

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

DECEMBER

1986

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KELLERMAN REAPS REWARDS OF SELLING AND SELLING

Judy Kellerman, top salesman in NPSA's HAPPENINGS coupon book fundraiser, has received a \$25 gift certificate from the HAPPENINGS company and a beautiful Christmas centerpiece from A FLORAL CENTER, 813 South 48th Street, where our Jeanne Richardson is a designer. A big thanks to them all!

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HOLDREGE GROUP SENDS MONEY, PLANS XMAS PARTY

NPSA Holdrege area representative Delores Bray has forwarded another cash donation from her group's aluminum can fundraising project. Hats off, gang!

They will all celebrate with a Christmas party at their December meeting on the 6th at 2:30 p.m. at Phelps Memorial. Cleone Groen will present the program. Finger foods will be served and everyone will bring a \$1 gift for a grab bag.

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THERE IS STILL TIME TO MAKE YOUR TAX DEDUCTIBLE CONTRIBUTION TO NPSA!

SPOTLIGHT: DR. ROBERT ALLINGTON

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

Lincoln's Bob Allington is a businessman. President of ISCO, Inc., a company which makes specialized biochemical research and water pollution monitoring instruments, he has been winning awards marking his achievements for the past 14 years.

Last year alone he earned the National Small Businessman Award, was named Lincoln Jaycees Small Businessman of the Year, and was honored by INDUSTRIAL RESEARCH magazine for coming up with one of the most technologically significant developments of the year.

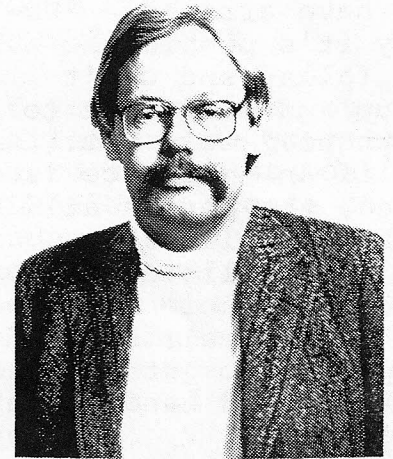
Bob has a Doctor of Science Degree from UNL and holds 43 U.S. patents. He is a busy, successful man.

He started early. At 16, he was a TV repairman. Then he and a friend began repairing scientific instruments that no one else seemed interested in working on.

In 1955, while a junior engineer at one of M.I.T.'s labs in Lexington, Massachusetts, he got polio. He was 19.

"At the worst of it I could move my fingers and turn my head a little," Bob says. He was taken to Massachusetts General, and then was brought back to Lincoln General. He spent a few months at St. Joseph's Rehabilitation Center in 1957. After nearly three years in the hospital, he regained full use of his hands, neck, face, and partial use of his elbows, and abdominal and back areas.

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Dr. Robert Allington

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LIFELINE HERE TO HELP IN EMERGENCIES ACROSS STATE

ALLINGTON--from page 1

Immanuel Medical Center's Lifeline is helping Omahans in emergency situations. According to Pam McCord, Lifeline Coordinator, 173 persons now subscribe to their service.

hospital, not necessarily Immanuel, and Lifeline works through each person's regular doctor.

Bob had developed a successful part-time business building one-of-a-kind instruments by the time he got his B.S. degree in 1959. "My physical limitations were not much of a handicap as far as being in business for myself was concerned," he says, "but apparently this was a problem for others. I sent letters to places like G.E. and different universities (for jobs) and didn't get any answers."

Each subscriber is issued a personal help button which can be worn like a necklace. In time of need the button is pushed, which activates a radio transmitted signal to a unit in a wall phone jack. The unit dials a computer located at Immanuel, and the computer indicates that help is needed.

The service costs \$12.50 a month for regular units, which pick up the signal up to 200 feet away, and \$16.50 a month for the voice unit.

