



Polio Health and Wellness Retreat Body / Mind / Spirit

Presenters

(in order of presentation)

Thursday 17 October 2019



**Welcome
and
Early Polio Memories**

Gillian Thomas

President, Polio Australia

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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 *Network News* from 1989 to 2012.

In 2002 I was honoured to receive an inaugural *David Bodian Memorial Award* 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 *Consumer Advisory Committee*. In January 2009 I was delighted to be awarded an *Australia Day Community Service Award* 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. 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.



Program Overview

Maryann Liethof

National Program Manager, Polio Australia
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Maryann has worked with the post-polio community since 2004, and was appointed Polio Australia's National Program Manager in 2010.

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 returned 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, Maryann was able to facilitate 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 annual Retreats across Australia.

This 2019 Retreat in Sydney is Maryann's ninth, and Polio Australia's final Retreat, bringing us full circle.



Guest Speaker

Michael Lynch AO CBE

Michael Lynch grew up in Maroubra, New South Wales, and contracted polio when he was 3 in 1953.

Michael has enjoyed a long and highly successful career, including being the General Manager of the Sydney Theatre Company from 1989-94. He went on to become General Manager of the Australia Council, the Federal Government's arts funding and advisory body from 1994-98. In 1998, he became Director of the Sydney Opera House.

From 2002 to 2009, Michael was Chief Executive of the South Bank Centre in London. He oversaw the successful rehabilitation of the Royal Festival Hall, which was re-opened in October 2007 by The Queen (King George VI having opened the original building in 1951).

In March 2009, Michael returned to Australia and was appointed a Director of the Australian Broadcasting Corporation. He is also a member of the Board of Film Victoria.

In 2011, Michael travelled abroad again to take up the Hong Kong Government appointment of CEO of the West Kowloon Cultural District Authority.

Michael returned to Sydney in 2015, and has since taken up a range of activities including becoming the Chair of the Sydney Community Foundation, working in Brisbane for Circa (a human circus company), and in the Northern Territory setting up an indigenous art gallery.

In 2018, Michael became a Co-Patron of Polio NSW.



**Plenary:
The Polio Body**

and

**Core And Posture For
Polio Survivors**

Kate Bradbury

Physiotherapist, Mt Wilga Private Rehabilitation Hospital
www.mtwilgaprivate.com.au

Kate Bradbury is a senior physiotherapist with more than 20 years experience in neurological and neurosurgical rehabilitation. She has worked in a variety of both acute and rehabilitation hospitals across Sydney, treating both neurological inpatients and outpatients. Kate has been the lead physiotherapist with the Macquarie University Motor Neurone Disease clinic for the past six years as well as part of the neurological rehabilitation team at Mount Wilga Private Hospital in Hornsby.

Kate is also the physiotherapy consultant to the Late Effects of Polio Clinic at Mount Wilga Private Hospital. She has a keen interest helping Polio survivors improve their quality of life through education and exercise.



Fatigue

and

**Exercise Guide Overview
and Discussion**

Paul Cavendish

Clinical Health Educator, Polio Australia
paul@polioaustralia.org.au / www.poliohealth.org.au

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.

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.



**Diet, Immunity And
Inflammation**

Melinda Overall

Nutritionist / Counsellor / Lecturer, Overall Nutrition
www.overallnutrition.com.au

Melinda Overall is a nutritionist and counsellor. She lectures in nutritional medicine at the Australasian College of Natural Therapies and she is the principal of Overall Nutrition.

Melinda works with clients of all ages on a range of health issues from a holistic, coaching, lifestyle and nutrition perspective. Her aim is to help people obtain their best health and well-being outcomes through sustainable change and education.

She is always mindful to support and work with any treatment plans prescribed by medical practitioners and other complementary therapists in order to provide the best integrated and holistic healthcare for individuals.

She is a member of the Australian Traditional Medicine Society and the Australian Counselling Association.

Melinda's mantra is that good health is about balance not denial.



Guided Meditation

Stephanie Cantrill

Community Engagement Officer, Polio Australia
steph@polioaustralia.org.au / www.poliohealth.org.au

With a background in Occupational Therapy, Steph has had many years' experience working in rehabilitation settings in clinical roles. She completed a Masters of Public Health in 2010, before heading to India for four years to work in a volunteer role with a community development project.



