

Where to meet

Our Polio Regina group meets at 7:00 p.m. on the last Thursday of the month at room H203 at the Wascana Rehabilitation Centre 2180-23rd. Avenue, Regina, SK. Enter the main doors of the Wascana Rehabilitation Centre and turn left and take the elevator that is across from the information desk. Push button "2" (not 2R) on the elevator. When you leave the elevator turn left and go past the information desk, through a recreation area, past the pool table to room H203 which is the first meeting room. Our group should be in there. There are no meetings in July, August or December.



Web Site:

Check out our website for more information on Polio Regina and links to other useful related information at: <http://nonprofits.accesscomm.ca/polio/> or you can just Google **Polio Regina**. Our email address is: polio@accesscomm.ca

MEMBERSHIP APPLICATION POLIO REGINA Inc.

Name _____
Active () if you had polio Associate() New() Renewal()

Address _____

Postal Code _____

Phone: _____

Annual membership fee: (Jan.- Dec.)

\$10 Single; \$15 family \$ _____

My donation to Polio Regina Inc.: *\$ _____

Total \$ _____

(If you require sponsorship for your fee, inform our membership chairman)

Please make cheque payable to: **Polio Regina Inc.** and mail this application form and cheque to: Polio Regina Inc., 825 McDonald St., Regina, Sk. S4N 2X5

*(Official receipt of donation for income tax purposes will be mailed.)



Spring 2008

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Message from the President



enjoyable time, but a continuing education as well.

All of us at Polio Regina cannot express the utmost gratitude we feel towards Fred & Blenda Ramsay, for their tireless efforts at putting together a wonderful newsletter for all these years. Thank you, Mr. & Mrs. Ramsay, for hundreds of hours of hard toil to create an interesting magazine.

First of all, I would like to thank Polio Regina for their continued support, and allowing me to represent them for another term. It has been, and hopefully will continue to be, not only an

At our recent general meeting in February, Ivan Jorgensen so graciously accepted his nomination for taking over the reins from the Ramsays, as our PostBox editor. Ivan use to be in charge of the printing shop at the university, so we are sure he will also do a great job as editor of our newsletter. Editors always need some help. They need people to send them articles to insert into their newsletters, to make for an interesting magazine. They need us! They need you! Please, help our editor by sending in an article to make it easier for him. It is not an easy job without some information to print. Editors are not robots, they are human beings like you and I, so let's try to do our best to help Ivan continue on what the Ramsays started; an interesting, educational newsletter for all to enjoy.

Fred & Blenda have also put together a CD. This CD contains the former newsletters from the year 1998 until 2006. These newsletters contained a lot of very good information regarding coping with our post polio, plus many other interesting articles. They are selling for \$5.00, proceeds going back to Polio Regina.

We were privileged to have a very interesting speaker at our February meeting. Sharman Woynarski gave us a demonstration on dental hygiene, using different homemade apparatus to help us with our dental care. Everyone enjoyed her ingenuity at putting her ideas into action. Sharman brought a 'breath of fresh air' to the meeting. Thank you, Sharman!

Wilf & I enjoyed Florida for two weeks. We only had one complaint. It wasn't long enough.

Spring is coming slowly but surely, like a snail, as I write this, but it is coming. We all deserve a warm, not too hot, spring & summer for about 6 months. Until then, let's try our best to keep warm.

Warm regards & thanks to everyone,

Carole Einfeld
President

At the Meeting

The annual general meeting and election of officers of Polio Regina was held February 28th at Wascana Rehabilitation Centre. Our executive is similar to last year except for the position of Postbox Editor.

The Executive for 2008 is:

President – Carole Einfeld

Vice President and Polio Canada Liaison – Wilf Tiefenbach

Secretary – Nora Schlosser

Treasurer and Social Convener – Verna Copeland

Postbox Editor – Ivan Jorgensen

Phone Committee Chair – Pat Allonby

Archivist, Librarian and Web Master – Dr. Mavis Matheson

We wish to thank Fred and Blenda Ramsay for all the hard work that they have done as editors of the Polio Postbox. They have left enormous shoes to fill but we won't let them bow out completely; they will still be answering inquiries about Polio Regina and helping out the executive and the new Postbox editor.

