



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

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
- ▶ The Estate of Nan Taylor (Oamaru)

Ways to donate to Polio NZ Inc.

By credit card on our website www.polio.org.nz
Deposit direct to Kiwibank Account 38-9022-0468027-01

HealthPathways for Late Effects of Polio available to GPs

A number of DHBs have now created HealthPathways for their GPs to access information about the late effects of Polio. These are the DHBs that cover Canterbury, Wairarapa, Hutt Valley, Capital and Coast, MidCentral, Taranaki, Waikato, Lakes, Tairāwhiti and BOP DHBs.

This means your doctor has access to the pathway for managing the late effects of polio information on their computer. Make sure your doctor knows this! HealthPathways is a web-based information portal supporting primary care clinicians to plan patient care through primary, community and secondary health care systems.

It is like a 'care map', so that all members of a health care team—whether they work in a hospital or the community – can be on the same page when it

comes to looking after an individual with a specific condition like the late effects of polio. The vision for the HealthPathways platform is to enable a network of people in health systems to share and adapt clinical pathways to their local environment to support the aim of:

- ▶ improved quality, safety, and experience of care for patients.
- ▶ improved experience of care for health professionals.
- ▶ health and equity for all populations.
- ▶ best value for health system resource.

HealthPathways are designed to be used at the point of care, primarily for general practitioners but is also available to hospital specialists, nurses, allied health and other health professionals within these DHBs.

What's different about HealthPathways?

HealthPathways is designed and written for use during a consultation. Each pathway provides clear and concise guidance for assessing and managing a patient with a particular symptom or condition. HealthPathways also include information about making requests to services in the local health system. Content is developed collaboratively by general practitioners, hospital clinicians, and a wide range of other health professionals. Each pathway is evidence-informed, but also reflects local reality, and aims to preserve clinical autonomy and patient choice. HealthPathways serves to reduce unwarranted variation and accelerate evidence into practice.



President's Report

Hello to you all,

So far this year it has been better than last year with regards to Covid and lockdowns. Although we have seen lockdowns in Auckland and Wellington, I hope that that's as far as it goes. Fingers crossed (legs, toes, eyes and anything else that can be crossed as well) that we have dodged a bullet, unlike our friends across the Tasman and the Pacific, as well as other parts of the world.

Even though I was too young to remember the polio epidemics, I can imagine what was going through people's minds back then whenever there was an outbreak, "Here we go again. Where and who's next?" My thinking is the sooner the population is vaccinated for Covid, we are all still going to be on tender hooks. As we have seen recently, these viruses are only a flight away. The same with polio to the unvaccinated. I have had both of my Covid jabs and I encourage you all to do the same, if it is possible for you.

Other items of interest to you all.

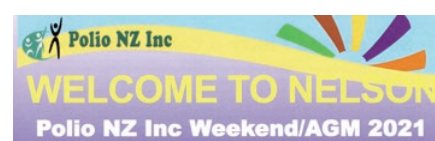
Board member Brent Vonsierakowski, has secured funding from Freemasons Foundation for the Mediboard displays of "Are you a survivor of Polio" pamphlet available in over 700 clinics around the country. I must point out that not all DHB areas have these displays.

Brent's daughter has also been busy designing a page to go into the Physio Matters magazine outlining our Late Effects of Polio problems to the physios around the country. Thank you, Brent and Louise.

Polio NZ Inc has signed a Memorandum of Understanding with the Duncan Foundation for services to people who had polio and we continue to work together on projects that support our members.

On The Go Physiotherapy in Christchurch has set up a new clinic down there complete with exercise equipment. This will be great for the people of Canterbury.

Top of the South have two Duncan Foundation Physiotherapist available, Amelia Petherick in Blenheim and Anna King in Nelson. If you need an assessment or want to discuss with any of the physios, go to the Duncan Foundation website and arrange for an appointment. The same goes for people in other regions, register with the Duncan Foundation for your area.



October 23rd to 25th AGM 24th

When I first decided on the idea of having our AGM Weekend in the South Island this year, it was 12 months away now it is down to just a couple of months. How time flies by! If you are planning on coming to Nelson, you will need to be in quick as Labour Weekend can be pretty full on for travel and accommodation. We hope to have an interesting weekend for you all - even if it is only for a holiday and relaxation.

REGISTER NOW!!!!

