

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

FEBRUARY

1988

Nancy Carter will not be able to keep her scheduled speaking engagements for the end of January and the first part of February.

We hope this has not caused anyone any inconvenience. Please look for the rescheduling of these talks.

Martin Luther xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

SOCIAL SECURITY BOOKLET AVAILABLE AT DISCOUNT

Once again James Ross, author of SOCIAL SECURITY DISABILITY BENEFITS: HOW TO GET THEM! HOW TO KEEP THEM! is offering NPSA his super manual at a terrific discount.

For only \$5.50 plus \$2.00 for shipping (this is over \$7 off the regular price) you can receive this step by step guide to prepare you for your battle for benefits. Write to Ross Publishing Company, Dept. N, Route 3, Slippery Rock, PA 16057.

NEW POST-POLIO GUIDE AVAILABLE FROM ACCENT

ACCENT magazine has published a 47 page guide called, simply, POST-POLIO. It is a compilation of 15 articles on polio previously published by ACCENT from 1956 to 1986 (14 of them since 1981), arranged chronologically. Much of the information is dated--even a couple of years seems to make a big difference as post-polio goes.

Still, Raymond Cheever, ACCENT editor, has a special interest in post-polio as a survivor himself, and does us all a favor with his continued attention to the subject.

To order send \$3.95 to Accent Special Publications, Cheever Publishing, Inc., P.O. Box 700, Bloomington, IL 61702.

VIDEO AT CHADRON

NPSA's video on muscle weakness will be shown at the Chadron area support group meeting on February 21, 2 P.M. at 529 Beech Street, home of Sheryl Marchant, NPSA Area Representative.

CATALOG FULL OF STUFF--TAKE A LOOK!

If you have not seen COM-FORTABLY YOURS, it's time you did. It's billed as the catalog that "makes living easier," and it's filled with comforts of every description.

There's an unbelievable variety of pillows and cushions, "egg crate" mattress covers, a choice of raised toilet seats, cleaning aids galore, thermocure gloves, easyopen doorknob handles, reachers, a pocket-size footrest, a unique tarnish remover, sugar-free candy, lotions and cremes, special shoes and clothing, items for safety and security--we can't begin to list them all.

Order your copy from Comfortably Yours, 61 West Hunter Avenue, Maywood, NJ 07607.



Easy-open Handle Fits over Door Knobs

DANCING IN THE DARK

(TO THE TUNE OF OL' MAN RIVER)

The good news is that I've lost weight. And that I have a loving, caring husband by my side. And wonderful family and friends. Actually, now that I think of it, there's lots of good news in my life.

But other things are happening, too. In recent weeks, I have been able to swallow only thin liquids. I've always had a slight problem getting things down--had to take small bites, turn my head to my weak side, wash it down with water, forever supporting my head with my left hand. The loss of my sterno cleido mastoids (and who knows what else) left me with a very strange neck.

Lately food kept getting stuck at the base of my throat, sometimes staying there for hours. It scared me to death. I started the doctor routine.

You know what happened, don't you! One physician early on told me I could swallow if I wanted to--no reason I couldn't go right home and eat a steak.

When I asked another if he didn't think this was polio related, he replied, "I don't see how it could be at this late date."

One particularly sensitive M.D. said roughly, "You're not going to die--I can stick a tube down your throat and feed you indefinitely."

With this kind of help, things quickly got to me emotionally. I cried a lot, distraught over not knowing what to do and not being able to find anyone with a solution.

I fell into periods of deep depression. Never mind that there were people out there battling really horrible, dreadful physical conditions, people much worse off than I am--I couldn't get my mind off myself.

Then the polio network fell into place. I started calling around the country for help. I got good leads from friends like Gini Lauri, Judy Raymond Fischer, Roberta Simon, Susan Sortor.

I've had a barrage of tests, some of which, though supposedly necessary, have created new difficulties in themselves. But I have found some doctors who will at least listen to me and who seem interested in finding out what is happening here.

A pal in California suggested I keep up my strength with Ensure, an 8-ounce can of complete, balanced nutrition (in six glorious flavors). Dear Hubby brews up a pot of vegetables every day, and I drink the broth. Juice is a staple. I'm getting along fine nutritionally.

