

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

MARCH

1989

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

LINCOLN GROUP TO HEAR MARLENE ORTON

Meeting Date Changed

Marlene Orton, NPSA Board Member, will give a slide presentation at the next Lincoln Area NPSA Support Group meeting on March 5 (one week early) at 2 p.m. in the library at American Lutheran Church, 4200 Vine Street.

Marlene will discuss our upcoming Polio Update '89, the Late Effects of Polio, and NPSA as it works for all of us.

Since Marlene will be driving in for this meeting, we hope all Lincoln members will make a special effort to be there. We can all keep warm by giving Marlene a rousing Lincoln welcome. We need you for this one. Please come!

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

HASTINGS MEETING SITE CHANGED

NPSA's Hastings Area Support Group has a new meeting place. Judy Bradford, Hastings Area Representative, announces that future meetings will be held at The Kensington.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

MORE ON POLIO UPDATE '89

Plans are falling into shape beautifully for NPSA's April 1 Polio Update '89 at the Red Lion Inn, 16th and Dodge in Omaha.

Registration will begin at 8 a.m., followed by two speakers in the morning and two plus a panel in the afternoon.

Coffee breaks are designed especially to provide enough time for a little rest between speakers if you desire, to give you an opportunity to examine the equipment exhibits that will be available, or to talk with the doctors and other polio survivors at the conference.

Red Lion has agreed to furnish couches in the coat room adjacent to our meeting room for those who need to lie down periodically throughout the day. However, if you want to be certain that you have a place to rest when you need it, you can rent a room for the occasion. Several people going together could minimize this expense. Parking in the Red Lion parking

garage is included in your registration. Bring your parking tickets to be validated at registration.

A lovely meal is furnished as a part of your registration fee as are two coffee breaks, so that you will not have to forage for food. In addition there will be a special surprise for our first registrants.

NPSA is doing everything possible to make this the most enjoyable and productive conference possible. Show us your enthusiasm for this effort by registering

Schedule - Polio Update '89 April 1, 1989

8:00 a.m.	Registration
8:30	Welcome and Introductions
8:45	Post-Polio Syndrome: The Neurology Neil Cashman, M.D.
10:00	Break
10:30	Orthopedic Programs For Post Polio Jacquelin Perry, M.D.
11:45	Lunch
1:00 p.m.	Post Polio Breathing Problems Augusta Alba, M.D.
2:15	Break
2:45	Coping With Post-Polio Changes Sybil Kohl, CSW-ACSW
4:00	Panel Discussion
5:00	Adjournment

XX

HANDICAPPED TRAVEL

by Arleen Curtis

I've just returned from a cruise and my mind is abuzz with thoughts on handicapped travel. As my physical ability decreases, my fears of travel problems increase.

Beforehand, I was worrying, "Will I be nauseous, will I lose all my energy in the middle of the trip?" A rented wheelchair used for the first three days probably saved enough energy to allow me to last for the week. The fourth day, I switched to crutches so friend husband could sit and read quietly while I enjoyed the freedom to come and go and observe.

The cruise line provides what help they can but shore excursions were chosen with ease in mind. Handicap cabins are available but everywhere else the restrooms are not accessible to a wheelchair. My travel agent tells me he was arranging for a ramp for a client. Perhaps one ramp in the area of major activity would help a great deal. Otherwise, if unable to step over a lip, only your own cabin would be accessible for restroom use in a wheelchair.

The pool area lounge chairs are low and the plastic webbing provides no support to push against in order to stand up. If someone invited me to sit down and offered help in getting up again, I enjoyed some restful sunning. Swimming in the

pools might be a good possibility for some. I waited for an afternoon on a beach for my swimming when I could remove the braces and pull myself into the water.

The meals and the evening entertainment were fabulous. The midnight buffets were beyond my energy capacity or my eating capacity.

Activities abound on board ship. If you can't or won't participate, it's fun to watch. Wheelchairs don't do well on bumpy streets but are fine indoors or on smooth floors. Shore excursions can present problems or you settle for what you can do. Don't be afraid to travel--a cruise is probably one of the easiest ways.

