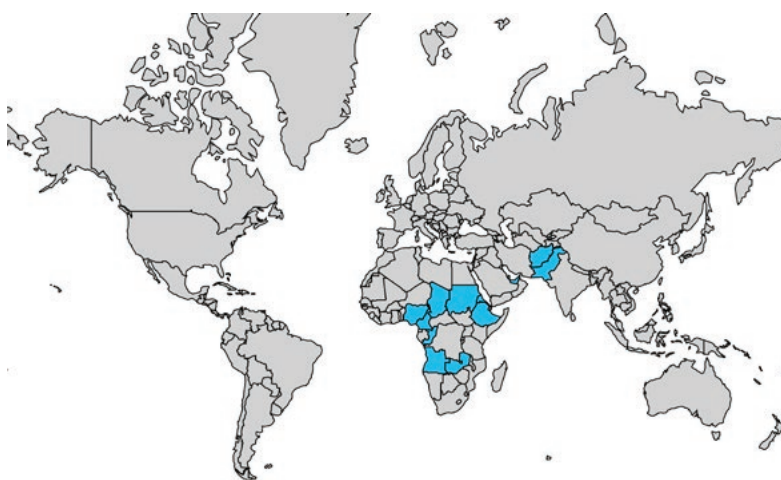




Polio NZ News



Countries with Polio in 2022



Pakistan Only one case of wild polio occurred by this time, down from 54 in 2020.

Afghanistan No new wild polio (WPV1) cases but five new vaccine-derived type 2 (cVDPV2) cases made the news this time last year.

United Arab Emirates is one of 84 high-risk districts

Nigeria No new wild poliovirus cases were reported since 2014. A year later, no new cases were found. 2015 makes three years since half of worldwide polio cases occurred in Nigeria. According to 2020 reports, however, this area became threatened during the Covid-19 quarantines.

Sudan two new outbreaks paralyzed children in March and April of 2020. About 11 other vaccine-derived cases were found in this region.

Chad New 2019 polio outbreaks were announced in reportedly originated from oral vaccines that mutated into infectious forms. As of 2020, more cases occurred because of interrupted vaccine initiatives, according to The World Health Organization.

Cameroon new cases in 2020. Its one of more than a dozen African countries with polio infected by oral vaccines.

Zambia By September 2020, immunization campaigns resumed, but eradication efforts would take time. The World Health Organization and related entities continue to report on polio control around the world, especially African countries with polio infected in 2020.

Ethiopia 2020 outbreak that paralyzed two children. Sudan and Ethiopia nearby sites where severe polio infections took place.

Eritrea Two serious polio outbreaks occurred where the Eritrea and Ethiopia borders meet with Sudan.

**Doing it online
helps us, thanks**

Our new website is linked directly to our bookkeeping system so renewing your sub or making a donation using the website saves heaps of volunteers time.



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.



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)

Presidents Report

April 2022

Hello to you all. I am hoping that you are keeping yourselves safe and well in these still uncertain times.

Strategic Plan

In February, the Board met to discuss and update the Strategic Plan. The original plan was formulated in 2014. The Board has established a new collaboration and memorandum of understanding with the Duncan Foundation and the new plan is based around that partnership.

Three objectives have been formulated:

▶ **Improve services available to all people in NZ who have had polio**

▶ **Raise the profile of Polio NZ Inc**

▶ **Become a credible and sustainable organisation for the members**

Jeannette Aldridge has done a brilliant job summarising the plan for your perusal in this newsletter. If you would like a complete copy of the new plan, please email members@polio.org.nz

Database

The Late Anne Mace had a vision of Polio NZ having a database to capture all the information about people who had had polio in New Zealand as there was very little, if anything at all about our members and their needs.

Anne organised a survey of our members and the Late Susan Kerr helped type up all the information, and put into an Excel Spreadsheet. At the time it was all we had but unfortunately, we could not make use or utilise the information properly or how we wanted to use it.



We are deeply indebted to Anne and Susan for the time and effort that they had put in to try to get something up and running.

The Freemasons Foundation, in memory of Anne, donated the money for us to set up a proper database called VEGA. (VEGA have their own website if you would like to know more about their software).

