

Polio Health and Wellness Retreat Body / Mind / Spirit Program

A joint activity offered by Post-Polio Network (NSW) Inc and Polio Australia Inc

Thursday 15, Friday 16, Saturday 17 & Sunday 18 April 2010

at

St Joseph's Baulkham Hills
Centre for Reflective Living
64 MacKillop Drive Baulkham Hills NSW 2153
Website: www.stjosephscentre.org.au

Thursday 15 April

Time	Activity	Facilitator
2.00 to 5.30pm	Registration, room allocation and facility orientation	
6.00 to 7.00pm	Dinner (BYO wine)	
7.15pm	Welcome	Gillian Thomas <i>President, Polio Australia & PPN</i> and Neil von Schill <i>Treasurer, Polio Aust & Secretary, PPN</i>
7.25pm	Guest Speaker – My Warm Springs Experience	Dr John Tierney <i>Member, PPN Management Committee</i>
7.45pm	Program Overview	Mary-ann Liethof <i>National Program Manager, PA</i>
8.00pm	Participant Introductions	Mary-ann Liethof
8.25pm	Brief Announcements	Mary-ann Liethof
8.30pm	Relax & Mingle	
8.30 to 10.30pm	Warm Springs Movie	

Friday 16 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)
7.00 to 9.00am	Breakfast		<i>No preference</i>
9.15 to 10.00am	Guest Speaker – The Polio Body	Melissa McConaghy <i>Physiotherapist, Mobile Rehab Innovations & Advance Rehab Centre (MRI&ARC), St Leonards, NSW</i>	<i>No preference</i>
10.00 to 10.25am	Morning tea		<i>No preference</i>
10.30am to 12.00pm	All about scooters: <ul style="list-style-type: none"> • The selection process • Getting the scooter fitted to meet your needs • Safety in the community • Practical try-outs <i>1 hr session / ½ hr try-outs</i>	Vicky Fowler <i>Hurstville Store Manager Scooters Australia</i>	
	Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column		

Friday 16 April (cont'd) 10.30am to 12.00pm (cont'd)	Practical exercise session for people with limited mobility	Melissa McConaghy <i>Physiotherapist, MRI&ARC</i>	
	Choices for people with breathing problems: discussion and display of various ventilation equipment	Sherrill Burden, <i>ANZ Clinical Director, ResMed</i> and Cedric Leroy, <i>ResMed</i>	
	Foot Care for Polio Feet	Paul Musarra <i>Podiatrist</i>	
	Booked/paid Acupuncture appoint	David White <i>Acupuncturist, MRI&ARC</i>	<i>Booking required 3 x 30 min available</i>
	15 min Seated Massage (free)	Students (TBC) <i>Mt Druitt & Meadowbank TAFE's</i>	<i>Bookings taken at the venue depending on number of students</i>
12.15pm	Lunch		<i>No preference</i>
1.00 to 2.00pm	Rest & Relaxation		<i>Optional</i>
	20 min Guided Deep Relaxation Session at 1.30pm	Mary-ann Liethof <i>National Program Manager Polio Australia</i>	<i>Optional</i>
	Booked/paid Podiatry appointment	Paul Musarra <i>Podiatrist</i>	<i>Booking required 4 x 15 min available</i>
	Booked/paid Acupuncture appoint	David White <i>Acupuncturist, MRI&ARC</i>	<i>Booking required 2 x 30 min available</i>
	15 min Seated Massage (free)	Students <i>Mt Druitt & Meadowbank TAFE's</i>	<i>Bookings taken at the venue depending on number of students</i>
2.00 to 3.45pm Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Pain Management – interactive Q & A session	Dr Steve De graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation, Camberwell, VIC</i>	<i>Max 20 participants</i>
	Getting the best out of allied health professionals – interactive Q & A session	Melissa McConaghy <i>Physiotherapist, MRI&ARC</i>	
	Dysphagia management strategies – interactive Q & A session	Cathy Hurst <i>Speech Therapist</i>	
	To brace or not to brace – interactive Q & A session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics, Mount Waverley, VIC & MRI&ARC</i>	
	All about scooters: <ul style="list-style-type: none"> • The selection process • Getting the scooter that meets your needs • Safety in the community • Practical try-outs <i>1 hr session / ½ hr try-outs</i>	Vicky Fowler <i>Hurstville Store Manager Scooters Australia</i>	
	Carers Cuppa & Discussion	Pam Tierney <i>Carer</i>	<i>Please tick here if Carer attending <input type="checkbox"/></i>
	Booked/paid Acupuncture appoint	David White <i>Acupuncturist, MRI&ARC</i>	<i>Booking required 3 x 30 min available</i>
	15 min Seated Massage (free)	Students <i>Mt Druitt & Meadowbank TAFE's</i>	<i>Bookings taken at the venue depending on number of students</i>

