



GLEANINGS

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Madonna Outpatient Clinic Welcomes Polio Survivors

By Elaine J. Allen

An outpatient clinic has opened at Madonna Rehabilitation Hospital in Omaha that “would be happy to see”

polio survivors with Post-Polio Syndrome (PPS), according to Madonna’s director, Dr. Samuel Bierner.

In addition to his responsibilities at Madonna, Dr. Bierner

has served as chair of the University of Nebraska Medical Center’s Physical Medicine and Rehabilitation (PM&R) Department since 2016. Madonna is collaborating with UNMC to conduct a multi-center clinical trial of people who have suffered strokes as a result of post-COVID complications. UNMC’s 16 PM&R residents are working with these patients, Bierner said.

Dr. Bierner explained to NPSA’s October 2nd Annual Reunion attendees that PPS and post-COVID have similar systemic effects on the body. The most notable effect of both “post-disease” conditions, he said, is the inflammation of blood vessels. However, unlike COVID, polio attacks the motor neurons, which affects 50-60% of the nerves in the spinal cord, which causes the common PPS symptoms of fatigue and weakness.

He is no stranger to polio and Post-Polio. When he was a child, Dr. Bierner remembers hearing his mother talk about polio. In the early



1960s, he was in one of the early groups of children who were given the oral polio vaccine. When he was in medical school at the University of Washington many years ago and then more recently in Dallas, he worked in Post-Polio clinics. In 2009, a patient in the Dallas Post-Polio clinic gave him a copy of The Polio Paradox by Dr. Richard Bruno.

Dr. Bierner, continued on p. 2

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Happy Hallothanksmas

By Millie Malone Lill

Holiday time. For some of us it is exhilarating, exciting, full of wonder. Most of those people are children, not aging polio survivors. Don't get me wrong, holidays can still be fun for us. Like everything else, it just requires some adjustment. There will be happiness and joy, if we allow it in, but that means we have to change our expectations.

In the old days, Christmas meant weeks, if not months, of baking and candy making. Filling the freezer with goodies, finding a large enough turkey, arguing with the misguided family members who thought giblets belonged in the stuffing. They do not. Buying, wrapping, hiding Christmas gifts. It was fun and I looked forward to a houseful of people, children running around, laughing, and having fun. There would be wrapping paper all over and a mess to clean up later, but plenty of people to help with that. *Millie's Column (continued on p.2)*

Millie's Column *(continued from p. 1)*

Thanksgiving was a lot like Christmas except perhaps less candy. I love family gatherings.

Lots of people, lots of food, lots of laughter.

Halloween, more candy, more kids, even more laughter.

The holidays are much different now. Perhaps a bit less enjoyable, but I still enjoy myself. I can no longer do all the cooking and baking because my bad hip reminds me that standing for more than a few minutes is a no-no. The kids that made all that fun and laughter are grown up now and have children and celebrations of their own. It's hard, maybe impossible, to get everyone together while factoring in the in-laws, the other sets of grandparents, and the workplace celebrations.

Now it is time to hand the reins over to the next generation. Instead of wearing ourselves out with all the preparations, we can relax and let them do it. Show up for the feast, perhaps take some leftovers home with you for the next day, and let younger people enjoy the hustle and bustle.

All three of my sons can cook, one of them married an excellent cook and one granddaughter is engaged to a chef, so why would I wear myself out cooking? I am well loved and none of them would let me go hungry, so I have it made. I find that I don't miss all the hard work involved.

Times change and we must change with them. It is more blessed to give than to receive, but receiving is pretty darn nice, too. Let the younger people find the joy that you had while you move on to the next stage. Maybe you have no "next generation." Some don't. But there is still no need to forgo the holidays.

Many churches have communal meals on holidays and most of us have compassionate friends. There is also the option of going to a nice restaurant. Do whatever it takes to make your soul happy and treat your overworked neurons to the rest they deserve. It is also



possible to just enjoy the changing seasons, the beauty and peace that this time of year offers.

A time to reflect on the blessings you have received in the passing years. An attitude of gratitude can make life very pleasant.

Whichever way you choose to spend the holidays, I hope you have a great time. And I hope 2023 is a year of love, laughter, and happiness. Happy Hallothanksmas, everyone!