If you have skills that you could offer to the Board or the members in general, we would love to hear from you.

That's all for now. Look forward to seeing many of you in Nelson on **World Polio Day!**

Brian Robinson
President

Notice of Annual General Meeting Polio Nz Inc.

Registered Charity No: CC 25022; Incorporated Society No: 485143; IRD No. 62-049-111

World Polio Day

**Sunday 24th October 2021 at 2PM - The Beachcomber Hotel
& Conference Centre, 23 Beach Rd, Tahunanui, Nelson**

1. Welcome by Chair Brian Robinson
2. Apologies:
3. In memory of departed members.
4. Roll Call
5. Proxies
6. President's Report

7. Minutes of previous AGM and Matters Arising from Minutes
8. Treasurer Report
9. Presentation of the Annual Financial Report
10. Election of Officers, Board Members, and confirmation of Patron.

11. Appointment of Reviewer:

12. Correspondence

13. Remits

14. Motions:

15. Any other business

Afternoon Tea will be served after the AGM. Please register for purposes of catering. Attending the AGM is free to all members.

Nominations received as of 14 July 2021

Executive team nominations



PRESIDENT

Brian Robinson

Served as President Since 2018



TREASURER

Yi Small

Served as Treasurer since 2019



VICE PRESIDENT

Steve Griffiths

Served as Vice President since 2018



SECRETARY

Jeannette Aldridge

Served as Secretary for 7 years

Board nominations



Brent von Sierakowski

Active member on Board since 2018. Has been responsible for fundraising for major projects.



Sue Griffin

Active member on the Board for six years - one year as Vice President - responsible for organising the retreats for the first four years. Currently driving project for having landmarks around the country lit purple for World Polio Day, and contributor to Polio News.



Marlayna Zucchiatti

Active member on the Board for 3 years in support of the retreat programme, membership services, and contributor to Polio News.

Polio NZ AGM programme

Labour Weekend - October 22 – 25



Venue

Tasman Room, Beachcomber Hotel and Conference Centre, 23 Beach Road, Tahunanui, Nelson

Friday 22nd - Arrivals

please give transport details on Registration Form)

- **5pm – 7pm** Meet and greet – Registrations.

Saturday 23rd - Tasman Room, Beachcomber Conference Centre

- **8am – 9.30am** Registrations
- **9.30am – 4pm** Optional Activities/Visits – Market & Arts Tour, Car Museum, Founders, Pies Peanut Butter World, Richmond Town/Shopping, Natureland, Winery/ Brewery Tour, or create your own itinerary. So we can arrange transport to the sights/activities, please indicate your interest & needs on the Registration Form.

Saturday Sample itinerary

- **Nelson Market** - offering the usual market produce as well as clothing, homewares, health and wellness, art and music, jewellery and food and beverage. We'll have breakfast here and plan to be there around 9 am.
- **Then** on to The Quiet Dog Gallery which promotes local artists. As well, it represents well established artists.
- **Next** to the Arty Nelson Gallery (this one isn't totally confirmed yet)
- **Then** we'll go to Craig Potton Gallery
- **Close by** is The Nelson Provincial Museum. It's NZ's oldest museum. It's certainly an option for us, depending on how quickly we finish at the galleries.
- **Then** on to Suter's Art Gallery. This is where we will have lunch after seeing the gallery. Once we have numbers, I will book for lunch. The Queen's Botanical Gardens are very close by so some may want to wander through there as well.
- Recording personal stories and memories of the early days of Polio NZ (documentary makers will be present)
- **6pm – 10pm** Evening Dinner with guest speaker Craig Potton

See over-leaf for more great ways to enjoy your time in Nelson

Saturday Night Guest Speaker

Craig Potton

Craig Potton is one of New Zealand's best known and respected landscape photographers and an ardent conservationist. In 2013, he received the Insignia of a Member of the New Zealand Order of Merit for his services to photography and conservation over the past 35 years.

In pursuit of his photography he has tramped and climbed extensively in New Zealand, its sub-Antarctic Islands, the Dry Valleys of Antarctica, the Nepal Himalaya, and more recently Poland, India, Iceland, and Mongolia. For more than three decades he has documented the New Zealand wilderness,

exploring relationships between the concept of artistic beauty and wilderness in the natural world. His father, founder of ZIP Industries, had polio. A lucky member at dinner Saturday night will receive one of Craig's beautiful books.

