

Polio Australia

Representing polio survivors throughout Australia

2015 Polio Health and Wellness Retreat

Body / Mind / Spirit

Presenters

(in order of presentation)

Thursday 30 April

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|  | <p>Welcome</p> | <p>Dr John Tierney OAM President and National Patron Polio Australia</p> | <p>From 1991 to 2005 John Tierney gave 14 years of distinguished service to the Australian Parliament, where he served as Senator for NSW. During his time in Parliament, he was a Parliamentary Secretary to the Deputy Leader in the Senate and Shadow Parliamentary Secretary for Communications, Information Technology and the Arts. John also chaired a number of Senate Standing and Select Committees over a range of portfolio areas, with a particular focus on education, employment, industrial relations, communications, information technology, health and welfare issues. John has taken a passionate interest in the area of disability, having contracted polio at birth, and was a special parliamentary adviser to the Minister for Community Services on disability matters from 1998 to 2001.</p> <p>In 2005 John became a Partner at Government Relations Australia Advisory, a position he retired from in 2011. However, he found it hard to completely retire and is now working part-time as Special Counsel at 1st State Government and Corporate Relations. John provides strategic advice on government matters to corporate clients across a wide range of industries at both a federal and state level in NSW. Additionally, he has undertaken pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): For service to the Parliament of Australia, to education, and to the community.</p> <p>John was elected President of Polio Australia at the 2012 Annual General Meeting. In addition, John continues as Polio Australia's National Patron.</p> |
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|  | <p>Welcome <i>and</i> Cryptic Crosswords</p> | <p>Gillian Thomas Vice President Polio Australia Ph: 02 9663 2402 gillian@polioaustralia.org.au</p> | <p>For over 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.</p> <p>From 1989 until 2012 I was the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. 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. 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.</p> <p>In accordance with Polio Australia's Constitution, I stepped down from the role of President at the 2012 AGM and now serve as Vice President.</p> |
|  | <p>Program Overview and Announcements <i>and</i> What's Your 'Type'? <i>and</i> Guided Relaxation</p> | <p>Mary-ann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 mary-ann@polioaustralia.org.au</p> | <p>I worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on the Management Committee for Polio Australia. I was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011 thanks to a three year grant from The Balnaves Foundation.</p> <p>In 2008, I visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was "<i>To identify techniques to better manage the late effects of polio</i>". In 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21st Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, I 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 four subsequent Retreats across Australia.</p> <p>I have since given presentations on our 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).</p> |



Guest Speaker

Peter Willcocks
Co-convenor
Bayside Polio Support Group

I am a co-convenor of the Bayside Polio Group, a visitor with the MS Community Visitor's Scheme, and have recently accepted a role with Council of the Ageing on the COTA policy council. I spend much of my spare time with research and working with others on submissions to government to help us thrive in a post-polio world.

My life with polio began in 1954. After a couple of year's immobilisation and splinting I re-joined the un-splinted 'normals' and like many I had a long period of stability. Like many, I denied myself the privilege of rest and worked long desk hours to make up for my lack of physical endurance. I enjoyed management in the book trade and developed a passion for marketing and administration.

Like many I had battled on for years with the learnt 'use it or lose it' option. Like most the more I did, the worse I got. From an accidental hearing of radio program, I learnt that perhaps my unrelenting fatigue, pain, swallowing difficulties and apprehension were most likely due to childhood polio so long forgotten.

In 2005 I was referred to Steve de Graaff. I walked, he talked and I got labels 'the late effects of polio and post-polio syndrome'. All I had to do was learn to do what he told me do – accept help and slow down. It took years of patience – his, supported by a stack of OT's and physios. I only really listened when I fell down and couldn't pretend that it hadn't happened- sound familiar?

In 2015 I am rejuvenated by use of a power wheelchair, BiPAP, a stack of sticks and a very understanding and supportive family. My days are filled trying to find ways to help others on their journey up the hill not when they are slipping backwards on their way down.

The Bayside Polio Group's mini film **All Walks of Life: Post-Polio Awareness** produced in partnership with the Rotary Club of Bentleigh Moorabbin Central and Individual Films is a shared education to life in the post-polio world.

