



Polio News

Post Polio Support Society NZ (Inc)

November 2010

Conference 2010



Jeni Hawker



Doug Woolerton



In Conference



At Dinner



Wayne Hewlett



JB Munro

What's in this issue?

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What's in this Issue

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Conference 2010

Dinner Speaker

Doug Woolerton - Advocacy

Doug informed us of the political process and the need for advocacy. He explained that politicians don't know everything, and they never pretend they do. Issues are served to the politicians by public servants – the Bureaucrats in the system.

Doug explained that politicians don't know about post polio, and many of them will never know about it. To Doug "Bureaucrat" is not a dirty word because politicians act on bureaucrats' advice. In his experience, politicians don't know about PPS, because the bureaucrats are not informing them.

This is where lobbying becomes important, and Doug is an Advocate for hire!!! He will take any message to whomever he is hired to do so!

A part of this process involves questions in the House of Representative. PPSS needs to get an opposition member to ask questions on our behalf of the Minister of Health.

An element of sophistication is necessary to know who will respond, and in what way, to a question put to them. In his role as advocate, Doug will give a verbatim report of what transpired. This indicates how close to the mark the hiring organisation is in achieving success.

Conference Speaker

Jeni Hawker – Age Concern

Jeni explained to us the need to remain connected as we grow older; and gave some memorable examples of what can happen when individuals become disconnected.

NZ is built on determination. When this determination overrides age related needs, it is no longer helpful. In extreme cases this same determination which helped us in the past becomes a serious hindrance.

Independence is really important, and accepting help can be seen as defeat by determined individuals. Many NZers have a history of high determination, and polios are classic examples. However this can work against us when we get to a stage of needing enabling equipment.

Indicators of such behaviour may include folk who:

- Won't wear an alarm.
- Don't want help in the home.
- Don't know about services available.
- Only live in a few rooms.
- Can't take a shower or bath.

Jeni emphasised that older people have the right to make their own decisions. The older person must remain the pilot, and empowerment is the key – decisions must be made by the older person themselves.

Conference 2010

Conference Speaker

Wayne Hewlett

Living healthily with Chronic Pain

Wayne assists those patients with chronic pain. He guides them to the necessary adjustments to manage the pain. The most important shift a person must make is within themselves.

Chronic pain is "Pain that has lasted for more than three months, generally having significant psychological and emotional effects, and limiting a person's ability to fully function."

Wayne explained that QE Health approached pain management in a holistic manner, and a patient's spirituality plays a major role. He stated "Self management is about **you** taking control over your changed circumstances. Working out how you are going to change **your** attitudes and behaviours, so you can feel you are a valued, contributing member of your community, in a manner that enhances your identity and well-being, *irrespective* of your particular disease or dysfunction."

Outcomes depend on viewpoint.



Conference Speaker

Susan Kerr – Questionnaire findings

Susan delivered an analysis of the data gathered from the questionnaire that was circulated to members. She and Ann Mace have been steadily working on the data. Here are some of the findings.

- There has been a 70% response to questionnaire (640 were sent out)
- There were lots of miscellaneous comments made. Susan and Ann are looking for trends in these comments.
- Av age of getting polio = 10
- Av age of polio survivors = 71
- Therapeutic to know we are not alone – filling in questionnaire brings a certain emotional healing. Also important to keep a document of our history.
- Keep one filled in for personal future reference, eg take to Dr for reference for treatment.
- Internet support group? Can we get one off the ground. Susan spends a great deal of time using social network groups.

Vote of thanks to Susan for all her hard work in collating.

Susan has proposed a support group using the internet. See page 8.

Post Polio Support Society Board of Management 2010



At the AGM in September 2010 the Board of Management was re-elected with Edith Morris, Hamilton as President beginning her 3rd year, Anne Mace, Auckland and Queenstown as new Vice-President, JB Munro as Secretary/Treasurer from Dunedin. The Board has Shirley Hazlewood, Taranaki, Diane Mathews, Wellington, John Forbes, Hamilton, and a new board member Ruth Hall, Christchurch.

As each person takes up their responsibilities, the board's goal is to be of service to the membership in whatever way they can: support by email or phone and group meetings, educational material by pamphlets and newsletters, and by lobbying for certain causes related to post polio syndrome. Increasing membership and media publicity is also a role of the board, as is helping to bring awareness for the need of continued vaccination to prevent polio.



What's a ghost's favourite Christmas entertainment ? A phantomime !

