

# THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER NOVEMBER 1987

# OMAHA GROUP GETS NEW MEETING PLACE

Starting November 1, the Omaha Area Support Group meeting will be held at First Data Resources, 10825 Farnam in Old Mill South.

This change is being made so that our meeting will be more centrally located, and because FDR has facilities that will be helpful to the Board. The building is fully accessible, and there is plenty of parking.

See you at FDR on November 1 at 2 p.m.!

#### **FLU SHOTS**

If you have not had your annual flu shot or your onetime pneumonia shot, it's time to talk with your doctor about this.



# TUPPERWARE OPEN HOUSE FUNDRAISER SLATED FOR NOVEMBER

Looking for Christmas gifts? A little something to take to Grandma when you go to her house for the holidays? Need to stock up on birthday gifts or replenish your own Tupperware holdings? You've come to the right place!

As a benefit for NPSA, Nancy Carter and Debbie Snook will have a Tupperware Open House, I to 5 p.m., Sunday, November 15 at Nancy's house, 7304 South 140th Avenue (the corner of Josephine and 140th Avenue in Stoneybrook South.)

Profits will be donated to NPSA by our resident

Tupperware dealer, Nina Mackenzie, who came up with this idea several years ago and has helped us in this way numerous times since.

No longer just makers of storage containers and plastic glasses, Tupperware now produces a full line of cookware and children's toys as well. Come take a look!

If you are unable to attend the Open House to see all the new products in person, but still want to contribute to NPSA by purchasing Tupperware, call Nina at 551-9497.

# OMAHA GROUP SELLS 726 COUPON BOOKS FOR NPSA

A crew of super salespersons has led the Omaha area support group to an all-time-high 726 HAPPENINGS books sold in this year's campaign.

Top honors go to Patsy Kravchuk who took off running and is still out there making sales, far beyond the 50 book requirement to win the \$50 grand prize.

Lots and lots of members got out there and worked like crazy for NPSA. Those selling more than thirty books are Nina Mackenzie, Mary Herzberg, and our Fundraiser Chairman, Judy Kellerman.

See Pg. 3, Col. 3

# KASS CHIEF CALLER

# A ROSE BY A SHORTENED NAME **SMELLS TOO SWEET**

By Marie Galda, Omaha NPSA Member

I never expected to write an article about semantics. Not that I don't have strong feelings about the matter in respect to us. But I did not intend to write about semantics because Nancy has done so, often and well.

Not, that is, until a recent incident involving a friend who is very well informed about a large variety of matters, and in fact, has read the 1986 issues of GLEAN-INGS. When I mentioned having a progressive nerve disease due to poliomyelitis, she looked extremely surprised and said, "Nerve disease! I thought you had polio."

With the shortening of the word poliomyelitis to polio, we have probably unwittingly minimized the public's con-

We're like tea bags. We don't know our own strength until we get into hot water.

> Bruce Laingen former hostage

### HELP FOR CRAMPING

Drinking tonic water (quinine) has proved helpful for some in easing cramping. Ask your doctor.

cept of its meaning. While maybe most people could not translate myelitis literally to nerve inflammation, still I believe that the "mye" part does suggest nerves to them.

Most people know that damaged nerves cannot be repaired. And on the other hand, they remember polio as a childhood disease that leaves weak muscles, and muscles can be strengthened by exercise, can't they? Doesn't every magazine scream that message at us?

So let's use the full term poliomyelitis wherever space and time permit. Let's get the disease back in the public mind as a serious matter, one as fully deserving of wellfunded research as other diseases whose names contain the syllable "mye".

#### 

# LINCOLN TO SEE TAPE ON PAIN

The October 31 meeting of NPSA's Lincoln Area Support Group will feature the Conference tape on PAIN. If you are having post-polio pain, you may find helpful suggestions in this presentation.

Be there at 2 p.m.--American Lutheran Church, 42nd and Vine.

Leading a terrific team in telephone sign-ups for this year's Omaha area HAPPEN-INGS sales is Gloria Kass, who, for her efforts, won the Spring flower centerpiece donated by Floral Center, 813 S. 48th.

