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POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

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Polio Health and Wellness Retreat Body / Mind / Spirit Program



Melbourne Business Centre – Mt Eliza, Victoria

Thursday 28, Friday 29, Saturday 30 April and Sunday 1 May 2011

Overview

This is not a conference, so don't expect to be sitting around all day listening to the 'experts' telling you what's what. The idea of this Health and Wellness Retreat is for maximum participation in sharing and discussing information together with a range of health professionals and other session facilitators, as well as fun activities that will challenge the myth that "you can't teach an old dog new tricks". There will also be opportunities to book in for a short personal consultation with a variety of health professionals, have a therapeutic massage, or even get your feet attended to by a podiatrist. If that's not enough, after dinner activities will be available to keep you entertained each night.

This Health and Wellness Retreat will be an experience to remember. This is a fully residential program and commences with Registration from 2.00 pm onwards on Thursday 28th April, with check out at approximately 2.00 pm on Sunday 1st May 2011.

Quote from Health and Wellness Retreat held in NSW, April 2010

"Thanks for all you put into the retreat. For me it was a life-changing experience! It seemed to offer everything we needed: great plenary sessions, excellent small group discussions and one-to-one opportunities with professionals, and the chance to share all these experiences with one's partner. Beyond that, there was the informal chance to make connections and share experiences with other polio survivors. I've already made three important follow-up appointments...."

Thursday 28 April

Time	Activity	Facilitator
2.00 to 6.30 pm	Registration, room allocation and facility orientation	
6.30 to 7.30 pm	Dinner	
7.30 pm	Welcome	Gillian Thomas <i>President, Polio Australia</i> and Neil von Schill <i>Treasurer, Polio Australia</i>
7.45 pm	Guest Speaker – Hon Bruce Billson, MP Electoral Division of Dunkley (Vic)	Introduction by Neil von Schill
8.00 pm	Program Overview and Brief Announcements	Mary-ann Liethof <i>National Program Manager, PA</i>
8.15 pm	Participant Introductions	Mary-ann Liethof
8.30 pm	Relax & Mingle	<i>Optional</i>
8.30 to 10.30 pm	Warm Springs Movie	<i>Optional</i>



Participants at the NSW Health and Wellness Retreat, April 2010

Time	Activity	Facilitator	Preferences
7.30 to 9.00 am	Breakfast		<i>Preference N/A</i>
9.15 to 10.00 am	The Polio Body	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation Camberwell, VIC</i>	<i>Preference N/A</i>
10.00 to 10.25 am	Morning Tea		<i>Preference N/A</i>
10.30 am to 12.00 pm	All About Scooters <ul style="list-style-type: none"> • The selection process • Getting the scooter fitted to meet your needs • Safety in the community • Practical try-outs <i>1 hr session / ½ hr try-outs</i>	Graeme Beary <i>Sales Representative/ Demonstrator Scooters Australia</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the interactive Q&A group session you are attending, if any
	Get Moving! Seated Tai Chi exercise session for people with limited mobility	Keith Butler <i>Allied Health Assistant Peninsula Health Community Health, Mornington</i>	
	Take a Deep Breath Problems with breathing and/or sleep are issues for many people living with the Late Effects of Polio. The impact of these problems on daily life includes chronic fatigue and the inability to concentrate. Is this you? – interactive Q & A session	Anne Duncan CNC <i>Victorian Respiratory Support Service Outreach Coordinator Austin Health</i>	
	Hard to Swallow? The Late Effects of Polio can cause progressive weakness in the bulbar muscles of the tongue, mouth and throat and triggers swallowing problems called 'dysphagia'. Typical signs of dysphagia include excessive tongue movements, a delay in the swallowing reflex and constriction of throat muscles, and uncontrolled flow of food from the mouth into the throat. These problems are often more severe on one side of the mouth and throat. This session will discuss techniques for minimising dysphagia. – interactive Q & A session	Abby Foster <i>Speech Pathologist St Vincent's Hospital</i>	

