

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

APRIL

1989

SHOW THEM WE ARE HERE!

For a long time, polio survivors in Nebraska have wanted a polio clinic. We have wanted doctors to be familiar with the late effects of polio. We have wanted better bracing, more accessible care. In other words, we have wanted other people to shape up and help us.

One reason we do not have these things is that providers are not convinced of the need. Many still do not believe we exist. Some of our own doctors still say they've never seen a polio survivor.

If we want others to do for us, we must first do for ourselves. We must show the world we mean business as polio survivors--that we are serious about our welfare--that we know what's happening and intend for them to, too.

A good way to do this is to attend Polio Update '89. A healthy turnout here will send a positive message to the medical community and make people aware that we are here.

It's only one day. You will get much more than you will give. Why don't you join us.

HURRY! HURRY! HURRY!

If you hop to it, you probably have time to pre-register for NPSA's Polio Update '89 at the Red Lion Inn on April 1, using the form on Page 4. If not, don't skip the conference--registration will be accepted at the door.

This may be the most important opportunity of your polio life. World-renowned polio experts from Montreal, New York, Texas, and California will be there to expound on their expertise and to answer your questions.

You should be there. NPSA knows this, and is subsidizing your attendance at this affair so that everyone can afford to come. We want you to be there!

"How much is NPSA subsidizing?," you ask. This will give you an idea in approxi-

mate dollars: For every person there, it costs \$10 for lunch, \$5 for coffee breaks, \$10 for handouts, \$2 for parking, and \$15 for the UNMC fee. In addition, we must pay speakers' expenses, professional notice costs, and other expenses. Now--you think we don't love you?

Some wonderful people are contributing funds to help. Others are giving goods and services. Many are working very hard to make this a memorable occasion for you. What can you do to help? COME!

You will meet great people. Learn lots. Get to try out new equipment. Eat fine food. Get in on a surprise.

Do something good for yourself--register today and be a part of Polio Update '89.

**DON'T TAKE SOMEONE ELSE'S WORD FOR IT--
ATTEND POLIO UPDATE '89 YOURSELF.
THERE IS NO SUBSTITUTE
FOR THE REAL THING.
DO YOURSELF A FAVOR--BE THERE.**

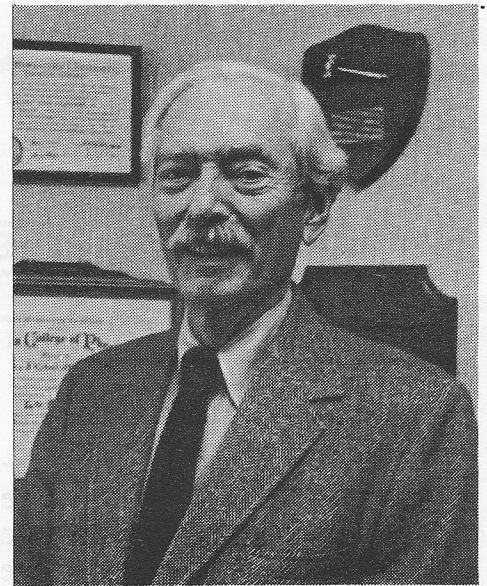
DR. LEHNHOFF DIES: LONG TIME NPSA FRIEND

Henry Lehnhoff, M.D., died February 4, 1989, after a long illness. Dr. Lehnhoff was a Mayo Graduate who founded Internal Medicine Associates in Omaha. UNMC honored him 5 years ago when he was given a chair at the school he served so long and so well.

Dr. Lehnhoff holds a special place in the hearts of NPSA as the first member of the Nebraska Medical Community willing to speak out acknowledging the existence of post polio syndrome.

His wife Jo Ann, polio survivor and early member of NPSA, showed him a copy of the July '85 Orthopedic Journal she had gotten at one of our Omaha support group meetings. As he read the articles, the former naysayer became a believer. "I think there's something to this," he said. "Why don't you see if I can talk to your group?" And thus began a beautiful friendship.

Dr. Lehnhoff was a courageous man in many ways. We will miss him.



Henry Lehnhoff, M.D.

WE HEAR FROM OUR READERS

I received the GLEANINGS today, and am always so glad when I see it. And I sit down and read it right away. There is such a feeling of relief (I guess that you call it that) to know other people care enough to share their problems with me. I read every article, and can't seem to glean enough from this.

Vera L. DeBuhr
Lincoln, NE

Enclosed find my check to keep GLEANINGS coming. I enjoy reading your paper and sharing it with my husband. Thank you.

Dorothy Cantrell
Moses Lake, WA

I enjoy your newsletter GLEANINGS very much. Thank you for sending it.

Joyce Jackman
Defiance, OH

Please use this contribution for postage costs for the GLEANINGS. I do appreciate receiving it each month.

Jane Hiles
Omaha, NE

I enjoy your newsletter each month and always look forward to the next one.

Jim Powell
Silvis, IL

I am still very much impressed with the monthly newsletter I receive from you. You do a great job of speaking to the issues that pertain to us with Post-Polio Syndrome. I especially appreciated the last article on the loss of a paycheck, the idea of being on disability. I am enclosing the contribution to help you keep the newsletter coming. I am also very much interested in the upcoming conference in April. Keep up the good work and thanks for caring.

Tim Zingale
Fort Dodge, IA

**Where will your doctor be
on April 1? Urge him to
attend Polio Update '89.**

**We need more people to register for
Polio Update '89.**

**You may mail in your registration,
call in your registration,
or register at the door.**

**You can help us prepare for the right
number of lunches by pre-registering.**

REGISTRATION FORM

NEBRASKA POLIO SURVIVORS ASSOCIATION - POLIO UPDATE '89

APRIL 1, 1989
(8 A.M. TO 5 P.M.)