So Bob and his partner set up shop in a garage and basement. Bob did the inventing, planning, selling, and engineering design. His partner ran the shop. It's been a lot of hard work and a steady uphill climb ever since.

After calling the house first to be sure the button wasn't pushed by mistake ("Only about ten persons a month actually need help," says Pam.

Here the unit that does the dialing has a speaker in it so that the subscriber and the person at Immanuel can talk directly to each other.

As for polio, "I haven't experienced the post-polio problems as dramatically as many I have read about," says Bob. "I was lucky. I didn't exercise at first as much as I was supposed to. I think that has helped me now in the long run."

"We get all kinds of accidental pushes."), the person's card is consulted to get names of people listed to assist in this situation. One is called who then goes to the house and pushes the re-set button to indicate to Immanuel that they have arrived. "Usually it's people who have fallen and can't get up and can't get to the phone," says Pam. "But if an ambulance is needed, the person at the house calls 911.

"Many families really like the voice units. There is the reassurance of hearing a voice right away," says Pam. "And we know right then what the problem is and don't have to wait for someone else to go there first."

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When no one listed on the card to help can be reached, we call 911 and the police to get into the house and handle the matter."

All either unit needs is a modular phone jack in the wall which Immanuel can arrange to have installed if there is none.

THE BENEFITS OF HUGGING

The ambulance takes the person to the nearest

There are 39 similar programs in Nebraska now, and for towns without a Lifeline, the units will dial long distance.

Hugging has no age limits and can be utilized with great success and prevent stress.

For more information about Immanuel's program, dial 572-2777.

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THOUGHT FOR THE DAY:

If we could sell our experiences for what they cost us, we'd all be millionaires.

CHARACTERISTICS:
No batteries to wear out
No periodic check-ups
No monthly payments
Non-taxable
Non-polluting
And--fully returnable.

Abigail Van Buren

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GABY'S GLIMMERINGS

by Cynthia Gabrielli Haag

DR. AND MRS. CASH VISIT OMAHA, TALK POLIO PLANS

I wondered what I was going to write about this month. Little did I know my body would provide the answer. It started subtly. I have been super busy this month doing lots of projects. This weekend I really slowed down and spent a good deal of time sleeping or lying on the couch watching TV. I was just worn out. Sunday I started feeling kind of stiff on the couch. I kept shifting positions to get comfortable.

Last night in bed I had the same problems. After lying in one position for awhile I'd start to ache. This morning my right knee started to ache and the pain steadily increased until it seemed unbearable. So I went to take some aspirins. I took two and just waited.

What a bad day to have this pain. One of my clients had had a baby. She stayed home for two months with her little girl and baby. Today is the first day that I have them again. I fed the baby and changed him. He finally fell asleep so I decided that since the aspirins were not working maybe a hot bath would. No luck. The pain is still there. Now I've taken four aspirins. I've massaged and tried every position possible. The baby is crying and his sister is fussing because I had to say "no" to a request.

I decided to write this to keep my mind off the pain which is now radiating up my leg. Thankfully the baby has stopped fussing and his sister is playing happily with one of the other kids I watch.

I'm sure this is osteoarthritis. It is in the leg I had polio in. The pain will go away eventually. But right now I'm wondering how long I'll have to live with it and can I get through the day. Tonight I'll put a heating pad on it.

I know this is temporary. What really worries me is the knowledge that someday it may not be temporary and may progress to other joints. But I know I'm not alone. Many of you out there deal with some of the same problems. It helps to share with others who understand.

POST-POLIO ARTICLES AVAILABLE FROM NPSA

Nine post-polio articles in the July 1985 ORTHOPEDIC JOURNAL are still being offered by NPSA. We recommend that you get these articles, read them, and then take them to your doctor to read.

If you have not already ordered yours, send for a copy. Please enclose a contribution of \$2 to cover copying and mailing expenses. Write to NPSA, P.O. Box 37139, Omaha, NE 68137.