	Activity	Facilitator	Preferences (1,2,3 ..)
Friday 29 April 10.30 am to 12.00 pm <i>(cont'd)</i>	Foot Care for Polio Feet The more limited your mobility, the more important it is to look after your feet! – interactive Q & A session	Paul Musarra <i>Podiatrist</i> <i>Riverina Podiatry Group</i>	Please refer to the Booking Sheet for confirmation of the interactive Q&A group session you are attending, if any
	Self-Management Discussion – pre-booked 20 minute one-to- one session	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services</i> <i>Epworth Rehabilitation</i> <i>Camberwell, VIC</i>	If you nominated to pre-book one of these one-to-one sessions instead of attending an interactive Q&A group session, please refer to the Booking Sheet for confirmation of your attendance
	Therapeutic Massage – pre-booked 30 sessions	Annette Vince or Pam Joy <i>Massage Therapists</i> <i>Private Practice</i>	
	Acupuncture Appointment – pre-booked 30 minute one-to- one session	Andrea Galgoczi-Kratochvil <i>Chinese Medicine</i> <i>Practitioner</i> <i>Accent on Wellbeing</i>	
12.15 pm	Lunch		<i>Preference N/A</i>
1.00 to 2.00 pm	Rest & Relaxation		<i>Optional</i>
	Guided Deep Relaxation – 20 min session at 1.30pm	Mary-ann Liethof <i>National Program Manager</i> <i>Polio Australia</i>	<i>Optional and pre- booking not required</i>
	Podiatry Appointment – pre-booked 15 minute one-to- one session	Paul Musarra <i>Podiatrist</i>	If you nominated to pre-book one of these one-to-one sessions, please refer to the Booking Sheet for confirmation of your attendance
	Respiratory Assessment – pre-booked 15 minute one-to- one session	Anne Duncan <i>Outreach Worker</i> <i>Victorian Respiratory</i> <i>Support Service Team</i> <i>Austin Health</i>	
	Physiotherapy Appointment – pre-booked 20 minute one-to- one session	Louise Thomas <i>Principal Physiotherapist</i> <i>NeuroMuscular Orthotics</i> <i>Mount Waverley</i>	
	Self-Management Discussion – pre-booked 20 minute one-to- one session	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services</i> <i>Epworth Rehabilitation</i> <i>Camberwell, VIC</i>	
	Therapeutic Massage – pre-booked 30 minute session	Annette Vince or Pam Joy <i>Massage Therapists</i> <i>Private Practice</i>	
	Acupuncture Appointment – pre-booked 30 minute one-to- one session	Andrea Galgoczi-Kratochvil <i>Chinese Medicine</i> <i>Practitioner</i> <i>Accent on Wellbeing</i>	
2.00 to 3.30 pm	Pain Management – interactive Q & A session <i>Max 20 participants</i>	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services</i> <i>Epworth Rehabilitation</i> <i>Camberwell, VIC</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the interactive Q&A group session you are attending, if any
	Aids and Equipment Could you be making life easier on yourself? Find out what's available at this session. – interactive Q & A session	Margaret Petkoff <i>Occupational Therapist</i> <i>Polio Services Victoria</i>	

	Activity	Facilitator	Preferences (1,2,3 ..)
Friday 29 April 2.00 to 3.30 pm <i>(cont'd)</i>	Who does what? Understanding the roles and help you can expect from your allied health 'team' – interactive Q & A session	Louise Thomas <i>Principal Physiotherapist, NeuroMuscular Orthotics Mount Waverley</i>	Please refer to the accompanying Booking Sheet for confirmation of the group session you are attending, if any If you nominated to pre-book one of these sessions instead of attending an interactive Q&A group session, please refer to the Booking Sheet for confirmation of your attendance
	Childhood Revisited Pre-booked tour of historic Mt Eliza Rehabilitation Centre	Marion Steele <i>Librarian and Historical Researcher Peninsula Health</i>	
	Companions' Chat Discussion focusing on issues for the Spouse/Partner/Carer	Graeme Smith <i>Spouse/Partner/Carer</i>	
	Respiratory Assessment – pre-booked 15 minute one-to-one session	Anne Duncan <i>Outreach Worker Victorian Respiratory Support Service Team Austin Health</i>	
	Therapeutic Massage – pre-booked 30 minute session	Annette Vince or Pam Joy <i>Massage Therapist Private Practice</i>	
	Acupuncture Appointment – pre-booked 30 minute one-to-one session	Andrea Galgoczi-Kratochvil <i>Chinese Medicine Practitioner Accent on Wellbeing</i>	
3.30 to 3.55 pm	Afternoon Tea		<i>Preference N/A</i>
4.00 to 5.30 pm	Pain Management – interactive Q & A session <i>Max 20 participants (Repeat)</i>	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation Camberwell, Vic</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the interactive Q&A group session you are attending, if any
	To Brace or Not To Brace – interactive Q & A session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics Mount Waverley</i>	
	Exercise Myths & Facts Should we "use it or lose it" or "conserve it to preserve it"? Find out in this session. – interactive Q & A session	Louise Thomas <i>Principal Physiotherapist, NeuroMuscular Orthotics Mount Waverley</i>	
	Recipe for Success Food for wellbeing and practical weight management strategies – interactive Q & A session	Alison Green <i>Dietitian Private Practice</i>	
	Therapeutic Massage – booked 30 sessions	Annette, Pam or Jess <i>Massage Therapists Private Practice</i>	
5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof <i>National Program Manager Polio Australia</i>	<i>Optional and pre-booking not required</i>
6.30 to 7.30 pm	Dinner		<i>Preference N/A</i>
7.30 to 9.30 pm	Trivia Night	Michael Cowden <i>Host and Sponsor</i>	<i>Optional and pre-booking not required</i>

