



GLEANINGS

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Exercises to Combat Isolation

By Millie Malone Lill

This has been a bad year. Strange weather, protests, fires, floods, hurricanes, 2020 even threw in a derecho, a sort of land-based hurricane in Iowa so that we Midwesterners wouldn't feel left out. How sweet of you, Mother Nature! And of course, Covid-19: isolation, quarantines, sickness, and in far too many cases, death.

So, what do we do while we are cut off from our normal fun activities such as work and school? Some of us can work from home and some of us can home school our kids. After putting in a long work day, there is nothing like sitting down with your rebellious child who would vastly prefer to be either playing sports with his friends, watching TV or downloading 16 squillion apps to your I phone and learning together. Common Core Math! Algebra! History! What fun.

Some of us lucky people have grown children who are now struggling with home schooling their own kids. Try not to snicker when they relate how hard it is. It's also counter-productive to remind these grown kids of what kind of students they were themselves. It might help to practice making an appropriately compassionate face in the mirror before you do a video chat with these people.

If you are retired and don't have to work at home or home school anyone, what do you do to keep from going bonkers from the isolation? I used to bake when I got bored, but in those BC-19 (Before Covid-19) days, I could take a cake or cookies or a new dessert to our Great Room and share it with others at our daily coffees. Not anymore! I don't dare try out new recipes now. Before, even if a new recipe was not exactly what I had in mind, the people at coffee



would at least take some of it onto their plates before delicately covering it with their napkins and pleading that they'd had a large lunch, leaving me a much smaller

amount to clog the garbage disposal with. Now there is no access to these test monkeys, and I'd have to eat it myself or throw it away. Even worse, if it turned out great, I'd eat it myself and have to butter my buns to get through the doorway.

You might take up a new hobby. Our library has an online app to teach you a foreign language. You can read. You can watch TV, although I advise against watching the news too much as right now it's bad for your blood pressure. If this virus hangs on into winter, you can safely watch the weather, which is normally more depressing here in the Midwest than the news. Not this year, though. Actually, this year, while huddled in our fleece clothing during a power outage, we can think, "Hey, no TV. Great! My blood pressure can come down out of the triple digits!"

A lot of us are going to gain a lot of weight while quarantined. A few of us will have worn out our sofas, some of us have watched everything Netflix has to offer, making popcorn an endangered species in the process.

Oh, wait, the title of this article might have you thinking that I'm going to suggest some exercises. Nope. We are polio survivors who must pamper our remaining neurons. The best exercise for us is pushing ourselves away from the table. Or you can jump to a conclusion, make a leap of faith, push

the envelope, or stretch your imagination. Just be sure to rest afterward, OK?

Zoom with NPSA!
Details on next page.

ZOOM with NPSA!

We are meeting on Zoom until at least May 2021. With Zoom telephone/video conferences, all our members can attend safely. As a Gleanings subscriber, you are invited to attend our Zoom meetings, no matter where you live!

We meet from 2:00 – 4:00 Central time on the following Sunday afternoons with topics to be announced via email and on our Facebook page at least one week in advance.

Date	Topic	Zoom Meeting Details
11/1/2020	Post-Polio Syndrome Changing Symptoms: Video featuring Dr. Marny Eulberg	Zoom web address: https://us02web.zoom.us/
12/6/2020	Key Therapies - Preventing Falls	Meeting ID: 825 6010 0877
1/3/2021	To be announced	Passcode: 661946
2/7/2021	To be announced	Call-in phone numbers:
3/7/2021	To be announced	+1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) +1 253 215 8782 US (Tacoma) +1 312 626 6799 US (Chicago) +1 929 436 2866 US (New York) +1 301 715 8592 US (Germantown)
4/4/2021	To be announced	Meeting ID: 825 6010 0877
5/2/2021	To be announced	Passcode: 661946

You have three options to participate in our Zoom meetings:

1. Enter Zoom's web address on your computer, using the link above
2. Download the Zoom app on your mobile device
3. Call in using one of the US phone numbers listed above by region
4. In any of the three options, enter the Meeting ID and passcode when prompted.

Basic Zoom courtesies:

1. Zoom meetings are secured with a meeting ID and a passcode. This is to prevent "Zoom bombing," in which an uninvited visitor takes over the meeting and posts offensive or obscene images or makes offensive statements.
2. If you attend, please identify yourself with your first name, last initial and where you live. That information will be posted with your video or phone "image".
3. You do not have to display your video if you'd prefer not to.
4. If you turn your video on, please keep your device steady and avoid excessive movement.
5. Your mic will be muted as you enter the meeting. You will have the ability to unmute yourself during the social time before and after the topic is presented.

