

# Gleanings

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## KELLERMAN URGES OMAHA MEMBERS TO START SELLING --CASH INCENTIVE ADDED!

"Now is the time to start selling HAPPENINGS books for NPSA--before everyone else has made their sales," says Judy Kellerman, Chairman of this year's major fundraiser.

Although the coupon books will not be available to us until the end of August, it is necessary. See page 2 column 3

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## CHAIR CADDY NEW DESIGN FOR WHEELCHAIR USERS

When Dick Clark's wife had a stroke and began using a wheelchair, the Circleville, Ohio, resident found there was no place to put groceries as he pushed her through the market. And so he invented the Chair Caddy.

The caddy is a 17x12x12 basket made of heavy duty but lightweight wire coated with white enamel that fits on the back of the chair. It comes equipped with a bumper which eliminates pressure on the seated person.

Since the caddy holds See page 4 column 2

## SPOTLIGHT: THE HONORABLE JACK MCGRATH

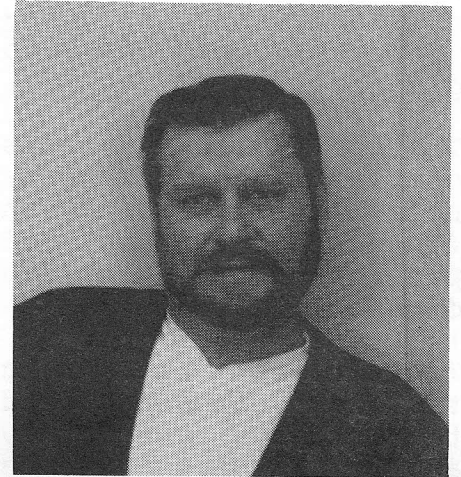
(This is the fifth in a series of sketches introducing NPSA's Board of Directors.)

"I'm really a lucky guy," says Jack McGrath. "I have so many nice people around me. And God has given me the ability to get along with people."

There seems to be no end to the number of folks in Jack's life. As Judge of the Douglas County Court since 1983, he's in a people-profession. And he's a man who enjoys many friendships.

In fact, it was friendship that turned his thoughts to law school. "I was about to graduate from UNO in teacher ed," he says, "when I met some friends at a bar one night and they talked me into going to (Creighton) law school. If I hadn't gone out for that beer, I probably wouldn't be a judge today."

Having had polio in 1948 at age four, Jack spent 14 months at Children's Hospital. After being paralyzed from the neck down, he was able to regain use of his arms and functioned well with



JACK MCGRATH

XXXXXXXXXXXXXXXXXXXXXXXXXXXX crutches and braces until recently.

"There was a point in my life when I felt embarrassed, ashamed--I don't know what it was. I thought people were looking at me. But I just somehow lost that as I grew up."

About five years ago Jack began noticing new weakness and fatigue. Three doctors were unable to find anything wrong. Then he read about PPS in NEWSWEEK. "I'd be terrified today to have to go through this without knowing what it is; it's the acceptance of it that has helped me mentally."

Jack now uses a wheelchair much of the time, See page 3 column 1

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CASHMAN REPORTS ON STUDY OF PPS DIAGNOSTIC TESTS

KELLERMAN--from pg1, coll

One interesting study discussed at the International Polio Conference in June was reported by Neil Cashman, M.D., of the Montreal Neurologic Institute. The study was designed to develop diagnostic criteria for Post-Polio Syndrome, since there now exists a good deal of disagreement and controversy over how to diagnose PPS.

with the state of the art lab techniques now available.

2) Evidence of new denervation is common in both weakening and non-weakening patients.

3) Evidence of proximal involvement of the motor neuron was found.

4) These changes are most likely to occur in muscles previously severely affected by polio.

"This is both bad news and good news," says Cashman. "The bad news is we don't have a lab test for diagnosing the late effects of polio. The good news is that if the same changes are observed in both weakening patients and controls, then something must be superimposed on what's going on in everyone. That something may be more treatable than a motor neuron disease."