NZ Post Polio Support Society AGM 2010

President's Report for AGM 2010

As I review my second year as chairperson, I am thankful for the teamwork of the Board of Management who contribute their individual talents, time and ideas to the smooth running of our organization. Their encouragement undergirds my leadership as we all work together to offer the best support to you, our members.

It has been a busy year with good outcomes.

- The Nation-wide **questionnaire** has been completed and offers great insights into memberships needs and situations. We are only beginning to look at the results.
- Progress has been made with orthotic providers, by way of a face to face meeting with the CEO and the Operations Manager of Orthotic Centre Group and me (Edith Morris). Although it cleared the air there is still some way to go before we see concrete changes.
- This year has seen a good amount of media coverage with interviews on Radio New Zealand, on several local community stations, in the print media with interviews in the Carers Magazine, Funding magazine and various regional newspapers where stories about polio have featured. Shirley, one of our board members has been nominated in the Kiwi Battlers award.
- Our links with Rotary have been strengthened by our members speaking at meetings, and displaying our material at Rotary

events. These are all great ways to profile our people and organization.

On a **personal** level I have noticed an increase in 0800 calls and emails from people who had polio and their families. Adult children of polio survivors are now contacting our society and this could increase in the future.

In 2009 I **visited** the Northland and Bay of Plenty Groups and this year have been to Nelson, Oamaru and Otago/Southland Groups. Hopefully I can visit the lower North Island in the coming year, should I be re-elected.

The **strategic plan** we developed in 2009 has been put as aside in 2010 as it is not workable. Instead we will be picking one or two points to focus on. The 9 points were too overwhelming to tackle, although 2 of those portfolios have borne results: the questionnaire and the media.

The Board of Management was sorry to receive the resignation of Susan Barber early in the year. Susan Kerr and our Vice President Des Crabb have both advised that they will not be seeking re-election for this coming year's Board of Management. All have been valued board members.

So in conclusion, I'd like to again thank the Board of Management for their tireless efforts to be of service to our National Post Polio Support Society and on their behalf I submit this report.

Edith Morris
President 2010

Conference DVD

The Board of Management arranged to have copies in DVD format of the Post Polio Conference held in Hamilton last month. Sufficient copies have been made for a copy to go to each of our Support Groups across the country for loaning on to local members as well as showing at Support Group meetings.

The content is very good resource material and as Conference attendances decrease year by year your Board feels it is important that members feel included in what is happening in our Post Polio Support Society nationwide. These DVDs offer a good way to keep up-to- date.

Should anyone like to order their own DVDs for personal use, extra copies can be purchased from:

Faithnet Media
P.O. Box 12357
Hamilton

Or online at

<http://www.faithnet.co.nz/tapes/pps10.html>

Acknowledgement

Appreciation and thanks go to Noel Morris for his professional services in recording and providing all of the DVDs.

Do enjoy them and please keep them circulating.

NZPPSS Board of Management

Conference report

A comprehensive report of the 2010 Conference is available at

http://www.postpolio.org.nz/conference_2010

Conference Sponsor

NZPPSS wishes to thank Trust Waikato for their sponsorship of the Conference Bag issued to attendees. Trust Waikato's assistance is very much appreciated.



Breakfast

A recent study shows that the less protein polio survivors have at breakfast the more severe their fatigue and muscle weakness during the day. When our patients follow a "hypoglycemia diet" (16 grams of low-fat protein at breakfast and small, non-carbohydrate snacks throughout the day) they have a remarkable reduction in fatigue. Protein in the morning does stop your midday yawning

Dr Richard Bruno

Orthotic Services

Excerpts from a Report by Anne Mace

Remit '09

At National Conference 2009 a remit was presented which asked the National Board of Management of the Post Polio Support Society of New Zealand to investigate the provision of Orthotics to our members.

Our actions

Polio representatives have met with DHBs and Edith Morris our chairperson has met face to face with Con Balasoglou (CEO) and Vaughan Sampson (Operations Manager) of Orthotics Centre NZ Ltd.

On both these occasions our voice was heard with interest and channels of communication and understanding which did not previously exist have been opened.

Our recommendations to Post Polio users of Orthotics

- We need to clearly understand our requirements, so that we can concisely state our needs.
- We need to seek closer liaison between the technician and the client, ask for updated information on time frames and expected dates of delivery and we need to expect 6 monthly reviews of our equipment.
- We must be proactive in our forms of communication with DHBs and orthotic suppliers. If waiting times for appointments and repairs are proving to be unacceptable we need to write to the DHB, without written complaint they cannot be expected to have a record of our concerns.
- If a provided orthosis is not satisfactory we should not just grin and bear it, but actively do

something about the situation. If this means speaking out on our own behalf, and making our needs known, then that is what we need to do.

