

Polio Australia

Representing polio survivors throughout Australia

Report

2017 Polio Health and Wellness Retreat

SurfAir Beach Hotel Marcoola

Sunshine Coast Queensland

Thursday 26 October to Sunday 29 October 2017



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Dr Neala Milburn



Jody Pollard

Seated Yoga



More photos at www.polioaustralia.org.au/retreat-2017/

1. Executive Summary

Polio Australia's vision is to ensure that ***all polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed choices.***

Since it commenced active operations in January 2010, Polio Australia has run seven "Residential Chronic Condition Self-Management" programs – also known as "Polio Health and Wellness Retreats". In line with our Strategic Plan, it is the goal of Polio Australia to run these Retreats annually for polio survivors and their partners/carers/family members across Australia.

The ongoing theme of these annual Retreats is based on "The Healthy Body/Mind/Spirit", which takes a holistic approach towards effective self-management of the Late Effects of Polio (LEoP) and Post-Polio Syndrome (PPS), and associated behavioural change for polio survivors, their families, carers and family members.

Since the inaugural Retreat at St Joseph's Retreat for Reflective Living in Baukham Hills, New South Wales, in 2010 with 59 participants, four more highly successful Retreats have been held annually, keeping to the well-developed theme of *Mind, Body and Spirit*:

- 2011 - the second Retreat, held in Mt Eliza, Victoria, was attended by 64 people;
- 2012 - the third Retreat, held on the Sunshine Coast, Queensland, was attended by 73 people;
- 2013 - the fourth Retreat was held in Glenelg, South Australia, was attended by 70 people;
- 2014 - the fifth Retreat was again held in Baukham Hills, New South Wales, attended by 63 people;
- 2015 - the sixth Retreat was held in Torquay, Victoria, and was attended by 70 people.
- 2016 – Retreat was replaced with the Australasia-Pacific Post-Polio Conference in Sydney
- 2017 – this seventh Retreat was again held on the Sunshine Coast, Queensland, and was attended by 59 people.

Partners/carers/family members are always encouraged to attend these Retreats, as it is vital for the polio survivors to have this support and understanding in order to achieve their own self-management goals. It is equally important for the partners/carers/family members to have scheduled and informal opportunities to meet and discuss their own specific concerns which is accommodated in the "Partnering Polio" sessions.

The overwhelming response from attendees was that this Retreat was again one of the most comprehensive, informative, and interactive Retreat to date. It was also good to see so many new people attending a Retreat for the first time, and to hear the latest information on how the late effects of polio relate to the original virus infection and new management techniques to consider.

Program Summary

Day 1

At the Welcome Dinner on the first evening, Guest Speaker, Paul Constable-Calcott, a Sunshine Coast Aboriginal man, spoke about how he contracted polio when he was 18 months old. The disease left him reliant on a cane for walking. It also changed his life for the better, inspiring him to help others. After graduating high school in the 1970s, Paul got a job in disability services. Initially he worked with non-Indigenous people but for the last 10 years, he has been able to provide disability services to his 'own mob'.

Day 2

The "Body" day began with a Plenary overview of post-polio challenges from Dr Neala Milburn, Rehabilitation Physician, Nambour Selangor Hospital and Noosa Private Hospital and Sunshine Coast University Hospital. The concurrent sessions that followed were:

- 'Hold On' Continence Advice
- A Health Happy Shoulder
- Keeping Yourself Mobile
- To Brace Or Not To Brace
- Healthy Eating For The Not-So-Active
- Optimising Nutrition And Anti-Inflammatory Foods
- New Insights, Innovation And Information In Treating Common Foot Problems
- Medicines: All You've Ever Wanted To Know But Never Asked
- Negotiating My Aged Care
- Partnering Polio

There were also free one-to-one consultations available with:

- Paul Cavendish, Exercise Physiologist, Polio Australia
- Pippa Chalke, Speech Pathologist, Noosa Private Hospital
- Peter Lysaught, Registered Nurse, Spinal Life Australia
- Anthony Nakhle, Physiotherapist, Spinal Life Australia
- Gail Pitt, Physiotherapist, Spinal Life Australia
- Kate Taylor, Respiratory Physiotherapist, Noosa Private Hospital

Other highlights were Information Stands from Spinal Life Australia and Ramsay Health, and a mobility equipment display from Scooters Australia.

The day concluded with the film *"The Immortal Life of Henrietta Lacks"*, an African American woman whose cancer cells were the source of the HeLa cell line, the first immortalised cell line and one of the most important cell lines in medical research.

Day 3

The *"Mind"* day commenced with a Plenary presentation by Dr Corey Jackson, Psychologist/Trainer, Equipoise Training, and was followed by concurrent sessions on:

- Cultivating Emotional Balance
- But What About Me?
- Chair Yoga
- Cryptic Crosswords
- Feldenkrais
- Canasta
- Write Your Story
- Miniature Gardens
- Kitchen Table Economics & Investing
- Live Love Life Colourfully
- Partnering Polio

The day concluded with an Elvis Trivia and Tribute Show.

Day 4

The *"Spirit"* day commenced with a Plenary presentation by Joanna Teazis, Coordinator, Sunshine Coast Lodge, The Theosophical Society. This was followed by concurrent sessions on:

- Philosophy, Science And World Religions
- Introduction To Buddhism
- Finding God In Christianity

The Retreat concluded with a Carvery lunch, and a Closing Plenary, which provided everyone with an opportunity to share what they learned over the weekend.

Evaluation Summary

By way of demonstrating how participants benefitted from attending the Retreat, a sample of the evaluation comments follows:

- *Good insight into polio support services and when and how to access services.*
- *It was handy to know why problems occur and how to stop them occurring.*
- *Fascinating approach to identifying whether a medicine is useful to an individual or not.*
- *The first day alone is worth the full 3-day retreat.*
- *Great to find why I am having respiratory problems.*
- *Every day was a learning curve.*
- *Enabled me to gain inner perspective towards stability in my life.*
- *Practical strategies to change from negative to positive thoughts.*
- *Cultivating emotional balance was the most interesting for me, thank you very much.*
- *Excellent consultation, explained what I needed to know.*
- *The very best part to me every time is the time spent meeting and talking together over meals, and cuppas and group activities.*
- *Wonderful to see younger presenters; I think we were all in good hands with the younger ones carrying the knowledge learnt here well into the future.*

Acknowledgements and Thanks

We are very grateful to all the session facilitators and therapists for sharing their time, knowledge and expertise, especially as the majority of these presenters provided their services at no charge.

Polio Australia warmly thanks GSK for their ongoing and generous support for these Retreats. Additional grants were also gratefully received from IRT and The Marian & E.H. Flack Trust.

This financial support provided the opportunity to provide the 4 day/3 night Retreat at a greatly reduced cost. Registration Fees started from \$350 per person twin share, which included all meals, accommodation and activities.

2. Demographics

Who Came?

Polio Survivors	Spouse/Carers	Total Participants
39	20	59

Gender Representation

Female	Male
36 Total (29 Polio Survivors)	23 Total (10 Polio Survivors)

States

NSW	VIC	QLD	NZ
14 (7 male / 7 female)	10 (2 male / 8 female)	30 (10 male / 20 female)	5 (1 male / 2 female)

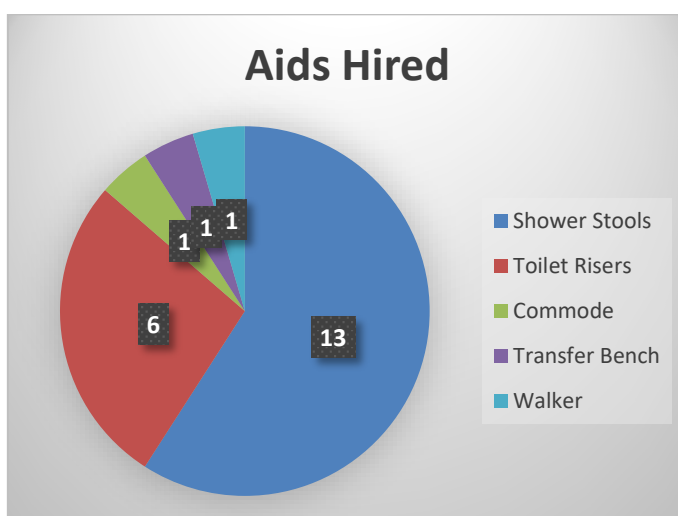
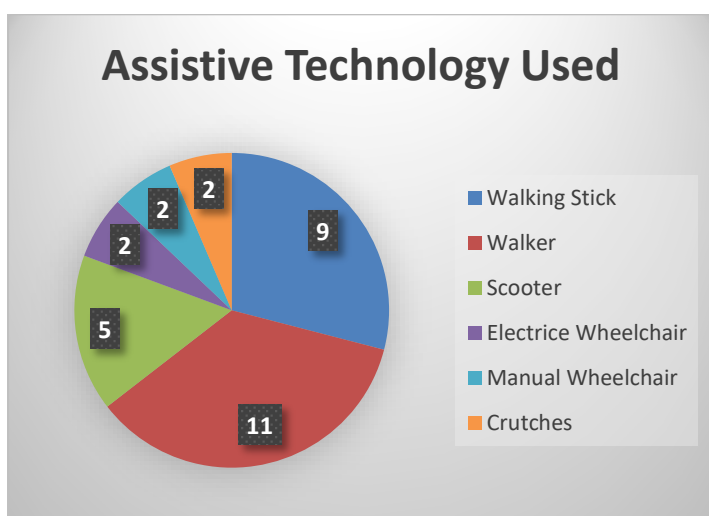
Repeat Participants

