

# Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JUNE

1986

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## CARTER ON PROGRAM AT ST. LOUIS CONFERENCE

Nancy Carter, NPSA State Coordinator, will serve on two panels, REACHING POLIO SURVIVORS and ORGANIZING STATEWIDE NETWORKS, 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.

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## 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 us. 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

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GROUP HEARS CHRONIC PAIN MANAGEMENT DISCUSSION

SIME TO SPEAK AT LINCOLN AREA MEETING ON JUNE 24

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.

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

Dr. Wesley Sime, Director of the Stress Physiology 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.

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.

"We help the patient return to meeting their normal work and personal recreational, social needs," says Skultety.

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HAVE A HAPPY SUMMER!

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

"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.

aquarium, too.

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 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."

With hills that are a challenge to the able-bodied, the zoo can be negotiated most handily from a wheelchair. If you do not have one, three are on loan for a \$5 returnable deposit or in exchange for your driver's license. Someone 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 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.

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-

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.

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.

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

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

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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?

Nothing else comes back from behind the veil. 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.

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 have a few cobwebs that could stand to be swept away.

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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.

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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--346-0357.

