



Kiwi bank.

Polio NZ is an Incorporated Society dedicated to supporting people who have had poliomyelitis. It is managed voluntarily by a Board that operates according to its Constitution. Charity Reg CC25022 PO Box 791, New Plymouth 4340 **Kiwibank Account 38-9022-0468027-01**



LESSONS FROM POLIO TO FIGHT COVID

President of Rotary International, Holger Knaack reflects on three important lessons

The first is the value of **strong health systems**.

We have seen how fragile society is if those systems are at risk of collapse. In terms of PolioPlus, the reality is that it is precisely children who live in areas with poor health systems who are most at risk of contracting diseases such as polio. **Everything must be done to strengthen health systems systematically, everywhere.**

The second lesson is **the value of scientific knowledge**. COVID-19 is a new pathogen affecting the world, and there remain many unanswered questions. How does it really transmit? Who and where are the primary transmitters? How significant and widespread are asymptomatic infections and what role do they play in the pandemic? How best to protect our populations, with a minimum impact on everyday life?

These are precisely the questions that were posed about polio in the 1950s. **People felt the same fear back then about polio, as we do now about COVID**. Polio would indiscriminately hit communities, seemingly without rhyme or reason. Lack of knowledge is what is so terrifying about the COVID-19 pandemic. What polio has shown us is the true value of scientific knowledge. We know how polio transmits, where it is circulating, who is most at risk, and most importantly, we have the tools and the knowledge to protect our populations.

This knowledge enables us to target our eradication strategies in the most effective manner, and the result is that the disease has been beaten back over the past few decades to just two endemic countries worldwide.

The third lesson is perhaps the most important: **we cannot indefinitely sustain the effort to eradicate polio**. We have been on the 'final stretch' for several years now. Tantalizingly close to global eradication, but still falling one percent short. In 2020, we saw tremendous disruptions to our operations due to COVID-19. Last year, the polio program came away with a serious black eye, so to speak. **We must now capitalize on it**. We know what we need to do to finish polio. If we recommit and redouble our efforts, we will give the world one less infectious disease to worry about once and for all.

We have a global network of more than 1.2 million volunteers worldwide. This network has been consistently and systematically utilized to help engage everyone from heads of state to mothers in the most remote areas of rural India for polio eradication. We have helped secure vaccine supply and distribution, and increased trust in vaccines among communities. In the process, **we have learned many lessons on what it takes to address a public health threat and these same lessons now should be applied to the COVID-19 response**, especially as vaccines are now starting to be rolled out.

That is why I call on our membership network to use their experiences and apply it to the COVID-19 response. *(excerpt Rotary Polio News Feb 2021)*

POLIO IN NUMBERS WORLDWIDE*

Wild Poliovirus in 2021

Global Total: 2 (17 same time last year)

Circulating Vaccine Derived Poliovirus in 2021

Global Total: 9 (8 same time last year)

*Data as of 23 February 2021

President's Report



At the time of writing, we go into another level 3 and level 2 lockdown. I was too young to remember the restrictions during the polio epidemics, but many of you will remember the worry and stress about when and where polio would strike the country next.

I know some people are waiting to see how the COVID-19 vaccine will go before they commit to having it. Imagine if people held back to see what effects there would be when the Polio vaccine came out. How many more people would have contracted the disease before it was contained. I will be taking it when it is offered to me.

WELCOME to NELSON LABOUR WEEKEND.

I would like to personally welcome you all to sunny Nelson on Labour Weekend 23rd to 25th October 2021 for our Polio Weekend. I hope that many of our South Island members who have not been able to make it previously will be able to join us. We have missed you in the last years when we have gathered in the North Island. Please do not hesitate to contact me if you need any help getting there. We would love to see you and will help in any way we can so you can make it!

Get in early with bookings as a lot is happening in Nelson over Labour Weekend. Details of our programme will be in the August newsletter, on our website and Facebook.

LIGHT IT PURPLE!

Our AGM will be Sunday October 24th, which is also World Polio Day.

As is now done around the world, we are approaching Councils and Rotary Groups to light up local structures with purple lights to mark World Polio Day.