Thirteen polio survivors complaining of new weakness were compared with five carefully matched patients who were stable decades after polio.

Tests were made using the conventional EMG and the single fiber EMG, and muscle biopsies were performed.

These conclusions were reached:

1) A diagnosis of new weakness cannot be made

sary to get promises of sales in advance, before other groups get there!

"Develop your own sales team," suggests Judy. "Ask friends and relatives to sell books for us, too. This is a good way to expand."

Judy and her committee members may be calling for your support soon. Please do your best for NPSA. You may be glad you did. A \$50.00 cash prize is offered to our top salesman who sells over 50 books! Other prizes may be established within the next month.

HAPPENINGS books represent hundreds of dollars in savings in two-fer coupons at major restaurants, fast food spots, theaters, museums, sports varieties, dry-cleaners, car washes, and hotels, to name a few bargains. It's likely that the books will cost around \$18, although actual price has not been determined yet.

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LINCOLN AND OMAHA GROUPS HEAR POLIO ASSEMBLY NEWS

Members of the Omaha and Lincoln area support groups participated in a panel discussion/rap session at recent meetings regarding information learned at June's International Polio Conference in St. Louis.

suggestions offered for polio survivors were discussed.

Excellent question and answer periods ended both the Lincoln and Omaha meetings. If you missed these meetings, you have missed a wealth of information.

Diane McEntee of Lincoln and Charles Mackenzie and Nancy Carter of Omaha relayed details of four days' sessions on the late effects of polio. Doctors' reports were reviewed and many

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NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT.

ELEANOR ROOSEVELT  
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

CHADRON HEALTH FAIR SEES LATE EFFECTS OF POLIO

Once again Sheryl Marchant, Chadron Area Representative, and support group members participated in the Chadron Health Fair by manning an NPSA booth there.

Our thanks for their efforts to carry the message!

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MERAMEC CAVERNS PROVIDE INTERESTING SIDE-TRIP  
by Charles Mackenzie  
Omaha NPSA member

We couldn't resist stop-  
ping at the Meramec Cav-  
erns on the way back to  
Omaha. They are located  
about an hour southwest  
of St. Louis. Of course  
the guide book didn't  
say anything about the 1  
1/4 mile length of the  
tour.

The passageways are mos-  
tly very smooth and easy  
to walk. Almost the  
entire cavern is wheel-  
chair accessible (but  
take some able-bodied  
individuals to provide  
power). Some pathways  
are quite damp and mod-  
erately slippery. A  
three-wheeled cart with

well treaded wheels  
could probably do o.k.,  
although I didn't ask if  
they are allowed. A  
steel hand rail is a-  
vailable almost every-  
where along the tour.  
The tour did stop peri-  
odically, which gives  
you time to catch up if  
you lag behind.

The tour is impressive.  
The diversity and gran-  
deur is truly impres-  
sive. If you've never  
seen a major cavern, put  
Meramec Cavern on your  
shopping list the next  
time you are in south-  
eastern Missouri.

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SEVEN WEEKS AT ST. MARYS IN ROCHESTER--A REPORT  
By Tim Zingale  
Iowa NPSA Member

IF THE ONLY TOOL YOU  
HAVE IS A HAMMER, YOU  
TEND TO SEE EVERY  
PROBLEM AS A NAIL.

ABRAHAM MASLOW

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McGRATH--from pg 1,col 3

especially at work where  
distances in the court-  
house are a challenge.  
"I don't feel self-con-  
scious at all," he says.  
"They're my friends,  
these braces and crut-  
ches, the wheelchair--  
they give me more free-  
dom."

And if you want to find  
Jack on his off hours,  
head for Ak-Sar-Ben. "I  
go to the races as much  
as I can," he says. "I  
love it out there. It's  
very accessible, very  
comfortable, and so re-  
laxing!"