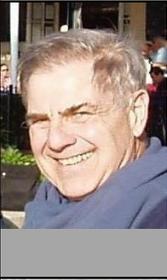
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|  | <p>The Polio Body Plenary <i>and</i> Pain and Fatigue Management <i>and</i> Self-Management Discussion</p> | <p>Dr Steve de Graaff Senior Rehabilitation Physician & Director of Pain Services Epworth Healthcare Camberwell, Victoria Ph: 03 9426 8765</p> | <p>Dr Stephen de Graaff is a Fellow of the AFRM (RACP). His areas of research interest include Stroke Rehabilitation, Spasticity Management, Pain Management, Post-Polio Sequelae and Continuing Professional Development. Steve is currently Chairman of the Education Committee of the Australasian Faculty of Rehabilitation Medicine (RACP).</p> |
|  | <p>Take a Deep Breath <i>and</i> Respiratory Assessment</p> | <p>Anne Duncan Outreach Coordinator Victorian Respiratory Support Service Ph: 03 9496 3665 anne.duncan@austin.org.au</p> | <p>(RN Grad Dip Bus Mgt) I began working with ventilator dependent people in 1989 at Fairfield Hospital (FH) in Melbourne. At the time there were fewer than 40 people in Victoria using ventilators and 15 of them lived in the hospital. I was the Nurse Unit Manager of the ward from 1990 to 1998. In 1996 FH closed and we moved to the Bowen Centre at the Austin hospital.</p> <p>In 1998, with Dept of Health funding, I set up the VRSS Outreach Service. This is a state-wide service that provides equipment, information and support for ventilator users living in the community. I operated alone in this role until 2005 when I took over the contract for ventilator service/repair and expanded our staff to manage to the additional work.</p> <p>The Outreach team now consists of 4 Nurses, 1 Bio-medical engineer and a part time secretary. We have 700 clients who use a ventilator to help maintain their respiratory health, plus 315 patients seeing us for respiratory review but not presently using ventilation. Approximately 6% of our clients are people living with the late effects of Polio.</p> |
|  | <p>Natural Health Care</p> | <p>Tim Altman Naturopath www.timaltman.com.au</p> | <p>Tim Altman B.Sc. B.H.Sc. (Naturopathy) has been providing Naturopathic Services from clinics in Torquay, South Melbourne and South Yarra for many years.</p> <p>He has a very strong affinity with nutrition and treating the whole body as an integrated system rather than viewing systems as separate entities. The intention is to treat the 'root cause' of the illness rather than simply focussing on symptoms.</p> <p>The understanding of what causes illnesses at its deepest levels, opens the gateway to achieving a level of health that most people would never experience or even consider possible. This creates heightened level of energy, resistance to illness, concentration and mental clarity.</p> |
|  | <p>Exercise Options</p> | <p>Tim Lathlean Exercise Physiologist</p> | <p>As an Accredited Exercise Physiologist (AEP), Tim excels at helping patients prevent and manage chronic disease and specialises in clinical exercise intervention for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries.</p> |

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| | | | <p>His expertise includes:</p> <ul style="list-style-type: none"> • Screening and risk stratifying to ensure the safety and appropriateness of exercise and physical activity interventions • Assessing a person's 'movement' capacity in people of all ages and levels of, health well-being or fitness • Development of safe, effective individualised exercise interventions • Provisions of health education, advice and support to enhance health and well-being • Provisions of exercise intervention and advice for those at risk of developing a chronic condition or injury • Provisions of clinical exercise prescription for those with existing chronic and complex medical conditions • Provision of rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being |
|  | <p>To Brace or Not To Brace</p> | <p>Stephen Hughes Orthotist Polio Services Victoria St Vincent's Hospital Melbourne Ph: 03 9288 3900 psv@svhm.org.au www.psv.svhm.org.au</p> | <p>Since 2009 Steve has been the senior orthotist for Polio Services Victoria at St Vincent's Hospital Melbourne. He works exclusively with polio survivors, providing specialist mobility assessment and advice for all, as well as orthotic management of the most complex presentations. It's a role that makes good use of his expertise in gait analysis, mechanical troubleshooting & education. Steve is also heavily involved in teaching final year prosthetics and orthotics students from La Trobe University.</p> <p>Prior to joining PSV Steve worked in New Zealand and from 2007-2009 he volunteered with his wife in the Solomon Islands to establish a satellite orthotics and prosthetics 'outpost' on one of the more populous outer islands.</p> <p>Steve has a couple of youngsters at home, and he loves to run, drum and tinker with technology whenever he's able to find a spare moment.</p> |
|  | <p>Let's Talk About Self Care</p> | <p>Oriana Caporilli Social Worker Polio Services Victoria St Vincent's Hospital Melbourne Ph: 03 9288 3900 psv@svhm.org.au www.psv.svhm.org.au</p> | <p>Oriana is a Social Worker who has worked in various roles including counselling, case management and education and training, across a range of fields including vision impairment, drug and alcohol, and with veterans and their families. She is currently part of the Polio Services Victoria team at St Vincent's Hospital, Melbourne. She has a variety of interests, including mindfulness and its application to everyday life, playing guitar and travelling.</p> |
|  | <p>Hearing, Listening and Communication <i>and</i> How to Live a Full and Conscious Existence</p> | <p>Jade Frederiksen Audiologist Australian Hearing Centre Ph: 1300 412 512 <i>and</i> Yoga and Meditation Teacher</p> | <p>I graduated from a Masters of Clinical Audiology in 2003, and then spent 3 years building confidence in the field working with Australian Hearing in hearing rehab with adults and then children. I was soon after drawn to pursue other passions. First, it was my love of the outdoors and adventure which led me to studying leadership and team building in the outdoors. Later, having all but exhausted the desire for travel, adventure and physical risk-taking, my journey turned inward. I found Yoga. I began a new expedition of self-enquiry!</p> |