For us, it means that whatever you can tell us about things like your mobility aids and orthotics (what works – what doesn't), breathing machines, scoliosis, where and when you got polio, what treatment at the time, what's happening to you now, the database will answer so many questions that we could never answer before.

When a person applies to become a member, they will answer the basic questions we want to know about them.

For those who are already members and have an email address, you have been sent a link to a survey and your answers will automatically go into the database.

It is exciting times, thanks to Anne's vision, The Freemasons Foundation and Susan's input.

Bequests

Over the last two years, the Board thought a lot about the future. They have been uncertain times for everyone, but as an organisation we have a specific

focus: how does the work we do now look in the future? When we looked at the amazing history of how polio has contributed to the burgeoning scientific knowledge about medicine and disability, we can see that we are part of all of that too! Especially now that we are working with The Duncan Foundation, we can be quite confident that any improvements we make to equipment and services for people who had polio, will make the future for those who are yet to come that much easier.

We also thought about our current members (and ourselves). We are all getting older and as our numbers reduce, there are fewer of us to keep the services going for those of us still surviving.

We take this very seriously, so the Board was asked to consider making a Bequest to Polio NZ Inc. however small – just to start the ball-rolling. I am in the process of updating my Will and adding a Bequest to Polio NZ Inc. We are asking every member to consider if this is possible for them also.

Website

If you haven't checked out our new look Polio NZ website yet, go and have a look. Feel free to send us any feedback (like or dislike), comments, suggestions, what else would you like. Send to me president@polio.org.nz or secretary@polio.org.nz

Check out

Polio Morning and Afternoon Teas and Polio Exercise Classes

Further information Notice elsewhere in this newsletter'

With the cooler weather coming, keep warm and I hope you don't suffer too much from the cold.

Finally, condolences to any of you who have lost loved ones or friends in recent times. Our thoughts are with you.

Take care everyone.

Regards

Brian Robinson
President

An invitation to join:

Polio morning tea and afternoon tea

Polio Morning Tea

Mondays at 10 am

Polio Afternoon Tea

Mondays at 2.30 pm

The **Zoom link** below is new and the same for both sessions.

<https://us02web.zoom.us/j/89835715027?pwd=Q1JsdKx0MXk0S1WkvTmFqSHF6WnZUZz09+>

Passcode: 700472



An invitation to join

Polio Exercise Classes

This is a warm invitation to join our weekly online exercise classes for our Polio community. We have a regular group of like minded people who meet to exercise at their own pace with the guidance of our wonderful instructor, Laura Audley. We would love you to come and try.

To join, you will need to be known to one of our Duncan therapists or complete an assessment prior so that we know which class is more suitable and can provide some guidance. If you are interested, then please email admin@duncanfoundation.org and we can get the ball rolling.

The Seated Class

Happens via zoom every
Tuesday 2pm

The Standing Class

Happens via zoom every
Thursday 11:30 am

If you are interested in the STANDING class, there is a requirement that people are able to stand independently for this class.

Julia Squire

by Jeannette Aldridge

The greatest pleasure of being Secretary of Polio NZ Inc. is the people I get to meet. I first heard about Julia when I was learning about the people who kept the “support” going for years, before the days of the internet and also before the days when very much was known about the late effects of polio other than things got harder as you got older.

Julia spent 20 years driving all over the Wairarapa visiting families where someone who had polio lived. The most common support was helping people deal with grief in the myriad ways it shows itself as life changes, particularly within a couple. Here is Julia’s story in her own words:

I was born in Nov 1945 in Yorkshire, England and had one older brother.

January 1948, I remember my parents sending for the doctor and he diagnosed Poliomyelitis. My dad always told me that I was totally paralysed but avoided going into an iron lung, which was kept by my bed. I was put in an isolation hospital for a month during which time my parents were only allowed to see me through a window.

From there I was transferred to Rivelin Valley orthopaedic Hospital near Sheffield which was one of the main hospitals for polio cases. At 3 years of age I have only a few memories of those days. Many days were spent on the veranda lying in our beds, not to mention excruciating pain during physiotherapy – hot baths and up



onto the physio table to have my legs pulled out at the hips, little by little. There were also exercises for the rest of my body, but the hip extensions were the worst and a pain never to be forgotten.

