

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

OCTOBER

1988

MARLENE ORTON TO SPEAK AT HOLDREGE ANNIVERSARY

It's Happy Anniversary to the NPSA Holdrege Area Support Group, and Delores Bray, Area Representative, has arranged for a gala affair honoring the group's three years in existence.

Marlene Orton, NPSA Board Member from Syracuse, will be the featured speaker, and there will be goodies galore.

So be there October 1 at 2:30 at the special meeting site-Holdrege Ag Center, 1308 2nd Avenue. Join in the festivities and help Holdrege celebrate!

THERAPIST TO SPEAK AT LINCOLN MEETING

by Arleen Curtis
The next meeting of the
NPSA Lincoln Area Support
Group will be held Sunday,
October 9, at 2 p.m. in the
library of the American
Lutheran Church, 4200 Vine
Street. Roger Sand, Physical
Therapist from Lincoln
Orthopedic Physical Therapy
will advise on range of
motion light exercises.

WATCH FOR NPSA'S FANTASTIC COOKBOOK--COMING SOON!

YOU STILL HAVE TIME TO SELL PLEASURE PAC--

BIGGEST BARGAIN OF THE YEAR!

Who will win the \$50 for selling the most Pleasure Pac coupon books over 50? It could still be you if you hustle! In fact, NPSA is adding a bonus--everyone selling over 30 Pleasure Pacs will receive his very own Pleasure Pac FREE!

In Omaha, we have until October 2 to reach our goal of selling 1500 Pleasure Pacs for NPSA. If we reach that goal, we will earn an EXTRA \$750! On the 2nd, we need

for you to bring the money you have collected for the books you have sold to the Omaha Area Support Group meeting. Patsy and her crew will be set up and ready to check you in beginning at 1:15.

Some people may wish to purchase books after our campaign ends officially on October 2. Books will be available from Nancy, 895-2475; Gloria, 339-4623; or Patsy, (evenings only) 390-9294.

OCTOBER IS DISABLED EMPLOYMENT AWARENESS MONTH

HASTINGS GROUP PLANS OCTOBER FUNDRAISER FOR NPSA--MEETING DATE CHANGED

Clean out the attic! And dig out Grandma's best cookie recipe! October 8 is the date for the NPSA Hastings Area Support Group's Rummage and Bake Sale--and you can participate!

Start bringing non-food items today to the home of Area Representative Judy Bradford, 1127 N. Baltimore--the sooner the better. Baked goods can be deliv-

ered the day of the sale, which will be at Judy's from 8 a.m. to 8 p.m. (This function takes the place of the regular October meeting.) If you can help and have not yet volunteered, call Judy at 462-5580.

And if you want to BUY, get yourself to North Baltimore for some serious shopping on the 8th!

LINCOLN AREA GROUP NOW SELLING PLEASURE PAC

by Arleen Curtis

We have a few cases of Pleasure Pac waiting to be sold. Do you, or a spouse or a best friend have access to PEO-PLE? You don't have to SELL them, just let people see them. The cost is \$18, but most people will feel they will get their money's worth.

I like the 2 for 1 coupons from Alice's, Chi Chi's, The Cornhusker, Spike & Olly's, and the Twin Dragon, to name just a few. Or do you prefer coupons from Little King or McDonald's (this from a list of 47 eating places). How about places like Goodrich, Dairy Queen, and Mr. Donut, from the Sweets & Treats column? Arts and Media features discounts from 4 movie houses. the Community Playhouse and the Lincoln Symphony among others, as well as coupons for Omaha's Upstairs Dinner Theatre, Joslyn, etc. There are 43 miscellaneous shopping discount coupons, including Youngtown, Younkers, Natelson's, and the Toy Room.

Call Peggy Moe at 489-7026 or Arleen Curtis at 467-1288 and we can make arrangements for you to pick up a book or two or three (or a dozen?). Or get it delivered to you... Or pick up one or two at the October meeting.

Pleasure Pac is a major money raiser for NPSA. Those who buy one will be helping a good organization and enjoying savings as well.

