

Gleanings

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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Martin Luther

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
**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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
**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.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
VIDEO AT CHADRON

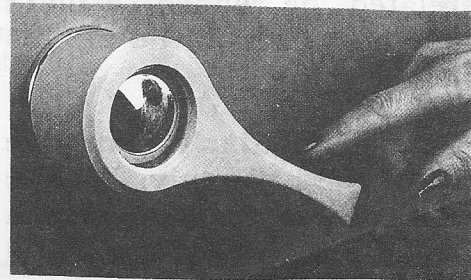
NPSA's video on muscle weakness will be shown at the Chadron area support group meeting on February 21, 2 P.M. at 529 Beech Street, home of Sheryl Marchant, NPSA Area Representative.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
**CATALOG FULL OF STUFF--
TAKE A LOOK!**

If you have not seen COMFORTABLY 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, easy-open 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

XX

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!

nbc

XX

HAVE YOU HAD SWALLOWING PROBLEMS?

Apparently little has been documented regarding post-polio 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.