**Arthritis:
Pain Management,
Complementary
Medication and
Alternative Approaches**

Andrew Cairns

Health Services Manager, Arthritis & Osteoporosis NSW
www.arthritisnsw.org.au

Andrew Cairns is the Health Promotions Manager at Arthritis NSW and is an accredited exercise physiologist. He is responsible for maintaining the safety, efficiency and sustainability of the suite of services delivered to members of the community living with some form of arthritis or bone-related condition.

Andrew is passionate about promoting health literacy amongst the New South Wales population, particularly around musculoskeletal conditions. He enjoys finding opportunities to help people make the most informed and positive choices on their journey to ongoing self-management of their condition.

Andrew draws on 14 years' experience in the fitness industry and his 7 years practicing as an accredited exercise physiologist treating people with a diverse range of health conditions.



Stay Safe: Falls Prevention

Michael Jackson Physiotherapist

I recently returned to Australia from 16 years in the USA. Previously a primary school teacher in QLD, I moved to the US to pursue a career in physiotherapy, and spent about 10 years in the profession there, almost entirely in a rehabilitation hospital in Colorado. I have a special interest in and level of expertise with polio. The polio affected patient population hold a special place in my heart. It is a group I would like to continue to contribute to via education, consulting, support and/or outreach.



Partnering Polio

Graeme Smith Spouse/Partner/Carer

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.

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.



History of Knee Ankle Foot Orthoses

Merrick Smith Managing Director, Korthotics www.korthotics.com.au

Merrick Smith is the managing director and principal orthotist of Korthotics. Founded in 2004, Korthotics specialises in custom made orthoses and spinal orthoses. Merrick has over 40 years' experience as an orthotist, and has worked in both the public and private health system.

Merrick has been working with polio patients since 1978 at the Prince of Wales Hospital. He also worked at RPA Hospital from 1999-2004, as the area director of orthotic services.

Consistently looking at new innovation and technologies, Korthotics recently purchased a 3D Printer, which Merrick is using to develop KAFO's (Knee Ankle Foot Orthoses).



**Achieving Your Goals By
Effective Pacing, Grading
And A Little Assistive
Technology**

Hazel Crossley

Occupational Therapist, Equipped to Function
www.equippedtofunction.com.au

Hazel decided on a career in Occupational Therapy after witnessing, hands on, the devastating effect disability can have on an individual and those they care about.

Graduating from Exeter University, UK in 1994, she has worked in the UK and Australia delivering Occupational Therapy services in a range of settings including in-patient rehabilitation, out-patients, home and community.

Hazel has had extensive experience within neurological and orthopaedic rehabilitation, worked with older adults with a wide range of disabilities and age-related conditions as well as younger adults with disabilities.

25 years on she is still proud to be an Occupational Therapist, driven to provide a personal and compassionate service. Her aim is to equip each client with the skills they need to be the most independent, fulfilled and amazing version of themselves regardless of the circumstances they find themselves in.



**Living With Polio:
Looking After Your
Shoulders**

Eileen O'Neill

Senior Neurological Physiotherapist
Advance Rehab Centre
www.archhealth.com.au

After graduating as a Physiotherapist in Sydney, Eileen spent the first 7 years working in various paediatric disability services. Towards the end of this time, Eileen undertook a Masters Degree in Biomedical Engineering and based her thesis on the modelling of motor control acquisition and has applied this to her love of neurological rehabilitation. Eileen then took up a position at Sydney University on a stroke study looking at motor control, spasticity and contracture. For the past 15 years, Eileen has worked in private practice with a special interest in neurological physiotherapy for both adults and children. Eileen currently sees clients in the Northern Beaches, City and Eastern Suburbs.