NSW	VIC	QLD	Total Repeats
12	9	19	40

STATISTICS / CHARTS

Participants Year of Birth Range: 1931 to 1992

Years Polio Contracted: 1937 to 1967



3. Program

Day 1 – Orientation – Thursday 26 October

Time	Activity
2.00 to 6.00 pm	Registration, room allocation and facility orientation
6.30 to 7.30 pm	Welcome Dinner
7.30 pm	Welcome by Dr John Tierney President, Polio Australia and Gillian Thomas Vice President, Polio Australia and President, Polio NSW
7.40 pm	Guest Speaker: Paul Constable-Calcott Sunshine Coast Aboriginal Paul Constable-Calcott: Life changing experiences that have inspired him to help others, including working with non-Indigenous people and providing disability services to his "own mob".
8.15 pm	Program Overview and Brief Announcements
8.30 pm	Participant Introductions
9.00 pm	Relax and Mingle

Day 2 – The Healthy Body – Friday 27 October

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: Polio Body Dr Neala Milburn, Rehabilitation Physician, Nambour Selangor Hospital and Noosa Private Hospital and Sunshine Coast University Hospital
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Hold On' Contenance Advice Peter Lysaught, Registered Nurse, Spinal Life Australia.
	A Healthy Happy Shoulder Anthony Nakhle, Practice Physiotherapist, Spinal Life Australia
	Keeping Yourself Mobile Gail Pitt, Physiotherapist, Allied Health Service, Spinal Life Australia
12.15 pm	Lunch
1.00 to 2.00 pm	<ul style="list-style-type: none"> • Rest and Relaxation • Guided Meditation • Mobility Equipment Display by Scooters Australia Chermshire • Information Stands for Spinal Life Australia and Ramsay Health • Booked sessions throughout the day with: <ul style="list-style-type: none"> - Paul Cavendish, Exercise Physiologist, Polio Australia - Pippa Chalke, Speech Pathologist, Noosa Private Hospital - Peter Lysaught, Registered Nurse, Spinal Life Australia - Anthony Nakhle, Physiotherapist, Spinal Life Australia - Gail Pitt, Physiotherapist, Spinal Life Australia - Kate Taylor, Respiratory Physiotherapist, Noosa Private Hospital

3. Program (cont'd)

2.00 to 3.30 pm	A Healthy Happy Shoulder Anthony Nakhle, Practice Physiotherapist, Spinal Life Australia
	To Brace Or Not To Brace Hannah Graham, Orthotist, Orthotic Solutions
	Healthy Eating For The Not-So-Active Jody Pollard, Dietitian, Total Nutrition Dietitian
	Partnering Polio Graeme Smith, Husband of Polio Survivor
3.30 to 3.55 pm	Afternoon Tea
4.00 to 5.30 pm	New Insights, Innovation And Information In Treating Common Foot Problems Maria Zauner, Podiatrist / Founder, Sun Coast Podiatry
	Optimising Nutrition And Anti-Inflammatory Foods Jody Pollard, Dietitian, Total Nutrition Dietitian
	Medicines: All you've ever wanted to know but never asked John Woodward, Pharmacist, Pharmacist For You
	Negotiating My Aged Care Rhee Duthie, Client Services Manager, Queensland and New South Wales Care Connect
6.30 to 7.30 pm	Dinner
8.00 pm	Free time Movie: The Immortal Life of Henrietta Lacks (<i>optional</i>)

Day 3 – The Healthy Mind – Saturday 28 October

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: Investigating the Healthy Mind Dr Corey Jackson, Psychologist/Trainer, Equipoise Training
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Cultivating Emotional Balance Dr Corey Jackson, Psychologist/Trainer, Equipoise Training
	But What About Me? – Exploring self-care strategies for wellbeing and quality of life Dr Pat Dorsett and Dr Sandra Woodbridge, Senior Lecturers, School of Human Services and Social Work Griffith University
	Chair Yoga Myra Timmerman, Yoga Teacher, U3A Sunshine Coast
12.15 pm	Lunch
1.00 to 2.00 pm	Rest and Relaxation Guided Meditation

3. Program (cont'd)

2.00 to 3.30 pm	Cryptic Crosswords Gillian Thomas, Vice President, Polio Australia
	Feldenkrais: Learn to move mindfully, with greater ease and pleasure Robyn Lavery, Movement Teacher, Robyn Lavery Feldenkrais
	Canasta Mal Stewart, Canasta Group U3A Sunshine Coast
	Write Your Story Jenny Riley, Tutor U3A Sunshine Coast
	Partnering Polio Graeme Smith, Husband of Polio Survivor
3.30 to 3.55 pm	Afternoon Tea
4.00 to 5.30 pm	Miniature Gardens Rachael Edwards, Art Teacher, Bright Brains Happy Hearts
	Kitchen Table Economics & Investing Damian Lillicrap, Bare Naked Economist (Head of Investment Strategy, QSuper) and Graeme Mackenzie, Retired CPA
	Live Life Colourfully Sarah Hutson, Creative Owner, SFH Designs and Sue Mackenzie, Board Member, Polio Australia
6.00 to 7.00 pm	Dinner
7.00 to 9.00 pm	Elvis Trivia and Tribute Show

Day 4 – The Healthy Spirit – Sunday 3 April

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: Spirit Joanna Teazis, Coordinator Sunshine Coast Lodge The Theosophical Society
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Philosophy, Science and World Religions Joanna Teazis, Coordinator Sunshine Coast Lodge, The Theosophical Society
	Introduction to Buddhism Venerable Tony Beaumont, Chenrezig Institute
	Finding God in Christianity Jill Pickering, Volunteer, Polio Australia
12.15 pm	Carvery Lunch
1.15 to 2.30 pm	Closing Plenary All participants

4. Evaluations

4.1 Plenary Sessions

4.1.1 Plenary Comments – Polio Survivors

Day 2 – Dr Neala Milburn: Polio Body

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Articulated and well-presented information giving insight into modern rehabilitation methods. x12 • Sincere person who knew what she was talking about. x6 • Differences between PPS and LEOP. x5 • Great presentation on how the virus works – excellent. x3 • That more polio specialist clinics are available. x2 • Information, delivery and humor touched me – could have been my own experience. • Good to hear different, relevant perspective on PPS. • Revisiting the double Thomas splint and its role in polio. • Presented information from a different perspective. • Helped me understand more clearly. • Heard a lot of new information. • Double Thomas splint and why people were put on them. 	<ul style="list-style-type: none"> • What was available through the public system, not just private systems. • How loss of independence can lead to a crash / depression. • Would like to see a map of muscle and nerves in the body. • Little more question time. • Would have liked a copy of the presenter's notes.

Day 3 – Dr Cory Jackson: Investigating the Healthy Mind

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Promotion of the importance of a healthy mind, and of satisfaction with life. x7 • Thoughtful, provoking insight into modern practices of mental health wellbeing. x5 • Mindfulness and how useful it can be for polio survivors. x2 • Brilliant, good presenter, everything covered and very insightful. x5 • Speaker was so much more interesting than I thought possible. • Theoretical lead-up to next session. • Reinforced what I have already learnt. • Challenging session, wanted to know more. • The process "timeline" of emotion was most interesting subject • Definitions of happiness was good. • The analysis of happiness. 	<ul style="list-style-type: none"> • N / A

Day 4 – Joanna Teazis: Spirit

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • A few good sentiments but disjointed. x14 • Very informative session. x2 • Interesting to hear of one person's journey and how she connected to her spirit. • Interesting facts. • Gained some understanding of the presenter's life journey along the theosophy path. • Reinforced my own journey path as the way to go. • Different opinion. 	<ul style="list-style-type: none"> • N / A

4.1.2 Plenary Comments – Spouse/Carers

Day 2 – Dr Neala Milburn: Polio Body

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Very knowledgeable, good presenter. x8 • Learning about the pathology of polio and its effects. x2 • Great to hear of different services available. x2 • Very interesting, relevant and meaningful speaker. x2 • Had more 'open-minded' approach to PPS causes. • The need for polio survivors to have a clear PPS diagnosis. • The explanation on nerve and muscle control and how the loss of a neuron can cause weakness. • Entertaining speaker. • That this team is local. 	<ul style="list-style-type: none"> • Copy of Presentation.

