

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

1986

### 

CARTER ON PROGRAM AT ST. LOUIS CONFERENCE

Nancy Carter, NPSA State Coordinator, will serve on two panels, REACHING POLIO SURVIVORS and OR-GANIZING STATEWIDE NET-WORKS; at the Polio Support Group Leaders' Workshop in St. Louis June 5 through 7.

Polio support group leaders from throughout the United States and Canada will meet to exchange information at this event which is sponsored by the International Polio Network and the Missouri Easter Seal Society.

Marlene Orton, NPSA board member, will also attend.

### 

MEMBERS ASKED TO INCLUDE PHONE NUMBERS IN MAIL

Members of NPSA are asked to include their phone numbers as well as their complete addresses whenever they write to Often we need to telephone you, and it costs 60¢ to get your number through the operator. Please help us avoid this extra expense! \*

### 

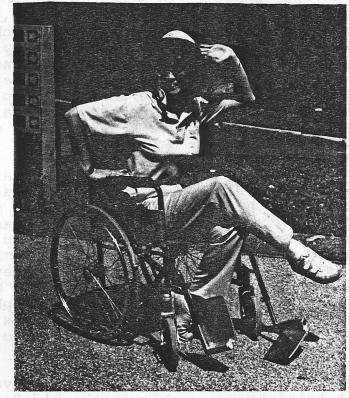
SPOTLIGHT: HENRY DOORLY ZOO

Been wishing you could gambol on the lawn with a peacock or watch white tigers on the prowl? Find yourself longing to pet a llama or see a kangaroo spring and frolic in the sunshine?

If so, the Henry Doorly Zoo is the place for you!

The zoo, open till Oct. 31, offers 130 acres packed with nearly 1200 mammals, birds, reptiles and fish, and is bursting with warm weather fun and excitement.

Baby twin gorillas are a big attraction this year as well as a baby polar bear and a baby orangutan. But if giraffes and zebras are more in your line, you'll also find them at the Henry Doorly. There are a large aviary and an See page 2, column 2



Sue Remar, zoo employee, mugs for NPSA and demonstrates wheelchair

# GROUP HEARS CHRONIC PAIN MANAGEMENT DISCUSSION

F. Miles Skultety, M.D., Director of the University Medical Center's Pain Center for the past 13½ years, spoke at the Omaha area support group meeting May 4.

Dr. Skultety explained that the Pain Center works only with chronic pain, which is almost never due to a specific area of injury and does not respond to analgesics or narcotics.

"The only person in the world who knows anything about a pain is the person who has it," says Skultety. "If a doctor can't find the cause of your pain, he's apt to say it's all in your head. The important thing is that pain is ALWAYS, ALWAYS a physical AND a psychological phenomenon. There's no such thing as one or the other. People don't imagine they hurt.

"The proper professional help is difficult (to find)," says Skultety.
"I hate to say that about my own profession, but if you go to good ol' doc, what he's going to give you is another pill. And most physical therapists, unfortunately, do what my physical therapist calls 'shake and bake'...heat, massage, and ultrasound."

Patients at the Center must deal with medication abuse (medicine doesn't work with chronic pain; it reinforces pain) and learn to modify behavior. Biofeedback and other relaxa-

tion techniques are used. Family members are required to attend the program.

HAVE A HAPPY SUMMER!

SIME TO SPEAK AT LINCOLN AREA MEETING ON JUNE 24

Dr. Wesley Sime, Director of the Stress Physicology Lab at the University of Nebraska, will address muscle pain, stress, and fatigue, and how to cope with them, at the June 24 meeting of the NPSA Lincoln area support group--2 p.m., American Lutheran Church at 42nd and Vine.

# 

HENRY DOORLY ZOO--continued from page 1, column 3

aquarium, too.

With hills that are a challenge to the ablebodied, the zoo can be negotiated most handily from a wheelchair. you do not have one, three are on loan for a \$5 returnable deposit or in exchange for your driver's license. one to push your chair would make the day a breeze! Seven handicap parking stalls near the gate and gift shop, where the wheelchairs are kept, provide easy access.

The live steam train will take you on a two and one-half mile guided tour if you can manage the step to get on it. With stops at 20-minute intervals at Monkey Island, the Giraffe Complex, and the Elephants, the train provides an interesting way to see the zoo.

Concessions are available at the Red Barn, Sea Lion Plaza, and the Giraffe Complex. Rest-

rooms are wheelchair accessible if the chair is headed toward the stool; there is not room to turn the chair around in the stall or to close the door.

The petting barn is a unique opportunity for children (and the young at heart) to do some hands-on getting acquainted with a number of lovable, fuzzy animals. The gate is necessarily hard to open, so be prepared.

Shaded picnic areas are available for those who want to add this dimension to their outings.

To get to the zoo, take I-80 to the 13th Street exit and go to Deer Park Boulevard on South 10th Street. For more information, call 733-8401.

### 

Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.

Doug Larson

# GABY'S GLIMMERINGS by Cynthia Gabrielli Haag

I remember being two and one-half. I remember being five. I do not remember anything in between. I got polio when I was almost three. The next two years of my life would remain behind a clouded curtain the rest of my life.

