

Polio Australia

Representing polio survivors throughout Australia

2015 Polio Health and Wellness Retreat

Body / Mind / Spirit



Daily Program

As part of the Registration process, you were asked to indicate your session preferences which have all been listed on a separate “Session Preferences” handout. In the majority of cases, you will have been allocated to your first preference. However, in some cases you may find yourself in your second preference, due to oversubscription.

You may also have booked in to see therapists on a one-to-one basis. These booking times will overlap with session times. It is unavoidable and expected that participants will need to come and go from sessions accordingly, being mindful of causing as little disruption as possible in the process.

It is strongly recommended that you take the time to transfer your Session Preferences and Booked Sessions onto this Program Handout to ensure you know where you are meant to be throughout the Retreat.

The Session Preferences lists will also be attached to the doors of the rooms where each session is being held. You can change your mind about which session you go to but only if the other session is not marked as **FULL**. If you do make a change, please mark your name off the list at the door, and add your name to the door list of your newly selected session.

Remember that you know your body best, so please rest if/when you need to – even if it means missing a session. However, if this is a ‘Booked Session’, please advise Mary-ann so she can arrange for someone else to take your place. It’s a fact of life that sometimes we simply can’t do everything we want to. Any handouts will be made available either during or after the Retreat.

Wishing you a happy, informative, and stimulating Retreat!

Program

Note: All conference facilities are conveniently located on **Level 2**, unless otherwise indicated, i.e. breakfast, gym, and booked sessions.

Day 1 - Orientation - Thursday 30 April

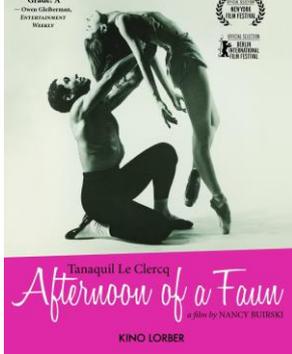
Time	Activity	Location
2.00 to 6.00 pm	Registration, room allocation and facility orientation	Pre-Function Foyer
6.30 to 7.30 pm	Dinner in Barwon Rooms	
7.30 pm	Welcome by Polio Australia Dr John Tierney, President <i>and</i> Gillian Thomas, Vice President	Barwon Rooms
7.40 pm	Guest Speaker: Peter Willcocks Co-convenor of the Bayside Polio Support Group (Victoria) and instigator of the "All Walks of Life" film and information pack	
8.10 pm	Program Overview and Announcements	
8.30 pm	Participant Introductions	
9.00 pm	Relax and Mingle	

Day 2 – The Healthy Body - Friday 1 May

Time	Activity	Facilitator	Location
7.30 to 9.00 am	Breakfast in Restaurant – Ground Floor		
9.15 to 10.00 am	Plenary: Challenges in Post-Polio	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria</i>	Barwon Rooms
10.00 to 10.25 am	Morning Tea in Foyer/Barwon Rooms		
10.30 am to 12.00 pm	Pain and Fatigue Management Pain and fatigue can be the most disabling aspects of the late effects of polio. This session explores strategies for how to minimise the impact of these symptoms. – interactive Q & A session	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria</i>	Zeally Room 3
	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>	Zeally Room 2

Time	Activity	Facilitator	Location
Friday 1 May 10.30 am to 12.00 pm	Natural Health Care This session will discuss the use of holistic health techniques, specifically Mickel Therapy, nutrition and breathing dynamics in the management of pain and fatigue. Mickel Therapy targets the root cause of what creates fatigue and chronic pain in the body in the first place. – interactive Q & A session	Tim Altman <i>Naturopath</i>	Zeally Room 1
	Exercise Options We all know that exercise is important for overall health but what does that mean for people with complex medical conditions and needs? – practical session	Tim Lathlean <i>Exercise Physiologist</i>	Gym Level 2 Pool Block
12.15 pm	Lunch in Barwon Rooms		
12.15 to 2.00 pm	Trade Display in Pre-Function Foyer Mark Dillon, Director My Mobility Pty Ltd T/as Scooters Australia Geelong 52 Charles Street Newcomb Vic 3219 Ph: 1300 622 633 / 03 5248 7338 Mob: 0488 550 050 Email: mark@scootersaust.com.au / Web: www.scootersaus.com.au		
	Vehicle Display in Car Park Sheree Simmonds Mobility Consultant Automobility Unit 3, 63 Canterbury Road Montrose Vic 3765 Ph: 1800 MOBILITY (1800 662 454) Email: sales@automobility.com.au / Web: www.automobility.com.au		
1.00 to 2.00 pm	Rest & Relaxation		
	Guided Meditation – 20 min session at 1.30pm (<i>optional</i>)		Private Dining Room Level 3
	Self-Management Consultation – booked 20 minute one-to-one session (<i>free</i>)	Dr Stephen de Graaff <i>Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare</i>	Room 252
	Respiratory Assessment – booked 15 minute one-to-one session (<i>free</i>)	Anne Duncan <i>Victorian Respiratory Support Service Outreach Coordinator Austin Health</i>	Room 242