Day 3 – Dr Cory Jackson: Investigating the Healthy Mind

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Fresh way to look at the power of the mind. x3 • Mind blowing, good salesman, added much interest to the session. • Good that a follow-up session was scheduled next. • Very frank and open presentation on mental health issues. • Misinformation of possible causes. • Don't let your assets control your life. • Practical applications in society or communities. • Sorting definitions 	<ul style="list-style-type: none"> • N / A

Day 4 – Joanna Teazis: Spirit

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Bit disjointed, hard to follow. x2 • Interesting. x2 • Further exploration of the Theosophical society. • Differing opinions on how to address spirituality. 	<ul style="list-style-type: none"> • N / A

4.2 Day 2 Sessions – Polio Survivors

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<p>'Hold On' Continence Advice</p> <p>Peter Lysaught Registered Nurse Spinal Life Australia</p>	<ul style="list-style-type: none"> • Clear and well delivered Information. x3 • Links to nerves, constipation and continence issue. x2 • Knowing that it may not be polio causing my problem. • Reinforced what I already knew. • Personal situations addressed. • The many free product samples handed out. 	<ul style="list-style-type: none"> • More on prevention.
<p>Happy Healthy Shoulder</p> <p>Anthony Nakhle Practice Physiotherapist Spinal Life Australia</p>	<ul style="list-style-type: none"> • Excellent, clear presenter, explained everything really well. x7 • Information on shoulders, bones and muscles and how they work. x3 • Very positive, interesting and learnt why shoulder problems occur. x3 • Demonstrated straightforward methods to maintain good shoulder health. • Thorough presentation, informative and covered subject well. • How complex the shoulder is providing more movement than other joints. • Shows the need for good muscle health. • The exercise card. • Interesting that pain can still prevent mobility post shoulder repair. • Did not gloss over the truth. • Often it is trial and error to find the right exercises. • Answered all questions. 	<ul style="list-style-type: none"> • More treatments and options. • Neck and back pain.
<p>Keeping Yourself Mobile</p> <p>Gail Pitt Physiotherapist Allied Health Service Spinal Life Australia</p>	<ul style="list-style-type: none"> • Most useful. x2 • Mobility services and equipment available. x2 • Asking my questions. • Appreciated answers for others. • Use of mobile aids including discussion of taking on public transport in Qld. • Finding out about subsidies for aids. • Learning I am doing the right ways to care for myself. • Interesting for my future needs. • New ideas to keep me out and about. • Walker options. 	<ul style="list-style-type: none"> • Sharing ideas about what's worked for each of us. • More ways to keep mobile, such as air travel, portable toilet raiser, etc.

Session	Most useful aspects	What other information would have liked
<p>A Healthy Happy Shoulder</p> <p>Anthony Nakhle Practice Physiotherapist Spinal Life Australia</p>	<ul style="list-style-type: none"> • Learning how shoulder muscles and nerves work. x2 • Wonderful presentation with plenty of useful information. x2 • Learned a lot I did not know about. • Total session was very useful to me. • Patience in answering specific questions. • How the free movement can lead to a greater variety of problems • The comparison of nerve and muscle pain. • Made appointment with the Physio and really looking forward to the assessment. 	<ul style="list-style-type: none"> • Some more on preventative exercises.
<p>Healthy Eating for The Not-So-Active</p> <p>Jody Pollard Dietitian Total Nutrition Dietitian</p>	<ul style="list-style-type: none"> • Identifying whether the product contents are good for me or not. x5 • Plenty covered with good explanations and examples. x4 • Simple receipts and sound advice. x3 • Good basic information, interesting talk. x2 • Actual recipes provided, not just what you cannot eat. x2 • Presenter certainly knew her subject. • Reading ingredients of food products. • Equipment purchase, timing advice – very valuable. • Frozen vegetables are good. • The frittata recipe. • Check food labels and balance your food intake. 	<ul style="list-style-type: none"> • How to assess personal energy needs.
<p>To Brace Or Not To Brace</p> <p>Hannah Graham Orthotist Orthotic Solutions Qld</p>	<ul style="list-style-type: none"> • Very capable presenter with good depth of knowledge. x3 • Good to see the examples of braces provided. • Bracing techniques and examples. • Now I know much more about orthotics and prosthesis. • Seeing what was available on the market. • Physically looking at the different braces. • Feet splints are still made from heavy material. 	<ul style="list-style-type: none"> • When to think about braces. • More polio videos. • Disappointed, session finished in early.

Session	Most useful aspects	What other information would have liked
<p>New Insights, Innovation And Information In Treating Common Foot Problems</p> <p>Maria Zauner Podiatrist/ Founder Sun Coast Podiatry</p>	<ul style="list-style-type: none"> • Very interesting session, well-presented and informative. x2 • Excellent presentation. x2 • Well presented, and covered everything. x2 • Foot diseases and fungal nail infection information and treatments. • Useful hints on how to help foot problems. • Found out how to treat under nail with vinegar. • When to see a Podiatrist and what they do. • It was handy to know why problems occur and how to stop them occurring. • Very helpful for my situation. • Availability of new devices. • New facilities available to local (Qld) participants. • Very informative, learned a lot at this session regarding footwear. 	<ul style="list-style-type: none"> • What is available through public system and costs. • More about our feet.
<p>Optimising Nutrition And Anti-Inflammatory Foods</p> <p>Jody Pollard Dietitian Total Nutrition Dietitian</p>	<ul style="list-style-type: none"> • Clear presentation and practical ideas on substituting ingredients. x3 • Protein balls recipe. x2 • Really enjoyed the talk. • Good presenter, very knowledgeable. • Foods that are good for inflammation. • Clear view of the most and least helpful of foods. • Read food labels on my staple foods. 	<ul style="list-style-type: none"> • N / A
<p>Medicines: All you've ever wanted to know but never asked</p> <p>John Woodward Pharmacist Pharmacist For You</p>	<ul style="list-style-type: none"> • Insight into medicines in general and statins in particular. • Fascinating approach to identifying whether a medicine is useful to an individual or not. • One on one information. • Q&A we all participated in. 	<ul style="list-style-type: none"> • Discussion on general polio concerns.
<p>Negotiating My Aged Care</p> <p>Rhee Duthie Client Services Manager Queensland and New South Wales Care Connect</p>	<ul style="list-style-type: none"> • Superb – terrific presentation, delightful and highly competent talk. x4 • Excellent presentation with good, practical information. x3 • Great visuals, just wonderful. x2 • Very helpful with ways to navigate the system. x2 • A complicated system to take in. • Reassessing my own polio experience with new insights. • Valuable home help session. • Orthotics are available in this program. 	<ul style="list-style-type: none"> • N / A

4.2.1 Follow-up actions

- Will seek consultation with Dr Milburn at Selangor hospital.
- Will make appointment for Ramsay Health for Noosa/Nambour area.
- Go for bone density test. x2
- Increase my exercise level for shoulder and breathing.
- Find a local continence advisor.
- Do more meditation.
- My physical problems are priority.
- Will follow up my Aged Care. x3
- Will follow up on a range of ideas from today. x2
- Further Google research for individual issues.
- I have a card to contact people for questions.
- Compare what NZ offers.

- Improve my care of myself, eat better and try to lose weight. x3
- Read food labels, change my diet and re-assess exercise.
- Definitely use recipe ideas.
- Will take the advice I was given on my diet to help with bowel movement.
- Adjust diet to compensate for medicine side effects.

- See an orthotist for assessment and bracing options. x3
- Use vinegar to care for my feet. x3
- Investigating custom made footwear.
- Will talk further with my podiatrist.
- Will follow up scooters and walking aids and footwear.
- Look closer at footwear.

- Visit an ENT (Ear, Nose & Throat) specialist to check out my throat.
- Take my personal respiratory assessment to my GP for specialist follow up.
- Help regarding respiratory equipment and models.
- Visit an ENT specialist to check out my throat.
- Great to find why I am having respiratory problems.

4.2.2 General Comments

- Totally enjoyed today.
- All speakers had a good balance between information and practical ideas / demonstrations and welcomed everyone's input.
- Wonderful day of presentations and consultations. x3
- Thanks very much for the consultations. x2
- Every session really informative, thank you.
- The first day alone is worth the full 3 day Retreat.

4.3 Day 2 Sessions – Spouse/Carers

Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful aspects	What other information would have liked
<p>Hold On' Contenance Advice</p> <p>Peter Lysaught Registered Nurse Spinal Life Australia</p>	<ul style="list-style-type: none"> The interaction between presenter and audience. Visual aids were useful but not overdone. Background information on mobility assistance. All very helpful. Products available. 	<ul style="list-style-type: none"> More information on effects of medicine.
<p>Happy Healthy Shoulder</p> <p>Anthony Nakhle Practice Physiotherapist Spinal Life Australia</p>	<ul style="list-style-type: none"> Very good and clear presenter. x3 How the shoulder works and why pain occurs. x3 Clear, precise way information was provided. x2 The connection between shoulder problems, injury and repetitive strain. Explanation of muscles and nerves. The exercise list. 	<ul style="list-style-type: none"> Handouts please.
<p>Keeping Yourself Mobile</p> <p>Gail Pitt Physiotherapist Allied Health Service Spinal Life Australia</p>	<ul style="list-style-type: none"> Very interesting and informative. x2 Knowing about available funding and assessments for equipment. All very interesting and informative. Discussion on services available and various appliances. 	<ul style="list-style-type: none"> List of rebates and preferred professionals through Spinal Life.

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
<p>New A Healthy Happy Shoulder</p> <p>Anthony Nakhle Practice Physiotherapist Spinal Life Australia</p>	<ul style="list-style-type: none"> Information on how the shoulder works. 	<ul style="list-style-type: none"> N / A
<p>Healthy Eating for The Not-So-Active</p> <p>Jody Pollard Dietitian Total Nutrition Dietitian</p>	<ul style="list-style-type: none"> Well presented, loved the frittata. To look more carefully at ingredients listed on food products. Recommended portions. Input must be regulated by output. 	<ul style="list-style-type: none"> Overview would be helpful.

