

# Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JULY

1988

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## HASTINGS GROUP REORGANIZES

Judy Bradford, Hastings NPSA member, has been named our new Hastings Area Representative.

Judy is organizing our support group for the area, the next meeting of which will be July 31 at 2 p.m. in Room 1 at Mary Lanning Hospital. Marlene Orton of Syracuse, NPSA Board member, will be the featured guest, and will speak about post polio and how NPSA can help you.

You are welcome to attend. Call Judy at 462-5580 for more details or if you want to help.

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## NEBRASKA SURVIVOR REACHES AGE 99

Word comes to us of Laura Sand from Nebraska City, a polio survivor who is 99 years old and still lives at home alone, although she uses a wheelchair.

Laura is not a member of NPSA, but maybe we can get her interested!

If you are reading this, you are the one we are asking to send us recipes.

**SEE INSERT**

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## COUPON BOOK SALES LEADER OFFERS CASH PRIZE, ASKS FOR HELP

Patsy Kravchuk, chairperson of this year's coupon book sales in Omaha, needs your help. An energetic member of NPSA's Board of Directors, Patsy will spearhead this campaign which provides the major funding for NPSA's statewide operation for the coming year.

Patsy will lead a corps of volunteers who will man the phones in July asking for your participation--expect a phone call! A cash prize goes to the Caller who gets the greatest participation from our members, so give them a boost when you hear from them. Gloria Kass is last

year's winner, and she has a mean dialing finger, so look out!

Due to changes in the Happenings organization which make it impossible for us to receive coupon books in time to sell them competitively, this year NPSA is selling PLEASURE PAC, an Omaha coupon book put out by Omahans, with over 800 coupons from all your favorite spots.

Please give us your cooperation on this one--just a little activity from each person will make this project a huge success.

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## PERFECT PATIENT DESCRIBED: IS THIS YOU?

In their May newsletter, the Polio Survivors Support Group of Greater Ft. Worth, Texas, quotes the following excellent description from an article in St. Petersburg Times written by Dr. Paul Feldman and clinical social worker Sarah Covington:

### THE PERFECT PATIENT:

...communicates honestly, openly, and directly with the physician. This begins by abandoning the concept of doctor as God, but rather seeing the doctor as a person

with special skills. ...asks questions. Direct questions about shortcomings, possibilities of failure, and alternative procedures might include: What are the advantages of this test? Does it cause pain, discomfort, or complications? What are the benefits of this treatment over others? Answers to questions like these, or anything else the patient does not fully understand, should be very clear before undergo-

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**WAR ON POLIO**

by Judy Bradford  
Hastings NPSA Member

My friend, Nancy, brought me an article to read. It was entitled "War On Polio." That article got me to thinking about when I was 4 1/2 years old and had polio. There was a bad flu epidemic that year. I had been sick a couple of weeks. All my symptoms pointed to the flu. Dr. Weber examined me, thinking it was the flu; later he did a spinal tap and discovered I had Bulbar polio. I was put right in the hospital. By the next day I couldn't step down on my left heel. I ended up having three kinds of polio.

I spent 13 days in the Mary Lanning Hospital. I can still remember the hot wool blanket wraps (the Sister Kenny treatments). My mom and dad said if I was a good little girl I could have a new tricycle when I got home. Luckily the tricycle was a little too big. Therefore, I had to really stretch to reach the pedals. This helped greatly exercising my legs. After that, the hospital bought several tricycles for the Therapy Department.

I can still remember the long days and nights of strenuous exercises--pushing and pulling on my legs and feet. My mother was very dedicated and encouraging, knowing that I was in a great deal of pain.

When I went home from the hospital, there was a quarantine sign on our front door. Mom has told me that the neighbors and kids would

walk out in the street and hold their noses so they wouldn't breathe my bad polio germs.

I went to clinics each month. I wore built-up shoes and then braces. The braces came off in the 7th grade on my dad's birthday. I had surgery on my foot in 1958 in the Children's Hospital in Lincoln. I still have to be careful about walking too much or doing a lot of standing.

I am now 44 years old and have the ideal job as Receptionist and Switchboard Operator at the Hastings Regional Center.

I consider myself very lucky to be without any real handicap or physical problems. I guess we can all look around and see someone else worse off than we are. I owe my parents a big thank you for all the time and effort they put in on me during my early stages of the dreadful polio epidemic.

