



Polio News

Post Polio Support Society NZ (Inc)

February 2009

Who Are We? A Survey of Our Membership

The Society would like to know the members better, to try to improve what PPSS NZ does.

Included with this Newsletter is a questionnaire. Please fill it in. Once complete it can be folded into three, and the return address will be in the right place. Securely sellotape it shut, add a

stamp, and pop it in the mail.

Alternatively the questionnaire will shortly be available on our website. You can download it from www.postpolio.org.nz. Then print it, complete it, and post it.



Photo: Mark Wallace/rotary Down Under.

Polio Perspectives Autumn09

Rotary International’s campaign to rid the world of polio has stepped up a gear with the words “End Polio Now” beamed onto the Sydney Opera House. The message coincided with the organisation’s 104th birthday. Five more displays are planned for some of the world’s most renowned landmarks.

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From the President's Chair

This is my first report to you and I would like to introduce myself. I'm Edith and I contracted polio when I was six months old. My childhood years were spent in rehabilitation in the Wilson Home, Takapuna. I was discharged with two iron braces and little underarm crutches at about five. Along with my three sisters I was educated in country schools in Northland, before graduating from Seddon Technical College, Auckland with secretarial qualifications.

I married young and at aged 28, Noel and I and our daughter lived in Japan for 25 years as missionaries. While there in the mid-1980's I heard about Post Polio Syndrome from a NZ Women's Weekly my mother sent me. Denis Hogan, then president of our society, kindly sent me information and reports that were then translated into Japanese for the newly formed Kansai Post Polio group's newsletters.

Ten years ago we returned to Hamilton and I became actively involved in our Waikato support group. I was a national board member for one year before being elected as your president in September 2008. It is an honour to lead our team of 3 executives and 6 board of management members. I will do my utmost to advocate on your behalf in my role as president.

Well, enough about all that. We are a busy team with many projects under way:

- ❖ The questionnaire completed. Please fill it in and return it.
- ❖ A strategic plan for our future goals is in progress.
- ❖ Strengthening links with Equity for Illness, Chronic Fatigue Syndrome and ME, Disabled Persons Assembly (DPA) and Rotary.
- ❖ Each board member has been allocated an area of the country to

encourage and help the support groups in whatever way they can.

- ❖ We are already planning our next conference in September.

But our Society's centre point is to be available to you, our members, and 0800-476-546 is there for any enquiries to do with polio. We also want to provide you, your doctor, therapist, dentist or care organisation with information to raise the awareness of Post Polio Syndrome. The society's pamphlet for Health Professionals is available on request, so do make good use of these.

I know some of you have had falls, broken bones, or had a down-turn in your health and living circumstances. If there is any way your local support group can assist you, don't hesitate to ask for advice or help or someone to talk to.

There are many challenges ahead of us as a society and for me in my new role but we are polios and we face each day with fortitude and optimism.

From my wheelie friendly chair
Edith



President Obama on Disabilities

“We must build a world free of unnecessary barriers, stereotypes, and discrimination... policies must be developed, attitudes must be shaped, and buildings and organizations must be designed to ensure that everyone has a chance to get the education they need and live independently as full citizens in their communities.”

-- Barack Obama, April 11, 2008

Barack Obama and Joe Biden have a comprehensive agenda to empower individuals with disabilities in order to equalize opportunities for all Americans.

In addition to reclaiming America’s global leadership on this issue by becoming a signatory to -- and having the Senate ratify — the UN Convention on the Rights of Persons with Disabilities, the plan has four parts, designed to provide lifelong support and resources to Americans with disabilities. They are as follows:

First, provide Americans with disabilities with the **educational opportunities they need to succeed** by funding the Individuals with Disabilities Education Act, supporting early intervention for children with disabilities and universal screening, improving college opportunities for high school graduates with disabilities, and making college more affordable. Obama and Biden will also authorize a comprehensive study of students with disabilities and issues relating to transition to work and higher education.

Second, **end discrimination and promote equal opportunity** by restoring the Americans with Disabilities Act, increasing funding for enforcement, supporting the Genetic Information Nondiscrimination Act, ensuring

affordable, accessible health care for all and improving mental health care.

Third, **increase the employment rate** of workers with disabilities by effectively implementing regulations that require the federal government and its contractors to employ people with disabilities, providing private-sector employers with resources to accommodate employees with disabilities, and encouraging those employers to use existing tax benefits to hire more workers with disabilities and supporting small businesses owned by people with disabilities.

