

# Polio Health and Wellness Retreat Body / Mind / Spirit Registration Form

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

**St Joseph's Centre for Reflective Living – Baulkham Hills, NSW**  
Thursday 15, Friday 16, Saturday 17 and Sunday 18 April 2010

In conjunction with Polio Australia, the Post-Polio Network (NSW) is conducting a three-day "*Polio Health and Wellness Retreat*" in Sydney in April. The purpose of a Health and Wellness Retreat is to provide a holistic approach to managing the late effects of polio and finding life balance. Each day will focus on a different aspect of health and wellness: Body, Mind and Spirit.

The Retreat will be held at St Joseph's Centre for Reflective Living, 64 MacKillop Drive, Baulkham Hills, from Thursday, 15th April to Sunday, 18th April 2010. It is a fully residential program with stylish accommodation: double, twin share or single, all with ensembles, and some specialist accessible rooms.

To book your place at this unique Retreat, please complete this Registration Form and return it to **Polio Health and Wellness Retreat, Polio Australia, PO Box 500, Kew East VIC 3102. Full payment must be made when you register to secure your place at the Retreat** (see Page 4 for Payment Options).

To ensure that the Retreat environment is conducive to friendly networking, **numbers have been restricted to 70 people**. Bookings are only confirmed when payment is received from the first 70 people. Receipts and confirmation of attendance will be sent by Polio Australia. Once we reach capacity, people will be contacted and asked if they wish to be placed on a waiting list. Any payment received after the 70 limit has been reached will be refunded as soon as possible.

**Contact details for enquiries about the venue, the Retreat, the Retreat Program or the registration process are given on page 4 of this Registration Form.**

## **Program**

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The attached Program is still a 'work in progress' and there may be a number of changes/additions made in the lead up to the Retreat, which we will endeavour to keep you up to date with. At this point, you have been asked to make preference selections for each multiple activity time block. Please keep the enclosed Program for your own records and indicate your preferences at the end of this Registration Form for our records.

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. Participants will be notified which sessions/booked activities they have been allocated during Registration on Thursday 15 April.

Unfortunately, we anticipate that not everyone will be successful in accessing everything they choose, but we hope that there are enough activities of interest to keep everyone satisfied.

## **Cost**

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The cost of the Retreat is being subsidised through philanthropic grants that we have received. Your accommodation and meals are being subsidised \$50 while your Registration Fee of \$150 is being totally subsidised. Therefore the total cost for three nights' accommodation, all meals (including morning and afternoon tea), guest speakers and most activities will be:

- **\$280 per person double or twin share, that is, with spouse/carer/friend – or you can be matched with a same sex roommate**
- **\$370 per person single occupancy**

## Participant 1

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Where more than one person is attending all communications will be directed to Participant 1

First Name: \_\_\_\_\_ Family Name: \_\_\_\_\_

Street Address or PO Box: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Male  Female Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (for statistics only)

Ph: (Day) \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Have you had polio?  Yes  No If yes, what year? \_\_\_\_\_

Do you usually use a mobility aid?  Yes  No

If 'Yes', what type?

Walking Stick  Elbow Crutches  Manual Wheelchair  Electric Wheelchair  Scooter

Will you be bringing your mobility aid with you?  Yes  No

If available, would the following equipment be useful at the Retreat?

Manual Wheelchair?  Yes  No Shower Chair?  Yes  No

Any special dietary requirements:  Vegetarian  Dairy Free  Gluten Free

Other / Food Allergies: \_\_\_\_\_

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Ph: (Day) \_\_\_\_\_ Mobile: \_\_\_\_\_

### Room Type Preferred

Single  Twin Share with Participant 2 (Standard)  Double with Participant 2

Twin Share with Participant 2 (Wheelchair Accessible)

Twin Share with other same sex roommate (Standard)

Twin Share matched with same sex roommate (Wheelchair Accessible)

## Participant 2

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First Name: \_\_\_\_\_ Family Name: \_\_\_\_\_

Street Address or PO Box: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Male  Female Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (for statistics only)

Ph: (Day) \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Have you had polio?  Yes  No If yes, what year? \_\_\_\_\_

Do you usually use a mobility aid?  Yes  No

If 'Yes', what type?

Walking Stick  Elbow Crutches  Manual Wheelchair  Electric Wheelchair  Scooter

Will you be bringing your mobility aid with you?  Yes  No

If available, would the following equipment be useful at the Retreat?