Dr. Bierner *(continued from p. 1)*

During his talk, Dr. Bierner answered attendees' questions about bracing, fluid retention in the legs, and shoulder replacement surgery. He also responded to a question about the "Conserve to Preserve" philosophy of many polio survivors. He encouraged them to find a cardiovascular exercise that uses functioning muscles and that does not involve affected limbs. He suggested polio survivors think about this when they try exercise: "How tired are you afterwards?"

For more information, about Madonna's clinic and UNMC's PM&R specialties, send an email to pmr@unmc.edu

August - October Donor List

The Nebraska Polio Survivors Association gratefully acknowledges the generosity of the following donors, who supported our mission with their gifts from August 1 – October 31, 2022.

Annual Gifts:

Diane Finch-Oerter, North Platte, NE
 LeEdda Hinsley, Omaha, NE
 Freda A Hoffman, Syracuse, NE
 Fred and Eunice Jalass, Omaha, NE
 Cynthia Starman Kelly, Lincoln, NE
 Mary Lee Vitton, Omaha, NE
 Kathy Schnase, Minatare, NE

If you wish to memorialize or honor a polio survivor with a donation to NPSA, you may send a check to the address below:

Nebraska Polio Survivors Association
PO Box 6076
Omaha, NE 68106

We will acknowledge your gift in a future issue of *Gleanings*.

Remembering Chip Mackenzie

Charles “Chip” Mackenzie, an early NPSA member, NPSA’s webmaster, and an NPSA Foundation Board Trustee, died on Friday, October 7, 2022, after a brief illness. He was 76.

Chip was infected with polio during the 1952 epidemic. He often recounted his determination to resume a “normal life” after his initial recovery.

After earning his Ph.D. in biochemistry, Chip moved to Omaha, Nebraska. He first heard about Post-Polio Syndrome in the mid-1980s from his mother, who lived in California. She sent him an article about PPS and the Nebraska polio survivors’ group founded by Nancy Baldwin Carter in 1984. Chip contacted Nancy and began his involvement with NPSA.

He actively participated in as many of NPSA’s monthly meetings as he was able. In the past couple of years, he had been primary caregiver for his wife, Mary Ellen, who had serious health and mobility issues of her own.

Victoria Roche, newly elected NPSA Foundation Vice-President, recalled Chip’s commitment to NPSA’s mission. “I remember how Chip was always so eager to educate others on polio and Post-Polio, particularly health professions and students. He and my husband (the late Ted Roche) gave several joint presentations on their polio-related insights and experiences.”



Chip Mackenzie with his wife, Mary Ellen, at an NPSA meeting in 2017. Millie Malone Lill and the late Barbara Roth are in the background.

Judy Eades, newly elected NPSA Foundation Secretary, said she always learned something from Chip. “Chip was one-of-a-kind for sure! He was a brilliant man and loved sharing information with all of us. Chip loved to talk and was a bit humorous using his dry wit! May he rest in peace.”

Zoom with NPSA

As a Gleanings subscriber, you are invited to attend our monthly Zoom meetings, no matter where you live. We regularly have people from as far away as Germany, Montreal, New York, and Florida in attendance.

We meet from 2:00 – 4:00 Central (U.S.) time. Topics will be announced via email at least one week in advance.

You are invited to attend our Zoom meetings by:

1. Calling one of the phone numbers listed in the box - OR
2. By downloading the Zoom app onto your mobile device or computer. Then, join the meeting by entering the Meeting ID and passcode.

For our Omaha area members, we ***will not meet in person*** during December, January, or February. Our next in-person meeting will be Sunday, March 5, 2023, weather permitting.

Dates	Zoom Meeting Details
Zoom only:	Zoom web address: https://us02web.zoom.us/
Dec. 4	Meeting ID: 825 6010 0877
Jan. 8	Meeting Passcode: 661946
Feb. 5	Meeting Passcode: 661946
	Call-in phone numbers (use the same Meeting ID and passcode): +1 346 248 7799 US (Houston) +1 312 626 6799 US (Chicago)

Executive Director and Treasurer Searches Begin

NPSA's Foundation Board of Directors has begun a search to replace Executive Director Elaine J. Allen, who will retire on March 31, 2023. Elaine has served in that role since February 2011.