Dr. Webster Cash and his charming wife Mary Ann stopped in Omaha for a visit with Bill and Nancy Carter recently. Dr. Cash spearheads the post-polio support group in Atlanta, and is in the process of organizing a statewide polio organization in Georgia.

After some fine dining (hosted by the Cashes in honor of Nancy's reaching The Big Five-0), the foursome spent the evening discussing post-polio and the approaches used in our respective organizations.

What wonderful friends, and what a great way to share our dreams and stumbling blocks!

Look forward to an article by Dr. Cash in an upcoming GLEANINGS.

HAPPENINGS COUPON BOOKS ARE STILL AVAILABLE.

\$17.50. Call Nancy, 895-2475. PLEASE!

POLIO CLINIC QUESTIONNAIRE

If you have not yet mailed in the questionnaire from last month's GLEANINGS, please do so today. It is necessary to let "the powers that be" know that a lot of us are interested in having a polio clinic in Nebraska if we are to get one. This is not a commitment, but merely an expression of your interest.

'TIS THE SEASON

I love the holiday season. The air feels crisp and clean, strangers smile a silent greeting as we pass on the sidewalk, kids fairly burst with excitement, everything is bustling and busy and overflowing. It's a lot of tinsel and laughter and remembering and giving. A warm, wonderful time.

I think I'm addicted to Christmas. I buy little gifts all year round and squirrel them away in a drawer so that I'll have them when I need them in December. I get my Christmas cards the instant they are set out on the shelves. And no matter how much I protest that this year I'm not going to spend hours on sugared nuts and hand dipped chocolates, I always do. I can't seem to stop myself. I wish I could give a Christmas

NOTICE NOTICE NOTICE

This is the meeting you have been asking for! Lynda Boyd, M.S., will talk with us about ADJUSTING TO POST-POLIO--HOW POLIO PEOPLE CAN COPE WITH THE CHANGES THAT COME WITH WHAT SEEMS LIKE A SECOND DISABILITY.

At the NPSA Omaha area support group meeting, 2 p.m., December 7, Rejoice Lutheran Church, 138th and Center.

MAKE THE EFFORT TO BE THERE! You'll be glad you did.

gift to every person I ever knew!

The truth is that some people never stop giving--they're at it twelve months a year. These are the folks who really understand Christmas.

We have a lot of them to be thankful for in NPSA. People like Lyle and Virginia Walker, who put the labels on this newsletter and get it in the mail on time every month without fail. And Chip and Nina Mackenzie, who man the computer and work on special projects. And our area representatives, who keep us alive all over the state. And Delores Bray and the Holdrege group with their aluminum can fundraising efforts. And Cindy Haag with her GLEANINGS column and name tags. And Marlene Orton, who devotes hours every week to getting done what needs to be done to run this operation. And Jo Ann Lehnhoff with her mighty mean mint tea.

In the Omaha group we have dozens like Judy Kellerman who work hard to make money to keep the state organization afloat. And, of course,

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

we could not even have done the HAPPENINGS fundraiser without the leadership of Alice Hauck and Cindy Haag.

There are people like Drew and Florence Maxwell, and Mildred and Jeanne Richardson, and Carol Feather and Madeline Menard who take on projects around the office. Some people hold Tupperware parties for us, or submit articles for the newsletter, or make brownies. Some people give us money; others their talent and time. Just coming to the support group meetings is a gift to NPSA.

How can we possibly mention all the special people who have given us so much this year! People like Erma Ocker, Millie Schwindt, Marcia Bredar, Dianne McEntee, Jane Moyer, Kathleen Hendrickson, Peggy Moe, Pastor Schmidt, Cheryl Marchant, Donna Mavis, William Berton, Lorri and Jim Linenbrink, Joy Tague, Louise Winterstein, Rosie Hoover, Lois Bergin, Richard Hanisch, Colleen Brouillette, Fran Quin, Paula Bonkiewicz, Linda Buscher, Karen Dulany, Fred Hen

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