

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

SEPTEMBER

1987

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NOTICE

The annual meeting of the Nebraska Polio Survivors Association Board of Directors will be held at 8 p.m., Sunday, September 27, 1987, at the Imperial Palace conference room, 627 N. 109th Plaza, Omaha, Nebraska.

Dated this 15th day of August, 1987.

/s/ Nancy B. Carter President

Attest:
/s/ Marcia A. Bredar
Secretary

NPSA members are welcome at this meeting. It will help us in reserving sufficent meeting space if you can notify us by September 20 of your intention to attend.

HOLDREGE GROUP CONTINUES ALUMINUM CAN TRADITION

Dolores Bray, Holdrege Area Representative, has forwarded another fine donation from the Holdrege Area Support Group's aluminum can fundraiser. Good show, folks!

SALES PUSH IS ON; YOUR HELP, EXPERTISE NEEDED HAPPENINGS COUPON BOOKS TO COST \$20

We're down to the wire on our HAPPENINGS coupon book fundraiser. Many of you in the Omaha area have been contacted to purchase books and to help us sell them to others. The big push begins Thursday, September 3.

This is the day the actual books will be available to NPSA. We're asking as many of you as possible to pick up your supply of books at Judy Kellerman's, 5132 Pinkney, or Nancy Carter's, 7304 So. 140th Ave. (Josephine & 140). If

it is impossible for you to do this, and you can't find anyone to make the trip for you, call Nancy at 895-2475 or Judy at 451-8801 and we'll see what we can arrange.

If we have somehow missed you in our plea for help, please come anyway and pick up some books to sell for us! Who knows--you may be the winner of our \$50 cash prize!

It's important to get there first to sell See page 3, column 3

SS DISABILITY RECOGNIZES PPS, NOW LISTS SYMPTOMS

The Social Security Administration has updated its Program Operations Manual System to include the Late Effects of Polio. This is good news for those polio survivors who are finding it necessary to apply for Social Security Disability.

As of July, POMS describes PPS, lists and defines symptoms, and outlines how these shall be evaluated.

Asked whether claims representatives now know about these changes, James Faulkenberry, Disability Examiner, says, "It would be my feeling that the claims representatives should be aware of new data; they can call the Disability Determination Section to find out, if they need more direction."

As individuals, we need to take the responsibil-See page 2, column 3 NPSA HELPS MEMBER GET INSURANCE CASH FOR CHAIR

Bette Bond had a problem. She needed a motorized chair because the muscles in her shoulders have deteriorated after years of carrying the weight of her body on canes.

Her doctor wrote the required letter of prescription, and this was sent in to Bette's insurance company along with the bill for a Fortress 2000 threewheeled motorized chair.

Payment was denied. Twice Bette appealed. Twice the insurance company turned her down.

An NPSA member from Carter Lake, Bette finally called our office. She sent copies of all her correspondence, and it became obvious that while the Fortress 2000 fit the insurance company's definition of a motorized chair, the doctor had called it a "cart," and the company was using that technicality as a reason not to pay.

NPSA contacted the Department of Insurance, and after a bit of paperwork, the claim was allowed.

"Just think," says Bette, "if I hadn't had someone to advise me, the insurance company would have been one motorized chair richer and I would have been out my due."

Now Bette can get to places she hasn't been

DID YOU KNOW ...

That you can designate that you want the money you give to UNITED WAY to go to Nebraska Polio Survivors Association even though we are not funded by United Way? Simply ask your employer for a DESIGNATION CARD, name us as the recipient of your donation, and turn this in to your employer along with your pledge. Please help NPSA in this way!

GROUPS TO SEE AND HEAR POLIO DOCTORS VIA TAPE

Excellent video tapes from the recent International Polio Conference are now available for viewing at NPSA support group meetings.

The tapes show actual sessions at the conference as they happened, and give our members the opportunity to see and hear some of the finest polio doctors in the world and learn what's new regarding PPS.

So far, these groups have scheduled tapes for their meetings:
August 23--Grand Island--On Pain
August 29--Lincoln--On Psychology of Disability September 5--Holdrege--On Fatigue

SSA--From pg 1, col 3

ity of checking to be sure that the representative working with us has read the Manual, Part 04, Chapter 245, Subchapter 80, and is therefore informed of the new guidelines.

Those who have tried, know that the Social Security Disability program is tough to get into. A simple letter from your doctor stating that you have a problem won't do. Thorough documentation of specific difficulties is needed, and can be provided through medical records.

SSA will be looking for such things as swallowing and breathing problems of at least three months' standing, motor function difficulties in two limbs, and problems performing an activity repetitively, for example.

Frequently a polio survivor will be sent by SSA to a neurologist for evaluation. "We're relying more on neurologically based information rather than on orthopedically based information as we did in the past," Faulkenberry tells us.

This change is good news for all of us, and it came about only because GINI in St. Louis and polio survivors groups in this country cared enough to make it happen.