As I regained use of my limbs other than my left leg, I was taught how to walk again and do remember the ‘bars’ that I had to hang on to and ‘swing’ my leg as I walked – my leg was encased in a horrible, leather and metal calliper which had prongs going into my shoe. Seventy-three years later I still wear a calliper very similar, albeit made of lighter weight materials. When not wearing the calliper, I used wooden under arm crutches, which served me most of my 73 years – they were super strong

and many holes for extending.

These sadly were disposed of last year after hiding in the back of my wardrobe for the last 14 yrs.

I have no recollection of my parents visiting but obviously they did. However I certainly have recollections of walking down the ward towards them when I was being discharged at the end of 1948. My father sent me to a private physio for 2 years before being told that he was wasting his money as there would be no further improvement. Hurray for swimming – a regular Sunday morning occurrence, with dad teaching my brother and I for years and it was the only sport I could do all through school.

I tried almost everything. I found out the hard way that which I was not suited to: roller skating being one, and climbing trees another. These were when I was about 8-10 years.

We lived in a 2-story stone house with a steep staircase and guess I was carried up and down for the first few years until I could master them alone- sliding down on my bottom was the easiest way and luckily, the carpet on the stairs was soft. I only recollect falling down them once – that was the fastest I'd ever seen dad move from the living room – fortunately, no damage was done apart from bruising.

Like all other kids, I started school at 5 yrs of age and was pushed there in a pushchair, possibly the reason I hate being 'noticed' as no other kids were taken to school and home, that way. I already "stood out" wearing my calliper and clunky shoes. I fractured my patella tripping on a doormat and had 12 months off school, with some home schooling.

My parents had a difficult time finding another junior school who would accept me – I was a falls risk! When I did return to school, I was the only child who had had polio and we all know how cruel kids can be!

I was allowed to have a go at playing rounders, and once a week we walked along the canal bank to the senior school and had swimming lessons.

My parents thought learning to dance would help strengthen my legs. My stepmother was a good seamstress,



she made me a ballroom dress and also a tutu. As I was crazy about ballet, she bought me a ballet record, ballet shoes and a book of steps. Put all those together and you get an unusual image of a young girl prancing around the living room with a clumpy calliper and shoe on one leg, and a ballet shoe on the other. As for the ballroom dancing, I couldn't cope with the millitary2 step, so my time in those classes were cut short. My love of dancing has been with me all my life and when I went to my first dance as a teenager, my friends had to just about drag me off the floor. In those days I didn't really have any polio problems – other than being ultra-stubborn, and that hasn't changed.

I became a girl guide and then ranger, loved hiking and youth hostelling and my disability didn't impact those. To be honest, I never thought of myself as being disabled until I was in my late 40's. I was also a member of the local Civil Defence Corp (first aid) and was hauled off several roofs at training – safer than having me as a 'first aider' working in difficult terrains.

The term 'Being a high falls risk' has been with me all my life and dad used to say I fell on 'fresh air.'

I had always wanted to be a nurse but was advised not to because of my calliper. I worked as a ward clerk which was something I loved but was

physically demanding being on my feet all the time and walking up and down the hospital corridors. This was the first recollection of pain through overuse (took some accepting). I was quite angry with the matron for not allowing me to do my nurses training but eventually realised she knew it was beyond my capabilities.

My college orthopaedic specialist suggested changing my calliper to a lighter weight and less obtrusive 'polythene brace.' It was full length and laced up the front but wasn't able to bend my knee. The back was slightly moulded to match my 'good leg.' It was like learning to walk again but polio determination gets you there in the end, and for a teenage girl it was far superior to the old-style calliper. As a teenager the specialist did consider amputating my polio leg when I stopped growing but said I didn't have a big or strong enough buttock to support a full prosthesis.

Before leaving the UK in 1970 my other jobs were ambulance control and hospital telephonist – both satisfied my interest in the medical field and were not physically onerous. My brother had been in New Zealand for 8 years so came to join him and his family. I got a job on the switchboard at Wellington hospital.

I had two children (1975/77) - apart from my back and left hip causing

pain. Although my obstetrician wasn't sure how I would cope with the delivery I had uneventful pregnancies.

I used underarm crutches at night and taught my toddlers to wrap round my front like a monkey and put their arms around my neck. I felt very safe, and proud to say I never dropped them.

