

Welcome to the Winter Edition of the Polio SA Newsletter

Issue 146
Winter 2022

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Polio SA

The post-polio support group
for South Australians

- 0466 893 402
- poliosa.office@gmail.com
- 302 South Road,
Hilton SA 5033
- www.poliosa.org.au
- poliosouthaustralia

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.

Polio SA Inc. does not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles do not necessarily reflect the views or policy of Polio SA Inc.

The time has come the Walrus said

To speak of many things,
Of monies and of budgets
And the happiness it brings?
And whether governments love us
Or should we wait and wait
For pigs to grow some wings?

Yes ...should we wait and wait and wait
Please sir can we have some more
Let's us go knocking
From office door to door?

We only want a little bit
To keep us on the page
But alas it may well be
We are becoming the wrong AGE

So, Both State and National Polio Groups are now in limbo regarding our future budgets and what plans should be made over the next few years. Our committee is at present considering our 2023 and 24 programmes which seek to embrace a wider group of people with polio in the State and advising of a range of topics, with the idea of supporting and complimenting the Polio Australia workshops. More on this at the AGM when we hope to present a plan for membership approval.

With the new State government, we need to have all hands-on deck to lobby your local MP's to support funding, as we continue to offer hydro and massage support for this year, however it is true to say that this may well be our last year of financial support for these services, unless monies are attracted to fund them.

In the next few weeks, I hope we will be able to offer you some practical information to use when you approach your local MP or write/ phone them, we hope to have a list of addresses etc to which you can identify who's who and where's where!!

The 3 workshops were well attended and received, I was able to attend Adelaide and Victor but like a lot of us had a medical appointment to go to on the next at PORT AUGUSTA, seems to be part of life now days to have at least 2 medicals a month... going old or going Polio??

Do read up on the emails and Newsletters HELEN sends out some really good info to catch up on.

Wrap up stay warm. Cheers Kyp President Polio SA June 2022



Order of Australia Medal Investiture 28th April 2022 . Chad Howard received Order of Australia Medal on behalf of his late father Brett Howard former President of Polio SA. Chad kindly shared some pictures from the day.



Very honoured and privileged to attend the investiture of the OAM awarded to my late father Brett Howard OAM today at Government House. The Order of Australia Medal was awarded to him for all of his endless work with Australian Power Boat Association , Adelaide Speedboat Club, Polio Australia, Polio SA, Port Adelaide Football Club, SANFL. Very proud day to represent him and receive the medal on his behalf along with other worthy recipients of an OAM for their community and charity works.

All such great people.

Chad Howard

Thank you to Chad for sharing the pics and appreciation from all here at Polio SA.

Polio SA Inc

The Post-Polio Support Group

302 South Rd

Hilton SA 5033

Tel: 0466 893 402 email: poliosa.office@gmail.com



Subscription Renewal Form

(due on July 1st for 2022/23 membership)

Annual Subscription

\$20 Individual Member

\$25 Member and Carer

\$25 Organisation

ORGANISATION (if applicable):

SURNAME (Dr / Mr / Mrs / Ms / Miss)

GIVEN NAME:

ADDRESS:

.....

POSTCODE EMAIL.....

PHONE No. MOBILE No.....

Please sign below to meet Government Privacy Act Requirements.

I consent to Polio SA Inc. retaining the above details until I cease to be a member of this group

Signature Required:

Methods to Pay Subscriptions

1. Personal cheque made out to Polio SA Inc. to accompany this form.
2. Postal order made out to Polio SA Inc. to accompany this form.
3. Bank Transfer at your local branch or on the internet (subscription form must still be returned)

BSB Number: 105-084

Account Number: 326443840

Description: Polio SA + Surname

(Sorry plastic no longer accepted)

No receipt will be issued unless requested

I have enclosed a subscription of \$.....

and self-stamped addressed envelope enclosed.

I have enclosed a donation of \$.....

