



# GLEANINGS

December 2012 - January 2013

## CHIROPRACTOR ENCOURAGES MIND, BODY, SPIRIT BALANCE

By Elaine J. Allen

An Omaha chiropractor says a sense of humor is important for everyone in achieving a healthy attitude toward life's challenges. Dr. Rita Filley said this is especially true for polio survivors as they live with Post Polio Syndrome in addition to the normal aging process.

"We have about 15,000 thoughts per day but half of those are negative," Dr. Filley told NPSA members at their



September 9 meeting. Her recommendation to counteract negative thoughts:

- ❖ "LOL!" Laugh out loud. Belly laughing increases the blood flow to the brain.
- ❖ Spend time with people who are light-hearted and make you feel good.
- ❖ Smile at strangers.
- ❖ Learn something new every day. If you have internet access, type in "did you know" in the search box, or enter <http://didyouknow.org/>, which opens a website with fascinating facts and mental games.
- ❖ Take a class
- ❖ Learn a new skill
- ❖ Read, read, read!

Exercise and nutrition are special challenges for polio survivors. Nutrition is important because "what you eat is what you get. Eat a colorful diet, especially vegetables. Colorful

vegetables are high in energy because they need a lot of energy to grow. Vitamins and minerals are important to muscle function. Anything with a short shelf life is good for you," she advised.

Dr. Filley explained the difference between strength versus endurance. Strength Building is short term resistance training, followed by adequate rest period for affected muscles. Endurance exercise gets blood flowing through the cardiovascular system.

Examples of endurance exercise: pool training, upper limb cycle ergometric, wheelchair dance. She also showed a YouTube video of seated yoga stretches.

She described the Borg scale of Reported Perceived Exertion: "Build up endurance gradually, as little as 5 minutes, total 30 minutes, 10 minutes minimum," she said.

*Chiropractor (Continued on Page 2)*

### 2013 NPSA Monthly Meetings

Feb. 3            Mar. 3

April 7           May 5

June 2            July 7

Aug. 4            Sept. 8

**Oct. 6 (Annual Reunion)**

Nov. 3

*No January or December Meetings*

Please join us for informational programs and lively discussions. Except for the Annual Reunion in October, we meet from 2:00 – 4:00 p.m. in the Community Room of the Bloomfield Forum, 9804 Nicholas Avenue (northeast of the Westroads Mall) in Omaha, Nebraska.

## MILLIE'S 2013 RESOLUTIONS

By Millie Malone Lill

This year, I am going to try to make some New Year's Resolutions. Really, it seems silly because I have some left over from years gone by that I have never used yet, but here goes, anyway.

**Resolution 1:** I will sleep till I am ready to get up and not go to bed till I am tired. I've been sleeping like a baby most of my life...you know, waking up every couple of hours wanting something to eat.

**Resolution 2:** If my house looks like a disaster area, I will sit in front of my computer till it straightens itself up. No, wait, I did that this year and it didn't work.

**Revised Resolution 2:** I will do at least one piece of housework every day, resting appropriately afterward and/or during. (And sometimes instead of: "Shhh...Not a word to the Resolution Police.")

**Resolution 3:** I will try to have my family over for a meal once a month. They aren't fussy eaters, so a simple casserole with salad will suit them fine. I make wonderful take-out pizza, too.

**Resolution 4:** I will try to eat more vegetables and fruits. I do realize that if the orange slices come in a cellophane bag in the candy aisle and look a lot like gumdrops, they probably don't count as fruit.

**Resolution 5:** I will not wait till the absolute last minute to get my column written. The day before the deadline has worked for me pretty well, so far.

You will notice that there is nothing in this list about losing weight, learning a foreign language or anything remotely uplifting. Those types of resolutions are very fragile and easily broken. I don't want to spend 2013 sweeping up broken resolutions!

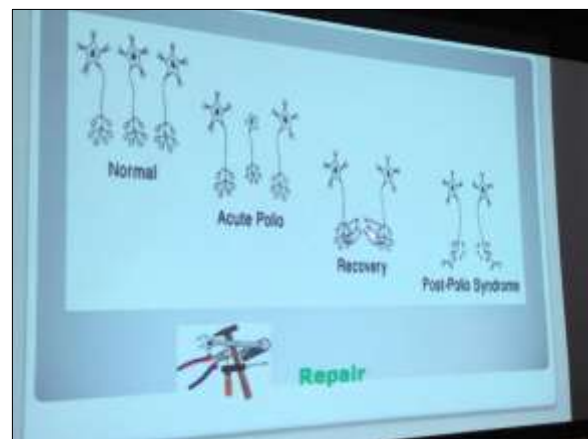
I hope 2012 has been as great a year for you as it has for me. And I hope your resolutions are all about making your lives easier and happier. To that end, I am including these commandments that I borrowed from Cindy Koshinski Bernstein:

### TEN COMMANDMENTS FOR REDUCING STRESS IN YOUR LIFE

1. Thou Shalt Not Be Perfect, Or Even Try To Be.
2. Thou Shalt Not Try To Be All Things To All People.
3. Thou Shalt Sometimes Leave Things Undone That Ought To Be Done.
4. Thou Shalt Not Spread Thyself Too Thinly.
5. Thou Shalt Learn To Say "No."
6. Thou Shalt Schedule Time For Thyself And Thy Supportive Network.
7. Thou Shalt Switch Off And Do Nothing Regularly.
8. Thou Shalt Be Boring, Untidy, Inelegant, and Unattractive At Times.
9. Thou Shalt Not Even Feel Guilty.
10. Especially, Thou Shalt Not Be Thine Own Worst Enemy But Be Thine Own Best Friend.

Chiropractor *(Continued from Page 1)*

Dr. Filley showed members a slide describing the four stages of polio and Post Polio Syndrome. She explained how the nerves to the muscles are



affected by polio and why exercise for polio survivors is a challenge.

"Exercise is fine for muscles not affected by polio," she said. "But, everyone is different because of how your body was affected so you must customize your workout."

## I REMEMBER...

By Sandra Ingalise Wilz

I have been receiving *Gleanings* since 1985. My mother signed me while my husband and I were stationed in the Air Force. At that time, I was experiencing the late symptoms of polio. I had no idea I would ever be diagnosed with PPS.

It all started in July 1952 in Omaha. I was born on the Fourth of July, a real firecracker. There had been a polio epidemic that summer and St Joseph's Hospital was full of patients, mostly children. Mothers and new babies were kept in the hospital for 10 days and it was during that time I contracted polio. My parents did not know why I was so sick when I came home. The symptoms included high fever, vomiting, diarrhea. I cried constantly, especially when moved or touched. I kept my right leg bent to my chest.

After six weeks and nearly dying, a spinal tap was done, and my parents faced the most dreaded illness of the century. I was hospitalized and kept in quarantine for 9 months. My parents were told that I was the youngest baby to have survived polio in Nebraska. They put me in a body cast from my neck to my toes, with only an opening for my diaper area.

With little funds, and two other children at home, my parents relied on the March of Dimes for help. I finally came home from the hospital, still in a body cast, and my parents, devastated with the news that I may never walk, faced the fact they had a physically challenged child and I would need many surgeries, and lots of financial help. My father did construction work in the summer, and drove a cab in the winter. Money was very scarce.

My story does get better, however. I learned to walk at two years old, and despite my surgeries, I t to do most of the things that my siblings did, albeit, not very well: sledding, skating, bowling. Lots of falls and breaks, but I kept on going. You can't stop a polio survivor, don't even try. We will never let you know that

when we are hurting or need help. I married a wonderful man, traveled around the US and Europe, I have traveled to Paris three times, Rome, Venice, Florence, Pompeii, Capri, East Berlin (before the wall came down), Austria, Belgium and Switzerland. Despite being told that I could never bear children naturally, we had three gorgeous children. Then, in 1988, I was diagnosed with Post Polio while living in Germany.

Post Polio has tried to take my life away, again, but I won't let it. I have been fortunate enough to have gone to Johns Hopkins, in Baltimore, Md., and National Institute of Health (NIH) in Washington, DC. They have a

wonderful Post Polio Clinic that helped me get through the devastating news that I was going to continue to be plagued by this horrible disease that has ravaged my life.

NIH has classified Post Polio into five categories. I was diagnosed in category 4, meaning the polio virus had invaded my good leg and both arms, as well. The NIH's recommendations for me:

- ❖ Sit whenever I cook, iron, do my hair.
- ❖ Get a wheelchair and a cane.
- ❖ Get a brace.
- ❖ The only exercise I should be doing is swimming, which was lucky, since we had a pool. Even then, I was told not to use my legs. What? How is that possible?

*I REMEMBER... (Continued on Page 4)*

My parents were told that I was the youngest baby to have survived polio in Nebraska.



I REMEMBER... (Continued from Page 3)

NIH's mechanical recommendations:

- ❖ Energy conservation: rest often.
- ❖ Get my legs up.
- ❖ Sit properly with good back support.

It's been tough. Through the grace of God, my husband and my family, I am making it. I have deteriorated, my good leg is now bad, scoliosis, leg length discrepancies, and now my hands. My hobbies were playing the piano. I love interior decorating, painting, cooking and traveling. I went on with my life after marriage, worked outside the home and raised our children and helped with our first grandson. I will be honest; I do get mad that the things that I was able to do are now difficult. I cannot play piano much, and if I decide to, I know that it will

require days of recuperation. It's a juggling balance. Walk today at Walmart, and rest for two days after. Clean the bathtub, pay the price. Five minutes on a stationary bike? Rest, rest, rest.