Sunday 24th - World Polio Day

- **9am – 12noon** Exercises, Presentations (Neurologist and physio therapist) & Discussion Groups
- **12noon** Lunch
- **2pm** Annual General Meeting followed by Afternoon Tea.
- Evening Dinner (self-pay); Purple lights tour

Monday 25th - Returning home or stay another day at your leisure

Accommodation – self book.

There is some accommodation at the venue plus many other motels nearby suitable for people with disabilities.

Accommodation venues that have been spoken to and have limited full mobility bathrooms, so book early if you need such facilities.

- **Beachcomber** – stay@beachcomber.co.nz ph 0508 BEACHCOMBER
- **Tuscany Gardens** – stay@tuscanygardens.co.nz ph 03 548 5522
- **Amber Court Motel Nelson** – stay@ambercourtnelson.co.nz ph 03 548 5059

Or Check out www.nelsontasman.nz/visit-nelson-tasman/plan-your-trip/accommodation

If you need financial assistance, please request an application form by emailing members@polio.org.nz or phoning 0800 476546



Craig Potton

Queens Garden

Queens Gardens is a beautiful example of a classical Victorian ornamental park. Centrally located information panels placed around the garden reveal its history.



Beach & Water Activities

Nelson Tasman is one of the few places in New Zealand where you'll find good temperatures all year round for water-based activities. Many locals say their favourite time to get out in the bay is during sunrise and sunset, when the rays of the new or ending day begin to dazzle across our beautiful waterways.



Art Heritage and Culture

With an extraordinary and rich arts, heritage and cultural history, the region is renowned for the creative work its people produce. Music, sculpture, visual arts, and jewellery ... it's all here, with artists thriving amongst our stunning natural landscapes, from the city right through to the bay..



Nelson Arts Festival 2021

Thursday 21st to Sunday 31st October 2021

**NELSON
ARTS
FESTIVAL**

Enjoy the Weekend & World Polio Day in Nelson

Nelson Classic Car Museum

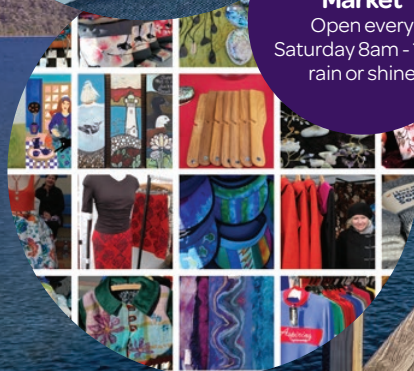
150 immaculate cars from more than 100 years of motoring

Open Daily
10am-4pm



Nelson Arts Market

Open every
Saturday 8am - 1pm
rain or shine



100

things to do in
Nelson Tasman



Nelson is an historic city with a boutique, urban vibe.

Deliciously delightful markets and award-winning restaurants are situated next-door to marvellous cathedral grounds, brick laneways and established art galleries. Around every corner is something that adds to the character of the place, whether that's a giant seal and squid mural or a quirky cocktail bar.

If arriving on a weekend, your first destination should be the Saturday Market held in Montgomery Square. A favourite of visitors and locals for over 40 years, the market showcases the diverse array of arts and artisans the Nelson Tasman region is renowned for.

Head to www.nelsontasman.nz

Funded Physio clinic classes for Canterbury Polio Survivors



Jennifer Yorke and On the Go physiotherapist, Jessie Snowdon

An estimated 1500 Polio survivors in the Canterbury and West Coast region could benefit from fully funded physical assessments, and subsidised physio classes that are customised to help them cope with a syndrome known as the Late Effects of Polio.

Currently, just a small percentage of Poliomyelitis survivors have undergone assessments funded by the Duncan Foundation, and partake in the weekly physio classes funded by Polio NZ at On the Go Physio in Christchurch.

To reach out to the unknown Polio survivors in the region, Polio NZ committee members, Gordon Jackman and Marlayna Zucchiatti, set up a meeting at On the Go Physio on July 22 to hear about the benefits of assessment and attending physio classes, says Polio NZ committee member, Gordon Jackman.

“Our goal is to set up a Polio Hub in Christchurch which will be a model for other regions,” explains Gordon.

