

Welcome to the Spring Edition of the Polio SA Newsletter

Issue 143
Spring 2021

In this edition

1. A message from Nik.
2. Disability Doesn't Discriminate
- 3 AGM details & Committee nomination form
4. Hydro & Light Up Orange
5. Cota Women's Health Week & My Life Choices Expo
6. Polio SA subscription form
7. Quote from Jo & Enabley website
8. Remembering Pam Stace Esther Simbi Author
9. Notice Board
10. Just for laughs.

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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.....and most pleasant greetings to you in these "interesting" times. We hope you are well and coping with the incidental interruptions to life! Aren't we lucky to be here and not elsewhere? And spare a thought for those with family interstate

Firstly, again I write because President Peter is still indisposed, but is steadily improving. Our thoughts are with him.

Secondly, as readers of this newsletter, you are most acutely aware of the consequences of non – immunization, ergo polio! So please, if you are not "done" yet then do so..... the most recent experiences in Sydney and Melbourne should be enough to dispel any lingering doubts about having the shots. Remember, when we got polio, there was no vaccine. Once the vaccine was there, well.....no polio!

Thirdly, well done to those of you who got in early and renewed your membership. If you are yet to renew, please do so. We may have lost the funding stream from the government, but we are still a viable organization. We figure we can continue to support the membership for the foreseeable future with no change to the service! Importantly, there is a state election looming..... given the great support we got from Peter Malinauskas and Nat Cook, we think they should be able to find some money for us! So don't give up on us just yet.... renew asap!

Talking of money.... thanks to all of you who found the capacity to donate. Did you know, by the way, that donations are tax deductible, because we are non-for-profit? Also, a huge thank you to the Stace family. Pam, a committee member, passed away earlier this year. At the funeral, mourners were asked to donate in lieu of flowers. As an outcome, Polio SA received \$1800..... again, thank you Family Stace.

Also, on the matter of monies.....do any of you have friends/family /relatives with experience and/or understanding of running a "Go Fund Me" campaign? At the latest committee meeting this idea was floated. Any help would be appreciated

On a lighter note, the national Polio Aust "Light up Orange" campaign to promote post-polio awareness is happening in October, from the 11th to 17th of October. Helen has been super busy, and has had positive responses from many local councils, culminating in getting the Adelaide Oval to "light up orange"! This will happen on Thursday, October 14th. Well done, Helen!

This time of the year is AGM time! We have a guest speaker from My Aged Care. Obviously, there will be questions....so send them to Helen, who can in turn give them to the speaker and come prepared!

And lastly, please think seriously about nominating for the committee. The more people, the lighter the load!

So, until **AGM Day, at 1 o'clock on Sunday, September 19th** at the Thebarton Community Centre stay safe, stay well, and of course, may your footy team win!

Cheers, Nik.

Nik Surikov Vice President Polio SA



DISABILITY DOESN'T DISCRIMINATE

BUT THE GOVERNMENT DOES

Did you know that in 2013, the Federal Government deliberately amended the Age Discrimination Act allowing the NDIS to legally exclude people over the age of 65 from the NDIS?

We're more motivated than ever to urge the Government to end this form of age discrimination. Sign the petition at: www.disabilitydoesntdiscriminate.com.au

We are sure you would have seen in the media the Disability Doesn't Discriminate Campaign which is being run by Spinal Life Australia.

Polio SA support this campaign and urge you to sign the petition see above website link .

“

I always thought the NDIS was there for everyone, this wasn't the case for me.”

PETER FRECKLETON



DISABILITY DOESN'T DISCRIMINATE

At the age of six, Peter was hit by a speeding taxi, resulting in a broken thigh bone and a lengthy stay in traction. Peter contracted polio while learning to stand again. Although the road to recovery has been challenging, the most challenging part was being told he wasn't eligible for NDIS funding when he needed it most.

Peter Freckleton Board Member Post Polio Victoria

Polio SA Inc Annual General Meeting

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

When: 1pm, Sunday 19th September 2021

Location: Thebarton Community Centre

Cnr South Rd & Ashwin Parade , Torrensville South
SA 5031

Guest speaker Irene Daniels from My Aged Care

Other guest speakers to be confirmed

COMMITTEE NOMINATION FORM

POLIO S.A. Inc. ANNUAL GENERAL MEETING 19th September 2021

This form is to be sent to: The SECRETARY, Polio SA, 302 South Rd Hilton SA 5033

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/...../2021

Nominations for Committee positions must be lodged with the Secretary not later than 12th September 2021



Hydro sessions

Hydro sessions have been well and truly interrupted this year and down south it is probably more like 18 months since we have been able to access any services for hydro.

We did have a small group running at ECH Walkerville that is now closed for repairs and at this stage We do not have a date when that will be operating again.

Susan at Unley Physio has been trying her best to get us alternate facilities elsewhere that will suit our group there was an option at Adelaide Hydro at Welland, we didn't have enough people to be able to take up this offer but please let the office know if you would be interested.

