



GLEANINGS

August - September, 2014

THE LITTLE SCOOTER THAT COULD: PAYING IT FORWARD

By Millie Malone

At NPSA's July meeting, we had a real "Pay It Forward" moment. Here's how it happened:

Gleason Grimes, a now-deceased member of NPSA, bought a folding scooter to enable him and his wife Pat to travel. This scooter would fold up like a suitcase, small enough to fit in the trunk of a car and could also be carried safely on an airplane. It does not come apart, except for the batteries, which are easily removable.

When Gleason died, Pat sold this scooter to her cousin, Phil Vrana, also an NPSA member. Recently, Phil also passed on. His children wanted to donate his mobility equipment to polio survivors like their father, so now The Scooter was back in circulation.

Polio survivor Tom Skarin, from Ida Grove, Iowa, was in need of a travel scooter that would fit in the trunk of his small car. Tom is a friend of mine and so is Pat Grimes, who was in contact with her cousins, the Vranas. I asked Pat to ask Phil's family and, thus, the scooter became Tom's.

However, there were logistics to work out: the scooter was now in Pat's home in Milford, Nebraska. Pat drove from Milford to the meeting place at Bloomfield Forum in Omaha for the July NPSA meeting and the scooter was handed off to Tom, who had driven from his home in Ida Grove.

Now Tom can go to the Omaha zoo, to the Clay County Fair in Spencer, Iowa, and to the sculpture garden in Des Moines. Tom will pay it forward by driving Millie to Omaha for the NPSA meeting in August.

Pay It Forward is such a satisfying concept. I recommend it heartily.



Pat Grimes passed on the travel scooter that once belonged to her late husband, Gleason, to Tom Skarin. The "Pay It Forward" moment came during the July 13th NPSA meeting.

HIGH SCHOOL STUDENTS RESEARCH POLIO'S HISTORY

By Elaine J. Allen

A recent Mercy High School graduate and National Merit scholar told NPSA members in July that a class research project on the history of polio stimulated an interest in public health and epidemiology.

Elizabeth Lipschultz presented the History of Polio website that she and a classmate developed for a National History Day project in 2013.

History of Polio (continued on p. 2)

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History of Polio *(continued from p. 1)*

During their junior years, Elizabeth and her classmate, Hannah Vankat, conducted primary and secondary research on the 20th century efforts to identify the polio virus and develop effective vaccines.



Elizabeth Lipschultz and a classmate chose to create a History of Polio website as a high school class project for National History Day.

Part of their primary research was to interview people with first-hand knowledge of polio. She interviewed Sharlene Pekny, the widow of the widow of Marvin Pekny, a long-time NPSA member who was infected from a faulty batch of the vaccine. As part of her presentation at the July 13th meeting, Elizabeth connected to her website and showed the video clips from her interview with Mrs. Pekny.

Elizabeth discussed with members the concerns expressed about the misinformation that has spread about vaccinations, both in the U.S. and abroad, particularly in countries where there are current outbreaks of polio. She believes it's critical to effectively and accurately communicate information about polio vaccinations that can change public opinion.

"We need to have the correct information out there and available," she said. To view the History of Polio website, here is a link:

<http://86735198.nhd.weebly.com/>. This link will also be available on NPSA's website: www.nepolio.org

NPSA Members Play 'Family Feud' With Financial Advisor

By Elaine J. Allen

Financial Advisor Alan Hauschild told NPSA members during their August meeting about two

personal life events that made him realize the importance of estate planning.

"My brother passed away from cancer at the age of 44, leaving behind a wife and 4 children," Hauschild explained. "I saw the benefit of life insurance being in place. Then, later, my 19-year-old nephew was injured in an accident and has been in a vegetative coma for the past 13 years," he said.

Financial Advisor (continued on p. 3)

IN THE NEWS

(Editor's note: In response to feedback on our readers' survey earlier this year, GLEANINGS will reprint news articles related to polio and post-polio when they are available for republication.)

