

#### THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

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MAY

1988

# RESULTS OF SURVEY HELP POST-POLIO CAUSE

Jerry Ciocon, M.D., of UNMC's Gerontology Section, will present a paper at the May 20th session of the American Geriatric Society meeting in Anaheim, California.

The paper, POST-POLIO-MYELITIS SEQUELAE IN THE ELDERLY, includes the results of the survey made through GLEANINGS to which more than 130 of you responded. The questionaire has provided valuable information used in developing a new geriatric rehab center at UNMC.

# INTEREST GROWS IN LINCOLN GROUP

The NPSA Lincoln Area Support Group registered a record turn-out at their March meeting where they viewed a video on polio weakness and enjoyed a stimulating discussion followed by good NPSA fellowship.

Another video offering which deals with aids for the handicapped will greet those at the April 23 meeting at 2 p.m., American Lutheran Church, 42nd and Vine.

HAPPY MOTHERS DAY!

# WEBSTER CASH: THE GEORGIA CONNECTION

"I find it very helpful and comforting to be able to call friends in other parts of the country to talk about polio, our Atlanta group, and other things that friends discuss. It's just nice having a few good friends."

That's Webster Cash talking, and Web is one of OUR good friends. He's the guiding light behind the Atlanta Post Polio Association, and has been an NPSA cheerleader for years.

A Gary, Indiana, native, Webster got polio in 1923. He was three years old. "I remember that father built an igloo-type metal contraption that I put my leg in. There were light bulbs inside the device. I'm really not



Dr. Webster Cash

sure what it was supposed to do."

By age six, Webster was out of the left leg brace that had steadied his walk for three years, and put thoughts of polio behind him.

Perhaps because he had lived through the depression, Webster discovered he had an interest in economics while attending the University of Chicago, and before long became Webster Cash, Ph.D., an economist.

There he also discovered the charming Mary Ann, an art history major who this year helps him celebrate 40 years of marriage.

Webster began his career in Washington working for the Department of Defense. After eight years, the Cashes moved to London, and it was there that Web first began to notice new weakness in his left leg.

During a fascinating stint in Rhodesia, more weakness forced Dr. Cash to begin walking with a cane.

He had to return to wearing a leg brace early in his current position as Special Assistant to the Chancellor at Atlanta University Center, which he has held for 14 years.

See Pg 3, Col 3

#### SEXUALITY SUBJECT OF BOOK FOR HANDICAPPED WOMEN

Yvonne Duffy is a Michigan polio survivor who has written a book on sexuality of handicapped women.

ALL THINGS ARE POSSIBLE includes the viewpoints of 75 disabled women relating their feelings as they struggle to express their sexuality in today's society.

Chapters contain explicit descriptions of parental attitudes, relationships, sexual intercourse, birth control, and related topics.

To order send \$8.95 + \$1.15 postage to A. J. Garuin, P. O. Box 7525, Ann Arbor, MI 48107.

# GRAND ISLAND CELEBRATES ONE YEAR

Lorraine Harders reports that the Grand Island NPSA support group met in March for their 1st anniversary party. The support groups from St. Paul and Holdrege were their guests. Tina Nisi of channels 10/ll televised the festivities. Games, refreshments, and fellowship were enjoyed by everyone present.

#### ARE YOU OVER 86?

So far, the oldest polio survivor to report to NPSA is 86 years old. If you are 86 or older, please let us hear from you right away. Next month we will have an article on our oldest member--will it be you?

#### CALENDAR

Younker Rehab Post-Polio Management Workshop, Des Moines Howard Johnson Convention Center, 8 a.m., May 27.

International Polio Network Support Group Leaders Workshop, Sheraton St. Louis, June 3-5.

#### FORTRESS ADDS POWER TO MANUAL CHAIR

Fortress Scientific Products now offers the 1000FS Add-On Power System which can turn your manual wheelchair into a power chair in minutes.

Since the system can be fitted or removed (without tools, once installed) in minutes, you can retain the portability of your chair. A proportional joystick controls hi/low speed and direction of travel. Suspension bars hold battery boxes under the seat for more stability. Changing from manual mode to power mode involves merely pushing a switch on the joystick panel.

Although the cost (approximately \$2300) is comparable to the purchase price of a good motorized cart, this system may be an option that some with manual chairs are looking for.

Contact your Fortress dealer or call Abbey Medical in Omaha, 1-800/255-2255 for information.

#### POST SCRIPT ON AMTRAK

by Kathy Hendrickson Wood River NPSA member

In the light of the recent tragedy in Hastings, Nebraska, in which one died and many were hospitalized due to a fire on board, I am concerned about the safety of handicaps on AMTRAK.

