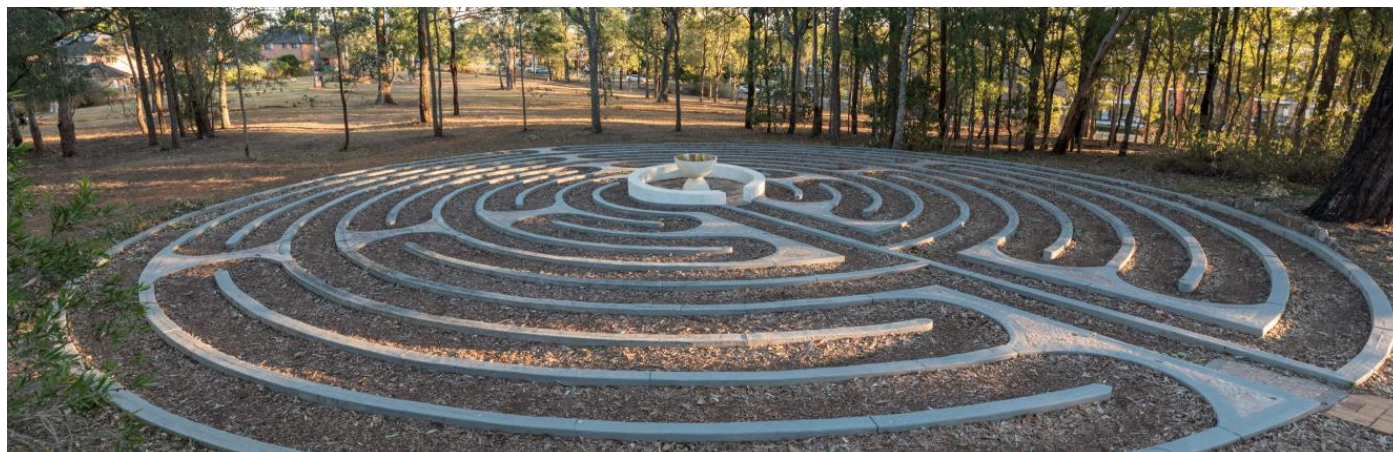


**2019 Polio Health and Wellness Retreat
 Body / Mind / Spirit**



St Joseph's Centre for Reflective Living, 33 Barina Downs Road, Norwest, NSW

Program

Thursday 17, Friday 18, Saturday 19 and Sunday 20 October 2019

Day 1 – Orientation – Thursday 17 October 2019

Time	Activity	Location
2.00 to 6.00 pm	Registration, room allocation and facility orientation	St Joseph's Centre Reception
6.30 to 7.30 pm	Dinner	Dining Room
7.30 pm	Welcome	Chapel
7.40 pm	Michael Lynch AO CBE - Guest Speaker Michael grew up in Maroubra, New South Wales, and contracted polio at the age of 3. He has gone on to enjoy a long and highly successful career in the Arts. Michael accepted the role of Co-Patron of Polio NSW in 2018.	Chapel
8.10 pm	Program Overview and Brief Announcements	Chapel
8.30 pm	Participant Introductions	Chapel
9.00 pm	Relax and Mingle	Chapel

Day 2 – The Healthy Body – Friday 18 October 2019

Time	Activity	Location
7.15 to 8.00 am	<p>Walk With Me Activity Meet at Reception for a leisurely walk/wheel around St Joseph's. Prizes for: 1) best or most 'creatively' dressed 2) most correctly answered quiz questions.</p>	
7.00 to 9.00 am	Breakfast	Dining Room
9.15 to 10.00 am	<p>Polio Body Plenary With Kate Bradbury Physiotherapist Mt Wilga Private Rehabilitation Hospital</p>	Chapel
10.00 to 10.25 am	Morning Tea	Dining Room
10.30 am to 12.00 pm	<p>Core And Posture For Polio Survivors With Kate Bradbury Physiotherapist</p> <p>This session explores the causes of poor posture in Polio survivors. Poor posture can cause pain, poor mobility and balance, as well as impacting on breathing efficiency. We will look at methods of improving posture and the role core muscles play in the process.</p>	Mechtilde Woods / Campion Roche Room
10.30 am to 12.00 pm	<p>Diet, Immunity And Inflammation With Melinda Overall Nutritionist / Counsellor / Lecturer Overall Nutrition</p> <p>Diets play a significant role in determining health outcomes. Many people already understand the connection between diet and weight management, diet and chronic disease development and, more recently, diet and mental health. But how does diet impact the immune system and the body's ability to fight infection and heal? Diet has a significant role to play post-polio and this is especially so in reducing chronic, systemic inflammation and managing the immune system. This presentation will offer an overview of these concepts and will provide simple and sustainable dietary changes.</p>	Pacifica Room
10.30 am to 12.00 pm	<p>Fatigue With Paul Cavendish Clinical Health Educator Polio Australia</p> <p>Presentation of the results of a recent survey run by Polio Australia regarding impairments and fatigue. This will be followed by a discussion on the findings of fatigue from other researchers and post-polio clinics. Finally, the session will include some key strategies to manage fatigue.</p>	Wattle Room
12.00 to 1.00 pm	Lunch	Dining Room
1.00 to 2.00 pm	Free Time	
1.30 to 1.50 pm	<p>Guided Meditation With Steph Cantrill Community Engagement Officer Polio Australia</p>	Delaney Chapel