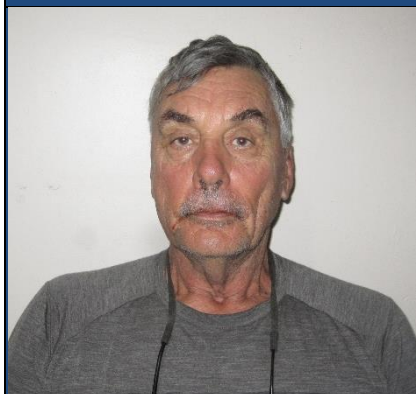
**Plenary:
Psychological Adjustment
and
Swollen Polio Legs**

Dr Helen Mackie

Rehabilitation Physician, Mt Wilga Private Rehabilitation Hospital
www.mtwilgaprivate.com.au

Dr Helen Mackie is a Consultant in Rehabilitation Medicine who has been the medical director of the Mt Wilga Private Hospital Lymphoedema Service since its commencement in 1991. She is the current President of the Australasian Lymphology Association and is a member of the International Society of Lymphology.

Dr Mackie also oversees Mt Wilga's LEoP Assessment Clinic, a one day clinic held monthly, which includes a Medical, Physiotherapy and Occupational Therapy assessment.



**How To Increase Your
Retirement Nest Egg**

Greg Buriak

Tutor, U3A - City and Inner West Region of Sydney
<https://sydneyu3a.org>

Greg is a retired TAFE Business Teacher with a strong interest in financial literacy. He currently conducts a fortnightly Investment Discussion Group for the University of the Third Age.



**Rights, Services And
Financial Vulnerabilities
Of Older People**

Pat Joyce

Manager, Advocacy - Seniors Rights Service
seniorsrightsservice.org.au / 1800 424 079

Pat Joyce has been an aged care advocate for 13 years with Seniors Rights Service, formerly The Aged-care Rights Service, and now supervises a team of 8 advocates state-wide.

Pat moved easily into advocacy after 30 years as a registered nurse specialising in orthopaedics, rehabilitation and aged care. She has also worked as an art therapist in aged care homes, with community groups and in a detention centre.

In her present role, Pat manages her team, which provides advocacy and casework to older people receiving Commonwealth-funded aged care services, and those needing care and services.

Pat also assists in running reports and meeting with the Department of Health, The Aged Care Quality and Safety Commission and work in partnership with many other services promoting the rights of older people.

Pat has always loved listening to the stories of older people from all walks of life and around the world, who are full of history and resilience and humour, and believes older people deserve respect and sometimes a voice to express their needs and wishes.



Seated Yoga Therapy

Heena Raikar

Yoga Therapist

heenaraikar@yahoo.com

Heena Raikar was born in India. Her great grandfather was a sadhak of nada yoga (disciple of classical music). Heena was introduced to yoga at the age of 17 and trained in India at the Yoga Institute, Mumbai and at the Kaivalyadham Institute, Pune, both well known for teaching therapeutic use of yoga. Heena has developed her own unique style of teaching yoga, which includes therapeutic use of yoga in combination with psychotherapies, giving it a holistic health perspective. She aims to spread the message "Yoga is not only for people who can twist themselves in a knot inside out, but for common individuals who have their daily responsibilities and who are not in their best health". Heena aspires to teach yoga for a therapeutic purpose to benefit people coping with chronic health conditions like cardiac conditions, depression, and anxiety, and those struggling to manage their health.



Trash Or Treasure

Brett Lyon

Education Manager, Reverse Garbage

www.reversegarbage.org.au

Reverse Garbage is a creative reuse centre making a difference in the world by reducing waste and creating change in the way we look at resources. We inspire and support kids, adults, artists and teachers to consume less, make more, save money – and feel good doing it!



Age Is An Attitude

Lynda Dyer

Director, Mind Power Global

www.mindpowerglobal.com.au

Lynda was one of 58 people from around the world filmed for "The Secret" because she lives her material and cured herself of Lupus. She is a Certified Professional Trainer in NLP (Neuro Linguistic Programming). She is also an International Speaker, Best Selling and Award Winning Author and Transformational Coach. Lynda assisted the earthquake victims in China by writing and translating 5,000 copies of her "Good Grief" book and delivering them personally. She is a cast member on the Living Consciously TV show and also a co-writer of the new best seller books "Ready Aim Influence" and "Ready Aim Inspire". Most recently, Lynda has appeared as a speaker for TEDx and the Inspired Women's World Wide Conventions.