Polio Health International's Post-Polio Directory:

For a list of post-polio resources, including health care providers, click this link to download the order form: www.post-polio.org/net/pdirhm.html

NPSA's Early Days, a history written by founder Nancy Baldwin Carter:

www.post-polio.org/net/sghist-npsa.pdf

Polio Global Eradication Initiative report for July:

www.polioeradication.org/Portals/0/Document/Media/Newsletter/PN201408_EN.pdf

WHO and UNICEF Report on Polio Outbreak in the Middle East:

www.emro.who.int/images/stories/polio/documents/Polio_Outbreak_in_the_Middle_East_July2014-En.pdf

The Battle to Eradicate Polio in Pakistan: Time Magazine, July 29, 2014. Also available online:

time.com/3051398/polio-pakistan-rotary/



Alan Hauschild talked to NPSA members about pre-retirement and estate planning during the August 3rd meeting.

Financial Advisor *(continued from p. 2)*

Hauschild is an advisor with Continuum Financial in Omaha, where sees his role as a resource for the retirement and estate planning needs of his clients.

He listed the five documents everyone should have in place:

- Durable Power of Attorney
- Advanced Medical Directive: Directs who should make difficult medical decisions for you if you are unable. HIPAA laws make it difficult to get medical information without this document.
- Will: “The cornerstone of your estate plan; the executor should be someone you trust to make decisions on the estate.”
- Letter of Instruction: A private document separate from the will that indicates wishes of the deceased.
- Living Trust: “Not everyone needs this, depends upon the assets you want to pass on after you pass on.”

Hauschild also reminded attendees about two other documents to keep current: life insurance and the 401K. “They are more powerful than a will document. It is very important to update your documents if beneficiaries change,” he said.

During the meeting, he outlined the “Four Cs” of retirement and estate planning as a take-off of the old TV game show “Family Feud”. When planning for your retirement and estate, these are the Four Cs”:

1. Children
2. Charities/Cause
3. Church

4. Caretaker

Most people consider the first three “Cs” when pre-planning for their retirement and their estates. Regarding the fourth “C”, a spouse, children, and other family members might be able to serve as caretakers, but not always. The costs for a caretaker are “going through the roof,” he said.



Hauschild played a financial version of "Family Feud" with NPSA members.

For example, Hauschild cited a survey of Omaha’s 42 home health care agencies. The average per hour cost was \$19. The national average is \$21 per hour.

Assisted living care costs in Nebraska average \$39,000 annually. For 24/7 nursing home care, the average in Nebraska is \$80,400 annually, or \$198 per day.

Hauschild can be reached at 402-343-8315, or via email: AHauschild@FinancialGuide.com

Mark Your Calendars!

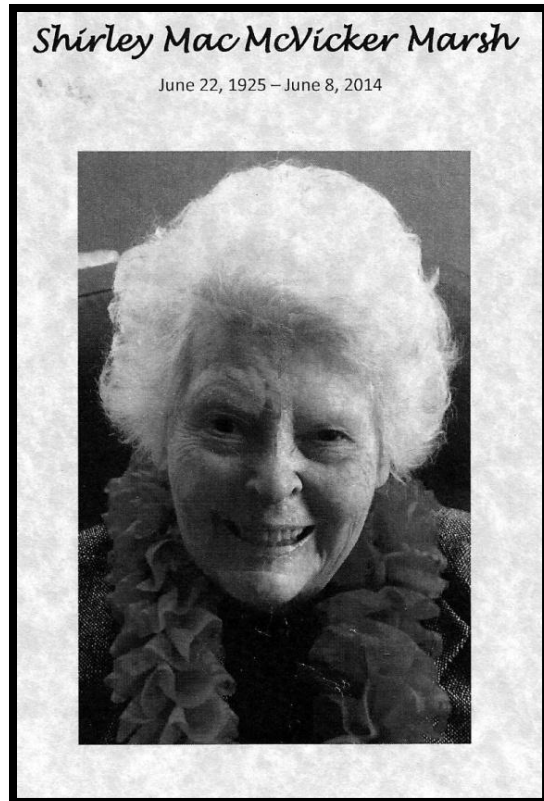
Remaining 2014 NPSA Meeting Schedule

September 7: Surviving Polio in India

October 5: 30th Anniversary Celebration
(See invitation on page 5)

