

# THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

DECEMBER

1433

### COOKBOOK SELLING LIKE HOT CAKES

CHADRON AREA GROUP SURGES IN SALES

NPSA's personalized cookbook is proving to be a popular gift item for the holidays. Brisk sales are attributed to the fact that people are doubling and tripling their original orders once they see what a class act this book is.

Sheryl Marchant, Area Representative for NPSA's Chadron Area Support Group, reports sales of five cases of cookbooks--and they're not done yet! This group has found outlets in their Chamber of Commerce, a local church, and nursing homes.

Other Area Support Groups are promoting the book at church bazaars, grocery stores, shopping malls, and convenience marts.

#### LINCOLN NOTICE

The NPSA Lincoln Area Support Group will not meet in December. Members wishing to attend a meeting are welcome at the Omaha meeting. Why not car pool? Omaha members would love to have you come. See page 6 for details.

### HEALTH CARE FIRM GIVES DISCOUNT TO NPSA MEMBERS

Here's a nice present for all of us: Gene Helget, owner of Helget Home Care, 8609 F Street in Omaha, is offering a special discount to members of NPSA. Just go into the store and identify yourself as one of us, and the price will go down because of your affiliation.

Helget's is an independentlyowned, Nebraska-based firm with a full line of home health care items. They can provide everything from respiratory equipment to E & J and Invacare wheelchairs and carts.

They are on call 24 hours a day, and delivery is free, usually within 24 hours.

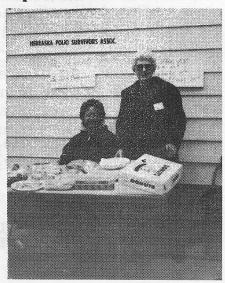
For more information if you are in Nebraska but outside of Omaha, call toll-free 1-800-445-0064. Otherwise call 402/339-1056.

### HASTINGS AREA GROUP ADDS TO NPSA COFFERS

Judy Bradford, Hastings Area Representative, proudly forwarded a check for close to \$400 from the Rummage-Bake Sale held by the enthusiastic members of our Hastings Area Support Group.

Donations of donuts from a local bakery added to the homemade goodies provided by group members, and much new clothing was also donated. Judy and her mother, Fran Minich, spent hours sorting and storing the stash in their basement in preparation for the big day.

Our hearty thanks to all who helped!



BARB STRASBURG AND FRAN MINICH

# FRUSTRATIONS OF AN OLDER HANDICAPPED AMERICAN

by Armine R. Kuhlman NPSA Member, Lead, SD

This progressive disease brings plenty of concern as we grow older. Since 1912, daily hard work was the best remedy for the afflictions of my left side, including bones, muscles, and nerves. We tried to overlook the teasing, and listening to "YOU CAN'T."

Suddenly, I find traveling is the biggest hazard of the world. When we arrive at a cafe I ask, "Are there steps? How deep are they? Is there a handrail?" My wife, who must push my wheelchair, also decides whether she can get the chair to a table.

Next, going to the bathroom presents a Major Effort. My wife (my "Care Lady") bravely pushes my chair toward the proper door. Restroom doors are so heavy a person on crutches or in a wheelchair cannot push them open. My "Care Lady" pushes the door open. Quickly she makes an inspection to see the location of grab bars, if any. Can he get back to his wheelchair with his crutches?

Next we register at a motel or hotel. We need a room with all the above features. "...Sorry, we have no rooms for the handicapped. We have no walk-in showers with grab bars. Why don't you use a tub?"

It is dangerous for a person on crutches to take a tub bath. Is there a special stool like an old-time piano stool to sit on while one grabs a bar and swings his legs over the side to get the legs into warm water for a soak-spell?

A major travel hazard for people in wheelchairs is the narrow aisles on Amtrack or buses. How about special lift devices to get people in wheelchairs onto trains.

America can give us lots of things to enjoy on long leisurely tours. Older people are not rushed to get to a certain point as are the younger people. Why not help older handicapped citizens to See America First?

### CORRECTIONS

If there is an error in your recipe, please notify us so we can publish corrections in GLEANINGS.

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### FASCINATING TIDBITS...

Want the true scoop behind Penny's Mock Sourdough Pancakes (Cookbook pg. 162)?

Georgia Whiteaker has a brother called Penny (from their family name, Penhallow). When he was overseas, he experimented with making just the right pancake until he produced this extremely light, fluffy version all his own. Move over Aunt Jemima!

# CHRISTMAS CELEBRATION PLANNED BY HOLDREGE GROUP

If you're looking for a fun afternoon, get over to the NPSA Holdrege Area Support Group's Annual Christmas Party at 2:30 p.m. on December 4 at the Phelps Memorial Health Center.