- Continue to ask about new materials and new design which may have been trialed/ used overseas.
- Information on orthotic issues must continue to be supplied to the Post Polio Board of Management, so that they can actively continue to work on resolving these issues for our members.

The full report can be obtained from
Anne Mace
National Board of Management
NZPPSS

anne@mobilitycoach.co.nz

Dynamic Gait Orthosis

<http://www.treasurestateoandp.com/orthotics.php>

A Dynamic Gait Orthosis (DGO) is a device that is made of Carbon Fiber and is very light weight. It helps with control of the foot and ankle during gait. It has very little control of the ankle side-to-side, but allows for limited motion during contact of the affected foot with the ground. It also controls the foot and ankle during swing.



From the President's Chair

You have given me the honour again of leading our board of management and our support society. Once more I endeavour to keep us all in pointing in the same direction to be of service to you, our members.

We face the challenge of how to keep in touch with many who are now facing limited mobility and health issues. This makes it difficult to attend support meetings, conferences or to meet up with friends. One thing that came through loud and clear in Jenni Hawker's presentation at conference was the need to stay connected and not to be isolated from the community.

Keeping in touch by phone, by email and even this newsletter are ways to stay connected with one another and our support society. Let us know how we can strengthen the links to you by any means.

Soon it will be Christmas and New Year 2011 and my best wishes to everyone for a warm and wonderful season with friends and family.

From my wheelie friendly chair



Edith

0800 476 546
edith@catchword.co.nz

Internet Support Group?

Susan Kerr did not stand for re-election this AGM but will still contribute her computer skills to our members.

In the questionnaire Susan and Anne Mace have just completed she discovered that 44% of those who completed the survey are on the internet.

The internet is a good way to keep in touch, play games, go shopping, do banking and many other things when getting out becomes more difficult.

Susan is willing to start an internet support group. This could be through the use of Facebook (messages, photos); or by regularly timed email; or by other existing third party groups. Susan is hoping to bring us into another level of connection.

For more information please contact Susan at

susanvrm@clear.net.nz



Bio Marker for PPS?

There has been a reported development in medical research relating to Post Polio Syndrome, and the possibility of a biological Marker.

Copyright issues prevent publication, but you can read about it at

http://scienceblogs.com/aetiology/2010/02/post_polio_syndrome_week_-_no.php

Regional Events

Nelson

Top of the South

Hi everybody,

Where did this year go??? I can't believe we are looking at end of year functions already. Rex and Anne Wastney have returned safely from their wonderful trip to family in Holland and a bonus side trip to Scotland which they say was both unexpected and stunning. Nice to have you back though!

It is sadly I record the passing of Kathy Standen recently. Kathy had retired to Joan Whiting home in golden bay where she enjoyed their loving care in the last year or two. Also we have lost Kathee Toon who was very severely afflicted through polio and did not attend our gatherings in the last few years. Her courage and determination in life was an inspiration to so many. Peace at last Kathee!

Our end of year gathering will be at Brightwater again as some members feel this is an easier venue for access and amenities. It will be as follows:-

Saturday, 27th November,

Brightwater Motor Inn, 12.30 pm.

Please let Rex [547.7043] or Jenny [545.1030] know of your attendance by 24th November.

It remains for me to wish you all a very special time at Christmas and a happy and healthy New Year.

Jenny Kissane with Rex Wastney's support.

Christchurch

With September came our Annual General Meeting, again dealt with promptly and efficiently by our retiring committee. Retiring is hardly the right word as all but one stood for re-election and were returned to office. The one retirement was Noelene Benbow, who has been a great secretary for several years. Alison Walshe has accepted the post and will no doubt continue the high standard set by Noelene. A strong financial position was reported by Treasurer Joan Radburnd and Ruth Hall continues as President.

A number of our members have recently returned from the annual camp at Hanmer and we will be keen to hear from them at our next meeting. We have had some good guest speakers at our monthly meetings and attendances remain high. Everyone is keenly anticipating our end of year events like hamper raffles and Xmas meal outing, not even the big shake could dampen our enthusiasm.

Although some members suffered a lot of property damage in the shake, many were spared any serious consequences. Continuing aftershocks, 4.4 yesterday for instance, keep us alert and constantly reminded of our vulnerability.