To Brace Or Not To Brace Hannah Graham Orthotist Orthotic Solutions Qld	<ul style="list-style-type: none"> • Presenter did a great job. 	<ul style="list-style-type: none"> • Aids with maximum comfort and mobility
Partnering Polio Graeme Smith Husband of Polio Survivor	<ul style="list-style-type: none"> • We are almost all in similar situations. • All are involved. • Non-judgmental presenter who encouraged participants to speak of their concerns. • Good to hear we all share the same connections. • Presenter was most helpful. • Self-awareness, similarities and differences. 	<ul style="list-style-type: none"> • N / A

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
New Insights, Innovation & Information In Treating Common Foot Problems Maria Zauner Podiatrist / Founder Sun Coast Podiatry	<ul style="list-style-type: none"> • Very good session. • Learning where podiatry is with foot technology. • Presenter covered all basis. • Good information. 	<ul style="list-style-type: none"> • N / A
Optimising Nutrition And Anti-Inflammatory Foods Jody Pollard Dietitian Total Nutrition Dietitian	<ul style="list-style-type: none"> • Learned a great deal from this session. • Very well presented. • Great coconut slice! • The information on food labelling. 	<ul style="list-style-type: none"> • N / A
Negotiating My Aged Care Rhee Duthie Client Services Manager Queensland and New South Wales Care Connect	<ul style="list-style-type: none"> • Very good, down to earth information. • Excellent presenter. • Clearly spoken. • That carers have access to support packages. • Most informative and practicable. • Explained differences to consider between the different aspects. 	<ul style="list-style-type: none"> • N / A

<p>Medicines: All you've ever wanted to know but never asked</p> <p>John Woodward Pharmacist Pharmacist For You</p>	<ul style="list-style-type: none"> The interaction between presenter and audience. 	<ul style="list-style-type: none"> N / A
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4.3.1 Follow-up actions

- Read labels and take more attention to the benefits and side effects of drugs.
- Be watchful about potential issues in what I eat.
- Try to include more food types without increasing total intake.
- Follow up on the startup process of 'My Age Care'.
- Explore "My Gov" website.
- Look into packages in My Aged Care for us both.
- Look for more physio intervention.
- Use podiatry services.
- See another doctor.
- GP information pack on PPS.

4.3.2 General Comments

- Good insight into polio support services and when and how to access services.
- Excellent Retreat with plenty of positive information.
- Very enjoyable, great start.

4.4 Day 3 Sessions – Polio Survivors

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<p>Cultivating Emotional Balance</p> <p>Dr Corey Jackson Psychologist / Trainer Equipoise Training</p>	<ul style="list-style-type: none"> The clarity and understanding of emotional problems. x2 Educational – train my brain to be positive and smile. x2 Good indepth discussion from good presenter. x2 Great session, took me to the next level. Discussion about PTS and depression. That we can all change our way of thinking by practice. Info on triggers for emotions and ways to change. Enabled me to gain inner perspective towards stability in my life. Enjoyed the conservation. Useful references provided for personal research, i.e. books and websites. Good follow on from morning session. Same people held the floor, hard to make a comment. 	<ul style="list-style-type: none"> More participant involvement would have stimulated more discussion.

Session	Most useful aspects	What other information would have liked
<p>But What About Me? – Exploring self-care strategies for wellbeing and quality of life</p> <p>Dr Pat Dorsett and Dr Sandra Woodbridge Senior Lecturers School of Human Services and Social Work Griffith University</p>	<ul style="list-style-type: none"> • Lots of fun and frivolity. x2 • Interesting listening to other people's desires and wants for the future. x2 • I was able to stop and think about me. • Little ways of identifying how one can help oneself to go forward in life. • When you are alone in the world, you try your best. • Discussion and group activities. • Realising I need to do more for myself. 	<ul style="list-style-type: none"> • Confirmed the path I was taking.
<p>Chair Yoga</p> <p>Myra Timmerman Yoga Teacher U3A Sunshine Coast</p>	<ul style="list-style-type: none"> • Excellent, useful and thorough. x4 • I can do it at my home. • Learning about how different parts of the body intermingle. • Found this new activity very beneficial to my mind, body. • Breathing and exercise were good. • Learned new moves and now all ready to do chair yoga. 	<ul style="list-style-type: none"> • N / A

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
<p>Cryptic Crosswords</p> <p>Gillian Thomas Vice President Polio Australia</p>	<ul style="list-style-type: none"> • Learning strategies. • Making your brain work. 	<ul style="list-style-type: none"> • N / A
<p>Feldenkrais: Learn to move mindfully, with greater ease and pleasure</p> <p>Robyn Lavery Movement Teacher Robyn Lavery Feldenkrais</p>	<ul style="list-style-type: none"> • Excellent presentation. x6 • The exercise was very good for moving ribs, neck, spine etc. x2 • All the exercises were good. x2 • Some new ways of gaining more movement. • Whole new way of thinking about movement and lessening impact on specific areas. • Good to be taken through a routine to familiarise us with the Feldenkrais discipline. • Great ideas for seated exercise. • The references on website handout great. • I may try some aspects in bed. • Hard for me as not much works, even seated. • I am a fan of Feldenkrais, for 22 plus years. • Movements were hard but will try some at home. • Will be able to do this at home. 	<ul style="list-style-type: none"> • N / A

<p>Canasta</p> <p>Mal Stewart Canasta Group U3A Sunshine Coast</p>	<ul style="list-style-type: none"> • Re-learning how to play the game and the fabulous company. • I love playing cards, very enjoyable. • Now know how to play this game. 	<ul style="list-style-type: none"> • N / A
<p>Write Your Story</p> <p>Jenny Riley Tutor U3A Sunshine Coast</p>	<ul style="list-style-type: none"> • Great workshop very interesting and informative. x3 • The handouts and comments were very useful. x3 • Very good clear and simple presentation. • Excellent information sheet. • Great timing as I want to write my story. • May activate me. 	<ul style="list-style-type: none"> • N / A

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
<p>Miniature Gardens</p> <p>Rachael Edwards Art Teacher Bright Brains Happy Hearts</p>	<ul style="list-style-type: none"> • We had a great time. • Creative display made by other participants. • Fun event, finding my creativity. • Finding out how much fun you can have with plants. • Really good fun. 	<ul style="list-style-type: none"> • N / A
<p>Kitchen Table Economics & Investing</p> <p>Damian Lillcrap Bare Naked Economist (Head of Investment Strategy, QSuper) and Graeme Mackenzie Retired CPA</p>	<ul style="list-style-type: none"> • Good session. • Very useful as most of us are retirees or preparing for retirement. • All generally useful. • Broad analysis and useful professional advice. • Great overview of the world economic situation. 	<ul style="list-style-type: none"> • Strategies for fund management investment.
<p>Live Love Life Colourfully</p> <p>Sarah Hutson Creative Owner SFH Designs and Sue Mackenzie Board Member Polio Australia</p>	<ul style="list-style-type: none"> • Great fun, laughter and enjoyment. x7 • Best session of all, laughter, friendships created amongst the group. x6 • Happiness was contagious. x3 • Good presenters, very patient and gracious. x2 • Everyone looked more radiant. • Someone doing for me what I can't do. • Fun enjoyment with makeup and clothing. x3 • Comfy clothes and where to buy them. 	<ul style="list-style-type: none"> • N / A

4.4.1 Follow-up actions

- Practice changing my way of thinking. x2
- More looking after me.
- Mindful and healthy mind.
- Will re-join singing Australia which I did enjoy before.
- Start writing stories. x3
- Learn more about chair yoga. x3
- Will learn more about Feldenkrais. x3
- Use my body differently by finding out more about Feldenkrais.
- Practice Feldenkrais in bed.
- Sign up for yoga classes and investigate Feldenkrais.
- Take better care of my skin care routine – it has to last all my life. x2
- Use blusher and eye shadow.
- Take more notice of my appearance (in a fun way).
- Check out some books on YouTube sites etc.
- Will read information being sent to me.
- Do more research.

4.4.2 General Comments

- Enjoyable day
- Good relaxing environment
- Really enjoyed the pass the parcel games at night, especially the polio one.
- Cultivating emotional balance was the most interesting for me.

4.5 Day 3 Sessions – Spouse/Carers

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Cultivating Emotional Balance Dr Corey Jackson Psychologist / Trainer Equipoise Training	<ul style="list-style-type: none"> • A further look at the power of the mind. • Easy to listen to. • Very informative. • Hard to understand as theoretical and scientific. 	<ul style="list-style-type: none"> • Maybe a few notes.

<p>But What About Me? – Exploring self-care strategies for wellbeing and quality of life</p> <p>Dr Pat Dorsett and Dr Sandra Woodbridge Senior Lecturers School of Human Services and Social Work Griffith University</p>	<ul style="list-style-type: none"> • Think more and do more for me. • Group participation, sharing experiences. • Really enjoyed the group interaction and range of discussions. 	<ul style="list-style-type: none"> • N / A
<p>Chair Yoga</p> <p>Myra Timmerman Yoga Teacher U3A Sunshine Coast</p>	<ul style="list-style-type: none"> • Presented in a clear way, excellent presenter. x2 • Very helpful. x2 • First introduction to yoga so a new experience. x2 • Great, found it helpful. • Seemed to cover everything. • Felt achy, sore and no energy before the session, but after felt much better with most of my pain gone. • Surprising how it all works. 	<ul style="list-style-type: none"> • Exercise sheets do practice later.