Positive book for Polio survivors and families.

My name is Walt Balenovich and I had polio when I was 12 weeks old. I received the benefit of much physio over the years as I did not leave hospital in Hamilton, until I was 5 years old. I am a former Easter Seals Timmy. I found this email address on the Polio Regina website.



I have just completed writing a book called "Travels in a Blue Chair", a series of funny short stories about my travels alone around the world, backpacking in my blue wheelchair.

I feel that this sort of book would be of great benefit for people with polio or disabled children and their friends and families. This book could make a fantastic holiday gift.

A portion of the proceeds from the book sales will be put towards Rotary's Polio eradication program in the Third World.

As you might expect, I am not going to get rich on this book, but am hoping to recover the costs of publishing it. I think it has a positive value.

I was wondering if you would be interested in including it on your website or in your newsletter? For more info, the website is ..

www.bluechairbook.com

You can see a pic of me leaving the hospital on one of the pages. The book is available online only currently.

Thanks and if you need any further info. Please do not hesitate to contact me!

Walt!

<http://www.bluechairbook.com/> .

Toronto, Ontario, Canada

t: +1 416 792 1594

Carole Einfeld's friend, Doris Benson has written a book entitled "A Place Called HacLal". For more information or to purchase a copy, call Carole at 761-1020. The cost is \$15.00.

You Are Invited

Polio Regina is inviting people who have had poliomyelitis and are now experiencing new symptoms such as fatigue, muscle weakness and cold intolerance, to join our self-help support group to learn how they can cope with post polio syndrome. Spouses and partners of polio survivors are also welcome. Polio Regina Inc. was formed to help people from southern Saskatchewan.

Our Objectives:

- To develop, promote and increase awareness of Post Polio Syndrome.
- To disseminate information concerning research and treatment pertaining to Post Polio Syndrome.
- To provide support to survivors of polio, other than financial aid.

News on This & That



Lifetime Membership Plaque was presented to Carol & Clarence Biberdorf by Carole Einfeld.

Polio Regina held their Christmas Banquet on December 1, 2007 with about 75 in attendance. A huge “Thank You” to Ross & Verna Copeland for organizing the event again this year. Everyone enjoyed the turkey dinner, the entertainment by the Cowboy Poet, and many went home with a nice door prize. The Lifetime Membership Plaque was presented to Carol & Clarence Biberdorf



Entertainment - the Cowboy Poet

at the banquet by our President, Carole Einfeld. Congratulations! Carole & Clarence have been members of Polio Regina for several years and we thank them for their continued support and help.

Sincere Condolences from Polio Regina to **Adeline Manz** of Southey, Sk. on the passing of her husband, John who passed away Nov. 25/07. Adeline is a polio survivor but has not be able to attend our functions since moving to Southey.

Get Well wishes go to **Irene Chernoff** who is home recovering from knee surgery. Irene had surgery on January 7, 2008 and we hear she is planning to attend our meetings again soon.

Its Great to be Grand

Barry and Betty Williams are now great grandparents! Aymie and Kam Probe had a baby girl March 19th at 4:40 a.m. Audrey Anne weighed 7 lbs. 4 oz.

Wilf Tiefenbach finally made it on to the ‘Grampa’ stage! Wilf became a grandfather March 19th when his daughter, Tami, had a baby girl.

Congratulations Barry and Betty, and Wilf and Carole.

Our guest speaker for the last two meetings was Sharman Woynarski who is a Dental Hygiene student at SIAST. Sharman has taken on a project as part of her training to learn about Polio Survivors and Post Polio Syndrome and how dental procedures affect us. Sharman has given a presentation at each of our last two meetings about dental hygiene. Her presentations have been very informative and Polio Regina has certainly been the fortunate benefactor of her project. Her last presentation is printed later on in this newsletter.