Time	Activity	Facilitator	Location
Friday 1 May 2.00 to 3.30 pm	To Brace or Not To Brace This is an important question for anyone observing changes in their mobility or physical abilities. Bracing (i.e. orthotics) can be one of the most effective options to combat weakness and instability, as well as improving walking efficiency, to get the most out of limited energy supplies. – interactive discussion with Q & A session. No sales pitch!	Stephen Hughes <i>Orthotist</i> <i>Polio Services Victoria</i> <i>St Vincent's Hospital</i> <i>Melbourne</i>	Zeally Room 2
	Hearing, Listening and Communication Join us for an open discussion around one of our most important senses - our hearing - and how it shapes our world. We will: • talk briefly about the mechanics of hearing • share our experiences of hearing impairment • discuss the importance of communication in relationships • talk about the importance of listening • practice mindfulness – interactive Q & A session	Jade Frederiksen <i>Audiologist</i> <i>Australian Hearing Centre</i>	Private Dining Room Level 3
	Let's Talk About Self-Care This is an interactive workshop aimed at initiating a discussion about self-care as it relates to polio survivors, those experiencing post-polio syndrome and carers. Topics that will be covered include what is self-care and why is it important, self-care strategies, adjusting to change, identifying available resources and making use of supports. Participants will be encouraged to contribute and learn from each other's unique and shared-experiences. – interactive Q & A session	Oriana Caporilli <i>Social Worker</i> <i>Polio Services Victoria</i> <i>St Vincent's Hospital</i> <i>Melbourne</i>	Zeally Room 3
	Pain and Fatigue Management Pain and fatigue can be the most disabling aspects of the late effects of polio. This session explores strategies for how to minimise the impact of these symptoms. – interactive Q & A session (<i>Repeat</i>)	Dr Stephen de Graaff <i>Director of Pain Services</i> <i>and Senior Rehabilitation</i> <i>Physician</i> <i>Epworth Healthcare,</i> <i>Victoria</i>	Zeally Room 1
	Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.	Graeme Smith <i>Partner of Joan Smith</i>	Barwon Rooms
	Respiratory Assessment – booked 15 minute one-to-one session (<i>free</i>)	Anne Duncan <i>Victorian Respiratory</i> <i>Support Service</i> <i>Outreach Coordinator</i> <i>Austin Health</i>	Room 242

Time	Activity	Facilitator	Location
Friday 1 May 3.30 to 3.55 pm	Afternoon Tea in Foyer/Barwon Rooms		
4.00 to 5.30 pm	Healthy Eating This session explores the barriers and limitations to healthy eating and eating the right foods at the right times - including food choices and portion sizes. – interactive Q & A session	Rachel Jeffery <i>Dietitian</i>	Zeally Room 1
	Maintaining Mobility Session participants will be encouraged to discuss foot and leg function and will have the opportunity to try 'Nordic walking' as an aid to mobility and balance. Portable plantar pressure and video analysis system will be on hand for Paul to provide a brief assessment of participants' gait compensations. – interactive Q & A session	Paul Graham <i>Podiatrist</i> <i>Total Care Podiatry</i> <i>Geelong</i>	Zeally Room 3
	Being Medicine Wise Managing your medicines well is a big part of being 'medicine wise'. As well as getting the most benefit from your medicines you can reduce your chances of mishaps that can cause side effects or interactions. Knowing the active ingredient and using a medicines list are two ways to help you take the right medicine at the right time. – interactive Q & A session	Nader Mitri <i>Pharmacist</i> <i>Amcal Pharmacy</i> <i>Waurin Ponds</i>	Zeally Room 2
	Self-Management Consultation – booked 20 minute one-to-one session (<i>free</i>)	Dr Stephen de Graaff <i>Director of Pain Services</i> <i>and Senior Rehabilitation</i> <i>Physician</i> <i>Epworth Healthcare,</i> <i>Victoria</i>	Room 252
	Gait Assessment – booked 15 minute one-to-one session (<i>free</i>)	Stephen Hughes <i>Orthotist</i> <i>Polio Services Victoria</i> <i>St Vincent's Hospital</i> <i>Melbourne</i>	Room 204
6.30 to 7.30 pm	Dinner in Barwon Rooms		
7.30 pm onwards	Free time		
Friday 1 May 8.00 to 9.30 pm	<p>"... a magnificent behind-the-scenes view of the New York City Ballet ... a compelling tale of love, friendship and perseverance." — <i>SAN FRANCISCO CHRONICLE</i></p> <p>"Grade: A" — <i>Owen Gleiberman, Entertainment Weekly</i></p> <p>WINNER BEST DANCE FILM — <i>NEW YORK FILM FESTIVAL</i></p>  <p>Tanaquil Le Clercq <i>Afternoon of a Faun</i> film by NANCY BURTON KINO LORBER</p>	"Afternoon of a Faun: Tanaquil Le Clercq" Movie Of all the great ballerinas, Tanaquil Le Clercq may have been the most transcendent. With a body unlike any before hers, she mesmerized viewers and choreographers alike - her elongated, race-horse physique became the new prototype for the great George Balanchine. Her unique style, humor and authenticity redefined ballet for all dancers who followed. Amazingly, she was the muse to not one great artist but two; both George Balanchine and Jerome Robbins loved her as a dancer and a woman. Balanchine married her and Robbins created his famous version of Afternoon of a Faun for Tanny. Tanaquil Le Clercq was the foremost dancer of her day until it suddenly all stopped. On a tour of Europe, she was struck down by polio and paralyzed. She never danced again.	