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
<p>Cryptic Crosswords</p> <p>Gillian Thomas Vice President Polio Australia</p>	<ul style="list-style-type: none"> • Finally learned the secret to solving these puzzles. • Had a ball. • First time ever – still puzzling. • Gillian is to be commended. 	<ul style="list-style-type: none"> • N/ A
<p>Feldenkrais: Learn to move mindfully, with greater ease and pleasure</p> <p>Robyn Lavery Movement Teacher Robyn Lavery Feldenkrais</p>	<ul style="list-style-type: none"> • Very good, progressive presenter, solid teaching, plenty of practice. • Could not have done more in one session. • Do not forget to exercise all of your body. • Do not let your skeleton freeze up. • Ease of movement without pain • Helpful notes handed out. 	<ul style="list-style-type: none"> • N / A
<p>Canasta</p> <p>Mal Stewart Canasta Group U3A Sunshine Coast</p>	<ul style="list-style-type: none"> • How to play. 	<ul style="list-style-type: none"> • N / A

<p>Partnering Polio</p> <p>Graeme Smith Husband of Polio Survivor</p>	<ul style="list-style-type: none"> Well-presented and very helpful. x2 The discussions between various carers / partners was very helpful. 	<ul style="list-style-type: none"> N / A
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4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
<p>Kitchen Table Economics & Investing</p> <p>Damian Lillicrap Bare Naked Economist (Head of Investment Strategy, QSuper) and Graeme Mackenzie Retired CPA</p>	<ul style="list-style-type: none"> Diversify investments. Be careful. Knowledgeable presenter on a good topic. Good look at the world of finance through the eyes of a working fund manager. 	<ul style="list-style-type: none"> N / A
<p>Live Love Life Colourfully</p> <p>Sarah Hutson Creative Owner SFH Designs and Sue Mackenzie Board Member Polio Australia</p>	<ul style="list-style-type: none"> Everyone had a wonderful, fun time. x3 Fantastic, interactive session. 	<ul style="list-style-type: none"> N / A

4.5.1 Follow-up actions

- Enhance the skeleton.
- Try and find more info on chair yoga or seated exercises.
- Will be looking for a Feldenkrais trainer.
- Do more cryptic crosswords as I now know the tricks.

4.5.2 General Comments

- Very pleased to have attended.
- Learned what you need to run a successful Retreat.
- Really enjoyed it.
- Every day was a learning curve.

4.6 Day 4 Sessions – Polio Survivors

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<p>Philosophy, science and World religions</p> <p>Joanna Teazis Coordinator Sunshine Coast Lodge The Theosophical Society</p>	<ul style="list-style-type: none"> • Small group interaction was positive. • Group direction was good. • Interesting, made the old grey matter come alive. 	<ul style="list-style-type: none"> • N / A
<p>Introduction to Buddhism</p> <p>Venerable Tony Beaumont Chenrezig Institute</p>	<ul style="list-style-type: none"> • Excellent exposition of Buddhism. x4 • Excellent and very informative x2 • More knowledge base about Buddhism and happiness. Great session. • Very peaceful, lovely presenter. • Authentic presenter with valuable conversation on our life's journey. 	<ul style="list-style-type: none"> • N / A
<p>Finding God in Christianity</p> <p>Jill Pickering Volunteer Polio Australia</p>	<ul style="list-style-type: none"> • Very informal, really enjoyed the session. x2 • The sharing of people's spiritual lives was so valuable. x2 • The "circle" format worked well. • Good we all contributed. • The group interaction was good, thanks. • Sharing was excellent; really excellent session. 	<ul style="list-style-type: none"> • N / A

4.6.1 Follow-up actions

- Will delve into Buddhism further. x3
- Own philosophy confirmed.
- Will continue my spiritual journey.
- Buy some more books and learn as much as I can.

4.7 Day 4 Sessions – Spouse/Carers

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Philosophy, science and World religions Joanna Teazis Coordinator Sunshine Coast Lodge The Theosophical Society	<ul style="list-style-type: none"> • Different ways of looking at things. 	<ul style="list-style-type: none"> • N / A
Introduction to Buddhism Venerable Tony Beaumont Chenrezig Institute	<ul style="list-style-type: none"> • An insight to a different faith. • Interesting. x2 	<ul style="list-style-type: none"> • N / A
Finding God in Christianity Jill Pickering Volunteer Polio Australia	<ul style="list-style-type: none"> • Sharing of ideas and the opening up of people's heart felt thoughts. 	<ul style="list-style-type: none"> • N / A

4.7.1 Follow-up actions

- Look into differing religions in Australia.

4.8 Booked Sessions – Polio Survivors

Which sessions did you attend?

Session	Most useful aspects
Nurse Consultation with Peter Lysaught	<ul style="list-style-type: none"> • Really helpful consultation with Peter, will be trying his samples. • 20 mins with Peter Lysaught was very helpful for my situation.
Exercise Physiology Consultation with Paul Cavendish	<ul style="list-style-type: none"> • Excellent consultation, explained what I needed to know.
Mobility Consultation with Gail Pitt	<ul style="list-style-type: none"> • Excellent consultation, explained what I needed to know. x5 • That I need to research my bone, muscle and cartilage issues more. • Excellent new idea to explore that may be helpful.
Physiotherapy Consultation with Anthony Nakhle	<ul style="list-style-type: none"> • Great to have the one on one access to help my specific needs x2 • Very informative clinic.

Respiratory Health Consultation with Kate Taylor	<ul style="list-style-type: none"> • Running a bit short of breath sometimes – happy to hear all good and given exercises maintain. • Referral to OT and pharmacy for polio maintenance. • Reassuring. • Excellent consultation, explained what I needed to know. x5
Dysphagia and Dysphonia Consultation with Pippa Clarke	<ul style="list-style-type: none"> • Very informative, helpful and answered my queries. x3 • Excellent consultation, Good advice and explained what I needed to know. x2 • All good

4.8.1 Booked Sessions Follow-up actions

- Follow up further assessments suggested. x2
- Looking deeper at LPE.
- Increase exercise.
- Visit rehabilitation program at Nambour.
- Have some graphs to take to my GP.
- Will ask my GP to do a scan on my hip and a bone density test.
- Will consult an ENT specialist.

4.9 General Feedback

Polio Survivors:

- Exceptionally well organized Retreat, thanks so much. x10
- Excellent Retreat, learned a great deal, had fun. x5
- Staff very friendly, always had a greeting and very helpful. x5
- All good information, got heaps at the Retreat. x4
- Nice to meet so many very nice people. x3
- Socialising with everyone is the highlight of my time.
- Well worth the trip from NZ.
- Grateful for the opportunity to attend.
- The very best part to me every time is the time spent meeting and talking together over meals, and cuppas and group activities.
- Lovely meeting people and mixing with other polios, sharing tips and stories and learning how to cope with decline in a positive way.
- Wonderful to see younger 'presenters', think we were all in good hands with the younger ones carrying the knowledge learnt here well into the future.
- Thanks for all the hard work that goes into preparation and running these events.
- Polio Perspectives is excellent.
- Would have liked to hear how to access services after 65 when disability services no longer provide them. Am self-funded retiree.

Spouse / Carers:

- Good venue, pleasant weather, most presenters top class.
- Thanks Mary-ann and the staff, you all did a wonderful job.
- I have enjoyed this Retreat very much.
- The friendships and fellowship has been great.
- I have learned some things that might help me.

4.9.1 How did you find out about this Retreat

- Attended previous Retreat 21
- PA website 2
- Polio Oz News 7
- Spinal Life Australia 6
- Other State Polio Network 7
- Word of mouth 3
- Other 2

4.9.2 Facility

1 = Below standard to 5 = Excellent	1	2	3	4	5
Standard of Venue	0	0	2	17	16
Standard of Room Accommodation	0	3	13	13	6
Standard of Meals	0	3	4	11	16
Met any special requirements	0			6	20

4.9.3 Organisation


1 = Below standard to 5 = Excellent	1	2	3	4	5
Organisational Standard	0	0	1	3	30
Standard of Retreat entertainment	6	6	5	6	9



4.9.4 Future Retreats




Would you recommend this type of Polio Health and Wellness Retreat to others?			Would you attend another Polio Health and Wellness Retreat in future?		
Yes	Unsure	No	Yes	Unsure	No
33	3	0	29	5	0



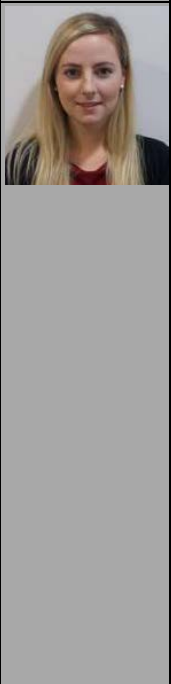
5. Presenters (in order of presentation)

Thursday 26 October 2017

	<p style="text-align: center;">Welcome</p> <p style="text-align: center;">Dr John Tierney OAM President and National Patron Polio Australia john@polioaustralia.org.au www.polioaustralia.org.au</p>	<p>John retired in May 2011 after six years as a Partner at Government Relations Australia Advisory and 14 years of distinguished service in the Australian Parliament, where he served as Senator for NSW. In his former role, John provided strategic advice on government matters to corporate clients across a wide range of industries at both a Federal and state level in NSW. Additionally John undertook pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>During his time in Parliament, John was a Parliamentary Secretary to the Deputy Leader in the Senate and Parliamentary Secretary for Communications, Information Technology and the Arts.</p> <p>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/ICT, Transport, Health and Welfare issues.</p> <p>Prior to entering Parliament, John was a Senior Lecturer in Education at the University of Newcastle until 1991 and Chairman of St. Philips Christian College where he is still Patron. John holds the degrees of PhD and MEd in Education and a Bachelor of Economics (Sydney University and Newcastle University).</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): <i>For service to the Parliament of Australia, to education, and to the community.</i></p>
	<p style="text-align: center;">Welcome</p> <p style="text-align: center;"><i>and</i></p> <p style="text-align: center;">Cryptic Crosswords</p> <p style="text-align: center;">Gillian Thomas Vice President Polio Australia Ph: 02 8003 6308 gillian@polioaustralia.org.au www.polioaustralia.org.au</p>	<p>For almost 30 years Gillian has worked for Polio NSW Inc on a voluntary basis. She 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. From 1989 until 2011 she was also the sole Editor of the Network's highly regarded quarterly newsletter <i>Network News</i> (80 issues published to 2011).</p> <p>In 2002 Gillian was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of her work for polio survivors, while in 2004 she was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 she was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for her outstanding service to polio survivors and the community. Gillian passionately believes in the need for a national voice for polio survivors and her efforts in this regard 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 she was elected its inaugural President.</p>