With the elections and Sharman’s presentation, we didn’t have time for an open forum. We hope to make an open forum a regular event at all our meetings so start thinking about subjects that you would like to discuss at future meetings.

New Editor



Ivan Jorgensen of Regina has been appointed as Editor for our “Postbox” newsletter for Polio Regina Inc. The previous editors, Fred and Blenda Ramsay have retired after several years of publishing our little newsletter.

We originally initiated the publication as a method of keeping our members informed of anything new that was

happening with our health issues. Personal stories have been included so that we got to know each other better.

We have a CD of all the Post Box editions from 1998-2006. If you are interested in purchasing a copy, please call us at (306) 543-6380. The cost is \$5.00 plus shipping and the money will go to Polio Regina.

We would like to thank everyone who has contributed to the publication over the years. We will continue to be members of Polio Regina. It’s been a slice!

Congratulations Ivan!

Fred & Blenda

My Polio Story

by Ivan Jorgensen

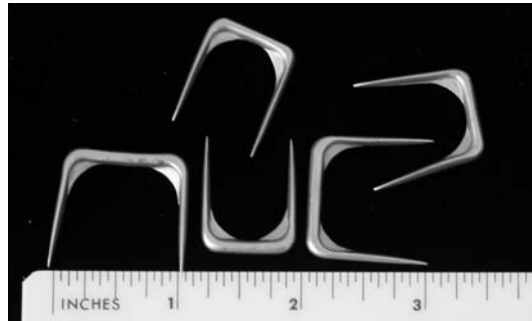
*At Polio Regina we see each other at the meetings and we know the members who have had Polio but we really don’t know the story behind each person. I would like to feature a member’s story in every issue of the Polio Postbox so we can get to know each other better and learn other member’s experience with Polio. I will start off with **My Polio Story**.*

I was born in 1946 and raised on a farm a couple of miles south of Redvers, Saskatchewan. I had Polio when I was

18 months old, so I don't remember being ill. It left the muscles in my left leg weak and I was unable to stand on my toes on my left foot. I worked on the farm, participated in sports and other activities like the rest of the kids, as I didn't know any different.

My mother took me to lots of different doctors to see if there was anything that could be done about my leg. We finally found a doctor in Winnipeg, Dr. Deacon, who said that he could operate to correct some of my problems, but he couldn't do it until I was 11 years old. I think I was only about eight at the time. Dr. Deacon had also had Polio. He wore a brace from his hip to his shoe and he walked with great difficulty.

When I turned 11 we were off to Winnipeg to see Dr. Deacon. By that time my left leg was almost 2 inches shorter than my right leg. I had two operations to correct the way I walked on my left foot. If I remember correctly, Dr. Deacon did muscle transplants, moving working muscles from one side of the foot to the other. He also did some bone grafting, to better shape my heel and I believe he also fused my ankle. Then I had an operation where they put staples into the bone over the growth rings on my right knee. There were eight staples; they were 1" long and 1" deep. They stopped my right leg from growing so



Some of the staples that were in Ivan's knee

my left leg could catch up. If I hadn't had the staples put in, my left leg would probably have been four inches shorter than my right leg and I would have had to wear a built-up shoe or my spine would be crooked.

The problem was that I was quite active and the staples kept coming out so I had to have them replaced three times. By the time my legs were the same length, the staples had come loose on the outside of my knee which caused me to become knock-kneed, so they removed all the staples and put new ones in the inside of my knee. I had the final operation to remove the staples when I was 16. The problem was that the staples had been in a little too long and I became slightly bow-legged in my right leg. This has increased since I got older and heavier.

I am very thankful to my parents – my mother for being so persistent and my

children's asthma rate to cleaning products we use everyday. (Increasing over 74% in the last 15 years.)