Day 3 – The Healthy Mind - Saturday 2 May

Time	Activity	Facilitator	Location
7.30 to 9.00 am	Breakfast in Restaurant – Ground Floor		
9.15 to 10.00 am	<p>Plenary: Healthy Mind/Healthy Body? How willpower and decision fatigue affect our ability to make sustainable changes to our health behaviours.</p>	<p>Dr Andrew Sinclair <i>Psychologist</i> <i>Independence Australia, Victoria</i></p>	Barwon Rooms
10.00 to 10.25 am	Morning Tea in Foyer/Barwon Rooms		
10.30 am to 12.00 pm	<p>Mindful Self Compassion All living beings desire to live happily and free from suffering. Mindful self compassion is about being aware in the present moment when we're struggling with feelings of inadequacy, despair, confusion, and other forms of stress (<i>mindfulness</i>) and responding with kindness and understanding (<i>self-compassion</i>). This session will help you learn the benefits and practice of Mindful Self Compassion. – interactive session</p>	<p>Dr Andrew Sinclair <i>Psychologist</i> <i>Independence Australia, Victoria</i></p>	Zeally Room 3
	<p>Mindful Movement This Mindful Movement workshop will be interactive, fun and informative. Learn how to improve functional movement to enable better posture, mobility and strength in everyday living. Activities will be adapted to meet the needs of the participants. – practical session</p>	<p>Margot Islip <i>Movement Specialist</i> <i>MG Movement</i></p>	Zeally Room 1
	<p>Early Polio Memories Sharing personal experiences of the early years. – interactive discussion group</p>	<p>Joan Smith <i>Convenor, Knox-Yarra Ranges Polio Support Group</i></p>	Zeally Room 2
	<p>What's Your 'Type'? The Myers-Briggs Type Indicator (MBTI) personality inventory is a tool which helps to make the theory of psychological types described by CG Jung understandable and useful in people's lives. The goal of knowing about personality type is to understand and appreciate differences between people. As all types are equal, there is no best type! Find out more about the 16 types and what your type means for you. – interactive session</p>	<p>Mary-ann Liethof <i>National Program Manager</i> <i>Polio Australia</i></p>	Barwon Rooms
12.15 pm	Lunch in Barwon Rooms		

Time	Activity	Facilitator	Location
Saturday 2 May 1.00 to 2.00 pm	Rest & Relaxation		
	Guided Meditation – 20 min session at 1.30pm (<i>optional</i>)		Private Dining Room Level 3
2.00 to 3.30 pm	Cryptic Crosswords Cryptic crosswords can seem dauntingly nonsensical at first glance. But the fundamental principles of cryptic clueing are actually quite simple. Practice your mental gymnastics in this practical session. - practical session	Gillian Thomas <i>Vice President Polio Australia</i>	Private Dining Room Level 3
	What's Your 'Type'? The Myers-Briggs Type Indicator (MBTI) personality inventory is a tool which helps to make the theory of psychological types described by CG Jung understandable and useful in people's lives. The goal of knowing about personality type is to understand and appreciate differences between people. As all types are equal, there is no best type! Find out more about the 16 types and what your type means for you. – interactive session (<i>Repeat</i>)	Mary-ann Liethof <i>National Program Manager Polio Australia</i>	Barwon Rooms
	Creative Writing Do you want to write words that will engage, interest, excite, and mystify? Then this session is for you! Participants are welcome to bring along a laptop, iPad, or tablet or just a pen and paper. – interactive session	John Craig <i>Tutor Geelong U3A</i>	Zeally Room 1
	Exploring the Share Market This session will start with a look at performance of the Top 20 shares. This is the trigger to an interactive Q & A and Discussion session exploring participants interests. <i>NOTE - Tim is not a registered Financial Advisor, thus the session will not contain 'Advice' but will focus on linking all participants' experiences in this Q, A & D session.</i>	Tim Kottek <i>Tutor SurfCoast U3A</i>	Zeally Room 3
	Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.	Graeme Smith <i>Partner of Joan Smith</i>	Zeally Room 2
3.30 to 3.55 pm	Afternoon Tea in Foyer/Barwon Rooms		

