REMEMBERING

Wiley Mitchell was 24 and the father of two young sons when he contracted polio in September 1944. Shortly thereafter his beautiful wife Adeline accompanied him to the Georgia Warm Springs Foundation.

"The ambulance picked us up in Atlanta and drove us to Warm Springs," says Adeline. "It was nighttime, and the moon shining through the tall pines made everything look eerie. It was scary. Actually, we found Warm Springs to be a gorgeous place by daylight. But what a beginning!"

Wiley was bedridden at the beginning of his stay, and so could not get down to the dining room for the traditional Thanksgiving festivities, presided over by President Franklin Delano Roosevelt.

"Imagine our surprise when FDR showed up in Wiley's ward, smiling, joking, and greeting each patient personally," says Adeline.

"He was in his wheelchair.

See Pg 2, Col 3

IT'S PLEASURE PAC TIME AGAIN!

It's Pleasure Pac Time again! Pleasure Pac sales are the greatest fundraiser for the NPSA. The sales of Pleasure Pacs last year enabled NPSA to sponsor the First Post-Polio Update 1989. The success of the Pleasure Pac sales made the Update affordable for all our members.

Board member Patsy Kravchuk is once again the organizer of NPSA's Pleasure Pac fundraiser. Patsy's endless energy will help insure the success of this year's fundraiser. She is already getting volunteers to call our members to get orders and ask them to help sell Pleasure Pacs.

Because of our success last year, we will be able to have our books ready for sale at the end of August; this is several weeks before the majority of other organizations receive their books. The price of the books will be $20.00.

Our goal this year is to sell 2,000 books. Last year we came close to our goal with the help of not only our members, but their families and co-workers as well. Patsy suggests that we begin immediately taking orders from our families and friends. By taking orders early, our books can be available immediately at the end of August. For those members in outstate Nebraska, you might consider making a gift of Pleasure Pac to an Omaha relative or friend. These books come with a label about NPSA and help spread the word about our association.

Get your sales pitch together and start taking orders!

START SELLING PLEASURE PACS NOW!!

NOTICE

NPSA's Board of Directors will meet Sunday, July 9, 1989, at 3:30 p.m. at the IBM building, 450 Regency Parkway.
MY THOUGHTS ON 3-WHEEL ELECTRIC CARTS
by Arleen Curtis, Lincoln, NE

You've seen the ads--now you can go anywhere, they say. On TV, they depict a woman on her cart, playing cards in someone's house. Except how many houses have you seen without steps?? You can get to church and the grocery store, says the ad. But is the church or the grocery store within a few blocks or do you have to travel on a heavily used main street or highway to get there? Yes, the larger models have the power to take you almost anywhere (if you have the nerve). But you probably need a means of transporting the cart and getting it in and out of your car/van, etc., unless you are planning to use it exclusively in the house and nearby. There are a number of choices, sizes, abilities. I rented a small Amigo Mobility cart last Fourth of July. My husband thought it was great. He could pick it up with ease and put it in the trunk of the car. If the cart won't make it up the curb cuts going forwards, run it backwards. Now a curb cut is not much of an incline! But, then again, it did get me up the curb cuts, albeit slowly, and it got me all around a two-block square. It accomplished what I needed at the time, and I didn't get tired out.

The larger carts, e.g. Rascal, Pioneer-Scientific, are heavy. A trunk lift is available. The seat must be removed (it's padded, therefore heavy); the heavy motorized hoist must be lifted on and off the base. Alternative lift devices are: a platform on the outside of your car; a ramp; and, the ideal, a motorized lift into a van.

Once seated in your cart, you can indeed make it up and down steep inclines (putting it in reverse on a steep hill helps stop a slide!). The weight of the cart negates carrying it up and down steps; one step or curb is manageable. It works on rocky park grounds. Shopping in a mall or doing a museum is wonderful.

There is a psychological perception connected with this cart. People think it looks like fun. A wheelchair seems to announce to the world that you are helpless. When you're driving that cart, you are in control. And isn't that a feeling we enjoy! Insurance will pay for a good percentage of the cost if your doctor writes a prescription for it and says you need it all of the time, including in your house. Of course, you will need a house that allows turn around space. If you are using it almost exclusively indoors, the smaller type might be better than one of the larger ones.

As with everything else, we all have different needs and different muscle strength, and it depends on who we have to call on for help, as well. For those of you who are weighing the pros and cons of such a purchase, I hope this commentary will help.

LUNCHEON IN LINCOLN - JULY 9

The time will be 1:30 p.m. (not 2:00) for the second annual luncheon of the Lincoln Area NPSA Support Group.

The Date: July 9.

The Place: the meeting hall of the American Lutheran Church, 4200 Vine St.

The Menu: Kentucky Fried Chicken, beans and cole slaw catered in. Dessert, too.

Contact Arleen Curtis for reservations.

Cost: $2.75 (Paid in advance, please)

Come join us for the fellowship.

Wiley—from Pg 1, Col 1

No one else ever saw him in a wheelchair, but with us he felt safe. He was among his polio friends."

Wiley stayed till Spring, finally allowed to go home after proving he could walk independently with crutches and fully take care of himself.

"We drove home through the South," Adeline says. "Everything was gorgeous. It was the most wonderful time of our lives."

Wiley died in Hebron, Nebraska nearly two years ago after a very productive life. As with most of us, he knew good times and bad, but he never forgot the influence of his Warm Springs experience.
For those people outside of the Omaha Area who are unable to help by selling Pleasure Pacs, please assist NPSA with a contribution or memorial donation - See Page 4
HELP CONTRIBUTE TO NPSA's CONTINUED SUCCESS
Please fill in the following form and send with your contribution to
Nebraska Polio Survivors Association, P.O. Box 37139, Omaha, NE 68137.

