LINCOLN GROUP TO HEAR MARLENE ORTON
Meeting Date Changed
Marlene Orton, NPSA Board Member, will give a slide presentation at the next Lincoln Area NPSA Support Group meeting on March 5 (one week early) at 2 p.m. in the library at American Lutheran Church, 4200 Vine Street.

Marlene will discuss our upcoming Polio Update '89, the Late Effects of Polio, and NPSA as it works for all of us.

Since Marlene will be driving in for this meeting, we hope all Lincoln members will make a special effort to be there. We can all keep warm by giving Marlene a rousing Lincoln welcome. We need you for this one. Please come!

HASTINGS MEETING SITE CHANGED
NPSA's Hastings Area Support Group has a new meeting place. Judy Bradford, Hastings Area Representative, announces that future meetings will be held at The Kensington.

MORE ON POLIO UPDATE '89
Plans are falling into shape beautifully for NPSA's April 1 Polio Update '89 at the Red Lion Inn, 16th and Dodge in Omaha.

Registration will begin at 8 a.m., followed by two speakers in the morning and two plus a panel in the afternoon.

Coffee breaks are designed especially to provide enough time for a little rest between speakers if you desire, to give you an opportunity to examine the equipment exhibits that will be available, or to talk with the doctors and other polio survivors at the conference.

Red Lion has agreed to furnish couches in the coat room adjacent to our meeting room for those who need to lie down periodically throughout the day. However, if you want to be certain that you have a place to rest when you need it, you can rent a room for the occasion. Several people going together could minimize this expense. Parking in the Red Lion garage is included in your registration. Bring your parking tickets to be validated at registration.

A lovely meal is furnished as a part of your registration fee as are two coffee breaks, so that you will not have to forage for food. In addition there will be a special surprise for our first registrants.

NPSA is doing everything possible to make this the most enjoyable and productive conference possible. Show us your enthusiasm for this effort by registering.

Schedule - Polio Update '89
April 1, 1989

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<td>Welcome and Introductions</td>
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<td>Welcome and Introductions</td>
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HANDICAPPED TRAVEL
by Arleen Curtis

I’ve just returned from a cruise and my mind is abuzz with thoughts on handicapped travel. As my physical ability decreases, my fears of travel problems increase.

Beforehand, I was worrying, “Will I be nauseous, will I lose all my energy in the middle of the trip?” A rented wheelchair used for the first three days probably saved enough energy to allow me to last for the week. The fourth day, I switched to crutches so friend husband could sit and read quietly while I enjoyed the freedom to come and go and observe.

The cruise line provides what help they can but shore excursions were chosen with ease in mind. Handicap cabins are available but everywhere else the restrooms are not accessible to a wheelchair. My travel agent tells me he was arranging for a ramp for a client. Perhaps one ramp in the area of major activity would help a great deal. Otherwise, if unable to step over a lip, only your own cabinet would be accessible for restroom use in a wheelchair.

The pool area lounge chairs are low and the plastic webbing provides no support to push against in order to stand up. If someone invited me to sit down and offered help in getting up again, I enjoyed some restful sunning. Swimming in the pools might be a good possibility for some. I waited for an afternoon on a beach for my swimming when I could remove the braces and pull myself into the water.

The meals and the evening entertainment were fabulous. The midnight buffets were beyond my energy capacity or my eating capacity.

Activities abound on board ship. If you can’t or won’t participate, it’s fun to watch. Wheelchairs don’t do well on bumpy streets but are fine indoors or on smooth floors. Shore excursions can present problems or you settle for what you can do. Don’t be afraid to travel—a cruise is probably one of the easiest ways.

I’ve traveled in Europe alone in my better days (1982), using crutches as my “speed feet.” The most important advice would be not to overpack. My husband and I managed with two backpack carry-ons and one piece of luggage for a 2-week trip in Europe in 1986. Everything is mix-match with one matching jacket, with an occasional washing in the hotel sink. Since I can carry the back-pack but not the luggage, it seemed only fair to lighten the load for the dear man who says “My wife makes the arrangements, I just show up to carry the luggage.”