Others doing an outstanding calling job for NPSA are Maryann Rutten, Mark Fitzgerald, Patsy Kravchuk, Barb Pieper, Nina Mackenzie, Florence Maxwell, Gammel, Margi McPherson, Ann Vanderhart, JoAnn Lehnhoff, and Katherine Taylor.

Our thanks to these persistent phoners who got the ball rolling and, in effect, created our sales force for us.



**GLORIA KASS** 

#### HELP FOR PAIN

Tricyclic antidepressants taken in 1/3 to 1/2 regular dosage are sometimes helpful in reducing pain. Ask your doctor.

#### **GETTING INVOLVED**

# by Gloria Kass, Omaha NPSA Member

Previous to this year's HAP-PENINGS fundraiser, I've pitched in here and there but have done a pretty good job as a benchwarmer. When volunteers have been asked for, I've found it less strenuous to rest my arm gently on my lap than to lift it into the air and tire all those muscles. This seemed to fit in with the recommendations not to over-tax ourselves, and was much easier for me as I carried on my daily routine and the volunteers did their jobs.

So it was with a little apprehension that I began my "calling list" by starting with the only name I recognized. It's easier to stutter around to someone you know. After the initial call, I continued down the list combining business with a little personal chit-chat along the way.

Pretty soon I began to enjoy it. It was such a rewarding experience, talking with so many members on the phone and realizing what a wonderful membership we have. Everyone was so ready to pitch in to do the best they could for NPSA. There's nothing like getting involved in an organization to get repaid one hundred fold in a feeling of accomplishment.

Now I find myself checking nametags at meetings to find the people I talked with, and oh what a thrill it is to meet someone new! We have a really great group of members!

#### 

#### IN THE NEWS

Delores Bray, NPSA Holdrege Area Representative, was recently featured in a halfpage article in the Kearney HUB. The story recounted Delores' struggle with polio and the death of her daughter from the disease.

Always on her toes when it comes to NPSA, Delores saw to it that the HUB printed the address of our state office for others to contact. Hats off, Delores!

#### 

#### **QUOTE OF THE MONTH**

Polio people have spent a lifetime denying their level of disability. As a consequence of that, they deny also that they have stresses or that they are not coping well.

Richard Owen, M. D. Sister Kenny Institute

#### 

#### ST. PAUL MEETS

The St. Paul Area support group meeting on October 25 will focus on PAIN. A portion of the Conference tape on this subject will be shown, to be followed by a rap session.

Do your bit to make this a dynamic meeting--come to Howard County Hospital at 2 p.m. See you there!

#### 



#### 

# HAPPENINGS from Pg 1,Col 3

Selling over 20 books are Maryann Rutten, Florence Maxwell, Karen Dulany, Mark Fitzgerald, and the mother-daughter team of Alma Faust and Jeanne Mehser.

We salute these hard workers and the dozens of others who got out there and did the job for us. Every sale counts, and they add up big when we're all working together.

This project brought in over \$6,000 to help us help others learn about the late effects of polio.

# **GABY'S GLIMMERINGS**

# by Cynthia Gabrielli Haag

I have always had a weight problem and my weight has fluctuated up and down a lot all my life. Mostly up it seems! Once I lost 50 pounds and looked and felt marvelous. I need to do it again.

Aside from weight, however, I recently realized that I have another body image problem. I thought I had come to terms with this, but I found out I haven't. My concept of my body image and that of most of us is based on what we see in the mirror and what we see in pictures.

When I was about seven I can remember peering into a mirror and making faces-smile, frown, scrinch up your nose, pucker, etc. When done with the exercise, I announced to the empty room, "You're ugly, Cindy." That was my conclusion. I said it very matter of factly and decided then and there that there just had to be some ugly people in the world and I decided I was one of them.

By the time I was in college I had come to terms with my one skinny, dangling, polio arm and my one skinny polio leg. That was just part of me that I grew to accept. I had decided that I wasn't ugly after all. I had assessed

assets, and my deficits and had formed an image of myself which was neither terribly positive nor terribly negative.

Two years ago something happened which completely shook my concept of my body image. I saw myself on video tape for the first time. Everything was as I had pictured in my mind's eye. Everything except the way I moved. Those jerky movements, the exaggerated upand-down of the one hip, the way I threw my arms around. I had never seen that. It was bizarre, and I wanted to scream and throw a brick through the screen.

