BOOK OFFERS HELP GETTING S.S. DISABILITY BENEFITS

An excellent softcover book entitled SOCIAL SECURITY DISABILITY BENEFITS: HOW TO GET THEM! HOW TO KEEP THEM! is being offered through assistance from Family Circle magazine.

The book, written by former U.S. Congressional Aide James Ross, gives important details on making the application, exactly what to do. See page 2 column 1.

STATE COORDINATOR TO HOLDREGE MEETING MAY 17

Nancy Carter, State Coordinator for NPSA, is scheduled to speak at a May 17 special meeting of the Holdrege area support group to be held at 2:30 p.m. at the Phelps County Agricultural Center.

She will talk about what's happening with Post-Polio Syndrome today, what our state organization is doing for you, and where we stand nationally. There will be a question and answer period, and recent materials will be offered.

See page 3 column 3.

DOUBLE HELP IN RIVER CITY

ANDY'S SHOE REPAIR

Andy Di Mauro is a busy fellow. As a shoe repairman extraordinaire, he hears from people from miles around who want him to work his magic on their shoes. At a time when many of us had begun to believe that making the special modifications we need on our shoes was a lost art, NPSA member Linda Buscher introduces us to Andy, who has corrected her shoes for years.

If you take in the sleeve (the metal piece the brace fits into) Andy can put it in the heel of your shoe. If the heel is not solid, he can usually replace it so the sleeve can be inserted. He can also put it in hard crepe or gum crepe heels. He does lifts, changes arches, and works with many other special problems.

"I have to see how the shoe is constructed before I know for sure what I can do," says Andy. "I can do anything to a shoe within reason. I'm not going to make the shoe, but I'll work

See page 3 column 3.

CORBALEY FAMILY SHOES

Lew Corbaley's family has been in the shoe business since 1918. Lew himself sold his first pair of shoes 50 years ago in his dad's Benson store. He remembers well his first customer, a milkman for an independent dairy, whose son still comes to Corbaley's. He remembers because people are important to Lew Corbaley. See page 2 column 2.

LEW CORBALEY
LINCOLN GROUP TO HEAR SLEEP CENTER SUPERVISOR
by Helen Cranford

On May 31 George Dungan, Supervisor of the Sleep Physiology Center at Lincoln General Hospital, will speak at the Lincoln area support group meeting on SLEEP DISTURBANCE. This will include sleep apnea and respiratory problems and various methods of coping with sleep disturbances. Since many polio survivors have trouble sleeping, this should be of great interest.

The meeting is at the American Lutheran Church 42nd and Vine at 2 p.m. Hope to see many more new faces there!

WALKER MEMORIAL HELPS STATE POLIO ORGANIZATION

Lyle and Virginia Walker Omaha area support group members, and John and Mary Jane Taxis of Sandwich, Illinois, made a much-appreciated donation to the NPSA treasury in memory of their mother who passed away February 24 at age 87.

DISABILITY—from pg l c.1 if you are turned down, and how to prepare for your hearing.

To order the 104-page book (which won an award from the National Organization for the Disabled for helping disabled Americans win disability cases) send $9.95 to James Ross, Route 3, Dept. FC, Slippery Rock, PA 16057.

NPSA MEMBER LARRY BERGIN DIES IN LINCOLN AT 54

Larry Bergin, 54, Lincoln area support group member, died March 31 at Lincoln General Hospital after a short illness.

Larry and his wife Lois have been boosters of the NPSA from its beginning, and were instrumental in starting the Lincoln area group.

Larry took an active role as a greeter at the meetings, and also made a mean cup of coffee for members to enjoy in fellowship. We will miss him and the dedication and enthusiasm he brought to our organization.

CORBALEY—from page 1, column 3

The store's slogan suggests another reason why Lew's CORBALEY FAMILY SHOES is important to many handicapped persons: "We Would Rather Miss a Sale Than Miss a Fit."

To get that fit, Corbaley's carries many shoes clear down to children's sizes. They deal with companies that, for a $15 service charge, provide mismatched shoes, split sizes for those whose feet are not the same size. When a shoe company won't mismatch, Corbaley's will sell you the two pairs you need for the cost of 1½ pairs, just barely breaking even themselves.

A certified pedorthist, Lew can fill prescriptions for special fit and modifications in shoes. "We work closely with orthopedics people," says Lew. "If shoes won't work for a brace or if the doctor doesn't approve, we take them back and try again."