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**HOLDREGE AREA GROUP  
PLANS COOKOUT**

Delores Bray, NPSA Holdrege Area Representative, is hosting a July 2 cookout for the support group there. Floyd will preside at the grill, and everyone is asked to bring their own meat plus a covered dish.

Be at 102 Commercial Street in Loomis at 6 p.m. What a bash!

Perfect -- from pg 1, col 3

ing tests or treatments.

...tells the doctor when he/she is failing the patient. One of the hardest things for patients to communicate is when they are unhappy with the way they are being treated...Both the positive and the negative issues that occur between doctor and patient need to be discussed, not avoided.

...seeks education. From the doctor, from other sources, from reading.

...finds ways to reduce the stress caused by an illness. Stress is normal, expected, and usually not permanent. However, support mechanisms may be needed--support groups or seeing a therapist for counseling. Sharing feelings with other people can help make the problems less overwhelming.

...if married or otherwise with a companion--approaches illness as a couple problem. The fact that one person may be identified as having a problem does not negate the effect on both. Things are much better dealt with when the spouse [and family] participates and has a good understanding.

We feel that the perfect patient is an active participant in the treatment process rather than a passive recipient of medical intervention.

NPSA would add: Insist that your doctor and others treating you understand thoroughly about the late effects

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**SEND US YOUR RECIPES--NPSA TO PUBLISH COOKBOOK**

Call up grandma! Start searching your files! NPSA needs your most special recipes. Let the gourmet in you shine through; dig out your family treasures--we're publishing a cookbook, and we must have your help.

This is a project that can spread the word about post-polio and this organization. It could benefit many people. **But in order to proceed, we have to get recipes from at least 150 persons. We hope we will hear from all of our friends across the country--LET'S GET EVERY STATE REPRESENTED IN OUR COOKBOOK!**

If you have three or four favorite recipes, copy them carefully in the format suggested on the back of this insert page. They do not have to be original. Type or print them clearly, one recipe per form, using only one side of the page. Each recipe must be on an 8 1/2" x 11" sheet of paper. Use the suggested abbreviations listed at the top of the form. Be specific about measurements, sizes, and cooking times. For instance, don't just say "a package of cream cheese" or "a can of peas"--say "a 3-oz. package of cream cheese" or "a 17-oz. can of peas." Don't say "Bake till done"--say "Bake 45 minutes at 350 degrees." Make your recipes as exact as possible, and then we will have a cookbook that everyone can use easily and successfully, and THAT will make people want to buy it.

**MAIL YOUR RECIPES TO US TODAY**

The absolute deadline is June 30--but the sooner we get them, the better. They must be processed and at the printer's by July.

We hope to publish one or more of your recipes in the cookbook along with your name and hometown, depending upon the number of recipes we receive, and avoiding using identical or similar recipes as much as possible. The categories are Appetizers, Pickles, Relishes, Soups, Salads, Vegetables, Main Dishes, Breads, Rolls, Pastries, Cakes, Cookies, Desserts, Candy, Jelly, Preserves, Beverages, Microwave, and Miscellaneous.

The cookbooks should be available in time for Christmas--a spectacular gift for your friends and relatives.

We realize that most people contributing to the cookbook will want a copy for themselves. Advance orders will help us know how many books to have printed. Please help us with this by reserving the number of books you think you will want to purchase. Fill in the blank below and send it with your recipes.

Please reserve \_\_\_\_\_ copies for me.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**PLEASE READ INSTRUCTIONS ON OTHER SIDE BEFORE WRITING YOUR RECIPES**

Please type or print clearly

RECIPE TITLE \_\_\_\_\_

Please use these abbreviations: c., tsp., Tbsp., pkg., qt., pt., oz., lb.