However, my subconscious worked overtime and I frequently had dreams that I had dropped them and would pat all over the bed and lean out of bed and do the same on the floor. My husband would wake up and say that it was OK, I was dreaming – you have no idea what a relief those words were.

After I'd finished bearing children, my left hip wasn't giving me enough support, so off to an orthopaedic surgeon I went – you know the type, very dapper, sitting behind a big oak desk, with no empathy at all. He told me that I needed more support and would have to go back to a calliper like the old ones. Talk about being heartless, and his next remark was 'Well, you have your husband and children' so it doesn't really matter how you look!

Whizz past several years to the early 1980's when we worked on a sheep and cattle farm out of Wanganui. Life in the country was so good but very active. The post-polio pain began. After numerous x-rays showing nothing and arrogant specialists knowing nothing, the last "specialist" inferred it was all in my mind. More than once my husband wanted to ring him during the night and see for himself how much pain I was in.

1984 we moved onto a farm in Martinborough, and I got the same reaction from the orthopaedic specialist from Palmerston North. After 2 years he admitted there was a problem and thought it was neural. He didn't want to operate as it could make it worse. I've lost track on how many pain medications I've had.

1989 I shattered my left femur so lost my job at the bank where I was working fulltime.

Mobility was a combination of two crutches and or manual wheelchair when out shopping – and I was still driving.

Before my fall, I had joined Victim Support, did their training, and became a volunteer with Lifeline, Rape Crisis; and a social worker for Presbyterian Support – all these entailed training. It 'whet my appetite' for social work and counselling so I did extra-mural Uni papers and gained a Diploma in Health and Human Behaviour. There was always plenty of voluntary work in those fields and along with starting and coordinating the Martinborough Community Patrol in 1995 – 2020, I was never bored.

In 1994 we realised that some of our polio members were either unable to or didn't want to attend meetings but required support (going to meetings was not the done thing for many males). So we put forward a proposal to two of the big philanthropic organizations, to help towards running costs and hoped that at least we would be successful with one of them. To our surprise, they both gave us what we had applied for, so we didn't have to apply the second year. These two organisations kept funding us until I could no longer physically continue 20 yrs later.

Denis Hogan, and the board at the time, wrote a letter of support, along with the Physios at the hospital. The Wairarapa were the first group in the country to have a voluntary field officer – I had my travel allowance and phone expenses paid, and time was voluntary.

With being a 'consumer' myself I was reasonably knowledgeable about how the health system worked and attended any pertinent meetings. The Allied health staff were easy to work with as were FOCUS, when doing their assessments – somewhat a lengthy process. Along with Allied Health, I would write letters of support for members applying to the Lottery Board for vehicles or scooters.

So, my job description was a combination of Advocacy, Support, Referrals, Counselling, Education and being a good listener.

Our membership numbers in Wairarapa were about thirty-three to begin with and I regularly visited approximately eighteen. Problems were not always strictly polio related – not being able to look after one's spouse and the emotional grief that went with it, plus the process of how to go about it. Grief was the cause in many cases.

Dealing with WINZ wasn't the easiest for members and having someone advocate for them made circumstances less stressful.

Over the years, I became quite attached to the members and the downside of being field officer was when they passed.

I mentioned about males not being keen on attending meetings, they also had their 'heads in the sand' as to what was happening to them. So, in desperation, their wife would make contact.

Like many of our members I was on the Board 2-3 yrs. I was also eligible to assess clients for the Total Mobility vouchers.

Liz Falkner and I attended most conferences where strong bonds were made with members from other parts of the country apart from listening to some very good speakers on their respective expertise of polio problems.

My very first polio conference was in Napier in the late 80's or early 1990's and I will never forget it as it's the first time I have ever entered into a room full of people and not been embarrassed!

Legend!

The Purple Passion that is World Polio Day

Globally, many major cities illuminate an iconic building, or sculpture in purple on October 24th, but sadly New Zealand has been remiss in these efforts. So it was fantastic when in 2021, 10 cities in Aotearoa/New Zealand lit up in purple in our support. This year there has already been a very positive response from even more cities. For example, we add Whangerei, who is lighting up their beautiful Canopy Bridge for us.

