

Polio Australia

Representing polio survivors throughout Australia

Polio Health and Wellness Retreat Body / Mind / Spirit

Presenters

(in order of presentation)

Thursday 11 October 2018

	<p>Welcome</p> <p><i>and</i></p> <p>Early Polio Memories</p>	<p>Gillian Thomas President Polio Australia Ph: 02 8003 6308 gillian@polioaustralia.org.au www.polioaustralia.org.au</p>	<p>For 25 years I have worked for Polio NSW on a voluntary basis. I was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President. I was also the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i> from 1989 to 2012.</p> <p>In 2002 I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community.</p> <p>I passionately believe in the need for a national voice for polio survivors and my efforts culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008, I was elected its inaugural President. At the 2012 Annual General Meeting, having served two consecutive terms as President and being constitutionally ineligible to re-stand at that time for this position, I was elected as Vice President. At the 2017 Annual General Meeting, upon the retirement of John Tierney OAM as President, I was re-elected to that position.</p>
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	<p>Program Overview</p> <p><i>and</i></p> <p>Spirit Plenary:</p> <p>What Makes Your Whole Body Light Up?</p>	<p>Maryann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 maryann@polioaustralia.org.au www.polioaustralia.org.au</p>	<p>Maryann has worked with the post-polio community since 2004, and was appointed Polio Australia’s National Program Manager in 2010.</p> <p>In 2008, Maryann visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was “To identify techniques to better manage the late effects of polio”. In 2009, she travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International’s 10th International Conference: Living with Polio in the 21st Century and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, she was able to put together Polio Australia’s first Late Effects of Polio Self-Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010 in Sydney, and subsequent Retreats across Australia.</p> <p>Maryann has since given presentations on Polio Australia’s Retreats at the two European Post-Polio Conference in Copenhagen (2011) and Amsterdam (2014), and at Post-Polio Health International’s Conference in St Louis, USA (2014). In 2016, she realised a career goal by organising the Australasia-Pacific Post-Polio Conference in Sydney.</p>
	<p>Guest Speaker</p>	<p>Mr Steve Georganas MP Federal Member for Hindmarsh</p>	<p>Steven "Steve" Georganas, has been the Australian Labor Party representative for the House of Representatives seat of Hindmarsh in South Australia since 2004.</p> <p>Steve is one of five bi-partisan Parliamentary Patrons of Polio Australia, and the Co-Convenor of the Parliamentary Friends of Polio Survivors Friendship Group.</p> <p>Steve is currently the Deputy Chair of the Standing Committee on Health, Aged Care and Sport, and was also the Chair for the House of Representatives Standing Committee on Health and Ageing when a Roundtable Discussion was held into the Late Effects of Polio/Post-Polio Syndrome in March 2012.</p>

	<p>Plenary: Current Research And Feedback From Health Professionals On LEOp</p> <p><i>and</i></p> <p>Gentle Moves</p>	<p>Paul Cavendish Exercise Physiologist Clinical Health Educator Polio Australia Ph: 03 9016 7678 paul@polioaustralia.org.au www.poliohealth.org.au</p>	<p>Paul has been working in allied health and multidisciplinary clinics since 2005, working with musculoskeletal and neurological conditions. He has undertaken further study and training, including use of robotics and in pain management to better understand the possibilities with neuromuscular rehabilitation. As an Accredited Exercise Physiologist, Paul has always been focused on listening to clients to develop appropriate goals that allow them to maintain or improve independence. He is an avid reader of research but understands the importance of clinical significance as much as statistics.</p> <p>After delivering education to health professionals for 8 years, Paul is excited and passionate in changing the level of knowledge health professionals have with polio survivors. He believes they can make a difference once they understand the pathology, important aspects related to assessment and treatment, and know who else to include in health management.</p>
	<p>Gentle Bodywork Techniques</p>	<p>John Kirkwood Master Acupressure Practitioner The Acupressure Centre Ph: 0410 779 159 john@acupressure.com.au www.acupressure.com.au</p>	<p>John Kirkwood has been practising and teaching acupressure for over 30 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books: <i>The Way of the Five Elements</i> and <i>The Way of the Five Seasons</i>.</p> <p>John has been working with clients living with the LEOp for 8 years, having been trained by physiotherapist, Tori Wickens, in working with the post-polio community. To the treatment of these clients he brings his knowledge of acupressure and of myofascial release therapy.</p>
	<p>Staying On Your Feet And Getting Back Up Again</p>	<p>Ann Buchan Neurophysiotherapist anphysio@optusnet.com.au</p>	<p>Ann Buchan trained in Melbourne then followed many years of Australian and overseas training and experience in neurological and neuromuscular issues.</p> <p>She received the top clinical prize as an undergraduate, and has since been a tutor, educator and mentor for physiotherapy students and graduates.</p>