A couple of weeks ago, I was video taped again. Once again, I saw those strange movements. I asked my husband how he could have fallen in love with a creature who moved so strangely. I was not shocked this time by what I saw; however, it was disturbing. I see now how thoroughly my mind has rejected polio and its' effects. I see I never really came to terms with how I really am. I realize that I need to come to terms with this. Maybe it will take me a lifetime, but today seems a good day to start.

### 

#### IN THE NEWS

Omaha NPSA member Maryann Rutten was the subject of a feature story in her Union's newspaper last month.

In telling her story, Maryann mentions her fearful neighbors who, when they learned she had polio 39 years ago, tried to burn down the country school she attended.

Maryann was instrumental in bringing information on the late effects of polio to the attention of her company's doctor and thus affecting positive change in the workplace for polio survivors there. Right on, Maryann!

#### 

# LINCOLN NPSA GROUP SELLS HAPPENINGS

Lincoln NPSA Area Representatives Peggy Moe and Diane McEntee are heading their group's HAPPENINGS coupon book fundraiser.

This is the first year HAP-PENINGS has been available in Lincoln, and the Lincoln group's first venture into fundraising.

You may be looking for a bargain in entertainment or restaurant prices--you will find it in this years' HAPPEN-INGS coupon books. If you want a book, call Peggy at 489-7026 or Diane at 470-2772.

# APPEAL UPDATE

We thank the people listed below who have responded to NPSA's appeal by sending a donation. If you have not yet contributed, there is still time to send us your check. Please let us count you among our supporters! Mail to Nebraska Polio Surviviors Association, P. O. Box 37139, Omaha, NE 68137.

BUILDERS--Individuals who contributed \$100 to \$499 HELGET SAFETY SUPPLY, INC., Bill Helget, Omaha, NE

FRIENDS--Individuals who contributed up to \$99

MARGARET ADAMS, Sutherland, NE PAUL W. ANDERSON, Prescott, AZ DELPHINE ANTHONY, Lexington, NE LINDA BUSCHER, Omaha, NE ANONYMOUS, Glenwood, IA IRMA CORNELIUS, Ogallala, NE HELEN CRANFORD, Bennet, NE

I was so thankful to receive your letter and learn that I wasn't crazy. My life has been a nightmare these last few years. Even my own husband was accusing me of being lazy...My family now has some hope thanks to (NPSA). Please accept my gratitude.

Patricia K. Wokurka APO New York

DUKE DAVENPORT, Hebbronville, TX
ED & MARY DAVENPORT, Lewisville, TX
MAX EARL, Omaha, NE
JULIE ANN FANCHER, Gehring, NE
PAUL E. FEISTNER, Omaha, NE
CAROL FIELDS, Capistrano Beach, CA
BARBARA L. FITCH, Omaha, NE
MARK FITZGERALD, Omaha, NE
BETTY FOSTER, Omaha, NE

Here is a small donation. Wish I could send more. I really enjoy reading the GLEANINGS. Keep up the good work.

Linda K. Price Fullerton, NE ...NPSA not only shares the knowledge of what's going on with our bodies, but you share the pain and frustrations we all experience with PPMA. NPSA helps us ALL to support each otherwhich gives us the will not only to endure but to prevail over that bad news called PPMA! Keep the faith and keep up the fight!

Charles McLeod, Jr. Sanford, NC

CONSTANCE FRYER, Council Bluffs, IA DOROTHEA GEHLE, Grand Island, NE VIRGINIA W. GLENN, Omaha, NE LILYBECK GOODSELL, Omaha, NE GLADYS HALSTED, Albuquerque, NM

Enclosed find a donation to be added to the support appeal. I am so grateful to be on the GLEANINGS mailing list. I was a polio victim of the 1952 epidemic, and am so thankful there is so much excellent information available for polio survivors. Keep up the excellent work!

Karen Humlicek Dodge, NE

DALE & BOBBIE-JO HARRIS, Chillicothe, OH MARCELLA HAYEN, Scottsbluff, NE ANONYMOUS, Cedar Rapids, IA KAREN HUMLICEK

(HUMLICEK FUNERAL HOME), Dodge, NE LEWIS & THELMA KALBER, Omaha, NE GLORIA KASS, Omaha, NE

I'm grateful for your efforts to help those now experiencing Post-Polio Syndrome! I enclose contribution with "Thanks" for your help and dedication!