I've traveled in Europe alone in my better days (1982), using crutches as my "speed feet." The most important advice would be not to overpack. My husband and I managed with two backpack carry-ons and one piece of luggage for a 2-week trip in Europe in 1986. Everything is mix-match with one matching jacket, with an occasional washing in the hotel sink. Since I can carry the back-pack but not the luggage, it seemed only fair to lighten the load for the dear man who says "My wife makes the arrangements, I just show up to carry the luggage."

Know your abilities and do what you can. I Won't stop

XX

SPONSORS SOUGHT FOR POLIO UPDATE '89

If you know anyone who would like to be listed as a sponsor for NPSA'S Polio Update '89, please contact us. So far we have received donations from banks, insurance companies, and individuals wishing to make a substantial contribution toward this outstanding conference.

Many businesses, members of the medical community, and others may want to support this important work. For a donation of \$250 or more you can be listed as a sponsor in the program. For gifts of \$100 to \$249 you can be listed as a friend.

Call us for details if needed, or simply forward a check.

XX

NPSA SEEKS GLEANINGS ARTICLES

If you have a yen to see your work in print, Gleanings is happy to accept articles in the nature of personal experiences or poetry for publication. All items should be polio related.

Articles should not exceed two-thirds of a typewritten page, and may be edited for reasons of policy or space limitations.

If you have something to say about your life with polio or have developed a philosophy regarding living with the Late Effects, why not let us share it with others through Gleanings.

BILL FORSTER DIES: MEMORIALS TO NPSA

Bill Forster, NPSA member from Lincoln, died on Jan 21, 1989, at the age of 60.

Carolee, his wife of 34 years, writes "Information provided by your organization helped so much. Knowing there were others going through the same thing helped. By the time we knew the support group existed, Bill's pain made attending meetings all but impossible. One of my regrets is that we did not know about your group sooner. There are still

people who've not heard of you. When I meet them, I tell them."

Bill served as an outstanding administrator, and held degrees in business administration and psychology. Carolee describes him as a man with "a magnificent mind and magnanimous heart."

Carolee has requested that memorials in Bill's name be given to the Nebraska Polio Survivors Association.



BILL FORSTER

**CASHMAN VIDEO
SCHEDULED FOR
NORFOLK MEETING**

According to Donna Mavis, NPSA Norfolk Area Representative, a video of Dr. Neil Cashman will be shown at the NPSA Area Support Group meeting on March 12 at 2 p.m. in the Lutheran Community Hospital Inservice Room.

Dr. Cashman is slated to appear at NPSA Polio Update '89 on April 1. In this tape, made two years ago, he discusses some of the basics in identifying Post Polio Syndrome.

Hope to see you there!

**Register Today
for
Polio Update '89**

**GRAND ISLAND
GROUP CELEBRATES
SECOND YEAR**

Grand Island Representative Kathy Hendrickson reports that the NPSA Grand Island Area Support Group will celebrate its two-year anniversary at the Bonaza at 2 p.m. on March 12.

Come on out and join the fun!

**HOLDREGE
FUNDRAISER PAYS
OFF AGAIN**

Holdrege Area Representative Delores Bray has forwarded another \$50 check from the NPSA Holdrege Area Support Group's ongoing aluminum can fundraiser.

Keep up the good work gang!

**SCHROEDER TO
SPEAK AT HASTINGS
MEETING**

By Judy Bradford

NPSA Hastings area Support Group will experience a Landmark Breakthrough. Erling J. Schroeder will be our speaker on March 12 at The Kensington, 3rd and Hastings (park South of building). His topic will be "Germanium--a New Approach to Immunity." Our group will meet at 2 p.m. Friends, family, and other interested persons are urged to attend this meeting.

NOTICE

NPSA is subsidizing your cost of Polio Update '89 so that everyone can afford to attend. Now we need for you to register and be there.

REGISTRATION FORM

NEBRASKA POLIO SURVIVORS ASSOCIATION - POLIO UPDATE '89

APRIL 1, 1989
(8 A.M. TO 5 P.M.)

NAME _____ SOCIAL SECURITY # _____

HOME PHONE _____

DEGREE OR PROFESSION _____ SPECIALITY _____ OFFICE PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PLACE OF EMPLOYMENT _____

ALUMNUS OF UNMC? FACULTY OR STAFF OF UNMC?

