

# Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JUNE

1988

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## OMAHA AREA GROUP TO MOVE MEETING SITE

Once again, NPSA's Omaha Area Support Group is on the move. Starting with the June 5 meeting, we will be at IBM, 450 Regency Parkway.

The easy way to get to the meeting room is to park on level two and go in the north door. We will greet you there.

These are some fine digs, folks--you're going to enjoy the comfort of this place. Join us there on the 5th!

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## NPSA OFFERS VIDEO SERVICE TO NEBRASKANS

NPSA has a number of VHS videos from the last International Polio Conference which we will lend to our Nebraska members. These are tapes of the actual sessions--some of the finest polio doctors in the world discussing our polio problems and solutions. All tapes are 60-90 minutes long.

Here are the titles we have:

1. Muscle Weakness
2. Fatigue
3. Pain
4. Sleep, Breathing, and Swallowing
5. Exercise/Weight Control
6. Bracing, Mobility, and Seating
7. Psychology of Disability
8. Coping with Stress/Stress

See Page 2, Col 1

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## OLDEST NPSA MEMBER REVEALED

And the winner is . . . Fred Niebaum, at 86 NPSA'S oldest member.

Born and raised in Washington County near Fontenelle, Nebraska, Fred has been a farmer all his life, moving to near Winslow in the 1930's after he married.

"I had three children by the time I got polio in 1943," says Fred. "I was feeling awful weak, and the doctor wasn't sure what was wrong with me. He sent me to Clarkson in Omaha. They confirmed that I had polio. Later they transferred me to St. Joseph Hospital because they were using the Kenny treatment there."

After six months in the hospital, Fred returned to farming, using crutches and with a brace on his left foot.

When Fred retired in 1960, he and his wife moved to Fremont where a son and daughter live.

"I do a lot of needlework and watch WHEEL OF FORTUNE and other game shows on TV," he says. "I like to keep busy. With nine grandchildren and three great-grandchildren, you always have something to do."

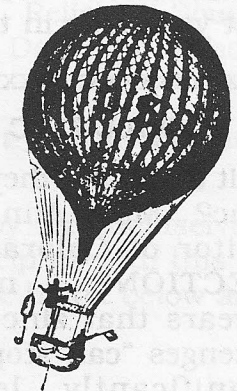
Living alone since the death

of his wife in 1978, Fred goes for dinner at a Fremont nutrition site. "I meet a lot of new people there," he says. "It's getting pretty crowded, though. We need a bigger place now."

Fred started using a walker three years ago, and now is in a wheelchair. "I can still drive," he says, "though I gave up gardening because it's too hard to do from the chair."

Hats off to you, Fred. May you have many more years as NPSA's oldest member.

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We are sorry that last month's newsletter was late. Our printer suddenly went out of business and took our copy with him. We regret any inconvenience this may have caused you.





**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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**METHOD**

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

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

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**ST. PAUL MEETING MOVES  
TO DIFFERENT DAY**

Colleen Brouillette of the NPSA St. Paul Area Support Group announces that they have changed their meetings to the second Sunday of each month in order to accommodate more members.

The next meeting will be June 12 at 2 p.m. at the Howard County Hospital Conference Room. Come on in and enjoy yourself!

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**CURTAINS, BE DAMNED!**

by Colleen Brouillette  
NPSA St. Paul member

Today I learned another lesson in life! I can no longer hang a shower curtain with attached clip without my body reacting in a most unpleasant manner.

This could be hampered by my 5'3" frame reaching upward as a pygmy might reach for a giraffe.

Fact is, people, I do know better! You see, I know I can't do these things, and yet I attempt to do them just one more time. As we all know, that one more time is the one that brings all the pain, falls, anger, and frustration when the old bod' doesn't do what it used to do!

Needless to say, a simple task which used to take a few minutes out of my busy day now took nearly a half-hour!

One day, I hope I will TRULY learn my limitations and stop being so foolish. Now the curtains are hung, I hurt, and I'm not sure the new curtains look any better!

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**LINCOLN GROUP TO HELP STATEWIDE NPSA  
WITH CLEVER FUNDRAISER**

We're having a Bake(less) Sale! The NPSA Lincoln Area Support Group has hit upon a unique fundraiser that lends itself especially well to low-energy, already-overworked polio survivors--a no-bake bake sale! Just write a check to NPSA in the amount of the cost of the ingredients you would otherwise need to use in order to supply goodies for a bake sale, and send it before June 30 to our Lincoln Area Representative, Peggy Moe, 1555 Skyline Drive, Lincoln, NE 68506. Do your part to make this project a success, and give the Lincoln group a boost in their efforts to keep NPSA helping those who need us.

**BAKELESS BAKE SALE**

A bit of news we have today;  
A Bakeless Bake Sale is on the way.  
On these busy days, now who could bake  
Pies, cookies and even cake.  
You would be surprised if you counted the cost  
Of materials, heat, or the time you have lost.  
Cooking for a sale is extra work,  
Yet nobody really wants to shirk.  
So we thought of a plan that is really grand,  
And we feel that you will understand.  
In an envelope, please put the price  
Of a pie, cake or something nice.  
Without fuss or bother you have done your part,  
We are sure you will give with a willing heart.  
This is the end of our tale;  
Wish us success in our Bakeless Bake Sale.  
Anonymous

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**LINCOLN MEMBERS WILL HEAR TRAVEL TIPS**

Mark your calendars! Sheldon and Joyce Cohen of Omaha's The Travel Company will speak at the June 25 meeting of the NPSA Lincoln Area Support Group.

They are full of ideas for travel arrangements for the disabled, and will show a film on cruises, which they consider the ideal vacation for the handicapped.

The Cohens have been in the travel business for three years, and have a special interest in helping those who are handicapped, as Joyce

has MS.  
Come to American Lutheran Church, 42nd and Vine, at 2 p.m. This is one meeting you won't want to miss.

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**HOLDREGE GROUP COMES  
THROUGH AGAIN**

Once more our Holdrege Area Support Group has made an impressive contribution to our state coffers from their ongoing aluminum can fundraiser.

Keep up the good work! We all appreciate the dedication to this cause.

