



GLEANINGS

Winter 2018

Tools We Should Use

By Millie Malone Lill

Jane goes to visit her neighbor, who has just moved into the neighborhood. She finds Mary Smith hanging pictures on her walls. Mary is using her fist to pound nails to hang the pictures.

"Wait! Let me get you a hammer!" Jane says, shocked at the bloody mess Mary has made of her hand.

"No, no. I can do this. I don't want people to think I've given in!"

Later that day, Jane sees Mary, all bundled up and heading out the door. She trudges past her car, gets on the highway and heads toward the city.

"Mary, where are you going? Is your car broken down? I can give you a ride," Jane shouts out her door. Mary turns and waves, saying, "No, I can do this. It's only 20 miles to the city! I don't want people to think I've given in." And on she trudges.

The next day, Jane glances out her window to see Mary's car has a flat tire and Mary is trying to change it by first shoving blocks of wood and cement blocks under the car to lift it up enough to change the tire. By some miracle, she does manage to get it up enough to release pressure on the flat tire. Then she tries to get the lug nuts off the rim using her bare hands.

Do you see where I'm going with this? We polio survivors think we must do everything ourselves, never asking for or accepting help.

A power chair is a tool as much as a hammer is, as much as a lug wrench, or a car jack. So are crutches, canes and walkers. If it is silly to refuse to use the proper tool for household repairs or for changing a tire, isn't it just as silly

to refuse to use the tools we need to live a decent life?

So many people worry about what their neighbors or friends will think if they see them using a power chair or a cane, walker, crutches, whatever it takes.

Believe me, your neighbors really would rather see you doing the sensible thing and using the tools required for the job than watch you lurch from one support to the other, always in danger of falling. They would rather see you going about your life with as much ease as possible. If they are the kind of people who would look down on you for using the proper tools, they are never going to be your friends.

And in that case, why do you care what they think?



In this issue:

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Post-Polio Online Resources

Atlanta Post-Polio Association:

www.atlantapostpolio.com

NPSA's website: www.ne-polio.org

NPSA's 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): The Post-Polio Directory, *updated in 2017*, can help you find a list of health care professionals familiar with Post-Polio:
www.post-polio.org/net/PDIR.pdf

2018 Meeting Schedule

This year's NPSA meetings will be held from 2:00 – 4:00 p.m. on the following Sundays in 2018:

March 4	April 8	May 6
June 10	July 1	August 7
September 9	October 7	November 4

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.

Nebraska Polio Survivors Association

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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.

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Dear Reader: Have you changed your address or phone number? Do you have a friend or family member who survived polio and who would like to receive *Gleanings*? Return this form with your address or phone number changes and/or the name and address of your friend/family member. If you prefer an electronic version, please send an email request to: npsa.org@hotmail.com

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