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| | | | <p>Although my restless decade of searching took me to some of the most remote pockets of the world and had me trying my hand at other skills, audiology has remained a near constant in my professional life for the past 11 years. I have volunteered in Nepal, India and Vietnam; and spent several years immersed in the expanse and magic of the Northern Territory, working in remote Aboriginal communities. I now combine Yoga and Audiology. I am passionate about the wellness of humanity. I believe that balanced and authentic relationships are important for our wellness. And communication is the key to building these relationships. Listening is a huge and often neglected part of communication. Real listening. I help people to hear better, and I help people to access presence in order to listen more deeply.</p> |
|  | <p>Partnering Polio</p> | <p>Graeme Smith Spouse/Partner/Carer joansgra@bigpond.com</p> | <p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and recently cancer. Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful.</p> <p>Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I 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>Maintaining Mobility</p> | <p>Paul Graham Total Care Podiatry Geelong Ph: 03 5223 1531 www.totalcarepodiatry.com.au</p> | <p>B.App.Sc (Pod) F.A.A.P.S.M. / M.Aust Pain Society</p> <p>Paul has been a podiatrist in private practice for the past 27 years with a special interest in musculoskeletal conditions. He is a fellow of the Australasian Academy of Podiatric Sports Medicine and has recently become the first podiatrist admitted as a member of the Pain Society of Australia.</p> <p>The focus of his practice has always been on comprehensive, evidence based examination and diagnosis of the underlying causes of presenting symptoms, to achieve the best possible outcome for each patient.</p> <p>Paul has been using computerised plantar pressure measurement and video examination since 1998 to aid in analysis and diagnosis of gait and foot function. His practice has developed a team care management program for patients who have multiple and complex conditions and chronic pain, with in house podiatry, physiotherapy and exercise physiology.</p> |