Saturday 30 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)
7.30 to 9.00 am	Breakfast		<i>Preference N/A</i>
9.15 to 10.00 am	The Healthy Mind	Dr Andrew Sinclair <i>Psychologist Independence Australia</i>	<i>Preference N/A</i>
10.00 to 10.25 am	Morning Tea		<i>Preference N/A</i>
10.30 am to 12.00 pm	Yoga and Relaxation Practical Session / Seated	Trish Jones <i>Yoga Instructor Chiro Yoga</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the interactive Q&A group session you are attending, if any
	Keeping the Mind Active Strategies and exercises to help with memory retention – interactive Q & A session	Dr Andrew Sinclair <i>Psychologist Independence Australia</i>	
	The “Alexander” Technique Introduces the relationship between the head, neck and spine – practical interactive session	Jane Coker <i>Alexander Technique Practitioner Private Practice</i>	
	Early Memories of Having Polio This interactive discussion is a time for sharing the good, the bad and any other memories of the ‘polio days’	Gillian Thomas <i>President Polio Australia</i>	
	Therapeutic Massage – pre-booked 30 minute session	Annette Vince or Pam Joy <i>Massage Therapist Private Practice</i>	If you nominated to pre-book one of these sessions instead of attending an interactive Q&A group session, please refer to the Booking Sheet for confirmation of your attendance
	Orthotics Appointment – pre-booked/paid one-to-one session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics, Mount Waverley</i>	
	Self-Management Discussion – pre-booked 20 minute one-to-one session	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation, Camberwell, Vic</i>	
12.15 pm	Lunch		<i>Preference N/A</i>
1.00 to 2.00 pm	Rest & Relaxation		<i>Optional</i>
	Guided Deep Relaxation – 20 min session at 1.30pm	Mary-ann Liethof <i>National Program Manager Polio Australia</i>	<i>Optional and pre-booking not required</i>
	Therapeutic Massage – pre-booked 30 minute session	Annette Vince or Pam Joy <i>Massage Therapist Private Practice</i>	If you nominated to pre-book one of these one-to-one sessions, please refer to the Booking Sheet for confirmation of your attendance
	Self-Management Discussion – pre-booked 20 minute one-to-one session	Dr Steve de Graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation Camberwell, Vic</i>	