Post this form to: Polio SA

302 South Rd HILTON SA 5033



THE WORLD NEEDS MORE
#ROTARIANS

Excerpt from Rotary Club of Campbelltown's newsletter 02052022

Polio SA Guest Speakers—Andrew Kyprianou & Helen Leach-from Polio SA

Chairman Dr Nigel Quadros who is also involved with Polio survivors introduced guest speakers Andrew and Helen from Polio SA and spoke briefly on the history of Polio and how the first vaccine began in 1956. **Helen said that Polio SA has some 220 members on it's books.** Not many GPs know the long-term effects of Polio, so Polio SA is there to provide support & assistance to Polio survivors. It's objectives are :

- 1) To maintain POLIO SA
- 2) To liaise and promote an understanding between the professionals in our field and the community
- 3) To have the late effect (post-polio syndrome) recognized as a legitimate medical condition.

Andrew as President of Polio SA also spoke and said there was no main specialist group to assist Polio Survivors other than Dr Nigel's Team who provide great support for which they are so grateful. It's no secret that we, the members of Polio SA are now entering our autumn and winter years and in 15 odd years' time, unless migrants become active in maintaining the organization it will no longer be needed.... however, in the meantime it is up to us, the current members to try and keep survivors informed, understand what latest developments are out there to ensure the best quality of life, people with polio, can achieve and to keep the Medico's alert to our specific medical requirements .

Polio survivors are often overlooked even for such simple matters as disability carparks where many have mobility issues that need special considerations. Thank you very, very much for your donation of \$3000 to Polio SA which will be put to very good use to continue our work and assist our members many. After the presentation of the cheque Andrew and Helen presented the Club with Certificates of Appreciation to both the Club and Dr Nigel Quadros



President Rotary Campbelltown Stephany Martin , Helen Leach & Andrew Kyprianou Polio SA , Dr Nigel Quadros.

Polio SA Inc Annual General Meeting

All members are warmly invited to attend this year's Polio SA Annual General Meeting

When: Wednesday 28th September 2022

Location: West Adelaide Football Club

57 Milner Road Richmond SA 5033

Time : 1pm

Guest speaker Dr Nigel Quadros & Others TBC

COMMITTEE NOMINATION FORM POLIO S.A. Inc.

ANNUAL GENERAL MEETING

This form is to be sent to: The SECRETARY, Polio SA, 302 South Rd Hilton SA 5033
or email to poliosa.office@gmail.com

I (Members Name)

Hereby Nominate:

If you nominate another person, then that person must also sign to acknowledge and agree to the nomination.

President

Vice President

Secretary

Treasurer

Committee Member (8 max.)

Signed Date / /2022

Nominations for Committee positions must be lodged with the Secretary not later than 12th September 2022

Polio Australia

Representing polio survivors throughout Australia

On the 21 st , 22 nd and 24 th of March, Polio Australia and Polio SA collaborated to arrange Late Effects of Polio (LEoP) Seminar Events in Adelaide, Victor Harbor and Port Augusta, respectively. These events were of immense significance to us as an organisation because they marked our official return to in-person sessions, a first in over two years, and gave us an opportunity to renew our bond with our wonderful SA community members.

Thanks to some robust promotion courtesy of Polio SA, classifieds of Victor Harbor Times and The Transcontinental, as well as the Coast FM radio station, we were able to attract a rather generous sized crowd in all three venues.

The sessions were very well received with feedback that was overwhelmingly positive and many members being particularly appreciative of Rod Muller's speech in our Victor Harbor session (Thanks Rod!).

We have also recently concluded community information sessions in Goulburn and Wollongong on the 25 th and 26 th of May, respectively. These sessions were held in collaboration with Polio NSW and the aim was to attract new members to join our existing community and spread awareness about LEoP, bringing survivors and their carers into the fold that had hitherto been unaware of us and our efforts.

To that end, we were successful. In promoting our sessions through the Southern Classifieds and radio stations Vox FM and Radio Pulse, we were able to attract survivors and carers that had not been privy to any information regarding LEoP and PPS. The information being given out in the sessions was deemed informative and helpful, leaving the attendees feeling content.

Apart from the community information sessions, we had participated in the General Practice Conference & Exhibition (GPCE) held in Sydney over the past week, where we were able to establish contact with many GPs that were interested in knowing more about LEoP and were determined to incorporate questions in their admission questionnaire that would better help in identifying and aiding survivors that had developed the symptoms.

