

Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

OCTOBER

1985

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

SAVE YOUR NEWSPAPERS! BOY SCOUTS FUND-RAISING

Boy Scout Troop 282 will be having a paper drive to benefit the Nebraska Polio Survivors Association in October. The exact date will be determined this week.

The drive will be spear-headed by Omahan Paul Thele, grandson of member Thelma Kalber, now living in Deerfield, IL. Start saving your papers now and call Paul's mother, Susan, at 895-5742 to get the final details. Please help!

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

DENVER HOSPITAL EMBARKS ON NEW POLIO PROGRAM

Spalding Hospital in Denver is beginning an in-patient polio program headed by Dr. Y. S. Franotovic. The program is intended to include evaluations by the doctor, respiratory therapist, psychologist, physical therapist, occupational therapist, and nutritionist, and will involve a good deal of lab work.

Spalding has dealt with rehabilitation needs for many years, but has just entered the polio field, See page 2, column 1

SPOTLIGHT: "I'LL BE FINE" by Joan Robertson

My sister had polio over 30 years ago. I hope I can help you understand how I felt then and how I feel now.

I was so proud of her, but I was so angry at my brother-in-law for the way he treated her. She was hospitalized for such a long time and when she went home, he did not help her in any way. No rails up the staircase, so she had to sit down and go up the steps backwards. Somehow she learned to come down them the same way. She did that for a long time.

It was then that my sister began to say, "Never mind, I'll be fine." If anyone would offer to help her in any way, that became her stock answer. She began to fight her way to what we all thought was recovery from this devastating and crippling disease.

She became almost super-human. Mother, wife, friend, 4-H leader, church worker...and even took care of her aging and senile mother-in-law. Then she seemed to decide that all she was

doing was not enough, and began to learn as much as she could about farming. She learned to disc, plow, plant and harvest the many acres they owned. If she hurt or was in pain, no family member ever knew.

I grew envious of all the things she could do and I almost began to hate her. I felt so terribly inferior to her. She never needed help, and I did. But I had not had a crippling disease. Most of all, I hated the words, "I'll be fine"!

Since I have known about post-polio syndrome and research, I have come to realize that my sister over-compensated in the wrong direction. Her limp has increased, her good leg is giving her a lot of problems, as is her back...but when I mentioned the research and that I knew someone who was involved, she brushed it aside with, "It doesn't have any effect on me, and I'm fine."

How do I cope? I pray a lot! I've written this See page 2, column 2

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

XX

PHYSICAL THERAPIST AT OMAHA SUPPORT MEETING

NICE PEOPLE AWARD OF THE MONTH...

Harry Dinnel, prominent area physical therapist, presented the September program for the Omaha support group. He explained the function of the anterior horn cells and engaged in a lively discussion with members of the group.

Jerry and Debi Peterson Kozney are long-time Omaha residents who have befriended the Nebraska Polio Survivors Association. Although neither of them has had any experience with polio, they have taken an interest in our organization and have donated much time to selling HAPPENINGS, our fund-raising coupon book.



Debi and Jerry

In addition to this appearance, Mr. Dinnel marked his interest in our organization by volunteering to sell 10 copies of HAPPENINGS to help our ailing treasury.

Jerry is a cattle buyer for IBP, Inc. With Nicole (age 6) and Tommy (age 1½), Debi has her hands full at home. The Kozneys have also offered to make deliveries for us and to help in numerous other ways.

eries for us and to help in numerous other ways.

With friends like these, how can we go wrong!

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

DENVER, from page 1

ADOPTION NOTICES:

FUND-RAISING PROJECT BOOSTS STATE COFFERS

according to Kathy DeVault, polio program representative.

We've been adopted! Word comes to us from Amy Linenbrink, daughter of Omaha member Lori Linenbrink, that Mercy High School will hold a fund-raising dance, donating the proceeds to the Nebraska Polio Survivors Association. SPOTLIGHT, from page 1 article and I've said and felt things I did not know were in me. I hurt for her, and I wish she would stop being superhuman. I hope she will not be angry if she does read this. I love my sister, and I want her to be well and to take care of herself.

The Omaha support group is selling FUN! In a fund-raising effort, members are selling HAPPENINGS, a coupon book offering over 300 two-fers worth up to \$18 each. The coupons can be used for premier dining, family-type dining, carry-outs and specialty food shops, theaters, museums, movies, movie rentals, various sports activities, and many other items.

"We're the baby here," she says. "We've had some short screening seminars, and realize that some people want a more extensive assessment. That's what the new program will work with."

The books sell for \$15.50 and our organization keeps \$5 of that. So far Karen Dulany is leading the pack in sales, having sold 26 books. Have you had your flu shot? Pneumonia shots are also available.

Kathy can be reached at (303) 861-0504. Dr. Franotovic's number is (303) 751-9800. Both receive mail at 1919 Ogden St., Denver 80218.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

MANY THANKS...

Our thanks to those of you who have sent donations to help us out of our financial crunch. Your generosity is greatly appreciated.

Maybe the next time I hear the phrase, "I'll be fine," I won't get quite so angry, and know that one day she really will be fine.

WESTERN AIRLINES MAKES HANDICAPPED TRAVEL EASY, WORRY-FREE

The people at Western Airlines want us to know that air travel for the handicapped need not be the hassle some of us anticipate. By following a few simple guidelines, flying can be a pleasurable and relaxing experience.