Purple has become the colour that signifies the global fight against polio because the 'pinky' finger of children is marked purple when they have been vaccinated by the teams of WHO and Rotary volunteers.

Hamilton City will light one of its main bridges purple.

I encourage you to organise a site to be lit purple in your area. Please contact sue@suegriffin.kiwi with your ideas.

Welcome Back Jeannette

Carla Ceppi has been doing a great job as the **Minute Secretary** for the Board for nearly two years. However, some of the responsibilities of a registered charity were being missed while the Society was without a Secretary. I would like to welcome back Jeannette Aldridge who was co-opted on to the Board as Secretary at last month's meeting. Thank you so much Jeannette for taking this on again. Carla (a non-polio volunteer) will continue as our *Minute Secretary* and is very much appreciated. Thank you, Carla, for your work and for sticking with us!

FREEMASON FOUNDATION Funding for Mediboards

Last year, the Freemason Foundation enabled us to print our new pamphlet and get them put in 700+ medical centres, hospitals, and GP clinics throughout the country and replenished monthly. We have reached new members because of this. As we go to print with this newsletter, we have learned that the Freemason Foundation are going to fund another year of having our information displayed in this way, for which we are immensely grateful. This is our work!

Take care. Be safe. Look out for each other. I hope to see you in October! If you need to chat – give me a call. 021 1382845.

Ngā mihi nui

Brian Robinson

president@polio.org.nz

Beware Predictive Text

Hi Max. This is Richard next door.

I've been riddled with guilt for months and have been trying to get up the courage to tell you face-to-face.



When you're not around, I've been sharing your wife, day, and night, probably much more than you have. I haven't been getting it at home. I can't live with the guilt and hope you'll accept my sincere apology and forgive me. Please suggest a fee for usage and I'll be happy to pay you. Richard.

Max, feeling enraged and betrayed, grabbed his gun, went next door, shot Richard dead, went home, shot his wife, poured himself a stiff drink and sat down on the sofa. Max looked at his phone and discovered a second text from Richard.

Hi Max. Richard, here again. Sorry about the typo in my last text. Darned spell-check had changed "wi-fi" to "wife." Technology huh! It'll be the death of us all!

The big annual 'polio-get-together'

Our Constitution requires us to have our AGM before the end of October.

World Polio Day is also in October so we try to line these two events up as close as we can. **This year they are the same day – October 24.** There is always useful, informative and/or entertaining activities for the 50 or so members that usually arrive by bus, plane, car, van, or mobility scooter.

Without doubt, regardless of what other activities are arranged, talking with each other is always the most popular part of the weekend. Our professional speakers are always interesting, but we often learn the most from the person we sat with over lunch or dinner or in group discussions.

The Board considered having the 2021 AGM in Dunedin, but the logistics and costs became too difficult. A lovely compromise was reached when our President Brian Robinson offered to arrange an enjoyable 'holiday' for members who can come to Nelson over Labour Weekend. He received a lot of positive feedback about that idea and plans are now underway. More details in August Polio News.

Polio Therapy Retreats and Programmes

We have learned a lot in the last 90 years. We let the lessons stare us in the face for a while and refused to see what is obvious. We accept it now. We must take care of the whole system. Body, Mind and Breath.

QE Health Rotorua Post-Polio Programme

DHB referrals can be accepted for the Waikato, Lakes, Taranaki and Mid-Central regions.

Schedule includes:

- Assessments: Physiotherapy, OT, Orthotics
- Values
- Psychology of Pain
- Mineral Pool / Massage / Mud Packs
- Pain Neurophysiology
- Principles of Exercise
- Sleep Education
- Movement & Stabilisation
- Posture & Positioning ADLs
- Grief, Loss & Communication
- Falls Prevention
- Stress Management
- Nutrition
- Maintaining Changes
- Energy Management
- Problem Solving & Closure

Available to people Outside of Waikato, Lakes, Taranaki and Mid-Central regions DHBs, on fee for service basis. Contact QE Health for next available programme and costs. referrals@qehealth.co.nz

Referral Requirements:

Auckland: private admission only (no DHB contract)

Bay of Plenty, Lakes: GP Referral directly to QE Health.

