

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

JUNE

1988

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!

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:

- l. 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

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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.



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.

Most of our support groups have already showed these videos in their meetings. However, many of you are unable to get to a support group meeting, and we want you to have a chance to see the tapes, too. We offer them through the mail TO OUR NEBRASKA MEMBERS ONLY at this time.

Here's how it works:

l. Send us your name, address, and phone number along with the name of the tape you want to view. You may order only one tape at a time, but may send alternate titles in case the one you want is out at the time you order.

2. Send us two checks made out to NPSA: one for \$20 and one for \$2.65. We will cash the \$2.65 to cover the cost of mailing the tape to you. We will hold the \$20 check for two weeks after we put your tape in the mail. If

you do not return the tape to us by that time, or if it is damaged, we will cash the \$20 check. Otherwise, we will destroy the \$20 check upon the timely receipt of the undamaged tape.

3. You must return the tape by Priority Mail after seven days. We will allow one additional week for the mails, three days each way, and we will also ship by Priority Mail.

It is possible that you will have to wait if someone else has already ordered the video you want to see. Tapes will be shipped in the same order that we receive requests, so be patient.

If everyone helps us to continue this project by returning the tapes quickly, many people will benefit greatly from the information these experts give us. This is a service we can offer only if we have everyone's complete cooperation.

WILL ZINC OBLITERATE THE COMMON COLD?

Is it true what they say about zinc? Mary Ann Hamilton, editor of Colorado's CONNECTIONS newsletter, swears that zinc gluconate lozenges "can stop a cold or significantly lessen its severity."

According to Mary Ann, a Texan, Dr. William Halcomb, pioneered the use of zinc to zap colds, and recommends taking 23 mg. of zinc gluconate every two waking hours until symptoms vanish.

"Just as soon as I get that first sniffle or scratchy throat, I reach for the zinc," says Mary Ann. "The key to the 'magic' is to hold the tablet in your mouth until it dissolves. Don't chew or swallow it."

Walgreen's offers 15 mg. zinc lozenges under the Nature's Finest label. Can this simple tablet be the solution to a problem that has baffled medical science for ages? Let's hope so!

RESULTS OF SURVEY REVEALED

Jerry Ciocon, M.D., of the UNMC Gerontology Section, reports interesting results from the survey participated in by NPSA members. Of the 135 responses received, 129 were from those age 60 and over as needed for this study. These 129 were used in compiling data. Here are the findings:

PRESENT AGE OF RESPONDENTS--87.6% are 60-74, 12.4% are 75 to 84

AGE AT INITIAL ATTACK OF POLIO--Of those 60 to 74, 67% were over age 10 when they got polio; of those 76 to 84, 24% were over age 10 when they got polio

AREA OF INVOLVEMENT--66% reported paralysis in lower extremities, 40% in arms and trunk, 21% in neck and face

LATE EFFECTS OF POLIO-78.3% report new muscle weakness, 75.2% report muscle and/or joint pain, 79.8% report loss of endurance

DURATION OF POST-POLIO SYMPTOMS--67.4% have experienced these problems for fewer than 5 years, 17.8% for 5-10 years, 14.7% for more than 10 years

Dr. Ciocon thanks everyone who helped with this project. "I feel that this has given us valuable information in setting up our new geriatric rehabilitation center at UNMC."

SEND US YOUR RECIPES--NPSA TO PUBLISH COOKBOOK

Call up grandma! Start searching your files! NPSA needs your most special recipes. Let the gourmet in you shine through; dig out your family treasures--we're publishing a cookbook, and we must have your help.

This is a project that can spread the word about post-polio and this organization. It could benefit many people. But in order to proceed, we have to get recipes from at least 150 persons. We hope we will hear from all of our friends across the country--LET'S GET EVERY STATE REPRESENTED IN OUR COOKBOOK!

If you have three or four favorite recipes, copy them carefully in the format suggested on the back of this insert page. Type or print them clearly, one recipe per form, using only one side of the page. Each recipe must be on an $81/2" \times 11"$ sheet of paper. Use the suggested abbreviations listed at the top of the form. Be specific about measurements, sizes, and cooking times. For instance, don't just say "a package of cream cheese" or "a can of peas"--say "a 3-ounce package of cream cheese" or "a 17-ounce can of peas." Don't say "Bake till done"--say "Bake 45 minutes at 350 degrees." Make your recipes as exact as possible, and then we will have a cookbook that everyone can use easily and successfully, and THAT will make people want to buy it.

MAIL YOUR RECIPES TO US TODAY

The absolute deadline is June 30--but the sooner the we get them, the better. They must be processed and at the printer's by July 14th.

We hope to publish one or more of your recipes in the cookbook along with your name and hometown, depending upon the number of recipes we receive, and avoiding using identical or similar recipes as much as possible. The categories are Appetizers, Pickles, Relishes, Soups, Salads, Vegetables, Main Dishes, Breads, Rolls, Pastries, Cakes, Cookies, Desserts, Candy, Jelly, Preserves, Beverages, Microwave, and Miscellaneous.

The cookbooks should be available in time for Christmas--a spectacular gift for your friends and relatives.

We realize that most people contributing to the cookbook will want a copy for themselves. Advance orders will help us know how many books to have printed. Please help us with this by reserving the number of books you think you will want to purchase. Fill in the blank below and send it with your recipes.

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PLEASE READ INSTRUCTIONS ON OTHER SIDE BEFORE WRITING YOUR RECIPES

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

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!

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 halfhour!

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!

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

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.

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.

ONCE MORE WITH FEELING

Last week I read that I was the "foundress" of Nebraska Polio Survivors Association. As if the word "founder" suddenly possessed some evil male gender lurking among the consonants. (Does this mean Ellen is our paper carriress and Vickie, my hair dressress?)

It made me wonder what it is that causes people to abandon a perfectly useful language in favor of such nonsense.

We see it all the time. Addi-

NOTICE NOTICE NOTICE

Pat Beste, Administrative Director of Immanual Rehabilitation Center, and Carol Bressman, their Coordinator of Aquatics, will speak at the Omaha Area Support Group's June 5 meeting.

They will talk with us about Immanual Rehab's new facilities and what they have to offer polio survivors.

We need a good turnout for this one, folks--this message could be important to a lot of us. Is this the help you have been seeking?

So let the gardening go for a few hours, and join us at 2 p.m. at our new meeting site--IBM, 450 Regency Parkway. Park on level 2 and go in the north door.

Please come--and bring your family!

tions to our already lengthy list of substitutes for "handicap" lead me to suspect that some mind-stopping disease is emitted from word-processors. I envision a nation of writers hunched over their keyboards, being silently stricken by their cathode rays with attacks of silly-brain.

Take "differently able," for example, or its cousin, "differently advantaged." Not as cute as last year's "handicapable," perhaps, but surely just as absurd. Not only are these words not an accurate substitute for "handicapped person," their meaning is so obscure and confusing as to be missed totally by the average word-user.

If those who coin these ridiculous words mean to help the cause of the handicapped, they miss their

mark. Handicap issues are all but obliterated in the haze of uncertainty created by such undefinable terms. "Differently able" could refer to a champion athlete or to an illiterate adult, as much as to someone on crutches or in a wheelchair. Is "differently advantaged" the rich kid on the block? Or maybe the guy whose uncle owns the firm?

Come on, now. We have doctors and families we need to inform about post-polio, architects and builders to instruct in accessibility, and waiters and salesclerks to familiarize with serving the disabled. In fact, the whole world needs to be educated about the handicapped. Let's do it so they know what and whom we're talking about.

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