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PLEASE BUY
HAPPENINGS COUPON BOOKS

HIDE-N-SEEK, ANYONE? by LeEdda Hinsley Omaha NPSA member

Remember playing Hide-n- ers were guided by Seek when you were a kid? "It" would hide its face and count while all players would make wild, running dashes for the best hiding places. "It" would finish counting and with the cry of "ready or not, here I come," base would be left, and while "It" was searching, there would be another wild, laughing, running scramble to get to base and holler "Free!"

We played Hide-n-Seek in Sister Kenny Institute in early September in 1952. Not one of the players moved a muscle. They couldn't. They had their imaginations and their will. We were will. We were jammed in a room that would have held four or five comfortably. There were nine or ten of us.

All we had to take our minds off what was happening to our bodies was the hot wetpacks, which sometimes were too hot (one girl's huge soupbowl-size blister would prove that) and our meals, which no one really felt like eating.

So, the game of Hide-n-Seek was developed. "It" hid itself wherever "Its" imagination could go. Only rule was, it had to be in the room, as inside the hole of a soda cracker "It" was nibbling on, due to being two and a half months pregnant. Seek-

"warm," "cold" or "hot!" The seeker who found "It" became "It" in return. Anyone for Hiden-Seek? It's a nice quiet game.

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DID YOU KNOW...

That GLEANINGS now goes to persons in 42 states and two foreign countries? Who do you know who should be receiving our newsletter? Tell us!

HAPPENINGS--From pg1col3

these books. We need to move fast and move soon in order to have a successful campaign.

This year's HAPPENINGS is beyond belief--more than 600 coupons (200 over last year's number), and all of them two-fers or up to 50% off. An entire section has been added this year--retail sales. Fine dining from Abercrombie's to Scribbles, casual dining, fast foods, theater and arts, sports and recreation, all this and much more for only \$20.00.

HANDICAPPED PARKING LAW CHANGES IN NEBRASKA

LB598, introduced by Senators Lynch and Harnett, amends certain issues having to do with handicapped parking.

Here's what is new: 1. The definition of handicapped has been changed to apply to "those who cannot travel unassisted more than two hundred feet without the use of a wheelchair, crutch, walker, or...other assistant device and any individual whose personal mobility is limited as a result of respiratory problems." 2. New ninety-day parking permits can be issued to those temporarily disabled, and can be re-issued for up to a year.

3. A central registry of all permit holders has been created, and will be kept by the Department of Motor Vehicles.

4. Persons parking in handicapped stalls without a permit--whether the stall is on public or private property--are guilty of a traffic infraction and are subject to certain penalties.

These things remain the same:

- 1. You still apply to your city clerk for the permit CARD (which is issued to the person and can be moved from vehicle to vehicle) and to the Department of Motor Vehicles for the PLATE (which is issued to the vehicle and remains on that vehicle).
- 2. You must provide proof of disability with your application.

The changes go into effect November 1, 1987.

APPEAL UPDATE

We thank the people listed below who have responded to NPSA's appeal by sending a contribution. If your name is not here, there is still time to send us your check. Please let us count you among our supporters! Mail to Nebraska Polio Survivors Association, P.O. Box 37139, Omaha, NE 68138.

BUILDERS--Individuals who contributed \$100 to \$499 BETTE BOND, Carter Lake, IA

FRIENDS--Individuals who contributed up to \$99 KAREN BENNE, Scribner, NE DELORES BRAY, Loomis, NE MARCIA BREDAR, Omaha, NE ANONYMOUS, Mitchell, NE MYRTLE CARLSON, Silver Creek, NE GEORGE & ALICE CARTER, Omaha, NE MARY DONOVAN, Sargent, NE ALMA M. FAUST, Bellevue, NE M. W. FORSTER, Lincoln, NE

I enjoy reading the GLEANINGS. Also enjoy getting it. Had polio when I was 3--1949. Keep up the good work. Here's a little something.

Joe Matson Lincoln, NE

CHARLES GAEBEL, Omaha, NE ROWENA GAEBEL, Omaha, NE KAY I. GAMMELL, Omaha, NE HOLLIS GRONE, Davenport, NE VIRGINIA HARRIS, Mason City, IA KAREN HENRY, Schuyler, NE MARY HERZBERG, Omaha, NE

Here's a little to help. I wish I could afford more. Keep up your good

Robert P. Ludacka Omaha, NE

ANONYMOUS, Norfolk, NE MARY ELLEN HERZBERG, Omaha, NE JOHN R. HUGHES, Omaha, NE KEN & GLORIA KASS, Omaha, NE LORNA A. KRAFT, Paxton, NE
BETTY LENNEMANN

I want to be counted with the rest in helping out in this small way. It has meant so much to me to read about the problems others experience too. I am adjusting to a slower pace of life to cope with my problems too. Most people still don't understand what we are going thru.

Mrs. Asa Queen Lisco, NE

DALE LENON, Omaha, NE ROBERT P. LUDACKA, Omaha, NE CHARLES & NINA MACKENZIE, Omaha, NE CHARLINE MANN, Council Bluffs, IA SHIRLEY M. MARSH, Lincoln, NE RICHARD JOEL MATSON, Lincoln, NE PATSY S. MATTHEWS, Shenandoah, IA

I am so grateful there is a Nebraska Polio Survivors Association...Please accept this check as a token of my appreciation.