Sadly, Tāmaki Makaurau Sky Tower is again not available. The lights in the city are all controlled by Vector, with a long line of organizations wanting to be considered.



I am aiming for some more fun events in October, with the goal of telling people what the purple is for. We all know, most don't, so it doesn't mean anything except a pretty colour. I am working on some edible purples and intend to hold tastings throughout October, with accompanying media to explain "why purple?" Watch this space.... so far we have distilleries

agreeing to create a purple gin, purple cheesecakes and working on purple icecream. Perhaps locally your group could hold a luncheon, or coffee morning, with purple cupcakes and offer them to people with a wee card explaining the significance. All ideas welcome. But it is a lot of organizing, and we need to co-ordinate information via our media consultant, so please channel thoughts and ideas through me at sue@sue.griffin.kiwi, or call me for a chat, 021537187

Test the new system when renewing membership this year

Polio NZ Incorporated Financial Year runs from 1 July to 30 June (not the usual 1 April to 31 March).

Your membership subs are due, therefore, 1 July onwards for the next year.

Please help us "test" our new system by Renewing Membership through our website www.polio.org.nz

The new system (using XERO and VEGA together) reduces the workload for our volunteers and paid help, so Renewing Membership through the website saves Polio NZ money and makes our bookkeeping so much easier and more useful.

Easy As:

1. Go to www.polio.org.nz
2. Click MEMBERSHIPS
3. Click Membership Renewal

↑ **This is the page you will find.** Test it out for Polio NZ – even Translate it into a different language if that pleases you! You can also make a donation from this page. **Thanks heaps for your help!**

Strategic Plan for the Board 2022

Summary by Jeannette Aldridge

What do we want to see? What are our specific strategies to get what we want to see? How much will it cost? Who will take responsibility to ensure it happens?

These are the questions the Board considered at its quarterly Board meeting on February 2nd.

Successive Boards, and earlier versions of the Strategic Plan, documented the recognition that we could only be effective through collaboration with other organisations. Collaboration with other organisations was a specific goal, and specific organisations were identified that we would wish to collaborate with.

This current plan is based on a now-established collaboration with The Duncan Foundation.

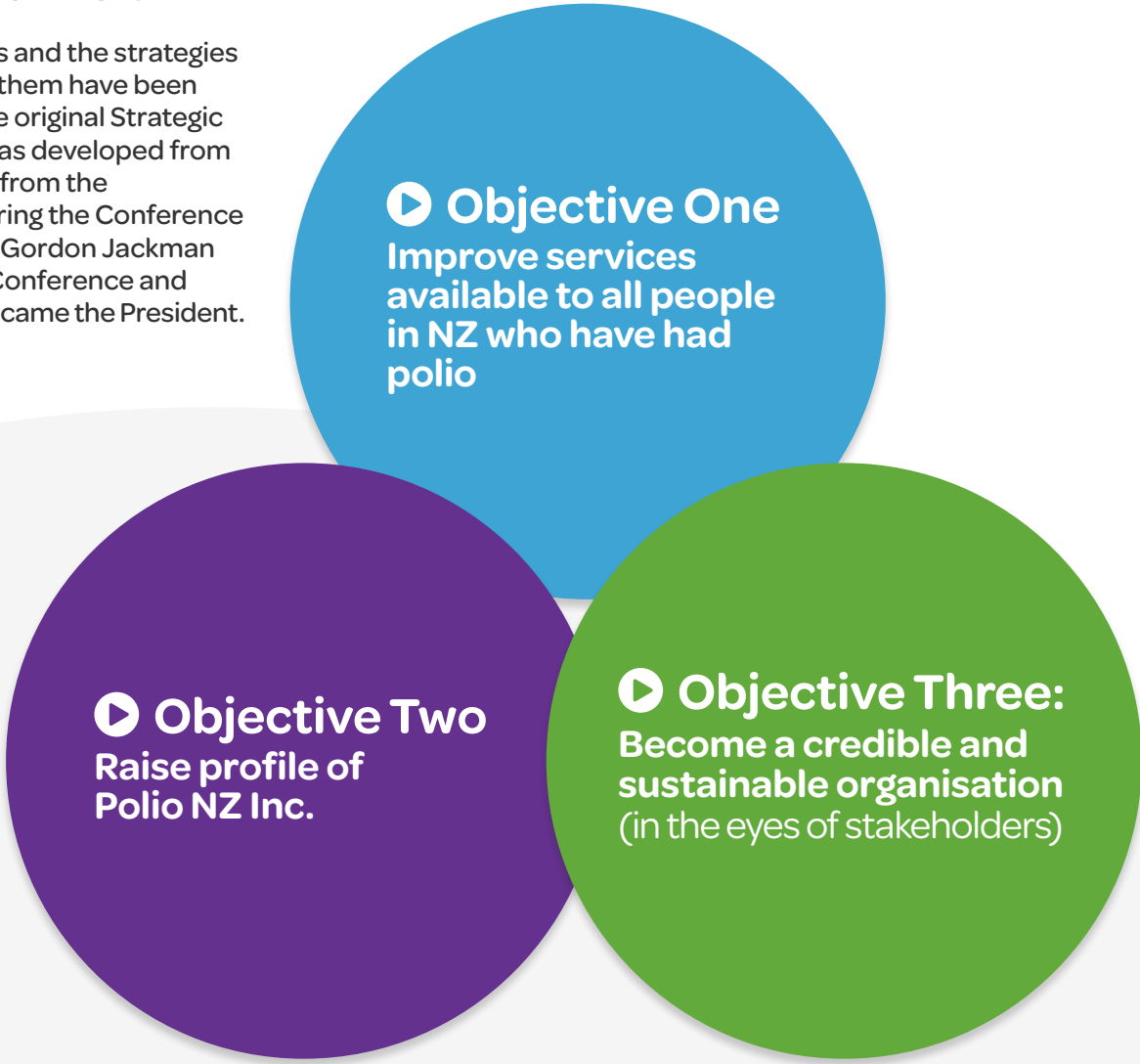
This is unprecedented good fortune for Polio NZ members as it ensures the longevity of our Purposes. It is useful when considering the Strategic Plan, to reflect on the Purposes in the Constitution of Polio NZ Inc. If you would like a copy of the Constitution, email members@polio.org.nz.

