say a thank you to all who have shown me such great support as it is not easy to give up a role due to health reasons. I am sure many of you reading this have had to do the same at some point in your life.

I needed to step down as my treatment for CMML leukemia is getting to the pointy end where I will need a bone marrow transplant. Wishing Polio SA all the best going forward. My last working day will be Friday 17th March 2023.

The phone will be handed over to Kyp Polio SA President 0466 893 402 or email poliosa.office@gmail.com

A big thank you to all the amazing people I have met since I started my role at Polio SA. The committee who gives up their time voluntarily as well to keep the organisation going. I am in for a right battle I know, but never one to give in, as you know. I am hoping my dear sister in the UK will be a match as a donor for me. Cancer is such an insidious disease and having seen close family members go through cancer treatment, it's too much. I was very blessed to have a dear friend Peter, our Treasurer, who was so kind and thoughtful towards me when he was going through treatment himself.

Anyway, I will sign off now and hope I made a difference in the 4 years I worked for Polio SA.

Regards,
Helen

JUST FOR LAUGHS

- Why do we tell actors to "break a leg?" Because every play has a cast.
- Why shouldn't you tell a secret in a cornfield? Because the corn has ears.!
- Which pumpkins can swim the best? The coast gourd.
- What happens when winter arrives? Autumn leaves.
- If money grew on trees, we'd be raking it in.



Newsletter contributions

Do you have a story to share?

Write a letter to the editor.

Articles can be sent to us via email or post.

 poliosa.office@gmail.com

 To the editor, Polio SA, 302 South Road, Hilton SA 5033

Articles for the next issue are due to the editor by 9th June 2023

Polio SA Inc office

We love hearing from our members. Whether you have post-polio symptoms or if you require information, call us on:

 **0466 893 402**

Please keep in mind that our office hours are currently unpredictable. If you wish to visit our office, please telephone ahead. Our office phone is redirected to a committee member.



Dr Nigel Quadros

Queen Elizabeth Hospital
Level 8b, Woodville Road
Woodville SA 5011
Phone: 8222 7322

nigel.quadros@health.sa.gov.au

Dr Nigel is Director of Rehabilitation Services at the Queen Elizabeth Hospital and St Margaret's Rehabilitation Hospital and also a Senior Clinical Lecturer at the University of Adelaide Healthcare. He is a Fellow of the AFRM (RACP). His areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.

A referral from your local GP is required for appointments. Dr Quadros can arrange assessment by their physiotherapist and orthotic department and any tests as required. If you have any specific questions you can email him directly.

When visiting Dr Nigel, take the lift to the 8th floor in the main building and follow the signage for 8b.

Massage Therapists , Physios

City	Northern suburbs	MARION	WOODVILLE SOUTH
PhysioXtra 115-117 Pirie Street, Adelaide SA 5000 Phone: (08) 7221 9110 Toni Stubing Massage 9 Hackney Rd Hackney SA 5069 Phone: 0432 937 799 City North PROSPECT The Physio Clinic 177 Prospect Rd Prospect SA 5082 Phone: (08) 8342 1233	ELIZABETH Richard Barker Physio 2 Burgate St Elizabeth Grove SA 5112 & 3 Tolmer Rd Elizabeth Park Phone:0438826517(state from Polio SA when book- ing) GOLDEN GROVE Golden Grove Family Health – Diane Preston Massage Therapist 205 The Golden Way, Golden Grove SA 5125 Phone: (08) 8289 1222 Fax: (08) 8289 1255	PhysioXtra 724 Marion Road, Marion SA 5043 Phone: (08) 8357 4988 MORPHETT VALE Hands on Health Massage – Jimmy Kucera Shop 7, 20 Taylors Ave, Morphett Vale SA 5162 Phone: (08) 8325 3377 Plenty of car parking. Flexible times. MORPHETT VALE South Side Health Care Unit 4 /232 Main South Rd Cnr Bains Rd Morphett Vale SA 5162 Phone: (08) 8382 2255	The Physio Clinic 2/95 Findon Road Woodville South SA 5011 Phone: (08) 8342 1233 Outer metro GAWLER Physio-Wise 3 Murray St Gawler 5118 Phone: (08) 8522 6611 Australian Physiotherapy Association Member LYNDOCH Physio-Wise Phone: (08) 8524 5094 Australian Physiotherapy Association Member
Eastern suburbs and Hills BLACKWOOD The Physio Clinic 238 Main Rd, Blackwood SA 5051 Phone (08) 8342 1233 MARRYATVILLE The Physio Clinic 222 Kensington Rd Marryatville SA 5068 Phone: (08) 8342 1233	NORTH EASTERN SUBURBS Mobile Massage This can only be done on certain days and takes around 3-4 clients a day. Preference given to house bound and the more handi- capped person. Arrangements to be made with Reeve Brice Phone: (08) 7423 7162 Mobile: 0412 866 096	UNLEY Unley Medical Centre Unley Physiotherapy 160 Unley Road, Unley SA 5061 Phone: (08) 8373 2132 Car parking off Mary Street is accessible. Facilities include a disabled toilet and wheelchair access.	Regional PORT ELLIOTT PT ELLIOTT PHYSIO 22-24 Tottenham Court Rd Port Elliott Phone:(08)8554 2530 VICTOR HARBOR PhysioXtra 63 Victoria Street Victor Harbor Phone:(08)8429 1810
NORWOOD PhysioXtra Suite 1/39 Clarke Street, Norwood SA 5067 Phone: (08) 7221 9289 PhysioXtra 110 Magill Road, Norwood SA 5067 Phone: (08) 8331 7586 NAIRNE John Kirkwood Polio Practitioner 19 Federation Way, Nairne SA 5252 Phone: 0410 779 159	PARALOWIE Wax on wax off by Gen 10 Airdrie Ave Parafield Gardens SA 5107 Phone: 0430 867 248 Southern suburbs HALLETT COVE PhysioXtra 1/1 Zwerner Drive, Hallett Cove SA 5158 Phone: (08) 8387 2155	Western suburbs HENLEY BEACH Massage Therapist, Pilates & Physiotherapy 506 Henley Beach Road Fulham SA 5024 Phone: (08) 8356 1000 SEMAPHORE Bruce Harrison 100 Semaphore Road Semaphore SA 5019 Mobile: 0402 337 382 bruce_harrison@aapt.net.au	

Change of address

If you have changed your address recently, please fill out the following and mail to the office at:

**Secretary
Polio SA
302 South Road, Hilton SA 5033**

Please supply your email address if you would like to join our database and receive email newsletters in future.

Old details

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

New details



If unclaimed, please return to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**

AFFIX
STAMP
HERE

Please send all mail to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**