We were also in attendance at the Digital Health Festival that was held in Melbourne and were able to soak up lots of information pertaining to forthcoming new and exciting technological advancements that promise to usher in a new era of dignity and comfort for the aged and the differently abled.

Until next time, stay safe and warm!

Devalina Bhattacharjee
Polio Australia
Community Development Worker



Rod Muller – My Polio Story

I contracted polio at the age of 6 in 1956 and was affected from my hips down to my feet.

Thankfully I did not have to go through the rigours of an Iron lung or leg irons and after a few months and lots of physiotherapy, went back to school and got on with life and really never gave it another thought.

Back in the early 1980s my Mum said to me one day have you heard that they are discovering people from back in the 40's and 50, s were being diagnosed with Post-Polio Syndrome my comment was well it looks like I dodged that bullet.

Turn the clock forward to 2019 and I had to go for a simple sinus operation at the Stirling hospital, on my nose and when I woke up next morning stepped out of bed to go to the loo before breakfast and found myself a bit legless and thought to myself whoa this is a bit different this has never happened before. Hope it is not a Hydrocephalus problem. Yes, I suffer with it. I went home and over a period of a few weeks it got a bit better but then it didn't I was suffering from lots of funny stuff going on in the lower part of my body so harked back to what my Mum had said. So, I went to see my doctor sat down in her office and asked the question what do you know about Post-Polio Syndrome, **reply** I know some people who attend our clinic who had polio but personally I know very little about it.

So, the next step was go and talk to my mate John Willoughby who was the Neurology professor at Flinders Uni for many years and after a fairly long chat he said yes, I am pretty sure you have PPS.

I contacted the Polio Australia people in Adelaide and was given the name of Nigel Quadros who was the go-to person in Adelaide to have a proper check-up, down at the Queen Liz Hospital and sure enough on consulting him he said yes you have classic PPS and told me a bunch of things I should pursue. It involved some major changes the first one being the fact I was told to halve my duty cycle which entailed slowing down from running my life at 100 kilometres an hour to 50 KPH in pretty much all categories because as time passes, I will begin to suffer more and more from a number of related issues. The first one being an increase in my fatigue levels

The degrading of my muscles and nervous system that had been attacked by the polio virus things I pick up day to day will appear to get heavier as time progresses. Things to be aware of Karma Rub (a life saver) and Magnesium Muscle eze. I suffer bad cramps, numbness and tingling that can happen anytime mainly in my feet. An increase relating to aches and pains in random places in the lower part of my body. An increase in my stress levels across the board. I am certainly weaker than what I was 3 years ago have installed 3 electric cranes to aid in any heavy lifting and I split my firewood into smaller chunks with a hydraulic splitter and I rely on other people to help me more often.

I was told a number of things I could do to help myself get on top of some of the degradation and reduce my rate of decline was to :-

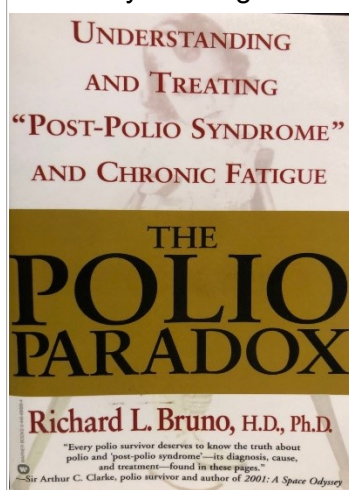
Eat well not junk food and consume a minimum of 100 grams of good quality protein every day

Have access to a heated hydrotherapy pool.... so, I built one.

Find a good massage person

Find a good Physio person

Don't let yourself get cold



Buy a copy of the Post-Polio Paradox book

<https://www.dymocks.com.au/book/the-polio-paradox-by-richard-l-bruno-and-richard-l-bruno-9780446690690>.

<https://www.youtube.com/watch?v=fykVp0ryy3U&t=10s>

Proper exercises relating to my afflicted areas but in a very measured way so as not to exacerbate the polio

Rest more when feeling tired i.e., pull up a chair and sit down for a bit and know when to call it a day.