Know your abilities and do what you can. I Won’t stop...
Bill Forster, NPSA member from Lincoln, died on Jan 21, 1989, at the age of 60. Carolee, his wife of 34 years, writes “Information provided by your organization helped so much. Knowing there were others going through the same thing helped. By the time we knew the support group existed, Bill’s pain made attending meetings all but impossible. One of my regrets is that we did not know about your group sooner. There are still people who’ve not heard of you. When I meet them, I tell them.”

Bill served as an outstanding administrator, and held degrees in business administration and psychology. Carolee describes him as a man with “a magnificent mind and magnanimous heart.”

Carolee has requested that memorials in Bill’s name be given to the Nebraska Polio Survivors Association.

GRAND ISLAND GROUP CELEBRATES SECOND YEAR

Grand Island Representative Kathy Hendrickson reports that the NPSA Grand Island Area Support Group will celebrate its two-year anniversary at the Bonaza at 2 p.m. on March 12.

Come on out and join the fun!

HOLDREGE FUNDRAISER PAYS OFF AGAIN

Holdrege Area Representative Delores Bray has forwarded another $50 check from the NPSA Holdrege Area Support Group’s ongoing aluminum can fundraiser.

Keep up the good work gang!

Register Today for Polio Update '89

NOTICE

NPSA is subsidizing your cost of Polio Update '89 so that everyone can afford to attend. Now we need for you to register and be there.
REGISTRATION FORM
NEBRASKA POLIO SURVIVORS ASSOCIATION - POLIO UPDATE '89
APRIL 1, 1989
(8 A.M. TO 5 P.M.)

NAME ___________________________________________ SOCIAL SECURITY # ________________

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ALUMNUS OF CREIGHTON? ___________  FACULTY OR STAFF OF CREIGHTON? __________

☐ I AM A POLIO SURVIVOR
☐ I AM A RELATIVE/FRIEND OF A POLIO SURVIVOR
☐ I WILL BE DRIVING A VAN TO THE CONFERENCE
☐ I WILL BE USING A WHEELCHAIR AT THE CONFERENCE
☐ I WILL NEED AN ELECTRICAL OUTLET DURING THE CONFERENCE

Enclosed is my check or money order made payable to UNMC, Continuing Education, in the amount of:

(Please check the appropriate space)

$75 Health Professional (Each)    $15 Polio Survivor or Family Member (Each)

Payment: __________________________

Check or money order payable to UNMC, Continuing Education, enclosed.

Charge to my: __________  MasterCard __________  Visa: Card Number: __________

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Return to: Center for Continuing Education, University of Nebraska Medical Center, 42nd Street and Dewey Avenue, Omaha, Nebraska 68105-1065, (402) 559-4152. TO REGISTER BY PHONE, CALL (402) 559-4523 or use our toll-free MED CONSULT NUMBERS AND ASK FOR CONTINUING EDUCATION. In Nebraska (800) 642-1095. All other states (except Alaska), call (600) 228-9630.

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CONTRIBUTIONS

We thank the following people who have sent cash contributions to NPSA.

BENEFACTORS--Individuals who contributed $1000 or more
ROBERT ALLINGTON, LINCOLN, NE
ANONYMOUS

FRIENDS--Individuals who contributed up to $99
DR. JACK L. ANDERSON, Las Vegas, NV
PAUL & NONI ANDERSON, PRESCOTT, AZ
DOROTHY CANTRELL, Moses Lake, WA

I have been meaning to send something to help out with expenses, so here it is. I appreciate all your good work and the information available—and always look forward to Gleanings!

Millie Schwindt
Lincoln, NE

MARGARET V. CLAEYS, Roswell, NM
JO ANN EDMONSON, Manilla, IA
DOROTHEA GEHLE, Grand Island, NE
RICHARD HANISCH, M.D., St. Paul, NE

Just received my January Gleanings and as usual you came just when I needed a lift, and this it did. The articles were super. You put into words what I am dealing with. Thanks.