**INGREDIENTS**

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_____	_____
_____	_____
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**METHOD**

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Submitted by \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_

Only One Recipe to a Page  
Use One Side of Page Only

## MEMORIALS

### IN LOVING MEMORY OF ANNA V. PROS

Dorothy Robertson  
North Platte, NE

Edna & Newton Gregg  
North Platte, NE

Mike & Shirley O'Brien & boys  
North Platte, NE

Kurt & Jeanne Pieper & boys  
North Platte, NE

Pat & Cathy McNamara & family  
North Platte, NE

Mrs. Don C. Frye  
North Platte, NE

### IN LOVING MEMORY OF W. O. BALDWIN

Dr. & Mrs. R. E. Penry  
Hebron, NE

Members of NPSA  
Norfolk Area Support Group

Mr. & Mrs. Ralph Hawkins  
Hebron, NE

Janice Reader  
Las Cruces, NM

Kenneth McDonald  
Ruth Rittenhouse  
Hebron, NE

### IN LOVING MEMORY OF UTA STRIBLING

Eleanor Baldwin  
Hebron, NE

## CONTRIBUTIONS

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

JO ANN LEHNHOFF, Omaha, NE

**FRIENDS**--Individuals who contributed  
up to \$99

CHRISTA ATKINS--Ozark, MO

JULIA B. BARTHEL--McCool Junction, NE

JUDITH D. BRADFORD--Hastings, NE

JOAN BREDEHOFT--Columbus, NE

JUNE FORTEZZO--Omaha, NE

RAY GREGOR--Elgin, NE

SHARI JOHNSON--Stromsburg, NE

MICHAEL KANE--Chicago, IL

MILDEAN NELSEN--Creighton, NE

VIRGINIA PETERS--Valley, NE

AL & BETTY JO ROYAL--Omaha, NE

GLENNA STUCKEY--Edinburg, TX

WILMA WILSON--Ogallala, NE

### TICKETS AVAILABLE

Wheelchair and attendant tickets for September 4 Nebraska-Utah game. \$15 each.  
Call 402/391-1529 before July 13, 402/333-3894 after July 13.

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**HURRY, HURRY, HURRY!**

We have Crazy Corn Casserole from Clatonia, Nebraska, and Sweet Noodle Kugel from Oakland, California. Beth Fox in Kearney tells us how to make Toads For Breakfast --an old English dish using link sausages, Bisquick, milk, and egg. Omaha's Darlene Fritz gives us the secret to Survivor's Logs.

Great recipes, but we need YOURS, too!

There is still time to get your favorite recipes in NPSA's cookbook, and we really need to hear from you. Right now we are short our goal. WE MUST HAVE 500 RECIPES FROM 150 PERSONS IN ORDER TO DO THIS PROJECT.

This is something everyone can participate in. It's your chance to help us from your

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**NOTICE NOTICE NOTICE  
CHANGE CHANGE CHANGE**

We're heading for the high seas! Well, almost. Sheldon and Joyce Cohen of The Travel Company will entice us with a video on cruises at the Omaha Area Support Group Meeting at 2 p.m. on July 10 (we're avoiding the holiday weekend).

So grab your bikinis and head for IBM, 450 Regency Parkway. Come in from the north and park on the top level. We'll greet you there.

A cruise is the ideal vacation for handicapped people--you'll love this presentation. Bring your questions.

home, no matter where you live. If you receive this newsletter, we need your recipes!

Ask your friends and relatives to help us, too, and use the format shown on the insert. Instructions are on the back of the form. Send us three or four of your best cooking efforts immediately.

Can you top the Strawberry Fluff sent to us from a member in Neligh, or the Apricot Sour Cream Bread from a friend in Cypress, California?

Belvadine Lecher in Chadron likes her Pepper Steak Caballero, and Hebron's Regina Schutz says her Parmesan Chicken is really terrific. What do you cook that the rest of us should

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Perfect - from pg 2, col 3

of polio. Treatment of polio survivors is different from that received when we first had polio. NPSA has much

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Nancy B. Carter  
Nebraska Polio Survivors Assoc.  
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Omaha, NE 68137  
(402) 895-2475

know about?  
STOP WHAT YOU ARE DOING RIGHT NOW. GET YOUR RECIPE FILE. COPY YOUR TREASURED BEST ON THE FORM IN THE INSERT AND ON OTHER PLAIN 8 1/2 X 11 PIECES OF PAPER. MAIL THEM ALL TO NPSA TODAY.

This simple act will make it possible for us to produce a book rich in the unique cooking backgrounds of our families from every corner of Nebraska.

We have hundreds of NPSA members all over this state. Each one of you has special recipes. Light up the map by representing your town with a recipe. Do it TODAY for NPSA, will you?

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information for you to give your doctors to read. If you have not done this yet, do it now.

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