



GLEANINGS

October - November, 2014

AN ATTITUDE OF GRATITUDE

By Millie Malone

This is the season to count our blessings. Sometimes it is difficult to think of how fortunate we really are when we are hurting, faced with difficulty in mobility, fighting with Durable Medical Equipment workers and the red tape that involves, but we really are very blessed.

"There is always someone worse off than you are." I have heard that a lot, but as I've told my friend Toni, if you have a broken leg, but the person next to you has Stage IV cancer, that does not mean your leg hurts you less. Your leg is still broken. You still deserve compassion.

What I'm trying to say is that if you remember all the things that you, personally, have been through and that you triumphed over these problems, you will realize that you are a winner. We are called survivors for a reason, yes?

My big problem is fatigue. Well, that and the fact that as a Type A personality, I never slow down. Oh yes, I know better, but life is so short and there are so many wonderful things out there. There is my family, all of whom live nearby, all of whom have birthdays, anniversaries, baptisms, weddings and yes, funerals. Then there are friends who I like to visit and places I like to go. I love to write, so I've volunteered to do an online

polio newsletter, the newsletter for my Cooperative, and my regular column here. I belong to a book club and a poetry club. My sister, whom I love dearly, needs me to drive her

places since she no longer drives. So on the downside of this, I'm tired! I'm always tired. However, on the plus side, I will someday not be able to do all of this, so I enjoy it while I can.

Some of us struggle financially, but there is Medicare/Medicaid to pay for our critical needs. I've seen films of polio survivors in third world countries who have absolutely no help to get wheelchairs or even crutches. I've seen polio survivors with thick calluses on their knees because they crawl wherever they go. What struck me the hardest while watching those films was

that even though they had no help whatever, they were smiling. They were proud of their achievements; as well they should be, under these circumstances. They seemed grateful just to be alive.

My personal philosophy is that we should keep an attitude of gratitude for whatever blessings come our way. If you have food on your table, a roof over your head and at least one person who loves you (and there is no reason that person can't be you, yourself) you have reason to be grateful. Most of my friends are polio survivors and most of them have had many difficulties to overcome, but when we get together all of that is forgotten in our joy at seeing each other.

(Attitude of Gratitude, p. 2)



"My personal philosophy is that we should keep an attitude of gratitude for whatever blessings come our way."

Inside this issue:

- Photos from our 30th Anniversary Celebration
- In the News

NPSA Celebrates 30th Anniversary with Luncheon and Video Program

A beautiful, warm autumn Sunday afternoon set the perfect scene for the celebratory luncheon to recognize NPSA's pioneers and its 30 years of helping polio survivors. Forty people attended, some for the first time and others after many years' absence.

The Nebraska Polio Survivors Association was the first statewide post-polio group in the U.S. when it was founded by Nancy Baldwin Carter. Nancy and four other long-time members were featured in a video written by Omaha free-lance journalist Judy Horan and produced by Joe Sittler of Omaha Trans-Video.

In the video, Nancy described her tenacious efforts to get the word out to other polio survivors in Nebraska. She told the story of helping establish meetings across the state and those Nebraskans who were involved in the early years of raising awareness of post-polio syndrome and helping fund the association's expenses.

Gleanings columnist Millie Malone, Marie Galda, Chip Mackenzie and former NPSA Board President Gene Roth also told their stories of how they were infected with polio, how post-polio has affected them, and what NPSA means to them.

The DVD of the program is available at cost (\$10) by request. It is also available online at the vimeo link listed elsewhere on this page or via our Facebook page and website.

DVDs of our 30th Anniversary program are available for \$10 each.

Please send your check to:

NPSA 30th Anniversary DVD
PO BOX 6076
Omaha, NE 68106

Attitude of Gratitude *(continued p. 1)*

Nothing lifts the corners of my mouth more than children and dogs. And most of all, I have my readers. Those of you who follow my column make me feel as if I am contributing in a small way to making the corners of your mouths quirk upward now and then.

In this season of thankfulness, I have so much for which to be grateful. I am better off

financially than I was when I was younger. My family lives close to me and I can see them whenever I like. I have a well-maintained, comfortable, barrier free place to live. My neighbors here are, for the most part, very friendly and likeable. I have my little dog, who wakes me up every morning with kisses and is delighted to see me. There are children in my life.

Happy Thanksgiving, everyone! Merry Christmas and Happy New Year, too!

IN THE NEWS

NPSA's 30th Anniversary Video (order information at the bottom of the page):

<https://vimeo.com/105055161>

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

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

Polio Health International's Post-Polio Directory: For a list of post-polio resources, including health care providers,

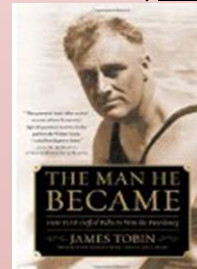
click this link to download the order form: [www.post-](http://www.post-polio.org/net/pdirhm.html)

[polio.org/net/pdirhm.html](http://www.post-polio.org/net/pdirhm.html)

History of Polio website:

<http://86735198.nhd.weebly.com/>

Interview on NPR with author James Tobin about his biography of President Roosevelt, The Man He Became:



www.npr.org/2013/11/25/247155522/roosevelts-polio-wasn-t-a-secret-he-used-it-to-his-advantage



Karlene Steere, Carl and Judy Kellerman smile for the camera.

