

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JULY

1985

LINCOLN SUPPORT GROUP TO MEET AT YWCA JUNE 29

Nancy Erickson, Lincoln area representative, reports that their first support group meeting will be held Saturday, June 29, at 2 p.m. at the YWCA at 14th & M.

In a May organizational meeting Marlene Perkins, Diane McEntee, Helen Crawford, and Lois and Larry Bergin agreed to contact persons in the area who have expressed an interest in postpolio.

If you have not been reached and want to attend the meetings, call Nancy at 474-0820.

IS YOUR AREA UP ON HANDICAPPED PARKING?

Nebraska law is quite specific about handicapped parking. According to ILLUSTRATED STANDARDS FOR PUBLIC BUILDINGS: STATE OF NEBRASKA PROVI-SIONS FOR THE HANDICAP-PED there must be one handicapped space for every 50 spaces or fraction thereof. These shall be a minimum of 12 feet wide and shall be as close as possible to see pg. 2, col. 3



CLINKENBEARD AND ROBERTS

SPOTLIGHT: THE HELPING HAND OF PVA

Joe Roberts and Dave Clinkenbeard have a lot in common: They are both quadriplegics and they are both guiding lights in the Great Plains Chapter, Paralyzed Veterans of America.

In 1959 Joe was a young man on the move. At 25 he had served in the Navy and had begun work driving a gravel truck. Then two days after receiving the Salk vaccine, he was hospitalized with polio. After spending the next three months in an iron lung, it was another year and a half before Joe was released to his home in Valley.

Dave sustained a spinal cord injury in an Omaha car accident. "One of the guys from the PVA came to see me in the hospital," he says. offered me support. helped get me transferred to Woods Spinal Cord Center in Milwaukee, where I spent nine months. When I got back they called and asked me to come to their monthly meetings. The first one I went to they elected me president." That was in 1976, and Dave has been PVA president ever since.

The Great Plains Chapter is a busy group. Al-though a veterans' orgasee pg. 2, col. 2

MAGIC FINGERS SOOTHE AND RELAX TIRED MUSCLES

by Marcia Bredar

Panic set in. I had won the drawing! Now I had no excuse not to try "it." The "it" was a body massage. I was in a state of shock for a-about a week, but finally got up my courage to schedule an appointment.

As I arrived at 11:00 a. m. on a Saturday, I was immediately put at ease by the pleasant surround ings and relaxing music.

After waiting only a few moments, I was escorted to a room where I was to disrobe in order to sit in the whirlpool. The whirlpool was very soothing and was regulated at approximately 105°. You can stay in as long as you want.

After the whirlpool, I had an epsom salts rub to rid the body of impurities, and then sat in a steam cabinet for as long as I wanted.

Finally it was time for the massage. I was rubbed from head to toe and it felt wonderful. I was so relaxed, and time just seemed to stop. If I had my way, it could have gone on forever. It did last one hour. The whole experience was sheer delight!

My massage was made possible by Carol Kangior, Utopia Holistic Health Club, 5115 Leavenworth. It is accessible, and one can get the "works" or any part wanted.

COMPUTERIZED LISTING LOCATES NEEDED PRODUCTS

ABLEDATA is a computerized listing of over 10,000 commercially available assistive devices. Each listing includes brand name, manufacturer, cost, product description, and evaluations and user comments when available.

PVA cont. from pg. 1

nization, they try to help other handicapped groups, too. "We're advocates for all the disabled people in Nebraska and Iowa," says Dave.

The two 24-unit accessible apartment complexes which the group brought to Omaha are open to anyone with a handicap. The group has provided local nursing scholarships and has donated to medical research. They worked tirelessly on the state's handicapped parking legislation.

Of great interest to our polio survivors association, Great Plains Chapter has allowed us the use of their copy machine, giving life to this newsletter. They and the PVA Auxiliary, headed by Marian Seidel, have also provided funds for postage, which has helped us stay afloat.

"Helping others is a big part of what we do here," says Joe. Thanks to this generous attitude, untold numbers of handicapped persons benefit from the activities of the P.V.A.

The comprehensive list is cataloged in such a way as to help locate specific items needed easily.

If you have been unable to find certain products or are not sure exactly what is available, this may be one approach for you. Minimum search (up to 100 citations) costs \$10; \$5 for each additional set of 100.

Write to ABLEDATA, Catholic University of America, 4407 Eighth St., N. E., Washington, DC 20017 or call (202) 635-5826.

PARKING cont. from pg. 1

the main entrance of a single building or centrally located in lots that serve several buildings.

