

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JUNE

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POLIO SURVIVORS WEEK IN NEBRASKA TO BE JUNE 1-7

June 1-7 has been designated Nebraska Polio Survivors Awareness Week. A resolution to this end was introduced by Senator Shirley Marsh, member of NPSA Board of Directors, and was passed by the Legislature May 1.

Help us celebrate by telling everyone you know! Give them our brochures, inform them of the late effects of polio, and let them know how to reach NPSA!

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NANCY CARTER ON PANEL AT ST. LOUIS POLIO MEETING

NPSA Director Nancy Carter is scheduled to speak on the PAIN panel at G.I.N.I.'s International Polio Conference June 4-7 in St. Louis.

Richard Owen, M.D., from Sister Kenny Institute will moderate. Others on the panel are Frederick Maynard, M.D., from University of Michigan Medical Center; Marny Eulbert, M.D., from Mercy in Denver (electrical nerve stimulation); Peggy Portwood, M.D., from
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SPOTLIGHT: MARCIA BREDAR, WINNER

(This is the fourth in a series of sketches introducing NPSA's Board of Directors.)

Marcia Bredar is packing her bags. She's on the way to Washington for a little tete-a-tete with the President--an honor she received through the President's Committee on Employment for the Handicapped and her affiliation with Mutual of Omaha, where she has worked as an attorney for nine years.

Marcia's used to getting awards. Last month she was named one of Omaha's Women of Achievement by the Girl Scouts. In the last few years she has won five other major honors.



MARCIA BREDAR

And for good reason. Marcia is INTO things--visiting the sick for her Parish Hospital Ministry, volunteering as legal advisor for Emergency Pregnancy Service, serving on the Mayor's Commission for the Handicapped, and, of course, being active in NPSA.

When not quite two, Marcia got polio, only six months before the first distribution of the Salk vaccine.

Always an outstanding student, Marcia participated in a variety of activities, ending her formal education with a J.D. from Creighton Law School. She did it all using braces and crutches. "Those were the days I wouldn't be caught dead in a wheelchair," she says.

About four years ago she started having problems with pain in her neck and shoulder, and was in the hospital six times for this, receiving no help.

She has not had as many acute episodes since she began using the wheelchair more, and notices
See page 3, column 3

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NPSA LINCOLN AREA GROUP
PLANS FUTURE PROGRAMS
by Peggy Moe

THEN AND NOW

by Dolores King
NPSA member
Lingle, Wyoming

Dr. Ronald Craig, Lincoln physician, will give tips on HOW TO TALK TO YOUR DOCTOR at the NPSA Lincoln area support group meeting, 2 p.m., May 30, American Lutheran Church, 42nd and Vine.

Here's your opportunity to explain what you want when you go to see your doctor, and find out how to get it.

The June 27 meeting will include a panel of returning participants in the International Polio Conference in St. Louis, who will discuss the latest information on the polio scene.

If you have not attended any of our meetings in Lincoln, these are good ones to start with. We could use your input. Please come!

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Two can live as cheaply as one - if they both have good jobs.

Sigmund Freud

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THANKS

Many thanks to NPSA members across the state who are distributing our polio brochures to hospitals, clinics, grocery stores, doctor and physical therapy offices, libraries and other places where they can be spotted easily by polio survivors. We appreciate your participation in helping us spread the word--keep up the good work!

In September 1951 I entered the Kimball County Hospital and was diagnosed "Polio." My whole body was affected and when I was sent home in November, I was still a total invalid confined to a hospital bed. By Christmas I was able to walk with the aid of crutches and a full body brace. (All this after I was told I'd never sit up again, let alone walk.) I steadily improved and led a very full, active life as a wife and mother of two children, one born prior to polio and one born after.

Over the years I have also worked as a clerk, a bookkeeper, and ran a

motel. Four years ago it began to get more difficult to get around and last year I was much worse, so I went to TIRR in Houston. I came home to my family doctor to be tested for muscular dystrophy or possibly a type 2 cancer. Now all tests are in and everything else was eliminated--what I have are post-polio problems.