“Following the Poliomyelitis epidemics in the late 1950s, many Polio survivors are now in their mature years and

experiencing what’s known as the Late Effects of Polio. The late effects of Polio are common, affecting perhaps as many as 50% of individuals who contracted Polio, and include associated pain in muscles, tendons, ligaments and joints. Depression is also common as everyday activities become harder to perform because of the depletion of the motor neuron pool leading to fatigue.”

Polio New Zealand estimates there are approximately 12,000 Poliomyelitis survivors in New Zealand who could suffer from the Late Effects of Polio of which the primary manifestation is fatigue which can be severely disabling. The organization estimates there are between 1170 to 1560 Polio survivors living in the Canterbury and West Coast DHB areas yet there are just 37 registered with Polio NZ, says Gordon.

On the Go senior physiotherapist, Jessie Snowdon, has assessed about 50 Polio survivors over the last few years who are living with the late effects of Polio and says there is a huge number of other long term effects such as pain, cold limbs, underdeveloped limbs, fused joints

and significant fatigue. There is a huge potential for secondary complications and a very thorough assessment is needed to figure these out, says Jessie.

“Our assessment usually takes one and a half to two hours and involves gathering a full history of their original Polio infection as this indicates what issues may arise as someone ages,” explains Jessie. “Once we have identified their weaknesses, I can advise whether there is the option to strengthen and improve the way they walk or move through physiotherapy.”

“We are exceptionally lucky in Christchurch that we are funded to offer a weekly exercise class. This is an opportunity for people with Polio to work on their strength and balance in a safe environment with people who understand Polio. Structured exercise allows people to work on their specific weaknesses and goals, and also gives the opportunity for staying physically active and fit which is important for everyone. It is also a chance to touch base with others and share experiences.”

Polio survivor Jennifer Yorke has been attending the physio classes for three years and says without them, her muscle strength and mobility would have deteriorated a lot more.

“Polio’s weakening of some muscles mean that other muscles are overworked to compensate,” explains Jennifer. “Age is taking its toll on these overworked muscles. Physio and exercise routines customised for me have strengthened the muscles that I have left. I am definitely more mobile than I was three years ago.”

Jennifer also enjoys the camaraderie of sharing experiences with others in a similar situation.

To find out more contact On The Go Physio which is located at 47 Whiteleigh Ave, Christchurch, in the Arvida Good Friends building, ph 0800 000 856

Lighting up Purple for World Polio Day

For World Polio Day on October 23, Polio NZ Board member, Sue Griffin has been actively contacting councils and organisations with the invitation to light up icon buildings and structures purple.

World Prematurity Day in November last year achieved more than 25 lit up sites in a similar initiative. Sue is targeting those sites and those who have already said “yes” include Anzac Bridge in Hamilton, the Christchurch Art Gallery, Dunedin City Council, Gisborne’s clock tower, Nelson City Council, New Plymouth’s clock tower, Palmerston North City, and Upper Hutt city.

If you have any contacts in councils and organisations that can light up an icon purple, contact Sue Griffin as she has a letter template you can use. Ph Sue on 021537187.



The success of mRNA vaccines

As a group of P3'S (Post Polio People) we know the value of vaccinations. We should be receiving our Covid -19 vaccine shortly, and some may have already had it. So the article below is a summary of what makes the Pfizer the vaccine of choice for us here in Aotearoa.

Countless tragic events marred this past pandemic year, but the success of mRNA vaccines has been nothing short of remarkable. Pfizer-BioNTech's mRNA vaccine was the first of its kind authorized for general use by the FDA.

Other types of vaccines introduce dead or weakened forms of virus, or directly deliver virus protein fragments. The goal is the same: to have the viral proteins provoke an immune response.

But when it comes to mRNA vaccines drugmakers have outsourced, so to speak, protein creation to our own cells.

Let's break down what the vaccine is: The "m" in mRNA stands for messenger. The RNA, which is genetic material, is basically instructions. Like a microscopic Hermes, mRNA flits through our cells, efficiently spreading the information it contains.

The message, in the case of coronavirus vaccines, is to build harmless viral proteins. Cellular factories read the instructions and churn out the proteins. This causes the immune system to leap into action – it's a false alarm, but the immune fighters don't know that, and that response preps them for a real infection.

Messenger RNA is inherently temporary. The material soon deteriorates, and the injected genes do not become part of the permanent store of information (the DNA) in our cells.

