

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

SEPTEMBER

1986

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ST. PAUL AREA TO HOLD NPSA MEETING SEPT. 28

Richard Hanisch, St.
Paul physician, has been
named area representative for NPSA's St.
Paul area support group
meetings.

Sunday, September 28 has been set as the date of their first meeting. It will be held at 2 p.m. at the Howard County Hospital.

Nancy Carter, NPSA State Coordinator, will speak at the meeting.

Come on out and help get this group off the ground!

CHADRON MEETING FEATURES STATE COORDINATOR'S TALK by Cheryl Marchant

Nancy Carter, NPSA State Coordinator, will speak at the Chadron area support group meeting on Sunday, September 21, at 2 p.m., St. Patrick's Church in Chadron.

The late effects of polio will be discussed, and post-polio handouts will be available for everyone. Time will also be devoted to quessee pg. 2, col. 1

HAPPENINGS FUND-RAISER TO START SEPTEMBER 11

In the biggest fund-raising activity of the year so far, Omaha area NPSA members will begin selling HAPPENINGS coupon books to local residents on September 11.

Alice Hauck, committee chairman, is organizing sales at specific Bakers groceries for September 13 and 20. She will need lots of help with this project, so set aside some time on those days and give her a much-needed boost.

Alice is also urging individuals to canvass their work places, neighborhoods, and families for possible sales.

The success of this undertaking depends entirely upon your willingness to work for NPSA. If your life has

been touched by our organization, if you want us to be able to carry out our goals for this year (see pg. 4) and continue to help others, then TAKE THIS PERSONAL-LY--get out there and sell as you've never sold before!

The more coupon books we sell, the larger is our per cent of the take! Advertising posters listing all the restaurants, theaters, video stores, cultural events, sports events, hotels, cleaning establishments, and other values in the book will be available at the September meeting.

Ask around. Sell these books for NPSA. Call Alice at 391-5373 or Nancy at 895-2475 for more information.

MARCH OF DIMES, EASTER SEAL DISCUSS POLIO ROLES

At their August meeting, Omaha area support group members had a unique opportunity to talk with representatives of three service organizations in some way related to polio problems. It was a lively, informative ses-

sion with many members pressing questions that were dear to their hearts.

Several members wondered why March of Dimes no longer helps people with See pg. 2, col. 2

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HASTINGS GROUP TO HOLD
MEETING AT IMPERIAL MALL
by Erma Ocker

The September meeting of the Hastings area support group will be held Monday, September 8 at 7 p.m. at the Community Room in the Imperial Mall, 12 & Marion Road, Hastings. Use the north door.

Mary Ann Wagner will speak on MASSAGE AND BO-DY MAINTENANCE. Deanna Ellis is program chairman for this meeting.

HOLDREGE AREA MEETING
TO HEAR KEARNEY DOCTOR
by Delores Bray

Dr. Steven Bennett, Kearney podiatrist, will speak at the September 6 meeting of the NPSA Holdrege area support group.

Plan to attend--2:30 pm at Phelps Memorial Health Center.

A check to the state organization representing a lot of hard work in the Holdrege area's aluminum can fund-raiser has been received. This is a terrific project for NPSA, and we thank those involved for their dedication to the cause!

CHADRON--From pg 1,col 1 tions and answers.

We hope everyone will come so that Mrs. Carter can meet you and have a chance to talk with you. It's a long way to Chadron from Omaha!

BOARD MEMBERS ELECTED, YEAR'S FINANCES VIEWED

The first annual meeting of the Nebraska Polio Survivors Association corporation was held August 3. Nancy Carter, Charles Mackenzie, Marcia Bredar, and Marlene Orton were elected to the Board of Directors.

The financial report (see pg. 3) was presented and discussed. The next annual meeting will be held the first Sunday in August, 1987.

NPSA SPEAKER TELLS GROUP ABOUT EFFECTS OF POLIO

Marcia Bredar, NPSA
Board of Directors secretary, will speak at
the August 26 meeting of
Lincoln's Make Today
Count organization, a
coping group for the
seriously ill and their
families.

As a member of NPSA's Speaker's Bureau, Marcia will talk about the late effects of polio and about our organization.

MARCH OF DIMES--From page 1, column 3

polio when it was founded and supported for so many years by the American public for that purpose. Cindy Hansen, representing March of Dimes, explained that the organization is no longer associated with polio, and instead is devoted entirely to research in birth defects. The local chapter, however, has helped NPSA by paying for printing of about five months' newsletters, folding them on their machine, and allowing us to make certain copies on their copy machine.