The paper says AMTRAK is willing to put smoke detectors in the crew cars--possibly in the sleepers. What are the handicaps and elderly supposed to do? They are put in a separate car which does not even have hand rails to help with getting out of the seats. Are we to be sitting ducks for another such tragedy? Smoke is one of the worst enemies many handicaps can have--many polio survivors have lung problems, and that added to other incapabilities could be fatal in such a fire.

Maybe AMTRAK officials should meet with some of us and get an idea of what is really needed to help handicapped passengers the most.

#### HOLDREGE GROUP TO HEAR SPEAKER MAY 7

Delores Bray, Holdrege Area Representative, announces that their May 7 meeting will feature Mark Murphy, a representative from Med-America in Kearney.

Be at Phelps Memorial Health Center at 2:30 and enjoy an afternoon of information and fellowship.

## MEMORIALS

## IN LOVING MEMORY OF W. O. BALDWIN

## from

and the second s		
Burns W. Roper	Harry and Lefa Sulz	Farmers National Company
Pelham, NY	Hebron, NE	Omaha, NE
Maxine Gates Unland	Adeline Mitchell	Darrell and Dorothy Hintz
Van Nuys, CA	Hebron, NE	Hebron, NE
Harold Struve	Max and Cathryn Hennings	Tedd and Jean Slagle
Deshler, NE	Osceola, NE	Ogallala, NE
Florence Struve	Emmett and Allison McCall	Harold and Lauralee Blake
Lincoln, NE	Winston-Salem, NC	McAllen, TX
Marie Mitchell	Darrell & Darlene Messman	Roland and Gwen Grueber
Hebron, NE	Bruning, NE	Byron, NE
Deloris Noller	Charles & Winnie Davenport	Norbert and Shirley Finke
Hebron, NE	Omaha, NE	Hebron, NE
Helen Younghein	Marie Helget	Harold and Erna Martens
Norfolk, NE	Hebron, NE	Deshler, NE
Debra Snook	Milton and Evelyn Niemann	Irita Virus
LaVista, NE	Hebron, NE	Hebron, NE
Lloyd and Glennis Abelbeck	Corine Wiedel	Frank and Marge Evans
Hebron, NE	Hebron, NE	Omaha, NE
Lenora Eggers	Marcia Bredar	Ernest and Marie Peithman
Deshler, NE	Omaha, NE	Hebron, NE
Jack and Irene Long	Albert and Mary Shipman	Harley & Dorothy Richardson
Chester, NE	Mason City, IA	Hebron, NE
Ernie and Alma Virus	Neal and Ann Mosser	Jim and Carol Babcock
Hebron, NE	Pharr, TX	Omaha, NE
Dorothy B. Paysen	Harlan S. Gordon	Doris Milone
Deshler, NE	Pharr, TX	Omaha, NE
Leland and Edith Effenbeck	LoisSmiley	Dale and Bobbie-Jo Harris
Deshler, NE	Fairbury, NE	Chillicothe, OH
Seventh Judicial District	Jack and Lucile Phelan	Edith McDonald Sloane
Bar Association	Arlington, VA	Superior, NE
Rita Evans	Lois Koerwitz	Marlene and Alison Orton
Omaha, NE	Hebron, NE	Syracuse, NE
Mr. and Mrs. James Kenner	State Bank of Chester	Carlean Kassebaum
Hebron, NE	Chester, NE	Hebron, NE
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#### In Loving Memory of W. O. Baldwin

(continued)

Mr. & Mrs. James Patera

Northville, MI

Judith Brown-Nothnagel

Lincoln, NE

Janet Lamb Omaha, NE

Ruth Sibley

Fairbury, NE

Billy Heimer

Hebron, NE

Regina Schutz Hebron, NE

Jerry and Gloria Mosser

Bellevue, NE

Alma Mohler

Kathryn Brettmann

Hebron, NE

Erv and Nancy Priefert

Belvidere, NE

Ferd and Agnes McKenzie

Hebron, NE

Bill and Connie Coady

Hebron, NE

Rex and Joan Marhenke

Powell, WY

IN LOVING MEMORY OF PUD

from Butch

FOR DADDY WITH LOVE

from Carter and Nancy

#### **MEMORIALS**

IN LOVING MEMORY OF NANCY THACKER

IN LOVING MEMORY OF JOE BESSER

from Dale and Bobbie-Jo Harris

Chillicothe, OH

from Maxine Gates Unland Van Nuys, CA

IN LOVING MEMORY OF DUANE McKENZIE

from Eleanor Baldwin Hebron, NE

#### CONTRIBUTIONS

**PATRONS**--Individuals who contributed

\$500 to \$999

ANONYMOUS, Omaha, NE

FRIENDS--Individuals who contributed

up to \$99

DONNA GARWOOD, Lincoln, NE MARCELLA M. HAYEN, Scottsbluff, NE DIANE L. HURKMAN, Omaha, NE RUTH JOHNSON, Riverside, CA JUDY KELLERMAN, Omaha, NE ARMINE R. KUHLMAN, Lead, SD

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R. E. SABES, Salem, MO

IRENE STORY, Tieton, WA

DONELL D. SYLVESTER, Albuquerque, NM

#### COMMEMORATIVES

IN HONOR OF THE 9TH BIRTHDAY OF TRACY RYAN KOLLING

> from Che Che Kolling Kearney, NE

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#### POLIO NERVE DAMAGE A FACTOR IN CYSTITIS

An NPSA member telephoned to say that she had suffered repeated bladder infections over the past year with little relief in spite of a number of treatments with antibiotics.

