

# Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JUNE

1985

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## SUPPORT GROUP IN LINCOLN ORGANIZING THIS MONTH

Persons expressing a desire to be responsible for organizing a support group for the Lincoln area are scheduled to meet with state coordinator Nancy Carter May 28 at the Lincoln Independent Living Center.

Many have indicated an interest in attending Lincoln meetings, and it is hoped they can all be contacted and the first group meeting held in June.

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## POOL SESSIONS TO BEGIN JUNE 3 AT MONTCLAIR

Francis Quinn announces that the Montclair swimming/exercise sessions for Omaha polio support group members will begin June 3 at 8:30 p.m. Those interested should call Franny at 391-9401 or come to the south door of the Montclair Center, 2304 S. 135th, at the designated time.

The group will have exclusive use of the pool, and family and friends are welcome. Pool staff will be available for help getting in and out of the water. Exercises will be taught by Karen Madden-Johnson.

## SPOTLIGHT--ST. LOUIS POLIO CONFERENCE

Nearly all the "biggies" were there--doctors we have been reading about since we began to learn of the late effects of polio: Lauro Halstead, Marinos Dalakas, Jacques Perry, Richard Owen, Mary Cobb, Frederick Maynard, Augusta Alba, and others.

It was the Rehabilitation Gazette's Third International Polio and Independent Living Conference and for three days, May 10-12, 500 polio survivors and

asking and answering questions, finding out about one another. And in the midst of it all, there were the doctors, as curious to learn and eager to participate as the rest of us. Maybe it was because several of



them are polio survivors too; maybe because they are dedicated human beings.



Drs. Dalakas & Cobb

health care professionals gathered in St. Louis to exchange ideas and share what is known about the post-polio condition.

There were panel discussions, rap sessions, round-table talks. Free time was spent one-on-one or in small groups

For those who keep up with what's been published, little that is new came to light. Emphasis was placed on doing whatever you want as long as it doesn't cause pain, doesn't cause chronic fatigue, and doesn't exhaust your strength. Muscle overuse must be avoided.

One interesting statistic found by Dr. Halstead in a 1977 Public Health Service Household Survey is that 254,000 persons paralyzed by polio lived in the U.S. at that time. This ranks polio second only to stroke among causes of paralyzing conditions.

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INTERNATIONAL NETWORK ORGANIZED AT CONFERENCE

One of the main accomplishments of the recent St. Louis conference was the establishment of The International Network of Polio Survivors. Support group representatives from each region worked to develop the Network as an information and referral clearinghouse under the umbrella of Gazette International Networking Institute (G.I.N.I.).

Facilities already in place at G.I.N.I. will be used to expedite the information exchange. For example, persons not knowing of their state's post-polio organization could write G.I.N.I. and find out whom to contact. By the same token the names of those inquiring would be sent to state coordinators. All sorts of polio information will be exchanged.

To reach the network, write The International Network of Polio Survivors, 4502 Maryland Ave. St. Louis, MO 63108 or call (314) 361-0475.

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VOLUNTEERS OF THE MONTH

Ken and Gloria Ross  
Lyle and Virginia Walker  
Monica Rooney  
Marlene Orton  
Chip Mackenzie  
Linda Buscher  
Cindy Haag  
Francis Quinn  
Our thanks also to everyone who brought cookies and brownies to the meeting in May.

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POLIO GROUP HAS FRIEND AT TOM'S COPY SERVICE



Tom Tallman, owner of Tom's Copy Service in the Millard Plaza wears one of the badges he made for the Nebraska representatives to the St. Louis conference.

For a business started only 17 months ago, things are going very well for Tom, who sometimes has to work till midnight to get caught up. But that's nothing new for Tom. He used to run a mimeo at home for his wife after a long day at Continental Can.

"When you have a wife who does a lot of work for her sorority, you learn how to make copies," says Tom. "I went from making them for her to making them for everybody."

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NEWSLETTER ITEMS SOUGHT FROM TALENTED READERS

We urge all our members from all over the state to contribute to GLEANINGS. Send your poems, articles, cartoons to Gleanings, Box 37139, Omaha, NE 68137.

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WANT TO GET ACTIVE IN POST-POLIO COMMITTEE?

If you want to have a part in the Omaha architectural barriers, newsletter or program committees, contact Nancy Carter, 895-2475.

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HEALTH CARE CATALOG OFFERS UNUSUAL ITEMS

Fashion Ease is a health care apparel catalog featuring easy-to-wear clothing for men and women. Many articles utilize Velcro closures. Some are expressly designed for persons in wheelchairs. Garments are attractive and reasonably priced.

However, the catalog doesn't stop with clothing. It also lists a number of interesting hard-to-find items.

For instance, there is the sink faucet that operates by an electric eye--no touching necessary. Place your hands in front of the faucet and the water flows at a pre-set temperature.

There is also a large smoker's safety bib made of a high-temperature-resistant material developed to protect firefighters. A wide tray snaps onto a walker; net bags make washing small or delicate items easy.

Write for your copy at M&M Health Care Apparel, Fashion Ease, 1541 60th St., Brooklyn, NY 11219, or call 1-800-221-8929.