George Ross



*Alison
Walsh*

*Ruth
Hall*

*Joan
Radburnd*

Otago

Our last two meetings have taken place in the CCS Rooms with a lovely afternoon tea of sandwiches and scones which JB bought in Mosgiel.

The Annual Meeting in August produced no change of elected members. JB told us about his recent visit to Berlin where he received a Life Membership for Inclusion International which was a fitting tribute for his work and something to be very proud of. Inclusion International is the global body of the IHC's of the world

I had great pleasure representing the group at the Annual meeting and meeting familiar faces again and at our October meeting JB and I reported back on that meeting. JB also explained the implications of the proposed funding for the overnight care in IHC homes.

Now it's time to plan for our end of year function. How did we get to October so soon?

Diane Jackson

Northland

Hullo again.

It's hard to believe this is the final newsletter for yet another year! It has gone so quickly hasn't it? We are still going well up here and keeping in touch with members throughout the North. Our A.G.M. was held in August and as expected all the existing committee members were re-elected unopposed!

Two of our committee (Dorothy and I) were able to attend the mini conference in Hamilton last month and in spite of the cold wet weather, we came away warmed and refreshed by the friendly contact with other polios!

Our last get together here was a meeting at a retirement village in Waipu where two or three of our members live. Six of us from Whangarei travelled south in a mini bus to meet with the Waipu folk and keep them up to date with Post Polio news. We enjoyed a lovely shared lunch and a sing song around the piano

Our next meeting will be the Christmas luncheon, once again, to be held at the Kamo Hotel on Wednesday 10th of November.

Best wishes to you all for Christmas and New Year 2011 from all of us in the North.

Ruth Inglis

Waikato

The PPSS National Conference was held out at Hamilton Airport on September 8th & 9th. Ten of our members attended, and their assistance was appreciated. Laura Ladkin was given Honorary Membership for her tireless efforts for 20 years of work in the Waikato Post Polio Support Group. Edith Morris will give a report at the next Support Group meeting on November 27th.

We have begun preparing an application for funding from Trust Waikato, who also donated carry bags, notepads and pens for the Conference attendees. Thank you Trust Waikato.

Our committee have begun a survey of members; we are particularly anxious to identify Medical providers who are understanding of patients who have Post Polio Syndrome. Although some have good medical providers, we occasionally have members who face added difficulties. The by-product of this telephone survey is that we have been

able to encourage some who don't normally attend meetings.

We want to acknowledge the passing of one of our members Yvonne Duncan in October. John Forbes and Jean Cotter attended the interment of her ashes.

Noel Morris

Questionnaire Bytes

The full questionnaire data was released at Conference in September 2010. If you would like to receive the full data, it has been reprinted in booklet form and is available from PPSS (info@postpolio.org.nz) or can be downloaded in PDF form from our website (www.postpolio.org.nz).

Some more information from the questionnaire:

77% were initially hospitalized
7% required the use of an iron lung
39% had Kenny hot pack treatments
64% had physiotherapy
45% had hydrotherapy
40% had outpatient treatment for years
16% had other family members who contacted polio
16% had no treatment
Most respondents have had polio related surgery
Information on orthotic statistics are in the orthotics report (*An excerpt of which is on page 7 - Ed*)

Keep mobile, enjoy life and pace yourself in the run up to your Christmas festivities.

anne@specialneedscoaching.co.nz

Three Developments in Prosthetic Robots

1. Robotic Limbs that Plug into the Brain

October 27, 2010

By Emily Singer

Most of the robotic arms now in use by some amputees are of limited practicality; they have only two to three degrees of freedom, allowing the user to make a single movement at a time. And they are controlled with conscious effort, meaning the user can do little else while moving the limb.

A new generation of much more sophisticated and lifelike prosthetic arms, sponsored by the Department of Defense's Defence Advanced Research Projects Agency (DARPA), may be available within the next five to 10 years. Two different prototypes that move with the dexterity of a natural limb and can theoretically be controlled just as intuitively--with electrical signals recorded directly from the brain--are now beginning human tests.



The full story is available at

<http://www.technologyreview.com/biomedicine/26622/>

2. Assisted Walking using Hydraulics

The US military are using a hydraulic device that assists soldiers walk. It is an **exoskeleton** that transfers weight to the ground.



The exoskeleton in action

The device may be available for civilian use in the next five years or so.

The exoskeleton allows a soldier to carry up to 85kg, and to run at around 11 kph.