	<p style="text-align: center;">Guest Speaker</p> <p>Paul Constable-Calcott Disability Services Worker and Artist</p>	<p>Paul Constable-Calcott's career in Indigenous disabilities services has seen him work throughout Australia and travel to the United Nations in Geneva.</p> <p>Paul contracted polio when he was 18 months old. The disease left him reliant on a cane for walking. It also changed his life for the better, inspiring him to help others.</p> <p><i>"It's led me on an incredible journey; I wouldn't be who I am today without it. I've always been a bit of a big mouth - a bit of an advocate - so I think I grew up and it became a passion to make sure things were done the right way."</i></p> <p>After graduating from high school in the 1970s, Paul got a job in disability services. Initially he worked with non-Indigenous people but for the last 10 years he has been able to provide disability services to his "own mob".</p>
	<p style="text-align: center;">Program Overview <i>and</i> Guided Deep Relaxation</p> <p>Maryann Liethof National Program Manager Polio Australia Ph: 03 9016 7678 maryann@polioaustralia.org.au www.poliohealth.org.au</p>	<p>Maryann 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. She 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.</p> <p>In 2008, Maryann 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, she 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, she 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 subsequent Retreats across Australia.</p> <p>Maryann has since given presentations on Polio Australia's 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). In 2016, she realised a career goal by organising the Australasia-Pacific Post-Polio Conference in Sydney.</p>

	<p style="text-align: center;">The Polio Body</p> <p style="text-align: center;">Dr Neala Milburn Rehabilitation Physician</p> <p>Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 and Noosa Private Hospital www.ramsayhealth.com</p> <p style="text-align: center;">and</p> <p>Sunshine Coast University Hospital www.health.qld.gov.au/scuhospital</p>	<p>Dr Neala Milburn works in private practice on the Sunshine Coast across both Nambour Selangor (intensive inpatient rehabilitation admissions and day rehabilitation) and Noosa Private Hospitals (Day Rehabilitation). She also has a public appointment at The Sunshine Coast University Hospital, Birtinya.</p> <p>Dr Milburn obtained her medical degree as an inaugural graduate of the Griffith University School of Medicine in 2008. She completed her specialist training across numerous Hospitals in South East Queensland, but has been largely invested in practice on the Sunshine Coast for the majority of this time.</p> <p>Dr Milburn has a special interest in the rehabilitation of patients with acquired brain injuries, spinal cord injuries and those with limb amputations. She is particularly passionate about caring for those with neurological diseases (e.g. polio, stroke, Multiple Sclerosis) and rehabilitation in the younger, working-aged patient as well as the older adult. Dr Milburn also treats patients following joint replacement surgery, fractures or trauma and those who are deconditioned from long illnesses.</p>
	<p style="text-align: center;">'Hold On' Continence Advice</p> <p style="text-align: center;"><i>and</i></p> <p style="text-align: center;">Consultations</p> <p style="text-align: center;">Peter Lysaught Registered Nurse Allied Health Services Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>With a degree in Nursing and post-graduate qualifications in Health Promotion, Peter has worked as a Registered Nurse for more than 20 years. In this time, Peter has worked as both an acute hospital nurse and a community nurse.</p> <p>15 years ago, Peter worked as a volunteer nurse in a developing country. This experience shaped his view of his job and he uses that experience every day.</p> <p>Peter has worked with Spinal Life Australia for the last 8 years. His role has seen him work with clients on continence, skin and wound management. This includes a recent client who had significant wounds but is now able to maintain a normal daily life with the support of Peter and informed family members.</p>
	<p style="text-align: center;">A Healthy Happy Shoulder</p> <p style="text-align: center;"><i>and</i></p> <p style="text-align: center;">Consultations</p> <p style="text-align: center;">Anthony Nakhle Practice Physiotherapist Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>Anthony gained his qualifications as a physiotherapist at the University of Toronto. Since then Anthony has gained a wealth of experience in the field.</p> <p>His specialised internships were in spinal cord rehabilitation and acute (newly diagnosed) neurological ICU. He has since worked in outpatient care, and at the Bridgepoint Health Rehabilitation Hospital in Toronto, and Prince of Wales Hospital in Sydney, where he has worked in:</p> <ul style="list-style-type: none"> • spinal cord injury rehabilitation; • complex neurological rehabilitation; • nerve damage, neuropathy; • stroke rehabilitation, and more. <p>Anthony aims to provide comfort and safety, and uses his experience, skill and passion while helping every client to achieve their goals.</p>

	<p>Keeping Yourself Mobile</p> <p><i>and</i></p> <p>Consultations</p> <p>Gail Pitt Physiotherapist Allied Health Services Spinal Life Australia Freecall: 1300 774 625 www.spinal.com.au</p>	<p>Gail completed her Bachelor of Physiotherapy at the University of Queensland. She has since worked in a diverse array of positions in the field.</p> <p>She has been the Physiotherapist in Charge at the Princess Alexandra Hospital in Brisbane. She has also operated a private practice at Orthopaedics North West Hospital. Gail has been at Spinal Life Australia working for the Allied Health Services area for the last 8 years.</p> <p>A mother of 4 and grandmother of twins, Gail's work is around ensuring the best long-term outcomes for her clients. One recent client, a lawyer, was pushing a manual wheel chair through the CBD, up and down steep inclines. Gail worked with the client to access Power Assist options and has significantly reduced their chance of injury.</p>
	<p>Respiratory Health Consultations</p> <p>Kate Taylor Respiratory Physiotherapist Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 www.ramsayhealth.com</p>	<p>Kate is a physiotherapist and team leader at Allied Health Noosa Hospital. She studied physiotherapy at the University of Queensland and has primarily worked in rehabilitation in both North and South East Queensland for the past 13 years.</p> <p>Kate enjoys working with a wide range of clients and clinical presentations including acute and chronic neurological conditions such as stroke and traumatic brain injury, amputees, and musculoskeletal conditions, including chronic pain presentation. Kate especially enjoys educating patients and empowering them with the knowledge and ability to directly improve their quality of life.</p>
	<p>Dysphagia and Dysphonia Consultations</p> <p>Pippa Chalke Speech Pathologist Nambour Selangor Hospital Ph: 07 5459 7455 and Noosa Private Hospital Ph: 07 5455 9224 www.ramsayhealth.com</p>	<p>Pippa works as a speech pathologist on the Sunshine Coast across both Nambour Selangor Private Hospital and Noosa Hospital. She provides individualised assessment, management and treatment across the areas of swallowing, speech, language, voice and fluency for a range of acquired and degenerative conditions. In the hospitals, she sees people who have suffered strokes, neurological disorders, brain injury and throat cancer.</p> <p>Pippa commenced her career in Western Australia, graduating with a Bachelor of Science in Speech Pathology from Curtin University in 2014. She has experience working as a multidisciplinary team member and sole practitioner in the areas of inpatient, outpatient, and community care.</p> <p>Pippa is passionate about her work and aims to maximise the quality of life of her patients through managing, maintaining and rehabilitating disorders of swallowing and communication.</p>



Spinal Life Stand

Brisbane office

109 Logan Road
Woolloongabba Qld

Townsville office

488 Ross River Road
Cranbrook Qld

Cairns office

Unit 1, 325-327 Sheridan St
North Cairns Qld

National: 1300 774 625
www.spinal.com.au

Spinal Life Australia is one of Queensland’s leading providers of advocacy, therapy and supports for people with spinal cord injuries.

This places them in a unique position to offer their specialist expertise and knowledge to also support people with other physical disabilities and injuries that affect their ability to enjoy their lifestyle of choice.

Through providing high quality support, Spinal Life Australia clients live independently at home, maintain their personal and social networks, and enjoy a better quality of life.



Noosa Hospital & Nambour Selangor Hospital Stand

Noosa Hospital

111 Goodchap Street
Noosaville Qld
Ph: 07 5455 9224

Nambour Selangor Hospital

62 Netherton St
Nambour Qld
Ph: 07 5459 7455

www.ramsayhealth.com

Both Noosa Hospital and Nambour Selangor Private Hospital offer a range of rehabilitation and medical services on the Sunshine Coast as part of Ramsay Healthcare.

Rehabilitation services include inpatient programs and day programs for neurological, reconditioning, orthopaedic and pain management clients.

They provide excellence in multidisciplinary patient focused care to assist in recovery after illness or surgery. They aim to help each patient optimise their health and independence.

Mobility Equipment Display




John Barker
Manager
Scooters Australia
Chermside
Ph: 07 3350 5522

National: 1300 884 880
www.scootersaus.com.au


Scooters Australia was established in 1992 in Melbourne and Sydney and has since grown to have a presence in all states. They operate through both company-owned stores and licensed dealerships. They both import products themselves, and act as distributors for other manufacturers.

Over the time they have been in the aged care mobility industry, they have slowly reduced the range of products to those in which they have confidence, particularly in the area of reliability.