Doris L. Melville Broken Bow, NE I pause to thank you for sending me the GLEANINGS and all the publications in the past. I enjoy reading all the material tht I can get my eyes on. I think it's time to enclose another check toward the Nebraska Polio Survivors.

Armine R. Kuhlman Lead, SD

CARL & JUDY KELLERMAN, Omaha, NE DORETTE J. KLEINKAUF, North Platte, NE ARMINE R. KUHLMAN, Lead, SD MARBARA KUHLMAN, Ogallala, NE CHARLES McLEOD, JR., Sanford, NC ANONYMOUS, Albion, NE JERRY MEEKS, Germantown, TN DORIS L. MELVILLE, Broken Bow, NE

Enclosed is a check for NPSA. I have gotten a lot of helpful and important information from GLEANINGS. I have found a doctor who recognizes that I have PPS.

Irma Cornelius Ogallala, NE

JAMES H. MELVILLE, Bozeman, MT MARILYN MILLER, Omaha, NE MARIE K. MITCHELL, Hebron, NE DUANE & HELEN MOHR, Butte, NE MAXINE NELSON, Colby, KS MARY NEWKIRK, Fremont, NE JOHN OLSON, Olathe, KS BESSIE PICKEL, Hemingford, NE LINDA K. PRICE, Fullerton, NE JAMES H. MELVILLE, Bozeman, MT MARILYN MILLER, Omaha, NE

Your newsletter is very informative and helpful to me. Thanks. Please add the enclosed check to your fund raising.

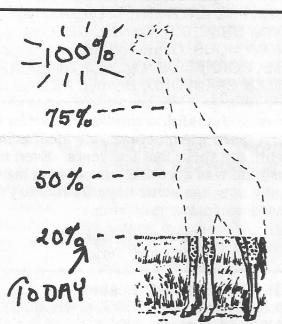
> Jerry Meeks Germantown, TN

MARILYN ROE, Bennington, NE
MARYANN RUTTEN, Omaha, NE
JEANNE & MILDRED RICHARDSON,
Omaha, NE
NICK SCHULTZ (SCHULTZ CONST.),
Imperial, NE

A check is enclosed to help with the work to be done. Your publication GLEANINGS has provided a link to polio survivors, and I hope it can reach many more people and become a powerful tool for survivors.

Paul E. Feistner Omaha, NE

HARRIET A. STARR, Omaha, NE
MARY STEVENS, Clearmont, MO
BERNICE M. TOMJACK, O'Neill, NE
ANN TUTON, Mills, NE
RON WHITE, Anselmo, NE
HORTENSE WILKINSON, Fremont, NE
MR. & MRS. BERNARD YOUNGMARK,
Holdrege, NE
LAURA YOUNGMARK, Holdrege, NE
TIM & WANDA ZINGALE, Rolfe, IA



HELP MAKE OUR GOALS APPEAR

#### **MEMORIALS**

IN MEMORY OF

DR. E. J. PARENT from Mr. & Mrs. Dale Harris, Chillicothe, OH

IN MEMORY OF
EDWARD (BUD) MENARD
from Mr. & Mrs. Ben Menard,
Omaha, NE

#### GI TO VIEW TAPE

by Lorraine Harders

Kathleen Hendrickson, Grand Island Area Representative, announces that the tape on MUSCLE WEAKNESS will be shown at the October 25 meeting, 2 p.m. in the O'Brien room of St. Francis Medical Center.

Barney McGahan, physical therapist, was the speaker at the September 27 meeting.



**RICHARD BENNETT** 

# NPSA BOARD MEETS, CHOOSES OFFICERS

Nebraska Polio Survivors Association Board of Directors officers for the ensuing term were chosen at the annual meeting of the Board September 27. They are Nancy Carter, President; Charles Mackenzie, Vice-President; Marcia Bredar, Secretary; and Patsy Kravchuk, Treasurer.