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ANOTHER GUIDE ADVISES  
DISABLED TRAVELERS

Tips on wheelchair travel in Europe, Canada, and the United States are offered in A GUIDE FOR THE DISABLED TRAVELER by Frances Barish. It is available through Frommer Books, Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020. \$10.95

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BIOGRAPHY TELLS OF FDR'S  
DISABLING PARALYSIS

Hugh G. Gallagher, political analyst and polio survivor, has written a biography revealing President Franklin Roosevelt's massive disability and the attempts made to keep it from the public.

FDR'S SPLENDID DECEPTION

256 pages with photos, costs \$16.95 and can be ordered by calling 1-800-852-5000 or writing Ms. Hartman, Dodd Mead, 79 Madison Ave., New York, NY 10016.

KANSAS CITY BRACE SHOP STILL CATERING TO POLIOS

A trip to Kansas City for brace work was recently on the agenda for Carol Feather, Omaha support group member. Returning to the shop that had made her braces 25 years ago, Carol says "I'm as pleased with them now as I was then."

Hanicke Manufacturing Co is operated by Betty Hanicke, whose family has run the business for more than 40 years. Carol says they are aware of the problems polio survivors run into, and they are bringing in younger men to train in their tradition.

Carol recommends that  
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NEED PRESCRIPTION SHOES?

Schoolcraft Shoe & Boot Repair, 223 N. Grand, P.O. Box 461, Schoolcraft, MI 49087, fills prescriptions for all types of foot conditions.

anyone contacting the shop talk with Betty. "She knows it has to be right. She helps with fitting and makes sure it's the way it's supposed to be."

Carol's visit took four days. She had a back brace made, leg braces repaired, and several pairs of shoes fit onto braces. "They change it until it fits," she says. "They really have a caring attitude."

Hanicke's can be reached at 1009 McGee St., Kansas City, MO 64106, (816) 842-4749.

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HASTINGS-GRAND ISLAND  
MEETING WELL ATTENDED

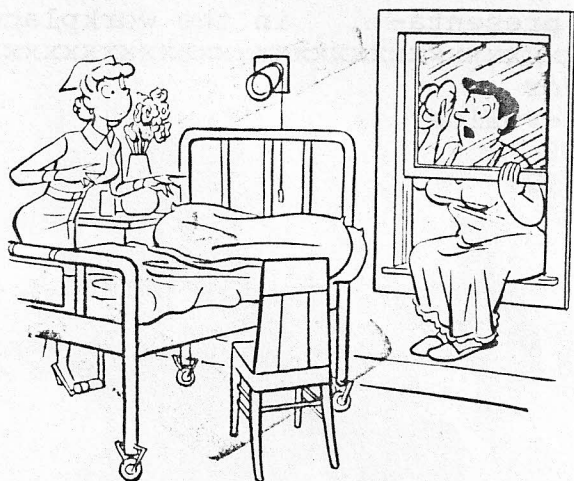
Fifty-two members and friends of the Hastings and Grand Island support groups met April 28 at the Interstate Holiday Inn in Grand Island.

Following a noon buffet, Lois Cook introduced the speaker, Nancy Carter of Omaha, Nebraska state coordinator for P.U.R.E. Sponsors for the afternoon were Kathleen Hendrickson, Genevieve Conway, and Erma Ocker.

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And in the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed.

Kahlil Gibran



"I'm sorry, Nurse, but I can't lie in bed doing nothing!"

CAN WE MAKE A DIFFERENCE?

Lauro Halstead, M.D., of The Institute of Rehabilitation and Research in Houston has said, "The research wheel turns very slowly and, unfortunately, there are very few people around this country and around the world who have their shoulders to that wheel. In addition, the money which oils and greases that wheel is in very short supply."

When asked what our Nebraska support group could do to help at the

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REPRESENTATIVE NAMED FOR NORFOLK SUPPORT GROUP

Donna Mavis of Madison has been named local representative for the Norfolk area support group. She will be contacting polio survivors and organizing the first meeting of the group this month.

-----C-L-I-P-----

NOTICE NOTICE NOTICE

Eight persons who represented Nebraska at the St. Louis polio conference this month will present a panel discussion about what they learned there at the next meeting of the Omaha support group. This should interest everyone! See you there --Rejoice Lutheran Church, 138th & Center, 2 p.m. June 2! Bring your family and friends!

needed funds, Dr. Halstead said, "Write the March of Dimes. Ask them to support post-polio research."

It was an unexpected reply. Would the organization that stood behind us so strongly in the '40's and '50's, but just as certainly dropped us with the advent of the polio vaccine, consider another change of direction?

Well, why not? They are founded in a commitment

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MARLENE ORTON ATTENDS MEETING IN WASHINGTON, D.C.

Marlene Orton, member of the Omaha support group and the Nebraska Governor's Committee on Employment of the Handicapped, attended the annual meeting of the President's Committee on Employment of the Handicapped in Washington, D.C., May 1-3.

Highlight of the conference was the presenta-

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

to the polio cause. And they do fund research. Maybe a few hundred voiced from the past could jar into action a conscience that some of us have not believed existed.

Will you do your part to get that wheel rolling? A short note is fine. Mail it today. Ask your friends to do the same. Here's the address: Charles Massey, Pres. March of Dimes 1275 Mamaroneck Avenue White Plains, N.Y. 10605 nbc

tion of a new educational program concerning job development and the job placement process.

The Nebraska Governor's Committee meets monthly, and is currently considering promotion of WINDMILLS, a training program designed to eliminate attitudinal barriers in the workplace.

POST ON FRIDGE