Manufacturing mRNA is relatively straightforward. Pfizer and Moderna generate the material through a biochemical reaction called transcription. Transcription happens naturally in our cells – except the manufacturers, in pursuit of efficiency, create an environment where cells aren't needed.

The vaccine makers begin with a DNA template -- a strand of genetic information that will guide the creation of messenger RNA. Manufacturers place all the components needed for this process into a reactor. Molecules called enzymes "read" the DNA strand and build, bit by bit, an RNA copy. It's a bit like a scribe making a copy of a cookbook -- but with tiny biochemical agents playing the roles of scribe, cookbook and quill.

Companies have been working on refining this process for years. Moderna, for instance, has "probably made more RNA by in vitro transcription than all of humankind ever," one of the drugmaker's senior scientists told Science magazine in 2017.

Finally, the mRNA is purified and tucked into microscopic bubbles. Then the vaccine is dispensed in vials, chilled and shipped for injection



Vaccine hesitancy



In 2019, before COVID-19, the World Health Organization (WHO) identified vaccine hesitancy as one of the top ten greatest threats to global health.

Every year, vaccination saves around 4-5 million lives, although a further 1.5 million lives could be saved annually with improved global vaccine coverage.

Now, we are seeing a new round of vaccine hesitancy in some corners as the COVID vaccine is rolled out. But that's nothing new. Anti-vaccination movements have existed for as long as vaccination.

What are the lessons from history for COVID-19 vaccination?

Firstly, the public will tolerate risk of harm from a vaccine if their fear of the disease exceeds their fear of the vaccine.

The immediate response of many countries to news of rare but serious cases of blood clotting occurring in people given the AstraZeneca COVID-19 vaccine was to suspend use of the vaccine, at least for younger adults.

In public health, the precautionary principle means acting to prevent harm. Arguably, this is an example of inappropriate use of the precautionary principle (which, in public health, means acting to prevent harm). Perhaps there was not sufficient consideration of the possibility that suspending vaccine delivery was a disproportionate response which would alarm the public and increase vaccine hesitancy.

Although the risk of blood clotting with the AstraZeneca vaccine is extremely low, at times when there is almost no COVID-19 circulating (as sometimes happens in Australia and New Zealand) the risk of dying from blood clotting due to the vaccine is slightly higher than dying from COVID-19.

In Australia, a concentration on individual risk at a single point in time ignores the benefits to the community of widespread vaccine uptake.

Gait Analysis at AGM

The BTS G-SENSOR 2 is a wireless system consisting of an inertial sensor composed by a tri-axial accelerometer, a magnetic sensor, and a tri-axial gyroscope, that worn by the patient allows a functional gait analysis.

Gordon Jackman will be bringing one to our AGM and offering a functional gait analysis to any Polio NZ Member who wants to have one.

The process involves putting on a Velcro belt which hold the G-Sensor in the small of your back – very close to the bodies centre of gravity, and walking on a flat surface for at least 7 meters and then returning to the start. The whole thing takes around 5 minutes. This will produce a report

(pdf file) that will tell you your gait cycle duration, stride and step length and the percentage of time your feet spent in single and double contact with the ground. There is a symmetry index and one that shows how much propulsion is coming from each leg. It also measures the forward tilt, the sideways obliquity and the rotation of the pelvis while walking.

A functional gait analysis can be useful in understanding what your body is doing while you walk and give you options for changing those aspects of walking that are under conscious control. The report can be given to your orthotist or GP to help them deliver the best options for you. It can also act as a record, so that any future functional gait analysis can show some changes in the way you walk. It can also be use to see the impact of new orthotic devices.

There are some limitations to the G-sensor. A single measurement may not be an accurate description of your average walk, as gait changes over the day for all sorts of reasons, as many of us will know. Some of us have more than one kind of walk – you might want to try measuring these. Another limitation is that, because this is new technology, many health professionals may not want to engage or know how to interpret the findings.

Bookings for a gait analysis can be made at the AGM.



Walk Analysis Report



Along the way I reminded myself of a few things by Kevin O'Neill

Having many symptoms of PPS or LEOP, everything aches, but this was something I really wanted to do.

I entered to become one of 10 selected "1st off riders" for the opening of the Lake Dunstan Trail from Clyde to Cromwell in May 2021. I didn't expect it but from the 200 entries I was selected for the 42 km ride with 590m of vertical elevation with 480 riders!