As little as 3 tablespoons of Dawn dish liquid is enough to kill a small child.

The majority of chemicals have NEVER been tested for long-term effects. The US EPA survey concluded that indoor air was 3 to 70 times more polluted than the outdoor air. On average, poison centers handle one poison exposure every 15 seconds. 40% of those are children under the age of 3 and 52.7% are children under the age of 6.

Next newsletter, I will concentrate on chemicals, the products they are in and the effect those chemicals have.

If you need a laugh, then read these Children's Science Exam answers.

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour? (brilliant, love this!)

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen.)

A: The body is consisted into three parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O, and U.

4. Give yourself credit for all the good things that you do.

- Not many people are able to attain perfect oral care everyday. Some days may be challenging and oral care may be lacking. Do not give up. Begin your good oral hygiene again the next day.

Oral care can be made easier. With some imagination to adapt your personal oral care needs and attain good oral health. A healthier mouth equals a healthier body.



If you have any dental health concerns, questions, or issues please feel free to contact me at dswoyarnski@sasktel.net
Sharman Woynarski 352-1570

Environment

by Betty Williams



A lot has changed in our home since I watched a CBC TV Marketplace documentary called "Toxic Brew". Some of you may have seen this documentary and felt as horrified as I was that day.

Many of our everyday products contain **toxins** that can cause serious medical problems. Companies have not had to put all the ingredients on the labels and this is not regulated by our government.

Of all the chemicals found in your home, 150 have been linked to allergies, birth defects, cancer, neurological and psychological abnormalities as well as the autoimmune diseases such as fibromyalgia.

Cleaning products and some personal care products release toxic vapors into the air when they are used AND even when they are stored! When you go to the grocery store have you ever noticed the smell of the laundry and cleaning product aisle?

Formaldehyde is in almost EVERYTHING you use in your home, from toothpaste to laundry soap. It is used as a preservative. More than 9 billion pounds are produced every year in the North America. The Board of Health recently issued a statement: There is such a high degree of formaldehyde in our bodies that when we die, we no longer decay!

I don't know about you but I prefer not to be embalmed while I am still living!!!

Many doctors attribute the rise in

father for paying for it all. There was no Medicare back then. After my first operation, I stayed in the hospital for a whole month. I wasn't sick after the first week, but they kept me until my next operation. I never received any physical therapy. Nowadays for the same operation a person would be in the hospital for three days, maximum. We were farmers and by no means rich so it was quite a financial burden on my parents.

Shoes have always been a problem for me. My left foot is still smaller than my right foot and I walk primarily on my heel since I don't have any strength in my toes. The heel of my shoe has to be wedged so my toes touch the ground when I take a step. (I have the opposite of dropped foot). I used to buy two pair of shoes to get one pair that would fit. Then I found a custom shoemaker in Hong Kong. I made drawings of my feet and sent a picture of the style of shoe that I wanted and they made them for me. They worked quite well but the fit wasn't perfect. Then I found a shoemaker who made me custom-built shoes that fit my feet and have steel shanks and supports to help me walk better. He made plaster casts of my feet and shoe forms. His shoes were very good but he is no longer in business. Then my family doctor sent me to Dr. Mino Deiana who is a Podiatrist. He wrote me a prescription to

get a pair of shoes at Foster's Shoes. They sold me a pair of shoes that were two different sizes for the price of one and a half pair. They did modifications to the left shoe to insert a steel shank from the back of the heel to the ball of the foot and wedged it so my toes would follow through when I take a step. They also modified the right shoe to make it the same height as the left and they put a wedge on the outside to counteract my being bow-legged. These shoes worked fine when I first got them but soon the heel wedge became compressed and I start walking only on my heel. I spend a lot of money on shoes but then I think to myself it is probably not as much as my wife spends. She loves shoes!

I don't think I have any symptoms of Post Polio Syndrome, only the wear and tear that comes with age. It has been more than 60 years since I had Polio. I do have Arthritis in my right knee which I think has more to do with it being bow-legged and me being too heavy.

