

Issue 147
Spring 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.

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Welcome to the Spring Edition of the Polio SA Newsletter

Good Day to one and all.

I was wondering if we should build an Ark, called the POLIO SURVIVORS, with all this rain, completely accessible of course!!

Who said “you won’t know what to do with yourself once you retire “??? well my GP stepped into the breach, medical assessments, small procedures, X-rays, CNI and MRI” s, hardly time for a NANNY NAP.

Now important information, we are having our AGM on WORLD POLIO Day 24th of October, so we are really keen for you to come along and support POLIO SA. Of course, we will kick off with the year's reports and voting of Officers for the Committee, before tea/ lunches served, kicking off at 1pm and hopefully ending by 4 pm.

We hope by having it on a weekday (Monday) more members will be able to attend and support the Team. You may well want to consider being a Committee Member and offering your skills towards our regional growth project for next year.

After those procedures it will be a fairly informal afternoon, a Pommy tea and an Aussie lunch, that’s right ...cucumber sandwiches followed by pie and pasties! What could be better, while we are munching on these goodies, we have invited Michael from Polio Australia, our Clinical Health Educator, to do a Q&A with us.

So instead of a presentation we are keen for our members to ask Michael any issues relating to Polio Health, but not in regard to suggested personal therapy interventions, but good info on current trends and thinking. As an example, questions in relation to sleep maybe interesting as to what current research has discovered... over to you, or if you feel shy, we can get the question written down for Michael.

As I said this is an informal meeting to share experiences without going on about our latest operation or procedures!!

Then onto a bit of formality, we want to honour a number of our members as LIFE MEMBERS of Polio SA with a presentation, we have yet to approach a dignitary to present but fingers crossed, we did think King Charles 111, but maybe a bit early!

Other news, you may have heard that our Helen has been diagnosed with CMML 2 leukaemia, which is very sad and stressful for Helen, her family and our members, at this stage Helen will continue in her role of Community & Membership Officer, without having a great effect on our administration, however Helen may not be up to meetings and official contacts, as a Board we have resolved to offer as much support as possible to Helen as she goes through the lengthy trials and procedures.

Having noted that, Helen has been sending out a number of news items which could well be significant to membership, especially the Zoom online NDIS MEETING Wednesday 21st September 11am could be very interesting. Till next time, have a dry month, enjoy the footy finals, and send our best wishes to Helen.

Cheers KYP President Polio SA September 2022



News from Post Polio Victoria

As you know a while ago I sent you out the video recording of Q & A in which Shirley Glance President of Post Polio Victoria asked the question .

Why Polio Survivors and people with a disability over the age of 65 are excluded from the NDIS

Shirley will also be on Radio National on Friday 30th September at 7.30am time for Adelaide talking about NDIS restrictions for over 65 with disability.

Also Shirley will be coming to Adelaide on 22nd November 2022 to attend

The Australian Association of Gerontology Conference in which Shirley is a Guest Speaker workshop is from 9.30am to 12.30pm at the Adelaide Convention Centre.

About The Workshop

During the 20th Century, Australia experienced a number of polio epidemics, with the crippling and infectious disease affecting 40,000+people. The majority of polio survivors are now older people and many are ageing with a disability and have Post-Polio Syndrome. Few Australians understand these legacies of the disease and services are ill-equipped to meet the needs of people with Post Polio Syndrome.

This workshop and resulting paper aim to contribute to the increased health and wellbeing of people ageing with polio through the education of service providers and community members on the experiences and needs of people ageing with polio.

Key Reasons to Attend

By attending this workshop you will:

- Engage with people with ageing with Post Polio Syndrome
- Learn from professionals who provide supports to people ageing with Post Polio Syndrome
- Explore what inclusive services mean to people ageing with polio
- Contribute to the development of an AAG paper on the experiences and needs of people ageing with polio and how to develop inclusive aged care services

The intended audience for this workshop is anyone who is interested in contributing to the recognition of people ageing with Post Polio Syndrome and improved services to support them.