			<p>In 2004, Ann qualified as the first titled Neurophysiotherapist in Australia, with involvement in a wide range of statewide community and educational activities, including workshops, clinical research, media production and palliative care.</p> <p>Ann feels strongly that people with neuromuscular and neurological conditions not only need to get the best out of their disability, but the best possible learning and caring environment is needed for that to occur. She has always had a special interest in long term disabilities – especially post-polio issues. She has run her own practice and worked in clinics, Aged Care facilities and hospitals.</p> <p>Now semi-retired, Ann continues to see some people privately and delivers training to physiotherapists on a variety of neurological conditions and factors. Ann helped set up the first Polio Clinic in South Australia and assisted with editing polio information handbooks. In addition, she began the first hydrotherapy group for people with Muscular Dystrophy and started a singing group for people with neurological and voice production issues. Ann believes that physical, emotional, social, mental and spiritual aspects must all be considered in treatment and a balance is needed between the art and science of Physiotherapy.</p>
	<p>Hydrotherapy</p>	<p>Margot Strelan Physiotherapist</p>	<p>Margot is a physiotherapist who graduated from the University of South Australia in 2000. She has a special interest in progressive, neurological conditions and has worked since 2002 as Senior Physiotherapist at the Multiple Sclerosis Society of SA. Over the last few years, her interest has expanded to include working with children and adults with various disabilities specifically in the pool setting. This has been both individually and in groups, including the Polio SA hydrotherapy group at RSB.</p> <p>Margot believes all people should have an opportunity to engage in physical activity and experience the physical, mental and social benefits. A hydrotherapy pool provides a unique opportunity to be active. It is a supportive environment that allows for increased mobility and function, and can be modified to suit all levels of ability.</p>



**Fatigue, Gait
And Balance**

Chris Barr
Lecturer in Clinical
Rehabilitation, and
Health Sciences Teaching
Program Director,
College of Nursing and
Health Sciences

and



James McLoughlin
Senior Lecturer and Co-
Coordinator,
Neurological Physiotherapy
and Neurological
Occupational Therapy
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and



Maayken Vandenberg
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Associate Professor **Chris Barr** BSc (hons) MRes PhD is a Bioengineer and lecturer in Clinical Rehabilitation, and Health Sciences Teaching Program Director in the College of Nursing and Health Sciences. Chris completed his PhD in Kinematic Analysis of the Osteoarthritic Knee at the University of Strathclyde, UK. Chris coordinates the research stream of the Masters of Clinical Rehabilitation course at Flinders University, and supervises a wide range of projects locally, nationally and internationally. His other teaching areas are in Exercise Therapy and New Technologies in Rehabilitation. Chris specialises in gait and motion analysis, and his current research areas of interest are falls and balance in the elderly, gait in Multiple Sclerosis, and exercise therapy for rehabilitation.

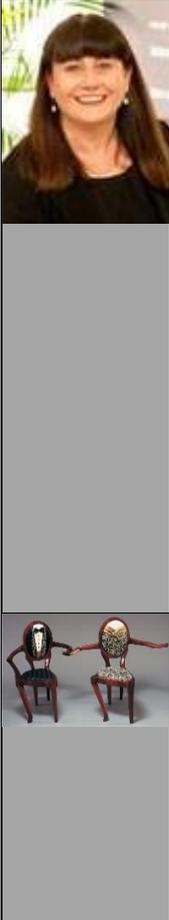
James McLoughlin is an experienced Neurological Physiotherapist with degrees in both Physiotherapy (UniSA) and Clinical Neuroscience (University College, London). James also completed a PhD in 2015 at the University of New South Wales. He has gained extensive clinical experience in both neurological and vestibular rehabilitation including as Clinical Specialist in Neurology at St Georges Hospital, London in 2003-2005. James currently conducts research into Gait and Balance in different clinical populations.

James is the Senior Lecturer and Co-coordinator of Neurological Physiotherapy and Neurological Occupational Therapy Masters Programs. In addition, James is Director of a large neurological and vestibular rehabilitation practice in Adelaide, NeuroPhysiotherapy. James is passionate about providing relevant neuroscientific and clinical education for health professionals, patients and carers. James has conducted over 25 professional development courses since 2009 and has been an invited speaker at 14 different local, national and international clinical and research conferences.

