

# Gleanings

THE OFFICIAL NUMBER ONE NEBRASKA POST-POLIO NEWSLETTER

SEPTEMBER

1988

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## NOTICE

The annual meeting of the Nebraska Polio Survivors Association Board of Directors will be held at 3:30 p.m., Sunday, October 2, 1988, at the IBM Building, 450 Regency Parkway, Omaha, Nebraska.

Dated this 20th day of August, 1988.

/s/ Nancy B. Carter  
President

/s/ Marcia A. Bredar  
Secretary

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NPSA members are welcome at this meeting.

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## NPSA TO PARTICIPATE IN EXPO II

We need a few warm bodies! NPSA will have a booth at the Crossroads on Saturday, September 17, in an effort to carry the post-polio story to the general public, and we are short people to man our booth.

We'll show a video on the Late Effects of Polio and have brochures and other hand-outs available. No big deal.

See pg 2, col 2

## WHAT A BARGAIN! PLEASURE PAC '88

Everybody wants PLEASURE PAC. And at NPSA we certainly want to accommodate the public! So while we're being such good citizens, we can earn the dollars necessary to keep this organization afloat one more year. We will, that is, if each of us does his part and gets out there and sells a few PLEASURE PACs for NPSA.

The books should be in your hands August 31. You can pick up yours that day at the spot where you have arranged for them to be. All books will be gotten that day from Gloria, 10808 Borman Ave., 339-4523, 4 to 8 p.m.; or Patsy, 8000 Hickory, 390-9294, 5 to 8 p.m.; or Judy, 5132 Pinkney, 451-8801, all day--call ahead in the evening; or Mary, 1615 N. 135th St., 496-3643, all day.

At \$20 each (same price as last year) and with over 800 coupons, these books are such a bargain it's almost embarrassing.

There are coupons from EVERYWHERE:

Eateries such as French Cafe, The Baking Co., Abercrombies, The Great Wall, Brother Sebastians, Luigis,

Julios, Old Country Buffet, Runza, Pizza Hut, Fudruckers, ETC. ETC.

Shopping at Younkers (9 coupons!), Landons, Hitchin' Post and Wooden Nickel, Little Professor, DeCosta Sporting Goods, Scandia Interiors, dry cleaners, ETC. ETC.

Entertainment, arts, and culture through Joslyn, the Symphony, Emmy Gifford, Community Playhouse, Opera Omaha, videos, movie theaters, ETC. ETC.

Sports, recreation, and travel at Ak-Sar-Ben races, Creighton Blue Jays, UNO sports, Peony Park, Putt-Putt golf, Skateland, golfing, Marriott Hotels, ETC. ETC.

How can anyone go wrong?

So if we have somehow missed you in our plea for help, call us and pick up some books to sell for NPSA.

Don't wait! If you let others get there first, they will make the sale and you will be disappointed. Keep yourself happy! You may even get richer if you win the \$50 prize for the most books sold.

And if you can't sell anything for NPSA--won't you at least buy a book for yourself...

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**COMPANY'S CUSTOMIZING AIDS MOBILITY**

In 1978 Mickey Bequette was paralyzed in a hang gliding accident. Frustrated at not being able to find anyone to equip a van the way it needed to be, Mickey's dad, Jerry, started working on it himself. And so Handicap Mobility was born. Today Jerry Bequette and a crew of four work full time to "do whatever it takes to get someone

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**SIEGEL VIDEO AVAILABLE TO NEBRASKA MEMBERS**

NPSA now offers a VHS video of Dr. Bernie Siegel, author of the best seller LOVE, MEDICINE, AND MIRACLES, and physician and teacher at Yale Medical School.

"An Evening With Dr. Bernie Siegel" shows a two hour workshop as it happens. Those who have read LOVE, MEDICINE, AND MIRACLES already know Dr. Siegel's message to doctors and exceptional patients, and will be clammering for the tape. Others will have a treat in store as they discover how we can all experience a better doctor/patient relationship and learn to live more peaceful, happy lives.

