

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

APRIL

1987

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NEWKIRK MEMORIAL TO FUND NPSA BROCHURE PROJECT

A cash donation in memory of Bob Newkirk, Fremont NPSA member who died recently of cancer, will be used to purchase long-needed brochures describing post-polio and our organization.

In presenting the check, Bob's wife, Mary, thanked NPSA "for the assistance and support you have given both Bob and me."

NPSA appreciates Mary's interest in helping to keep this organization afloat. We will remember them both as we utilize the brochures they have made possible.

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NPSA BOARD PASSES NON-SMOKING POLICY

At its March meeting, NPSA's Board of Directors passed a non-smoking policy to be observed at all NPSA support group meetings throughout the state.

Board members noted the health hazards of smoking and of second-hand smoke, with special emphasis on the risk to polio survivors already

See pg. 3, col. 2

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SHARON MADARA: REALTOR TO THE HANDICAPPED

"Remember to look ahead when buying a home," advises Sharon Madara. "Life changes."

Sharon is a designated Handicapped Specialist and a member of Wurdeman of Omaha's Multimillion Dollar Club. As a realtor, she knows her stuff.

But Sharon is more than just proficient in her work; she really cares about the individuals she helps. She often goes out on her own to look at properties ahead of time to be sure they meet the requirements before taking a client there. "People get tired," she says. "I try to be aware of their special needs, to make it easier for them."

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SHARON MADARA

Noting the shortage of real estate properties designed specifically for the handicapped, Sharon says that networking is the key to locating the right property. "I have a computer at the office and one at home that give me all the listings. I check them daily so I don't miss anything."

Building is also a possibility, and Sharon works with two excellent builders.

"I prefer to meet with people in their homes," says Sharon. "That way I can observe their mobility, their special requirements, and see what doesn't work for them in a house, what they'd like to change."

Sharon discusses the individual's condition in an effort to project long term needs, and is careful to keep the client's concerns a priority.

"People's needs are of paramount importance to me in finding the environment that works for them," she says. Sharon can be reached at 330-5151 or 334-1460.

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A VISIT TO SPALDING
by Clarice McDermand

Frankly, I was skeptical. I needn't have been. They were expecting me when I arrived at the outpatient desk of Spalding Rehabilitation Hospital, in Denver. On that Thursday afternoon in January, I was going to take part in the monthly post-polio clinic. I was presented with a large notebook prepared personally for me, and I met the other four participants. In order to provide personal attention, there are no more than six participants at each clinic.

The first evening was spent with the Medical Director, Dr. Franotovich. She told us a lot about polio, the results of the disease, what is being done, and what to expect as a result of the disease.

The following day was scheduled from 8:00 to 4:30 for lab work, posture and breathing exercises, physical examina-

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Laughter is a tranquilizer with no side effects.
Arnold H. Glasow

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START BRINGING ITEMS
FOR OMAHA GARAGE SALE

Remember to set aside all your precious throwaways for the NPSA Omaha area's May 17 garage sale. Bring smaller items to the April and May meetings. For information on what to do with the gazebo, dining set, sofa and other large donations, call Katherine Taylor, 323-4284, or Jeanne Richardson, 553-1229.

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"HOW TO" ADVICE HELPFUL
FOR ALL MEDICINE TAKERS

It is estimated that at least half the drugs prescribed for Americans today are misused, reports Victor Cohn in Washington POST. Patients take the wrong dose or do it at the wrong time. As a result many face dangerous side effects, even death.

The National Council on Patient Information and Education urges us to get answers to these questions when taking medication: (1) What is the name of the drug and what does it do? (2) How, when, and for how long should it be taken? (3) What foods, drinks, other medications and activities are to be avoided when taking the drug? (4) What are the side effects and what should a user do about them? (5) Is there written information about the drug? Also suggested: Is there any alternative to taking the drug?

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GABY'S GLIMMERINGS

by Cynthia Gabrielli Haag

I had polio. I am now suffering from the late effects of it. This has colored my view of life. I was told I'd never walk, never go to college, never marry, etc. I proved them wrong.

Maybe because of this I chose the career I did-- a teacher for the reading disabled. Like me, they were the throw-away children. Maybe polio made me a bleeding heart liberal. Some people say there will always be the poor, the illiterate, the homeless, the destitute, the ailing, the old and the dying. They might be right, but it surely can be diminished.

For years, I taught. I saw it as saving lives. I turned the defeated non-readers into functioning citizens able to graduate, get jobs, and pay taxes.

Today I can not give what I was once able to. It's still hard to accept that. But those are the facts. Somehow I feel I've slipped back into that expendable throw-away group of people.

The medical profession shrugs their shoulders and says, "Live with it. We don't have any answers." No answers will be found without a quest. Sister Kenny saw the ravages of polio and discovered a way to help. She ran up against the same wall.

Today polio is no longer a big threat. Somehow, the medical profession must see us as the small group that is expendable. Cancer, birth defects, heart trouble. We're small potatoes.

The big question is can we, as a society, afford to throw away any group? How many such groups can we afford to accept as losses and keep our integrity and strength as a nation?

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LINCOLN, GRAND ISLAND IN THE NPSA SPOTLIGHT

NPSA Director Nancy Carter visited the Lincoln and Grand Island area support groups recently. Diane McEntee and Peggy Moe, Lincoln area representatives, have outlined a peppy schedule for that group in the next few months, and Grand Island representative Kathleen Hendrickson is really giving NPSA a boost in that area. Look for great things at these meetings!

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SMOKING--From pg 1,col 1

experiencing respiratory problems.

The Board also went on record as urging all smokers in NPSA to stop smoking altogether in the interest of their own good health and that of their families.

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OMAHA AREA GROUP TO MAN NPSA HEALTH FAIR BOOTH

NPSA will participate in Omaha's Health Fair of the Midlands the first two week-ends in April.

Manning our booths will be Cindy Haag, Madeline Menard, Marcia Bredar, Charles Mackenzie, Joy Tague, Mary Ann Lowry, and Katherine Taylor.

We will show a post-polio video, hand out information, and answer questions about post-polio and NPSA. Come and see us at UNMC, Midlands Hospital, St. Joseph Hospital, and Bryan Elementary.

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ST. PAUL GROUP TO HEAR G.I. PHYSICAL THERAPIST by Bill Coxbill

Barney McGahan, Grand Island physical therapist, will be the guest speaker at the NPSA St. Paul area support group meeting March 29 at 2 p.m., St. Paul Hospital. Everyone is welcome!

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DONNELLY TO SPEAK AT HOLDREGE AREA MEETING

Delores Bray, Holdrege area representative reports that their April 4 meeting will feature Joe Donnelly, Ph.D., from the Kearney State College Human Performance Lab.

This is one you won't want to miss--2:30 p.m., Phelps Memorial Health Center.

