

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

MAY

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MONTCLAIR POOL AVAILABLE FOR OMAHA POST-POLIOS

With swimming in a heated pool the only universally recommended exercise for post-polios, members of the Omaha support group have been looking for an inexpensive way to swim--and they have found one.

Supervisor of the Adaptive Recreation Program for the city of Omaha, Karen Madden-Johnson, a therapeutic recreation specialist, offers the Montclair Pool, 2304 S. 135th, for a small fee.

The pool itself and the dressing rooms are wheelchair accessible, though persons in chairs should call ahead for help with the heavy metal doors. Restroom facilities are available though difficult for wheelchair users, and there are no bath benches in the showers.

Karen reports that her staff can be available to help persons in and out of the pool and to conduct pool exercise classes if arrangements are made ahead of time. Recreational swimming for individuals and

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SPOTLIGHT: A DAUGHTER LOOKS AT POLIO

Growing up with a mother who is wheelchair-bound isn't really unusual, according to 16-year-old Amy Linenbrink. Amy's mother is Lorri Nollette Linenbrink, who was 14 when she contracted polio and living in Nenzel NE. A resident of Omaha since 1957, Lorri is a member of the local post-polio group.

From the beginning Amy accepted her mother's paralysis. "One time I asked her why she didn't get up and walk," says

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Amy. "She said her legs didn't work. I never really thought she was different from anyone else."

Amy says she's never been embarrassed by her mother's disability, although she often had to explain to classmates that her mother had polio, a disease they had never heard of. They are interested in how Lorri manages ordinary tasks from her wheelchair. One mealtime visitor remarked in amazement, "Oh, she really does cook!"

Amy has tried to see how it would feel to be like her mother. "When she was out of her chair, I rode around the house in it. After an hour or so it gets kind of boring sitting down," she says.

Although Amy and her sisters Ann 13, Ava 7, and Abi 4 share a number of chores, Amy says they take on these added responsibilities by choice. "Sometimes I can't do as much as my friends who can come and go as they please. But it's up to me. I stay and help out because I

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Lorri and Amy Linenbrink

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MAGAZINE DESIGNED TO
EASE LIFE OF DISABLED

ACCENT ON LIVING is a quarterly magazine for the disabled published by Raymond Cheever, a polio survivor (class of '52). The Spring issue features articles on accessible homes, a computer dating service for the disabled, adjusting to handicaps, wheelchair travel, how-to ideas and much more.

Stories are lively and interesting, concentrating on individuals and how they cope with their disabilities.

The magazine is bursting with ads for devices used with various kinds of handicaps, including a section on new products designed to make life easier, and new services available. It also lists numerous special publications for better living, and describes ACCENT's information service for hard-to-find products that can help solve many problems.

One year's subscription is \$6.00. Send to ACCENT ON LIVING, Box 700, Bloomington, IL 61702.

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families is allowed every day and evening.

Frances Quinn, of the Omaha group, is interested in forming a class with her fellow post-polios. If you want to join her, call 391-9401. For details on individual swimming, call Karen at 444-5935.

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ASSERTIVENESS PAYS OFF
IN DEALING WITH DOCTORS

Did you ever leave a doctor's office and feel frustrated because you didn't say all you wanted to and perhaps the doctor misunderstood? Well, the solution is to be prepared and speak up!

It is a good idea to write out your points of discussion and list of questions beforehand. Don't just answer the doctor's questions; tell him exactly how you feel.

Whether it be to a doctor, nurse, therapist, or brace man--speak up; you'll feel more self-assured, satisfied, and happy that you did.

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want to, not because I'm expected to.

After a recent post-polio support group meeting emphasizing staying within our limits, the girls and their father, James, got together to discuss how they could help Lorri more. Recognizing the increasing weakness in her arms and shoulders, and the aching and exhaustion she experiences, the five are taking on additional housework.

In a very close-knit family, all of this seems quite normal to Amy. "Most of the time," she says, "I even forget my mom's in a chair."