Also, I have asked if Susan can concentrate on getting somewhere down south as well.

Just to let you know I am on annual leave from 25th August to 6th September 2021

So, the office phone will not be answered during those times you can email or leave a message

Ph : 0466 893 402 or email poliosa.office@gmail.com

Thanks

Helen Leach

Polio SA Community & Membership Officer

World Polio Day 24th October 2021

Polio awareness month October, in conjunction with Polio Australia. I have been contacting Councils, Adelaide Oval, Festival Theatre, and other significant buildings to light up orange in support of polio survivors and the late effects of polio in the week 11-17th October. We have had some replies, Adelaide Oval was the first to get onboard which was pleasing and they will light up orange on **Thursday 14th October 2021**.

I have written to about 40 councils;

Unley council will let us know. If you have any contacts, please let me know

Thanks Helen

**HELP US LIGHT UP
AUSTRALIA FOR POLIO
AWARENESS MONTH!**



POWER TO MOVE - WOMEN'S HEALTH WEEK 2021

After not being able to hold functions in 2020, COTA SA and Strength for Life are delighted to be able to invite you to join us for our Women's Health Week Event 2021.

Find out more and register: <http://ow.ly/cR0O50FT5xj>

Cota SA hope you'll join us from **9:45am on Wednesday 8 September** to browse stalls and get a snapshot of the latest research for women. Includes guest speakers talking about heart health and risk, up to date information from the Arthritis Foundation and the latest on strength and balance. Tea and coffee provided plus gorgeous shopping bags created by Aboriginal artists which you will receive (for free) to fill with resources from the health and wellbeing organisations there on the day.

Fullarton Park Community Centre 411 Fullarton Rd Fullarton 5063.



14 October 2021
Wayville Pavilion
Adelaide Showground

More than 120 organisations have already booked their spot for this year's MyLifeChoices Adelaide's largest and most iconic Disability and Ageing and Lifestyle Expo Free Entry for the public Thursday 14th October 10 am to 4pm Adelaide Showground Wayville Pavillion

For more information visit

<https://www.dalexpo.com.au/>

Polio SA Inc

The Post-Polio Support Group
302 South Rd
Hilton SA 5033 Tel : 0466 893 402
poliosa.office@gmail.com



Subscription Renewal Form (due on July 1st for 2021/22 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 Requirement

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

Personal cheque made out to Polio SA Inc. to accompany this form.

Postal order made out to Polio SA Inc. to accompany this form.

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
or email to poliosa.office@gmail.com**

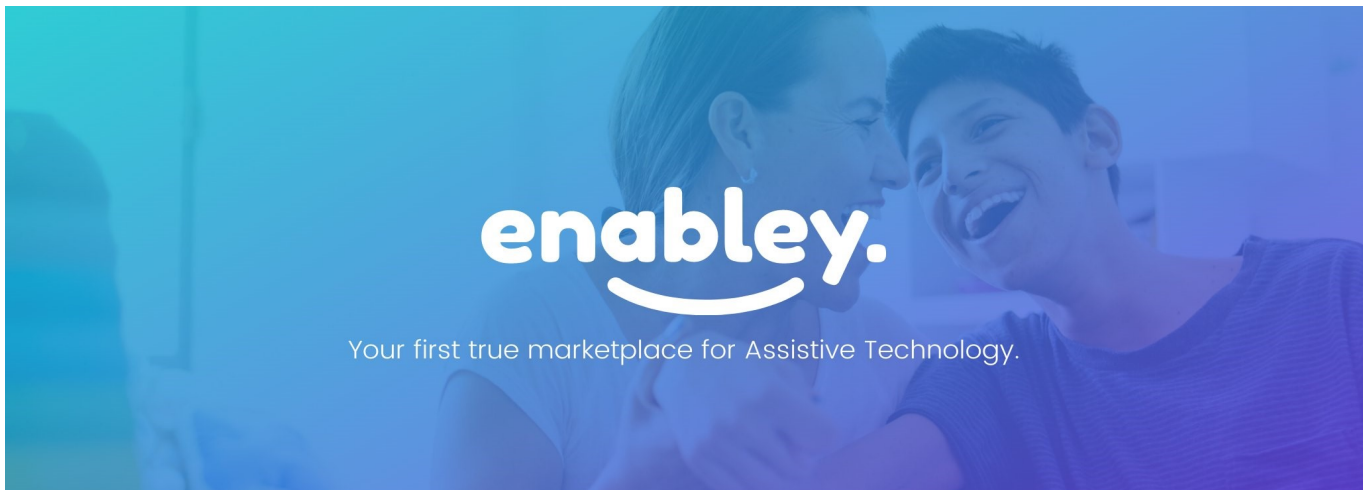
I feel many people feel - that their body is still in a constant battle.

Pain seems to dominate their lives .

No matter whether it is pain of arthritis or muscular pain or internal pain or emotional pain

Many people have to deal with it on a daily basis.