Manual Wheelchair?  Yes  No Shower Chair?  Yes  No

Any special dietary requirements:  Vegetarian  Dairy Free  Gluten Free

Other / Food Allergies: \_\_\_\_\_

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Ph: (Day) \_\_\_\_\_ Mobile: \_\_\_\_\_

### Room Type Preferred

Single  Twin Share with Participant 2 (Standard)  Double with Participant 2

Twin Share with Participant 2 (Wheelchair Accessible)

Twin Share with other same sex roommate (Standard)

Twin Share matched with same sex roommate (Wheelchair Accessible)

## **Payment Options**

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Payment can be made in one of three ways (please select):

- Internet banking/direct credit to Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

Please ensure that you quote your Family Name on your internet banking transaction

Please provide the internet banking transaction reference: \_\_\_\_\_

- Deposit the money at a local Westpac branch into Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

Please tick to confirm that a copy of the Bank Receipt is attached

- Cheque made out to Polio Australia Incorporated

### **Enclosed please find payment by Cheque / Direct Deposit Receipt for:**

- |   |            |
|---|------------|
| <input type="checkbox"/> \$280 per person double or twin share, i.e. with spouse/carer/friend | = \$560.00 |
| <input type="checkbox"/> \$370 per person single occupancy                                    | = \$370.00 |
| <input type="checkbox"/> \$280 per person twin share matched with same sex roommate           | = \$280.00 |

**Total: \$** \_\_\_\_\_

## **Do you have any questions?**

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If you have any questions about the Retreat or the Registration process, please do not hesitate to contact us by email or by phone.

**Email:** [retreatnsw@post-polionetwork.org.au](mailto:retreatnsw@post-polionetwork.org.au)

### **Phone:**

Monday or Friday: ring Mary-ann on (03) 9016 7678 or on Mobile 0411 403 134

Wednesday or Thursday: ring Shylie on (02) 9890 0946

On other days or after hours: ring Gillian on (02) 9663 2402

## Program Preferences

Friday 16 April

Time	Activity	Facilitator	Preferences (1,2,3 ...)	
			Person 1	Person 2
10.30am to 12.00pm	All about scooters – <i>1 hr session / ½ hr try-outs</i>	Vicky Fowler <i>Hurstville Store Manager Scooters Australia</i>		
	Practical exercise session for people with limited mobility	Melissa McConaghy <i>Physiotherapist, MRI&amp;ARC</i>		
	Foot Care for Polio Feet	Paul Musarra <i>Podiatrist</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>		
2.00 to 3.45pm	Pain Management – interactive Q & A session <i>Maximum 15 people</i>	Dr Steve De graaff <i>Rehabilitation Specialist &amp; Director of Pain Services Epworth Rehabilitation</i>		
	Getting the best out of allied health professionals – interactive Q & A session	Melissa McConaghy <i>Physiotherapist, MRI&amp;ARC</i>		
	Dysphagia management strategies – interactive Q & A session	Catherine Hurst <i>Speech Pathologist</i>		
	To brace or not to brace – interactive Q & A session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics &amp; MRI&amp;ARC</i>		
	All about scooters – <i>1 hr session / ½ hr try-outs</i>	Vicky Fowler <i>Hurstville Store Manager Scooters Australia</i>		
4.00 to 5.45pm	Pain Management – interactive Q & A session <i>Maximum 15 people</i>	Dr Steve De graaff <i>Rehabilitation Specialist &amp; Director of Pain Services Epworth Rehabilitation</i>		
	Food for wellbeing and practical weight management strategies – interactive Q & A session	Lily Noviana <i>Dietitian</i>		
	To brace or not to brace – interactive Q & A session	Darren Pereira <i>Orthotist NeuroMuscular Orthotics &amp; MRI&amp;ARC</i>		