Friday 16 April (cont'd) 4.00 to 5.45pm Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Pain Management – interactive Q & A session	Dr Steve De graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation, Camberwell, VIC</i>	<i>Max 20 participants</i>
	Food for wellbeing and practical weight management strategies – interactive Q & A session	Lily Noviana <i>Dietitian</i>	
	To brace or not to brace – Q & A session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics, Mount Waverley, VIC & MRI&ARC</i>	
6.00 to 7.00pm	Dinner (BYO wine)		<i>No preference</i>
7.30 to 9.30pm	Trivial Pursuit		<i>No preference</i>

Saturday 17 April

Time	Activity	Facilitator	Preferences (1,2,3 ..)
7.00 to 9.00am	Breakfast		<i>No preference</i>
9.15 to 10.00am	Guest Speaker – The Healthy Mind	Dr Diane Bull <i>Psychologist Member, PPN</i>	<i>No preference</i>
10.00 to 10.25am	Morning tea		<i>No preference</i>
10.30am to 12.00pm Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Practical Yoga Session / Seated	Melissa McConaghy <i>Physiotherapist, MRI&ARC</i>	
	Strategies and exercises to keep the mind active – interactive Q & A session	Zeina Merhi <i>Occupational Therapist, MRI&ARC</i>	
	Early memories of having polio – interactive discussion group	Merle Thompson <i>Vice President, PPN</i>	
	Booked/paid Therapeutic Massage	Carole Gridley <i>Massage Therapist, MRI&ARC</i>	<i>Booking required 2 x 30 min available 1 x 15 min available</i>
	Booked/paid one-to-one orthotics appointment	Darren Pereira <i>Orthotist NeuroMuscular Orthotics, Mount Waverley, VIC & MRI&ARC</i>	<i>Booking required 3 x 30 min available</i>
	Booked 20 minute one-to-one self-management discussion (free)	Dr Steve De graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation, Camberwell, VIC</i>	<i>Booking required 4 x 20 min available</i>
12.15pm	Lunch		<i>No preference</i>
1.00 to 2.00pm	Rest & Relaxation		<i>Optional</i>
	20 min Guided Deep Relaxation Session at 1.30pm	Mary-ann Liethof <i>National Program Manager Polio Australia</i>	<i>Optional</i>