#### FOR SALE

E & J ELECTRIC WHEELCHAIR-adult size. Excellent condition. Comes with spare motors, power pack, belts, wand, battery charger. \$1350.00

TWO AIR CUSHIONS

### THREE HOYER HOISTS

- I. Rocking bed size (taller style). \$150.00
- 2. Chrome, regular size, with body sling, regular size slings, and chains. \$200.00
- 3. Chrome, travel size. Folds easily, goes through narrow doors. Comes with body sling, regular size slings, and chains. \$175.00

1979 ARGOSY TRAVEL TRAILER-27 foot. Door wide enough for wheelchair. Double bed and elevated single bed with storage below. Built-in patient hoist. Electric jack, air, furnace, 2 closets, tub and shower. Excellent condition. \$9,900.00

Call or write M. A. Newkirk, I628 E. Frederiksen, Fremont 68025, 402/72I-653I.

#### FOR SALE

Brand new Rolls electric wheelchair, standard size. \$3500.00. Call or write L. Linenbrink, 4629 Hascall, Omaha 68l06, 402/558-7657.

# BENNETT RECEIVES NATIONAL AWARD

NPSA Omaha member, Richard L. Bennett, has been named the Department of the Interior's Outstanding Handicapped Federal Employee of the Year, and received the award in a recent ceremony in Washington, D.C.

Dick works as a program systems specialist at the National Parks Service office in Omaha.

Stricken with polio at age seven in 1954, Dick was left with 100% paralysis in his left arm and 90% in his right. As a result, he was forced to come up with ingenious ways of doing things that normally require the use of the arms.

For instance, Dick uses his feet to steer his car. He writes and draws by holding the pen between his teeth. In his work, he operates the computer with the aid of a mouthstick.

Dick and his wife Harriett are avid hunters, and provide enough meat for their family for a year when they go deer hunting each Fall. Dick also enjoys fishing, hiking, swimming, gun collecting, and photography.

A native of Osceola, Dick is a graduate of Wayne State College and is currently active in various church activities at St. Paul's Methodist Church in Papillion.

#### BACK IN THE SADDLE AGAIN

It all started at the Westroads. Hubby needed a haircut, and I had decided to tag along for my overdue fix of window shopping. He planted my wheelchair in a good people-watching spot and went off to get shorn.

I love observing, and this was perfect. Little kids seemed fascinated with my strange Big Wheel, and appeared puzzled that an adult would have such a toy. Teenagers didn't even see me, except for one who mistook me for a railing and leaned against the chair, waiting as his buddy glided up the escalator. Most adults tried not to notice me. A few smiled. One lady with a broad grin winked and gave

#### NOTICE NOTICE NOTICE

Bill Rucker, MSW, a family therapist at Hudson Center, will speak about Ways We Talk to Ourselves at the Omaha Area's Support Group meeting November 1 at 2 p.m., at our new location--

First Data Resources 10825 Farnam in Old Mill South.

Bill will give us helpful insights on relationships and self-image pertaining to polio survivors.

Please come! We need you all!

me thumbs up. It was fun.

After about 30 minutes, though, I began to feel ill. I was getting very weak, and the pain in my head was excruciating. Just as I was ready to start shrieking, Hubby appeared and whisked me home and to bed where I remained for three weeks, hurting all the time and unable to get up enough energy even to boil an egg.

The longer I lay there the angrier I got. How dare my body betray me at a time like this! I had work to do. The newsletter deadline came and went. The IN basket was flooded with mail that needed answering. I missed meetings, appointments. It was infuriating.

And then I began to justify

my inertia: Nobody reads the newsletter, anyway, I reasoned, so what's the big deal. And if we had been able to find the assistant we had talked about a year ago, things in NPSA would not come to a dead halt just because I did. The whole thing was too much; I had a right to collapse.

Then, as I began to get better, I was willing to feel less sorry for myself, and eventually I stopped snarling at people altogether.

But not without recognizing once again how closely my emotions are tied to my physical health, and realizing how much easier it is to smile when the sun is shining.

nbc

NPSA thanks Cornhusker Business Machines, 7425 Dodge Street, for the use of their laser printer in the production of this month's newsletter.

Nancy B. Carter Nebraska Polio Survivors Assoc. P.O. BOX 37139 Omaha, NE 68137 (402) 895-2475

NON PROFIT ORG US POSTAGE PAID PERMIT NO 1575