

## NPSA Happenings

by Elaine Allen, NPSA Executive director

### July Meeting Highlights

Our guest speaker for the July 10 NPSA meeting was Greg Fisher, Marketing Director for Prime Home Care and Compassionate Care Hospice in Omaha. He explained to our group: "As one ages, the metabolic rate of the body decreases. So, to keep muscles and joints working, one must follow certain routine exercise schedule." He recommended a set of exercises to do no more than twice a week.

"Exercising keeps senior people agile and refreshed. Many age-related disorders and diseases can be even alleviated by doing simple chair exercises. It is also beneficial for those who are not able to keep a balance while walking or standing," he said.

Greg demonstrated several simple movements that can be done while seated in a chair. "These exercises need not be very difficult involving whole lot of strength and energy. Simple exercises such as hands and leg movement carried out while sitting in chair could be quite beneficial."

(Continued to page 2)

See page six for details of the Oct. 2<sup>nd</sup> Annual Reunion.

### August Meeting Highlights

#### Seniors are Easy Targets for Fraud

Seniors are easy targets for fraudulent schemes, scams, and spams, according to the Communication Director of the Better Business Bureau's regional office in Omaha. Margo Reikes was the guest speaker at the Sunday, August 7th NPSA meeting, held at the Bloomfield Forum Community Room in Omaha.

Home improvement businesses are the most frequent scams reported to the BBB. These scams are perpetrated by "travelers" who follow natural disasters and set up business when people are the most desperate for repairs. Frequently these "travelers" will claim to be working for a local company. Reikes advises anyone who is approached by one of these businesses to get a business card and look at the license plate of the vehicle. Then, check the business on the BBB's website ([www.bbb.org](http://www.bbb.org)) before hiring the company or putting any money down for the work. "We are trying to protect you. But we can't protect you unless you come to us," she said.

Work at home and off-shore email schemes about lottery winnings are two examples of common email or telephone scams. She reminded the group of the old saying: "If it sounds too good to be true, it probably isn't!"

(Continued on page 3)

**July Meeting Highlights**

(Continued from page 1)



Greg Fisher demonstrates one of the exercises at the July 2011 meeting

**Arms and Shoulders**

- Start sitting back in chair, arms hanging to sides. Reach arms up, in haling. Palms open, push out and down, exhaling. Let arms hang to side.
- Slowly slide shoulders up and then down. Roll shoulders up and back.
- Hands on lap, slide arms forward and hands over knees and reach.
- Hands to sides, touch ear to shoulder, then do other side.
- Glance to the side, look at the floor, roll up to the center. Do other side.
- Back stroke: Following arm and eyes.
- Breast stroke: Reach forward and scoop back.
- Carriage ride: Reach forward and pull back.
- Reach up and pat your back.
- Elbows open wide, bring in and squeeze.
- Combine pat back, elbows wide, bring in and squeeze.

More exercises will be printed in future issues. Or, you may go to the NPSA website ([www.ne-polio.org](http://www.ne-polio.org)) to find all exercises.

### August Meeting Highlights (continued from page 1)

The elderly are the most frequent targets of identity thieves for several reasons, Reikes said. First, they are home a lot. Their names are on a lot of publicly available lists. They are more trusting, and have more savings and resources to exploit.

During her presentation, Ms. Reikes distributed a variety of reference materials for the attendees, including a booklet of all BBB-accredited businesses in Nebraska, South Dakota and eight Iowa counties. Accredited businesses have been vetted and checked for legitimacy. These businesses sign pledges to abide by the BBB's practice of business ethics and have paid dues to belong to the BBB.

#### **We Need Your Email Addresses**

Please send your email address to [npsa.org@hotmail.com](mailto:npsa.org@hotmail.com) so that we can send Gleanings to you via email.

#### **You First** *by Millie Malone Lill*

Show of hands: Who can tell me what it is the flight attendant on an airplane says to do in an emergency? Here's a hint: It has to do with the oxygen masks. Yes! You, over in the aisle seat. That's right! Put yours on first before helping others, even your children. Now, can anyone tell me why? Put your hand down, sir, you answered the last question. Yes, the lady with the funny, I mean interesting, hat. Correct. It's because if you pass out from lack of oxygen you are no help at all to others. You become part of the problem, not part of the solution.

We can apply this to our post polio condition, did you know that? I've talked with many polio survivors and it seems to me that very often we are the 'go to' people in our families. That is most likely because we have had to actually think about

how to do things. We rarely do anything the 'normal' way, but we still do it. So we have become resourceful. People tend to rely on the resourceful people in their lives.

The problem comes when everyone needs our help and we wear ourselves out helping others. Polio survivors tend to be people pleasers, too, so it's a double whammy. It is so hard to say No to anyone. We feel selfish if we say, "I'm sorry. I can't do that today." Other people, able bodied people, have no problem saying they are too tired, too busy or just unwilling. Polio survivors have trouble doing that. Yet, if we exhaust ourselves doing for others, who will do for us? We need to Conserve to Preserve.

Am I advocating selfishness? Yes. I am. A little therapeutic selfishness will do us good. Many times there is someone who can do the job we can no longer do and who would be happy to help out. Try it. The next time you have a burned out light bulb, try asking a neighbor or someone to change it for you instead of climbing on your little stepstool with your crazy legs and risking a fall to do it yourself. Next time your church committee calls and says they have a little job for you do, say bake a few dozen cookies for their bake sale, admit that you no longer bake. You know you can't stand long enough to bake cookies. Offer a monetary donation instead.

