



GLEANINGS

Autumn 2017

Nancy Baldwin Carter

Oct 21, 1936 - Aug 10, 2017

Nancy Baldwin Carter of Omaha, Nebraska, formerly Hebron, the daughter of W.O. and Eleanor (Davenport) Baldwin, was born October 21, 1936, in Hebron, Nebraska. She departed this life Thursday, August 10, 2017, at The Nebraska Methodist Hospital in Omaha, NE, at the age of 80 years.

Nancy grew up in Hebron and graduated from Hebron High School with the class of 1955. She continued her education attending Nebraska Wesleyan University receiving a Bachelor's degree. She then went to the University of Nebraska in Lincoln and received her Master's degree in Education Psychology.

She married William Carter on August 12, 1967 at the Presbyterian Church, Cool Valley, MO. They were just ready to celebrate their 50th Wedding Anniversary. The couple moved to Hebron where they purchased the downtown liquor store and changed the name to The Bottle Shop.

The couple later moved to Omaha, NE. Nancy was active in the Thayer County Community Play House, acting and directing several plays.

She contracted polio in 1948 at age 11, and with her Bachelor's and Master's Psychology degrees, she began her career as a high school English teacher and moved on to administering adult education programs in Missouri and Kentucky.

Nancy founded Nebraska Polio Survivors Association in 1984 and was its initial director. She didn't allow her disability to stop her from accomplishing her goals, learning to deal with her handicap, which lead her to write books to help other people in her situation. One of her books was Of Myths and Chicken Feet. She also wrote newsletters and articles for Post-Polio Health International that can be found on the web. Their main office is in St. Louis, MO.

Nancy was an avid reader, and always stayed alert to what was going on. She was a past Honored Queen of Jobs Daughter Council 57 of Hebron, NE, and member of The Presbyterian Church in Hebron, NE.

She was preceded in death by her parents; three brothers: Stanley, Joseph and William Baldwin. She is survived by her husband Bill of 50 years, nieces, nephews, and friends.

Following Nancy's wishes she was cremated and there will be no service at this time. Condolences may be left at www.krollfh.com, or mailed to Bill Carter, 7304 S. 140th Avenue, Omaha, NE 68138. Kroll Funeral Home Hebron, NE (402) 768-6165.

(Editor's note: This obituary was published in the Omaha World-Herald and on the Omaha.com website. As a post-script to her obituary, Bill died almost 3 weeks later, on September 4th.)



Nancy Baldwin Carter, pictured here, attended NPSA's 31st Reunion in October 2015.

NANCY, A REFLECTION

by Millie Malone Lill

Many years ago, I wrote the following about our founder, Nancy Baldwin Carter. She and her husband are both gone now, but what an inspiration this woman was for so many of us. Five minutes in her company and you did not see her disability, only her vibrant personality. I remember her getting someone from one of the Omaha TV stations to check out accessibility from a manual chair. He was quite appalled at how hard it was for him to get from the parking lot into the store while dodging cars and trying to find the curb cut. She made a lot of changes in Omaha and quite a few in my own life.

Here's what I wrote back then:

The first time that I ever heard of Nebraska Polio Survivors Association was when I found a brochure in the waiting room of an Omaha hospital while my husband was undergoing tests. I wrote for information and received a copy of GLEANINGS. The paper impressed me, especially Nancy Carter Baldwin's editorials.

Up until then, although I was certain I had Post-Polio syndrome, I had not heard of anyone else with this ailment. My doctor and the doctor to whom he referred me both thought it was a figment of my imagination. Since I was at that time wearing a brace again after 30 years of not needing one, I questioned their sanity. If there was nothing wrong with me, why did I need this heavy steel and Velcro monstrosity strapped to my leg?

I wrote to Nancy to ask if she knew of a diet designed for polio survivors, hoping she had a magic wand that would disintegrate the extra calories that I was no longer able to burn off. Well, she didn't. She suggested a low-fat diet and explained how to figure the percentage of fat to calories. You drop the last digit of the calorie count, divide by 3 and if the number of fat grams per serving is higher than this number, stay clear of it. I alternatively bless and curse the

manufacturers of my favorite foods for putting this information on their labels.

We continued to write to each other, and Nancy started printing some of my writing in GLEANINGS and the rest is history. I also talked to Nancy on the phone and was delighted by her sense of humor. On a trip to Omaha, my sister and I braved the wicked street signs of The Big City to find Nancy's lovely home, and we had a most enjoyable visit. I left impressed all over again with her wit and sparkle.

Nancy was an inspiration to everyone who met her. She not only helped me to find a doctor who specializes in polio here in Iowa, but she also encouraged me to do more writing. Thanks for everything, Nancy.

Reunion Photos

We remembered Nancy Baldwin Carter during our 33rd Annual Reunion. Here are some photos taken on October 1, 2017, at the Millard Roadhouse in Omaha.