Maayken Vandenberg is a Post-Doctoral Research Fellow at the Department of Rehabilitation and Aged Care, Flinders Medical Centre. She holds a PhD title in Rehabilitation, a Masters in Movement Sciences, and a degree of Physiotherapy. Her areas of interest are mobility and activity levels in people receiving rehabilitation, gait training, and methods to increase opportunity for practice such as technology-enhanced interventions, tele-

			<p>rehabilitation, caregiver-mediated rehabilitation, and digital coaching. Currently she has the role of Research Manager for the NHMRC funded AMOUNT rehabilitation trial, the largest trial internationally investigating the use of tailored prescription of technology to increase physical activity and mobility in people receiving rehabilitation. She is also involved with investigating modern technology such as wearable sensors and how it can support rehabilitation techniques, activity monitoring and exergames. She is also looking at rehabilitation-specific designed devices including virtual reality based rehabilitation systems and robotics.</p>
	<p>Respiratory Function and Sleep Health</p>	<p>Dr Vinod Aiyappan Respiratory and Sleep Specialist</p> <p>and</p> <p>Katherine Bassett Sleep Nurse Consultant</p> <p>and</p> <p>Paula Fottrell Respiratory Scientist</p> <p>Respiratory and Sleep Services Flinders Medical Centre Ph: 08 8204 7129 www.flinders.sa.gov.au</p>	<p>The Respiratory Function Unit at Flinders Medical Centre is part of a southern network of respiratory and sleep services in metropolitan Adelaide. They provide care for patients with all respiratory diseases, and their services include diagnosis and management of conditions such as asthma and sleep apnoea.</p>
	<p>Partnering Polio</p>	<p>Graeme Smith Spouse/Partner/Carer</p>	<p>As the husband of a polio survivor, Graeme has learnt about a whole new part of his wife's childhood. He has also learned to share and partly understand her current issues dealing with post-polio and more very recently, cancer. Being a carer created many new issues for him. Graeme has found that sharing with others who understand can be very helpful.</p> <p>Through his membership of a polio support group, Graeme has been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given him the opportunity to gain more information about the condition and how he might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>

	<p>Understanding fatigue and muscle loss for polio survivors</p>	<p>Dr Nigel Quadros Senior Medical Staff Specialist Department of Rehabilitation Medicine, Queen Elizabeth Hospital Ph: 08 8222 6000</p>	<p>Dr Nigel Quadros is a Senior Medical Staff Specialist from the Department of Rehabilitation Medicine at the Queen Elizabeth Hospital and a Fellow of the AFRM (RACP). He is currently undertaking a longitudinal research study, <i>Understanding the 'polio survivor' and promoting healthy ageing</i> with his fellow principal investigators Dr Kandiah Umaphysivam (Dr Sivam) from the University of Adelaide, and Dr Anupam Datta Gupta from the QEH. Nigel's areas of interest include management of post-polio syndrome, stroke, general neurological rehabilitation, amputee rehabilitation, pain management, and Continuing Professional Development.</p>
	<p>Foot Care for Polio Feet</p>	<p>Tom Kolesnik Podiatrist Posture Podiatry www.posturepodiatry.com</p>	<p>Tom is an experienced Adelaide podiatrist with a background in sports and a special interest in helping people of all ages to move well and feel great. He enjoys working with people who have problems that are preventing them from achieving a specific goal and will stop at nothing until that goal is reached. His tenacity comes from his own personal journey, which has seen him conquer marathons overseas, whilst on a two year period of work in the UK.</p> <p>Tom is a believer in the power of good assessment and hands on treatment, and uses manual therapy techniques including foot mobilisation, dry needling and muscle strengthening to help the body help itself for effective relief.</p>
 	<p>Carnitine: Self-Help For Polio Fatigue And Muscle Energy</p>	<p>Tessa Jupp Registered Nurse and CEO Polio Clinic WA Ph: (08) 9383 9050 poliowa@upnaway.com.au and Board Member, Polio Australia</p>	<p>Tessa Jupp is a Registered Nurse (RN). She was married for 20 years to Colin Jupp, a polio survivor with a permanent tracheostomy, who died in 1989 of respiratory failure. Tessa did her General Nursing Training at Fremantle Hospital where she worked as a Staff Nurse. She gained rehabilitation experience at Royal Perth Rehab Hospital, working in orthopaedic and spinal injury wards.</p> <p>Tessa started and has run the Post Polio Network of Western Australia Inc (PPNWA) since 1989, and established a free in-house clinic – Polio Clinic WA – in 1990. As the CEO and clinic nurse, Tessa continues to conduct regular metro and country polio clinics, as well as researching and promoting the use of nutritional supplements in the management of post-polio health problems. She has presented at numerous National and International post-polio conferences over the years, and regularly speaks to Rotary Clubs, not-for-profit organisations, and health service providers.</p>