Bette Bond Carter Lake, IA

FLORENCE MAXWELL, Omaha, NE MARGI McPHERSON, Fremont, NE ARLENE MICHAEL, Missouri Valley, IA JANE MILLER, Bellevue, NE ROGER & PEGGY MOE, Lincoln, NE

Please add this check to the support appeal. Thank you for your continuing support with newsletters.

Yours truly, Karen Henry Schuyler, NE

BARBARA A. PIEPER, Elkhorn, NE MRS. ASA QUEEN, Lisco, NE JEANNE RICHARDSON, Omaha, NE MILDRED RICHARDSON, Omaha, NE JEANNE RICHARDSON, Omaha, NE BETTY LENNEMANN, Omaha, NE MARJORIE A. RILEY, North Platte, NE



I want to thank you very much and feel that you are to be highly commended for your efforts and the response you are receiving.

Mrs. C. R. Carlson Silver Creek, NE

ROBERT ROBINSON, Exira, IA
MERNE ROHLFS, Fremont, NE
JOHN & MONICA ROONEY, Bellevue, NE
MARYANN RUTTEN, Omaha, NE
IRENE SEIFER, Sutherland, NE
EUGENE SHALON, Lincoln, NE

As a World War II veteran who contracted polio in Europe in 1949, please accept my check as a token to thank you in your help to continue your excellent information service for all of us Nebraska polio survivors.

John R. Hughes Omaha, NE

SPALDING REHABILITATION, Denver, CO DORALY A. STREETER, Omaha, NE HAROLD W. STRUVE, Deshler, NE KATHERINE TAYLOR, Council Bluffs, IA ANN VanDERHART, Valley, NE

Enclosed is my donation. I have attended a few meetings...which have been very helpful.

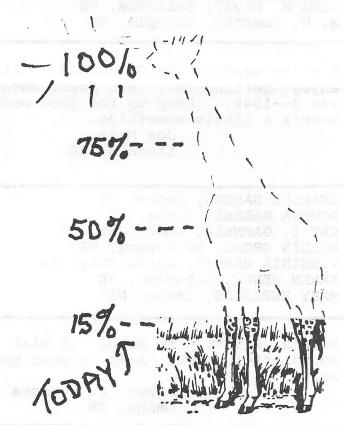
Mary E. Donovan Sargent, NE Just a note to tell you that GLEANINGS is getting better with each issue. Very informative. Many thanks and continued success.

Donna M. Davis Castana, IA

LYLE & VIRGINIA WALKER, Bellevue, NE ANONYMOUS, Lindsay, NE CATHERINE G. WALSH, Omaha, NE ALICE WESEEN, Omaha, NE L. & L. WINTERSTEIN, Omaha, NE YOUNKER REHAB CTR, Des Moines, IA

Please accept my small token for the news I get from NPSA.

Eugene Shalon Lincoln NE



HELP MAKE OUR GOALS APPEAR!

This list reflects only donations received from July 11, 1987 through August 10, 1987

LOVE'S OLD SWEET SONG

My husband is out mowing the crabgrass. A short while ago he had to stop working and run me over to the printers since I had some copy to deliver by noon and I'm not able to drive that far any more.

He did it cheerfully. am still I, however, vaguely bothered by having to depend on others to get where I need to T remember the be. times (not so long ago) when I drove all over the state of Kentucky putting on workshops and seminars, and I wonder how it can be that now I drive cannot across town.

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NOTICE NOTICE NOTICE CHANGE CHANGE

The Omaha area support group's September meeting will be held August 30 due to the Labor Day weekend's falling on our regular meeting day.

SPECIAL MEETING
This will be a very special meeting, dealing with our loved ones helping us face the changes it is necessary for all of us to make when one of us has PPS.

So bring your spouse, children, siblings, parents, friends, neighbors--whoever is special in your life! See you at 2 p.m., Rejoice Lutheran Church, 138th and Center.

Last week I had an altercation with the vacuum cleaner. I wanted to murder the thing, wrap the cord around its canister and strangle it to death in my frustration at not being able to do the sweeping any more. Not that I want to DO the vacuuming, you understand--I just want the option.

Luckily I have a husband who doesn't mind doing the cleaning, the laundry, the dishes when I can't. He sees the predicament I'm in and he understands. He tries to help.

adjustment hasn't The always been easy. Early on, Hubby (who is black belt weight lifter and knows about making muscles bulge) kept urging me to exercise, to get off my duff and make "better." myself didn't seem to be to explain to him that I could not, that my wetweren't noodle muscles

listening to me any more.

In fact, even I found my circumstances puzzling, and couldn't quite believe that I could no longer whip the old bod into shape. I insisted on one last round of rapid walking--two miles in 25-30 minutes a day for a month. It nearly killed me.

So now we know. We try to accept each new setwith as little back as possible and trauma on what's concentrate right in our world to-We talk about dav. but don't dwell on it. We do our best to accomthe situation modate while continuing in as normal a fashion as pos-We have fun and sible. enjoy life.

But you knew this, didn't you. Because you've been there, too--and that's why NPSA works!

nbc

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

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