



# GLEANINGS

Winter 2017

## There's an App for That

By Millie Malone Lill

Technology, isn't it great? No matter what problem you have, your smart phone can help. I'm not totally on board with mine because for one thing, my phone is somewhat smarter than I am.

I haven't learned to walk around with my phone in front of my face. I've discovered the little microphone on my keyboard so I can dictate a text instead of typing it while I'm seated or standing still. I can't drive my power chair and text at the same time. The other residents here are of an age where close calls with my power chair could have disastrous effects. After all, Depends is not always the lingerie of choice.

I've always wanted a GPS, but never bought one because if I am going to an unfamiliar place, I make someone else drive. But my smart phone has an app for that. Of course, sometimes I lose the signal or the phone's battery goes flat, but occasionally it does work.

If I'm waiting at the doctor's office or someplace, I can play games on my phone. I can open my Kindle for Android app and read a book. It will even sync with my tablet so I can pick up where I left off on the tablet and go from there on my phone.

I've found that I can ask Google all kinds of questions and I'll get an answer. Not always the correct answer, but still it's better than talking to my kids when they were in their teens. Often, they would not answer at all or would give one

word answers, the most popular one being "Huh?"

There are apps for everything imaginable. Bored? Play a game. Lost? Click on Google Maps. Want to know what's playing at the local cinema? Ask Google. My phone is an Android, not an iPhone, so I do things a little differently. I can't ask Siri anything because she doesn't live in my Android phone.

However, Google does. Google doesn't talk to me, he sends me to a webpage. Not the first time I've been told where to go and how to get there, but this time I asked.

I keep my phone in my back pocket. As the day wears on, it gets quite warm, so it works as a tiny little heating pad, too.

I have the buzzer to get into my building connected to my phone, too, so if I happen to be out of my apartment when UPS comes by, I can buzz in the delivery guy from wherever I am. If I'm out with my chair and run into trouble, I can always call 911 or one of my kids. Oh, yes, you can also use the phone to make and answer phone calls! I love technology!

If my grandkids stop by with their little ones, I don't need my smart phone. There's a lap for that. And if I'm tired, there's a nap for that. Sometimes Old School works, too.



### In this issue:

- Hypnotherapy for pain management
- List of Donor
- Online Post-polio Resources

## Hypnotherapist Helps People with Pain Help Themselves

By Elaine J. Allen

Hypnotism can help people help themselves to reduce or relieve chronic pain, to quit bad habits, lose weight, or overcome anxiety. A Fremont, Nebraska, hypnotherapist works with people who want to make these life changes.

Jeanne Kocher is certified as a Medical Support Clinical Hypnotherapist at Fremont Hypnosis. During the November meeting, she spoke to NPSA members on the topic: “The Power of the Mind: It seems like a Miracle but It’s Not. “I’m a huge believer in the individual helping herself/himself stay healthy without having to spend money on health care providers,” she said.

Kocher was an English instructor and writer for most of her career but she wanted to explore other paths. She studied and trained to be a hypnotherapist in New Mexico after exploring alternative methods to treat some of her ailments.

“I had allergies so I tried acupuncture, acupressure, Reiki, and probiotics. I suffered a backbone injury which resulted in arthritis and neck pain and went through ten sessions of Rolfing,” as she explained the technique of deep tissue manipulation. Kocher also began to practice meditation.

Kocher told NPSA members about one of her first clients, Charlie, who came to her for help to relieve neuropathy. Charlie was using a walker when he arrived for his first visit to her Fremont office. Through hypnosis, Charlie developed confidence that he could overcome the pain and within two visits he was using a cane instead of the walker.



Kocher cited books and studies that have looked at the connection between the mind and pain:

- “How the Mind Affects Pain,” a study by Wall and Melzack, who co-authored a medical textbook on Pain Management
- Norman Doidge, M.D., [The Brain’s Way of Healing](#).
- A 2008 study that examined how visualization decreases pain. People with chronic hand pain who were presented with a magnified look at their hands experienced an increased in pain. But when the visual of their hands was minimized, the level of their pain decreased.