I spent nine days in the  
acute care part of St.  
Marys and the rest of  
the time on the rehab  
unit learning to live  
with the Post-Polio Syn-  
drome. It is important  
for any post-polio to  
have good overall medi-  
cal care. I found that  
I was bleeding from the  
esophagus and had tum-  
ors, all caused by too  
much acid in the esopha-  
gus. This was caused in  
part by too many anti-  
inflammatory drugs over  
the years that kept  
joint and muscle pain  
liveable. Because of  
this, no more anti-in-  
flammatory drugs for me,  
and I am on other medi-  
cation to keep the acid  
under control.

I was assured at Mayo

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GRAND ISLAND NPSA GROUP  
INVADES SHOPPING MALLS

The Conestoga and Grand  
Island Malls were sites  
for our NPSA booth June  
6 and 7.

Kathy Hendrickson, Grand  
Island Area Representa-  
tive, and support group  
members Lorraine Har-  
ders, Alice Dubbs, Dar-  
lene Moffett and Pat  
Wicker handed out bro-  
chures and other NPSA  
materials, and the Mac-  
Neil/Lehrer video was  
shown.

What a great way to help  
spread the word about  
the late effects of po-  
lio!

Clinic by Dr. Windebank,  
a neurologist who has  
done research into Post-  
Polio Syndrome, that it  
is real, it does have  
symptoms, and it can and  
does cause changes in a  
person's lifestyle.

His approach is to build  
up those muscles that  
can be built up, but  
overuse is to be avoi-  
ded. He recommends crut-  
ches, braces, wheel-  
chairs, whatever, to  
make it easier to get  
around so as not to  
stress the body, and to  
learn to pace oneself.

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PLEASE SUPPORT  
HAPPENINGS  
SALES

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FINE WORDS BUTTER NO PARSNIPS  
or  
JUST GIVE ME THE FACTS, MA'AM

Our governor has announced that we're not handicapped--we're simply "people with special needs." Well, how can we blame her--who knows who her advisors are. There are lots of people around these days who'd rather call a spade an elongated excavating device.

We see it all the time. I got something in the mail not long ago for the "handicapable." Get it? Handicapped and capable--handicapable. Yah I know. Too cute for words, isn't it. Don't cha love it!

We're also the "physically challenged." Boy, are we ever the physically challenged!

Who thinks this stuff up? Who is it who decides that people with handicaps shouldn't be

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NOTICE NOTICE NOTICE  
CONFERENCE NEWS--PART II

Since in July we didn't begin to cover all we brought back from the Polio Conference, we will continue with topics such as Pain, Fatigue, and Bracing at the Omaha area support group meeting, August 2, 2 p.m., Rejoice Lutheran Church, 138th & Center.

Come prepared to ask questions--your participation will make this a super meeting!

called people with handicaps? What is their problem, anyway?

Are these the world's do-gooders, saving us from the humiliation of being called what we are? Do they find the word handicapped somehow offensive? Do they find US offensive? Do they think that if they call us something else we will BE something else?

Well, I don't need to be saved. It's o.k. with me if you want to call my handicap a handicap. See, I don't happen to find my condition humiliating. A pain in the neck, maybe (among other

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CHAIR CADDY--From pg 1, col 1

twenty-five pounds without tipping an empty chair, Mrs. Clark and others have found it a handy tote for many things such as crocheting paraphernalia, books, a raincoat, or sweater.

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

places). Frustrating. Inconvenient. But not humiliating.

And please don't write to explain about the necessity for preserving my dignity through euphemisms and other word games. I know the argument--I just don't buy it.

So thanks for the help, folks, but no thanks. You just go right on thinking up new things to call my handicap, and I'll just go right on saying how silly they are, and we're all gonna get along fine, whoever you are.

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With a lifetime guarantee, the caddy costs \$79. It can be purchased from Jay McGinnis, Machinery Repair and Manufacturing, 1835 Chippewa Drive, Circleville, OH 43113, 614/474-5596.

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PERMIT NO 1575

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APPEAL UPDATE

We thank the people listed below who have responded to NPSA's appeal by sending a contribution. If your name is not here, there is still time to send us your check. Please let us count you among our supporters!