Yet behind that veil of lost memory lies an important key to myself. That was me that lived those two years. Yet try as I might, only a couple images emerge: I am real angry. There is a bag of toys over the end of my crib. Colors. I take the red color and scribble on the sheets and bed.

How much was real and how much imaginary? I don't know. When I was first admitted to the hospital, I was put into an isolation ward. How long I was in that ward, I don't know for sure. But I think that's the room I remember. However, when I first was brought in, I could only wiggle two fingers on my whole body. How could I color on the sheets? Did I just imagine that? have a few cobwebs that

Nothing else comes back from behind the veil. Dossa stovivile But behind it lies the making of a person. I suspect that a lot of the keys to who I am and why I am who I am lie behind that curtain.

I am many things--defensive, fearful, aggressive, a worrier, a fighter, determined and

strong-willed. I am also at times gutsy when an obstacle comes in my path. I'm not afraid to speak up or press on when others hang back. I am also compassionate and yet cautious. My alliances with people are usually one-to-one. I'm not comfortable in groups. I like groups only if I'm in control. In fact, I've always chosen situations in which I am in control. Otherwise I choose to withdraw. Do the reasons for these behaviors lie behind the veil? I'm not sure. I suspect some of the reasons lie in those two lost years. I'll probably never know.

aenda bris.

I think disabled people should have easier, more inexpensive access to mental health care professionals. Whether the disability comes as the result of sudden accident, illness, or disease, there is certain trauma. It needs to be addressed at the time to untangle the web it weaves in lives. I'm pretty much o.k., but I could stand to be swept away.

#### 

## FOR SALE

Handicap stool complete with lid. Never been used. Standard. \$150 Call Lorri or Jim Linenbrink 558-7657 or write 4629 Hascall, Omaha, 68106.

ORPHEUM OFFERS ENJOYABLE ACCESSIBILITY FOR ALL by Marlene Orton

Enjoy the performing arts this summer with a visit to a production at the Orpheum. But plan to arrive early to find suitable parking.

Accessibility should not be a problem. Persons in wheelchairs will find space behind the last row of seats on the main level. Anyone accompanying them may sit directly in front in the last row if those seats are available.

Persons using crutches may find accessible seating on the main level and in the loge, which is reached by elevator. If you can manage four or five steps, the grand tier, in front of the balcony, might also be for you.

A bathroom downstairs for disabled persons only may be reached by elevator, and the room itself is large enough to manipulate a wheelchair in. A wheelchair cannot be turned around in the stall, but privacy is assured because the outer door can be locked.

Single tickets go on sale four weeks before a performance, and it is a good idea to reserve special seating early. Season tickets guarantee a certain seat for a certain day of the week for a series of performances. Contact the Orpheum box office for more information -- 346COME OUT, COME OUT, WHEREVER YOU ARE

A friend of mine serves on a committee that has recently decided to promote a program designed to encourage awareness of and attitudinal changes toward the handicapped in the workplace.

An able-bodied Ph.D. who makes his living working with people who have one particular physical handicap is also on the committee and wrote the grant for the program. In his plea for money he emphasized that those who use phrases such as "confined to a wheel-chair" or "victim of polio" are not sensitive to the issues and thus need the program.

Last week my friend came by our house. She was on her way to the Ph.D.'s house. He had asked her to drop off some papers there, and since no one would be home, she was to slip

NOTICE NOTICE!

Dr. Paul Klawitter, Omaha podiatrist, will speak at the June 1 Omaha area support group meeting.

Also, we will show the recent Post-polio Syndrome segment which appeared on the MacNeil/Lehrer Newshour on TV.

Meet us in air conditioned comfort--2 p.m.,
Rejoice Lutheran Church,
148th and Center.

See you there!

them between the screen and the front door, at the top of a flight of steps leading from the driveway.

My friend wears two full leg braces and walks with crutches or uses a wheelchair. She has not been able to climb steps for two years.

Now, I think that the sensitive Ph.D. with all the proper rhetoric should have been aware that my friend might have a problem with those steps.

However, I also think that my friend should have been honest with him and told him she can't climb steps. She knew they were there. She should not have allowed him to believe she can do something she can't. Being able to climb steps is no proof of being competent or cooperative or wonderful —it's just a way to get up stairs.

If we are to arouse people's consciousness toward the problems of our disabilities (which we

surely must do), then we are going to have to let them know what those problems are. We are going to have to spell it out to them when they don't know. The Ph.D. could see that my friend uses braces and crutches; he didn't understand what that meant. We have to make the connection for people.

We have to stop hiding, stop pretending. We have to tell people what it's like, let them in on our little secrets.

I have to be able to say that I'm not going to the movie because I can't look up to see the screen--NOT that I don't care to go that night. Or that I didn't make the call because I can't reach the phone--NOT that I forgot the num-ber.

We don't need Ph.D.'s with "inoffensive" words to soothe our super-sensitive souls. What we do need is for people to realize that some of us can't get up the steps.

Nancy B. Carter

Nancy B. Carter
Nebraska Polio Survivors Assoc.
P.O. Box 37139
Omaha, NE 68137
(402) 895-2475