Become aware of your spatial position at all times so if you have to grab hold of something or you need to bounce off a wall or just plain lean on something for a moment. Don't let yourself get cold, Increase my sleep and relaxation time. Be very aware of anaesthetics carry your card

In Memory of Julia Barbara Greeneklee

It is with great sadness Polio SA inform you of the passing of long-time committee member Julia Greeneklee. Julia was a committee member here at Polio SA for over 20 years. Julia was a founding member of Post-Polio Support group at Gilles Plains since 1999.

We thank Julia for all the support she provided to Polio SA she will be dearly missed. Julia was passionate about helping the polio community. Sending much love to Charles who is also a committee member here at Polio SA.

Much love and sincere thanks and appreciation thinking of you and the rest of the family.

Charles and family would like to sincerely thank you for your support, prayers & kind words during this most difficult time.



"In the beginning was the WORD,
and the Word was with GOD,
and the Word was God."

- John 1:1 -



~ Julia ~

GOD'S GARDEN

God looked around his garden
And found an empty place,
He then looked down upon the earth
And saw your tired face.
He put his arms around you
And lifted you to rest.
God's garden must be beautiful
He always takes the best.
He knew that you were suffering
He knew you were in pain.
He knew that you would never
Get well on earth again.
He saw the road was getting rough
And the hills were hard to climb.
So he closed your weary eyelids
And whispered, 'Peace bethine!'
It broke our hearts to lose you
But you didn't go alone,
For part of us went with you
The day God called you home.

In loving memory of

Julia Barbara Greeneklee

(Nee Monks)

9/10/1944 - 1/4/2022



Devoted wife to
Charles

Treasured Mum of
Matthew & Laura
Mother-in-Law of
Sue & Adam

Adored Nanny of
**Jonathan, Marcus, Kimmy,
Sarah, Drew, Jemimah & Eliza**

Proud Great Nanny of
Mia & Austin



Reminder any message vouchers that have already been issued need to be used by 30th June 2022 to guarantee payment.

Polio SA Membership fees are due by 1st July 2022 renewal membership forms are on page 3.

Also if anyone doesn't yet know about the heating and cooling concession of around \$200. The form needs to be signed by your GP. Link is below or if you need one printed please let Helen know 0466 893 402 and I can send out a form or email poliosa.office@gmail.com

https://www.sa.gov.au/__data/assets/pdf_file/0004/6817/F071-Medical-Heating-and-Cooling-Concession-Application-Form.pdf

Please check out Polio SA AGM Details on page 5

Also if you would like to be on the Polio SA Committee there is a nomination form on page 5 also .

A special thank you to members who have sent in membership payment already and sincere thanks for the donations to Polio SA received so far.

At a recent zoom meeting organised by Polio Australia Guest speaker was Professor Mike Kossove from Tuoro College School of Health Sciences New York. Mike is a Professor of Microbiology and a Polio survivor. It was a great meeting and really informative about "Polio then and now". We hope to get a recording and pdf if possible to send out to you.

We are also in the process of maybe starting a Hydro group in Blackwood ,we are just awaiting finer details. Please let me know if you are interested .
Stay safe, warm and well.

Helen
Polio SA Community & Membership Officer

Room For Thought

- To me “Drink Responsibly” means don't spill it !
- The best weight you will ever lose is the weight of others opinions
- Our age is merely the number of years the world has been enjoying us



- Some things are better left unsaid. I usually realise this right after I said them.
- I made a huge to do list today. I just cant figure out who's going to do it.
- In the midst of things going wrong stop and think of the many things that are right.. And be thankful.
Every trail has a few puddles

Thank you to Dawn for sending in these verses




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 4th September 2022

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.

Member Services

If you are interested in any of our services ring the office 0466 893 402 and ask for vouchers
There is a limit of 4 vouchers per person with a maximum value of \$40 per voucher. Remember you must be a paid up member to receive vouchers.

City

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

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

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

Northern suburbs

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

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 Reeva Brice
Phone: (08) 7423 7162
Mobile: 0412 866 096

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

MARION

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

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.

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

WOODVILLE SOUTH

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

Regional

PORT ELLIOT

PhysioXtra
39 North Terrace,
Port Elliot SA 5212
Phone: (08) 8554 2530

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**