

## READ WITH THE HELP OF TALKING BOOKS

By Maria Laskley

If weakness or immobility has kept you from the joys of reading, the Nebraska Library Commission has a solution.

Since 1901, the Talking Book and Braille Service of Nebraska has provided people with disabilities (PWD) with the joys of reading through the use of audiocassettes and digital cartridge players. The Talking Book service is free of charge to those PWD who qualify.

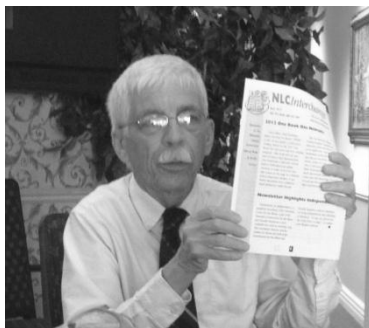
David Oertli, director of the Talking Book and Braille Service at the Nebraska Library Commission (NLC), was the featured speaker at April's NPSA meeting.

"All you have to do is fill out an application form once and have it signed by some kind of medical professional," Oertli explained.

"If you qualify, we will provide service to you for the rest of your life."

**TALKING BOOKS**

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## ENOA OFFERS SUPPORT FOR NPSA MEMBERS

By Emily Johnson

NPSA members looking for volunteer opportunities, employment counseling, nutrition services, case management and more were able to explore their options and ask in-depth questions when Jeff Reinhardt of the Eastern Nebraska Office on Aging (ENOA) spoke during the May 6 NPSA meeting.

ENOA helps Nebraska families in Douglas, Sarpy, Dodge, Cass and Washington counties by creating programs to meet the diverse needs of older individuals. However, Reinhardt said members who live outside of Nebraska could seek aid from other Office on Aging offices.

Reinhardt passed out programs and told members about a care management and caregiver support program designed to help adults over 60 reside in their homes by providing a health and social assessment, developing written plans for needed services, provide information and support services on resources, and monitor ongoing provisions.

**ENOA OFFERS SUPPORT**

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## ENOA OFFERS SUPPORT

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ENOA provides assistance by offering a Medicaid Waiver opportunity to Medicaid eligible applicants, as well as Senior Care Options (SCO) to assess the necessity or cost of nursing facility or in-home care.

Some of the most popular and most-needed services are In-home services such as Home-delivered meals through *Meals on Wheels*, the Homemaker program, Bath Aide, and information about how to acquire Durable Medical Equipment for those who aren't covered by Medicaid or need help purchasing their own equipment.

Other In-home services include chore services such as home repair or safety modifications, respite care from trained volunteers, and a 24-hour response personal response service that summons help with a press of a button.

Reinhardt said recipients benefit from these in-home assessments because volunteers provide exactly what they need for day-to-day living at home. They also speak to spouses, children or family members to help recipients compile thorough care plans.

“By going into your home, we get to see your true living environment,” he said. “It gives the care manager a better and more complete understanding of your living environment. They can also look for some safety issues by adding some

lighting, picking up some rugs or [fixing] things that aren't tied down well.”

People who use ENOA's services are not billed, a difference which sets the Area Agencies on Aging apart from other organizations. Recipients are asked to make contribution to ENOA based upon their income.

“It's simply a contribution request,” Reinhardt said. “It's not a bill, we just ask them to make a donation based upon the services they receive. If you can't pay, then you don't pay anything.”

Another important part of ENOA programs is that it serves volunteers as



well as recipients, Reinhardt said. While ENOA promotes intergenerational friendships by encouraging people of all ages to volunteer, many middle-aged or elderly volunteers get active as well.

A few members mentioned volunteering as well as using programs during the meeting. One member shared stories of how her mother had been helped by ENOA's safety and in-home services. She said was impressed by the levels of services, professionalism and guidance ENOA provided, especially since she lived in a different town and couldn't always make the trip to help her mother.

For more information about ENOA's offices and services, members can visit the ENOA website: [www.enoa.org](http://www.enoa.org)

## ASKING FOR HELP

By Millie Malone Lill, *Gleanings* columnist

Why is it so darn hard to ask for help? I was taught, as many of you may have been, that we should never ask for help, that people don't want to stop what they are doing to help you do something you can do yourself.

I'm fine with that philosophy up to a point. However, what if the thing that requires help is something you can't do? As a polio survivor, I will find a way. It will not be the regulation way that an able-bodied person will use, but I will do it somehow. Or, I'll decide it doesn't need to be done.

The other night, the carbon monoxide detector in my apartment started beeping. Every 30 seconds or so it would emit a loud, screeching noise. I knew it meant the battery was dead, but 30 seconds is exactly enough time for me to fall back to sleep at 2:20 a.m. So I was startled awake, my little dog would go airborne and let out a yip, and I'd fall asleep again until the next time.

I would just have time to think, "Hey, get up. Change the battery.... zzzz." Finally, at 6 a.m., my nervous system was shredded enough for me to completely awaken. Sort of. I took my reacher and knocked the detector off the ceiling. It only hangs by the heads of a couple of screws, so a twisting motion did the trick. Yes, it flew one way and the batteries flew

another. At 6 a.m., it takes a bit more than that to concern me enough to completely open my eyes and start my day.

