KELLERMAN URGES OMAHA MEMBERS TO START SELLING --CASH INCENTIVE ADDED!

"Now is the time to start selling HAPPENINGS books for NPSA--before everyone else has made their sales," says Judy Kellerman, Chairman of this year's major fundraiser.

Although the coupon books will not be available to us until the end of August, it is neces-
See page 2 column 3

CHAIR CADDY NEW DESIGN FOR WHEELCHAIR USERS

When Dick Clark's wife had a stroke and began using a wheelchair, the Circleville, Ohio, resi-
dent found there was no place to put grocer-
ies as he pushed her through the market. And so he invented the Chair Caddy.

The caddy is a 17x12x12 basket made of heavy duty but lightweight wire coated with white enamel that fits on the back of the chair. It comes equipped with a bumper which eliminates pressure on the seated person.

Since the caddy holds
See page 4 column 2

SPOTLIGHT: THE HONORABLE JACK MCGRATH

(This is the fifth in a series of sketches in-
troucting NPSA's Board of Directors.)

"I'm really a lucky guy," says Jack McGrath. "I have so many nice people around me. And God has given me the ability to get along with people."

There seems to be no end to the number of folks in Jack's life. As Judge of the Douglas County Court since 1983, he's in a people-profes-
sion. And he's a man who enjoys many friend-
ships.

In fact, it was friend-
ship that turned his thoughts to law school. "I was about to graduate from UNO in teacher ed," he says, "when I met some friends at a bar one night and they talked me into going to (Creighton) law school. If I hadn't gone out for that beer, I probably wouldn't be a judge today."

Having had polio in 1948 at age four, Jack spent 14 months at Children's Hospital. After being paralyzed from the neck down, he was able to regain use of his arms and functioned well with

JACK McGrath

crutches and braces until recently.

"There was a point in my life when I felt embar-
rassed, ashamed--I don't know what it was. I thought people were looking at me. But I just somehow lost that as I grew up."

About five years ago Jack began noticing new weakness and fatigue. Three doctors were unable to find anything wrong. Then he read about PPS in NEWSWEEK. "I'd be terrified today to have to go through this without knowing what it is; it's the acceptance of it that has helped me mentally."

Jack now uses a wheel-
chair much of the time.

See page 3 column 1
CASHMAN REPORTS ON STUDY OF PPS DIAGNOSTIC TESTS

One interesting study discussed at the International Polio Conference in June was reported by Neil Cashman, M.D., of the Montreal Neurologic Institute. The study was designed to develop diagnostic criteria for Post-Polio Syndrome, since there now exists a good deal of disagreement and controversy over how to diagnose PPS.

Thirteen polio survivors complaining of new weakness were compared with five carefully matched patients who were stable decades after polio.

Tests were made using the conventional EMG and the single fiber EMG, and muscle biopsies were performed.

These conclusions were reached:
1) A diagnosis of new weakness cannot be made with the state of the art lab techniques now available.
2) Evidence of new denervation is common in both weakening and non-weakening patients.
3) Evidence of proximal involvement of the motor neuron was found.
4) These changes are most likely to occur in muscles previously severely affected by polio.

"This is both bad news and good news," says Cashman. "The bad news is we don't have a lab test for diagnosing the late effects of polio. The good news is that if the same changes are observed in both weakening patients and controls, then something must be superimposed on what's going on in everyone. That something may be more treatable than a motor neuron disease."

LINCOLN AND OMAHA GROUPS HEAR POLIO ASSEMBLY NEWS

Members of the Omaha and Lincoln area support groups participated in a panel discussion/rap session at recent meetings regarding information learned at June's International Polio Conference in St. Louis.

Diane McEntee of Lincoln and Charles Mackenzie and Nancy Carter of Omaha relayed details of four days' sessions on the late effects of polio. Doctors' reports were reviewed and many suggestions offered for polio survivors were discussed.

Excellent question and answer periods ended both the Lincoln and Omaha meetings. If you missed these meetings, you have missed a wealth of information.

NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT.
ELEANOR ROOSEVELT

KELLERMAN--from pg1, col 11

sary to get promises of sales in advance, before other groups get there!

"Develop your own sales team," suggests Judy. "Ask friends and relatives to sell books for us, too. This is a good way to expand."

