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POLIO SURVIVORS REUNITED AT NEBRASKA CONFERENCE

Thirty-five years after saying goodbye in the Himilayan Mountains, Peggy Moe and Verda Bialac found each other again, chatting and remembering old times in the midst of Polio Update '89.

The two had met when both were attending Woodstock, a co-educational boarding school high in the Himilayas.

Peggy was 16, and had moved to New Delhi where her father had been sent with the Ford Foundation in 1953.

The life there was quite different from what she knew in the United States. "Our home was staffed with servants--a head cook and his assistant, a bearer and his assistant, a dhobi to do the laundry, and sweepers who swept the hard cement floors from a squatting position," says Peggy. "Then there was the guard, who had his own little protection racket going--if you didn't have a guard, you were sure to have a theft."

There was a monkey colony only 200 yards from their house, and bars on the windows were necessary to keep the little visitors out. Even closer, village people of New Delhi lived in mud huts.

Peggy was sent to Woodstock since it was the only accredited school available for her. Students from 16

countries attended the school at that time, many of them children of missionaries.

Verda's parents were Menonite missionaries in the central part of India, and she had been attending Woodstock for several years before she met Peggy. Since it was so cold in the Himilayas, "summer" vacation was held in the winter, when Verda returned to the mission.

Verda was six and living in India when she contracted polio. Doctors from the United States treated her at the mission. "My therapy at school was walking across the mountains to the teachers' house for eggnog and lots of pampering," she says.

Peggy had gotten polio in 1942, 11 years before moving to India, and she found walking across the mountains quite a challenge, too.

"Neither of us knew the other had had polio," says Peggy. "We had recovered sufficiently enough not to notice a problem in each other."

The meeting in Omaha was the answer to a dream of both women. "I recognized Peggy right away when I saw her at the conference," says Verda. "We had kept in touch over the years, but had not seen each other. It was really great to get

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LIBRARY- from pg. 1, col. 1

David Oertli. "We get our tapes from the Library of Congress, and all of this is paid for with tax money."

Application forms are available at public libraries or from the Commission. Each applicant must be certified by a medical professional. In order to be eligible, a physically handicapped person must be unable to hold a book or turn its pages.

"We are currently closed until April 24 in order to go to a new automated system so that we can provide better, more timely service for our 4,500 subscribers," says David. "We will be able to serve many times the number we now have with this new system."

Subscribers are provided special playback equipment as well as catalogs listing the library's holdings.

Contact Nebraska Library for the Blind and Physically Handicapped, 1420 P Street, Lincoln, NE 68508, toll free 800/742-7691.

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LINCOLN AREA GROUP TO MEET ONE WEEK EARLY

The Lincoln Area NPSA Support Group will meet at 2 p.m. at American Lutheran Church, 4200 Vine Street one week early on May 7, in order to avoid Mother's Day complications.

Topic will be provided by a dietitian from St. Elizabeth's Hospital who will speak to us on the subject of good nutrition combined with weight control.

CONTRIBUTIONS

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\$100 to \$500

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MEMORIALS

In Loving Memory of

BOB McMILLIN

from Dennis and Nancy Smith
Council Bluffs, IA

In Loving Memory of

RUTH ALLEN

from Ray and Linda Zimple
Lincoln, NE

In Loving Memory of my Wife

RUTH ALLEN

from Larry Allen
Omaha, NE

In Loving Memory of

HARLEY MATHEWS

from Harlene Prochnau
Omaha, NE

We thank these supporters of Polio Update '89

\$500 to \$1000

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ENERGY SAVERS FROM A POLIO SURVIVOR

by Vera L. DeBuhr
Lincoln, NE.

Here are some tips that help me to save energy. I no longer make plans to do things that will be too taxing on the energy, and I tell people, when asked for a commitment, that I will be able to do so only when I get up that particular morning and see how I feel. I don't feel guilty anymore because I can't keep up with other people's energy. And I take one day at a time.

I no longer let people put guilt trips on me because I can't or don't feel up to doing something they want me to do. Just because my disability isn't showing on the outside, is no reason that I don't feel it on the inside.

I call a store ahead of time when I am going to do some shopping, to see that the things that I need are in stock. I don't waste energy this way.

Also, I ask the managers of the stores to see about a motorized cart for use in their stores.

One particular store had only one handicap parking space. I went to the manager and said, "If you value my business, you will get more handicap parking spaces for us." They did.

Remember that word from the Mickey Mouse Club? Back when our THIRTY SOMETHINGERS were sit-

STICK-TO-IT-EVNOUS

by LeEdda Hinsley
Omaha, NE

ting cross-legged three feet from the TV? It sounded like a good idea then. Don't give up. You can do it.

Now, us FIFTY SOMETHINGERS are having to change our thinking. Relax our mind-lock, so to speak. Because for us, it just ain't so.

For years it was like THE LITTLE ENGINE THAT COULD. "I can do it."

We have to learn we can't do it. It is not an easy lesson. We go kicking and screaming off into the recesses of our minds in protest. What we could do just a few years ago, or just a few weeks or even days ago, we have found that now we can't. We have found the limits of what we could do are constantly shrinking.

Yet, we can't stop entirely and give up. Life isn't that easy. As long as there is a breath of life, we have to keep trying to maintain what we have without losing it. Maybe that's where the challenge lies.

We must learn to appreciate what we can do and give thanks. I guess our motto should be accept and adjust. I get great comfort from this Bible passage: Psalm 118-124. "Rejoice and be glad, for this is the day the Lord has made." Each day is a gift and should be lived as such.

THEATER GROUP MAIN-STREAMS THE HANDICAPPED

When the curtain goes up on the Bellevue Community Theater's production of NO SEX PLEASE, WE'RE BRITISH, one of the leading players will be acting from his wheelchair.

Wiley Harker, the play's director, has added a new dimension to the comedy by casting a handicapped actor in the role written for someone on foot.

"He really does a marvelous job with the part," says Wiley. "Handicapped people are a part of life, aren't they, and I would like to show this on the stage. We are all handicapped anyway, in one way or other. This is a direction I'd like to see more often in the theater."

The farce can be seen April 21-23, 28-30 at the Bellevue Little Theater, 203 W. Mission, 291-1554.

MAY MEETING EARLY FOR HASTINGS GROUP

May 7th is the new date for NPSA's Hasting Area Support Group Meeting, 2 p.m. at The Kensington. Be there.