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| | | | <p>Paul has had very encouraging results using an individualised, modified Nordic walking technique for people with limited mobility, and is currently conducting a pilot study through the School of Medicine at Deakin University to ascertain if Nordic walking will maintain mobility and improve quality of life for individuals who are awaiting knee and hip surgery.</p> |
|  | <p>Healthy Eating</p> | <p>Rachel Jeffery Dietitian Geelong Ph: 03 5222 6868 rachelmgjeffery@gmail.com www.racheljeffery.com</p> | <p>Rachel Jeffery is an Accredited Practising Dietitian (APD) and Accredited Practising Nutritionist. She believes that food is there to be enjoyed as well as nourish. Everything in moderation is the key indulging in favourite foods while maintaining a healthy diet. The secret is “pleasure not avoidance”</p> <p>Rachel believes food rejuvenates the soul and an occasional treat can help revive us, as much as the healthiest food product can. It is this no-nonsense attitude and balanced view that is making Rachel a popular media commentator on all things diet and nutrition.</p> <p>With expertise in adult lifestyle diseases, diabetes, sports and paediatric nutrition, Rachel is able to offer a broad base of knowledge in the field of dietetics.</p> <p>Currently Rachel works as a Project Coordinator for the TAC in Victoria. Previously Rachel was the Ambassador for IGA Supermarket's Food4Life Program. Prior to moving to the TAC, Rachel was at the forefront of dietetics in the medical field in her role at the Alfred Hospital in Melbourne. With her bubbly personality and a string of accreditations in the field of Nutrition & Dietetics, Rachel is the new breed of Nutrition expert, spurred on by the great work already achieved by her colleagues before her.</p> |
|  | <p>Being Medicine Wise</p> | <p>Nader Mitri Pharmacist Amcal Pharmacy Waurne Ponds Ph: 03 5243 1050</p> | <p>Nader is a registered pharmacist with over 10 years of experience in community pharmacy. Nader currently runs a large pharmacy in the Geelong region that has a strong focus on wellness and illness prevention. His team take a holistic approach to healthcare which looks at more than just traditional medicine. His specialties include natural and alternative therapies, pain relief and hormone therapy. In addition Nader is an experienced compounding pharmacist which gives him the ability to create tailor made medication solutions for a number of patients.</p> <p>Waurne Ponds Pharmacy provides ongoing medication management support for a number of people in the local community, helping them to be medicine-wise. The main focus of this service is to prevent medication misadventure, which is a major contributing factor to hospitalisation. This practice has eased the medication burden for both patients and their families, and it is something he believes that any patient taking more than 5 medications a day should consider.</p> |

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|  | <p>Healthy Mind/Healthy Body? Plenary <i>and</i> Mindful Self Compassion</p> | <p>Dr Andrew Sinclair Psychologist Independence Australia Ph: 1300 704 456 andrew.sinclair@independenceaustralia.com www.independenceaustralia.com</p> | <p>Andrew is the Manager of Psychology, Case Management and Outreach Services at Independence Australia.</p> <p>Andrew has a bachelor of Arts with Honors in Psychology and a Bachelor of Science with a major in physiology. In post-graduate education Andrew has completed a professional doctorate in Health psychology. His combined physiology, psychology and health background allows him to specialise in working with people who have chronic illness or disability.</p> <p>In his career Andrew has collaborated in the development of innovative and successful group programs in psycho-educational settings managing stress related health problems, insomnia and pain management. In addition he has developed and facilitated cognitive-behavioral therapeutic groups in the areas of depression, anxiety and anger management. Andrew has well developed evaluation and research skills, having completed a doctoral thesis, presented original research at national and international conferences and been published in scientific journals on a number of occasions.</p> |
|  | <p>Early Polio Memories</p> | <p>Joan Smith Convener, Knox-Yarra Ranges Post-Polio Support Group, Victoria joansgra@bigpond.com</p> | <p>As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren. That developed into the further project of producing and publishing “The Calliper Kids” – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers. I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.</p> |
|  | <p>Mindful Movement <i>and</i> Worship Through Music</p> | <p>Margot Islip Movement Specialist MG Movement www.mgimovement.com</p> | <p>Margot has an international career in movement spanning 40 years. Originally, Margot studied movement as an art form during her prolific career as a contemporary dancer. She has gone on to study movement as a science, qualifying in Pilates, Stretch Therapy, Bio-mechanics and Structural Integration.</p> <p>Margot's expertise is presented with enthusiasm and fun, imparting clients with the knowledge and ability to make changes for optimal health.</p> <p>Located in Melbourne, Australia, Margot is the owner of a boutique Pilates studio, and is available to teach workshops for health and well-being.</p> |