And fourth, **support independent, community-based living** for Americans with disabilities by enforcing the Community Choice Act, which would allow Americans with significant disabilities the choice of living in their community rather than having to live in a nursing home or other institution, creating a voluntary, budget-neutral national insurance program to help adults who have or develop functional disabilities to remain independent and in their communities, and streamline the Social Security approval process.

Australia

Consumer Affairs Victoria is currently spotlighting **Consumers with a Disability**. They have some web pages with suggested questions to ask suppliers if you are considering buying services or products related to disability.

You will need to follow the links, commencing at:

www.consumer.vic.gov.au

The Citizens Advice Bureau

Everyone needs information sometimes. We're all tenants, householders, taxpayers, consumers, or parents, and problems come at us every day from all directions.

When you need information or advice, ask your local Citizens Advice Bureau, it's confidential and it's free.

Citizens Advice Bureau workers are volunteers specially trained to listen to you and provide the information or advice you need.

CAB can provide help with information on:

- Consumer rights
- Education and training
- Work and unemployment
- Income support and benefits
- Budgeting, finance and tax
- Health and counselling
- Legal advice, disputes and human rights
- Housing and tenancy
- Personal, family and community issues
- Immigration
- Hobbies, sports and social activities
- And many other issues.

Most Bureaux provide free legal services, a link to free budgeting services, specialist consumer advisors, and translation services.

We have a lot of information in the form of Brochures in our Bureaux for a multitude of health conditions and agencies that are able to help, in our case Post Polio. But the first step is to consult your Doctor and he would advise the appropriate organisation for you to contact.

I have been involved with The Hamilton Citizen Advice Bureau since 1984 and have enjoyed every minute of my time there.

It has been a two way experience as I have learned from the Bureau as much as I have been able to advise the people of the Hamilton area and regions beyond. There are 83 outlets in New Zealand. The Hamilton Bureau has taken over 20,000 calls in the last year.

I hope that this has given you a better understanding of the Citizens Advice Bureaux and if you would like to volunteer your time in this way simply contact your nearest Citizens Advice Bureau. Contact information is in your phone book, or use the web link below.

Laura Ladkin



For more information you can visit

<http://www.cab.org.nz/index.html>

Regional Events

Waikato

Our annual garden luncheon was held indoors as it was an awfully wet day. I was reminded again how wet weather affects our mobility. Wheelchairs carried on the back of cars or car roofs get wet, those who use sticks don't want to risk falls on slippery paths, and the slowness of moving around, inhibits going out on such days.

So our February meeting was quite small with eleven people in attendance. But our hosts Bob and Jean Coe warmly welcomed us for a shared lunch. A new lady from Ukraine has an interesting story of growing up with polio in the then Soviet Union. I hope to write up her story for you later. We set a date for a combined meeting with Tauranga and maybe Whakatane areas to be held in Matamata on Saturday 23 May. Anyone in the Waikato and Bay of Plenty areas is welcome to come.

Nelson – Top of the South

First of all, welcome to our new board of management from the Nelson post polios, may we wish you all the best in your endeavours in all you undertake.

We hope everyone had a restful and enjoyable festive time and that you feel prepared for all this year holds for us.

Not much to report from here, we had a good turnout for our Christmas luncheon so it seems this is the most popular way for our gathering together twice a year.

Please let us know if you have any different thoughts on this or suggestions. Take care of yourselves and best wishes for 2009.

Regards to all from

Jenny Kissane and Rex Wastney.

Christchurch

What a delightful summer it has been; long warm days and so much of interest. For those folk from beyond Christchurch, do pay our city a visit if you can. Mobility assistance is well catered for if needed. The Botanic Gardens have a new wheelchair- accessible public transport vehicle (see photo) as well as scooters available free. Free scooters are also available at other city locations and a free bus circles the inner city.

The 2008 year finished with a flourish for our group with two main events; a bus trip to Ashburton where we met up with members of other southern groups for lunch and, soon after, a local Christmas dinner at the Cashmere Club. The new year is off to a flying start too, with an outing to the Court Theatre, our first monthly meeting and an afternoon tea with alpacas on a Canterbury farm.

George Ross



Botanic Garden Transport

Western Bay of Plenty

It has been a while since we have “popped up” in the Polio News but our group has been here and active in the beautiful Western Bay of Plenty through 2008 although with slightly falling numbers.