Judy and her committee members may be calling for your support soon. Please do your best for NPSA. You may be glad you did. A $50.00 cash prize is offered to our top salesman who sells over 50 books! Other prizes may be established within the next month.

HAPPENINGS books represent hundreds of dollars in savings in two-fer coupons at major restaurants, fast food spots, theaters, museums, sports varieties, dry-cleaners, car washes, and hotels, to name a few bargains. It's likely that the books will cost around $18, although actual price has not been determined yet.

CHADRON HEALTH FAIR SEESE LATE EFFECTS OF POLIO

Once again Sheryl Merchant, Chadron Area Representative, and support group members participated in the Chadron Health Fair by manning an NPSA booth there.

Our thanks for their efforts to carry the message!
MERAMEC CAVERNS PROVIDE INTERESTING SIDE-TRIP
by Charles Mackenzie
Omaha NSPA member

We couldn't resist stop-
ning at the Meramec Caverns on the way back to
Omaha. They are located
about an hour southwest
of St. Louis. Of course the
guide book didn't say anything about the 1
1/4 mile length of the
tour.

The passageways are mos-
ty very smooth and easy
to walk. Almost the
total cavern is wheel-
chair accessible (but
they are allowed). Some
pathways are quite damp
and moder-
ately slippery. A
three-wheeled cart with
well treaded wheels
could probably do o.k.,
although I didn't ask if
they are allowed. A
steel hand rail is a
available almost every-
where along the tour.
The tour did stop peri-
odically, which gives
you time to catch up if
you lag behind.

The tour is impressive.
The diversity and gran-
deur is truly impres-
sive. If you've never
seen a major cavern, put
Meramec Cavern on your
shopping list the next
time you are in south-
eastern Missouri.

GRAND ISLAND NSPA GROUP
INVADES SHOPPING MALLS

The Conestoga and Grand
Island Malls were sites
for our NSPA booth June
6 and 7.

Kathy Hendrickson, Grand
Island Area Representa-
tive, and support group
members Lorraine Hard-
ers, Alice Dubbs, Dar-
lene Moffett and Pat
Wicker handed out bro-
phies and other NSPA
materials, and the Mac-
Neil/Lehrer video was

What a great way to help
spread the word about
the late effects of po-
lio!

SEVEN WEEKS AT ST. MARYS IN ROCHESTER--A REPORT
By Tim Zingale
Iowa NSPA Member

I spent nine days in the
acute care part of St.
Marys and the rest of
the time on the rehab
unit learning to live
with the Post-Polio Syn-
drome. It is important
for any post-polio to
have good overall med-
cal care. I found that
I was bleeding from
the esophagus and had
tumors, all caused by too
much acid in the esoph-
agus. This was caused in
part by too many anti-
inflammatory drugs over
the years that kept
joint and muscle pain
liveable. Because of
this, no more anti-in-
inflammatory drugs for me,
and I am on other medi-
cation to keep the acid
under control.

I was assured at Mayo
Clinic by Dr. Windebank,
a neurologist who has
done research into Post-
Polio Syndrome, that it
is real, it does have
symptoms, and it can and
does cause changes in a
person's lifestyle.

His approach is to build
up those muscles that
can be built up, but
overuse is to be avoi-
ded. He recommends crut-
ches, braces, wheel-
chairs, whatever, to
make it easier to get
around so as not to
stress the body, and to
learn to pace oneself.

PLEASE SUPPORT
HAPPENINGS
SALES

- 3 -
FINE WORDS BUTTER NO PARSNIPS
or
JUST GIVE ME THE FACTS, MA'AM

Our governor has announced that we're not handicapped—we're simply "people with special needs." Well, how can we blame her—who knows who her advisors are. There are lots of people around these days who'd rather call a spade an elongated excavating device.

We see it all the time. I got something in the mail not long ago for the "handicapped." Get it? Handicapped and capable-handicapped. Yah I know. Too cute for words, isn't it. Don'tcha love it!

We're also the "physically challenged." Boy, are we ever the physically challenged!

Who thinks this stuff up? Who is it who decides that people with handicaps shouldn't be

NOTICE NOTICE NOTICE

CONFERENCE NEWS--PART II

Since in July we didn't begin to cover all we brought back from the Polio Conference, we will continue with topics such as Pain, Fatigue, and Bracing at the Omaha area support group meeting, August 2, 2 p.m., Rejoice Lutheran Church, 138th & Center.