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|  | Creative Writing | John Craig Tutor U3A Geelong 03 5244 5114 mail@u3ageelong.org.au | Tasmanian born John Craig is a retired teacher who tutors in Creative Writing for the University of the Third Age, Geelong. He has published in local anthologies and on-line including Antipodean SF and Amazon Kindle. |
|  | Why Family History? | John Stewart Tutor U3A SurfCoast and President & Research Officer, Geelong Family History Group Inc. info@u3aSurfCoast.org.au u3aSurfCoast.org.au | After retirement as an Agricultural Scientist, I developed an interest in Local and Family History when I moved to land originally owned by my Great-Great-grandfather. I have been closely involved with the Geelong Family History Group for the past 15 years. |
|  | Exploring the Share Market | Tim Kottek Tutor SurfCoast U3A 03 5261 9120 info@u3aSurfCoast.org.au u3aSurfCoast.org.au | Tim has withdrawn from the paid workforce some years ago after a period of forty years. Initially trained as an Engineer. He included several periods in Teaching and now is his own Fund Manager operating his Self-Managed Superfund. He is a member of "The Sharemarket Cooperative Limited" an active "Investment Club" with real money. |
|  | Ikebana: An Introduction | Christopher James Ikebana Practitioner and Teacher www.roadsideikebana.blogspot.com | <p>In 1992 Christopher spent four months in Japan during which time he had his first formal lessons in Ikebana. He has studied Sogetsu Ikebana continuously since 2001 and became an accredited teacher in 2005. Currently he holds a First Grade Somu Teachers Certificate (the fifth level teacher's certificate)</p> <p>He has participated in conferences and exhibitions in Japan and Australia including the Melbourne International Flower and Garden Show and the creation of 'Five Elements Water' at the National Gallery of Victoria under the direction of Tetsunori Kawana in 2009</p> <p>In 2011 Christopher spent three months studying at the headquarters of the Sogetsu School in Tokyo as a recipient of the Norman and Mary Sparnon Endowment Scholarship. He has described this time as the most extraordinary privilege that enormously enriched his understanding of the art ikebana in particular and Japanese culture in general.</p> <p>In his working life Christopher always worked in health care and is a firm believer in the need of having a creative outlet to balance the demands of 21st century living.</p> |
|  | Kazdoodling | Karen (Kaz) McGlynn Artist and Art Educator kaz@kazworks.com.au www.kazworks.com.au | <p>Kaz runs KAZWORKS ArtsKool at Studio One in Barwon Heads. Her passion is bringing art to the Bellarine Peninsula community, and to improve creativity and increase self confidence in children and adults by developing creativity, imagination, cognitive skill, problem solving abilities and much more at KAZWORKS Art'Kool.</p> <p>"Quality of life improves when there is a healthy, thriving arts community when people come together as they do at Studio One. We have a group of beginners and advance adults and children coming together on a recurring basis to experience art in action, during classes or workshops and exhibitions.</p> |

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| | | | <p>Through brainstorming conversations, they are exploring the entrepreneur within. It is this thinking that brings tourism and a strong sense of community to such towns as Barwon Heads”, says KAZ.</p> <p>Due to her background in Industrial Textile Design, screen printing, weaving, ceramics also teaching at Technical colleges and Deakin University; she is a product orientated artist. KAZ can see the potential of what an artwork could be made into which she inspires her students to explore.</p> <p>KAZ’s style of teaching is about nurturing and helping her students build their self-esteem through art as well as learning many art methods and techniques incorporating the art principals and elements of design and using them in everyday living and problem solving.</p> |
|  | <p>Find Your Voice <i>and</i> Talent Show <i>and</i> The Healthy Spirit <i>and</i> Worship Through Music</p> | <p>Shaun Islip Choral Conductor, Music Pastor, Founder and Director Open Door Singers - Gospel and Community www.opendoorsingers.org.au</p> | <p>Shaun trained as a singer, conductor, French horn player and pianist at the Guildhall School of Music and Drama in London. With an extensive background in choral music and contemporary expression, Shaun’s distinguished professional international career now spans 45 years in Arts Performance and Production in the United Kingdom, Europe, South Africa, USA and Australia.</p> <p>Shaun has also spent decades as a Worship Pastor and Music Minister in London, California and Melbourne, leading and facilitating all styles of traditional and contemporary worship in services.</p> <p>Shaun’s warm and engaging personality, inclusive approach and excellent credentials are a key contributor to the popularity of the numerous choirs he directs.</p> |

Sunday 3 May

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|  | <p>Philosophy</p> | <p>Rien Willemse Tutor U3A Geelong 03 5244 5114 mail@u3ageelong.org.au</p> | <p>I arrived in Australia from The Netherlands in 1956, aged 17. Having had my secondary education interrupted, I resumed studies at various institutes in Geelong and Melbourne. It was around this time that I first became interested in the study of philosophy, an interest that has continued to the present. Later I joined the Dept of Defence as an Industrial Engineer and retired after 30 years’ service.</p> <p>I joined U3A Geelong in 1990 and was a member of three classes: Comparative Religions, Bioethics, and Western Philosophy. In 1995, I took over the Philosophy Class and have been its tutor ever since. Today my class has up to 60 members and we meet weekly for two hours.</p> |
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