PLEASE PRINT OR TYPE

DATE ________________
ENCLOSED IS MY GIFT FOR $ ________________
MADE PAYABLE TO: NEBRASKA POLIO SURVIVORS ASSOCIATION.
MY NAME ________________________________
STREET ________________________________
CITY ___________________ STATE _________ ZIP ________________

C-L-I-P

HOW TO SEND A MEMORIAL OR COMMEMORATIVE GIFT
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 at the bottom of the page.

PLEASE PRINT OR TYPE

DATE ________________
ENCLOSED IS MY GIFT FOR $ ________________
MADE PAYABLE TO NEBRASKA POLIO SURVIVORS ASSOCIATION.
MY NAME ________________________________
STREET ________________________________
CITY ___________________ STATE _________ ZIP ________________

IN MEMORY OF ________________________________
or
IN HONOR OF ________________________________
TO COMMEMORATE ________________________________
(indicate special occasion--birthday, anniversary, get well wishes, etc.)

SEND CARD TO:
NAME ________________________________
STREET ________________________________
CITY ___________________ STATE _________ ZIP ________________

Each Gift to NPSA is Deductible for Tax Purposes
QUESTION:
I've heard that emotional responses to PPS are similar to those who have post-traumatic stress disorders. Do you agree?

ANSWER:
Post-traumatic stress disorder is a specific group of behaviors that are usually only in the emotional realm and do not, necessarily, result in physical changes. They are also short term because there is this particular event that happened and then they adjust. People with Post-Polio syndrome are responding to a series of changes, and so you don't have the same kind of stability, because there is that lack of predictability of what you can expect. So in that sense I think that the emotional instability is probably greater long term for people with Post-Polio syndrome than for people dealing with a specific event that they can then figure out a system to deal with.

QUESTION:
After developing to a point that my self-esteem was okay after the active stage of polio through childhood to young adult, to work as a professional minister, now having to give up work and not care for others, how do I develop this self-esteem again?

ANSWER:
You can still care for others. The quantity of others that you can care for are probably going to be fewer, but if you identify with those people that you want to interface with and the quality of that work is meaningful to you, then that it's the quality rather than the quantity that is going to give you that sense. If as a minister you have access to training other ministers, that does not require the same extreme energy usage as having a full congregation; you will be doing immense good work. The same way, I have the choice, do I treat 100 families or do I come to a conference like this and do 4 other conferences a year training other health professionals which is going to have actually the broadest help. I could drain myself to death by dealing directly with the 100 families, but I am probably impacting on some 5,000 families by the teaching and training work that I do.

QUESTION:
Can the denial of our disability contribute to a dysfunctional family situation similar to the alcoholics denial of the problem of being a cause for a dysfunctional family?

ANSWER:
I don't know what you are defining as a dysfunctional family. Denial tends to be a useful defense mechanism. It allows us to go through a great deal of unhappy situations. I don't like taking people's denial away unless they have something else to substitute it for, and so again, it means identifying some of the other issues that would be helpful to you if there are things in your family that you would like changed that may be separate from what is going on with you and Post-Polio. I think it is very important that we don't decide that everything that happens to you and your particular family is only because you have this virus, or because you are having some new problems. There are enough life stage changes that are bombarding us all of the time that are going to impose other kinds of emotional stresses. If you think that you have a dysfunctional family, that is going to create an emotional stress on you, which will deplete your energy further in terms of dealing with the limitations imposed by post-Polio Syndrome. If you think that you have a dysfunctional family you can get involved with any family service agency and get treatment for that, and if that takes that stress off of you, then that allows you to have more energy to deal with the other physical needs.
Like many others, I was a real autograph hound as a kid. On the last day of my stay at the polio clinic at Warm Springs, Georgia, I buzzed into my doctor's office, thrust my plump little book before him, and asked him to sign up.

He reached for a pen and in a twinkle wrote, "To Nancy--May she always keep her chin up!" To a girl whose neck muscles offered less than a shred of a chance of lifting a chin, this was clever stuff.

In recent years I have experienced quite a bit of muscle deterioration and loss of function. It's not easy. But now there is a glimmer of help. I am going to California to have an operation. If it works, maybe for the first time since I had polio I will actually be able to "keep my chin up."

I don't mind telling you that this surgery bit scares me silly. I keep reminding myself that there are no mistakes in God's world, and that whatever happens is o.k. It could be very positive. As Dr. Jacquelin Perry told me. "The surgery is probably your only future." Then I'll take the chance, thank you.

I will be gone a few months. NPSA will continue to move forward in the more than capable hands of Gloria Kass, who will answer the mail and the phone; Marlene Orton, who will help keep the support groups chugging along; and Marcia Bredar, who will edit the newsletter, starting with this one.

The Board of Directors will be at the helm, and NPSA will not neglect its mission.

We will keep fighting to have polio clinics in Nebraska. We will expand our support group network throughout the state. We will develop a directory of Nebraska physicians interested in post polio. We will act in the tradition of Polio Update '89.

As always, we will depend on you, our 2,000 (and growing!) members for guidance, inspiration, and just plain help. It is you who tell us what you need, and you who work for NPSA so that we can all share the benefits. We count on you.

And so, dear friends, this is it for a while. The next time we meet, I'll be the one with the smile on her face and her CHIN IN THE AIR!

Till then...

Nancy Baldwin Carter

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

FORWARDING AND RETURN POSTAGE GUARANTEED
ADDRESS CORRECTION REQUESTED