We have been without a Field officer recently but are at present looking at a possible replacement for Diedre Redmayne who resigned to take up further hours of employment. This would help with contact and assistance to our members.

We have had several luncheons out through 2008 – meeting up with Eastern Bay of Plenty group at “Kiwi 360” south of Te Puke in April and we look forward to another joint luncheon date with them this year in May. We are also hoping for a get together with Hamilton group soon - meeting for lunch in Matamata. In June a small group of 8 lunched at Katikati Golf Club, a lovely venue in spite of heavy rain and few golfers around!

Des and Ethne and myself attended the Annual conference in Palmerston North in September and it was great to meet up with so many folk from around the country. We enjoyed and learned from all the guest speaker’s presentations. It was a great opportunity to see the wonderful Star Rehabilitation facility at Palmerston North hospital and Jega’s demonstrations and assessments with the brave volunteers in the gym and pool.

Our Christmas Brunch was well attended at Harbourside Restaurant right on the edge of Tauranga’s lovely harbour which has been our favoured venue for several years and is always enjoyable.

Our committee meets each month and we hope to have an active social calendar again this year. We wish everyone a safe, healthy and enjoyable 2009.

Regards, Barbara Snaith

Eastern Bay of Plenty

Hopefully everyone had a good summer break and can enjoy the lovely weather. The last few months of 2008 were very busy for our support group.

In October we were able to invite Professor Steve La Grow who is based at the School of Health and Social Services at Massey University and has over thirty years experience in rehabilitation with a specialisation in the needs of those who are blind or visually impaired. Professor La Grow is an Executive Member of the New Zealand Rehabilitation Association, Inc. and gave a talk on “Late Onset of Disability” to over fifty people with different disabilities from the community. The onset of a disability later in life can have a significant impact on one’s sense of wellbeing. The losses in functional ability and independence associated with the onset of disability often result in a variety of reactions including feelings of shock, grief, depression, devaluation and anxiety. These in turn may lead to social isolation and engender a sense of loneliness. While common reactions to the onset of disability, they are not unique to it. Yet, unless effectively addressed, they may compound the problems associated with living with a disability and ultimately affect one’s quality of life. He pointed out that the problem is often not the disability itself, but what is lost because of the disability. E.g. the loss of legs and not being able to walk brings the loss of being unable to play golf. And even further it might not be the loss of playing golf, but not being able to meet a friend at golf that gives the main grief.

November brought a very practical Post Polio conference. Sadly no one from our support group apart from myself was able to attend, either because they are not well enough themselves or have a partner they have to look after.

Editorial

Questionnaire

Please take time to fill in the questionnaire enclosed with this newsletter. In order to serve members better the Society would like to gather some demographic data. If perchance the questionnaire did not get to you, you can find it on our website. Download and print it, then return it by mail.

The School of Hard Knocks

This newsletter has been delayed because I have had first-hand experience of what falling is all about. Not off my polio limbs, but off my bike which I have ridden to work nearly every day of my working life. ☺ I broke my collar bone and some ribs, by shoulder butting the road last month. It's the first fracture I have ever experienced.

Family, work colleagues, and PPSS members have been very kind as I have recovered. I have been touched by folks' loving care, and am very appreciative of it. ☺

David

I was sent this picture around the time I fell off my bike. Laughter is good medicine. ☺

A Biker and His Babe



Canadian Postage Stamp



Mass polio vaccination 1955

Directory

Information about membership and local support groups

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About Us

The Post Polio Support Society of NZ is an incorporated society dedicated to seeking support for people who have had poliomyelitis. It does this through information sharing and where possible, assistance to polio society members and their families, whether or not they are experiencing problems at present.

The Society's Board of Management meets regularly either physically or by telephone conference, and the annual general meeting of members is held in September.

The Society's newsletter, **Polio News**, is published four times a year (March, May, August, November) and is sent to all members.

Contributions are welcome and the deadline for copy is the 15th of the month before publication.

Disclaimer: Opinions expressed in the newsletter are those of the writers and not necessarily those of the Society.

Acknowledgement: This newsletter has been paid for by a grant from the Lottery Grants Board and the JR McKenzie Trust, to whom the Society expresses its thanks.



