

XX

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?

XX

CORRECTIONS

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

XX

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, Penhalow). 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!

XX

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 handed--every 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.

XX

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 lit-
tle contribution.

Maxine Queen
Lisco, NE

LORRAINE K. HICKOK, Casper, WY
HELEN F. JASA, Thurston, NE
ARMINE R. KUHLMAN, Lead, SD
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"!

XXXXXXXXXXXXXXXXXXXXXXXXXXXXX
 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 go-round. 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

I want _____ books at \$7 each--Total \$ _____
 Mailing fee \$ _____
 Total amount enclosed \$ _____

MAILING FEE IN USA:

1-5 books--\$2.50
 6-10 books--\$3.75

People ordering from Canada will receive a separate bill for the mailing fee.

SEND CHECK OR MONEY ORDER ONLY, payable to NPSA

(Please allow several weeks for delivery)

Send books to:

Name _____ Telephone # () _____
 Street _____
 Town _____ State _____ ZIP _____

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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?

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

RECIPE CORRECTION

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

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

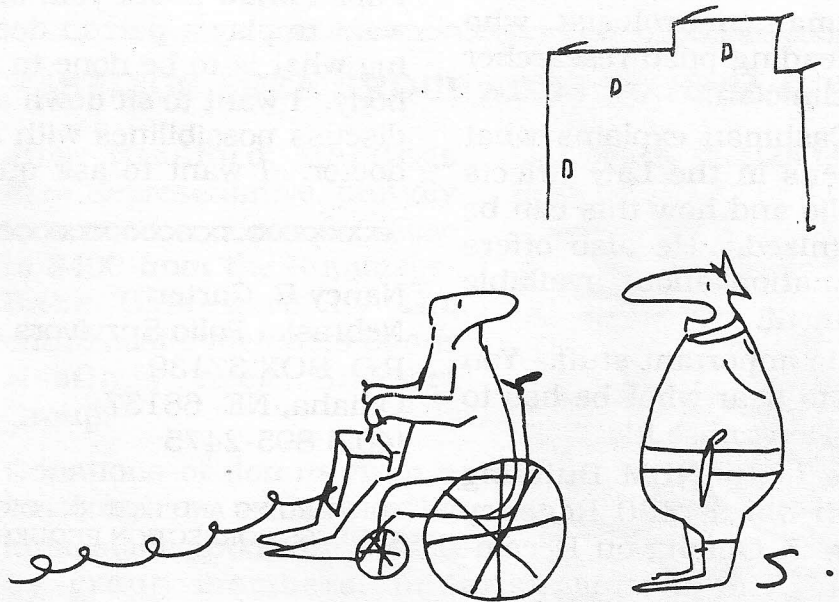
XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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."

Reprinted by permission of Accent on Living Magazine