My level of preparedness is summed up in the fact that I didn't know the elevation and size of the hills prior to starting the ride, which was good - or I might not have tried. I had snapped the Achilles tendon in my "good leg" and only got back on my bike a week before the ride. Practice consisted of riding along the flat New Plymouth walkways.

I strategically carried little except high energy bars. My jeans covered bike shorts, compression socks, and two legs that look like they belong to different people. My lightweight shoes had grippy soles. My non-powered bike's 29-inch wheels rolled well on the trail.

I started in the front row and now hold the record for being passed by the most people in one ride! The organisers must have had their doubts because I'd only ridden for about 5 minutes when Dave Morton appeared beside me on an EBike. He told me he'd keep me company. Independent-me said, "You're not my bloody minder are you?" Dave replied, "Something like that". For the next 4 hours Dave was the ideal riding buddy – encouraging, supportive, but let me sort it my way.

The views were stunning! I walked my bike up the bigger hills with lots of encouragement from people passing me who possibly thought I was drunk as I stumbled along beside my bike.

I made up time downhill, passing some of those who had passed me – until the next hill. The Zig Zag hill took me 15 minutes to ascend before descending to the lake where Foale's Coffee Barge was doing a brisk trade. I didn't tackle the gang plank to the Barge. I was wobbly by then and would have been the 1st person in the lake! Dave got me a coffee while I leaned on a rock.



The last 19km were easier, the hills were smaller. I got to the finish line 4 hours 10 minutes after I started! The party atmosphere for the whole Cromwell community went on for hours.

Would I do it again? Why not – on an EBike next time!

Locked in and down

A poem by Barbara Ker-Mann (1933-)

Take me back to when I was three years old,
Bedridden, drinking medicine from a teapot spout
Friendless, apart from the radio aunt once talking to me
on my brother's birthday
and the soft whispering of the medical team
who declared that "Isolation is imperative
if we are to stop this illness; Infantile Paralysis kills..."
My parents saw me by looking through the crack in the door
I did not see them.
Kind people sent large boxes of pears to the ward door.
I did not see them
A nurse gave me a pear to eat
It was juicy over my sheets.
I was locked in a bed of plaster for 6 weeks.
Ahead to now. Locked down and isolated.
"This virus must be stopped in its tracks. Covid-19 can kill."
Our Prime Minister and the Director General
of health have emphasized this
And, we must obey the rule of physical distancing.
I spoke to a woman on my patio and she came so close I said,
"Go back; you are too near me."
I was very tense and when it happened again
I began to detest myself; felt unclean and rude.
My daughter had delivered a parcel for me
at the secure drop-off point and
a masked staff member brought it to me.
I am hoping to be free soon now
Given wings to fly.

Thanks to our sponsor



Office for Senior Citizens
Te Tari Kaumātua

Administered by the Ministry of Social Development

Polio Exercise classes with Laura Audley

AKA "Laughing with Laura"

Come and join our weekly virtual gym - we'd love to see you! - *Belle, Laura and the Duncan Foundation team*

Seated class every Tuesday 2pm:

Join Zoom Meeting ID: 886 4644 9210

Passcode: 805366

Standing class every Thursday 11:30am

Join Zoom Meeting ID: 829 4848 5298

Passcode: 185699

Standing Class

If you are interested in the STANDING class please email Belle at admin@duncanfoundation.org You need to fill in an emergency contact form for your safety as safety is paramount! There is a requirement that people are able to stand independently for this class.



Better Digital Futures

This new programme supports seniors (people aged 65+) seeking help in going online. Participants choose one of four pathways to learn new skills and build confidence with computers and the internet.

Embracing today's technology and skilling up for the digital age can open up a world of possibilities, from sorting out your finances in seconds, storing photos, having video chats with family, and participating in the Polio NZ and Duncan Foundation WEEKLY ZOOM events – Monday Morning Tea, seated and standing exercise classes, and more.

Better Digital Futures, a free programme supporting seniors to get digitally literate across Aotearoa.

diaa.arlo.co/w/courses/cat-10-better-digital-futures

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.

Payment

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 our website www.polio.org.nz



Board of Polio NZ Inc.

Brian Robinson, President

president@polio.org.nz

Steve Griffiths, Vice President

vicepresident@polio.org.nz

Yi Small, Treasurer

treasurer@polio.org.nz

Jeannette Aldridge, Secretary

secretary@polio.org.nz

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 video conference 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.

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