Quote from Jo Gordon 2021 Littlehampton
Polio SA Committee Member



A new website has launched www.enabley.com.au

Wheelchairs, walking aids, scooters, AT equipment you can purchase pre-loved equipment and soon they are launching new equipment.

If you wanted to post an ad yourself to sell equipment, see details below.

Enabley Launch Promotion: From Thursday 17/06/2021 through to Wednesday 07/09/2021 all ads under \$2,500.00 total sale price, will pay \$0 on all listing fees associated with posting an ad and payment processing fees on ad sales. The Ads that receive this discount do not need to sell during this period. Limit of 5 ads or combined ad value of \$12,500.00 per account. If more than 5 ads are posted during the promotional period, the 5 lowest valued ads will receive the discount.

<https://www.enabley.com.au/register/>



Pam Stace

12.02.1948 – 01.06.2021

Remembering Pam

It is with much sadness on the 1st June 2021 was the passing of committee member Pam Stace.

Pam was a much loved member of Polio SA. We really appreciated that in lieu of flowers at Pam's funeral, Pam's family and friend's made donations to Polio SA to the total of \$1843.00. We sincerely thank Pam's family & friends. Pam you will be dearly missed.

Esther Simbi Author, Polio SA member.

Esther will be attending Polio SA AGM on the 19th September Esther will have copies of her books for sale Beyond Calamity and Blessed her recent book.

Beyond Calamity is \$30 and Blessed is \$40. If anyone is interested in purchasing.



Polio Australia

Representing polio survivors throughout Australia

Update from Polio Australia

Hello SA! We hope you're all well. Here's an update from us.

Health Professional Education

- Michael, our Clinical Health Educator, has done a few in-person Clinical Practice Workshops – but he has been somewhat limited by the COVID-19 pandemic and its associated lockdowns lately. All scheduled workshops are listed at: www.poliohealth.org.au/workshops.
- Michael is continuing to do online sessions for health professionals at least monthly. To view the list of sessions, go to www.poliohealth.org.au/workshops, and encourage your health professionals to attend!

Polio Survivor Community

- Melbourne is in lockdown yet again, and our Community Programs Manager, Steph, is still unable to travel.
- To keep the community connected, we're meeting informally on Zoom on the first Monday of each month. We'd love you to join us – it's a great way to meet people with similar experience, and learn from each other.
- We've also got a Zoom chat for those in the NDIS – or those who are under 65 and think they might be eligible. This is a great opportunity to share experiences and insights.
- In addition, we'll be having a similar chat for those who have Home Care Packages with My Aged Care – or those thinking of getting onto the system. This will be a similar style of chat, with people sharing advice based on their own experiences.
- Other upcoming webinars will include:
 - Chat about resources and supports for carers with Carers Victoria
 - Assertiveness in navigating the system
 - Smart home tech demo
- To view and register for any of these upcoming sessions, go to www.polioaustralia.org.au/community-information-sessions/.

Polio Awareness Month

- October is Polio Awareness Month, and we're lighting up! Landmarks in Melbourne, Canberra, Brisbane and Adelaide – and we hope to see some suburban and regional sites too – will be lighting orange during the second week of October.
We'd love your help! If you'd like to contact your local council or landmark, or contact steph@polioaustralia.org.au / 03 9016 7678.

Resources

Don't forget to have a look at our blog. Latest posts include a Clinical Practice Workshop update, and a post-session review of the Assistive Technology Suppliers Australia Expo.

To view all posts go to: www.polioaustralia.org.au/team-blog

We also have a few new factsheets on assistive technology, focusing on specific activities and how equipment and gadgets can help make things easier. See the new resources at www.polioaustralia.org.au/lifestyle-aids-and-equipment.

We hope to see you soon!

From the Polio Australia team

Room For Thought

- **What is the opposite of a croissant?**
A happy uncle.
- **Which branch of the military accepts toddlers?** The infantry.
- **A friend of mine went bald years ago, but still carries around an old comb.** He just can't part with it.
- **What do you call a woman who sets fire to all her bills?**
Bernadette.



Bob Welch

~ Truth! ~



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 December 1st 2021

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 office 0466 893 402 and ask for vouchers. There is a limit of 4 vouchers per person with a maximum vale 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

Eastern suburbs and Hills

TOORAK GARDENS

The Physio Clinic

Godfree House,
2 Moore St, Toorak
Gardens SA 5065
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
booking)

ROYSTON PARK

Magic Hands Massage Centre – Carrol Morgan

Sports & Remedial Mas-
sage, Reiki, Aromatherapy,
Foot Reflexology, Neu-
ralign

254 Payneham Road,
Royston Park SA 5070
Mobile: 0409 097 080
Phone: (08) 8390 1206

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.

REYNELLA

South Side Health Care

Noarlunga Aquatic
Centre Complex,
Reynella SA 5161
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

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

STREAKY BAY

Tahlia Gosling

Remedial Massage
19 Alfred Terrace,
Streaky Bay SA 5680

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**