LIL AND SUE--COOKBOOK ORGANIZERS EXTRAORDINAIRE

Lillian Morfeld has always enjoyed cooking. She started her stints at the stove as a child, taking over for her sick mother at their home in Stanton, Nebraska, and she has never stopped loving it.

She likes cookbooks, too. And this inspired Lil to suggest doing a cookbook for NPSA. "So many centennial celebrations put out cookbooks," she says, "and people always enjoy giving a recipe--these are always successful projects. I have several of these books myself, and have favorite recipes in each one. I thought this would be a good fundraiser for NPSA."

NPSA is special to Lil, a polio survivor herself, class of '53. "I was doing laundry and my knee caved in. Next thing you know I was in the hospital with my whole right side paralyzed."

Lil traveled to Omaha for therapy twice a month for a year, and very early every morning husband John helped her exercise herself to recovery. She remembers polio. And now she empathizes with those experiencing the late effects.

So Lil wanted to do something for NPSA. Since her job was temporarily on hold and she had some extra time, she called her daughter Sue in Norfolk and the two of them volunteered to do what they could to put together a cookbook for NPSA.

Sue's a terrific cook, too,



Lil and Sue Morfeld

and has a passion for cookbooks. "I collect them," she says. "I must have dozens--I just can't resist buying a new one." She donated her special cheese crusted Broccoli-Beef Pizza for our book.

As a surprise for NPSA, Lil contacted the Franklin Delano Roosevelt family and came up with the recipe for one of FDR's favorite dishes. Who can forget what FDR, our most famous survivor, did for polio when he was President. Son James Roosevelt also sent one of his own delights. And as an interested polio survivor, the curator of the FDR Library also asked to be included. He is.

Lil and Sue have devoted many hours to this project, and they're not done yet! Now they'll be scurrying to sell the cookbooks. Lil even has hubby John pushing them at Morfeld Repair, his mechanic's shop in their home town, Carroll, Iowa.

We all owe a big THANKS to such good friends of NPSA!

PRIZE FOR GENERATING SALES THROUGH CALLS GOES TO KASS

And the winner is...Gloria Kass, our #1 Caller, getting others to say they'd sell 121 Pleasure Pacs. Right on Gloria's tail with 97 books is another go-getter, Mary Katherine Helget. Close behind are Florence Maxwell (75 books) and Robert Ludacka (54 books).

The Callers are the folks who get us off and running on sales, contacting our other members and asking them to help us make this a successful campaign by selling as many Pleasure Pac coupon books for us as they can.

Other callers this year are Kayla Howard, Dee Kravchuk, Alice Weseen, Maryann Rutten, Judy Kellerman, Merne Rohlfs, Nina Mackenzie, Ann Hawkins, Marie Galda, Peggy Nolan, Donald Hook, Marcia Bredar, Barb Pieper, and Lilybeck Goodsell.

They're all winners, in our book!

MOVING?

Please send us your change of address if you are moving. NPSA must spend a lot of money every year to keep from sending GLEANINGS to garbage cans--since this is where they end up if we don't have an address for you.

Help us out. The Post Office will provide you with change of address postcards--send us one.

EXPO II BIG SUCCESS

Hats off to those who represented NPSA at our Expo II booth at the Crossroads September 17! They did a super job getting the postpolio message out to the public at the remodeled mall.

Thanks to Hortense Wilkinson, Bob Ludacka, Gwen Rowe, Jim Carter, Penny Jewel, Georgia Whiteaker, Marcia Bredar, Joan Lehnhoff, Judy Kellerman, and Delores Brown. These folks gave a chunk of their weekend to help NPSA with this important work.

ARE YOU TELLING ALL?

Remember to tell your doctor you had polio. It's hard to make a proper diagnosis without all the facts.

ON SWALLOWING

"You can assist swallowing, particularly of the polio type, by upward pressure on the under part of your tongue {pushing with your hand on the outside, front of the neck} as you try to swallow, assuming that you don't have a neck that is so bent forward by paralysis (so-called swan neck) that you're pushing all of the parts of the breathing muscles anteriorally up against the glottis."