Come prepared to ask questions—your participation will make this a super meeting!

called people with handicaps? What is their problem, anyway?

Are these the world's do-gooders, saving us from the humiliation of being called what we are? Do they find the word handicapped somehow offensive? Do they find US offensive? Do they think that if they call us something else we will BE something else?

Well, I don't need to be saved. It's o.k. with me if you want to call my handicap a handicap. See, I don't happen to find my condition humiliating. A pain in the neck, maybe (among other


And please don't write to explain about the necessity for preserving my dignity through euphemisms and other word games. I know the argument—I just don't buy it.

So thanks for the help, folks, but no thanks. You just go right on thinking up new things to call my handicap, and I'll just go right on saying how silly they are, and we're all gonna get along fine, whoever you are.

nbc

CHAIR CADDY--From pg 1, col 1

twenty-five pounds without tipping an empty chair, Mrs. Clark and others have found it a handy tote for many things such as crocheting paraphernalia, books, a raincoat, or sweater.

With a lifetime guarantee, the caddy costs $79. It can be purchased from Jay McGinnis, Machinery Repair and Manufacturing, 1835 Chippewa Drive, Circleville, OH 43113, 614/474-5596.

Nancy B. Carter
Nebraska Polio Survivors Assoc.
P.O. Box 37139
Omaha, NE 68137
(402) 895-2475

- 4 -
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!

PATRONS--Individuals who contributed $500 to $999
ANONYMOUS, Omaha, NE

BUILDERS--Individuals who contributed $100 to $499
JO ANN LEHNHOFF, Omaha, NE
JO ANN K. SCHARF, Schuyler, NE
DR. BYRON W. TULLIS, JR., Lincoln, NE

FRIENDS--Individuals who contributed up to $99
LINDA ALLEN, Omaha, NE
CLARICE ANDERSEN, Blair, NE
VI ANDERSON, Omaha, NE
GARY & CHARLIE ANDERSON, Keystone, NE
ORVILLE & ELEANOR BALDWIN, Hebron, NE
STANLEY BALDWIN, Hebron, NE
VIRGINIA BALLANTYNE, Omaha, NE

Please accept my check as only a small token for all that NPSA has done for me. I'm very proud to be a member of this special association. It makes having polio so much easier to bear, knowing others share the same "ups" and "downs" you do. Thank you for all you do.

Sincerely,
Phyllis Cunningham,
Columbus, NE

JIM S. BALLAS, Lincoln, NE
DORCAS M. BEAM, Lincoln, NE
LOIS A. BERGIN, Lincoln, NE
MARGARET BISHOP, Bennet, NE
MARCIA BREDAR, Omaha, NE
ANONYMOUS, Chadron, NE
LOIS & DOUG BROWN, Edmonton, Alberta, NE
DOLORES N. BROWN, Omaha, NE
ALETHA E. CALLIGAN, Madison, NJ
MR. & MRS. DON CARSEY, Omaha, NE
BILL & NANCY CARTER, Omaha, NE
FRANK & BETH CEJKA, Lincoln, NE
MRS. J. E. CONWAY, Hastings, NE
H. ROBERT COWLES, New Cumberland, PA
ANONYMOUS, Omaha, NE
WALTER CRAMBLET, Gordon, NE
PHYLLIS CUNNINGHAM, Columbus, NE
ARLEEN E. CURTIS, Lincoln, NE
DONNA M. DAVIS, Castana, IA
TOM DAWSON, Temple Hills, MD

The GLEANINGS this month was one "swelluva" letter. Very informative, and personally right on the button. I have had to quit my beloved job--school cafeteria cook--after close to 25 years. I also needed a reminder to send a check. I'm only sorry it isn't much more.

Very sincerely,
LeEdda Hinsley
Omaha, NE

ANDREA A. DAY, Atascadero, CA
JUDY EBEBERT, Minatere, NE
DELORES E. EMBRY, Swan Quarter, NC
PHYLLIS ENGSTRAND, Braddyville, IA

Your appeal in the last GLEANINGS has prompted me to do what I have intended for a long while to do--make a contribution in appreciation for the information you have been sending.