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People with Disabilities are at Increased Risk from COVID 19

(Source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>, last updated September 11, 2020)

COVID-19 is a new disease, and we are still learning how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

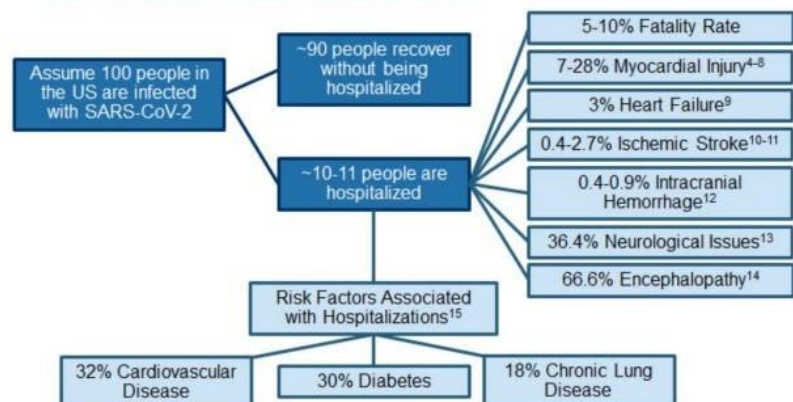
Disability alone may not be related to higher risk for getting COVID-19 or having severe illness. Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19.

However, some people with disabilities might be at a higher risk of infection or severe illness because of their underlying medical conditions. All people seem to be at higher risk of severe illness from COVID-19 if they have serious underlying chronic medical conditions like chronic lung disease, a serious heart condition, or a weakened immune system.

Adults with disabilities are three times more likely than adults without disabilities to have heart disease, stroke, diabetes, or cancer than adults without disabilities.

You should talk with your healthcare provider if you have a question about your health or how your health condition is being managed.

Significant morbidity risk exists for those who don't die.



Source: Morgan Stanley Research

WebMD

HOW LONG DO CORONAVIRUSES* LIVE ON SURFACES?

SURFACE	EXAMPLES	DAYS OR HOURS
Metal	Doorknobs, Jewelry, Silverware	5 Days
Glass	Drinking glasses, Mirrors, Windows	UP TO 5 Days
Ceramics	Dishes, Pottery, Mugs	5 Days
Paper	Newspaper, Magazines	UP TO 5 Days
Wood	Furniture, Decking	4 Days
Plastics	Milk bottles, Bus seats, Elevator buttons	2-3 Days
Stainless Steel	Refrigerators, Pots/pans, Sinks, Water bottles	2-3 Days
Cardboard	Shipping boxes	1 Day
Aluminum	Soda cans, Tinfoil, Water bottles	2-8 Hours
Copper	Pennies, Teakettles, Cookware	4 Hours
Food/Water	Doesn't seem to spread through food, and has not been found in water.	

Other Polio Groups and Websites

Polio Survivors Support Groups	Websites
Arizona Polio Survivors:	polioepic.org
Boca Area:	postpolio.wordpress.com
Nebraska Polio Survivors Association	Ne-polio.org
North Central Florida Post-Polio Support Group:	postpoliosupport.com
PA Polio Survivors Network:	papolionetwork.org/newsletter.html
Polio Australia:	polioaustralia.org.au/
Polio Health International:	post-polio.org
South Nevada Association of Polio Survivors (SNAPS):	snapsnv.org
Worldwide Fellowship of Polio Warriors:	poliowarriors.org

PA Polio Network's Anesthesia Warning Card



Anesthesia Warning !
I am a Polio Survivor

- EASILY SEDATED, and can be difficult to wake
- Can Have Difficulty BREATHING and SWALLOWING with Anesthesia
- HYPERSENSITIVE to PAIN and COLD.
May Need heated blanket and increased pain medication post-op.



Information Available (scan code):
 "Preventing Complications in Polio Survivors Undergoing Surgery"
 "Breathing Outcomes: Post-Poliomyelitis Syndrome (PPS)"

I am a Polio Survivor with Post-Polio Sequelae

Name _____

I have these Symptoms (checked):

<input type="checkbox"/> Overwhelming Fatigue	<input type="checkbox"/> Muscle Weakness
<input type="checkbox"/> Muscle and Joint Pain	<input type="checkbox"/> Sleep Disorders
<input type="checkbox"/> Cold Intolerance	<input type="checkbox"/> Difficulty Swallowing
<input type="checkbox"/> Difficulty Breathing	<input type="checkbox"/> Sensitivity to Anesthesia

Post-Polio Care Information for Families
and Health Care Providers

<http://www.papolionetwork.org/-anesthesia-warning.html>
<http://www.papolionetwork.org/information-for-pps-caregivers-and-providers.html>

Scan Code for Smart Phone
With Name and Symptoms noted

Third Quarter Donor List

The following gifts were received from July 1 to October 1, 2020.

Estate of Marie Galda

Gary Halvin, Lees Summit, MO
 Judy Irons, Lincoln NE
 Nancy Kilbride, Council Bluffs, IA
 Randy Moore, Missouri Valley, IA
 Maxine Nelson, Colby, KS
 Mary Sutton, Alliance, NE

Memorial Gifts

Karen Dulany, LaVista, NE
 in Memory of Gene and Barb Roth
 Ronald Eldridge, Pawhuska, OK,
 in Memory of Dixie Eldridge

We encourage our readers who value this newsletter, or those who want to honor or memorialize a polio survivor, to send a tax-deductible gift to the address below:

Nebraska Polio Survivors Association
PO Box 6076
Omaha, NE 68106

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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