Don't go empty handedevery member is to take finger food. The afternoon will be spent with members telling something interesting about themselves, such as what they do for hobbies or things that others might not know about their families.

Delores Bray, Holdrege Area Representative, wants us all to hear that Joan Day did a super job on the lunch committee for their Anniversary, and we neglected to mention her.

# POST-POLIO AND THE AGING

by Jerry O. Ciocon, M.D.
Internist/Geriatrician
Appalachian Reg. Hosp.
Man, West Virginia
(formerly at UNMC)

Can you suffer from polio again after age 65? New muscle weakness, pain, or loss of endurance are symptoms commonly seen as we get older, especially if you had polio during early childhood. Most often this is due to arthritis, heart disease, depression, anemia, poor nutrition, or thyroid disorder. After a thorough examination and laboratory tests with negative findings, post-polio (PPS) has to be remembered.

# CONTRIBUTIONS

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

BUILDERS--Individuals who contributed \$100 to \$499

NANCY AND DON GREENBERG, Omaha, NE

FRIENDS--Individuals who contributed up to \$99

JOAN BOSE, Broken Bow, NE
MARCIA BREDAR, Omaha, NE
DOLORES N. BROWN, Omaha, NE
DOUGLAS T. BROWN,
Edmonton, Alberta, Canada

Thank you for the information about PPS. I'm very interested in learning on my own what I can, and I'd be so grateful if you'd keep me on your mailing list. I'm enclosing a check.

Gerda Sundberg Watsonville, CA

IRMA CORNELIUS, Ogallala, NE LARRY E. DAWSON, Council Bluffs, IA CHARLES E. FROEHLICH, Tucson, AZ MARIE GALDA, Omaha, NE

Put this to good use.

Nancy and Don Greenberg Omaha, NE I still enjoy and look forward to every issue of GLEANINGS. Sometime ago I asked you to send GLEANINGS to a friend, and she told me recently how much she enjoys it. She says it's so nice to know you aren't the only one with these problems. Am enclosing a little contribution.

Maxine Queen Lisco, NE

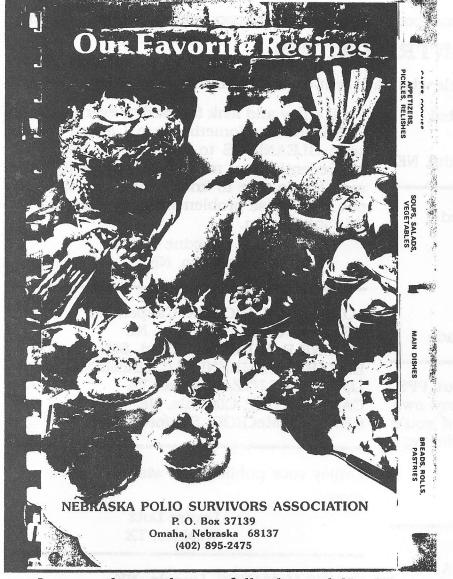
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ELIZABETH RUBENDALL, Lincoln, NE
LOUISE B. LUTZ, Weslaco, TX
CAROL McCAY, Clatonia, NE
CHARLES McLEOD, Sanford, NC

I enjoy your publication--wish this were more!

Louise Lutz Weslaco, TX

JAMES McMANUS, Lincoln, NE
MAXINE QUEEN, Lisco, NE
MARY M. RIEKE, Omaha, NE
WONONA SCHMEITS, Randolph, NE
GERDA SUNDBERG, Watsonville, CA
RICHARD L. TERRY, Barstow, CA
ANN VAN DERHART, Valley, NE





Imagine this in glorious full color and 6" x 9"!

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I just got my Cookbooks and am thrilled with them. They are beautiful, and what a variety of recipes! I can hardly wait to start trying them.

> Carol Heim Chicago, IL

Everyone loves the cookbooks. I already have a list for another goround. One lady called me last night and wanted 20! I've enjoyed doing this for NPSA.

Sheryl Marchant Chadron, NE

The NPSA Cookbook has EVERY recipe you'd EVER want for EVERY dish you'd EVER want to eat. Besides that, it shows evidence of careful, painstaking work by the editors.

> Marie Galda Omaha, NE

I really like the Cookbook because you can buy most of the ingredients at the local grocery store.

**Delores Bray** Loomis, NE

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# FOUND A FAVORITE RECIPE? TELL US ABOUT IT!

We've had a ball with the NPSA Cookbook at the Carter domicile. First we tried Pear Pierre, the delightful drink described on page 145. It was so good we made it three times--but it only serves two at our house--not six as the recipe says. Next we went for African Genesis (pg. 50). What a hit!

Have you given any of the recipes a workout yet? Have you found some new favorites? What do you think about the Cookbook?

Drop us a line and let us know--we'll publish a representative sample of what you have to say. We want the world to hear your thoughts about this--do you?