A video of the unit in action can be seen at

<http://www.lockheedmartin.com/products/hulc/HULCVideo1.html>

3. NZ Company in a World First

TechNZ, the company which is behind the launch of robotic exoskeleton, has been able to get a funding of \$1.63 million. The funds have been given so that it is able to make the second version of the skeleton designed to help people who use wheelchairs.



An exciting kiwi development

These robotics legs, as they are referred to, won worldwide attention when they were launched in July this year.

TechNZ is the business investment arm of Foundation for Research, Science & Technology (FRST) and has been into the field of research and development for quite some time now.

From

<http://topnews.net.nz/content/29555-technz-gets-million-dollar-funding>

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.

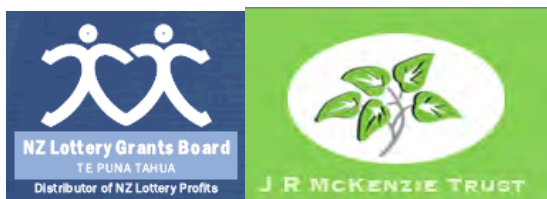
The Society's Board of Management meets regularly either physically or by telephone conference, and the annual general meeting of members is held in September.

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

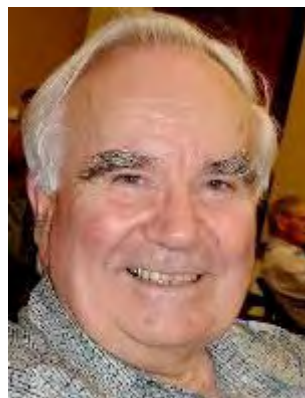
Contributions are welcome and the deadline for copy is the 15th of the month before publication.

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.



Awards: Our PPSS Secretary



JB Munro our Post Polio Support Society of NZ Secretary/Treasurer of several years recently received two international awards as well as having 'write-ups' in the 2010 Winter edition of 'Family Care New Zealand' and the June edition of 'Fundraising NZ'.

JB worked for IHC in New Zealand for 33 years and earlier this year in Berlin at the World Congress of Inclusion International (the global umbrella organization of the IHCs of the world) he was presented with an Honorary Life Membership of Inclusion International "in recognition of outstanding contribution to promoting the rights of persons with an intellectual disability and their families".

On September 22nd 2010 at its AGM in London Abbeyfield International arranged for the HRH The Prince of Wales "Royal Patron's Award" to be presented to JB Munro 'in grateful recognition of your outstanding and valued commitment to the care of older people, in particular for your exceptional commitment to the Abbeyfield cause and contribution to Abbeyfield New Zealand.'

The Award is a lapel badge of the Prince of Wales feathers and a wall plaque. A friend of the Munro family received the Award in London. It was subsequently presented to JB at the opening of a new Abbeyfield House in Nelson last month.

(Abbeyfield is a volunteer organization that provides housing for older people who seek independence, companionship and safety in retirement)

Access Tourism Conference

On behalf of PPSS I attended the first NZ Access Tourism conference held in Auckland in October 2010. Some 80 people represented all areas of tourism, although the accommodation sector was poorly represented.

Several of the speakers came from Australia where Access Tourism is a 4.5 million dollar industry with no equivalent sector in NZ.

It was pointed out that people needing disabled access to accommodation, recreational facilities, and transport provision generally travel with 2 or 3 accompanying persons, so therefore if you are not providing accessible services, you are also missing out on the tourist dollars from those people as well.

Disabled people are 11% of the population over 60, and this will rise to 22% by 2020, as the Baby boomers age. It was pointed out that facilities for the disabled are also required by young mothers with pushchairs, and those with traumatic injuries which require the use of crutches. It was also mentioned that what is suitable for the disabled is easier for those without mobility challenges to use as well.

I have a copy of "Accessible New Zealand, a complete visitor guide for the traveler with restricted mobility." So let me know where you are traveling to, and I will let you know of the convenient places to go in the area.

At the end of the conference several recommendations were made, including one to audit the use of the access symbol so that it cannot be used indiscriminately without understanding. The audit system is already in place, it just has to become more widely used.

The Conference concluded that the Tourism market should be focusing on being inclusive not exclusive in all its activities.

anne@specialneedscoaching.co.nz

Afghanistan Tragedy

Afghanistan is one of the four remaining countries with endemic polio. End Polio Now is working hard to immunise the population. Here is a sad story of the hazards of working in such a place.

Eye Doctors Killed

The bullet-riddled bodies of eight foreign eye doctors have been discovered in dense forest in northern Afghanistan.

The provincial police chief says the foreigners - believed to be six Americans, one Briton and a German - and two Afghan men were killed in a remote area of Badakhshan province, according to a sole Afghan survivor.