Bob Cowles
New Cumberland, PA

RANDY RAY ERB, Milford, NE
RANDY ERB, Milford, NE
GEORGE FERRIS, Archer, NE
DEAN F. FINN, Grand Island, NE
JIM & ANN FRAZIER, Cozad, NE
ANONYMOUS, Kingman, KS
MADELINE FRIEDRICH, Omaha, NE
WILLIAM H. GAEBEL, Louisville, NE
MARIE R. GALDA, Omaha, NE

I just wanted to drop you a short note to say thanks. The effort...put into the NPSA is greatly appreciated. ...I wish my check could be larger, as I know how difficult it must be to raise funds. Thank you again.

Sincerely,
Rod Welander
Fremont, NE

DONNA GARWOOD, Lincoln, NE
LAURA A. GERMAN, Spalding, NE
ANONYMOUS, Chadron, NE
FRANK GRASSO, Omaha, NE
WAYNE GREEN, Plattsmouth, NE
LeROY & CAROL HASEMANN, Elkhorn, NE

(over)
MARCELLA M. HAYEN, Scottsbluff, NE
EUGENE & CAROLYN HIGGS, Ashland, NE
JANE HILES, Omaha, NE
LeEDDA HINSLEY, Omaha, NE
PAT JOHNSTON, Thedford, NE

I am grateful that you continue to bring news from the medical field of post-polio. I am anxious to hear about the St. Louis meeting. Please count my donation in our "numbers" game.

Sincerely,
Phyllis Engstrand
Braddyville, IA

MRS. L. A. KALBER, Omaha, NE
GARY & MARY KINNIER, Redlands, CA
MR. & MRS. LAWRENCE KONECK, Omaha, NE
ANONYMOUS, Elkhorn, NE
LOIS KRAUTKREMER, Papillion, NE
ARLINE R. KUHLMAN, Lead, SD
IMA E. LACY, Scottsbluff, NE
ELSIE LEONARD, Bassett, NE
MARGARET LEPPER, McCook, NE
BETTY LUPHER, Minatare, NE

I appreciate the newsletter. Hope this check helps so I can continue to receive it.

Elsie J. Leonard
Bassett, NE

SHIRLEY MANNING, Lincoln, NE
FLORENCE MAXWELL, Omaha, NE
MRS. J. W. MCDERMAND, North Platte, NE
DIANE D. McENTEE, Lincoln, NE
ANONYMOUS, Grand Island, NE
MARY McIntOSH, Fremont, NE
VIVIAN MELENA, O'Neill, NE
MARGARET M. MIKSCH, Platte Center, NE
MAXINE NELSON, Colby, KS
BETH NOBLE, Albion, NE

Sorry it can't be more, but am 79 and live on my S.S.--enjoy the newsletters and hope you can keep on, keeping on.

Betty Peck
Fairfield, NE

MRS. ROBERT F. OCKER, Hastings, NE
BETTY PECK, Fairfield, NE
MARLENE PERKINS, Lincoln, NE
BESSIE PICKEL, Hemingford, NE
MARY RIEKE, Omaha, NE
JOE ROBERTS, Valley, NE

The check enclosed is not much, but every little bit helps. Hopefully more and more dollars are coming in to you...thank you for the newsletters.
Mary McIntosh
Fremont, NE

DELLA ROEBKE, Beatrice, NE
SHIRLEY J. ROEMMICH, Scottsbluff, NE
SHARRON L. SCHEIDT, Lincoln, NE
MILDRED SCHWINDT, Lincoln, NE
SUSAN SEIDLER SKULSKY, Omaha, NE

Thank you for all the information on polio survivors. I'm a nurse and work at our medical clinic in Ogallala. I've made copies of all the information you have sent and given them to all our doctors. Thank you.

Gary and wife Charlie Anderson
Keystone, NE

E. ANN SWANSON, Omaha, NE
SUSAN TERRUENE, Lincoln, NE
MAXINE GATES UNLAND, N. Hollywood, CA
ANONYMOUS, Chadron, NE
RUTH VAN ZANT, Peru, NE
ROD WELANDER, Fremont, NE
BARBARA WIDICK, Farnam, NE
EDNA WINK, Lincoln, NE
ROSA WRAY, Indianola, NE
ANDREW WUSTER, Lincoln, NE

HELP MAKE OUR GOALS APPEAR!

- 100% - - -

- 75% - - -

- 50% - - -

- 25% - - -

Today - 9% - - -

This list reflects only donations received through July 10, 1987.