

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

MAY

1987

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NPSA MEMBERS TO ATTEND ST. LOUIS POLIO MEETING

At least eleven Nebraskans plan to attend Gazette International Networking Institute's Polio Conference in St. Louis June 4-7.

Those signed up so far include Charles and Nina Mackenzie, Marcia Bredar, Lyle and Virginia Walker, Bill and Nancy Carter, and Marlene Orton of the Omaha group; Roger and Peggy Moe and Diane McEntee of the Lincoln group.

The conference will feature talks by Ted Kennedy, Jr. and James Roosevelt, and workshops will focus on symptoms, See pg. 4, col. 2

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MAY 17 NPSA GARAGE SALE NEEDS YOUR PARTICIPATION

Whether you're donating, buying, or both--we need your help for the sale!

Bring sale items to the May meeting or take to the sale site--2924 Avenue G in Council Bluffs (take 35th St. Exit off I-29, go east to Ave. G)

Call Jeanne 553-1229 or Katherine 323-4284 for more information.

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NPSA MEMBER SPENDS FOUR DAYS AT MAYO CLINIC

In 1951 at age six Linda Otte had polio. After three months in Children's Hospital she was able to go home, and six months and a lot of physical therapy later, she was walking with crutches and a full leg brace. When she was finally able to give up the crutches at age 16, Linda thought she had heard the last of polio in her life.

By 1984, however, Linda, now Mrs. Bill Buscher, began noticing pain in her left knee. "As the pain increased, I saw four orthopedic surgeons. Each one wanted to fuse my knee. I wasn't ready for that, so went back to crutches for a month and a half and the knee got much better."

Early this year the pain returned, and though Linda once more reverted to using crutches, this time the pain remained intense.

Knowing the post-polio symptoms through her association with NPSA, and having experienced extreme fatigue for about a year, as well as the pain, Linda sought

help at Mayo Clinic. "It was wonderful," she says. "They were so good--they really knew what they were doing."

After x-rays, Linda was seen by an orthopedic surgeon who examined her carefully and ordered an MRI. She was told there would absolutely be no knee fusion. "He said we'd see how it goes with therapy and a new brace, and that we would not rush to a surgical procedure of any other kind, either."

The neurologist gave her a thorough examination and talked at length about post-polio. "She told me I have new muscle weakness in my left arm and my right leg from the knee down," says Linda.

Then she saw the therapist. "He's not an ordinary P.T. He's an M.D. and very special," Linda says. "It's a different kind of P.T." She was advised to go swimming 2 or 3 times a week, "and positively no other exercise," she says. "The doctor said my brace that I've been wearing for the last See pg. 2, col. 3

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OFFICERS NAMED TO LEAD
G.I. SUPPORT GROUP

Kathleen Hendrickson, NPSA Grand Island Area Representative, announces the new officers for that group: Joan Kyhn is the Program Chairman, assisted by A. J. Kosniecki; Darlene Moffitt is Greeter; Joan Petersen will handle Publicity; and Alice Dubbs is Refreshment Chairman.

The Grand Island support group meets the fourth Sunday of each month at 2 p.m. at O'Brien Center, St. Francis Medical Center.

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HOLDREGE EFFORTS NET
CASH FOR NPSA COFFERS

The Holdrege area support group has forwarded to the state office another cash contribution from their ongoing aluminum can fund-raiser. These folks are real go-getters, spurred on by another dynamo, Area Representative Delores Bray. Many thanks, gang!

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NEW NPSA BROCHURES HELP SPREAD POST-POLIO WORD

NPSA's gorgeous new bright red brochures made their debut at the Health Fair of the Midlands in April, and are now being distributed throughout the state in hospitals, doctor's offices, libraries, banks, and other places where polio survivors can find them easily.

The brochures give a

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WHEELCHAIR USER DESIGNS
UNIQUE RAINCOAT FASHION

Hollynn Fuller Boies has been a wheelchair user for 10 years due to a spinal cord injury. Four years ago she started a custom-made clothing business for people in wheelchairs. Now she runs Pirca Fashions and produces items in standard sizes only.

Her first design is a raincoat made especially for wheelchair users. "It fits where it needs to fit and is spacious in the shoulder area," says Hollynn. "It's not a poncho, so it won't get blown around and it won't get tangled in the wheelchair."

Seventeen inches of Velcro closures and extra layers of protection insure your dryness. The nylon raincoat is available in two back lengths and a variety of colors and sizes. For more information write Pirca Fashions, 901 Third Ave., Sacramento, CA 95818 or call (916) 448-2383.

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brief description of current polio problems, list the symptoms of the late effects of polio, discuss what NPSA does, and provide a postcard to NPSA for those wanting more information.

It is hoped that many people seeking help will be reached through these brochures.

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ORIGINAL ITEMS SOUGHT
FOR PROPOSED ANTHOLOGY

The deadline is June 30, 1987, for submitting poetry, short stories, and essays by polio survivors for an anthology. Topics need not be polio-related. Each author may submit three manuscripts which will not be returned and which must be double spaced and typed in triplicate. A brief bio-sketch should be included.

Send to Barbara Rubel Pike, 3448 Brookline Ave., Cincinnati, OH 45220, and include a self-addressed stamped envelope for notification of acceptance or rejection.

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Too much rest is rust.

Sir Walter Scott
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MAYO--From pg. 1, col. 3

eight years is all wrong, putting too much weight on my knee." She's going back this month for a new brace.

