

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

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STATUE OF LIBERTY NOW ACCESSIBLE TO EVERYONE

When the Statue of Liberty is re-opened to the public on July 5, 36 million disabled Americans will, for the first time, find features allowing them accessibility to the monument.

The Liberty Island ferry departure area now provides complete access to the ferry. In the statue, the largest hydraulic elevator in the world will take visitors, even those in wheelchairs, to the observation deck at the top of the pedestal.

Because the statue is so narrow beyond that point, it is accessible only by staircase. However, a video presentation simulating the See page 2, column 2

NORFOLK AREA MEETING TO HEAR STATE COORDINATOR

Nancy Carter, NPSA State Coordinator, will speak at the July 13 meeting of the Norfolk area support group. Post-polio Syndrome and our state organization will be discussed. There will See page 3, column 3

SPOTLIGHT: A TRIP TO ST. LOUIS

It seemed like Old Home Week. Polio support group leaders from throughout the USA and Canada met in St. Louis June 6 for a three-day workshop jointly sponsored by the International Polio Network and Missouri Easter Seal Society.

Many of the participants had met at previous polio conferences, and this was a chance to talk again, to catch up on the progress each had made since the last time.

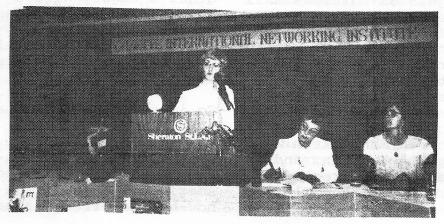
The program consisted of seven panels, each stressing practical suggestions for dealing with the various aspects of operating polio organizations. Each panel

was followed by a question and answer period.

Nancy Carter and Marlene Orton represented NPSA at the conference.
Nancy Carter, State Coordinator, served with leaders from Michigan, California, Maryland, and Canada on a REACHING POLIO SURVIVORS panel. She was also on the ORGANIZING STATEWIDE NETWORKS panel with leaders from Michigan, Illinois, and Canada.

Informal rap sessions provided further opportunities for delving into the HOW TO's used by other organizations.

A workshop on the PSYCH-OLOGY OF GROUP DYNAMICS was presented by Joseph See page 3, column 3



Nancy Carter speaks at conference

HAND CONTROLS PROVIDED FREE WHEN RENTING CAR by Marlene Orton

Avis is a car rental agency that cares about its disabled clients, according to Troy McGovern in customer assistance, Avis Reservation Center.

Hand controls are available in most major cities throughout the U.S. Each facility installs hand controls at the site upon request and the company suggests booking as far in advance as possible, although some locations can provide service within 48 hours.

The controls are available on all full-size cars at no additional charge. Avis' computer will quickly compare many variables and give you the best possible discounted rate.

To call: 1-800-331-1212.

HASTINGS AREA SUPPORT
GROUP HEARS DR. CHINGREN
by Erma Ocker

The NPSA Hastings area support group met at the Knights of Columbus Hall (the use of which was donated to the group with coffee provided) to hear Dr. Gary Chingren, Hastings physician, speak on PROGRESSION OF THE DISEASE.

Kathleen Henrickson was program chairman, and Lola Yeatman greeted. New members from Elba and Archer attended. NEW DEVICES VIEWED AT L.A. ABILITIES EXPO '86

With the numbers of innovations in assistive
devices today, handicapped persons can become
totally independent, observed Mike Moore, Chief
of Prosthetics at the Omaha V.A. Hospital, who
attended the April Abilities Expo '86 in Los
Angeles.

HAVE A FUN SUMMER

STATUE--from pg.1, col.1 climb to the statue's crown shows that experience.

Ticket windows, food service areas, patio tables, water fountains and lavatories are now at a level to accommodate wheelchairs. Ramps and elevators ensure accessibility to museums and various observation decks.

Other changes, also a part of this \$3 million project to make the statue accessible, will help those with impaired hearing or sight.

So if you're planning a trip to New York this summer, take a look at Miss Liberty, and be among the first disabled Americans to visit the now-barrier-free statue.

packages that allow someone to drive with almost no arm/hand movement. Also, dogs and monkeys are being trained to assist persons with physical disabilities.

"All the major designs coming out for the disabled are coming from the West Coast. Nothing will stop here. It will just keep expanding," says Moore, who notes that most people do not realize the number of new products available.

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MERCY HIGH STUDENT GROUP MAKES DONATION TO NPSA

NPSA thanks Amy Linenbrink and her friends in the Mercy High Campus Ministry group who held a bake sale to help fatten our treasury.

Amy is the daughter of Omaha member Lorri Linen-brink and husband Jim.

EILEEN ROACH SPEAKER AT JULY LINCOLN MEETING by Millie Schwindt

The July 26 meeting of the NPSA Lincoln area support group will feature Eileen Roach, Independent Living Advisor for the League of Human Dignity. She will discuss services for the handicapped provided by the League.

Join us at 2 p.m. at the American Lutheran Church 42nd and Vine.