Finally she saw a clue in the March issue of REDBOOK-an article entitled "Cystitis: New Ways to Get Fast Relief." The story suggested that the nerves controlling bladder function are located in the lower back, and thus persons with lower back problems may also have bladder function problems.

"Something clicked when I saw that," she said. She found a good urologist who confirmed that polio may have weakened the nerves in her lower back, and this could indeed be a cause of her frequent bladder infec-

tions. He began testing.

"I apparently had not been able to empty my bladder completely enough. It was a cesspool in there," she said. "No wonder the infections kept recurring."

The doctor withdrew the waste and began treatment. "This is the first time I've felt like a person in months," she said. "It's wonderful."

There are a number of causes of cystitis, and there are also other conditions with similar symptoms, so it is important to see a competent physician to have the proper diagnostic tests done. These may include a urine culture, x-ray, and a uroflow test.

You can read more about this in YOU DON'T HAVE TO LIVE WITH CYSTITIS by Larrian Gillespie, M.D.



"Is it possible, Edna . . . I mean, to be getting older without getting better?"

Contributed by Judy Kellerman

# VOLUNTEERS RECEIVE RECOGNITION

At their April 10 meeting, the Omaha Area Support Group honored 30 volunteers who have demonstrated exceptional qualities in donating time and effort to our various causes.

Each received a certificate of appreciation, and special party goodies were provided by Marlene Orton and Ken and Gloria Kass. Bill Carter served as master of ceremonies.

CASH - from Pg 1, Col 3

Further weakening in legs, arms, and shoulders finally convinced Webster to begin using a wheelchair three years ago--at which time he also attended his first polio conference and began dreaming of a polio organization for Atlanta.

"I was looking for Dr. Lauro Halstead. I found him talking with Nancy Carter, and became very interested in what he was saying about the Nebraska organization. I thought, 'Gee, we need one of these in Atlanta.""

Now the editor of the Atlanta group's newsletter as well as their Vice-President, Webster finds much satisfaction in getting survivors together to help one another. Says he, "My work here is giving me a new way of life as I head toward retirement."

Let's hope he keeps up the good work for many years--NPSA needs wonderful friends like Webster Cash.

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#### DADDY'S LITTLE GIRL

He was the genuine article, my dad. No phony baloney here. He was extremely intelligent, witty, complex--and unsuperfluous. He was honest to a fault, never misrepresented himself, and you knew that if he said it, you could count on it. A unique individual.

For over 50 years he was a gifted and respected lawyer. He was also six times delegate or alternate to the Democratic National Convention, Chairman of the Nebraska Game and Parks Commission, District Governor of Rotary International, President of the District Bar Association--the entire list of his accomplishments covers more than this page. It's impressive.

But to me he was Daddy. The guy who read Robert W. Service aloud at the dinner

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#### NOTICE NOTICE

A new video of Dr. Bernie Siegel, author of LOVE, MEDICINE AND MIRACLES (40+ weeks on the NY TIMES best seller list) will inspire the topic for a rap session on Working With Your Doctor at the May I meeting of NPSA's Omaha Support Group, FDR, 10825 Farnam in Old Mill South at 2 p.m.

This will be one of the most dynamic meetings of the year--don't miss it!

table and who, for a lifetime, phoned me long distance with outrageous Knock Knock jokes that he had made up just for the occasion.

...The guy who frequently took me with him to investigate an accident or to take a deposition--me, a little kid with a notebook and a pencil who thought she was vital to the action because her daddy told her she was.

...The guy who taught me to think for myself and to be my own person. I was never so proud as when folks said, "You're just like your dad, Nancy." I knew what that meant.

When I got polio, I was allowed the dignity to fight my own battle. I was given no special privileges. I felt

free to succeed or not, as my conscience led me. But when it was my turn to do the dishes, I did them. Some wisdom from Daddy.

My dad has always supported my endeavors, and in recent years he was happy to see NPSA develop as a "side effect" of my own post-polio problems. Helping others was a way of life with Daddy --he understood the need for this organization.

And now in death he continues his support. His request that memorials be sent to Nebraska Polio Survivors Association has been honored by many. He would be so pleased. It is one last thing he could do for his little girl.

Nancy Baldwin Carter

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