	<p>To Brace or Not To Brace</p> <p>Hannah Graham Orthotist Orthotic Solutions Ph: 1300 423 338 info@orthoticsolutions.com.au www.orthoticsolutions.com.au</p>	<p>Information not available.</p> <p><i>(Hannah was a last minute replacement for Clint Neilson, Director of Orthotic Solutions.)</i></p>
	<p>Healthy Eating For The Not-So-Active</p> <p><i>and</i></p> <p>Optimising Nutrition and Anti-Inflammatory Foods</p> <p>Jody Pollard Dietitian Total Nutrition Dietitian Mobile: 0402 225 732 www.facebook.com/TotalNutritionDietitian/</p>	<p>Jody is an Accredited Practising Dietitian and Nutritionist, and a member of the Dietitians Association of Australia (DAA). Jody has a passion for food, nutrition and a healthy lifestyle. Her professional, holistic approach has enabled the opportunity to introduce and support the welcomed changes in the lives of many clients. Jody has personal and professional experience in many areas of health and nutrition, including Medical Nutrition Therapy. Jody delivers positive health outcomes, using latest evidence-based practice with an empathetic, non-judgemental, open mind.</p> <p>Jody currently offers in home consultations on the Sunshine Coast and is the resident Dietitian at Resolve Fitness Caloundra, offering dietetic consultations and regular recipe demonstrations.</p> <p>In her spare time, Jody has a passion for community service, including as a current volunteer for the Pyjamas Foundation, as well as other community organisations. She also has fond memories of her time coordinating a team to plan and prepare meals for the families staying at The Ronald McDonald House.</p> <p>Jody embraces the Sunshine Coast Lifestyle, enjoying regular yoga, squash, markets, hinterland walks, beach and stand up paddle boarding.</p>
	<p>New Insights, Innovation And Information In Treating Common Foot Problems</p> <p>Maria Zauner Podiatrist and Founder Suncoast Podiatry Ph: 07 5474 4070 suncoastpodiatry@hotmail.com www.suncoastpodiatry.com.au</p>	<p>Maria is the founder of Suncoast Podiatry and a specialist in biomechanical correction and meticulous nail and skin care. Maria is trained in Western Medical Acupuncture and foot mobilisation techniques (FMT) and is also credentialed as a Diabetic Educator.</p>
	<p>Medicines: All you've ever wanted to know but never asked</p> <p>John Woodward Pharmacist Pharmacist For You info@pharmacistforyou.com.au www.pharmacistforyou.com.au</p>	<p>John is an advanced practice pharmacist, specialising in geriatric and general medicine pharmacy. He practises as a clinician in general medical practices and in community pharmacy on the Sunshine Coast. He is a Steering Committee member of the <i>Queensland Statewide Older Person's Health Clinical Network</i>. He is Deputy Chairperson of Sundale Ltd and a non-executive director of <i>Central Queensland Wide Bay Sunshine Coast Primary Health Network</i>.</p>

	<p>Negotiating My Aged Care</p> <p>Rhee Duthie Client Services Manager Queensland and New South Wales Care Connect Ph; 1800 692 464 www.careconnect.org.au</p>	<p>Rhee has a Bachelor of Social Sciences and a Post Graduate (Masters) in Health Science – Mental Health Development. She also has over 25 years’ experience in Human Services with a background in a wide range of services across government and the non-profit sector, including emergency response, youth, mental health, older people and families.</p> <p>After living in New Zealand and Canada, Rhee settled in Australia and has worked in a range of roles with the Red Cross, Medicare Local, headspace, City Council, and as a consultant across a range of development and social projects. She has also worked as a partnership broker – seeking ways for people to work together on community matters.</p> <p>Rhee has extensive experience in working with people with challenging lives especially following traumatic events, reinforcing the need for, and the development of, supports for all those impacted by health or social issues. This has led her to see a particular need for informed navigation through complex systems such as My Aged Care and NDIS.</p>
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Saturday 28 October 2017

	<p>Investigating The Healthy Mind</p> <p style="text-align: center;"><i>and</i></p> <p>Cultivating Emotional Balance</p> <p>Dr Corey Jackson Psychologist/Trainer Equipoise Training corey@equipoise.com.au https://equipoise.com.au</p>	<p>Corey is passionate about using ancient practice and understanding in a thoroughly modern, user-friendly context. He has a BA in Psychology and Sanskrit from Sydney University and works as a Tibet-English translator of Buddhist practice and philosophy. As a leading trainer of the peer reviewed <i>Cultivating Emotional Balance</i>, he regularly runs workshops for organisations and individuals around Australia.</p> <p>Recently, Corey has been giving emotional literacy and attention training to support the team at Hummingbird House Children’s Hospice and paramedic students at the University of the Sunshine Coast. Previously, he was also a tutor in Attention and Creativity at the National Institute of Dramatic Arts (NIDA) and offered Emotional Skills training for Greenpeace Asia Pacific.</p> <p>With a diverse background, Corey is in a unique position to combine contemplative and scientific approaches for mental health and wellbeing. At home with both ancient and modern practices, he is known for clear and realistic presentations of authentic, well-researched techniques that are simple to implement.</p>
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But What About Me?

Dr Pat Dorsett

and

Dr Sandra Woodbridge

Senior Lecturers

School of Human Services and

Social Work

Griffith University

Ph: 1800 677 728

www.remarkablegriffith.com.au



Dr Pat Dorsett has been Senior Lecturer at the School of Human Services and Social Work at Griffith University since January 2006. Prior to this, Pat was a social work practitioner for almost thirty years, gaining extensive social work experience that spans a number of fields including health, disability, rehabilitation, and child welfare. Her research interests include adjustment and coping with severe acquired disability, and rehabilitation including community based rehabilitation. Pat has presented widely at national and international conferences about the care and support needs of people with spinal cord injury in the community and publishes in her research fields. In her spare time, Pat enjoys gardening, bushwalking and reading a good book.

Dr Sandra Woodbridge has worked in the School of Human Services and Social Work at Griffith University for over 16 years and has taught at both post-graduate and undergraduate levels. Sandra feels privileged to have this opportunity and takes great delight in being part of a student's journey from first year student to experienced Human Service professionals.

Sandra's area of practice, teaching and research focuses on older people, especially those living in the community and the organisations that support them. Her PhD explored the relationships that grandparents have with their grandchild when the grandchild has a disability.

Recent research and consultancy projects include the planning and development of housing choices such as retirement villages and Over 50's Resorts, life-long learning and use of technology. Sandra is President of a medium sized Not for Profit organisation that provides care to older people in their homes and is Past President of the Qld Division of the Australian Association of Gerontology.



Chair Yoga

Myra Timmerman

Yoga Teacher

U3A Sunshine Coast

Ph: 07 5430 1123

u3ascu@usc.edu.au





www.u3asunshine.org.au


Training for Yoga began in 1980 when Myra moved to Montville and met this wonderful Yoga Teacher, Elsa Rabold, who taught until she was 93 years old. She said "*you should be a teacher*" and so the journey began.

Myra received her Certificate from the IYTA (International Yoga Teachers Association) and continues to learn the benefits of this wonderful system.

It is her passion, along with nature, Tai Chi and Meditation, to share her understanding with everyone. For the last 15 years she has been a volunteer teacher for U3A, which she finds very satisfying, and conducts 5 classes per week with some classes over 100 people.

At 82 years old, Myra realises the benefits for everyone, no matter what condition, by understanding how the mind and the breath can bring harmony and balance into each person's life.

	<p>Feldenkrais: Learn to move mindfully, with greater ease and pleasure</p> <p>Robyn Lavery Movement Teacher Robyn Lavery Feldenkrais Mob: 0429 323 931 feldenkrais@robynlavery.com.au www.robynlavery.com.au</p>	<p>Robyn attended her first Feldenkrais lesson in the early 1990s and was totally mystified as to how it worked, but knew that she always felt better afterwards – more relaxed. And her movements felt easier. Robyn continued to explore the Method and gradually came to develop some body awareness and to feel more connected to her body. This was very exciting and led her to do her own professional training. Over the years of this training, her posture changed dramatically, as did her co-ordination, flexibility, balance and breathing.</p> <p>Robyn loves sharing her passion for Feldenkrais through group presentations as well as in her private practice through one-on-one sessions (Functional Integration) or group classes (Awareness through Movement).</p>
	<p>Learn Canasta</p> <p>Mal Stewart Canasta Group U3A Sunshine Coast Ph: 07 5430 1123 u3ascu@usc.edu.au www.u3asunshine.org.au</p>	<p>Mal's first experience with Canasta was as an 18 year old. However, it wasn't until he retired and joined U3A Sunshine Coast that his interest was renewed.</p> <p>A group of friends now plays a twice a month with the Canasta group which meets at U3A Sunshine Coast lecture room on the University of the Sunshine Coast Campus.</p> <p>Players range from outright beginners to the more experienced and everyone is welcomed and catered for.</p>
	<p>Write Your Story</p> <p>Jenny Riley Tutor U3A Sunshine Coast Ph: 07 5430 1123 u3ascu@usc.edu.au www.u3asunshine.org.au</p>	<p>Many years ago Jenny worked as a nurse/midwife, and her training started in an Orthopaedic Hospital. At that time polio, or as they had to call it APM (Anterior Poliomyelitis), was one of the main causes for being a patient there. It taught the trainees all about care but also the admiration and satisfaction of seeing how their patients progressed.</p> <p>Later, being interested in writing, Jenny took several courses in learning how to write stories and found it really worthwhile. In 2000 she joined U3A Sunshine Coast and started teaching how to write. She wrote two courses which are still used by U3A Online and for the first five years she mentored them. These courses have also been used locally and are successful.</p> <p>Things have changed enormously over the years and most people agree that we know little of our parent's generation. This made her think about writing a life story and so she started writing hers. Then the classes happened and she was convinced. We all have a story to tell. It need not be published but your family would thank you for writing about your life.</p>
	<p>Miniature Gardens</p> <p>Rachael Edwards teaandcakerach@gmail.com www.brightbrainshappyhearts.com</p>	<p>In her spare time Rachael loves creating and making, days on the beach, camping and adventuring, travel, growing goodies in her garden and spending time with friends and family. Her qualifications include:</p> <ul style="list-style-type: none"> • Registered teacher with the Queensland College of Teachers • Bachelor of Primary Education majoring in Visual Art from The University of Technology, Sydney • Local teacher for 10 years teaching from grade 1-6 • Teacher in New South Wales for 4 years • Currently studying a Diploma in Art Therapy