As always, NPSA will need a \$2.65 check for mailing expenses and a \$20 security deposit check. You will have one week to view the tape after you receive it. Be sure to give your name and address as well as the name of the tape when ordering.

driving and mobile." They commonly install wheelchair lifts, hand controls, reduced effort steering and braking, foot steering, and will drop the floor of a van for easier vision for tall drivers.

A former airplane mechanic, Jerry also works in homes installing custom built ramps, elevators, and stair glides.

"Jerry talks to people to find out what they need," says Jere Minter, office manager, "and then he'll do just about anything to make a person more independent. Right now he's working on a steering device for someone with stubs but no hands."

Jere says her boss is looking longingly at retirement. "But we won't let him--too many people still need him."

For more information contact Handicap Mobility, 511 E. Locust, Carter Lake, IA 51510, 712/347-6666.

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**EXPO from pg1, col 1**

If you (or your daughter or your husband or your neighbor!) can donate an hour (or more) to this worthy cause between 10 a.m. and 6 p.m., please call Nancy today--895-2475.

This is so little to ask, and could mean so much to so many--do something great for yourself and NPSA--give us an hour of your time!

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**GLENDA DAVIS TO SPEAK AT GRAND ISLAND AREA MEETING**

by Lorraine Harders

The next meeting of the NPSA Grand Island Area Support Group will be Sunday, August 28, at 2 p.m. in the O'Brien Conference Room at St. Francis Medical Center. Glenda Davis from Citizen Advocacy will present the program.

Terry Wegner, M.S.E. Counselor showed slides and spoke at on Rehabilitation Services at the July 24th meeting.

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**HOW TO GET A HANDICAP PARKING PERMIT**

Still wearing yourself out in the parking lot before you ever get to the store? It's time to get that handicap parking permit.

If you want the permit card (which is issued to the person, and can be moved from vehicle to vehicle) apply to your city clerk.

For the handicap license plate (which is issued to the vehicle and remains on that vehicle) apply to the Dept. of Motor Vehicles, P.O. Box 94789, Lincoln, NE 68509.

You are eligible if you cannot travel unassisted more than 200 feet or if your mobility is limited as a result of respiratory problems. Proof of disability must be provided with your application, so get a letter from your doctor stating why you are eligible for the permit.



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## FRUSTRATIONS

by Delores Bray  
Loomis NPSA member

I need to shop. First, I encounter heavy doors, then narrow aisles, shelves are too high and too close together, check out counters aren't wide enough, and when I go to write a check, there is no place to put my checkbook to write.

I'm tired from shopping, so I'll eat out. I can't go there; there is a step, no tables to roll up to, just booths. I need to use the restroom. It is too small to maneuver around in, no grab bars, sinks are too high, and I can't reach the paper towels. I can't even shut the stall door. I need privacy like everyone else.

Today, I'd like to go to church. How can I share fellowship with others in a church that has steps. Where can I sit? If I put my

wheelchair in the aisle, people can't walk by me.

I like to take part in public activities. The museum I want to visit has steps and more than one floor, with no elevator. I'd go to the movie but I have to sit in the back, and I can't see it all.

Like it or not, I do have a home to keep up with. Oops! I dropped something and it rolled under the couch. How maddening! I wish I had one of those gadgets to reach with. Now I spilled my drink. When I finally got something to clean it up with, the stain was already there. I won't use that casserole; it's up too high and I forgot to have someone get it down for me. It's hard to do anything with my hands full of crutches or a wheelchair.

I use my wheelchair over

80% of the time and I wonder how I should work off nervous energy. Should I rant, rave, scream, cry, or throw things? I am too reliant on others. I would like to go out on the spur of the moment. I have a ramp and I can drive, but I need help to load my wheelchair. It is so frustrating to have to wait for others. I long to take a hot bath, but I need help with that, too. I'd like to talk with someone in person, not just on the telephone. My dream is a three wheeler, so I can be more mobile.

The emotional side of all of our frustrations is hard to handle. Do you ever get depressed and tired of trying to keep up with what is necessary? Do you ever wonder if it is worth the effort? I have a deep-seated anger at this disease that changed my life and the lives of my loved ones. Counseling helps, but in the end it is all up to me. I am very grateful for our Nebraska Polio Survivors Association and our Support Groups. I know I am not alone.