My first husband was very ill and I wore myself out taking care of him before his death. I didn't mind and I don't regret it now, but I have to admit that devoting all my time and energy to his care did very little to help my own health problems. If I had to do it again, I'd find all the help I could so that I could preserve a bit of my own ability to care for myself. I might not be quite so dependent on my power chair if I'd used some common sense back then.

Luckily, I have a seemingly endless supply of grandsons. I call them my Dashing Young Men. They are like the commercial for Jimmy John. I call for help and they are here almost before I hang

up the phone. It's still hard for me to ask other people for help, but my DYM are helping me to get over that hump. They are always so happy to do something for their beloved Gran that it makes it easy for me to ask. I still don't ask very often. I'm still a polio survivor with my prickly I Can Do It attitude, but I'm getting better. The other day I told someone No when she wanted me to do something that would be too much for me and guess what? The earth continued to spin on its axle as if nothing had happened. Try it. You'll like it.

### Book Review

#### A Rough Road by Patrick Bird

Patrick "Paddy" Bird tells his story of contracting polio in 1940 at the age of four, and living in the "reconstruction home" for nineteen months. Life in the reconstruction home is a revelation for this child. He learns self reliance and makes friends with the staff and other patients. I found this book to be entertaining, as well as informative. For many of us, Bird's description of the extended period of time spent away from our families for the first time rings a bell.

### Tips From the Better Business Bureau

Margo Reikes's list of Always and Never tips to protect yourself from fraud, schemes, and scams:

#### ALWAYS

- Look for the BBB's logo when patronizing merchants and service providers.
- Check with the BBB before you hire anyone to do work on your house. Go to the BBB's website ([www.bbb.org](http://www.bbb.org)) or refer to the printed booklet of currently accredited BBB businesses.

- Mail your bills in an official USPS postal dropbox
- Check out the Wise Giving Alliance website to check on the legitimacy of a charity.
- Make sure you use a secure website when making an online purchase. Look for "https://" at the beginning of the website's address.

#### NEVER

- Put your bill payments in your mailbox and put the flag up. It's an invitation for thieves to steal your mail.
- Give out personal information over the phone or to a door-to-door solicitor.
- Place an order from someone who calls to sell you a product or service.
- Pledge money over the phone if you did not initiate the call.
- Give out your Social Security Number. A bank or any reputable business will never ask you for your Social Security Number.
- Use a debit card to purchase something on a website.
- Click on unfamiliar links in an email.
- Send money in order to buy into a "Work at Home" business or to claim lottery winnings.

You can find more information on the NPSA website: [www.ne-polio.org](http://www.ne-polio.org) or the Better Business Bureau's website at [www.bbb.org](http://www.bbb.org) or call one of the following numbers:

Omaha, NE: 402-391-7612 or 800-649-6814  
 Lincoln, NE: 402-436-2345  
 Sioux Falls, SD: 605-271-2067

Gifts (May 1 – July 31)

Kathryn Barrett  
Connie Christensen  
Genevieve Conway  
Dixie L. Eldridge  
Helen Jasa  
Susan Kneten  
Elizabeth Massouris  
Eddie Moody  
John S. Schnack  
Jeaninne J. Spencer  
Mary Thomas  
James V. Zeman  
Kenneth Zoeller

Memorial Gifts (May 1 – July 31, 2011)

In memory of Martha Anthony:  
Marie R. Galda

In memory of Marvin Pekny:

Duane F. Atteberry  
Ward & Parker Bean  
Cathy Ann Bonnell-Farmer  
Ed & Emma Chance,  
Chance, Chance & Co  
Duane & Linda Chevalier  
Cristen & Kurt Claussen  
Pat & Connie Conlon  
Nicole Deremer  
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Erik & Katherine Gamerl  
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Janie & Harry Hoch, Jr.  
Brian & Diane Hunter  
Margaret Kilibarda  
Timothy & Martha Koontz

Rev. Andrea M Kraushaar  
Grace & Terry Larsen

Donations may be sent to:

Nebraska Polio Survivors Association  
PO Box 6076  
Omaha, NE 68106-6076

Phone: 402-932-5426

[www.ne-polio.org](http://www.ne-polio.org)

**Meeting Dates for remainder of the year:**

Meetings will be held at Bloomfield Forum Community Room, 9804 Nicholas Ave., Omaha, NE from 2-4 pm. on the first Sunday of each month.

September 11. This meeting will be held on the second Sunday of September because of the Labor Day holiday.

October 2. NPSA Annual Reunion Dinner at the Field Club of Omaha, 36<sup>th</sup> and Woolworth Ave., Omaha, NE

November 6, speaker will be Gretchen Bren, Executive Director, The Rotary Club of Omaha.

No meetings in December or January.

**NPSA ANNUAL REUNION DINNER**

**When: Sunday, October 2, 2011, 12:30 p.m.-3:00p.m.**

**Lunch begins at 1 p.m. (Cost \$10 per person)**

**Program begins at 1 p.m. (No cost to attend  
program)**

**Where: Field Club of Omaha, 36<sup>th</sup> & Woolworth  
Ave., Omaha, Nebraska**

**(Invitations will be mailed soon to readers in  
Nebraska, Western Iowa, South Dakota.)**



**Nebraska Polio Survivors Association  
PO Box 6076  
Omaha, NE 68106-6076**