Dolores King
Lingle, WY

DAVE HARRIS, Blair, NE
MICHAEL D. HAVLIK, Omaha, NE
ANNE HEANEY, New York, NY
JANE HILES, Omaha, NE
MARGARET LEPPER, McCook, NE
VIVIAN MELEVA, O’Neill, NE

As a subscriber to Gleanings, I was moved by the article “Buck and Winging it.” My best friend found out about the newsletter after I confided in her about problems I was starting to have. She put my name in the listing for the newsletter, and now my doctor and I learn together. Thanks, and may God always grant you His blessings!

Sherry Davis
Oak Grove, MO

MILDRED SCHWINDT, Lincoln, NE
DONNA J. SMITH, Cozad, NE
KAREN A. TRINDLE, Seward, NE
FRANCIS V. WIESE, Minatare, NE
TIM ZINGALE, Fort Dodge, IA

I really appreciated the last Gleanings. I read awhile and cried awhile. Doctors seem to think my problem is stress and exhaustion, so you can see why the Gleanings is so meaningful to me. The conference sounds exciting.

Delores Bray
Loomis, NE

MEMORIALS

In Loving Memory of
E. Dale Grove
From Violet L. Grove, Holdrege, NE
In Loving Memory of
Bill Forster
From Carolee Forster, Lincoln, NE

In Loving Memory of
Helen Sherman
In commemoration of her birthday
From Bobbie-Jo and Dale Harris, Chillicothe, OH

In Loving Memory of
Bill Forster
From Mary and Jan Lane, Lincoln, Ne
In Loving Memory of
Jerome R. Davenport
From Eleanor Baldwin, Hebron, NE
ON ACCEPTANCE

It's a fact. This body of mine is not user-friendly. It is complicated, complex, and often downright contrary.

In late November I was lying in bed talking on the telephone when my shoulder dislocated. My left shoulder -- the GOO.D shoulder. This is the arm that reaches and holds, the one that "controls" my head, the one that does all the work. Without it things in my upper body do not work well. After 40 years of serving as two arms and a neck, it has decided to take a long breather.

Somehow my whole body got involved. For a period of time I was weak all over. After recovery I am feeling better, but am not much more functional.

NOTICE NOTICE NOTICE

A. L. Lorenzo, M.D., with Rehabilitation Service at the V.A. Medical Center, will be the Sunday, March 5th speaker at NPSA's Omaha Area Support Group.

Dr. Lorenzo will talk about evaluation of post polio problems.

Final details regarding Polio Update '89 will also be revealed at this meeting.

Join us at 2 p.m. at the IBM building (450 Regency Parkway). Use the North door.

Enjoy our fellowship and Patsy's homemade cookies, and learn something all at the same time.

My mother came to help. I need help. I must be bathed and fed. Hubby finds himself on nighttime bedpan duty and shampooing my hair on Sunday mornings. A nurse comes in three times a week.

NPSA work is parcelled out to family, friends, and members. We make do as best we can.

My polio doctor is mildly optimistic. Total bedrest may return some of what appears to be lost. But total bed rest is not my cup of tea. Once I was bemoaning my fate to my doctor. "I have to be fed," I wailed, "and I can not even hold a book or write or type."

"Accept it Nancy," she said. And she is right.

Once I stop fighting, resisting what is happening to me, and accept this simply as the way things are, then it no longer seems difficult. I can do this today because it has to be done. It is the way things are.

It is a lesson in humility. And I am learning. But I'll tell you the truth, folks--I can't help wondering how many lessons are yet to come.

nbc

DON'T TAKE SOMEONE ELSE'S WORD FOR IT--

ATTEND POLIO UPDATE '89 YOURSELF.

THERE IS NO SUBSTITUTE FOR THE REAL THING

SHOW US THAT YOU CARE BY BEING THERE.

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

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