Thank You to Our Donors

We're grateful to the following donors for their gifts received from August 1 to November 1, 2017:

Annual Gifts:

Donna D. Garwood, Burwell, NE
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Memorial Gifts:

In memory of Nancy Baldwin Carter

Verda H. Bialac, Omaha, NE
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Every gift helps NPSA achieve its mission. All gifts are fully tax-deductible because we are a 501(c)(3) non-profit organization. Please consider NPSA in your future charitable giving.

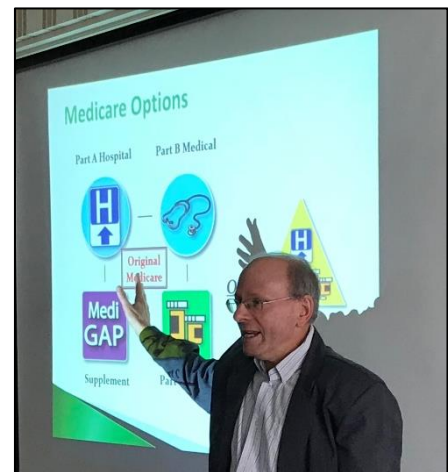
You may send your donations to:

Nebraska Polio Survivors Association
PO Box 6076
Omaha, NE 68106

Medicare Open Enrollment Options Presented

The annual Medicare Open Enrollment period ends on December 7th. As a service to the members attending our November 5th meeting, a representative from the Volunteers Assisting Seniors (VAS) office in Omaha presented options to consider if they are changing their Medicare plans, especially to review pharmacy prices, premiums and deductibles.

VAS volunteer Larry Kronick encouraged members to review their Medicare coverage by scheduling an appointment with a certified VAS counselor.



Kronick explained the government has not set the 2018 Part B premium rate yet. Medi GAP Part F and Part C supplemental plans will no longer be offered after 2020. Plan G will provide the most coverage in 2020. He answered members questions about switching plans.

VAS is the Eastern Region office for Nebraska's SHIP, Senior Health Insurance Information Program. Its services are available at no charge to senior citizens. The office is open Monday through Friday, 8:30 – 4:30. The contact information is listed below:

Volunteers Assisting Seniors
1941 S 42nd Street, Suite 312
Omaha, NE 68105
Phone: 402-444-6617
Website: www.vas-nebraska.com

Online PPS Resources

Post-polio Health International (PHI) offers many helpful resources online, including videos on its Polio Place page.

- **PHI's Home Page:** www.post-polio.org/
- **Polio Place:** www.polioplace.org/
- **For Health Care Providers:** www.post-polio.org/edu/hpros/index.html
- **Health Care Providers Directory (download pdf):** www.post-polio.org/net/PDIR.pdf

Bruno Bytes (from the PA Polio Survivor Network): www.papolionetwork.org/bruno-bytes.html

Yoga Exercises for Polio Survivors:
www.embraceyourway.com/

Traveling without a Spare (Dr. Wenzel Leff's book and video):
<http://www.travelingwithoutaspire.com/>

Volunteers Assisting Seniors: www.vas-nebraska.com

NPSA's website: nepolioorg.ipage.com/

NPSA's Facebook page:
www.facebook.com/NebraskaPolioSurvivorsAssociation/

Medicare: www.medicare.gov/

Mark Your Calendars for 2018 NPSA Meetings

Our 2018 meetings will be held on Sunday afternoons from 2:00 – 4:00 on the dates listed below:

March 4	April 8
May 6	June 10
July 1	August 5
September 9	
October Reunion Date & Place TBD	
November 4	

Except for our October Reunion, we meet in the Bloomfield Forum Community Room, 9804 Nicholas Ave., Omaha, Nebraska.

Meeting topics will be announced on our Facebook page, via email notification, and at the previous month's meeting.

Friends and family are welcome. Refreshments are served.

Dear Reader:

If you'd prefer an electronic version of Gleanings instead of a paper copy, please send us an email request. In your message, include your name and postal address, along with your email address to NPSA.ORG@HOTMAIL.COM.

Thank you for helping us reduce costs and keep our mailing list current and accurate.

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**Anesthesia Warning Card for
Polio Survivors**

Cut, and fold the information in the box below into a card that you can carry with you and show to your health care providers.

**I am a POLIO SURVIVOR with
POST – POLIO SEQUELAE
(PPS)**

Unexpected midlife symptoms:

- Overwhelming fatigue
- Muscle weakness
- Muscle and joint pain
- Sleep disorders and cold intolerance
- Difficulty swallowing and breathing

**ANESTHESIA
WARNING!**

I am a Polio Survivor

- **Easily sedated**, difficult to wake
- Difficulty **breathing and swallowing** with anesthesia
- **Hypersensitive to pain and cold**
- Need **heated blanket and increased pain medication** post-op.

For more information, visit this website:
www.polioepic.org

For all the holidays you celebrate, make them the very best you can!

Happy Thanksgiving!
Merry Christmas! Happy Hanukkah!
Happy New Year!



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Omaha, NE 68106

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Are you moving? Do you have a friend or family member who survived polio and 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: _____

Email address (if you prefer an electronic copy): _____

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.