	<p>Mind Plenary: Time On Our Mind</p>	<p>Tim Olds Professor of Behavioural Epidemiology School of Health Sciences University of South Australia Ph: 08 8302 1411 tim.olds@unisa.edu.au</p>	<p>Tim Olds is a professor of behavioural epidemiology at the University of South Australia. After completing a PhD in French, Tim went on to study exercise science, earning a second PhD in 1997. His research interests have been in mathematical modelling of cycling performance; anthropometry; historical trends in the sleep, fitness, fatness, physical activity and food intake of children; and the relationship between health and use of time. He is the author of the Multimedia Activity Recall for Children and Adults (MARCA), use-of-time software which has been used on over 50,000 occasions in Australia, NZ, Canada, the US and Korea. Tim writes for <i>The Conversation</i>, <i>New Philosopher</i> and <i>Australasian Science</i>.</p> <p>Tim has 305 peer-reviewed publications and \$27 m in grants and consultancies, including 7 NHMRC and 6 ARC grants. Tim has supervised, or is currently supervising, 26 PhD, 3 Masters and 41 Honours students. He is interested in interwar European fiction, cycling and design. He is not exactly married, with two children and two dogs.</p>
	<p>Your Financial Future</p>	<p>Natalie Bordun Authorised Representative of Charter Financial Planning Ltd, Accredited Aged Care Professional TM Minerds Bell Consultancy Group Ph: 08 8373 1711 natalie.bordun@minerdsbell.com.au www.minerdsbell.com.au</p>	<p>Natalie started her career in stockbroking firms and share registries. For the last 18 years she has worked in financial planning where she has found her passion. She has a Diploma in Financial Markets, a Diploma in Financial Planning and is a Certified Financial Planner®. She enjoys working with her clients to assist them to achieve their financial goals. Natalie's experience includes providing advice in the areas of superannuation, self-managed super funds, retirement planning, wealth creation, insurance protection, aged care, gearing, redundancy packages and Centrelink issues. One area of special interest that Natalie finds very rewarding is helping families work out their funding options when it comes time to help their loved ones enter into aged care.</p>
	<p>Chair Dancing</p>	<p>Jacqueline Lerwill Tutor U3A Gawler Ph: 08 8523 5006 www.u3agawler.org.au</p>	<p>Jacqueline was born in London in 1938 and came to Australia in December 1964, a few months before her 27th birthday. She lived in Mount Evelyn, Victoria and joined Croydon U3A Victoria, where she joined in on her first chair dancing class.</p> <p>In 2002 she moved to Willaston, South Australia and joined U3A in Gawler where she began teaching a chair dancing class.</p>

			Jacqueline is very happy at the success of the class, with 28 members currently and new people joining quite regularly.
	Maximising My Independence	Anna Sheppard and Carol Hillman Peer Educators COTA SA Ph: 08 8232 0422 www.cotasa.org.au	COTA SA (Council on the Ageing) is the peak body for 633,000 older people in South Australia. They provide a platform to ensure that older South Australians are part of decision-making by government and industry on everything from income and employment to housing and health.
	Awareness Through Movement	Dr Susan Hillier Feldenkrais Practitioner and Professor, Neuroscience and Rehabilitation University of South Australia Ph: (08) 8302 6611 susan.hillier@adelaide.edu.au	Susan Hillier is a Feldenkrais Practitioner part-time, and also an academic, teaching and researching in the area of neuroscience. She is interested in the way people learn and how they change the way they function in the world - particularly after a neurological event.
	Mosaic Made Easy	Teresa Pizzino Tutor U3A Prospect Ph: 0410 434 048 tspizzino@gmail.com http://www.sites.google.com/view/u3aprospect	Teresa is a 66 year old widow, and recently retired from work as a childcare professional, working with families and children. Teresa is involved in the community through volunteer work. She facilitates two mosaic groups and belongs to a knitting group, which donates items to the homeless and children's hospital. Teresa began mosaics about 10 years ago whilst recovering from Non-Hodgkin Lymphoma. It gave her the relaxing choice of placing one piece of glass at a time on an object and creating colourful items, which she donated to others.
	Game On!	ARPA: Active Over 50's Ph: 08 8211 9711 www.arpaactiveover50s.com.au	ARPA Active Over 50's was established in 1981. It sees the definition provided by the World Health Organisation on Active Ageing as its guide: <i>"the process of optimising opportunities for physical, social and mental well-being throughout the life course in order to extend healthy life expectancy and the quality of the life in older age."</i> They have over 2700 members, looking after their well-being and facilitating the formation of close friendships.