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HANDICAPPED HOTLINE AIDS
IN FINDING SERVICES

Nebraska's Hotline for the Handicapped is an information and referral agency designed to put handicapped users in touch with services and individuals who can help solve specific problems.

Vickie Rasmussen, Hotline information specialist, says that details provided by callers from 8 to 5 weekdays are fed into a computer which lists all pertinent references. Callers are then directed to the various helping agencies.

Persons calling at other hours are asked to leave their names and addresses on an answering machine, and someone from the Hotline returns the call during working hours.

The toll-free number to call is 1-800-742-7594, or in Lincoln 471-3656.

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LEGISLATIVE HOTLINE
1-800-742-7456

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WHY NOT...

...take the material that you have on post-polio to your doctor and ask him to read it? Many doctors have not had the chance to catch up on this information. If you have copies of the HANDBOOK or the Warm Springs Symposium Proceedings, share these with your doctor also.

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GABY'S GLIMMERINGS

by Cynthia Gabrielli Haag

All my life I have had a pervading fear of losing my independence. It was never really clear to me that this was in fact what I was really afraid of. Why so many situations would seem threatening or exactly what I was defending was unclear to me. I see now that when I am afraid it is often because some person or situation jeopardizes my independence.

I learned the fight response so early in life that it is easy to see why I never really understood it and am finding it difficult to control now. I had polio when I was three and didn't walk from the ages of three to five. I do not remember any of this. I am told that of all the children stricken at the time, I was a favorite of the people working with polio. People loved this curly-haired child because she was so spunky and spirited and never quit. I defied all the odds and I walked! My fear of dependency had served me well.

But the same fear has caused me problems as an adult in the working world. Anyone in a job environment encounters difficult situations and people. But these difficulties have always caused me undue anxiety.

They are more than just problems on the job to

me. I become highly intimidated because I fear my physical limitations might preclude getting another job easily. I am therefore more vulnerable and become defensive, which only intensifies conflict.

The conflict is within me. I am trapped in a body that does not respond to my will. I want to feel I have choices, when in fact, my body limits these choices. It is this very fear which often undermines my real goal, which is to be the master of my own ship.

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Check your library for: ACCESS TO THE WORLD: A TRAVEL GUIDE FOR THE HANDICAPPED by Louise Weiss

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TEN TO REPRESENT STATE AT POLIO CONFERENCE

As the May 1 deadline nears for registering for the International Polio and Independent Living Conference in St. Louis, several more P.U.R.E. members have made arrangements to attend.

Lyle and Virginia Walker and Chip Mackenzie from the Omaha group, and Diane McEntee of the Lincoln group will be a part of the Nebraska contingency, bringing the total number attending to ten.

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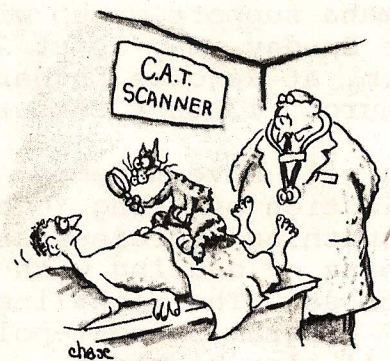
OMAHA MEETINGS INFORM AND OFFER FRIENDSHIP

The meetings of the Omaha P.U.R.E. group have not only "tasted good"--after-meeting brownies, cookies and coffee--but they have been most informative. Numerous articles on post-polio syndrome are available at the meetings, and speakers bring information on a variety of topics related to our polio problems.

The April meeting featured Carol Kangior and her assistant Tanya of the Utopia Holistic Health Club, who demonstrated how massage can help us relax and lead to improved circulation. Marcia Bredar, Virginia Walker, and Roy Gustavson won free massages donated by Utopia, 5155 Leavenworth.

If you have not come to a meeting, mark your calendar and plan to join us on May 5. Your fellow members are looking forward to meeting you.

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