PATRONS--Individuals who contributed  
\$500 to \$999  
ANONYMOUS, Omaha, NE

BUILDERS--Individuals who contributed  
\$100 to \$499  
JO ANN LEHNHOFF, Omaha, NE  
JO ANN K. SCHARF, Schuyler, NE  
DR. BYRON W. TULLIS, JR., Lincoln, NE

FRIENDS--Individuals who contributed  
up to \$99  
LINDA ALLEN, Omaha, NE  
CLARICE ANDERSEN, Blair, NE  
VI ANDERSON, Omaha, NE  
GARY & CHARLIE ANDERSON, Keystone, NE  
ORVILLE & ELEANOR BALDWIN, Hebron, NE  
STANLEY BALDWIN, Hebron, NE  
VIRGINIA BALLANTYNE, Omaha, NE

Please accept my check as only a small token for all that NPSA has done for me. I'm very proud to be a member of this special association. It makes having polio so much easier to bear, knowing others share the same "ups" and "downs" you do. Thank you for all you do.

Sincerely  
Phyllis Cunningham,  
Columbus, NE

JIM S. BALLAS, Lincoln, NE  
DORCAS M. BEAM, Lincoln, NE  
LOIS A. BERGIN, Lincoln, NE  
MARGARET BISHOP, Bennet, NE  
MARCIA BREDAR, Omaha, NE  
ANONYMOUS, Chadron, NE  
LOIS & DOUG BROWN, Edmonton, Alberta,  
DOLORES N. BROWN, Omaha, NE  
ALETHA E. CALLIGAN, Madison, NJ  
MR. & MRS. DON CARSEY, Omaha, NE  
BILL & NANCY CARTER, Omaha, NE  
FRANK & BETH CEJKA, Lincoln, NE  
MRS. J. E. CONWAY, Hastings, NE  
H. ROBERT COWLES, New Cumberland, PA  
ANONYMOUS, Omaha, NE  
WALTER CRAMBLET, Gordon, NE  
PHYLLIS CUNNINGHAM, Columbus, NE  
ARLEEN E. CURTIS, Lincoln, NE  
DONNA M. DAVIS, Castana, IA  
TOM DAWSON, Temple Hills, MD

The GLEANINGS this month was one  
"swelluva" letter. Very informative,  
and personally right on the button. I  
have had to quit my beloved job--  
school cafeteria cook--after close to  
25 years. I also needed a reminder to  
send a check. I'm only sorry it isn't  
much more.

Very sincerely,  
LeEdda Hinsley  
Omaha, NE

ANDREA A. DAY, Atascadero, CA  
JUDY EBERHARDT, Minatare, NE  
DELORES C. EMORY, Swan Quarter, NC  
PHYLLIS ENGSTRAND, Braddyville, IA

Your appeal in the last GLEANINGS has prompted me to do what I have intended for a long while to do--make a contribution in appreciation for the information you have been sending.

Bob Cowles  
New Cumberland, PA

RANDY RAY ERB, Milford, NE  
RANDY ERB, Milford, NE  
GEORGE FERRIS, Archer, NE  
DEAN F. FINN, Grand Island, NE  
JIM & ANN FRAZIER, Cozad, NE  
ANONYMOUS, Kingman, KS  
MADELINE FRIEDRICH, Omaha, NE  
WILLIAM H. GAEBEL, Louisville, NE  
MARIE R. GALDA, Omaha, NE

I just wanted to drop you a short note to say thanks. The effort...put into the NPSA is greatly appreciated. ...I wish my check could be larger, as I know how difficult it must be to raise funds. Thank you again.

Sincerely,  
Rod Welander  
Fremont, NE

DONNA GARWOOD, Lincoln, NE  
LAURA A. GERMAN, Spalding, NE  
ANONYMOUS, Chadron, NE  
FRANK GRASSO, Omaha, NE  
WAYNE GREEN, Plattsmouth, NE  
LeROY & CAROL HASEMANN, Elkhorn, NE  
(over)