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PPSS CONFERENCE 2008

Speaker: "Jega" from Western Australia

4-DVD set \$80

available from Faithnet Media

<http://www.faithnet.co.nz/tapes/pps08.html>

Massive anti-polio drive launched in West Africa

28 Feb 09

GENEVA (AFP) — Fifty three million children, including every child in Nigeria, are being targeted by a mass immunisation drive against polio in eight west African countries, the UN Children's Fund said Friday.

More than 162,000 people were being mobilised to administer the oral vaccines to under-five year-olds in two rounds starting from Friday in Benin, Burkina Faso, Ivory Coast, Mali, Niger, Nigeria, and Togo.

A first round of vaccinations in the 67 million dollar campaign against the crippling polio virus was carried out in Ghana earlier this month, UNICEF said.

"The highest priority is to reach every child in Nigeria, which is one of the four endemic countries, and in the high risk areas across the region," UNICEF spokeswoman Miranda Eeles told journalists.

Half of the 66 million doses of polio vaccine used in each round are destined for Nigeria, a hotbed for the virus.

The campaign is aimed at stopping the spread of polio following an outbreak in Nigeria last year that reached into to six African countries, and the re-infection of Niger in 2007.

Some 844 polio cases were reported in the eight countries in 2008, 95 percent of them in Nigeria, Africa's most populous country, according to UNICEF.

Nigeria's Kano state has been the epicentre of transmission of the virus to other parts of the world in recent years.

In 2003, state authorities there stopped polio immunisation for a year after radical Muslim clerics and some doctors said the vaccine was designed to render girls infertile as part of a US-led plot to depopulate Africa.

Although the state later resumed the campaign after clinical trials proved the vaccine safe, Kano had already infected

other countries in the region that had been considered polio-free.

Traditional and religious leaders are involved in the latest vaccination campaign spearheaded by UNICEF, the World Health Organisation and the US Centre for Diseases Control.

Apart from Nigeria, the three other countries where polio is endemic are Afghanistan, India and Pakistan.

More available from:

<http://www.google.com/hostednews/afp/article/ALeqM5hr1ssiww1A0dXhXVV0XrCT9zkssA>

A needle-free injection device



Just one of a vast array of research activities in polio eradication: the evaluation of the benefits of needle-free injection devices to deliver inactivated polio vaccine (IPV) in areas with logistical, safety and needle-disposal concerns.

Nigeria: Families Reject Polio Vaccines in Wurno LG

3 March 09

Sokoto — No fewer than 11 households with 24 children have rejected the polio vaccines in Wurno and Hahoda towns in Wurno local government of Sokoto State, said the director of primary healthcare department in the area , Alhaji Abdullahi Hassan.

The second round of the 2009 Immunisation Plus Days on Polio (IPDs) which commenced yesterday nationwide ends today.

Hassan told LEADERSHIP yesterday in Wurno that nine households with 20 children rejected the polio vaccines in Shiyyar-Sharifai in Wurno town while two others with four children did the same in Hahodu town.

He added that the social mobilisation committee and the local government's taskforce committee on polio eradication had swung into action after being irked by the development .

According to Hassan, "The problem was solved with the swift intervention of the traditional rulers and councillors from the affected areas and the children would be immunised today ."

He also said that 34,676 children aged five years and below are being targeted in the local government while the state government had provided 48,460 doses of polio vaccines to it.

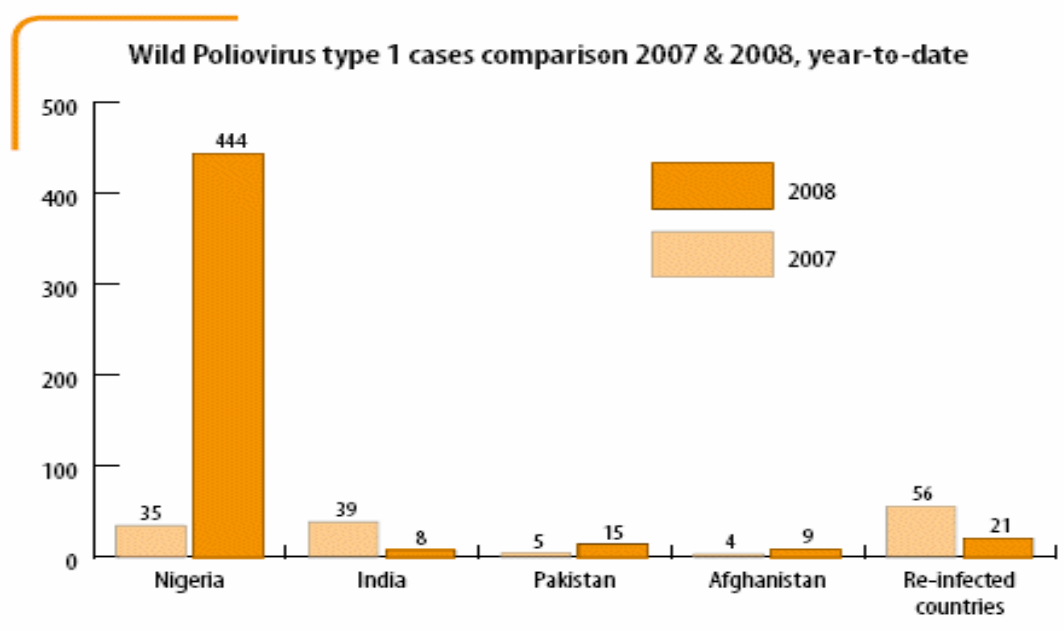
He announced that 11,865 children had been covered out of the target population as the close at the exercise yesterday.