Emotional pain can also create a pain pathway and reliving traumatic events reinforces the pain.

Pain pathways can become damaged, Kocher explained. Damage to neurons, such as what happens during polio, can create new pathways for pain. Chronic pain also can create a pathway. Just as walking repeatedly through a grassy field creates a more permanent path, she said, our brains can make new neuropathways of comfort.

*Hypnotherapist,  
Continued p. 3*



## Hypnotherapist

*Continued from p. 2*

Kocher offered some suggestions on how to reverse physical and emotional pain pathways:

- Education
- Behavior, by making pathways of comfort (hypnosis)
- Expressing trapped emotion through journal writing or therapy
- Making changes in life to feel powerful and learn you don't have to be prey to situations that caused you harm

Kocher invited the NPSA group to participate in two exercises in self-hypnosis, including one in visualization and another to teach calm and centered breathing.

For more information about Hypnotherapy for Pain Management, you may contact Jeanne Kocher:

**Address:** 529 N. Main St, Fremont, NE 68025

**Website:** [www.fremonthypnosis.com](http://www.fremonthypnosis.com)

**Email:** [fremonthypnosist@gmail.com](mailto:fremonthypnosist@gmail.com)

**Phone:** (402) 317-2809

## 2017 NPSA Meeting Schedule

Our meetings are held from 2:00 – 4:00 p.m. on the first Sunday of the month, except in July and September, when holidays fall on the first weekend:

**March 5:** Vicky McHugh, Physical Therapist

**April 2:** To be announced

**May 7:** Mary Bernier, Inspired Giving

**June 4:** To be announced

**July 9:** Annual Ice Cream Social

**August 6:** To be announced

**September 11:** To be announced

**October 1:** Reunion

**November 5:** To be announced

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 with your email address to [NPSA.ORG@HOTMAIL.COM](mailto:NPSA.ORG@HOTMAIL.COM).*

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

## Online Resources for Polio Survivors

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### 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/](http://www.post-polio.org/)

**Polio Place:** [www.polioplace.org/](http://www.polioplace.org/)

**Directory (PDF):** [www.post-polio.org/net/PDIR.pdf](http://www.post-polio.org/net/PDIR.pdf)

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### Bruno Bytes (Index by Topic)

This index of Dr. Richard Bruno's post-polio educational topics is provided as a courtesy from the PA Polio Survivor Network.

[www.papolionetwork.org/bruno-bytes.html](http://www.papolionetwork.org/bruno-bytes.html)

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### International Centre for Polio Education

This is the New Jersey center that Dr. Bruno directs.

[www.postpolioinfo.com/bruno.php](http://www.postpolioinfo.com/bruno.php)

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### Polio Epic Tucson

<http://polioepic.org/>

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**Find NPSA on Facebook**



[www.Facebook.com/NebraskaPolioSurvivorsAssociation](http://www.Facebook.com/NebraskaPolioSurvivorsAssociation)

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### Phishing: Don't Get "Hooked" in Online Scams

So, how can you tell if you're being phished? Information Security experts offer the following tips:

- Hover your mouse over hyperlinks to see where you're being taken.
- Be wary of "urgent" emails that appear to be from banks, PayPal, email providers, etc.
- Be cautious of shortened URLs, such as bit.ly links.
- In general, if anything about an email or web page seems unusual, trust your intuition. You can always confirm the legitimacy of a site by manually typing the correct URL in your browser rather than clicking a link.

## Thank You to Our Donors

We're grateful to the following donors for their gifts received from November 1, 2016 to February 8, 2017:

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Every gift helps NPSA achieve its mission. Please consider a donation to the NPSA in your charitable giving this year. You may send your donations to:

**NPSA**

**PO Box 6076**

**Omaha, NE 68106**

All gifts are fully tax-deductible because we are a 501(c) (3) non-profit organization.

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**Cut out the box below and fold it into a card. Carry it with you to show 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:**  
[www.polioepic.org](http://www.polioepic.org)

Winter 2017



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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.

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.

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