Applications may be submitted via email to Nebraska.Polio.Survivors@outlook.com.

Screening of applications will begin December 7th and will continue until the position is filled.

NPSA's Foundation Trustee and Treasurer, Larry Weber, resigned his position on October 15, 2022, after serving in that role for more than 30 years. His position must be filled as soon as possible. Larry is willing to provide knowledge transfer to the new treasurer.

Complete job descriptions for both positions appear on page 5.

Foundation Board of Trustees Elect New Officers

During the October 19th Annual Meeting of the NPSA Foundation Board of Trustees, Kusum Kharbanda, Ph.D., was elected to serve a one-year term as President. Dr. Kharbanda has served on NPSA's Board for more than 30 years, most recently as Vice-President and Secretary.

Dr. Kharbanda is a researcher with a joint appointment with the University of Nebraska Medical Center and the Omaha Veterans Administration hospital. She is a polio survivor who was infected as a child in India.

Victoria F. Roche, Ph.D., was elected to a one-year term as Vice-President. Dr. Roche is Professor Emerita from Creighton University's School of Pharmacy and Health Professions. She retired in January 2022. Her late husband, Ted Roche, served as NPSA's president for eight years until his death in March 2022.

Long-time NPSA member Judy Eades was elected to a one-year term as Secretary of the Board. Judy is a polio survivor. She has retired from Bergan Mercy Hospital, where she was an administrative assistant for many years.

Nebraska Polio Survivors Association Foundation Board of Trustees

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Executive Director/Gleanings Editor

Elaine J. Allen
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Voice mail: 402-932-5426

NEW Email address:

Nebraska.Polio.Survivors@outlook.com

NPSA Executive Director Job Description

The Nebraska Polio Survivors Association (NPSA) Foundation Board of Trustees is seeking a part-time **NPSA Executive Director** with non-profit organization or public relations experience.

Responsibilities:

- Organizing and facilitating quarterly meetings of NPSA's Foundation Board of Trustees
- Serving as Board liaison to the NPSA membership and to the public
- Collaborating with the Board treasurer to manage the operational budget funded from the Foundation's Endowment
- Arranging programs for monthly hybrid (in person and Zoom) NPSA meetings for survivors and supporters
- Editing and producing Gleanings, the quarterly newsletter
- Managing the NPSA membership database
- Advocating and effectively communicating with polio survivors and their supporters

Qualities important to the optimal success of the NPSA Executive Director include:

- Integrity and trustworthiness
- Well-organized self-starter
- Energetic and focused
- Visionary, in terms of effective and/or innovative ways of advancing organizational mission
- Welcoming demeanor

Search Specifications:

- Part-time hours vary between 5 and 10 hours a week, depending on timing of meetings and publication deadlines.
- Preference will be given to qualified candidates who live in the Omaha metropolitan area.
- Application screening begins on December 15, 2022; search will remain open until the position is filled.
- Annual salary range \$15,000 to \$18,000, based upon experience.
- Position available on March 1, 2023.

Send resume to: Nebraska.Polio.Survivors@outlook.com

NPSA Foundation Board of Trustee/Treasurer Job Description

The Nebraska Polio Survivors Association (NPSA) Foundation Board of Trustees is seeking a Treasurer who serves as a Trustee. **This is an unpaid position. It is available immediately.**

Responsibilities:

- Collaborate with the Foundation's Endowment Brokerage Account manager to ensure operational funds are disbursed in a timely manner. Income from Endowment is the primary funding source for NPSA's operation.
- Collaborate with the accounting firm that prepares the tax accounting and payroll services.
- Collaborate with Executive Director to manage the operational budget funded from the Foundation's Endowment.
- Keep full and accurate account of receipts and expenditures, as required for the operation of the 501(c)3 nonprofit organization. Knowledge of Quickbooks is essential.
- Make disbursements in accordance with the approved budget, as authorized by the Foundation Board.
- Send Treasurer's reports to the Board in advance of quarterly Foundation Board meetings, including the annual meeting in October.

Send resume to: Nebraska.Polio.Survivors@outlook.com

NPSA Mission Statement

The mission of the 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.

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