I am retired now so I can pace myself. I spend lots time in my garden, which is my hobby and my passion. I also go back to the farm to help out my brothers with seeding and harvest. Judy and I also enjoy taking a winter vacation to somewhere warmer.

You Might Be A Handicapped Redneck If,,,

- * Any part of your wheelchair is painted cameo.
- * You have a wheelchair up on blocks in your front yard.
- * You rigged up a beer cooler powered off your chair batteries.
- * You wear cowboy, biker, or work boots, even though they're hard to put on and you can't walk anyway.
- * You adjusted your headrest so it'll stop knocking off your hat.
- * You installed a gun rack on the back of your wheelchair.
- * Your joystick [which does not live up to its name] is a billiard ball, car stick shift knob, beer tap, or similar item.
- * You ever thought about jacking your chair up 2 or 3 feet.
- * You have knobby mud tires - that never get dirty.
- * You installed a sound system so your chair will sound like a truck or hog.
- * You installed a whip antenna just so you could fly the flag!
- * There is a 'Harley' decal or emblem permanently attached to your chair.
- * You installed a CB behind or under your chair.
- * You named your chair 'Bubba', 'Junior', 'Daisy', or 'Killer'.
- * There is some part of a deer decorating any part of your chair.
- * You have ever thought about smuggling moonshine in the tubing or battery compartment of the chair.
- * You, while in your wheelchair, ever made any roadkill.
- * The accessories hangin' on the chair weigh more than 1/3 what your w/c does.
- * You browse truck catalogs looking for ways to soup up your wheelchair.
- * You want to add a side-car or a 'sweet little trailer'.
- * You wear a 4 pound belt buckle that cuts into your stomach as you sit.
- * The fringe of your jacket or strings of your bolo tie have ever gotten caught in your wheels - but you wear it anyway.
- * You have spent more than an hour trying to figure out how to hang fuzzy dice from your chair.
- * Duct tape plays a major role in your repair and maintenance plan.
- * You read this list and found yourself thinking, at any point, "Now that's a good idea!"

Keeping Your Smile Bright Even When Brushing and Flossing Is a Fight

by Sharman Woynarski

Having a healthy smile can be a challenge if you have difficulty brushing and flossing. Having limited arm mobility, a decrease in arm strength, or difficulty grasping the handle of a toothbrush can make the routine of oral care frustrating. Does difficulty in brushing, and flossing mean that you should give up? No! Good oral hygiene is essential to a healthy lifestyle. Recent research indicates that a healthy mouth reduces your risk for heart disease, improves diabetic control, and may be linked to osteoporosis. So how do you manage to brush and floss without difficulty? The answer is to modify. Here are a few ways to make oral care easier:

1. Change the time of day you brush and floss.

- Designate brushing and flossing to earlier in the day when your arm strength is at the optimum level.
- If you are tired at the beginning of the day try to perform oral care at your best time of day.

2. Adapt the oral care tools you use.

- Try to make tooth brush handles longer and wider with things that you have at home.
- For example: a turkey baster can be

- adapted to fit the end of the toothbrush making the handle longer, as well as increasing its width making it more comfortable to hold.
- An empty pill bottle works well on a floss handle to enlarge the size, making it easier to handle the floss.
- Suction cups attached to a nailbrush make a great denture brush. The suction cups will stick to the bathroom counter; therefore, only one hand is needed to run the denture across the brush.
- Try a mechanical toothbrush, and floss aid. Supermarkets and drug stores have a vast array of different oral care aids. Mechanical toothbrushes can range from a few dollars to a few hundred dollars. When selecting a new product, ask your dental professional for advice on quality products.

3. Rest your arm on a counter when performing oral care.

- Arm fatigue can be reduced by resting your arm on a counter or table while completing your oral care.
- Keep a basin of water available to discard the toothpaste when brushing is complete.