William Spencer, M.D.

Pres., TIRR, Texas Medical Center, and Chairman, Dept. of Rehab., Baylor College of Medicine

ON CHANGE

"It is not just the muscles; it is not just the nerves; it is not just the pattern of mechanics--it is all of these things put together plus who you are, what you are, and what you do that has to be part of the chemistry of change. Some of it takes a long time. People who do not hurt are very reluctant to accept more assistance. But eventually, by contact with peers like yourselves, {they} realize that maybe paying that whole price of having to climb that mountain partially again is worth it if it means a longer life in which you are in charge."

William Spencer, M.D.

Pres., TIRR, Texas Medical Center, and Chairman, Dept. of Rehab., Baylor College of Medicine

We must accept finite disappointment, but we must never lose infinite hope.

Martin Luther King, Jr.

MEETING IN GRAND ISLAND FEATURES GOODWILL DIRECTOR

Sid Cook, Director of Goodwill Industries, will lead NPSA's Grand Island Area Support Group meeting September 25. He will discuss new programs in his organization and how they might relate to NPSA.

Come to St. Francis Hospital's O'Brien Center, 2 P.M., for a great NPSA afternoon.

HOW TO SEND A MEMORIAL OR COMMEMORATIVE GIFT TO NPSA

Many people prefer to send a cash gift to the health organization they support in loving memory of a departed relative or friend. Others find this a worthwhile way to commemorate birthdays, anniversaries, and other occasions.

If you would like to participate in NPSA's efforts in this way, fill out form below and send it, along with your check, to Nebraska Polio Survivors Association, P. O. Box 37139, Omaha, NE 68137.

A card will be sent to the person you indicate which reads:

(for memorials)

A Gift To Nebraska Polio Survivors Association

has been made in memory of JOE SMITH

DE SN

Mary Doe 444 North Street Sometown, NE 68888 (for commemoratives)

A Gift To

Nebraska Polio Survivors Association has been made in honor of the 10th Wedding Anniversary of BILL and MABEL JONES

by
Jerry and Jane Blue
222 Hickory Street
Sometown, NE 68888

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Each Gift to NPSA is Deductible for Tax Purposes

Christine Newlon, State of Nebraska Dept. of Health Immunization Coordinator, informs us that a revised injectable polio vaccine is now on the market--an Enhanced Potency Inactivated Poliomyelitis Vaccine (IPV).

Only two types of poliovirus vaccines have been licensed for use in this country, the Oral Live Polio Vaccine (OPV) and the Inactivated Polio Vaccine (IPV).

The oral vaccine became the favored means of immunization because it is easy to administer, is very effective, and is cheap. According to information provided by Chris, over 90% of those receiving OPV get long-term protection, probably for life.

There is also a "herd effect" associated with OPV, in which the live viruses passed in the stool of the vaccinated person can spread to persons in close contact, thus helping to immunize these people. This very advantage, however, has reportedly caused the development of paralytic polio in some who are in close contact with a recently vaccinated person--a risk of about 1 in 5 million. The risk of the vaccinated person's getting paralytic polio from OPV is about 1 in 8.1 million.

Some persons probably should not take OPV. Those over 18 have an increased risk of paralysis; and people with a disease that lowers the body's resistance to infection or those taking drugs that do this (such as prednisone or cortisone). those with cancer or lymphoma or leukemia, anvone living with someone with these conditions, anyone who is currently sick with something more serious than a cold, and pregnant women should probably avoid OPV on the advice of their doctors. For some of these folks, IPV may be the answer and is available.

The killed polio vaccine (IPV) carries no known risk of causing paralytic polio. However, it does not provide lifetime immunity, thus requiring periodic booster shots.

Options for use of the revised, more potent IPV are now being studied, and complete guidelines should be available soon, says Chris.