Saturday 30 April	Activity	Facilitator	Preferences (1,2,3 ..)
1.00 to 2.00 pm (cont'd)	Orthotics Appointment – pre-booked/paid one-to-one session	Darren Pereira <i>Orthotist</i> <i>NeuroMuscular Orthotics</i> <i>Mount Waverley</i>	Please refer to the Booking Sheet for confirmation of your attendance
2.00 to 3.30 pm	Finding Your Story We all have a story, so how will you tell yours?	Joan Smith <i>Member, Polio Network Vic</i> & Neil von Schill <i>Member, Post-Polio Network (NSW)</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the group session you are attending, if any
	Frogs in Hot Water or What You Think is What You Get! Looks at how our habitual behaviours are the result of habitual brain activity and that we can choose to use our minds to change the habits	Jane Coker <i>Community Facilitator</i> <i>Private Practice</i>	
	Introduction to the Internet This 'hands on' experience will help unlock the mysteries of cyberspace <i>Max 8 participants</i>	Peter Norton <i>Trainer</i> <i>U3A Mornington</i>	
	Picture Perfect Bring along your camera for some great tips on how to get the best out of your happy snaps <i>Max 15 participants</i>	Stan Barnett <i>Committee Member</i> <i>Frankston Photographic Club</i>	
	Cryptic Crosswords Take up the challenge and learn to translate those elusive clues	Gillian Thomas <i>President</i> <i>Polio Australia</i>	
	Companions' Chat Discussion focusing on issues for the Spouse/Partner/Carer	Graeme Smith <i>Spouse/Partner/Carer</i>	
	Therapeutic Massage – pre-booked 30 minute session	Annette Vince or Pam Joy <i>Massage Therapist</i> <i>Private Practice</i>	Please refer to the Booking Sheet for confirmation of your attendance
3.30 to 3.55 pm	Afternoon Tea		<i>Preference N/A</i>
4.00 to 5.30 pm	Singing Is Good For Your Health! Jane has been leading singing sessions and voice workshops since the 1980's – you don't have to have a voice like Dame Joan, you just have to enjoy singing out loud	Jane Coker <i>Community Music Facilitator</i> <i>Private Practice</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the group session you are attending, if any
	Explore Your Inner Artist Find out what you can do with pastels and charcoal	Fran Henke <i>Member</i> <i>Polio Network Vic</i>	
	Bonsai Create your own mini garden to take home <i>Max 12 participants</i>	Alan Byers <i>President</i> <i>Mornington Peninsula</i> <i>Bonsai Society</i>	
	Learn to Play Mahjong A game of skill, strategy and calculation <i>Max 12 participants</i>	Ailsa Lim, Jan Mackinnon and Annie Wardley <i>Mahjong Enthusiasts</i> <i>U3A Mornington</i>	

	Activity	Facilitator	Preferences (1,2,3 ..)
Saturday 30 April 4.00 to 5.30 pm (cont'd)	Finding Your Story We all have a story, so how will you tell yours? (Repeat)	Neil von Schill <i>Member</i> <i>Post-Polio Network (NSW)</i>	Please refer to the Booking Sheet for confirmation of your attendance
	Therapeutic Massage – pre-booked 30 min session	Annette Vince or Pam Joy <i>Massage Therapist</i> <i>Private Practice</i>	
5.45 to 6.15 pm	Choir Practice	Mary-ann Liethof <i>National Program Manager</i> <i>Polio Australia</i>	<i>Optional and pre-booking not required</i>
6.30 to 7.30 pm	Dinner		<i>No preference</i>
7.30 to 9.30 pm	“Chicken Karma” Be entertained by this talented music trio	<i>Proudly sponsored by the Mordialloc-Mentone Lions Club</i>	<i>Optional and pre-booking not required</i>

Sunday 1 May

Time	Activity	Facilitator	Preferences (1,2,3)
7.30 to 9.00 am	Breakfast		<i>Preference N/A</i>
9.15 to 10.00 am	The Healthy Spirit	Maureen Anderson <i>Session Presenter</i> <i>U3A Mornington</i>	<i>Preference N/A</i>
10.00 to 10.25 am	Morning Tea		<i>Preference N/A</i>
10.30 am to 12.00 pm	Connecting with the Spirit Within including Meditation Spirituality touches that part of you that is not dependant on material things or physical comforts – interactive discussion group Regular meditation practice can have many beneficial results on different levels such as health, well-being, mind, brain and spirit. So why not give it a go?	Maureen Anderson <i>Session Presenter</i> <i>U3A Mornington</i>	Parallel Sessions Please refer to the accompanying Booking Sheet for confirmation of the group session you are attending
	Naturopathy Herbal and Nutritional Options for Managing Pain and Fatigue – interactive Q & A session	Dr Michael McIntyre <i>Naturopath</i> <i>Peninsula Therapies</i>	
	Balancing Your Life This interactive session brings together the Retreat themes of Mind, Body and Spirit with a focus on how we want to use energy and how we create priorities	Liz Telford <i>President</i> <i>Post Polio Victoria</i>	
12.15 pm	Lunch		<i>Preference N/A</i>
1.15 to 2.30 pm	Choir Performance and Closing Plenary	Mary-ann Liethof Neil von Schill Gillian Thomas <i>Polio Australia</i>	<i>Preference N/A</i>