Tairāwhiti: GP or Specialist Referral to Dr. Rodney Waterworth (Tairāwhiti DHB)

Waikato: GP referral to Dr Alan Doube at Waikato Hospital.

Taranaki: GP referral to Taranaki DHB for approval.

Mid-Central, Whanganui (includes Otaki), Hawkes Bay: GP Referral – limited number per year available.

Wairarapa, Hutt, Capital, Coast, Nelson-Marlborough: people will only be accepted as a fully funded client where there has been a previous clinical relationship with QE Health. Funded admission for rheumatology/rehabilitation services may be possible for special cases. Enquiries should be forwarded to Dr C Rajapaske at Hutt Hospital.

West Coast, Canterbury: Private admission only

Otago, South Canterbury, Southland: Private admission only. (no DHB contract)

All QE Health services can be accessed on a private/fee for service basis. General Practitioner or specialist referral is essential prior to medical consultation. Charges may be claimed from your insurance company depending on your policy.

LATEST RESEARCH ON POST-POLIO

Two studies used MRI to identify causes of fatigue, poor concentration, limited exercise tolerance, paraesthesia and progressive weakness in people who had polio. The findings suggest that some reorganisation of the brain occurs, but degeneration is limited. Findings suggest that non-structural causes, such as **polypharmacy and poor sleep**, may contribute to the complex symptomatology of post-polio syndrome. Journal of Neurological Sciences.

Study 1: **Extra-motor manifestations in post-polio syndrome.** Li Hi Shing, S., Lope, J., Chipika, R.H. *et al.*: *Neurol Sci* (2021).

<https://doi.org/10.1007/s10072-021-05130-4>

Study 2: **Cerebral changes in post-polio syndrome: A quantitative MRI study**

Author links open overlay panel [Stacey Li HiShing](#) [Jasmin Lope](#) [Mary Clare McKenna](#) [Rangariroyashe H.Chipika](#) [OrlaHardiman](#) [PeterBede](#)

<https://doi.org/10.1016/j.ins.2021.117361>



Do you ZOOM?

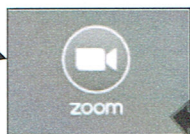
Sue Griffin

Our morning tea via ZOOM each Monday at 10.00 is something I really look forward to. Almost like a mini retreat where we can see each other and chat. Our polio family. Grab a coffee or tea, chat to each other and

participate in discussions to help us explore ways to improve our wellbeing. It can be intimidating to get started, but it is not difficult. It can be done on your computer, laptop, phone or tablet. It is free to download, and free to use. Here are the steps :

1. First - download the ZOOM app. On phones and tablet, it will be found in PLAYSTORE. Download , install and open the app. Easy Peasy. If you are hesitant to do it, visit your local phone store who are usually happy to help with this. On the computer or laptop, just google for it and follow the steps. Once downloaded, you should

see a **blue ZOOM icon**



2. Next - email Belle at the Duncan Foundation and let her know you'd like to join in. admin@duncanfoundation.org Belle will email you a **meeting code**, and **personal ID** to use. Just before the designated time, i.e. 9.55.am Monday, **click on the Zoom icon** and select "Join Meeting".

3. Enter the code Belle sent you then the personal ID code when prompted. Check you have your audio mic and video on. You will see the video of everybody taking part and be able to talk to everyone, or just drink your tea or coffee and listen. With practise you will discover how easy and comforting these sessions are.

WEEKLY ONLINE EVENTS



WEEKLY ZOOM MONDAY MORNING TEA

Hosted by
The Duncan Foundation

Some say the Monday Morning Tea on Zoom is the most useful thing they do each week. Join up to 20 other people online who have had polio and discuss the things that are useful, interesting, or challenging, about enjoying life and managing the inevitable changes as we age with long-term disability.