Care must be taken so that the handicapped don't have to wheel or walk behind parked cars. Curb cuts are required adjacent to the handicapped stalls, and the parking spaces must be clearly marked with signs displaying the accessibility symbol.

How well does your area comply with this law? Look around you and note places doing especially well or especially poorly.

We will appreciate learning about your findings. Send information to Architectural Barrier Committee, Box 37139, Omaha, NE 68137.

GABY'S GLIMMERINGS

by Cynthia Gabrielli Haag

I remember a man saying to me once that the only people he didn't like were those who tried to rain on his parade. He meant that he wanted the sole control of his own I understood deeply what he meant as I had struggled long and hard to be in complete control of my life. I wanted to be the master of my own ship driving to my self-chosen destiny.

Somewhere along the line I encountered a real snag in the effectiveness of this philosophy. The snag I finally had to deal with was the fact of my handicap. somehow began to see that my destiny was to some degree controlled by my physical limitations. Though a Mozart I might want to be, my crippled left hand simply was not going to go skipping along a piano keyboard!

I guess I was about 14 when I resigned myself to this fact. But I still felt that there were so many options left that my channel wasn't narrowed much. For some reason I felt I could still carve out my own destiny and steer my own ship.

As I have gotten older, the channel keeps narrowing. I never reckoned with further deterioration in my condition. What I had, I
thought I would keep.
But as my endurance les-

sens and my muscles weaken, I find I am less in control of this ship than I had thought.

As I have grappled with this, I have suffered emotional pain. It is the pain of letting go of something that had been very important to me for a very long time. I have rebelled against the facts crashing in on my life. But rebelling against that which you cannot change is an excruciatingly painful, futile battle.

GET IN THE SWIM!
Call Fran at 391-9401

MASTERS & JOHNSON ANSWER QUESTIONS ABOUT SEX

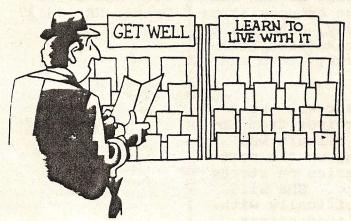
William Masters, M.D., of the Masters & Johnson Institute in St. Louis, has announced a new service. Professionals at his institute will answer on the telephone any questions for the handicapped regarding sex or sexuality. The number to call is (314) 361-2377.

AFTERNOON OUTING PLANNED BY OMAHA SUPPORT GROUP

Start marking your calendars, picnic lovers. The Omaha group is planning an outdoor gala at their regular meeting time in August.

Grab a few hot dogs, shove your families and friends in the car, and meet us all for an afternoon of fun and frolic. See next month's newsletter for details.

GREETING CARDS



A ROSE BY ANY OTHER NAME...

Last week I got my first piece of mail for the "physically challenged." It sounds somehow so insufferably civilized, doesn't it.

Not long ago we were "disabled." Before that it was "handicapped." And before that, well... I remember when the principal on my first teaching job told me I was the most normal cripple he had ever seen. He meant it as a compliment, of course, but I was shocked. I had never thought of myself as a cripple. I hadn't even considered myself physically challenged!

For most of us resolving physical problems was the first order of business after we had polio.

----c-l-i-p-----

NOTICE NOTICE NOTICE

CHANGE CHANGE CHANGE

In an effort to avoid the July 4 week-end, the next meeting of the Omaha support group will be held Sunday, June 30, at 2 p.m. at Rejoice Lutheran Church, 138th and Center.

Our speaker will be a polio survivor from Immanual's circuit who will bring us the next in our series on stress management. She will deal specifically with polio-related stress problems.

See you there! Bring the family!

We wanted to get on with it. We worked out ways to do what needed to be done and charged on into life. Before long these ingenious substitutions for the way "normies" do things became routine, and we began to think of ourselves as one of the gang.

In fact, many of us got so good at the charade that we fooled ourselves, eventually forgetting about the deformity that the scoliosis produced or denying the appearance of a withered limb. Inside we felt whole. And we had longsince stopped looking outside.

But lately some of us are being forced to focus on our bodies once more. The new pain, fatigue, weakness are all intruders pushing us again to reassess what we have and what we can do with it. The struggle is renewed; the fight is on. We want to whip this body into shape and get back to whatever we were doing before we were so rudely interrupted.

We are finding that it doesn't work that way. We're talking changes here, folks. We are not going to be the way we were. But then, who is?

We ARE going to be o.k. It's a matter of accepting what is and making the most of it. And that's what we do best.

Ah, yes. Physically challenged, indeed. nbc

Page one photograph by Alison Orton

Nancy B. Carter Nebraska Polios P.O. Box 37139 Omaha, NE 68137