But I worry. I fret. I stew. I create misery for myself. It's

made me take a second look at my spiritual condition.

I've worked like the dickens to accept this and to demonstrate the faith that God will lead me in the right direction. I've done my best to stop fighting and to create some peace and serenity in my life. It's something I have to tend to constantly.

A few days ago as I picked up the newspaper to get to the crossword, a sheet of stamps fluttered from its folds to my feet. "EXPECT A MIRACLE" each one said. Well, why not!

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HAVE YOU HAD SWALLOWING PROBLEMS?

Apparently little has been documented regarding postpolio swallowing difficulties. How common is this problem? NPSA wants to know!

If you have had post-polio swallowing problems, write us. Describe the difficulty in detail. What happens? How does it feel? How frequent is it? How do you resolve the problem? Did you receive medical help? Describe this.

Tell us something about you and your original polio condition. Give us a good picture of the situation, and maybe we can focus some attention on swallowing that could result in help for us all.

APPEAL

We thank the people listed below who have responded to NPSA's appeal by sending a donation.

SUPPORTING PATRON--Individuals who contributed \$1,000 to \$2,499

ROBERT W. ALLINGTON, Lincoln, NE

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

ROBERT GRIESS, Sutton, NE

FRIENDS--Individuals who contributed up to \$99

BETTY J. BAXTER, Warm Springs, GA
BARBARA R. BUCHANAN, Lagunitas, CA
REVA COULTER, North Platte, NE
MICHAEL HAVLIK, Omaha, NE
BILL & GERALDINE PFLAUM, No. Platte, NE
JANICE L. READER, Las Cruces, NM
L. W. SHAFFER, Norfolk, NE
STANLEY G. SMITH, Waverly, NE
ROLLAND WINGATE, Soldier, IA
ROBERT J. ZEMAN, Chadron, NE

Enclosed find a small donation for your Association. I enjoy reading the GLEANINGS and finding that some other people are having problems like I have and it is not my mind thinking them up.

Stanley G. Smith Waverly, NE

I want to thank you for your generosity and consistency in sending me the Nebraska Post-Polio Newsletter. I wish...all the members of your group a Joyous New Year--with lots of sunny skies.

Barbara Buchanan Lagunitas, CA

I enjoy the GLEANINGS. It has been helpful in understanding some of my problems...A contribution is enclosed.

Robert R. Griess Sutton, NE

Enclosed is a small donation to the NPSA to help with your good work...Thank you for sending the GLEANINGS. It is nice to know that I am not alone in this fight.

Rolland Wingate Soldier, IA

MEMORIALS

IN LOVING MEMORY OF
WILEY MITCHELL

from Armine Kuhlman Lead, SD

IN LOVING MEMORY OF WILEY MITCHELL

from Marie K. Mitchell Hebron, NE

IN LOVING MEMORY OF DAN UNLAND

from Maxine Gates Unland Panorama City, CA IN LOVING MEMORY OF

DOROTHY DAY MEEK

from Maxine Gates Unland Panorama City, CA

IN LOVING MEMORY OF JOE McKENZIE

n Maxine Gates Unland

Panorama City, CA
IN LOVING MEMORY OF

MABEL WATSON

from Bill & Geraldine Pflaum North Platte, NE

IN LOVING MEMORY OF ANN E. SCHWARZ

from Mr. & Mrs. W. O. Baldwin Hebron, NE

LIFE'S FRUSTRATING MOMENTS



For those of you who are considering filing for Social Security Disablity benefits, NPSA has prepared a guide to show you and your doctor the kind of information the government is looking for

NOTICE NOTICE NOTICE

What better time to talk about losing weight than after the holiday splurge! The NPSA Omaha area support group's February 7th meeting will be devoted to at least one method of shedding pounds and nutrition tips to keep them off. We'll hear from some winners and see how thy did it.

Come to First Data Resources, 10825 Farnam in Old Mill South at 2 P.M.

See ya there!

regarding post-polio problems.

The information includes the recent changes in Social Security's Program Operations Manual System that reflect an awareness of the

difficulties now being encountered by polio survivors.

It's free. Send to NPSA, P.O. Box 37139, Omaha, NE 68137.

NPSA thanks Cornhusker Business Machines, 7425 Dodge Street, for the use of their laser printer in the production of this month's newsletter.

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