Polio Exercise classes with Laura Audley AKA "Laughing with Laura"

Seated class every Tuesday 2pm:

Join Zoom Meeting ID: 886 4644 9210

Passcode: 805366

Standing class every Thursday 11:30am

There is a requirement that people can stand independently for this class and also complete an Emergency Contact form. Safety is paramount. If you are interested in the STANDING class email Belle at admin@duncanfoundation.org

De-Stress-ing from Sue Griffin

Do you ever feel like things are getting on top of you? Stressed out? Cranky? I certainly do. I like to use **Cinquains** to help me unwind, and put my feelings down on paper in simple, visual terms. A **Cinquain** can paint a picture within a specifically structured set of words. It is often used for children to write poetry, but I love how solitary words can express what I am feeling. Eleven words, spaced in 5 lines, set as follows. I like to compose two for the same noun, showing alternative outlooks.

- Line 1 is one word, a noun
- Line 2 two adjectives
- Line 3 three verbs, ending in "ing"
- Line 4 four words in a phrase
- Line 5 one an alternate word for the line 1 noun

AGE

Mellow, respected
Charming, teaching, loving
Life's burdens fall away
Enjoyment

AGE

Inevitable, Scary
Isolating, demeaning, debilitating
Invisibility like a cloak descends
Loneliness

DISABILITY

Life changing
Demeaning, demanding, restricting
Narrowing choices in life
Invisibility

FAMILY

Loved, diverse
Accepting, enfolding, sharing
Not always easily meshing
Whanau

Intentional Breathing for Pain Control

by Marlayna Zucchiatti

Living with the late effects of polio (LEoP), it is not unusual to be in pain.

Many of us take some form of pain medication to help us cope.



In recent years, many people have learned breathing techniques that help with pain levels. In this article, I will talk about the **importance of both the inhale and the exhale.**

Eastern cultures have known for centuries about the emotional and physical health benefits of the practice of *intentional breath-control*.

However, until western science recently discovered the effects, the benefits of this practice stayed mostly where it originated in Eastern cultures. Western medical science now confirms that breathing in certain ways has health benefits, and how and why it does so.

The important discovery is that lungs have receptors that send messages to the brain.

The message delivered to the brain is either that *everything is fine* or that *something is wrong*!

The presence of pain can cause anxiety and depression. When we are generally shallow. When this quick message the brain needs help. triggered that hormones and chemicals). anxious, our breath becomes quick and the receptors notice that we are in trouble and A 'chemical wash' is floods the body with adrenalin (and other chemicals).

This chemical flood causes increased heart rate and blood pressure. The digestive system shuts down which can leave us feeling nauseous. These unpleasant symptoms perpetuate quick, shallow breathing and other unsettling symptoms.

This is what is called the '*fight or flight*' state when faced with threat. Our threats today are quite different from the threats of early man, but our bodies react in the same way by triggering the '*chemical wash*'. Having pain (old or new pain) can be perceived by our brains as a threat.

Here is some good news:

If our breath is slower and deeper and if we

e-x-t-e-n-d the e-x-h-a-l-e, the receptors in our lungs tell the brain that *all is well*, and the chemical flood is not triggered! When we breathe deeply, our heart rate should return to normal and blood pressure should decrease.

Breathing is not a cure for pain but rather a way to decrease pain and to bring your body systems back to normal. A further advantage of intentional breathing is it can **distract us from pain** as the brain becomes busy **concentrating on counting and on how our body is moving** as we breath.

BREATHING EXERCISES

1) The Figure 8

Draw the figure 8 on your thigh or arm in a continuous flow.

As you draw the top circle, inhale.

As you draw the bottom circle, exhale.

Continue to do this, matching your rate of breathing with the drawing of the 8.

The goal is to slow both your breathing and the drawing of the 8.

An added distraction – concentrate on how your leg (or arm) feels as you draw the 8.

Do this for as long as you can and take note of how you are feeling when you stop.

2) Box Breathing

Each side of the box receives a count of 4.

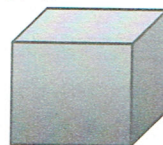
A) Inhale for a count of 4

B) Hold the breath for a count of 4

C) Exhale for a count of 4

D) Hold for a count of 4

Continue breathing in this way for at least 10 rounds. Eventually build up to 20 rounds.



3) 4-7-8 Breathing

Inhale for a count of 4.

Hold for a count of 7.

Exhale for a count of 8.

This is a good technique to help you relax and fall asleep at night.

The l-o-n-g-e-r you can make your e-x-h-a-l-e, the better for you.