## Saturday 17 April

Time	Activity	Facilitator	Preferences (1,2,3 ...)	
			Person 1	Person 2
10.30am to 12.00pm	Practical Yoga Session / Seated	Melissa McConaghy <i>Physiotherapist, MRI&amp;ARC</i>		
	Strategies and exercises to keep the mind active – interactive Q & A session	Zeina Merhi <i>Occupational Therapist, MRI&amp;ARC</i>		
	Early memories of having polio – interactive discussion group	Merle Thompson <i>Vice-President, PPN</i>		
2.00 to 3.45pm	Finding your story – interactive discussion group	Margaret Bennie & Neil von Schill <i>Members, PPN</i>		
	Introduction to the Internet – hands on experience <i>Maximum 8 people</i>	<i>Computer Pals for Seniors</i>		
	Origami: Craft your own beautiful pieces to take home – interactive participation <i>Maximum 15 people</i>	Michael & Etsuko Clonaris <i>The Origami People</i>		
	Anyone for Bridge? An introduction to this popular card game – interactive participation	Gillian Thomas <i>Member, 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>		
4.00 to 5.45pm	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</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 <i>Maximum 15 people</i>	Ray Nesci <i>Ray Nesci Bonsai Nursery</i>		
	Singing is good for your health! – interactive participation	Mary-ann Liethof <i>National Program Manager Polio Australia</i>		

## Sunday 18 April

Time	Activity	Facilitator	Preferences (1,2,3 ...)	
			Person 1	Person 2
10.30am to 12.00pm	What is 'Spirit? – interactive discussion group	Sr Annie Bond <i>Centre Director St Joseph's Centre for Reflective Living</i>		
	Early memories of having polio – interactive discussion group	Merle Thompson <i>Vice-President, PPN</i>		
	2 x 45 min Meditation Sessions	Fran Henke <i>Member, Polio Network Vic</i>		
	Herbal and nutritional options for managing pain and fatigue – interactive Q & A session	Alison Mitchell <i>Naturopath Health Dimensions</i>		
	Balancing your life – interactive discussion group	Liz Telford <i>Member, Polio Advisory Committee, PNV</i>		

### Carers Cuppa & Discussion

Friday:  2.00 to 3.45pm      Name: \_\_\_\_\_

Saturday:  2.00 to 3.45pm      Name: \_\_\_\_\_

## Booked Sessions

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### Friday

**Acupuncture** – 30 min appoint with David White = \$30 cash paid directly to therapist

- |  |              |                              |                              |
|--|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30am to 12.00pm (3 sessions) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.00 to 2.00pm (2 sessions)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.00 to 3.45pm (3 sessions)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Do you have private health insurance that covers you for Acupuncture?  Yes  No

**Seated Massage** (*free*) – 15 min sessions with TAFE Students (TBC)

- |  |              |                              |                              |
|--|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30am to 12.00pm (6 sessions per student) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.00 to 2.00pm (4 sessions per student)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.00 to 3.45pm (7 sessions per student)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

**Podiatrist Appointment** – 15 min appoint with Paul Musarra = Cost TBA cash paid directly to therapist

- |   |              |                              |                              |
|---|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 1.00 to 2.00pm (4 x 15 min sessions available) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
|---|--------------|------------------------------|------------------------------|

Do you have private health insurance that covers you for Podiatry?  Yes  No

### Saturday

**Therapeutic Massage** – 15 / 30 min appoint with Carole Gridley = \$15.00 / \$30.00 cash paid directly to therapist

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|--|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30am to 12.00pm (2 x 30 min and 1 x 15 min sessions available) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.00 to 2.00pm (1 x 30 min and 1 x 15 min sessions available)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.00 to 3.45pm (2 x 30 min and 2 x 15 min sessions available)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Do you have private health insurance that covers you for Massage?  Yes  No

**Orthotics Assessment** – 30 min appoint with Darren Pereira = \$50 cash paid directly to therapist

- |  |              |                              |                              |
|--|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30am to 12.00pm (3 x 30 min and 1 x 15 min sessions) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.00 to 2.00pm (2 x 30 min sessions available)          | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.00 to 3.45pm (3 x 30 min sessions available)          | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |

Do you have private health insurance that covers you for Orthotics?  Yes  No

**Occupational Therapist Appointment** – 30 min appoint with Zeina Merhi = \$50 cash paid directly to therapist

- |   |              |                              |                              |
|---|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 1.00 to 2.00pm (2 x 30 min sessions available) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
|---|--------------|------------------------------|------------------------------|

Do you have private health insurance that covers you for Occupational Therapy?  Yes  No

**Self-Management Discussion** (*free*) – 20 min appoint with Dr Steve De graaff

- |   |              |                              |                              |
|---|--------------|------------------------------|------------------------------|
| <input type="checkbox"/> 10.30am to 12.00pm (4 x 20 min sessions available) | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 1.00 to 2.00pm (3 x 20 min sessions available)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |
| <input type="checkbox"/> 2.00 to 3.45pm (4 x 20 min sessions available)     | Participant: | <input type="checkbox"/> One | <input type="checkbox"/> Two |