Nebraska
NPSA
Polio
Survivors
Association

GLEANINGS

August – September 2013

OMAHA ROTARIANS SERVE HOMEMADE ICE CREAM AT JULY NPSA MEETING

By Elaine J. Allen

Local Rotarians joined NPSA members on Sunday, July 8, for an old-fashioned ice cream social at the Bloomfield Forum Community Room in Omaha.

NPSA PRESIDENT TED ROCHE (SEATED, FAR RIGHT) TALKS WITH ROTARIANS HAL AND MARY DAUB AND HIS WIFE, VICKIE ROCHE, WHILE ENJOYING ICE CREAM. OTHER ROTARIANS SERVE SUNDAES IN THE BACKGROUND.

Eight members of the Downtown Omaha Rotary served up homemade ice cream sundaes with all the toppings. As the group enjoyed the treat, the polio survivors told their personal stories to the Rotarians.

The state director of the Nebraska Chapter of the March of Dimes, Rosemary Opbroek, also visited with members.

Before the meeting ended, Omaha Area Rotary Executive Director Gretchen Bren presented “End Polio Now” pins to each attendee. See page 3 for more photos from the ice cream social.

WIRING AND SHORT CIRCUITS

By Millie Malone Lill

My friend **Micki Minner** has a Post Polio Facebook page. On it, she posted this description of PPS, which I think makes a lot of sense:

There are so many of us in this group that have a lot of GREAT medical knowledge about Post Polio, but for those that are NEW to the concept of PPS, let me tell you about the best analogy I have ever heard to describe Post Polio (from someone in this group).

Imagine that your body is a house...inside the walls of the house you have electrical wiring. That electrical wiring in the house is like the nervous system in a body! The polio virus damages the nerves that provide motor control...so when you repair (or recover) from the polio virus...your body has actually spliced into the wiring to run a new wire to make the muscles work. Those "new" wires are smaller and work harder...like running a normal 220 through a 110 voltage line! So, you never know when/where/how the wire is going to short circuit! When it blows, you have a power outage, and the outlets where the blown line was located don't work anymore!

What our marvelous bodies do is try very hard to run extension cords to cover the loss and they just aren't powerful enough to do everything the main lines do. The more you push electricity through those extension cords, the more dangerous it is! Yep, that is the description that made the most sense to me - without the medical jargon! LOL...Micki Minner

Wiring and Short Circuits (continued on p.2)

HELP ADULT SERVICES LOANS MEDICAL EQUIPMENT, OFFERS RESPITE CARE

By Elaine J. Allen

Respite services for caregivers and loans of donated medical equipment are the focus of the Presbyterian Community Outreach program called HELP Adult Services.

Kelly Adams, a HELP Adult Services' board member, spoke to NPSA members at its August 4 meeting. The organization serves eastern Nebraska and Western Iowa area surrounding metropolitan Omaha.

"We loan motorized chairs on a yearly basis for $60," Adams said. The group also picks up and refurbishes donated medical equipment.

"We have a huge need for volunteers" to clean the inventory and deliver it to those who need it, he said. "That's what drives our organization, the volunteers."

HELP Adult Services is working to grow its respite services to caregivers. "We are looking for volunteers who can provide respite care for two to four hours a week. We provide the services for $5.00/hour, which pays for our organization's overhead to administer the program." Adams reassured members that all volunteers are carefully vetted, running them through criminal and adult abuse background checks.

To find out more about HELP Adult Services, contact 402-341-6559 or visit them at 1941 South 42nd, Suite 200, Omaha, Nebraska, or at it website: **www.helpadultservices.org**

Wiring and Short Circuits *(from p. 1)*

Doesn't that make more sense than talking to people about motor neurons? Most people's eyes glaze over when I say 'motor neurons' and they never really understand what I'm talking about.

We had quite a discussion then about using assistive aids. So many of us are embarrassed to be seen in a power chair, but a chair is only a tool. You would never try to pound in a nail with your fist. Why not? Because it would not only hurt, but it would damage your hand.

Trying to drag a polio affected body along by using your arms for legs does the same thing. I repeat: a power chair is only a tool. It's hard to know and to accept that we need to use our walkers and chairs, but another Facebook friend, **Nancy Wood Evers**, came up with this list of rules that I thought were very helpful, too:

1. Using my wheelchair will give me less pain and more energy. (Win/win for me!)

2. I need not be so vain as to think people are looking at me just because I am in a wheelchair.

3. Will consider investing in a portable ramp to take with me.

4. Will try going out once a week to start and to places where there are mostly strangers.

5. Learn to ignore the looks.

6. Never give up!

7. Never be embarrassed about who I am or what I have to use to be mobile.

8. Some of us walk and some of us roll!!!

9. Every day is a learning experience.

10. I am NOT ALONE!

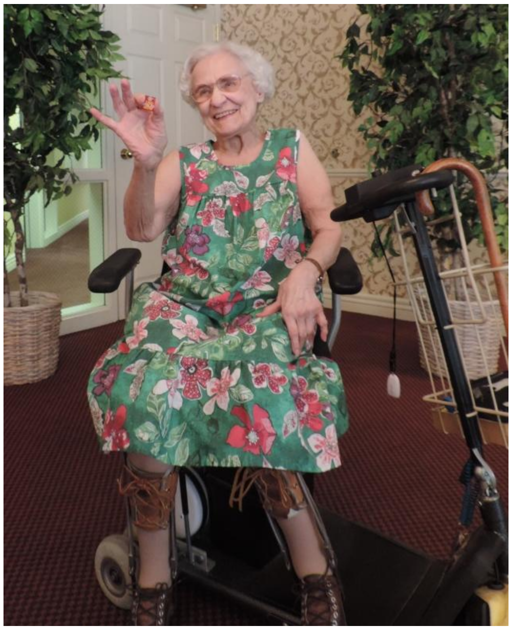
My readers, each one of you is important to me. I want you all to have wonderful, fulfilling lives. Do not listen to people who say that using a power chair is giving in. No, my dear friends, allowing polio to keep you from having the active lifestyle you deserve, *that* is giving in! And remember, you are not alone.

NPSA Thanks the following donors for their support of our mission:
Donna Jo Smith, Abion, NE
Donna D Garwood, Burwell, NE
Frank Johannsen, Bayard, NE

Millie's new e-book, **Hot Water, Orange Juice 'n' Kids...** is now available online. All proceeds from its sale support a fundraising project for the International Centre for Polio Education.
To learn more, go to this website:
http://www.postpolioinfo.com/index.php

NPSA AND ROTARIANS DISPLAY THEIR “END POLIO NOW” BUTTONS

NPSA members and their spouses pose with their new "end polio now" pins, presented to them by Omaha’s downtown rotarians and the director of the Nebraska March of Dimes, also pictured.



Marie Galda, NPSA's most senior active member, and npsa webmaster Chip Mackenzie hold up their pins, showing "we're this close" to ending polio. Ms. galda was stricken with polio at the age of two in 1925. (Photos courtesy of gretchen bren)

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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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