

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JULY

1987

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STREIB RESIGNS: UNMC POLIO CLINIC ON HOLD

Due to the July 1 resignation of Erich Streib, M.D., ending his affiliation with the University of Nebraska Medical Center, plans for a Polio Clinic there have suffered a major setback.

Dr. Streib was in charge of neurological clinics and had begun the work necessary to put together a polio clinic which was expected to be in operation by the end of this year. "Just when I thought I had it solved, I have to start all over again," says Michael Sorrell, M.D., chairman of UNMC's Department of Internal Medicine.

"Dr. Streib was the perfect man for this," says Sorrell. "We are actively looking for that kind of neurologist--one with the background of working with muscles, as Dr. Streib did. The question remains how soon we'll be able to find one."

Dr. Sorrell expressed his desire to set up a multi-disciplinary evaluation clinic for polio survivors, and said we would be kept informed.

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OMAHA MEMBERS ASKED TO GET JUMP ON HAPPENINGS

Judy Kellerman, Omaha NPSA member, has been named Chairman of our 1987 HAPPENINGS coupon book fundraiser and has begun whipping the project into shape.

"It's time for everyone to start mentioning this to their friends and relatives so they will buy their books from us and not from someone

else," says Judy.

This is NPSA's major fundraising effort of the year--we must sell at least 500 books. Last year many enthusiastic NPSA salesmen did a wonderful job for us. We want to make it even easier this year by getting a head start on sales. So start making a list!

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POST-POLIO CLINIC OPENS AT YOUNKER IN DES MOINES

Yunker Rehabilitation Center in Des Moines opens a Post-Polio Clinic this month to be headed by Physical Medicine and Rehabilitation Specialist Mark Wilson, M.D.

Jeanne Osborn, the clinic's R.N., says the clinic will schedule four post-polio patients the second and fourth Tuesday of each month to begin with.

"The sessions will last about two hours," she says. "Patients will be seen by Dr. Wilson, a P.T., an O.T., and a rehab nurse." Additional types of evaluations will be scheduled as

necessary.

Patients will be accepted through physician referral only, and will be asked to forward results of all recent diagnostic testing and other pertinent records ahead of time.

For further information call Jeanne at 515-283-6432 or Dr. Wilson at 515-283-6874 or write at 1200 Pleasant, Des Moines, IA 50309.

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An elephant--a mouse built to government specifications.

Robert Heinlein

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NEED SHOE? ODD SHOE
EXCHANGE MAY BE OF HELP

Jeanne Sallman has moved to Arizona, and she's taken her shoes with her.

Jeanne runs the National Odd Shoe Exchange. "We run a mate shoe service--single shoes, mismatched shoes--and a one glove service," says Jean, who took over as director of the operation in 1983 after being a member since her teens because a birth defect left her with a smaller right foot.

A fee of \$22.50 for children and senior citizens includes \$7.50 membership dues. Adults 18 to 62 are charged a fee of \$32.50. "We don't refuse anyone help if they can't afford the fee," says Jean, "but we have no other funding." Members are asked to give the exchange a year to fill their needs. If they're not successful, the fee is returned. With 15,000 members, they have a better chance than many of being able to help.

Jeanne reports that many shoe stores donate single shoes to the exchange, and these are given free to members.

The National Odd Shoe Exchange was founded in 1942 by Ruth Feldman of St. Louis, a polio survivor now living in California.

You can reach Jeanne at P.O. Box 56845, Phoenix, AZ 85079, 602-246-8725.

DICHOTOMY or,
WHY IS POST-POLIO SYNDROME
LIKE A POND OF WATER FOWL?

by M. R. Galda, NPSA Omaha member

Because it is full of pair-a-ducks.

"Use it or lose it" says this exercise-crazy world.

"Use it and lose it" say the post-polio experts. They are both right, of course. In the same body, maybe even in the same limb, both advices are true, even if not possible.

In the effort to keep strong what we have and yet not lose what is weak, we concentrate very hard on what our bodies tell us. We note every muscle ache; count every nerve twitch; quarter our Mestanon pills for exact calibration of our fatigue. We go into transcendental meditation to eliminate effects of stress; into visualization techniques to promote healing (Grow, little anterior horn cell sprout, grow). All this tends to make us very self-centered.

But we have always been told by our mentors that true happiness comes only from self-denial, from forgetting ourselves and having concern for others. And indeed, haven't we all found great relief, although temporary, whenever we got absorbed in activities and thoughts outside of ourselves.

Should then we be intro-

verts or extroverts? Again, the answer is "yes." We must rest long and frequently; exercise wisely and well. We must develop a mind-set that conditions our cells to regenerate and build endurance. We must find new activities that do not tax nerves and muscles, but draw us out into the concerns of others.

These things cannot be done simultaneously, of course, but they can and must be done within each twenty-four hours. And there won't be time for anything else.

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GARAGE SALE BIG SUCCESS:
NPSA THANKS ALL HELPERS

It was a family affair! Katherine Taylor, husband Mike, and parents Elizabeth and Sonny Massouris labored diligently toward the success of NPSA's garage sale, and it paid off!

"I really enjoyed doing it," says Katherine, a veteran garage sale producer. "And so did everyone else."

With proceeds of \$245 and not a scrap left to sell, this family ought to be mighty proud of their hard work for NPSA! And how could we have done it without the donations of goods from all of you! So thanks to everyone for a job well done!