Collaborating with The Duncan Foundation, effectively combining our knowledge and resources with their structure to achieve our common goal of providing clinical and support services to people who have had polio and educating health professionals about the late effects of polio.

If you would like to receive a complete copy of the Strategic Plan that is summarised below, please email members@polio.org.nz

Objectives

These objectives and the strategies associated with them have been distilled from the original Strategic Plan 2014 that was developed from direct feedback from the membership during the Conference in Christchurch. Gordon Jackman facilitated that Conference and Barry Holland became the President.



▶ **Objective One**
Improve services
available to all people
in NZ who have had
polio

▶ **Objective Two**
Raise profile of
Polio NZ Inc.

▶ **Objective Three:**
Become a credible and
sustainable organisation
(in the eyes of stakeholders)

► **Objective One:**
Improve services
available to all people in
NZ who have had polio

Goals:

- 1.1 Establish a Memorandum of Understanding between Polio NZ Inc. and The Duncan Foundation that will provide clarity and confidence for all stakeholders and be relevant and effective across all our collaborative projects.
- 1.2 Improve access to assessment and planning services through provision of clinics in all main centres.
- 1.3 Specialist Clinics
 - 1.3.1 Follow-up on the outcomes of the Multi-disciplinary Team 2-day workshop that Polio NZ funded, provided by The Duncan Foundation. This follow-up will help determine the cost-effectiveness of such workshops in future.
 - 1.3.2 Consider further specialist clinics for specific conditions that profoundly affect members well-being as the age such as progressive scoliosis.
- 1.4 Improve access to effective orthotics and equipment for people who have had polio.
- 1.5 Educate Health Professionals about the Late Effects of Polio.
- 1.6 Provide opportunities for members to be nurtured, and to learn and support each other.
- 1.7 Increase the funding base for the Purposes of the Society.

► **Objective Two:**
Raise the Profile
of Polio NZ Inc.