### RECIPE CORRECTION

We hope nobody actually put 12 tsp. vanilla in the Microwave BROWNIES (pg. 151). It should be 1 tsp. vanilla.

# GRAND ISLAND GROUP TO HOST HOLIDAY PARTY

O'Brien Center at St. Francis Hospital will be the site of the NPSA Grand Island Support Group's Holiday Party December 4 at 2 p.m.

Area Representative Kathy Hendrickson reports that party-goers will enjoy an afternoon of bingo, Christmas caroling, and plenty of goodies.

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### **FASCINATING TIDBITS...**

How's this for authenticity--Czech Liver Dumpling Soup (Cookbook pg. 19), a favorite of 98-year old Anna Galda (Marie's mother).

Anna was raised in a rural area near Prague. Czechoslovakia. In 1912, at age 22, she was sent to America to be taught as a Presbyterian missionary in a school near Pittsburgh. Marie's father had settled in Omaha after a move from the Old Country, and family matchmakers urged them to begin a long-distance courtship through the mails. They were married in 1918, honeymooned in and moved to Omaha, and thus we have our good NPSA member Marie and a terrific Czech recipe for our Cookbook.

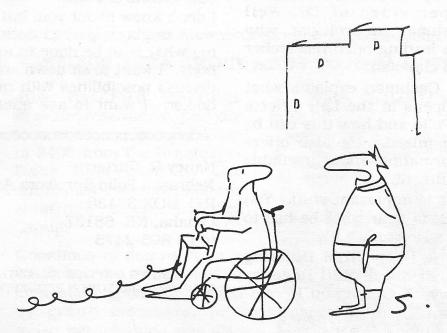
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### AVOIDING HOLIDAY STRESS IS THEME OF BOOK

Lincoln Area Co-Representatives Peggy Moe and Arleen Curtis are singing the praises of THE CHRISTMAS BOOK by Alice Lawhead, available at religious bookstores.

The book is full of suggestions for ways to avoid stress during the holidays. For instance, start early. Order out of catalogs and freeze foods ahead. Skip cookie baking. Shop during meal times when fewer people are in the stores. Send cards later in the year.

Don't expect more of yourself or others than they are able to give. Relax and enjoy the music, the lights, and the beauty.



"I hate to interfere, but we've had a few complaints about the way you're breaching architectural barriers....."

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### **GETTING SMART**

So often we hear from people who have managed to work themselves into a ball of frustration because they "do not have a diagnosis of PPS." It may not be the worst thing in the world.

We all understand that currently there is no lab test that can yield such a diagnosis. It's a diagnosis of exclusion. This means that a doctor must first eliminate other diseases such as ALS, MS-whatever else the symptoms presented might resemble. It can be important and reassuring to have such an evaluation made. It can also be extremely expensive.

Being declared worthy of the

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### NOTICE NOTICE NOTICE

NPSA's Omaha Area Support Group will be treated to a super video of Dr. Neil Cashman, neurologist, who is a leading polio researcher and clinician.

Dr. Cashman explains what happens in the Late Effects of Polio and how this can be recognized. He also offers information about available treatment.

This is important stuff. You need to hear what he has to say. Don't miss it!

Come to the IBM Building (north door), 450 Regency Pkwy. in Omaha on December 4. The meeting starts promptly at 2 p.m.

Hope to see you there! (Bring some of your best Christmas goodies--we can all pig out and learn something at the same time!).

label "PPS" is hardly an Open Sesame. Many insurance companies insist on a polio rider, refusing to pay for treatment that they are able to identify as polio-related. They don't want to shell out for a condition arising from a disease that was acquired long before their policy was.

Perhaps even less productive than pushing for a diagnosis, however, is insisting on aggressive treatment--that little touch of magic that all doctors are supposed to have to make us well.

At this point, there is no definitive treatment for PPS. By demanding answers that don't exist, we invite doctors to (among other things) fall back into a role that does not promote a partnership approach to dealing with the Late Effects of Polio.

I don't know about you, but I want to play a part in deciding what is to be done to my body. I want to sit down and discuss possibilities with my doctor. I want to ask ques-

tions and express myself, and ultimately to decide what I will and will not do. And I want my physician to realize that I must be an active participant in this venture, and that I want his cooperation and understanding.

So let's get smart. Let's read and comprehend everything we can get our hands on about the Late Effects. Let's find out what we can reasonably expect from health care providers. Let's insist that they talk with us about it, and not allow them just to render opinions and issue orders. Let's not stick with doctors who refuse to learn about our health problems.

Research continues. Some day the solutions will be routine. Until then, let's know what's happening and work out a doctor-patient relationship that will allow us some responsibility in this increasingly important aspect of our lives.

nbc

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