NAME _____ SOCIAL SECURITY # _____

DEGREE OR PROFESSION _____ SPECIALITY _____ OFFICE PHONE _____
HOME PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PLACE OF EMPLOYMENT _____

ALUMNUS OF UNMC? _____ FACULTY OR STAFF OF UNMC? _____

ALUMNUS OF CREIGHTON? _____ FACULTY OR STAFF OF CREIGHTON? _____

- I AM A POLIO SURVIVOR
- I AM A RELATIVE/FRIEND OF A POLIO SURVIVOR
- I WILL BE DRIVING A VAN TO THE CONFERENCE
- I WILL BE USING A WHEELCHAIR AT THE CONFERENCE
- I WILL NEED AN ELECTRICAL OUTLET DURING THE CONFERENCE

Enclosed is my check or money order made payable to UNMC, Continuing Education, in the amount of:
(Please check the appropriate space)

_____ \$75 Health Professional (Each) _____ \$15 Polio Survivor or Family Member (Each)

Payment:

_____ Check or money order payable to UNMC, Continuing Education, enclosed.

_____ Charge to my: _____ MasterCard _____ Visa: Card Number: _____

Good Thru Amount Charged \$ Signature: _____

(required on charge request only)

Return to: Center for Continuing Education, University of Nebraska Medical Center, 42nd Street and Dewey Avenue, Omaha, Nebraska 68105-1065, (402) 559-4152. TO REGISTER BY PHONE, CALL (402) 559-4523 or use our toll-free MED CONSULT NUMBERS AND ASK FOR CONTINUING EDUCATION. In Nebraska (800) 642-1095. All other states (except Alaska), call (800) 228-9630.

Do Not Write Below This Line

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Date Received

M A 0 6 0 0 1 8 9

Receipt # _____

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DONATIONS

1987 UNITED WAY DESIGNATIONS RECEIVED BY NPSA

NPSA has just received a check in the amount of \$960 representing money designated especially to us in the Fall 1987 United Way of the Midlands

campaign.

Since we are unable to obtain the names of those who contributed (because this was our first year to receive designations), we

thank you here for your kind support.

It takes an extra effort to fill out a designation form to NPSA--and we are glad you did!

CONTRIBUTIONS

We thank the following people who have sent cash contributions to NPSA.

FRIENDS--Individuals who contributed up to \$99

MARCIA BRÉDAR, Omaha, NE
DONALD L. BUELL, Ogallala, NE
WILLIAM F. BURWOOD, North Platte, NE

BARBARA R. BUCHANAN, Lagunitas,
CAPAT HAISTON, Mitchell, NE
HELEN F. JASA, Thurston, NE
DORIS L. MELVILLE, Broken Bow, NE
LYLE & VIRGINIA WALKER, Bellevue, NE

MEMORIALS

In Loving Memory of

Bill Forster

from: Vera DeBuhr,
Lincoln, NE

In Loving Memory of

Henry Lehnhoff, M.D.

from: Bill and Nancy Carter
Omaha, NE

In Loving Memory of

Jerome Davenport

from: Stanley Baldwin
Hebron, NE

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THE DEVIL MADE ME DO IT

If you are one of those who have called to say you have extreme pain in your shoulders and neck after using crutches for the past 30 or 40 years, or that your weak ankle, on which you stand 10 hours a day, is painful and troublesome, I probably asked if you have discussed with your doctor using an electric cart or a motorized chair.

If you said you get so exhausted that you can hardly make it as the day goes on, I may have wondered if you have tried lying down to rest periodically.

I know firsthand the consequences of overuse and the benefits of relieving the stress on our bodies. What appears to be nearly miraculous often can happen when we give our muscles a break.

Yet this so simple solution is not the one we want to hear. Changing our lifestyle often seems to us like giving up, and we fight it with a vengeance.

Well-intentioned but uninformed friends and loved ones, the very people who should be encouraging us in our efforts to change,

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**NOTICE NOTICE NOTICE
CHANGE CHANGE CHANGE**

The NPSA Area Omaha Support Group will not meet in April. Instead, we hope to see all of you at Polio Update '89! Come on out! Make the effort for all of us--let's let the world know we are here.

frequently harangue us with such alarmers as, "Don't use a wheelchair; once you get in one you'll never get out!" or "Don't get in the habit of resting like that; you'll make yourself weak!"

This attitude only feeds the polio devil who has perched on our shoulders for decades whispering in our ears, "Do or die!" "Anything they can do, you can do better," "Use it our lose it!" and other nonsense designed to do us in.

False pride is another product of our little nemesis, causing us to find excuses everywhere for not doing what is best for our bodies.

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LINCOLN GROUP TO MEET APRIL 9

Arleen Curtis, Lincoln Area Representative, reports that the Lincoln Area Support Group will meet Sunday, April 9 at 2 p.m. in the library at American Lutheran Church, 42nd

and Vine. That wiry imp is up there dancing a jig in glee every time he manages to persuade someone to tell himself he can't possibly make a lifestyle change because it would be upsetting to someone else, or would interfere with important work somehow.

We are not lily-livered wimps. We can do the tough stuff if we want to, and always have. It's a matter of educating ourselves, facing facts, and being convinced that doing the right thing is best for us.

NPSA has been helping since 1984. We are here if you need us.

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A discussion will be held regarding Polio Update '89. Attend the Update and participate in this day's discussion. We look forward to seeing you there.

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Nancy B. Carter
Nebraska Polio Survivors Assoc.
P.O. BOX 37139
Omaha, NE 68137
(402) 895-2475

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