As for the status of new polio in the U.S. today, no cases of polio caused by the wild virus have been reported since 1979. In 1986, the latest figures available, there were three cases of polio caused by the oral vaccine, three cases in relatives of those receiving the oral vaccine, and one case of someone's picking up the virus in another country.

In Nebraska there have been no cases of wild virus polio since at least 1969. Reports in 1979 and 1981 suggest "two clinical illnesses consistent with the disease."

WHEELCHAIR ROCKER OFFERS THAT FRONT PORCH FEELING

Randy Crew, inventor and owner of Artec, Inc., now offers the Carolina Rocker, an aluminum device that turns a wheelchair into a rocking chair.

As you roll your chair onto the rugged rocker, your rear wheels settle into a trough. Locking your brakes and securing the safety strap allows you to enjoy the relaxing rhythm of rocking and all the health benefits that go with it, such as seat pressure relief and posture aid.

Your wheelchair cannot be more than 26 inches in width, and other restrictions may apply. Cost of the Carolina Rocker is \$189.

Call Randy toll free for details at 1-800/445-0234 or write him at Artec, Inc. Box 25103, Greenville, SC 29616.

ON EXERCISE

"There's a healthy medium between underusage and overusage. As a general rule we do decrease active exercise; we do tell people not to take muscle relaxants, etc....As a general rule, to throw them back on the Nautilus or back in active physical therapy, we don't do that, and it is very important to stop the progression of weakness in that way."

William Spencer, M.D.

Pres., TIRR, Texas Medical Center, and Chairman, Dept. of Rehab, Baylor

UNDER THE BIG TOP

Does it ever seem to you that life is just one grand high wire act? I think I spend a lot of time trying to achieve that delicate balance that keeps me on the straight and narrow, toeing the mark.

Take exercise, for example. Have to hit that thread between too much and too little. Too much activity and I can knock myself out of commission for weeks. Too little, and I start turning into a turnip. Only I know where that line is. No one else can tell me. And situations change. One week something's o.k., and a month later it sends me into a tailspin. It's a tough monitoring job.

Or how about that middle ground between feeling sorry for myself and going around in a rosy haze with a per-

NOTICE NOTICE NOTICE

Sleep difficulties are a major problem for many polio survivors. On October 2 NPSA's Omaha Area Support Group will feature Thomas Tinstman, M.D., from the Sleep Lab at Clarkson Hospital, to tell us how they can help.

This is a meeting you won't want to miss. Be there at the IBM Building, 450 Regency Parkway, at 2 p.m. Bring your family and friends. We'll have some coffee and pop and a few goodies--it'll be a great day for fellowship and information! See you there!

petual grin pasted under my nose. I hate it when I get the Poor Me's. There's not much less attractive than someone's whimpering and whining all the time. On the other hand, it doesn't help my emotional state to deny my physical "inconveniences" and pretend that this is one plucky gal for whom the sun is always shining.

It's much healthier for me to be able to declare that my shoulder is driving me to distraction today, that I would like to chop it off and toss it to the nearest mongrel to gnaw on, and now let's get these thank you notes in the mail before someone turns us in to Santa Claus for being late.

It's important to acknowledge reality, and not always easy. Often those around us would rather have us front and pose. It makes them more comfortable. Better to

lose a few "friends" than not to be able to be myself around them, though. As long as I can cut the negative to a minimum and not gush phony positive... Got to stay right on that edge.

Hardest of all is working out the compromise between what I ought to do and what I want to do. I want the hot fudge sundae. So maybe just a cookie... Or I could have the sundae today and exist on dungeon fare tomorrow. Find that happy medium.

All of it involves paying a price. If I stray too far in either direction, I'm in trouble. Are we talking moderation here? Horrors! I've devoted a lifetime to avoiding the dull, dead, tasteless mush of moderation. Which may explain why so often I find myself hanging by one toe, 50 feet above the center ring...

nbc

Nancy B. Carter Nebraska Polio Survivors Assoc. P.O. BOX 37139 Omaha, NE 68137 (402) 895-2475 NON PROFIT ORG US POSTAGE PAID OMAHA, NE PERMIT NO 1575

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