It is very hard for me to write this letter. And it's still extremely difficult to discuss my life struggles. Although my family knows what I have been through, I rarely discuss it. However, the emotional pain never leaves me. Still, I am truly blessed with my husband of 41 years, three wonderful children and four beautiful grandchildren. I worked outside the home and raised our children and helped with our first grandson.

I have read the stories in *Gleanings*, and now I am ready to tell mine. Life with PPS can still be fulfilling. It isn't easy. I can attest to that. But, we are fighters; we will not let this horrible disease get the best of us. We may despair and have days of suffering, but we will prevail. Pray for strength. Rest often, do less, continue to inspire others and show the world that we will not go away quietly. We are survivors. Through the grace of God, we will prevail.

Thank you for allowing me to tell my story. Thank you for your newsletter that has followed me faithfully since 1985.

*Sandra Ingalise Wilz  
Eastern Shore of Virginia*

### Now Available on YouTube

#### Moving the Post-Polio Conversation Forward

This 23-minute video was produced with generous underwriting assistance from the Nebraska Polio Survivors' Association. The interview provides an informative introduction to Post Polio, and to Dr. Leff's book.

**Enjoy it and share!**

You can watch Dr. Leff's video from the book's website:

[www.travelingwithoutaspire.com](http://www.travelingwithoutaspire.com)

Or view from this YouTube link:

[www.youtube.com/watch?feature=player\\_embedded&v=2R5cEKtr87s](http://www.youtube.com/watch?feature=player_embedded&v=2R5cEKtr87s)

## "EATING OUTSIDE THE BOX" TOPIC OF NOVEMBER MEETING

By Elaine J. Allen

Many people may be suffering from MSG Toxicity and not even know it, according to the founder of Completely Nourished, an Omaha-based business.

Christy Poeschke told attendees at the November 4 NPSA meeting about her eventual discovery that her fibromyalgia symptoms were caused by too many toxic food additives in her diet. Poeschke's symptoms caused severe pain and fatigue. She quit her full-time job after being diagnosed with fibromyalgia at age 25.

*Eating Outside the Box (Continued on Page 5)*

### Eating Outside the Box *(Continued from Page 4)*

Then, she stumbled upon a book that changed her life. “As I was sitting in an airport one day, I picked up the book Natural Cures by Kevin Trudeau,” she said. She read about high-fructose corn syrup, artificial sweeteners, MSG, food colorings and other neurotoxins that are in most packaged foods.

“Neurotoxins over-stimulate your taste buds and affect your nervous system,” she explained. MSG (monosodium glutamate) is the neurotoxin that Pooschke reacts to most acutely.

She and her husband immediately changed their diets and within a few months, her fibromyalgia symptoms disappeared.

She said the FDA and food industry can hide “toxic and mysterious ingredients” in our foods.

“Even labels that say ‘no MSG’ actually contain the same ingredients as MSG, especially those foods that are labeled ‘Low Sodium’,” she said.

Glutamate is the component in MSG that causes adverse reactions in people who are sensitive to MSG. Other glutamate ingredients to look for on food packages: autolyzed yeast, yeast extract, flavor enhancers, modified food starch, caramel color.

For foods that contain trans fats, including those labeled ‘Zero grams trans fats’, she cautioned the group to look for terms such as ‘partially hydrogenated oils.’



“Our big take away: We need to be our own health advocates, watch what kind of foods we put in our mouths,”

Pooschke said.

She and her husband have published a book, Eating Additive-Free, and provide services to help people eat more natural foods.

For more information, consult Pooschke’s website: [www.completelynourished.com](http://www.completelynourished.com)

Other Internet source: [www.MSGMyth.com](http://www.MSGMyth.com)

### **NPSA THANKS YOU!**

The following donors have sent gifts during the period October 9 – December 3, 2012:

#### **Annual Gifts:**

Donna D. Garwood

Judy Irons

Cynthia Starman Kelly

Marcia and Patrick Quinn

Jo Ann K. Scharf

Gary L. Stott

Katherine and Michael Taylor

NPSA is a 501(c)(3) organization. As a non-profit organization, we are grateful to and rely upon the generous support of our members, their family members, and friends. Every gift helps us fulfill our mission. If you would like to become a donor, you may send a check to:

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

Your gifts are fully tax-deductible, as allowed by law.

### **NPSA Foundation Changes Leadership**

Dr. Edward B. Roche was elected President of the NPSA Foundation Board of Directors during its November 14 annual meeting. Dr. Roche is a professor emeritus of Pharmacy at the University of Nebraska Medical Center.

Another UNMC professor, Dr. Kusum Kharbanda, assumes the dual role of Vice-President and Secretary. Larry Weber, CPA, was re-elected as Treasurer. Eugene and Barbara Roth remain on the board as Members-at-Large.

Board members volunteer their time and talents and are not compensated for their roles. We are grateful for their leadership and willingness to help fulfill NPSA’s mission.

**Gleanings: December 2012 – January 2013**



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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.

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