November 2: Ministering to Caregivers

Except for the October meeting, we meet Sunday afternoons from 2:00 – 4:00 p.m. at the Bloomfield Forum Community Room, 9804 Nicholas Ave., Omaha, Nebraska. Everyone is welcome to attend. Coffee and refreshments are served. **Please join us!**



One of NPSA's original board of directors, Nebraska State Senator Shirley Marsh, died recently in Lincoln, Nebraska, two weeks short of her 89th birthday. This photo was scanned from her funeral program. Our condolences go out to Sen. Marsh's family and friends.

NPSA THANKS YOU!

The following donors sent gifts from June 17 - August 14, 2014:

Annual Gifts: Jackie Devaney, Lucille Rolfes

Gifts in Memory of Phil Vrana:

Karen and John Dulany, Judy and Don Eades, Steve Vrana

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. Your gifts are fully tax-deductible, as allowed by law. To become a donor, you may send your check to:

Nebraska Polio Survivors Association
PO Box 6076
Omaha, NE 68106

Nebraska Polio Survivors Foundation Board of Directors

President:

Edward B. Roche, Ph.D.
117 Bellevue Blvd S
Bellevue, NE 68005-2440
Home: 402-292-3781
Work: 402-559-4645
Email: ebroche@cox.net

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770 N. 93rd St., Apt. 4B4
Omaha, NE 68114-2674
Work: 402-995-3752
Email: kkharbanda@unmc.edu

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Weber & Thorson PC
11205 Wright St. Ste 220
Omaha, NE 68144-4719
Work: 402-330-9900
FAX: 402-330-4022
Email: larry@weberthorson.com

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4011 N. 15th St.
Lincoln, NE 68521
Home: 402-477-2188
Cell: 402-326-3266
Email: groth@neb.rr.com

Executive Director

Elaine J. Allen
PO Box 6076
Omaha, NE 68106
Voice mail: 402-932-5426
Email: npsa.org@hotmail.com

Clip and Mail

You Are Invited to
Celebrate Our 30th Anniversary

*Nebraska Polio
Survivors Association*

LUNCHEON &
PROGRAM

Featuring
Video interviews with
NPSA Founder

*Nancy Baldwin Carter
(and others)*

Sunday, October 5, 2014
1:00 – 3:30 p.m.

The Thompson Alumni Center
UNO Campus
67 & Dodge Street
Omaha, NE

Registration fee:
\$5.00 per person

Please return registration form
and check by
September 25, 2014

NPSA 30th Anniversary

LUNCHEON & PROGRAM
REGISTRATION FORM

Name(s) of Attendee(s):

Attendee(s) Address, City, State, Zip:

Check Entrée preference (one per
attendee):

- Grilled Chicken with Marsala Sauce
- Grilled Salmon with Lemon Dill Sauce
- I am unable to attend but would like purchase a DVD of the 30th Anniversary video at \$10 each. (Please enclose your check. The video will be mailed after October 5th.)

Total amount enclosed: _____

Please return this form and your
check by September 25, 2014 to:

**NPSA 30th Anniversary
PO Box 6076
Omaha, NE 68106**



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Omaha, NE 68106

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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.

ON SUNDAY, OCTOBER 5, 2014

WE CELEBRATE OUR 30TH YEAR OF HELPING POLIO SURVIVORS

NPSA was founded in 1984 by Nancy Baldwin Carter. Our program will include a historical video featuring interviews with our founder, Dr. Byron Oberst, and other members.

Please respond to your invitation today.