Goals:

- 2.1 Use World Polio Day to raise awareness of polio survivors and the work of Polio NZ
 - 2.1.1 Promote stories about people who have had polio, and the work of Polio NZ Inc.
 - 2.1.2 Encourage the lighting of landmarks in the colour Purple on and around World Polio Day each year.
 - 2.1.3 Encourage members to engage in the highlighting of World Polio Day at a local level.
- 2.2 Distribute our pamphlet Are You a Polio Survivor across medical centres in all regions for 3rd year.
- 2.3 Complete redevelopment of www.polio.org.nz website

► **Objective Three:**
Become a credible
and sustainable
organisation (in the
eyes of stakeholders)

Goals:

- 3.1 Obtain and respond to input and feedback from members
- 3.2 Understand the demographics of our members.
- 3.3 Plan for the sustainability of the work beyond the Winding Up of Polio NZ Inc.
- 3.4 Review the plan each year in February.

Action Plans

► **Objective One:**

The Christchurch Polio Hub Pilot Programme and Exercise Class.

Towards the end of 2021, Polio NZ established an agreement with Jessie Snowdon of On-the-Go Physio to manage a two-year pilot programme of a menu of services for our members in that region.

The intention is that after two years, the outcomes will be used to work with The Duncan Foundation to consider establishing hubs of services using this model in other regions.

Specialist Programmes for Polio Survivors

In 2021 Polio NZ funded a Multi-disciplinary team Workshop for six polio survivors. We have received an outcomes report from The Duncan Foundation on this workshop. The Board agreed that following up with participants after a period to ascertain any long-term benefit from the workshop would be useful for considering the format of future workshops.

continues

Orthotics Project

Collaborate with The Duncan Foundation to determine the next step in our goal to improve orthotics services available to people who have had polio.

Education and training for practitioners and technicians

Education about the Late Effects of Polio in the health service sector have always been the intention of every Board of Polio NZ since its inception more than 30 years ago. Polio NZ has never had the human or financial resources to work effectively to make change in this sector.

Last year we placed articles and advertisements in the professional journals of physiotherapists and anaesthetists. The effectiveness of these are unknown.

Polio NZ can provide the information, and some financial support, to enable The Duncan Foundation to provide the structure that could increase the effectiveness of our efforts to achieve this goal.

The format or structure to achieve this will need further discussion

between Polio NZ and The Duncan Foundation and it may include formats such as professional development workshops/training hours/days, online seminars information packages, etc.

Morning and Afternoon Tea Zoom Meetings

These are a collaborative project between Polio NZ Inc. and The Duncan Foundation. Marlayna Zucchiatti facilitates the programme on behalf of Polio NZ and The Duncan Foundation does the administration, sending out notices, and gathering attendance data.

Anecdotal evidence suggests that this is one of the most useful activities that Polio NZ is doing at the present time. Regular members speak of the importance of these meetings to the quality of their lives.

Other Board members and regional group leaders are encouraged to facilitate special interest groups among members and Polio NZ will provide assistance where necessary to enable other groups to form online.

Bequests

The membership represents the greatest potential for increasing the funding base for the Purposes of the Society into the future. The polio virus and the consequential study and research in medical science and technology have left an important legacy for the future of communities and the health and disability issues they will face. Polio NZ is part of legacy by the work we are doing now, preparing the way for the future for the current members in our fading years, and for the ones we leave behind.

► Outcome:

To initiate this campaign, each Board member is asked to personally consider including a Bequest in their Will (however small that may be). That will empower each Board member to speak openly with others about leaving a Bequest to Polio NZ Inc.

► Objective Two: Raise profile of Polio NZ Inc.

Purple Lights and Media Campaign for World Polio Day

2021 was our most spectacular year relative to the highlighting of World Polio Day, and all credit to Sue Griffin for taking that on and making it happen and doing what needed to be done in 2021 to ensure that this project will grow in 2022.

