



GLEANINGS

Autumn 2018

'Tis the Season

By Millie Malone Lill

The summer flew by so fast it about took the hair right off my head. As I write this, I'm looking forward to Thanksgiving but with an eye open for Christmas, which is coming whizzing around the corner like a bat out of the broom closet. Most years, I have Christmas shopping done before now. My stash box does have a few things in it, but I haven't even started looking at gifts for the little ones. My grandson Cody recently married a wonderful woman who brings two little kids to the family. That makes 10 great grandkids for me. They will get gift bags with small items and a gift certificate, I think.

Shopping. Not my favorite activity. Loading my chair into the van, driving to someplace with more selections than my small town offers, unloading, going up and down the aisles, trying to find just the right thing...then I have to reverse that procedure to get home. However, I long ago discovered shopping online! Now there is a great idea. I know, I know, it's not fair on the brick and mortar stores to shop online, blah blah blah. Give me a break! I have enough guilt in my life as it is.

I can also give to my favorite charity if I shop at smile.amazon.com. I prefer The International Centre for Polio Education, but there are lots of other organizations to support. Since I don't have a lot of disposable income, I



always like to get a little extra bang for my buck. When I shop online, I can often have the gift sent directly to the recipient which saves my having to unload my chair at the post office and go wait in line as well as pay extra postage to get the gift where it should go.

I will have my traditional Christmas supper of chicken and noodles again this year. I love having my family all together, getting all those hugs and seeing those beautiful smiles. I'm starting to listen to my own advice a little bit there, too. This year, I am going to cook boneless chicken, a mix of thighs and breasts, instead of boiling and then deboning and skinning ten pounds of chicken hindquarters. I will still make the noodles, but that, too, has been made easier. I can make the noodle dough in my bread maker and then roll and cut it into noodles with my son's pasta machine.

The holiday season is hard on polio survivors. We want to do all the stuff we've always done. PPS says NO WAY! Conserve to Preserve. I plan to have a leisurely holiday this year. I'm going to invite myself to my son's house for Thanksgiving dinner. He married a world class cook and she loves to share, so why not? Christmas will be in the Great Room here in my building and my granddaughters are always a wonderful help in setting things up and cleaning up afterward. There are not too many perks in getting old, but there are a few. I can entertain the little ones (or more likely they

will entertain me) while their parents do the hard work that I used to do but can't any longer.

I'm wishing you a wonderful Holiday Season. Take it as easy as you can, enjoy your loved ones, be kind to yourself and others.



Worldwide Polio Eradication Coordinator: “I’m Eradicating Polio”

By Chip Mackenzie

For 21 years, Ellyn Ogden has been excited to go to work every day in her role as the Worldwide Polio Eradication Coordinator at the U. S. Agency for International Development (USAID).

In late September, Ogden delivered the 2018 Berggren Lecture at the UNMC College of Public Health in Omaha, Nebraska. She earned a BA in International Relations from Tulane University and a master’s degree in Public Health from the Tulane School of Public Health and Tropical Medicine. On the day she spoke at UNMC, her laptop displayed a sticker that read: “I’m Eradicating Polio.”

While I knew there was a worldwide effort to eradicate polio, I had no idea of the complexity and expense of the effort. What started as a \$20 million effort to eradicate polio has ultimately become a \$30 **Billion** effort. Even now, several billion dollars are needed to completely eradicate polio.

This year, Ogden said, polio outbreaks have occurred in just three countries: Nigeria, Afghanistan and Pakistan. There are both wild type polio cases as well as cases from live attenuated virus from the oral vaccine.

She said there are many reasons why every child has not been vaccinated, including biases against the vaccine, religious opposition and societal issues, such as the husband’s permission being needed to take the vaccine. In addition, polio vaccination workers must visit homes multiple times to get all the children vaccinated.



Ogden’s work is greatly complicated by mobile populations who are fleeing armed conflict, such as in Syria, where cases were found as recently as 2017. Until the virus is completely eradicated and no cases are detected for more than ten

years, a sustained and ongoing effort to vaccinate all newborns worldwide is required.

Ogden does not work with polio workers directly. Rather, she collaborates with many Non-Governmental Organizations (NGO’s) that provide the feet on the ground.

Sometimes she works with a minister of public health in one country while in other countries she negotiates with rebel groups to allow the NGO’s access to the area. This is dangerous work. Political antagonists have

resulted in more than 100 workers being killed.

Her weapon of choice to fight this battle is statistics, showing where the virus is found and where it may show up

next. In addition to her polio eradication efforts, her role as a senior technical advisor for health and child survival means she is also tracking outbreaks of measles and other childhood diseases.

October 24th World Polio Day Video

During the last NPSA meeting of 2018, attending members watched a video produced by the Global Polio Eradication Initiative. The 44-minute program was held live on World Polio Day, October 24th, in Philadelphia, PA. It was recorded and posted as a You Tube video for others who could not attend the live event. Here is the link:

<https://youtu.be/02VQFm0GTC0>

For more information on the Global Polio Eradication Initiative, visit the website: <http://polioeradication.org>

Mark Your 2019 Calendars!

NPSA's monthly meetings will be held from 2:00 – 4:00 p.m. on the following Sundays in 2019:

March 3, April 7, May 5, **No June Meeting**,
July 7 (**Ice Cream Social**), August 4,
September 8, October 6 (**Reunion**) November 3

We meet in the Bloomfield Independent Living 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 to join us. Refreshments are served.

Post-Polio Online Resources

Atlanta Post-Polio Association:

www.atlantapostpolio.com

NPSA website: www.ne-polio.org

NPSA Facebook page:

www.facebook.com/NebraskaPolioSurvivorsAssociation

PA Polio Survivors Network:

www.papolionetwork.org

Post-polio Health International:

PHI offers many helpful resources online, including links to videos on its Polio Place page.

Home Page: www.post-polio.org

Polio Place: www.polioplace.org

Provider Directory (PDF):

www.post-polio.org/net/PDIR.pdf The 2017 Post-Polio Directory can help you find a list of health care professionals familiar with treating Post-Polio.

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Wishing you a Safe, Healthy and Happy Holiday Season!

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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