When I got up, I found all the parts to the detector and laid them on the table. Now what? I had new batteries, but putting the detector back on the ceiling wasn't as easy as knocking it down. I decided it was a job for our maintenance man. I love having a maintenance man, as opposed to being one. I went to the administrator of my building and requested help from the aforementioned maintenance man. Denny, the man in question, was having back surgery. Our

administrator promised to find time to do this for me herself. She only works 18 hours a week, so I knew this would not be an immediate response. She has a lot to accomplish in those 18 hours, and I have no

idea how she manages to do it all.

A week passed, and my table centerpiece was still a detector and batteries. I have a step stool, but my 'good' hip is no longer all that good. A wrong move will set off bursitis or sciatica or both. Aging with PPS is a challenge, isn't it? I could always ask again for help, but you know that is Not The Polio Way.

MILLIE *(Continued on page 4)*

She gave me "That Look," and don't pretend you don't know what look I mean. I absolutely know you've been on the receiving end of "That Look" yourself.

To reach Millie Malone Lill, you can send a message to her email address: [mil.lill@gmail.com](mailto:mil.lill@gmail.com)

Or send your comments to:

**NPSA**

**PO Box 6076**

**Omaha, NE 68106**

**Email:** [Npsa.org@hotmail.com](mailto:Npsa.org@hotmail.com)

### MILLIE *(Continued from page 3)*

I climbed on a dining room chair, feeling that the seat of the chair was a larger surface to stand on than the step stool, and I could use whatever small help my ‘bad’ leg was to assist my efforts. Piece of cake!

I did not fall, and I did not twist just wrong and set off my hip’s motion detector. But didn’t I feel foolish when the administrator came to fix it shortly thereafter? She gave me “That Look,” and don’t pretend you don’t know what look I mean. I absolutely know you’ve been on the receiving end of “That Look” yourself. I got “That Look” from my grandson when I mentioned it to him, after I’d already replaced the thing, of course. “Next time,” I was told, “Ask For Help.” I will. Of course I will. Sure.

Darn arthritis! Makes my fingers hurt when I cross them like that.



Find us and other polio survivors on Facebook:

[www.facebook.com/NebraskaPolioSurvivorsAssociation](http://www.facebook.com/NebraskaPolioSurvivorsAssociation)

### TALKING BOOKS *(Continued from page 1)*

Oertli, who has been with the NLC since 1983, has seen firsthand how the Talking Book and Braille Service positively affects the lives of those who choose to participate in the program.

“I knew a man who had been inflicted with glaucoma and spent two years in a deep depression, which made him suicidal,” he said. “Being able to use the Talking Book and Braille Service allowed him to read again, and it changed his life.”

The NLC’s catalogue of materials includes everything from the newest best sellers to magazines, while placing a specific emphasis on Nebraska authors.

“We get 50 to 75 new books every six months,” David said. “If we don’t have what you’re looking for, you can place a request and we will pass it along to the (Nebraska) Library Commission.”

In addition to the services available to individuals, the Talking Book and Braille Service are also accessible to schools and facilities such as nursing homes, hospitals and senior citizen centers. Including children’s books has vastly expanded the NLC’s catalogue of books.

“We try to do books for all ages now,” he said. “A lot of those are pioneer stories set in Nebraska.”

If you, or anyone you know, are in need of the Talking Book and Braille Service, please visit the Talking Books website: <http://www.nlc.state.ne.us/TBBS/applyfor/service.aspx> .

## GOOD READING

On June 2, the Omaha District Rotary Conference keynote speaker is scheduled to be polio survivor and Rotarian Ann Lee Hussey. Read about her personal quest to vaccinate children in Real Simple magazine: One Woman's Mission: To Immunize Children Worldwide With the Polio Vaccine.

To read it online, here's the web address:

<http://www.realsimple.com/health/preventative-health/polio-vaccine-00100000079690/index.html>

We are grateful for all gifts we receive from our donors. If you wish to support NPSA's mission, please send checks to:

**NPSA**  
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The Nebraska Polio Survivors Association is a 501(c)(3) non-profit organization. Your gifts are tax-deductible.

## NPSA DONORS

The following donors contributed cash gifts from Apr. 1, through May 15, 2012:

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## Mark Your Calendars!

*Sunday, October 7, 2012, 1:30 - 4:00 p.m.*

**NPSA Annual Reunion**

*W.H. Thompson Alumni Center*  
*University of Nebraska-Omaha*  
*Omaha, Nebraska*

*Join us for a delicious luncheon prepared by Brandeis Catering, followed by a video program with physician and polio survivor Dr. Wenzel A. Leff, author of the new book: [Traveling without a Spare](#).*

*More details and reservation information will appear in the August-September 2012 issue of **Gleanings**.*

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## ***NPSA Mission Statement***

The mission of Nebraska Polio Survivors Association is to educate the public and the health care community concerning polio and post-polio syndrome and to respond to the needs of individuals who suffer from the syndrome through group meetings, educational programming and newsletters, financial and other support of research concerning the syndrome and the circulation of research results.

NPSA was founded in 1984 by Nancy Baldwin Carter.



## **Gleanings**

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