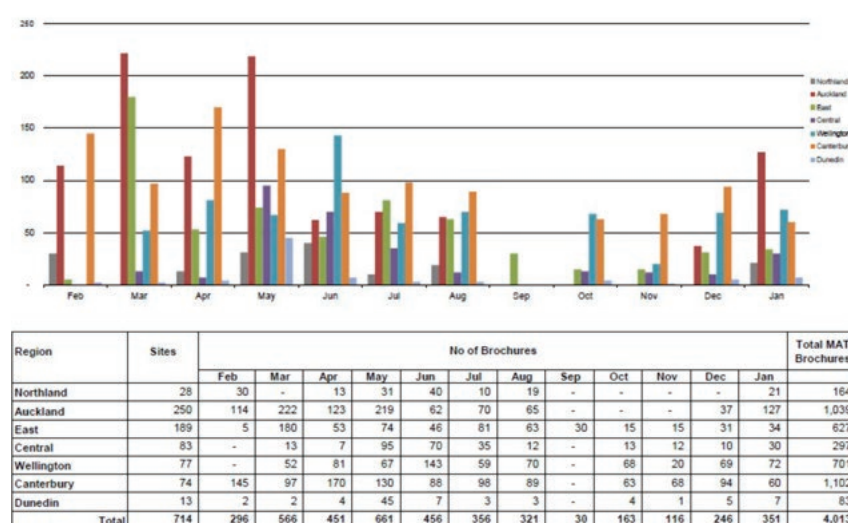
Distribute our pamphlet Are You a Polio Survivor across medical centres in all regions.

These are the costs to date (2 years):

Printing 18,000 brochures	\$ 2,328
Distribution in 2020	\$27,685
Distribution in 2021	\$28,685
Funded by Freemasons Foundation	\$58,698

In the second year (heavily influenced by COVID lockdowns and movement restrictions) 4013 were taken.

Here are the regional statistics for the last 12 months:



VEGA will enable us to capture 'how did you hear about us' in future, but at present we do not know how many of the thirty new members in the last two years came from Mediboard. We know some of them did.

Learning: More About Vitamins & Minerals

with Jeannette Aldridge

This whole COVID thing has made me think about a lot of things differently. The good thing about that is I learned things, and learning things is good for the brain I read somewhere. One of the things I have been admiring is our bodies – not the big clunky bits that hurt and fall apart, but the tiny bits, the minute bits. One of those is Vitamin D.

Apparently, people low on Vitamin D probably don't sleep well. Sleeping is when the repairs are done so this can have all sorts of consequences.

Apparently, Vitamin D boosts your immune system, and we all need that!

Apparently, we get Vitamin D from the sun. That's great – it's free! But wait, what about skin cancer?

Can the Vitamin D get through the sunscreen? Apparently not. There's supplements – but they cost.

Apparently, there are Vit D receptors in the brainstem. The brain stem is an area that could be affected by polio – so that might be a bit of a problem for some of us since it affects both sleep and immunity. Also, nothings works on its own so Vit D needs Vit K2, zinc and magnesium to be able to do its thing properly. The team work that goes into making a body work is truly amazing. We think we are just one person – but we are made up of many 'communities' of all sorts of things!

Sometimes it gets hard to know exactly what to do, but I will definitely keep learning. And I'll look at the price of Vit D, Vit K2, zinc and magnesium supplements too! Apparently, magnesium helps sleep too, and I've heard it is good for cramps. I think I'll give it a go. Doubt it could do any harm!

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.

Call us on 0800 000 856 and take charge of your physical freedom

Contact Details

On The Go Physio
PO Box 32004
Christchurch 8147

Arvida Good Friends Building,
47 Whiteleigh Ave,
Addington, Christchurch.

enquiries@onthegophysio.co.nz

www.onthegophysio.co.nz

Polio Hub

on the go
PHYSIO

For Sale

Great polio-awareness-raising gifts!



T-Shirts

Sizes – S, M, XL, 2XL



Eco - Drink Bottle Carry Bag

Ideal for carrying 2 x bottles of your favourite tippie plus 2 x spare pockets

\$30 each

Contact: Brian Robinson, 021 1382845, president@polio.org.nz
With number and sizes ordering. Bank: KIWIBANK 38-9022-0468027-01



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.

**Please help us “test” our new system by
Renewing Membership through our website
www.polio.org.nz**

See page 7 for more information

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



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

Brent von Sierakowski JP, Barry Holland MSNZ,
Marlayna Zucchiatti, Sue Griffin

Patron: Vicky M Duncan O.B.E. F Inst Directors

The Board meets four times a year by videoconference in February, May, August and November. The AGM is in October each year as close as possible to World Polio Day (Oct 24)

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 QSQ, Barry Holland MSNZ, Karen Peterson-Butterworth, Kath Berryman, Vicky M Duncan O.B.E. F Inst Directors.

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