Scott Rogers, Senior Customer Services Representative for Western at Omaha, suggests that when reservations are made, you should tell the airline how much assistance you will need. At that time, request a reserved seat on the aisle near the front of the plane for convenience. (The FAA doesn't allow handicapped seating adjacent to exits for safety reasons.) Taking non-stop or direct flights whenever

possible can also simplify matters.

Get to the airport early --45 to 60 minutes ahead of time. Remind the customer service agent what assistance is required. Upon entering the boarding area you will be checked with a passenger screening device or by hand by security personnel. Handicapped persons are boarded first.

If you use your collapsible wheelchair, you may travel in it to the jetway, where you will then be helped onto the plane with a stair chair. The gate agent will see that your own chair is loaded onto the plane. Once in flight, remind the flight attendant that you will need your chair

when you land, and it will be waiting for you when you deplane.

If you have to change planes enroute, you will use an airline chair to your next flight, and your own chair will be shipped through.

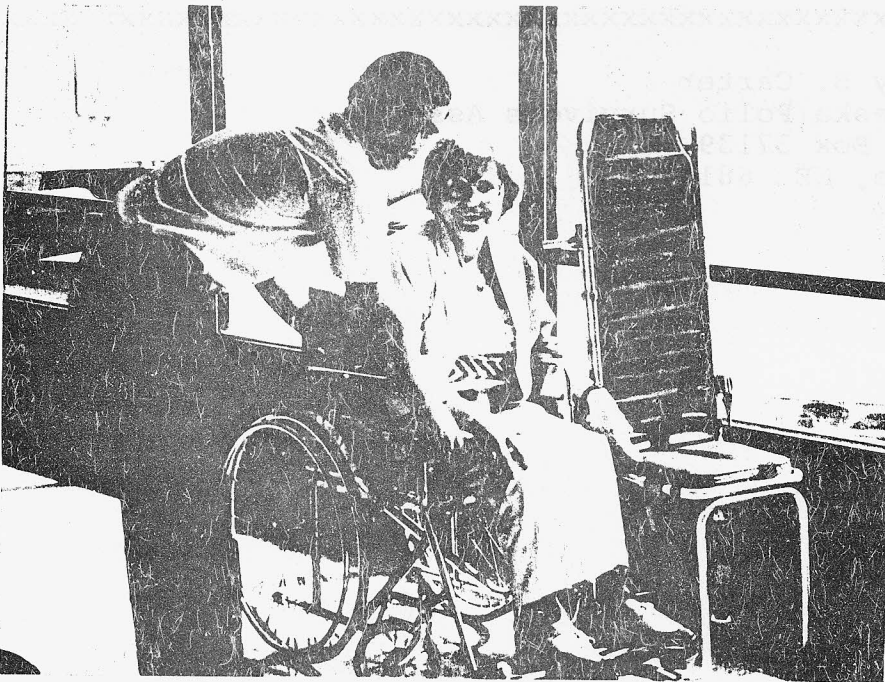
Wheelchairs and three-wheeled carts will be loaded into the cargo pit. If there are batteries, they must be sealed and non-spillable and must be secured to the chair. Cables must be disconnected and terminals wrapped with tape. Labeling what is yours is always a good idea.

If you are not taking your wheelchair, the airline will provide one for getting to and from planes if you explain what is required.

Using the restroom in flight is difficult but can be managed with a flight attendant's help. If you do not walk at all, consider restricting liquid intake before a flight.

The main thing is to remember to communicate-- let people know what's happening. You may think you're repeating yourself, but it doesn't hurt to double-check at every step of the way.

"Our people are happy to help," says Pat Blake, Western's Omaha Sales Representative. "Don't hesitate to tell us what you need. We want to do what we can to make your trip comfortable."



Scott and Marlene with stair chair

XX

SEMANTICS, THE MEDIA, AND US

There has been a good deal written lately about what to call "people with disabilities." Several booklets of guidelines have been published to train those in the media to use or not use certain words when referring to us.

For instance, handicapped, we are told, is out, not to be used when referring to a person. Disabled, however, is in but only when used as an adjective, as in "disabled person." It must never be used as a noun. In fact, they say, if we want a four-star rating we shouldn't even use disabled, but should say "people who have disabilities." They go on and on, creating long lists of rules.

-----c-l-i-p-----

NOTICE NOTICE NOTICE

The October meeting of the Omaha support group will be held Sunday the 6th at 2 p.m. at Rejoice Lutheran Church, 138th & Center.

Dr. Henry Lehnhoff will speak, reviewing the nine new post-polio articles appearing in the July ORTHOPEDICS journal. Copies of the articles will be provided for everyone in attendance.

This is your chance to get up-dated in this field.

So bring your families and come!

The argument is that the use of a word such as handicapped creates a negative stereotype that strips us of our dignity. Nonsense. Dignity has to do with what's inside a person, an attitude within the self. I am not deprived of this because someone says I am handicapped. And I am, in fact, handicapped.

Look up those words disabled and handicap in the dictionary. I'm not at all sure it's preferable to be thought of as unable or incapacitated (disabled) rather than as at a disadvantage (handicapped). And so what?

Overly sensitive reactions serve only to draw

attention to the handicap. They force people to focus on how we are different from them rather than how we are all alike. They say, "Be careful how you talk about me. I'm different and I'm touchy about it."

This is a call for common sense. Let's ask that our handicaps be referred to with kindness and fairness and not complicate matters with a lot of restrictions that even we do not agree upon. Let's allow the media a quick jump over this semantics hurdle and encourage them to get on with what they have to say about us as people.

nbc

XX

Photographs by Alison's mother

XX

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

post-on-fridge