Try extending it further as you practice this way of breathing.

If you would like to talk more about breathing techniques, you can get in touch with me on 0274282299 or email manzoo101@gmail.com

- Marlayna

MONEY LAUNDERING LEGISLATION MAKES IT TOUGH FOR A LITTLE CHARITY

Polio NZ has a long legacy in the South Island with its early Presidents, Secretaries, and Treasurers residing there. It was no mystery then that the Southland Building Society was chosen to manage the scarce and precious funds when cash and cheques were the only currency and you had to go to the bank to make a deposit.

The world of money has changed along with the variety of ways we communicate. Many of those changes have been helpful to people with disabilities, and apparently also been helpful to people who hide their ill-gotten gains.

A couple of years ago what is referred to as the MLA, or "anti-money-laundering legislation" was brought in by the government to make it harder for the crooks. An unintended consequence is that it made it harder for little charities like ours run by volunteers who live all over the country. For two years we have tried to fill out all the right forms in front of the right people with the right ID, with all the right signatures in all the right places. That became frustratingly too hard. The easiest way is for each Board member to go into a Branch and do it all in front of a bank representative.

The Southern Building Society had changed its name and is now SBS Bank but remained mostly in the South Island. Most current Board members are in the North Island. For two years we have been operating without having fulfilled all our obligations with regards to all the paperwork needed by the bank to fulfil all its obligations under the new legislation, and this was becoming a problem.

**The only option was to move to a bank that
has Branches all over the place.**

Kiwibank.

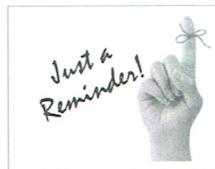
**NEW ACCOUNT FOR POLIO NZ
38-9022-0468027-01**

It feels like an end of a banking era in many ways, and it is! It is illegal to post cash, and cheques are no longer accepted at many banks. SBS is phasing cheques out in June. Kiwibank already has.

NO MORE CHEQUES

You can deposit your sub directly to our account.

**38-9022-0468027-01
Put your first and last name.**



INTERNET BANKING

**Change
your PAYEE settings to
38-9022-0468027-01**

Many of us already have Polio NZ in our online banking Payees. Please remember to update the account details so you can pay your sub into the new account. The SBS Bank account will be closed soon.

Unidentified Subs

Every year we receive subs we can't identify who they are from. Sometimes it has the last name, but we have several last names shared by multiple members – even though they are not necessarily related.

FIRST and LAST NAME

With your SUB and/or DONATION

Subs are due in July.

You will not be sent an invoice.

Due to postage costs, we no longer send invoices or reminders other than notices in Polio News. Please see inside back cover for subscription prices.

BOOK YOURSELF A HOLIDAY IN BEAUTIFUL NELSON LABOUR WEEKEND 2021

AGM and Programme
Fresh air, good company
October 23, 24, 25
World Polio Day Oct. 24

Accommodation Options:

***Beachcomber Hotel & Conference Centre**

23 Beach Road, Tāhunanui, Nelson
(this is where the AGM will be) Phone: 03-548 5985
*Mention 'Polio' for discount rate

***Tuscany Gardens** Phone: 03-548 5522

*Mention 'Polio' for discount rate

Amber Court Phone: 03-548 5059

**Talk to Brian and make a plan!
021 1382845**

Financial Membership

Polio NZ Inc. Financial Year is 1 July to 30 June.

Subs are due in July each year.

No Invoice is sent.

Amounts are GST inclusive

Individual 1 year: \$17.25

Couple 1 year: \$34.00

Lifetime Individual: \$355.00

Lifetime Couple: \$500.00

Cheques are no longer able to be processed.

Deposit to Kiwibank 38-9022-0468027-01

PLEASE PUT **FIRST AND LAST NAME**

Donations over \$5 are tax-deductible

Consider making a

BEQUEST

to Polio NZ Inc.

Including a bequest in your Will is one of the most important things you can do in your lifetime. We are most grateful for any support that you can provide today and into the future.

By including a bequest to Polio NZ Inc. in your Will, you will help ensure everyone suffering from the late effects of Polio gets the services and support they need to live a better life.