Even for ordinary sales, Corbaley's carefully trains their 15 salespersons. "Our people actually sit down and wait on you," says Lew. "We measure your feet and do the whole thing. We might go so far as to let you pick our the style you want," he jokes, "but we think the fitting is up to us. We don't just ask you your size and hope it fits."

Corbaley Family Shoes is at The Crossroads, 72nd & Dodge, Omaha, NE 68114 393-1212.
GABY'S GLIMMERINGS

by Cynthia Gabrielli Haag

Before I joined NPSA, I had been having a great deal of difficulties. I had been unable to cope with some big changes in my life. After having struggled to get my life under control for several years, I finally sought counseling. I had always considered myself quite resilient and like a ball would bounce back from almost any down point. But I simply was not bouncing back this time. My doctor had said it was stress and nerves. I felt it was more than that.

Terry, my counselor, spent a lot of time with me and eventually agreed that my problems were not simply all emotional. One day she ran across an article about post-polio and a group that was starting. Terry felt certain that this was the explanation.

I went to our first meeting in October 1984. I was really a mess at the time. Emotionally I was coming apart. Physically I was deteriorating. Through NPSA I found the reasons for many of my problems and some solutions. Nancy Carter held me together through the rest of my contract year on the job and through NPSA's help I began to make some tough decisions and prepared to redesign my life. I believe it was NPSA that saved my life. I was heading for a breakdown and I unknowingly was causing it through my overexertion and stress.

Today, I have a new lifestyle that is happier and easier on my body, thus easier on my emotions.

I feel a deep obligation to help others now as this organization has helped me. What I do is only a small something, but if each of us would do a small something, this organization could help thousands.

We do not live in a vacuum. We need others. I needed help, got it, and now I have a strong burden for all the others needing help. My small something added to your small something might be able to move the many mountains in our way.

JOURNAL ARTICLES STILL AVAILABLE--NOW COST $2

Due to overwhelming demand for the free copies of the nine post-polio articles from ORTHOPEDIC Journal, they were all quickly dispatched to NPSA members (and hopefully are now in the hands of their doctors!)

However, we have had more copies made, and can send them to you if you will advance $2 to cover costs of copying and mailing. Send to Nebraska Polio Survivors Association, P.O. Box 37139, Omaha, NE 68137.
DEAR DOCTOR DIET:

My doctor thinks I'm a touch overweight. O.K., O.K., so maybe it's more than a touch. "I want you to start losing this weight right now," is how he put it, "and I'm not kidding."

So, after a farewell shot at a hamburger, mushroom, and green pepper pizza, I started The Diet.

Now, dieting is nothing to laugh about. It's not just a matter of not eating a lot, it's the deprivation of the soul that really hurts.

--------c-l-i-p--------

DON'T MISS THIS MEETING!

Once more F. Miles Skultety, M.D., Director of the Pain Management Center at Nebraska Medical Center and Chairman of the Neurosurgery Dept., is scheduled to speak on PAIN MANAGEMENT at the NPSA Omaha support group meeting.

Dr. Skultety was called to two emergencies during our last meeting. However, because what he has to say is so important for our members to hear, we have asked him to try again. THIS TIME HE IS NOT ON CALL AT THE HOSPITAL!

PLEASE BE THERE--May 4, 2 p.m., Rejoice Lutheran Church, 138th & Center. This may be the most significant meeting we've had--you won't want to miss it! Let's pack that room till it's bursting at the seams!

Eating is my main exercise. Other people play tennis, jog, pump iron. I pursue banana splits, get spiritual over an extra helping of Fettucinni Alfredo. It's my entertainment, my hobby, my R & R. I don't dance or go to the movies. I call upon Colonel Chicken, spend the evening with Papa Calvetti. And it's my reward. I've been such a good girl, done such a great job for such a long time. I DESERVE a teensy little piece of chocolate chip cheesecake, don't I? And three or four paper-thin, low-grease potato chips?

They say that popcorn doesn't have to be fattening, and it's true. Do you realize you can have an entire cup (that's 27 kernels) of dry, butterless popcorn for only 100 calories! It's like eating dirt.

And fish. That's that smelly stuff with all the bones. Fish will save us all. We are told that if we eat only two helpings of fish a week we can add 20 years to our lives. Spare me.

But the doc is right. My muscles can't carry this extra weight anymore. And it can lead to all kinds of health problems that I don't need, thank you. So, off it goes!

Have you heard about this wonderful new salad --first you get a few alfalfa sprouts, see, and toss in a little endive, a tiny bit of...

One of the most difficult things to give away is kindness--it is usually returned.

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