We celebrated our 30th Anniversary on October 5, 2014 at UNO's Thompson Alumni Center. At right is a screen shot of founder Nancy Baldwin Carter from the video program.



First-time attendee Patty Wokurka talks with Dr. Vickie Roche.



Otto Husak and Sharon Kay enjoy a light moment with Joan and Ron Heinz.



Don Eades, Stanley and Barbara Johnson help Jackie Devaney and Pat Vrchlavsky find their name tags.



Lee and Bob Hinsley visit with Fred Henninger.



Kusum Kharbanda sells tickets for the many raffle items donated by members.



Norman and June Friedmeyer drove in from Plattsmouth to attend the event for the first time.

ANOTHER ATTITUDE OF GRATITUDE

By Elaine Allen

Babu Kalagara was a three-year-old in India when he was infected with polio in 1981. He was the only one in his family who got polio but he said there were other people in his village were infected at the time.

He said he was not sure if he got physical therapy as a child; although he was told that doctors gave him radiation therapy. Both of Babu's legs were affected and he still walks with two crutches and leg braces.



Babu told NPSA members during the September 7th meeting, "I had very good parents who gave me a good education. My dad encouraged me to be on my own."

But when he went away to college, he began to struggle with depression. "You feel like you weren't cared for." Born into a Hindu family, Babu said he hated God, asking: "Why me? Why polio? Why could I not enjoy my life?" It became a turning point. "That was an important time in my life. I began searching for truth and became a Christian."

Attitude is important to keep his goals positive, he said. "Being happy and joyful is critical in life." His Christian faith helps him to remember: "God did not create you by mistake. We are all made for a purpose in this world."

NPSA THANKS YOU!

The following donors contributed gifts from August 15 – October 15, 2014.

Annual Gifts:

Jackie Devaney	Judy Irons
Alma Rohlfig	Susan Thorson
Laurel C. Weindorf	

Gifts in Kind (30th Anniversary Raffle Items)

Penny Jewell	Millie Lill	Barbara Johnson
Patti Suddeth	Joan Heinz	

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 families 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

Babu moved to the U.S. "all by myself" to attend graduate school. He earned a Master's degree in Computer Science from the University of Oklahoma.

He has been working as an IT professional in Nebraska for the past several years, most recently at ConAgra Foods. He had never heard about NPSA before he met me at a work luncheon for the company for which we both work, Client Resources, Inc. The September NPSA meeting was his first visit with the group.

IN MEMORIAM

Former NPSA Executive Director John Barnett died on September 9, 2014, at the age of 54. He was preceded in death by his parents: Marian S. Barnett, who was NPSA's executive director before him, and Reverend Dr. James Barnett.

Our condolences go out to John's family.

Do you have questions about

- Medicare
- Prescription Drug Plans
- Medicare Advantage Plans
- Medicare Supplement Policies

Contact Me Today
Matt Jetter
 Licensed Independent Insurance Sales Agent
402-215-1017
MattJetter.Jetter@gmail.com

I have been guiding people just like you to affordable plans with the best mix of benefits to fit their way of life.

Let me help you better understand your Medicare options so you can find the right plan.

Remaining 2014 NPSA Meeting

Sunday, November 2

Ministering to Caregivers with
 Deacon Eldon Lauber

Matt Jetter, Medicare Insurance Solutions Agent will be available to consult with members about changes to Medicare Supplement plans (See Jetter's contact information elsewhere on this page.)

Mark Your Calendars!

Our meetings are held between 2:00 – 4:00 p.m. on the first Sunday of each month from February through November, unless it's a Sunday before or after a national holiday. We meet at the Bloomfield Forum Community Room, 9804 Nicholas Ave., Omaha, Nebraska. Everyone is welcome to attend. Coffee and refreshments are served during the social hour.

**If you're in the Omaha metro area,
 please join us!**

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

Vice President and Secretary

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

Treasurer

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

At-Large Members

Eugene and Barbara Roth
 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



PO Box 6076
Omaha, NE 68106

NON PROFIT
ORG.
U.S. POSTAGE
PAID
Omaha, NE
Permit No. 1575

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.

Are you moving? Do you have a friend or family member who would like to receive *Gleanings*? Return this form with your address changes or the name and address of your friend/family member.

Name: _____

Street Address: _____

City/State/Zip: _____

If you'd prefer to receive an **email** version of *Gleanings* instead of a mailed paper copy, send us an email. In your message, please include your name and postal address with your email address to npsa.org@hotmail.com.