Shirley would love it if its possible for as many Polio SA Members could attend to contribute to this workshop.

Here is the link for more information

<https://www.aagconference.asn.au/polio>

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

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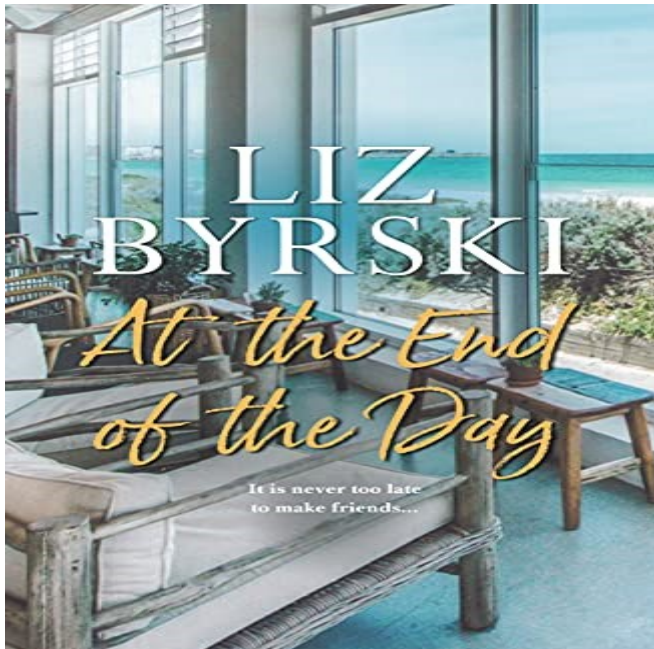
I have enclosed a donation of \$.....

Post this form to: **Polio SA**

302 South Rd HILTON SA 5033

Book Review

At the End of the Day by Liz Byrski.



On the flight home to Perth, Miriam (a bookshop owner) forms a friendship with Mathias (a writer) as he assists her with her mobility issues. Alice (Miriam's sister) finally comes to visit hoping the two can become " friends again".

As a child Miriam spent several months in an iron lung in Harold House. Polio carried great social stigma for families as apart from lack of cleanliness. Criminal activity was rumoured to play a part. The family were allowed perhaps a wave and glimpse of their daughter through a glass window so by time Miriam returned home they were strangers.

Doctors told her Parents to keep her away from visitors as it would upset them.

There is much soul searching as the sisters are encouraged by family. Many twists and turns in the story. Harold House is featured in press, and this brings up more issues for Miriam.

I greatly enjoyed the story, discovered things I was not aware of about polio, cried with the sisters and was glad I choose this book to read. Story even covers romance for 70-year old's. I had polio as a young child spent some months lying in a frame being nursed by my Mother at home (that's a story for another time.) I recommend this book, shows how wisdom and courage can heal.

Marilyn Pederick Polio SA Member

<https://www.booktopia.com.au/at-the-end-of-the-day-liz-byrski/book/9781760781644.html>

Or try Kmart on sale for \$8

Polio SA Inc Annual General Meeting

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

When: Monday 24th October 2022

Location: West Adelaide Football Club

57 Milner Road Richmond SA 5033

Time : 1pm

Guest speaker Michael Jackson Polio Australia

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 14th October 2022

Have you missed out on the NDIS because of your age?

Following on from the Disability Doesn't Discriminate campaign, we are now working with a law firm that believes a class action lawsuit may compel the Commonwealth Government to introduce much-needed funding support for people aged over 65 years old, who are unable to access the NDIS.

Mitry Lawyers is hosting a Zoom meeting next Wednesday 21 September at 11am (AEST) on the proposed class action. Find out more here: <https://www.spinal.com.au/.../zoom-meeting-ndis-class.../>

You can also complete an Expression of Interest form at: <https://www.mitry.com.au/ndis>



This was a feature in the SA Weekend Magazine June 25-26th 2022 Story by Riley Walter

Thank you committee member Brian for sending this in hopefully you are able to read as it is a scanned copy.