In Rabah local government, the chairman of the area , Alhaji Ibrahim Muhammad said that N4 million was earmarked for the exercise .

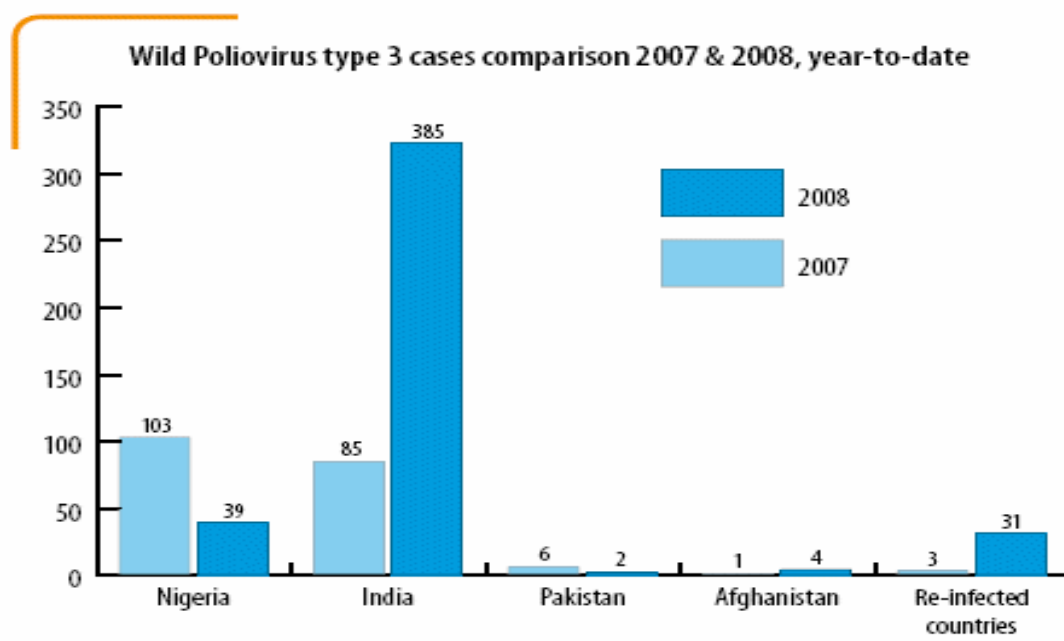
"We will do everything humanly possible to ensure the success of the exercise. Parents should know that the polio vaccines are safe."

<http://allafrica.com/stories/200903030501.html>

Wild poliovirus type 1 and wild poliovirus type 3 in 2008



India is reporting the lowest incidence of type 1 polio in the first six months of any year. Type 1 transmission is low elsewhere, suggesting that Asia is close to stopping transmission. However, the large type 1 outbreak in Nigeria reflects an urgent need to improve operations. ■



Although a type 3 outbreak in India is waning, pressure needs to be maintained on type 3 with use of appropriate vaccines while interruption of type 1 transmission is prioritized. ■

2007 data as of 31 July 2007 and 2008 data as of 29 July 2008

From Polio News #31: A Newsletter for the Global Polio Eradication Initiative by the World Health Organization in association with Rotary International, the U.S. Centres for Disease Control and Prevention and United Nations Children's Fund.