"All three doctors told me I'd have to learn to take it easy," Linda says. "When my body tells me it's tired, sit down. I've never done this. I always keep pushing."

In Rochester Linda stayed in a hotel connected by tunnel to the clinic. "I just don't want to see any other doctors," she says. "This was such a good experience for me."

TO ALL NEBRASKA POLIO SURVIVORS ASSOCIATION MEMBERS:

Since 1984 NPSA has provided information, support, and referral services to polio survivors, their families, and their medical support communities. In order to create the revenue to continue these efforts, the NPSA Board of Directors has established an Annual Appeal for Funds. We need your financial support if we are to fulfill the large obligations of this organization.

So far we have helped hundreds of individuals to understand the late effects of polio better and to get the services and assistance they must have; we have provided information regarding the late effects of polio; we have published GLEANINGS, a monthly newsletter, to help polio survivors and their families to cope and to keep them informed; we have established support group meetings available to persons in 250 towns throughout Nebraska; and our Speakers Bureau has provided speakers to spread the word about post-polio and this organization whenever asked.

These are services that no other source provides. Nebraska Polio Survivors Association exists to fill this need.

Now it is time to expand our services in order to keep up with the growing needs of our membership.

In our plans are a state-wide conference to help our members to learn how to cope with the late effects of polio, support group leaders training workshops, and encouragement of polio continuing medical education courses. We plan more and better publicity, expanded clearinghouse capabilities, and a medical referral system. We will continue to work on establishment of a polio clinic in Nebraska. And we must provide for an office staff to ensure that we meet our goals and continue to offer the services only NPSA gives you.

We need your help. Please look at the enclosed Appeal and determine how you can help us. If you can afford to send us a check to keep us going, please do. Contributions to NPSA are tax deductible. Maybe your help will be to find other individuals or corporations who will invest in our future. Whatever it is, if EVERYONE will participate, we will be able to continue to help others who need us.

Will you help today?

NPSA BOARD OF DIRECTORS

NEBRASKA POLIO SURVIVORS ASSOCIATION
P. O. Box 37139
Omaha, Nebraska 68137

1987 APPEAL

INDIVIDUALS

Distinguished Patron							\$5,000 or more
Sustaining Patron							\$2,500 to \$4,999
Supporting Patron							\$1,000 to \$2,499
Patron							\$500 to \$999
Builder							\$100 to \$499
Friend	\$5	\$10	\$25	\$50	\$75	_____	Other

I am contributing as an individual. Enclosed is my check for \$ _____

CORPORATIONS

Corporate Leadership Patron	\$10,000 or more
Corporate Sustaining Patron	\$5,000 to \$9,999
Corporate Supporting Patron	\$2,000 to \$4,999
Corporate Patron	\$1,000 to \$1,999
Corporate Friend	Under \$1,000

I am contributing as a corporation. Enclosed is my check for \$ _____

I can contribute my time and talents in this way: _____

Reports will list names of donors under the above categories unless you indicate that you wish to remain anonymous by checking the statement below:

____ Please do not use my name in any list of donors.

PLEASE PRINT:

Name _____

Street Address _____

Town _____ State _____ Zip _____

Telephone (____) _____ - _____

PLEASE MAIL THIS TODAY!

(Do not send cash)

A FRIEND IN NEED

About a year and a half ago we received a call from a Nebraska Polio Survivor Association Member in intensive care at an Omaha hospital. He had gone into respiratory arrest and had been placed in an iron lung. "I'm really afraid," he said. "This is a pretty scary situation. Do you know anyone who can help me?"

He wanted additional expert advice. We gave him the phone number of a California doctor considered one of the best polio pulmonary doctors in the world. Our friend was placed on a nasal CPAP, a quite new device at the time, and before long was back

at work. He's still doing fine today.

A dramatic example of the help NPSA gives individuals, perhaps, but one that is not all that unusual.

We have found answers for others in severe respiratory crisis, and have referred many to various doctors around the country.

Not all of our assistance is in the medical line. We have spent hours just talking with frustrated, frightened people who need to know what's happening to them, who need reassurance and hope.

We have also found shoes and braces for members, gotten their insurance to pay up, helped with job changes, and located housing. The list goes on and on.

The point is that NPSA

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helps people. We have connections throughout the state and the entire country, and we search for solutions to your problems. We help many people.

But all of this costs money, and as our membership grows, so do our expenses. Now we need your help in order to continue our good work.

If you can contribute to our cause, please do. Although you may not be the one on the phone with Mary Smith, your donation, in reality, makes you the one assuring her that we will help her find the relief she needs from her problems. And then if it's your turn, if you need help, we will be here for you.

We can do this, folks. If we all work together, we can do it. Please help by sending your contribution today.

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NOTICE NOTICE NOTICE

Marlene Orton, an endorsed trainer for the WINDMILLS project, will present a program about attitudinal barriers and how we can all work to eliminate them--at NPSA's Omaha area support group meeting, May 3, 2 p.m., at Rejoice Lutheran Church, 138th and Center.

This is not training on or about "the disabled." It is a program about how what we think and the way we act can affect those with disabilities, and is terrific for the disabled and able-bodied alike.

You'll get a lot out of this meeting. Make an effort to be there!

ST. LOUIS MEETING--from page 1, column 1

treatment, research, and family learns to cope. the psychology of disability: how the whole family learns to cope. Join us there!

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Nebraska Polio Survivors Assoc. P.O. Box 37139 Omaha, NE 68137

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