	<p>Card Making</p>	<p>Joan Smith Retired Convener, Knox-Yarra Ranges Post- Polio Support Group, Victoria</p>	<p>As a polio survivor, Joan has been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for Joan as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, Joan embarked on writing her life story for her grandchildren. That developed into the further project of producing and publishing "<i>The Calliper Kids</i>" – a book detailing life stories of eleven polio survivors living in her area. The book has proved a useful tool in educating medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for story tellers.</p> <p>Joan's other physically easy access hobby is card making. But, be warned, it can become very addictive, sourcing beautiful papers and creating new designs.</p>
	<p>What's The Use Of Art?</p>	<p>Coralie Creevey Tutor U3A Adelaide City Ph: 08 8359 3307 ccreevey@adam.com.au www.u3aflinders.org.au</p>	<p>Coralie Creevey was a Sydney journalist but since retirement has focused on her main love, art history.</p> <p>For the past several years she has been sharing her enjoyment and knowledge with diverse groups of people; U3A, churches, and service clubs such as Lions.</p> <p>Coralie has degrees in History from Macquarie University and the University of NSW. Her other interests include travel to look at art, and coffee with people who enjoy art, or possibly just history.</p>

	<p>Introduction to Buddhism</p>	<p>Ayya Santacārī Bhikkhunī Buddhist Nun Spiritual Director Buddhist Society of South Australia Ph: 0401 080 953 secretary@buddhistsocietysa.org.au www.buddhistsocietysa.org.au</p>	<p>Ayya Santacārī Bhikkhunī, a Buddhist nun in the Theravadan tradition (SE Asia), has learned and practiced meditation for over 26 years, 7 of those years in robes.</p> <p>During that time, she has learned and practiced mindfulness and vipassana for over 15 years, tranquility and samatha for over 10 years, and has been taking the open awareness approach combining mindfulness and tranquility for the last 4 or 5 years.</p> <p>Ayya Santacari is particularly interested in using the Buddha's teachings to increase happiness and contentment and reduce suffering.</p> <p>Ayya Santacārī teaches meditation and Dhamma at Christies Beach and at UniSA's City West Campus. She is also running a Mindfulness School in Adelaide presenting the International Sati Pasala.</p>
	<p>Finding God In Christianity</p>	<p>Jill Pickering Volunteer Polio Australia jill@polioaustralia.org.au</p>	<p>Jill contracted polio in 1955 and qualified in Occupational Therapy in England in 1968. After immigrating to Australia in 1970, Jill used her Occupational Therapy skills in several jobs, before retiring in 2000 due to limitations from the Late Effects of Polio.</p> <p>Jill enjoys a satisfying lifestyle mixing voluntary work with other interests. She has spent 16 years volunteering with polio support organisations, and is also in her 10th year as a volunteer with the Australian Brumby Alliance, a charity that strives to improve the welfare of wild horses.</p> <p>Jill began her Christian journey as a teenager and finds the more she learns of God and the many ways to reflect his message, the more there is to learn. She finds it is during the rough patches in her Christian journey that the most progress is made.</p>



**Dreamtime,
Art, And
Aboriginal
Spirituality**

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Rowena grew up a Third Culture Kid (TKC) - from bushland Australia. Her family went to Lae in New Guinea, where her father was an academic who helped start the University of Lae. She was immersed in a different, exotic and ancient culture.

Later in life, Rowena was opal mining in Lightning Ridge (northern NSW). She loved the magic colours of opal – found, it is said, where the Rainbow Serpent touched the ground. The Rainbow Serpent has a significant role in the beliefs and culture of the Aboriginals through Dreamtime and art.

The old miners sent her to Sydney to open a shop for them – her Aboriginal friends said *"come on sis, take our art too"*, so she opened two stores in the newly renovated majestic Queen Victoria Building on George Street, Sydney.

Rowena’s love and respect for nature’s gifts is shared with her Aboriginal friends, which they celebrate through their Art. Rowena discovered her own Aboriginal heritage as a Kamilaroi/Barranbinya woman, from her father’s side. This, in the full circle of life, is where Lightning Ridge is located.

With a great team Rowena runs the Glenelg Art Gallery in Adelaide and is the Founder of the Circle of Arts Foundation – a non for profit that aims to bring Healing Through Arts to displaced persons, encouraging the beauty to shine, quietly or brightly, in everybody.