Leticia Simmons, representing Easter Seal, said that her group does give specific kinds of assistance to disabled individuals, and expressed an interest in helping some of our members and in co-funding some of NPSA's up-coming projects.

The Governor's Committee to Hire the Handicapped was represented by Ed Griffith, who said the Committee is planning an awareness program for corporations, and referred persons needing jobs to Job Service.

SIMMONS BOOK NAMES EXERCISE FOR POLIO SURVIVORS

REACH FOR FITNESS by Richard Simmons, of TV exercises fame, contains a section for post-polio persons.

With Jacqueline Perry, M.D., of Rancho Los Ami-

gos at Downey, CA, and Richard Daggett of their local polio association as consultants, Simmons briefly describes the late effects of polio and suggests DO's and DON'T's for exercisers.

NEBRASKA POLIO SURVIVORS ASSOCIATION

FINANCIAL REPORT

August 1, 1985 to July 31, 1986

Balance Forward \$ 74.81

Income* 6760.35

Total in---\$6835.16

*All income is in the form of contributions from the public. This includes unsolicited donations and money earned in fund-raising projects. We have received no government money. We depend upon contributions from individuals to continue the operation of this organization. We are a 501 (c)(3) non-profit organization. All contributions to our organization are legal income tax deductions.

EXPENSES

Photo copies	
Photo copies	\$ 888.13
1 Ob caye	1341.24
Post UIIIce box rental fee	22.00
Dutk Matting Permit-	50.00
Imprint Permit iee	E0 00
Long distance telephone tolla	1074 26
Office expenses	
Film processing for CLEANINGS	201.97
TITIM PLOCESSING TOL GLEANINGS	49.68
Special support group expenses	40.29
Purchase of HAPPENINGS 1985 fund-raising coupon books-	2040.00
II.dvel	75.08
Membership, Gazette International Networking Inst	5.00
Legal fees	98.35
Total out	5936 00

Current balance----\$889.16

This does not even begin to represent what it took to operate this organization in the past year. Many non-cash donations in the form of photo copies, printing, supplies, use of equipment, travel, and other essentials saw us through what we could not pay for ourselves. And thousands of hours of volunteer help kept us afloat. Our State Coordinator works full time for this organization. Our Treasurer puts in many days' work every month. Our area representatives and their committees, our newsletter staff, our computer person, and many other caring friends. All are volunteers. For this we are thankful. Without it we could not have functioned this year.

NPSA AND YOU

We have just had our first annual meeting as a non-profit organization. It's time to take a look at the Nebraska Polio Survivors Association and talk a little bit about who we are and where we're going.

NPSA is the first statewide post-polio organization in this country. It is a fact to be proud of. When the international polio conference was held in St. Louis in June, it was Nebraska that they looked to for advice on how to get going state-wide. Not New York, not California --Nebraska. We have something good going here, and we should be letting everyone know about it.

GLEANINGS has gained a wonderful reputation, also. It now goes out to persons in 35 states and two foreign countries. We frequently receive letters of ap-

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NOTICE NOTICE NOTICE

Hans Ruprecht, M.D., will speak on POLIO AND BREATHING at the September 7 meeting of NPSA's Omaha area support group at 2 p.m., Rejoice Lutheran Church, 138th and Center.

Dr. Ruprecht is an Omaha internalist with a specialty in pulmonary medicine.

WE NEED YOU! PLEASE BE THERE!

preciation and praise from readers. We have a good newsletter.

There are close to 1,000 members in NPSA now, and we have support groups all over the state, encompassing about 250 towns. And we keep growing.

We have lots of hopes and dreams, and we are working hard to make them come true. want to hold a statewide conference in the Spring. We keep pushing to get a polio clinic established in Nebraska and to get doctors trained in dealing with our problems. We need to expand our information and referral capabilities. We need more support groups, more people-involvement, more public awareness.

Post-polio people are going to be around for awhile, and more and more of us will be experiencing the late effects of polio. We all need NPSA to get in there

and fight for us, to insist that our needs are met, to ensure that the world pays attention to us.

We are just beginning, and there is no denying it is a real struggle. Many people make sacrifices for us. We must rely on volunteers for everything we do. We must depend upon "the kindness of strangers"-private donations -- for every bit of money that comes into the association. We have no government funds, no national organization to go to for financial aid.

But, my friends, we ARE a contender! We're in there fighting, and we are making progress.

So be proud of NPSA.
Tell everybody about us.
Help spread the word.
And we will all grow along with this organization and make a DIFFERENCE in what happens to
post-polio people in the
future.

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