



# GLEANINGS

ISSUE #1, WINTER 2022

## Moooo!!

By Millie Malone Lill

I think of myself as a recovering farmer, with a good deal of experience with farm animals. Some animals can function fairly well on their own, not needing constant companionship, or only needing their families to have a decent life. Cows, horses, sheep need the protection of the herd.

I see us polio survivors as herd animals. As children, isolated in hospitals, away from our families, sometimes ostracized by our former friends when we got back home, we felt vulnerable. So many of us still do. I grew up not knowing another polio survivor. Was that because I was the only one who had contracted this disease? No. It was because at the time of having polio, AKA The Dirty Disease, we were taught not to mention it. Our goals were to recover, become “normal,” and never look back.

Of course, we were blissfully unaware of PPS. When that polio dragon awoke from its nap and chomped down on us again, we were once more on our own. We heard others say...or told ourselves: “No pain, no gain. Walk it off! Don't whine, don't complain, you can do it, try harder, never give up!” But we were noticeably different. Our stamina was laughably feeble. We ran out of steam while our peers were rarin' to go. The more we tried, the more difficult everything became.



Here is where our herd comes in: Support groups. In person, online, at Zoom meetings, by email, and on Facebook groups, we have found our herd. The epidemics of the time before the vaccine affected millions. Not all of us survived, but quite a few did. When I first came across my herd in the mid-1990s, I was dumbstruck. I fit into this herd! I was not different anymore; I matched the rest of the herd. We could compare problems and listen to others in the herd who had overcome those problems. We could share our experiences without feeling that we were complaining too much. Most of the herd had the same complaints. We were accepted.

Unlike a herd of cows or a flock of sheep, we could learn from each other. We could listen and empathize. We could offer suggestions as to how this or that could be dealt with. We strengthened each other just by being aware of each other.

I have been part of this worldwide herd for many years. I've been supported and I've supported others. I know have the courage to venture outside the herd into the rest of the world, knowing that my herd is still there. I can come to them anytime and they will make room for me. We build each other up and even when things get unbearable, there is always someone in the herd who will reach out, offer a suggestion, or just listen. We know that joy shared is doubled and sorrow shared is halved.

If you don't yet have a herd, come join mine. The sun is warm, the grass is green, the wind blows gently here. You will be accepted.

Moooo!!

### Online Resources

**Post-Polio Health International's Post-Polio Directory:** Available as a PDF download or for purchase: <https://post-polio.org/education/publications/>

**YouTube Videos: "Conquering Polio in America: The Cutter Incident and Beyond:"**

<https://youtu.be/aLf63yIEquo>

**"Components of a Post-Polio Evaluation"** Dr. Frederick Maynard, PHI video posted on YouTube, Aug 11, 2019 <https://www.youtube.com/watch?v=LOGWcdgytoQ>

**Dr. Bruno's Encyclopedia of Polio and Post-Polio:**

<https://www.papolionetwork.org/encyclopedia.html>

**Rotary Polio Plus Resources:** <https://www.endpolio.org/resource-center>

### 2021 Annual Donor List

The Nebraska Polio Survivors Association gratefully acknowledges the generosity of the following donors, who supported our mission with their gifts during 2021.

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*In Memory of Marie Galda:*

Douglas J. Jasa, Liberty, MO

*In Memory of Gene Kros:*

Millie Kros, Weston, NE

*In Memory of Laurel C. Weindorf:*

Pamela Bach

### Dr. Frederick Maynard on YouTube

By Elaine Allen, Gleanings Editor

Members who attended the December 5, 2021, NPSA meeting on Zoom watched and discussed a YouTube video with Dr. Frederick Maynard, one of the most prominent Post-Polio medical doctors in the U.S.



This 36-minute video presents excellent information for any polio survivor to share with your health care provider.

Because the audience for this video was other medical professionals, Dr. Maynard discussed in detail the examination steps, evaluation, diagnosis, and treatment for post-polio syndrome in specific medical terms. You may also find it helpful to review before going to a health care provider if you're seeking a post-polio diagnosis.

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**Polio Survivors Featured in Magazine**

Omaha Magazine’s January 2022 issue features polio survivors and their memories of their polio experiences. You can find the article at this link:

<https://www.omahamagazine.com/2021/12/30/379713/omahans-share-memories-of-experiences-with-polio>

**Zoom with NPSA**

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

1. Calling one of the phone numbers listed below.
2. Or, by downloading the Zoom app onto your mobile device or computer.

We will meet in person at Bloomfield by Essex, 9804 Nicholas Ave., Omaha, unless COVID restrictions prevent us from meeting.

We meet from 2:00 – 4:00 Central (U.S.) time on the following Sunday afternoons. Topics will be announced via email and on our Facebook page at least one week in advance.

2022 Dates	Zoom Meeting Details
<b>Both in person (*) and on Zoom:</b>	<b>Zoom web address:</b> <a href="https://us02web.zoom.us/">https://us02web.zoom.us/</a>
Mar. 6th	<b>Meeting ID:</b> 825 6010 0877
Apr. 3rd	<b>Meeting Passcode:</b> 661946
May 1 <sup>st</sup>	<b>Call-in phone numbers</b> (use the same Meeting ID and passcode): +1 346 248 7799 US (Houston) +1 312 626 6799 US (Chicago)
June 5th	
July 10th	
Aug. 7 <sup>th</sup>	
Sept. 11 <sup>th</sup>	
Oct. 2 <sup>nd</sup>	(*) Meetings will meet in person unless COVID restrictions prevent us from meeting in our regular location.
Nov. 6 <sup>th</sup>	
<b>Zoom only:</b>	
Dec. 4 <sup>th</sup>	

## 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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