Saturday 17 April (cont'd) 1.00 to 2.00pm (cont'd)	Booked/paid Therapeutic Massage	Carole Gridley <i>Massage Therapist, MRI&ARC</i>	<i>Booking required</i> 1 x 30 min available 1 x 15 min available
	Booked/paid Occupational Therapy appointment	Zeina Merhi <i>Occupational Therapist, MRI&ARC</i>	<i>Booking required</i> 2 x 30 min available
	Booked/paid 30 min one-to-one Orthotics appointment	Darren Pereira <i>Orthotist NeuroMuscular Orthotics, Mount Waverley, VIC & MRI&ARC</i>	<i>Booking required</i> 2 x 30 min available
	Booked 20 minute one-to-one self-management discussion	Dr Steve De graaff <i>Rehabilitation Specialist & Director of Pain Services Epworth Rehabilitation, Camberwell, VIC</i>	<i>Booking required</i> 3 x 20 min available
2.00 to 3.45pm Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Finding your story – interactive discussion group	Margaret Bennie & Neil von Schill <i>Members, PPN</i>	
	Introduction to the Internet – hands on experience	<i>Computer Pals for Seniors</i>	<i>Max 8 participants</i>
	Origami: Craft your own beautiful pieces to take home – interactive participation	Michael & Etsuko Clonaris <i>The Origami People</i>	<i>Max 15 participants</i>
	Anyone for Bridge? An introduction to this popular card game – interactive participation	Gillian Thomas <i>President, PPN</i>	
	Challenge your mind with Sudoku – interactive participation	John Sattler <i>Volunteer, PPN</i>	
	The Mystery of Cryptic Crosswords Revealed (<i>bring a dictionary</i>) – interactive participation	Susan Veness <i>Community Tutor</i>	
	Booked/paid Therapeutic Massage	Carole Gridley <i>Massage Therapist, MRI&ARC</i>	<i>Booking required</i> 2 x 30 min available 2 x 15 min available
	Carers Cuppa & Discussion	Ron Exiner <i>Carer</i>	<i>Please tick here if Carer attending</i> <input type="checkbox"/>
4.00 to 5.45pm Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Learn to play Boccia / Seated – interactive participation	Peter King <i>President, Boccia NSW</i>	
	Finding your story – interactive discussion group	Margaret Bennie & Neil von Schill <i>Members, PPN</i>	
	Explore your inner artist: Pastels and Charcoal – interactive participation	Fran Henke <i>Member, Polio Network Vic (PNV)</i>	
	Challenge your mind with Sudoku – interactive participation	John Sattler <i>Volunteer, PPN</i>	
	Bonsai: Create your own mini garden to take home – interactive participation	Ray Nesci <i>Ray Nesci Bonsai Nursery Proudly sponsored by Lions Club</i>	<i>Max 12 participants</i>

Saturday 17 April (cont'd)	Singing is good for your health! – interactive participation	Mary-ann Liethof National Program Manager Polio Australia	
4.00 to 5.45pm (cont'd)	Booked/paid Therapeutic Massage	Carole Gridley Massage Therapist, MRI&ARC	<i>Booking required 2 x 30 min available 2 x 15 min available</i>
6.00 to 7.00pm	Dinner (BYO wine)		<i>No preference</i>
7.30 to 9.30pm	Roezone & Raffle Draw – Entertainment by Roe & David	<i>Proudly sponsored by Lions Club</i>	<i>No preference</i>

Sunday 18 April

Time	Activity	Facilitator	Preferences (1,2,3)
7.00 – 9.00am	Breakfast		<i>No preference</i>
9.15 to 10.00am	Guest Speaker – The Healthy Spirit	Sr Annie Bond Centre Director, St Joseph's Centre for Reflective Living	<i>No preference</i>
10.00 to 10.25am	Morning tea		<i>No preference</i>
10.30am to 12.00pm	<i>What is Spirit?</i> – interactive discussion group	Sr Annie Bond Centre Director, St Joseph's Centre for Reflective Living	
Please indicate your preferred session by placing 1, 2, 3 etc in the Preferences column	Early memories of having polio – interactive discussion group	Merle Thompson Vice President, PPN	
	2 x 45 min Meditation Sessions	Fran Henke Member, PNV	
	Herbal and nutritional options for managing pain and fatigue – interactive Q & A session	Alison Mitchell Naturopath Health Dimensions	
	Balancing your life – interactive discussion group	Liz Telford Member, Polio Advisory Committee, PNV	
12.15pm	Lunch		<i>No preference</i>
1.15 to 2.30pm	Choir Performance and Closing Plenary	Mary-ann Liethof	<i>No preference</i>