GABY'S GLIMMERINGS
by Cynthia Gabrielli Haag

Have you ever played the "what if" game? Of course you have. We all have. What if that wouldn't have happened, then would this have happened? If I hadn't gotten polio, would I have been a star ballerina or a champion athlete? Who knows!

When you get this far gone, pinch yourself and tease your sleeping head to remember that Roosevelt ran our country from a wheelchair and Beethovan wrote the "Fifth" when he was deaf.

But if you're bent on playing this darn game, try this. List all the things you missed as the result of polio. On the other side list all the good things that came out of having had polio. Now if you ply yourself with real honesty, you might be surprised at what you get. The could -have-been list ends up with some real possibilities, but mostly has far-fetched stuff. Ask yourself if any of these things have come to any of the able-bodied folks you know. Now ask yourself if any of the things on the "real" list happened to those able-bodied folks. The answers could surprise you.

Folks that play the "what if" game usually also play the "If I Only Had" game. If only I had a new car, a new house, a lot of money,

and on and on. People who play these games spend all their time dreaming instead of doing what could be done. On their game shelf is also the "If Only I Were Like So-and-So" game. These people love to watch TV shows about the rich and famous and buy magazines about celebrities.

For a good work-out in futility just get out all these games at once. It will bring on a severe case of muttering, drawn expressions, and wild gesticulating. My advice, however, is to leave these games on the shelf to collect dust. Or better yet, throw them out with yesterday's garbage!

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HOLDREGE MEETING DRAWS LARGE AREA OF SUPPORT

Persons from 16 towns met at the Phelps County Ag. Center to hear Nancy Carter, NPSA State Coordinator, speak at a May meeting of the Holdrege area support group.

Emphasizing the need for awareness of the late effects of polio, Carter urged all present to ask their doctors to read the medical journal articles provided at the meeting.

Delores Bray, Holdrege area representative, assisted by Roberta Bice, organized the special meeting. St. Louis--from pgl,col3

and Eileen Connolly, Ph. D.'s and directors of Communication Center #1, who have conducted institutes in effective group leadership for 20 years.

The Missouri Easter Seal Society contributed to everyone's full stomachs by picking up the tab for an opening-evening chicken buffet and the Saturday night banquet.

A highlight of the weekend was a tour of Gazette International Networking Institute offices and a picnic in the English garden there, hosted by the St. Louis post-polio support group.

NORFOLK--from pg.1,col.1

be a question and answer period, and post-polio materials will be available.

Bring your friends and family, and invite the health professionals working with you to come --2 p.m., Lutheran Hospital, Norfolk.

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CARTER AND ORTON ATTEND FORUM AT KIEWIT CENTER

Nancy Carter and Marlene Orton, NPSA board members, represented the state organization at the Nebraska Rehabilitation Services Forum on May 20 at Kiewit Center, sponsored by the Omaha Rehabilitation Office.

THE DEEPENING OF THE SPIRIT

One of the benefits of my association with this organization is getting to meet people. Here in our state office I talk with people on the phone from all over the country. I correspond with literally hundreds of folks. But nothing beats meeting people.

In past weeks I've been on the road a lot, visiting various NPSA support groups, and, this week, attending the conference in St. Louis.

NOTICE NOTICE NOTICE

CHANGE CHANGE CHANGE

In an effort to avoid the July 4 week-end, the July meeting of the Omaha area support group will be held Sunday, June 29, at 2 p.m.

Our program chairman left for a trip to California without giving us the name of our next speaker (chew him up,
gang!), but he's done a great job for us in the past, so we know we'll have an interesting, informative day in store for us Sunday.

We will also have a report on the St. Louis conference that you will all want to hear.

Hope you'll be there--Rejoice Lutheran Church, 148th and Center!

Please make the effort to come -- we NEED YOU!

No matter where these get-togethers are--on a local, state, national, or international level-we all gain from the experience of meeting and talking together.

Such gatherings are times for renewing friendships and making new ones. We are finally able to put faces to names -- people we have talked with on the phone, written to, read about. It is a way of personalizing the work we do. It links us together and makes us stronger -- and ultimately more effective.

It is personal contact that provides the incentive to go the extra mile for each other. course we do all we can for that name on the stationery, but when

people we really know are involved, when it's our friend Judy in North Platte or our buddy Tom in Chicago, it's somehow different, isn't it. We feel closer to people we have met. It's easier to empathize with them, to understand their point of view.

And so I want to get to know you. And I want you to know me, too. Getting involved with others is our wild card, yours and mine--our little advantage that just might make the difference in whether or not we can win in our own personal post-polio struggles.

So let's all play that card, meet and greet each other with a passion, and see what a difference we can make,

The June meeting of the Lincoln area CORRECTION: support group will be Saturday June 29, American Lutheran Church, 42nd and Vine.

We thank the Midwest Chapter of the March of Dimes Birth Defects Foundation for paying for the printing of this issue of GLEANINGS.

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