Time	Activity	Location
2.00 to 3.30 pm	<p>Arthritis: Pain Management, Complimentary Medicines And Alternative Approaches With Andrew Cairns Health Services Manager Arthritis & Osteoporosis NSW</p> <p>Discusses how different pain-management strategies can be used to help with the pain associated with arthritis. Will also provide information on alternative approaches such as the kinds of complementary medicines and therapies that are associated with arthritis, the evidence for their use, efficacy and safety.</p>	Mechtilde Woods / Campion Roche Room
	<p>Stay Safe! Falls Prevention With Michael Jackson Physiotherapist</p> <p>Replacing Sharon Callaghan Finding Your Feet: Pedorthics And Polio</p>	Pacifica Room
	<p>Exercise Guide Overview And Discussion With Paul Cavendish Clinical Health Educator Polio Australia</p> <p>With examples of successful past Olympians and others who have lost a great deal of strength over a short period, what do we know about exercise and a post-polio body? Should we try and exercise? Should we avoid it altogether? This session will discuss some examples of research that investigated exercise and recent attempts to reach consensus from asking these questions with a range of respected health and medical professionals working with polio survivors.</p>	Wattle Room
2.00 to 3.30 pm	<p>Partnering Polio With Graeme Smith Husband of Polio Survivor</p> <p>This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.</p>	Lounge
3.30 to 3.55 pm	Afternoon Tea	Dining Room

Time	Activity	Location
4.00 to 5.30 pm	<p>History Of Knee Ankle Foot Orthoses (KAFO's) With Merrick Smith Principal Orthotist Korthotics</p> <p>This session will cover history of KAFO's, components relating to KAFO's, and new joints from past to present, including 3D Printed AFO's.</p>	Pacifica Room
	<p>Living With Polio: Looking After Your Shoulders With Eileen O'Neill Senior Neurological Physiotherapist Advance Rehab Centre</p> <p>Ageing with a chronic neurological disability means that things can change over time and being aware of what to look out for and how to manage these changes is vital for ongoing quality of life.</p> <p>Shoulder problems can be a common result of overuse and heavy upper limb dependency in people who have limited lower body function and this is all the more evident in people living with the effects of polio.</p> <p>In order to ensure that function isn't compromised into the future, the key is to understand how best to promote healthy shoulders, good posture, and manage any signs of overuse or injury early on and pro-actively.</p>	Wattle Room
	<p>Achieving Your Goals By Effective Pacing, Grading And A Little Assistive Technology Hazel Crossley Occupational Therapist Equipped to Function</p> <p>This session looks at the principles of energy conservation and pacing; not just to help us get daily jobs done more energy efficiently but to also face big life events with more confidence and enjoyment.</p> <p>We will also explore the modern equipment world. There's pretty much an aid or gadget to help you with any challenging daily activity. We will have a chance to explore current gadgets and see how modern technology is helping improve the quality of life for individuals with disabilities. We will conclude by touching on assessment process to access equipment through agencies such as NDIS, Enable and My Aged Care.</p>	Mechtilde Woods / Campion Roche Room
6.30 to 7.30 pm	Dinner	Dining Room
7.30 pm onwards	Movie: Wonder	Mechtilde Woods / Campion Roche Room

Day 3 – The Healthy Mind – Saturday 19 October 2019

Time	Activity	Location
7.00 to 9.00 am	Breakfast	Dining Room
9.15 to 10.00 am	Mind Plenary: Psychological Adjustment With Dr Helen Mackie Rehabilitation Physician Mt Wilga Private Rehabilitation Hospital	Chapel
10.00 to 10.25 am	Morning Tea	Dining Room
10.30 am to 12.00 pm	How To Increase Your Retirement Nest Egg With Greg Buriak Tutor U3A - City and Inner West Region of Sydney This session will look at how to increase your retirement nest egg by avoiding the ten retirement planning mistakes.	Wattle Room
	Rights, Services And Financial Vulnerabilities Of Older People With Pat Joyce Manager, Advocacy Seniors Rights Service This session will discuss how the Seniors Rights Service can assist, and examine elder financial abuse commonly seen by the service.	Mechtilde Woods / Campion Roche Room
	Swollen Polio Legs Why? Is this lymphoedema? What are the management options? With Dr Helen Mackie Rehabilitation Physician	Pacifica Room
	Seated Yoga With Heena Raikar Yoga Therapist Private Practice Yoga is not only for people who can twist themselves in a knot inside out, but for all individuals who have their daily responsibilities and who are not in their best health. Why not try it yourself?	Chapel
12.00 to 1.00 pm	Lunch	Dining Room
1.00 to 2.00 pm	Free Time	
1.30 to 1.50 pm	Guided Meditation With Steph Cantrill Community Engagement Officer Polio Australia	Delaney Chapel