The group of ophthalmologists had been travelling between Badakhshan and Nuristan provinces providing help and treatment for local people and had spent a few nights in the forest, according to the man, who was released without being hurt.

He says they were confronted by a group of armed men who lined them up and shot them. The survivor says their money and belongings were all stolen and he was spared because he is a Muslim.

The Taliban says it carried out the killings because the foreigners were spreading Christianity and were spying for America, but local police said bandits were mostly likely responsible for the shootings.

The BBC reports the foreigners were working for a charity, the International Assistance Mission, which provides eye care and medical help.

<http://www.radionz.co.nz/news/stories/2010/08/07/8ea9725aeeba>

My Polio Story - Dorothy

In 1939, aged 8, I began developing scoliosis. The doctors concluded, from my mother's recollection of my raging fever and other symptoms I'd had as a toddler, that I'd had polio. With no epidemic our GP hadn't suspected this. Later records showed one other case at the time, away down the South Island.

Two years of home stretching exercises made no improvement. In 1942 I spent several months in New Plymouth hospital on a plaster bed, only up for toilet and exercises. The children's Tabor wards were very attractive with nursery rhyme friezes and two yellow-uniformed school teachers to distribute beautiful puzzles and handcraft with a little basic schoolwork for long-term patients.

My worst experience was the air raid evacuation practice one Saturday afternoon. Windows were flung wide, nurses removed all patients to the safety of the Nurses' Home leaving me, 'because you're a sensible 11 year old', completely alone. The bustle of the ward was stilled. Not a soul was around for what seemed like hours.

Once, I escaped. I hadn't realised how incarceration could affect a tomboy. Ducking out a small side door left ajar, I felt the sun and wind on my face. I smelled the different air. I grabbed a clump of grass, something living, something from the real world and stuffed it down my dressing gown. No plans, but at least I had made touch with reality.

I went home in a plaster jacket, slit around the middle with a large adjustable screw under my left arm. Not effective.

At 14 I went to Wellington hospital for a planned 1 year stay for spinal fusion. First, I was strung on my side in a hammock for increasing periods each day to accustom my muscles being pulled in the opposite direction and to allow more

room between the left side of seven thoracic vertebrae where small wedges of bone from my left tibia (shin) would be placed to prevent my lung being squashed by later deformity.

Next stage - plaster in a circle round my head, over my right shoulder, around my torso, down my right leg with a wooden reinforcing bar from head to right foot. This also enabled me to be tipped on my side, and tied to the bed frame above during the day for social involvement.

After the operation I convalesced at the former US Naval hospital at Silverstream with a later change of plaster to a more conventional style. Concentration on Correspondence School's Latin and Algebra was difficult in noisy open wards so reading and occupational therapy filled my days. I made soft toys, leather goods, tapestry and even learned to tat, which I've since taught all round the Pacific. Thanks, O.T.

Finally in 1946, when I regained my balance, Mr Cunningham discharged me, his only instruction being, 'Don't get too tired.' He probably meant the immediate future but I have found it applies to all my life.

At home things were deadly quiet with only my mother and toddler to talk to. She couldn't understand my need for company. I was a misfit in the family, not up with recent events or jokes. They had learned to live without me, as I without them - and their discipline.

Back at school with alternate days off to recover I had to make a new batch of classmate friends. But during my absence the boys on the school bus had changed - or I had changed. We no longer shouted taunts at each other. They silently eyed me as I eyed them eyeing me. And my best friend had left town. I had less

rapport with everyone, a difficult time for a teenager at a critical period of development. I felt it took years to adjust.

I trained as a teacher and after marriage became Whangarei Hospital class teacher, a job no one seemed to want. At least I knew what to expect from my Tabor ward days.

Pregnancy gave me no problems, possibly because I rested every day flat on my back, an addiction I've now had for 50 years.

My bone graft has been fine but with part of my spine slightly immobilised greater movement is required further down, giving occasional pinched nerves and osteoarthritic hips. For the last 20 years regular massage has relieved overworked muscles. About 13 years ago I developed PPS and needed a body brace. So long as I don't push myself I manage pretty well with massage, osteopathy and rest and gladly take all assistance available.

I AM THE FACE OF



POLIO
NOW...



Chris Templeton
Actor / Polio Survivor

Directory

Information about membership and local support groups

Free phone 0800 4 POLIO (0800 476 546)

Website: www.postpolio.org.nz

Email: info@postpolio.org.nz

President:

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