Time	Activity	Facilitator	Preferences
Saturday 2 May 4.00 to 5.30 pm	Kazdoodling Never heard of Kazdoodling? In this fun and relaxed session, Kaz will help you to discover your inner creativity, whilst incorporating the art principals and elements of design for use in everyday living and problem solving. – practical session	Karen (Kaz) McGlynn <i>Artist and Art Educator</i> <i>Kazworks</i>	Zeally Room 1
	Ikebana: An Introduction Ikebana is the unique Japanese form of floral art. The Sogetsu School encourages freedom of expression by the individual based on principles developed by masters of this art form over the last 500 years. With understanding and practice, beautiful works may be created with even quite humble materials. See what you can produce in this session. – practical session	Christopher James <i>Ikebana Practitioner and Teacher</i>	Zeally Room 2
	Find Your Voice Most people love to sing – even if it's only in the shower. Increasingly more people are learning about, and experiencing the many documented benefits of singing. Singing improves wellbeing and enhances the mechanisms for coping with stress, feeling happy, releasing emotions, processing information, unlocking creativity – the list is endless. - practical session	Shaun Islip <i>Director and Conductor of Open Door Singers Gospel and Community</i>	Barwon Rooms
	Why Family History? A general guide. My Family History with examples. Your questions tackled. – interactive session	John Stewart <i>Tutor</i> <i>U3A SurfCoast and</i> <i>President & Research Officer,</i> <i>Geelong Family History Group Inc.</i>	Zeally Room 3
6.30 to 7.30 pm	Dinner in Barwon Rooms		
From 8.00 to 9.30 pm	“Polio’s Got Talent!” Show – Shaun Islip, MC & Art Auction		Barwon Rooms

Day 4 – The Healthy Spirit - Sunday 3 May

Time	Activity	Facilitator	Location
7.30 to 9.00 am	Breakfast in Restaurant – Ground Floor		
9.15 to 10.00 am	Plenary: The Healthy Spirit	Shaun Islip <i>Director and Conductor of Open Door Singers Gospel and Community</i>	Barwon Rooms
10.00 to 10.25 am	Morning Tea in Foyer/Barwon Rooms		
10.30 am to 12.00 pm	<p>Worship Through Music Christianity has been a musical religion throughout its history. In every corner of the globe and in every era, music has been an integral part of the Christian faith. However, for centuries considerable controversy in the church has centered on music. Complaints about music were often based on concerns that non-church musical styles and idioms were infiltrating the church and corrupting godly worship. The Word of God makes it clear that those who follow the Lord are a singing people; Christians naturally sing. Scripture explains why Christians should sing, how they should sing, and even what they should sing. Bring along your vocal chords for this uplifting session. – interactive discussion group</p>	Shaun and Margot Islip	Zeally Room 2
	<p>How to Live a Full and Conscious Existence The power and importance of mindfulness and meditation have long been known by Eastern traditions, and have more recently been supported by scientific research in the West. The embodied practice of witnessing and enquiring upon our body/ mind phenomenon is necessary for us to live a full and conscious existence. It allows for a deeper connection with ourselves, our environment and with one another. We will explore:</p> <ul style="list-style-type: none"> • what is mindfulness? what is meditation? • benefits of meditation • keeping meditation safe and healthy • finding your way with meditation • the discipline balance • practice, practice, practice! <p>– interactive session</p>	Jade Frederiksen <i>Yoga and Meditation Teacher</i>	Zeally Room 3

Time	Activity	Facilitator	Location
Sunday 3 May 10.30 am to 12.00 pm	Philosophy This session will explore: <ul style="list-style-type: none"> • What is philosophy? • Why Western philosophy? • The practical application of philosophy, eg. Bioethics • The aim of a personal philosophy of life - interactive discussion	Rien Willemse <i>Tutor</i> <i>Geelong U3A</i>	Zeally Room 1
12.15 pm	Lunch in Barwon Rooms		
1.15 to 2.30 pm	Closing Plenary & Raffle Draw	<i>Polio Australia Executive</i>	Barwon Rooms