Time	Activity	Location
2.00 to 3.30 pm	<p>Trash Or Treasure With Brett Lyon Education Manager Reverse Garbage</p> <p>This workshop will have you rethinking what you can do with all your old 'stuff'. Get involved with two hands-on projects: making a t-shirt bag (bring/use your own if you like); and creating a hanging succulent planter.</p>	Wattle Room
	<p>Age Is An Attitude With Lynda Dyer Director Mind Power Global</p> <p>This session is aimed at all seniors who need to change their outlook on ageing. The process of ageing can take a toll on a you but I now share my secrets on how to age gracefully with just a few simple modifications to your life style. My session goes into why humans age in order to teach you how to slow it down and recuperate from it. I truly believe ageing has a lot to do with how people perceive it. It's not rocket science! I'll show you how to be mindful in choosing positive life choices in order to feel and look younger!</p>	Mechtilde Woods / Campion Roche Room
	<p>Universal Design, Accessibility, And Inclusion Across The Built Environment, Tourism And Services With Dr Jane Bringolf Chair Centre for Universal Design Australia</p> <p>The aim of universal design is to create a more inclusive world. The principles can be applied to products, buildings and open spaces, as well as learning programs, services, policies and all kinds of practices. Universal design is also part of conversations about sustainability, resilience, health and wellbeing. Universal design is a design concept not a type of product.</p>	Pacifica Room
	<p>Partnering Polio With Graeme Smith Husband of Polio Survivor</p> <p>This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.</p>	Lounge
3.30 to 3.55 pm	Afternoon Tea	Dining Room
4.00 to 5.30 pm	<p>Crafty Cards With Joan Smith Retired Convener Knox-Yarra Ranges Post-Polio Support Group (Vic)</p> <p>Joan will be introducing participants to her physically easy access hobby, card making. But, be warned, it can become very addictive!</p>	Wattle Room

Time	Activity	Location
4.00 to 5.30 pm	<p>Early Polio Memories With Gillian Thomas President Polio Australia and Polio NSW</p> <p>The experience of having had polio is a very personal one. Having the acute illness can result in no hospitalisation to isolation and months, even years, of rehabilitation. Memories of polio vary as well. Survivors who had polio as children may have no conscious memory of the illness or subsequent rehabilitation, whereas some survivors vividly remember the pain and paralysis of the acute infection and their medical treatments. This session provides a safe environment to share your memories with others who understand.</p>	Pacifica Room
	<p>People Who Changed The World: Kerry Packer With Barry Hanlon Tutor U3A - Greater Western Region Of Sydney</p> <p>Australian media tycoon, Kerry Packer, owned a controlling interest in the Nine television network and Australian Consolidated Press, which were later merged to form Publishing and Broadcasting Limited (PBL). Packer was best known for founding World Series Cricket. At the time of his death, he was the richest and one of the most influential men in Australia.</p>	Mechtilde Woods / Campion Roche Room
6.30 to 7.30 pm	Dinner	Dining Room
7.30 pm onwards	The Bush Music Club Concert Party	Southern Cross Hall

Day 4 – The Healthy Spirit – Sunday 20 October 2019

Time	Activity	Location
7.00 to 9.00 am	Breakfast	Dining Room
9.15 to 10.00 am	Spirit Plenary: With Ann Love A Sister of Saint Joseph of the Sacred Heart	Chapel
10.00 to 10.25 am	Morning Tea	Dining Room
10.30 am to 12.00 pm	The Spread Of Buddhism With Terry Redmond Tutor U3A - Sydney From a minor Indian sect in 500 BC, Buddhism has grown into a world religion. See how it has expanded, contracted and related to other religions.	Wattle Room
	Humanism: An Enlightened Life Stance Ian Bryce Vice President Humanist Society of NSW The no-religion category has now overtaken all religions in the Australian Census. Humanism holds that the best knowledge is obtained through science, and the best morality is motivated by human welfare.	Mechtilde Woods / Campion Roche Room
	Finding God In Christianity Jill Pickering Volunteer Polio Australia Is God myth, reality or somewhere in-between? Faith journeys can take unexpected turns, Maybe sharing these concepts can add value to our own faith journey? These questions will form the basis of an open discussion for those who value a more traditional version of spiritualism.	Pacifica Room
12.00 to 1.00 pm	Lunch	Dining Room
1.15 to 2.30 pm	Closing Plenary	Chapel

Polio Australia's 2019 Polio Health and Wellness Retreat is proudly supported by:

The Marian and E.H. Flack Trust
and
Donation in memory of Gavin Shakespeare
From Marion (sister) and Mike Newman