**Universal Design,
Accessibility, And
Inclusion**

Dr Jane Bringolf PhD

Chair, Centre for Universal Design Australia
<http://universaldesignaustralia.net.au>

Jane spent most of her working life in the community sector working in a variety of roles at local, regional, state, national and international levels. Her passion is to promote inclusive thinking in all the things we humans design, including private housing.

Jane was awarded a Churchill Fellowship in 2004 to find out what is being done outside Australia. In 2008, she went on to pursue PhD studies to find out why the house-building industry in Australia is not taking up universal design principles in new housing. Jane used her knowledge working for COTA NSW, helping local government better understand how to plan for an ageing population.

Although that role is no longer funded, Jane continues to contribute to various committees and working parties on the topics of inclusion, accessibility and universal design in the built environment on behalf of COTA NSW. Her focus is on the Centre for Universal Design Australia - a registered charity promoting universal design and inclusive practice.



Crafty Cards

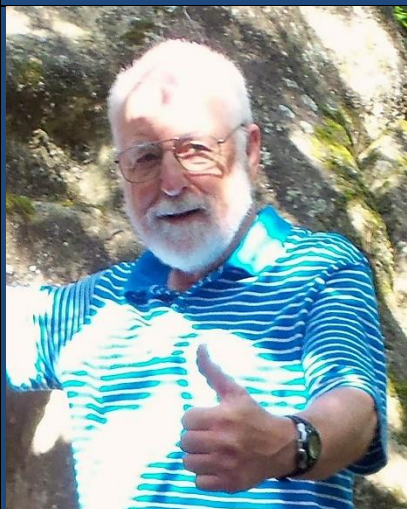
Joan Smith

Retired Convener, Knox-Yarra Ranges Post-Polio Support Group,
Victoria

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.

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 "*The Calliper Kids*" – 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.

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.



**People Who Changed The
World: Kerry Packer**

Barry Hanlon

Tutor, U3A - Greater Western Region Of Sydney
<https://sydneyu3a.org>

Barry is an Arts graduate in psychology and Eastern European studies (Russia and Yugoslavia in particular). He has Postgraduate qualifications in adult education and training. Barry's employment history is in printing, publishing and advertising, and work skills training.



Entertainment

The Bush Music Club Concert Party

The Bush Music Club was founded in 1954 to collect, publish and popularise Australia's traditional songs, dances, music, yarns, recitations and folklore. Club members such as John Meredith, Duke Tritton, Sally Sloane, Chris Kempster and John Dengate contributed to the successful revival of interest in Australian folk traditions. They are the oldest folk club in Australia and continue to organise regular dance and music workshops, bush dances, concerts and colonial balls. BMC has been actively promoting Australian folk traditions for 60 years and will continue to do so well into the future.



Spirit Plenary

Ann Love

A Sister of Saint Joseph of the Sacred Heart

www.sosj.org.au

Ann Love has been a Sister of Saint Joseph for over fifty years. She has ministered in rural, urban and city locations through education across the life span, assisting individuals and families in varied circumstances.

Personal opportunities of development via Bachelor of Education, Advanced Certificate in Counselling, Grief and Loss Trainer, as well as leadership experience, has enabled her to share widely and learn from participants.



The Spread of Buddhism

Terry Redmond

Tutor, U3A Sydney

<https://sydneyu3a.org>

Terry Redmond is a retired bookkeeper and has been a meditating Buddhist for the last 14 years. He has an interest in eastern ancient history, especially anything to do with the Silk Road or Buddhism.



**Humanism: An
Enlightened Life Stance**

Ian Bryce

Vice President, Humanist Society of NSW

www.hsnsw.asn.au

Ian qualified in physics and engineering at Monash University (Victoria). He worked in aerospace engineering (also called rocket science), and lectured at several universities. Ian has run Humanist and Skeptics societies. He recently turned his analytical skills to more human problems, including ethics.



Finding God In Christianity

Jill Pickering

Volunteer, Polio Australia
www.polioaustralia.org.au

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.

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.

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.