Featuring Roy Freeth a Polio Survivor who is a Centenarian.

FEATURE



last 100 years and celebrating the lives that have been led by local 100-year-olds through the eyes of teenage artists," Mrs Connors-Dance says.

"I think it's really interesting to learn about his whole life," Molly says of working with Roy. "You've got a lot of stories in 100 years."

And telling those stories is what drew Molly to the project. "Drawing young people, there's not much detail in their faces," she says.

"As a centenarian, his face tells a lot of stories."

After surviving polio, Roy was left with permanent damage to his legs and wore specially designed orthopaedic shoes for his entire life. He laughs that, despite the shoes being anything but sporty and Roy still having a significant limp, he made a decent cricketer and tennis player. The months of operations to straighten his legs as a six-year-old did little to deter him from pursuing anything in life.

Roy isn't able to talk much on the day we meet but of the few words he manages most are about his late wife Margaret who passed away four years ago. He tears up at the thought of his wife of 63 years. He wears her wedding ring on a chain around his neck – a detail Molly knew was an important part of Roy's story.

"A lot of the time he talked about Margaret," Molly says gesturing to the sketch resting by her feet. "So I thought it would be important to put the wedding ring in there."

That he has managed to make it to a century without his best friend is a testament to his grit and his attitude towards everything life has thrown his way.

Like Roy, fellow centenarian Ronald Ramsay Fraser is a little lost for words when glimpsing his reflection on a golden canvas.

Sitting in the hallway of the Salisbury aged care facility he now calls home, the Scotsman is a world away from his ancient home town of Edinburgh, where he worked installing fireplaces. Despite moving to Australia more than 50 years ago, Ronald's accent, like his memories of a life well lived, has not left him.

"It's kind of hard to understand him," says Lisa Ly, the teenage artist painting Ronald's portrait, with a laugh.

For Lisa, building a relationship with Ronald has filled the void created by her own grandparents living in Vietnam. "It's just nice to be around him."

For Ronald, whose children have moved away from Adelaide and started their own families, the visits from Lisa have been a rare treat.

Neither Roy or Ronald can pinpoint the secret to reaching a century, and Ronald's tongue-in-cheek advice of "good scotch and bad women" is probably not it, but they have managed to get here despite all the challenges of the past 100 years. Both have lived through war and now a global pandemic, but both are happy taking things a day at a time.

Roy's motto is as close to that secret as he can offer and it's a welcome reminder of the simpler times he has known throughout the past 100 years.

"Take a deep breath and get on with it."

The Centenarian Portrait Project by Teenagers, Torrens Parade Ground Drill Hall until June 30

THE ART OF WISDOM

Centenarians' faces sure tell a lot of stories, say the teenage artists who are sketching their portraits for an upcoming exhibition

Story RILEY WALTER

In the first half of the 20th century, Australia experienced a wave of polio epidemics. The contagious disease caused headaches, muscle aches, fatigue and nausea and often the outcome was paralysis and, in severe cases, death.

Vaccination programs in the 1950s and 60s virtually eliminated polio in Australia, but before that mortality rates were frighteningly high.

So when Roy Freeth contracted the disease in the early 1920s, as a two-year-old on his family's Eyre Peninsula farm, his chances of survival were slim at best.

In fact, his parents were told by a doctor one day that their child would die overnight.

But, 98 years later, he sits in his room at an aged-care facility in Marleston smiling at a sketch of himself.

The resemblance is uncanny; the eyes, the distinct chin where a golf ball-sized tumour was removed piece by piece and eventually claimed part of his jawbone, and the somewhat wrinkle-free face – a by-product of Roy's skin being pulled tighter and tighter as each of the countless skin cancers on his face were removed.