In spite of everything, I am still alive. I hope I have learned patience and compassion. I am thankful for modern conveniences and the public's learning to accept me for who I am. Most important, I have a devoted husband, family, and understanding friends. Yes, I have a lot to be thankful for.

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## GREYHOUND OFFERS DISABLED A BREAK

Greyhound Bus Lines' Helping Hand is a program that offers travel assistance to the handicapped. A disabled person and his attendant will be transported for the cost of one standard adult fare, one way or round trip.

Bill Christian, Omaha Independent Contractor for Greyhound, says that a statement from a physician explaining the necessity for an aide is usually required, although there are times when the need is obvious and the dis-

count is allowed without the statement.

"We do a lot of Helping Hand business between here and Rochester, the Mayo Clinic," says Christian. Unfortunately, records are not available to show how many Nebraskans have been given a Helping Hand.

Greyhound has offered the service for about five years.

Check with Greyhound regarding equipment and other details.

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**YES, VIRGINIA...**

by Charles McLeod  
Sanford, NC, NPSA member

(With apology to Frank P. Church of the 1897 New York SUN)

Yes, Virginia, there is a PPS! Your little doctor friend is wrong not to believe in PPS-- why, you may as well not believe in history. This is not a new development; the medical world has known about the Late Effects since the 1800's. Why doesn't he?

We may as well not believe in statistics, or random sampling, or medical research. Those medical journals whose mission it is to update, upgrade and continue the ongoing education of doctors have had many, many articles relating to this syndrome. We're talking leading professional publications: Journal of the American Medical Association, New England Journal of Medicine, Lancet, Orthopedics. Either

they are wrong or your friend is wrong!

True, all post-polios are not affected--as the studies show--but does that mean I can believe only what I have experienced for myself? Then I may as well discount labor pains, or space flight, or the comfort of the Resurrection.

Yes, Virginia, as long as there are boys and girls (of any age) who have polio, there will be PPS.

Sad--but true!!

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**THAT TIME OF YEAR AGAIN**

September is the month to start thinking about your annual flu shots and your one-time pneumonia shot. Discuss this with your doctor.

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**LINCOLN AREA GROUP CHANGES MEETING DATE**

by Arleen Curtis

The NPSA Lincoln Area Support Group has changed its meeting date to the second Sunday of each month. The next meeting will be September 11 in the library of the American Lutheran Church, 4200 Vine Street. (Same place, different room). Time: 2 p.m.

Mark Schulz from the League of Human Dignity will discuss

the availability of barrier-free housing in Lincoln and what changes and adaptations can be made in our present housing.

In the interest of cost-effectiveness, there will no longer be a meeting notice sent to our members. Please put this date on your calendars. YOU WILL NOT RECEIVE ANOTHER NOTICE.

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**DISABILITY BOOKLET STILL AVAILABLE AT DISCOUNT**

Our friend James W. Ross, author of SOCIAL SECURITY DISABILITY BENEFITS--HOW TO GET THEM! HOW TO KEEP THEM!, has agreed once more to give us a break in the price of his step-by-step guide to getting those elusive benefits.

Because he wants to help NPSA members in their battle, Jim asks only \$5.50 + \$2.00 shipping for the booklet (this is a savings of more than \$7).

Send to Ross Publishing Co., Dept. N, Route 3, 188 Forrester Road, Slippery Rock, PA 16057.

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**LINCOLN MEETING HUGE SUCCESS**

by Arleen Curtis

The July 23 meeting of the NPSA Lincoln Area Support Group was an unqualified success. The Kentucky Fried Luncheon was much enjoyed and went smoothly with the help of husbands (Roger Moe, Paul Curtis, Imre Bonyhady). Judy Irons and her mother did kitchen duty with coffee and lemonade. (Thanks, Judy and mom). Our speaker Dana Snyder, provided a light note with Enthusiasm as his topic and cited humor and laughter as a necessary ingredient of life. His one-liners provided us with a great deal of amusement and laughter that day. With 24 persons attending, an oft-heard comment was heard--"Let's do this again."