For further information

please contact our Secretary on 0800 476 546

or download our **Bequest Information**

from on our website www.polio.org.nz

Polio News is published three times a year in April, August, and December. Members opt to receive the Polio News by email or post. Contributions are welcomed by the deadline of the 5th of the month prior to publication. Send letters to the Editor or articles to

members@polio.org.nz **DISCLAIMER:** The views and opinions expressed in this newsletter are those of the authors and not necessarily those of Polio NZ Inc. Polio NZ Inc. accepts no responsibility for accuracy of information contained within this newsletter. 'Polio News' is strictly a newsletter about the disease. It does not provide medical advice, diagnosis, or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider. Never disregard professional medical advice or delay seeking it because of something you have read. ALL SOURCES ACKNOWLEDGED BY THE ARTICLE. ALL IMAGES NOT PERSONALLY PROVIDED ARE SOURCED.

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Steve Griffiths, Vice President

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Yi Small, Treasurer

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Jeannette Aldridge, Secretary

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Carla Ceppi, Minute Secretary

secretary@polio.org.nz

Brent von Sierakowski JP, Barry Holland MSNZ,

Dorothea Pienaar, Lonnard Watkins,

Marlayna Zucchiatti, Sue Griffin

Patron: Vicky Duncan

The Board meets three times a year by videoconference and meets together with a gathering of the membership at the AGM in October each year.

Life Members

The Late Denis Hogan, The Late Pam Owers,

The Late Ray Wilson, Dr Liz Falkner,

The Late David Duncan, The Late JB Munro QSO,

Barry Holland MSNZ, Karen Peterson-Butterworth,

Kath Berryman, Vicky Duncan.

FINANCIAL ASSISTANCE

Due to generosity of the Sir Thomas and Lady Duncan Trust, and other beneficiaries, Polio NZ can assist members with costs incurred by their disability that they are not able to cover themselves or get covered by other means.

If you need help in this way, please contact the President, Brian Robinson president@polio.org.nz or phone 0800 476 546 to ask for an application form.

Your request will be considered at the next Board meeting. This will be in May 2021.

Urgent requests can also be considered between Board meetings. **Talk to Brian. 021 138 2845**

GRATEFUL ACKNOWLEDGEMENTS

The Society expresses our deepest gratitude to the following organisations and individuals for their support. Our sincere thanks go to the hundreds of people who send in donations each year. Amounts less than \$500 are too numerous to list.

We received the following Grants, Bequests, and Donations of \$500 or more since 2014.



2014

The Sir Thomas and Lady Duncan Trust
NZ Lotteries Grants Board
Rural Community Trust

2015

The Sir Thomas and Lady Duncan Trust
NZ Lotteries Grants Board

2016

The Sir Thomas and Lady Duncan Trust
Bequest: The Estate of Almer Slack
Freemasons Foundation
NZ Lotteries Grants Board
Gordon Jackman

2017

The Sir Thomas and Lady Duncan Trust
Freemasons Northern Masonic Assoc.
Bequest: The Estate of Almer Slack
Bequest: Nairn Estate
Bequest: Ovenden Estate
Gordon Jackman
Ernest J Berry

Ways to donate to Polio NZ Inc.

Use your credit card on our website

www.polio.org.nz

Deposit direct to Kiwibank Account

38-9022-0468027-01

2018

The Sir Thomas and Lady Duncan Trust
Freemasons Foundation
NZ Lotteries Grants Board
Talleys Ltd
RE & YE Bensemann
Rotary Whakatu
Wakefield Quarry
Bequest: John Dawson Estate

2019

The Sir Thomas and Lady Duncan Trust
Bequest: The Estate of Phillipa Morrison
NZ Lotteries Grants Board
Rotary Club of Motueka
Paul Grant (InvitaNZ)
Clive Thompson (Coopers Beach)
Wellington Rotary Club
Freemasons Foundation

2020

Freemasons Foundation
Habit Holdings Ltd
The Estate of Nan Taylor (Oamaru)
Onehunga Maungawhau Lodge
Ponsonby Lodge No.54
SBS Bank Starwinner
Western Bays Polio Support Group

2021

Freemasons Foundation