My blessings are many. I still maintain a home for my adopted son and myself. I have help with housekeeping. I have to do physical therapy very moderately; I can't take anything strenuous. Whatever the future brings, I won't give up now.

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Watch the Leta Powell Drake Show on Channels 10/11, 8 a.m., June 1, and Trina Creighton on Channel 3, May 29 for word of NPSA!

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POEM

by Shirley J. Hudson
NPSA member
Lawn, Texas

With ease I slide easily into my chair; now that was simple.

One day later
With effort I move my arm across a very short span.
Same person--same arm, things change that fast.

Lord, I had so much and I thought I was handicapped,
If I was, what am I now?
an invalid?
Every fiber of my mind says "NO".

I was basing my "Norm" on others.
There is only one me.
No matter what physical shape I'm in,
I'm ME--I will not let go of that,
and, if I have anything to leave to my loved ones
It is the ability to adapt and remain myself.

IT HURTS TO VACATION

by Charles Mackenzie
NPSA Omaha Member

BREDAR--from pg 1, col 3

We got back from a nice relaxing (even if a bit rainy) vacation to Hawaii last week. My most pronounced short term memory was how much I hurt. Fortunately that memory is fading.

think of how difficult it will be to accommodate family vacations in the coming years.

that since she's been using the chair at work she now has energy left to do things at night. "But the perception of others bothers me," Marcia says. "What will they think if I'm in the chair all the time? It's been a long adjustment period for me. I've had to swallow my pride."

Most areas of my life have changed to accommodate post-polio. My work is very sedentary and my wife has started to do many of the errands which I used to handle. I walk only when necessary, and sit and rest often. With these changes, I handle day-to-day life without too much discomfort.

From a more positive perspective: The hotel we stayed at on Waikiki was mostly handicapped accessible, except for about eight steps from the pool to the beach and the flight of stairs to the special club on the 18th floor for people with rooms on the 16 and 17th floors. We had a delightful ride in an outrigger canoe! If you can walk in the surf and support yourself adequately in the canoe, you can ride as a passenger (I paddled). You go out, catch a wave and ride the wave in to near the beach. The closest I will ever come to surfing!

The psychological side of this is important, too, says Marcia. "People are very active and functioning and then all of a sudden they aren't. It's a big adjustment. People treat you differently."

My wife and I have rather different views of what a vacation is. My wife thinks a vacation is a time to do as many things in the days available as possible. My idea is to sit around a pretty spot, relax and read. Of course my view of vacations has been colored by my difficulty in getting around in recent years.

On Kauai we stayed at the Coco Palms (where Blue Hawaii was filmed). It was a beautiful spot (you cannot get a wheelchair into the lobby, however) with an accessible pool with an adjacent outdoor bar. The boat trip to the Fern Grotto is only for the physically capable! The overlooks along Wiamea Canyon are beautiful, but physically challenging to get to with steep paths and some steps. For the brave, however, you can take the easy way: by helicopter! Maybe next time we'll look at the Grand Canyon of the Pacific by helicopter.

Marcia had never known anyone else who had had polio until she got into NPSA. "It's been wonderful to know other people have these problems. It's good to know that when you're down, feeling ghastly, that people can relate to you."

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CARTER--from pg 1, col 1

I overdid it this vacation. I didn't do very much, but I overdid it anyway. I got headaches from car rides, and even a day out in a rented wheelchair was fatiguing. Walking became very painful after 3 or 4 days. I do not normally require a wheelchair, but just walking around the hotel was too much exertion. While a change in pace helped, I found it depressing to

Sacramento, CA, Rehab Group (acupuncture); Susan Meadows from Washington, D.C.'s Health Practitioners (Myotherapy); and Laura Smith from T.I.R.R. in Houston (bracing).

Other panels will focus on Muscle Weakness; Fatigue; Sleep, Breathing and Swallowing Problems; Coping Relationships: Spouses, Friends, Parents; and Stress Management, to name a few.

