



GLEANINGS

ISSUE #1, WINTER 2020

Winter Sports

By Millie Malone Lill

If you are at all like me, you don't really enjoy watching other people have fun when you could, yourself be having fun. My husband always wanted me to sit in the pickup, in the cold, and watch our sons drive their snowmobiles around the fields. No thank you! Sitting and watching someone have fun while sitting in the cab of a cold pickup is not on my bucket list. To that end, I have come up with some fun winter activities that we older and disabled people can do.

Ice skating

If you are still able to walk, this one is easy-peasy. Just walk into the grocery store from a snowy parking lot and watch how fast you go skating across the wet floor! The trick is remaining upright, but if it happens that you go head-over-teakettle, just raise your arms above your head in an "I meant to do that and I stuck that landing" kind of way and wait for the applause after you're helped up from the floor.

Skiing

Here's another easy one. Your ramp is icy, your power chair wheels are warm. You do the math. Extra points if you make a complete 360 at the bottom of the ramp and keep the wheels on the bottom. I recommend using your seat belt.

Snowboarding

This is a bit more difficult. I've done it in the kitchen by stepping on a throw rug that was not stuck to the floor. (P.S. The rug is history. No "rugs" in my house except for the rubber-backed bathmat.)

I must say, my kitchen is a warmer spot than most ski slopes, so this is now my preferred method of snowboarding. Landing on snow is much softer than my vinyl kitchen floor! Also, my kitchen being considerably smaller than your average ski slope, there is less space for recovery and more likelihood of ramming into an unforgiving cabinet.

Snowmobiling

My power chair works quite well as a snowmobile if the snow is not too deep. One day last winter, as I was walking my dog, I hit some black ice and tried a different sport...

Luge

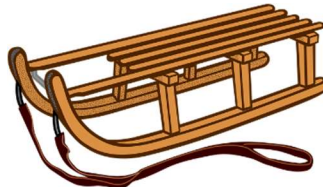
Whee! Hit that black ice and the next thing you know, your "sled" is now in the middle of a busy street. Talk about a rush! If you don't get

hit by a car, and your little dog has sensibly waited for you on the sidewalk, that sudden burst of adrenaline will clear those cholesterol plugs right out. They will explode out of your ears like shot from a gun.

I have tried all these sports at various times, but my favorite is still...

Extreme Reclining

The only equipment you need for this sport are a nice big soft recliner and a cozy afghan. Small dog is optional but enhances the experience. Turn on TV if you like, lean back, put your feet up and zonk. Extra points if you wake up in time to go to bed. Extra nice if you can look out your window to see snow softly falling and covering up all the leaves and debris that did not get raked up last fall.



NPSA 2020 Meetings

March 1, April 5, May 3, June 7 or 14 (Date to be announced in Spring Issue), July 12 (Annual Ice Cream Social), August 2, September 13, October 4 (Annual Reunion Luncheon), November 1

2019 List of Donors

Thank you to our donors who sent gifts to NPSA during 2019. As a non-profit organization, we rely on the gifts from our members and other generous donors who support our mission.

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Douglas J., Jasa, Liberty, MO

In memory of his aunt, Marie Galda

The Late Dr. Don Skoog*, Omaha, NE

In memory of his wife, Mary Ann Skoog, and his friend and neighbor, Marie Galda (*Dr. Skoog died in November 2019)

Rachel Tompkin, Lincoln, NE

In memory of her father, Harold L. Tompkin

Charlotte Nedrow, Waverly, NE

In memory of Jean Dunekacke Tisdale

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Marcia Quinn, Scottsdale, AZ

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In memory of Maxine Glaser and Ramona Euteneuer

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

Post-Polio Online Resources**Web Addresses**

Exoskeleton video	https://www.suitx.com/phoenix-medical-exoskeleton
Atlanta Post-Polio Association	www.atlantapostpolio.com
NPSA	Website: www.ne-polio.org Facebook page: www.facebook.com/NebraskaPolioSurvivorsAssociation
PA Polio Survivors Network	www.papolionetwork.org
Post-polio Health International: PHI offers many helpful resources online.	Home Page: www.post-polio.org Provider Directory (PDF): www.post-polio.org/net/PDIR.pdf



NPSA Members Visit with Madonna's Physical Therapy Staff

By Chip Mackenzie

Dr. Eugene Zadov, the head of physical rehabilitation at Madonna Rehabilitation Hospital in Omaha, invited NPSA members to talk to his staff about the late effects of polio last November.



NPSA President Ted Roche and I met with the staff during a weekly lunch-hour staff meeting. We told how our physical conditions have been declining in recent years, how we have ended up in power chairs despite our efforts to keep physically strong through exercise. During the session, I emphasized the challenges I have had in recent years with physical therapy.

Ted, who is our poster child of how the late effects of polio can collect up over the years, described how he had walked with crutches until well into his 70s but is now in a power chair.

We told them these declines emphasize the importance of the worldwide polio eradication and vaccination programs so that others will not suffer the same fate.

Following our visit, we received this thank you from Megan Mills, the Physical Therapy clinic's manager: "It was much appreciated information. I spoke with Dr. Zadov today and a few staff members who thought it was a great format: very conversational/comfortable. I do have a team of therapists, whom majority are out of school approximately 4-6 years – so

having patient perspective combined with their eagerness as continual learners – I feel this was a valuable experience. Thank you!"

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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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