ALUMNUS OF CREIGHTON? FACULTY OR STAFF OF CREIGHTON?

- I AM A POLIO SURVIVOR
- I AM A RELATIVE/FRIEND OF A POLIO SURVIVOR
- I WILL BE DRIVING A VAN TO THE CONFERENCE
- I WILL BE USING A WHEELCHAIR AT THE CONFERENCE
- I WILL NEED AN ELECTRICAL OUTLET DURING THE CONFERENCE

Enclosed is my check or money order made payable to UNMC, Continuing Education, in the amount of:
(Please check the appropriate space)

_____ \$75 Health Professional (Each) _____ \$15 Polio Survivor or Family Member (Each)

Payment:

_____ Check or money order payable to UNMC, Continuing Education, enclosed.

_____ Charge to my: _____ MasterCard _____ Visa: Card Number: _____

Good Thru

Amount Charged \$

Signature: _____

(required on charge request only)

Return to: Center for Continuing Education, University of Nebraska Medical Center, 42nd Street and Dewey Avenue, Omaha, Nebraska 68105-1065, (402) 559-4152. TO REGISTER BY PHONE, CALL (402) 559-4523 or use our toll-free MED CONSULT NUMBERS AND ASK FOR CONTINUING EDUCATION. In Nebraska (800) 642-1095. All other states (except Alaska), call (800) 228-9630.

Do Not Write Below This Line

/

M A 0 6 0 0 1 8 9

Date Received

Receipt #

/

CONTRIBUTIONS

We thank the following people who have sent cash contributions to NPSA.

BENEFACTORS--Individuals who contributed
\$1000 or more
ROBERT ALLINGTON, LINCOLN, NE
ANONYMOUS

FRIENDS--Individuals who contributed
up to \$99

DR. JACK L. ANDERSON, Las Vegas, NV
PAUL & NONI ANDERSON, PRESCOTT, AZ
DOROTHY CANTRELL, Moses Lake, WA

I have been meaning to send something to help out with expenses, so here it is. I appreciate all your good work and the information available-and always look forward to Gleanings!

Millie Schwindt
Lincoln, NE

MARGARET V. CLAEYS, Roswell, NM
JO ANN EDMONSON, Manilla, IA
DOROTHEA GEHLE, Grand Island, NE
RICHARD HANISCH, M.D., St. Paul, NE

Just received my January Gleanings and as usual you came just when I needed a lift, and this it did. The articles were super. You put into words what I am dealing with. Thanks.

Dolores King
Lingle, WY

DAVE HARRIS, Blair, NE
MICHAEL D. HAVLIK, Omaha, NE
ANNE HEANEY, New York, NY
JANE HILES, Omaha, NE
MARGARET LEPPER, McCook, NE
VIVIAN MELEVA, O'Neill, NE

As a subscriber to Gleanings, I was moved by the article "Buck and Winging it." My best friend found out about the newsletter after I confided in her about problems I was starting to have. She put my name in the listing for the newsletter, and now my doctor and I learn together. Thanks, and may God always grant you His blessings!

Sherry Davis
Oak Grove, MO

MILDRED SCHWINDT, Lincoln, NE
DONNA J. SMITH, Cozad, NE
KAREN A. TRINDLE, Seward, NE
FRANCIS V. WIESE, Minatare, NE
TIM ZINGALE, Fort Dodge, IA

I really appreciated the last Gleanings. I read awhile and cried awhile. Doctors seem to think my problem is stress and exhaustion, so you can see why the Gleanings is so meaningful to me. The conference sounds exciting.

Delores Bray
Loomis, NE

MEMORIALS

In Loving Memory of
E. Dale Grove
From Violet L. Grove, Holdrege, NE

In Loving Memory of
Bill Forster
From Carolee Forster, Lincoln, NE

In Loving Memory of
Bill Forster
From Mary and Jan Lane, Lincoln, Ne

In Loving Memory of
Jerome R. Davenport
From Eleanor Baldwin, Hebron, NE

In Loving Memory of
Helen Sherman

In commemoration of her birthday
From Bobbie-Jo and Dale Harris, Chillicothe, OH