"Thank you," he manages a few times. Molly Hambridge-Hay smiles back at Roy

from behind her face mask, the joy visible in the eyes tucked away behind her round glasses. She has a few finishing touches to add before the portrait is complete – some shading on Roy's neck, a splash of extra colour on the bright white backing of the paper – but her weeks-long project is almost there.

An 18-year-old and a 100-year-old is an unlikely match but they've been brought together for a very deliberate reason.

Roy's face, among dozens of other 100-year-olds, is now on display as part of the Centenarian Portrait Project by Teenagers.

The project, which was first exhibited in Melbourne in 2017, aims to bring teenagers and elderly people – specifically 100-year-olds – together to share stories and break down stigmas about ageing.

Rose Connors-Dance, creative director of Embraced, the not-for-profit organisation behind the project, says its focus is to build intergenerational relationships and highlight the importance of older people in the community.

"At the heart of it, this project is about honouring and celebrating some of our oldest members of the community – through looking at the stories of our 100-year-olds, who our 100-year-olds are, how things have changed in the



Roy Freeth is drawn by Molly Hambridge-Hay and (above) Lisa Ly displays her portrait of Ronald Fraser for the Centenarian Portrait Project by Teenagers. Pictures: Matt Loxton and Roy VanDerVagt

Thankyou to Lillian for sending in her story

Isn't it wonderful to belong to a caring Church Family ?

This was brought home recently to me in the most beautiful way last week.

The beginning of the story starts when I was a one year old child in the Adelaide Children's Hospital and later the Somerton Park Crippled Children's Home.

Because of overcrowding and quarantine issues my family weren't able to visit often. I was in a large ward with other children, all of us frightened, lonely and unhappy. Most of us were strapped hand and feet to our bed so that we wouldn't move about. Others were in iron-lungs. Some children died, but the beds weren't empty for long as other children quickly filled them.

Throughout these months my only companion and friend was a rag-doll named Raggles. She was by my side night and day and became my world.

When the day finally arrived that I could go home I clutched Raggles tightly to me. How she would love my real home.

However, at the front door the nurse announced because of quarantine Raggles couldn't leave the hospital. She would be burnt in the incinerator!

I was distraught. The joy of returning home was overshadowed by having Raggles torn out of my arms.

It's strange I know, but I have always mourned Raggles throughout my childhood and adult life. It was a child-like experience of death and all its starkness has stayed with me. Last week four people from our Church - Sharon, Ellie, Jane and Ken-all came together to give me another Raggles. Sharon loving made the doll, Ellie painted her face, Jane dressed her and Ken made a chair for her.

What love and kindness was shown in this gesture. To hear someone's story, empathise with it and respond is to me Christ like.

Thankyou Sharon, Ellie, Jane and Ken !

Lillian Mattner



NOTICE BOARD

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.

We are still awaiting membership renewals from about 70 members a renewal form is on page 3

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

Volunteers needed !!!

We noticed from the previous Community Information Sessions it would be a great help if we could get some members to help serve coffee and tea at Polio SA AGM if they were able. As some members who are mobility impaired it would be a great help to them. I have put the call out to a few local clubs Lions, Rotary etc but if anyone was able to help also that would be great.

Also if you have any stories or information for Polio SA Newsletter please send them in.

Many Thanks

Helen

Polio SA Community & Membership Officer

0466 893 402

poliosa.office@gmail.com

Room For Thought

- No one ever hurt their eyes looking on the bright side of life
- You cant compete with me ; I want you to win too
- Every trail has a few puddles



- Never judge a day by the weather
- 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.

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**
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Golden Grove SA 5125
Phone: (08) 8289 1222
Fax: (08) 8289 1255

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Parafield Gardens SA
5107
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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

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Kucera**
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South Side Health Care
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Cnr Bains Rd Morphett
Vale SA 5162
Phone: (08) 8382 2255

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**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
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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



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