 	<p>Kitchen Table Economics & Investing</p> <p>Damian Lillicrap Bare Naked Economist <i>(Head of Investment Strategy, QSuper)</i> www.barenakedeconomist.com</p> <p>and</p> <p>Graeme Mackenzie Retired CPA</p>	<p>Damian is Head of Investment Strategy at QSuper, one of the largest Superannuation (Pension) funds in Australia. The team he leads is responsible for setting the investment strategy for over \$60 billion worth of investments.</p> <p>Why Bare Naked Economist? Because he is not formally an economist, he is nude one economics degree. Damian started life as a Chemical Engineer; he also studied accounting and qualified as a Certified Practising Accountant (CPA). However, if you can learn by osmosis, then a lump of wood should have absorbed a PhD's worth of learning given the weight of economic discussions that he has been involved in via managing money over the years. But still, no degree. Nude.</p> <p>Damian's aim is to strip back the jargon from economics and to present the concepts in simple everyday language. He doesn't want to simplify the concepts, just the communication.</p> <p>Graeme has a Bachelor of Commerce and is now retired from a 40 year career as a CPA. He also completed exams for the Financial Planning qualification.</p> <p>Prior to his retirement, Graeme served on BHP's Superannuation Policy Committee for 4 years until 2010, and was a Director of Queensland Nickel's Superannuation Board for 4 years prior to that. He was also Senior Auditor for BHP for 4 years to 2010.</p>
	<p>Live Love Life Colourfully</p> <p>Sarah Hutson Creative Owner SFH Designs sales@sfhdesigns.com.au www.sfhdesigns.com.au</p> <p>and</p> <p>Sue Mackenzie Board Member Polio Australia</p>	<p>Sarah: SFH Designs was launched in July 2013 by Brisbane based Fashion Stylist Sarah Hutson, whose love for colour inspired her very own brand. SFH Designs allows Sarah to keep learning, creating and being inspired by her colourful lifestyle, and love for fashion styling, quality skincare and makeup artistry.</p> <p>Sue has Diplomas in Teaching and Interior Design (Melbourne), and her experience includes extensive training and sales in the Skincare and Cosmetics industry. She also owned two retail stores selling Fashion and Homewares.</p> <p>In addition, Sue managed Qld SatelliteTV (Channel Ten) and set up Pay TV Operation Mt Isa.</p>

	<p style="text-align: center;">The Healthy Spirit</p> <p style="text-align: center;"><i>and</i></p> <p style="text-align: center;">Philosophy, Science and World Religions</p> <p style="text-align: center;">Joanna Teazis Coordinator Sunshine Coast Lodge The Theosophical Society www.sunshinecoast.theosophyqld.org.au</p>	<p>Joanna came from Melbourne in 1994, having fought the government on school closures. Suffering from this experience, she investigated a range of spirituality: from life after death, to near death experience, hypnosis, the power of positive thinking, God or a higher power – these are all forms of spirituality she has studied.</p> <p>Joanna's interest in Theosophy commenced in around 1997 and she has experienced different roles on the Society's committee from president to organising charity functions. Service is something she like to focus on as she feels there is no growth without service. The freedom of thought and the 3 objects of the Theosophical Society say it all for her.</p>
	<p style="text-align: center;">Introduction to Buddhism</p> <p style="text-align: center;">Venerable Tony Beaumont Chenrezig Institute www.chenrezig.com.au</p>	<p>Tony Beaumont was born in Melbourne in 1951 and made contact with Buddhism in India and Nepal while travelling in Asia with his girlfriend in 1975-1977. Upon returning to Australia, he trained and worked as a psychiatric nurse.</p> <p>During most of the 1980's, Tony lived at Chenrezig Institute in the Sunshine Coast hinterland. In 1991, Tony ordained as a Buddhist monk and since then has lived mainly in Buddhist monasteries and centres during which time he has been a teacher of Buddhism in Buddhist centres and in the community where he has also been involved in prison chaplaincy. Since 2014, Tony has been based back at Chenrezig Institute.</p>
	<p style="text-align: center;">Finding God in Christianity</p> <p style="text-align: center;">Jill Pickering Volunteer Polio Australia jill@polioaustralia.org.au</p>	<p>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.</p> <p>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.</p> <p>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.</p>

6. Participant Experience: Julia Volkmar

Thank you for the wonderful experience of the Polio Australia Health and Wellness Retreat over this past weekend. When I saw an email with one vacancy left for a female share room, my subconscious decided for me. As it turned out, my roommate was Sandra from near Cairns who I'd met but not known before. It was a mutually delightful pairing and sharing.

Hallowe'en weekend was my 65th anniversary of polio, my reason for coming. I was 14 then and lived in a town near the capital of Ohio, Columbus. After two days of increasing illness then unsuccessful raps on my knees by my doctor, I was whisked off by ambulance to Children's Hospital in Columbus. My brother, then seven years old, told me recently how disappointed he was that the ambulance/hearse did not have its sirens going! But I'll never forget its flashing red lights as it raced the miles to the hospital - they replay in my mind as I write. In hospital I lay in foetal position for the spinal tap that confirmed my doctor's assessment – POLIO. It must have been a Tuesday as the hospital intercom began preliminary reports of Dwight D Eisenhower's presidential election results. And so it began.

I had two concerns about attending the Retreat: 1) whether I could actually get on and off the airport shuttle up the coast from Brisbane airport to Marcoola without damaging injured muscles, and 2) whether I would collapse in overwhelming compassion, recognition and grief when meeting 58 other 'polio people'. For the first, there were actually *two separate vehicles each way* between the airport and the resort but no lasting damage. And the second concern simply did not happen. Compassion, yes. Recognition, absolutely. Grief, never. Everyone was so inspiring, so interesting, so welcoming. My overriding memory is how much others struggled as tiny children, hearing what many went through, seeing how beautiful they are, and acknowledging how very fortunate I am.

Paul Constable-Calcott was extraordinary and a marvellous beginning! He obviously inspired me at some deep level because these two small watercolours I did on Saturday morning came out with similar themes! (See *bottom of page*.)

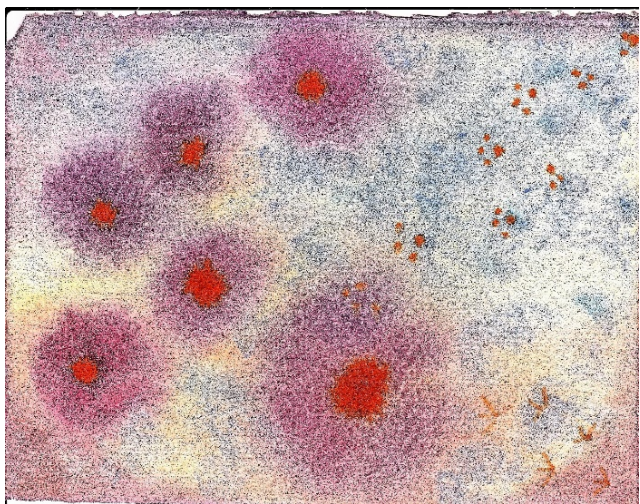
Dr Neala Milburn was excellent, comprehensive and understandable, and I'd love to have a copy of her talk. The Mobility session was useful for my own question about walkers but especially for the insight it gave me into the concerns and battles of others more severely affected. My Physio consultation was useful although we had to touch very generally in the session and Healthy Eating reminded me of what I know and aim to practice but also emphasised the need to check product ingredients to avoid nasties, which I will. Negotiating My Aged Care by Rhee Duthie was brilliant. She's an exceptional presenter with a wonderful manner and highly knowledgeable. This session speeds my quest to see where I stand – or rather, wheelie-walk! The film Immortal Life of Henrietta Lacks was astonishing, important, disturbing and very powerful. I will now read the book, thank you! And we're only half through the weekend!

Investigating the Healthy Mind by Corey Jackson and his follow up session were high on my list to attend and they did not disappoint. I'm working with a counsellor on these issues right now and have some basic understanding but I feel more confident now and will persevere. I missed part of Write Your Story but the excellent handout is a fine resource. I do a lot of writing - journals, reflection, letters and local history - and found the notes more generally applicable. Live Love Life Colourfully was a hoot! Helpful and just plain fun, lots of laughter!

Spirit, the opening session on Sunday, was intriguing, a lively bundle of personal experiences of all things spiritual! Introduction to Buddhism fed my long-term interest and will be followed up by meditation practice at the Buddhist Centre in Cairns and/or on my own.

And so I thank you for that marvellous opportunity to learn among such wonderful people, to share questions and experiences, to evaluate my own responses, feelings, needs and strengths. I come away with the knowledge that while polio has most certainly shaped me, it does not define me.

I am **also deeply grateful for the extremely low cost** of the event. I wonder if we attendees paid even one tenth of the actual cost? And Maryann, I absolutely love the Cambodian bag. I did from the moment I saw it on Thursday? However it happened that I have it, be assured that I treasure it!



Journeys



Spiral Journey