



# GLEANINGS

ISSUE #1, WINTER 2021

## B Positive

By Millie Malone Lill

Are you familiar with the curse that goes: May you live in interesting times? Well, it seems that is our current address. It would be so easy to give in to despair, with people dying from COVID-19, businesses in bankruptcy, unemployment, and an uneasy political climate. However, we can't just give up and be depressed.

So, what can we do? I'm so glad you asked, as if I had any wisdom to share. Honestly, though, there are still reasons to be happy. As I've always said, happiness is an inside job. No one can make you happy and no one can make you unhappy. Happiness requires an attitude adjustment. Now, I am not saying that depression can be cured just by "snapping out of it." No, I'm just talking about your average run of the mill unhappiness that is most likely due to circumstances.

First, don't watch TV news 24/7. Yes, you need to know what's going on in the world, but you don't have to immerse yourself in it to the exclusion of more pleasant forms of entertainment. Maybe instead of getting all tense and raising your blood pressure to explosion status, you could sort out your closet. Make up a bag or box of clothing you don't wear and donate it to your local thrift store. That's a two-fer or maybe a three-fer. It takes your mind off the news, which you are powerless to change anyway, your closet is clean, and you have done something good for someone else.

Or you could go for a long walk. OK, so you can't really walk. I know, I can't either, but I can take my power chair out for a Roll around the block, bundled up appropriately. If you have a dog, he or she would love it.



You could make a phone call to someone else who is unable to get out and socialize. You could bake cookies or homemade bread. You could read a book, watch a movie, or go through those boxes of photos you have been meaning to catalog.

My dad, whom I have discovered in my old age was a very wise man, always told me, "If something is wrong and you can fix it, fix it. If you can't fix it, forget it."

Learn something new. It doesn't matter what, just something you didn't know before. My library has an online foreign language program. I have studied Spanish using that program. It was free, my favorite price range, and I could spend as much time or as little as I felt like. I can't speak Spanish, but I can read enough of it to entertain myself by reading the Spanish language signs in my doctor's office while I wait for my turn to go in and be told I need to lose weight/exercise more or whatever unlikely idea he has on his mind.

Hobbies are also good. I like to knit, I love to read, I can do cross stitch, and I can write this column. I'm often boring, but never bored! I've also discovered that making a gratitude list every evening helps me to end my day on a positive note. Keep your heart light and always B Positive.

## Standing Together to Prevent Falls

By Elaine Allen, Gleanings Editor

Falls are preventable. But, every 18 seconds an older adult is in the Emergency Room because of a fall, according to Bev Van Phillips, Home Modifications Coordinator for Key Complete Therapies and a member of the Nebraska Fall Coalition. Phillips spoke to attendees of NPSA's December 6<sup>th</sup> Zoom meeting.

*(Falls, continued on page 2)*

## Standing Together to Prevent Falls

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Phillips told the group that many falls occur because a person's center of gravity shifts, or their posture causes a loss of balance.

She discussed the fear of falling, risk factors for falling and how to assess those risk factors.

### *Fear of Falling*

A lasting concern about falling may stop a person from engaging in activities and cause depression or loneliness. As a person ages, legs weaken with inactivity, which can lead to falls.

One tool that can be used to determine a person's risk of falling is the [MAHC-10 FALL Risk assessment tool](#). This tool, developed in Missouri for Home Health Care professionals, has been "extensively field-tested and publicly-recognized as a best practice for assessing risk for falls among community dwelling elders."

*YouTube link to Dec. 7th Meeting:*

[https://youtu.be/D\\_Qi-b0FI\\_M](https://youtu.be/D_Qi-b0FI_M)

### *What can you do to prevent falls?*

Phillips recommended exercise to improve your balance and strength: 50 hours every 6 months to improve balance, or about 15 minutes every day, plus 20 minutes for cardio activity.

- Exercise Recommendations:
  - Talk to doctor first.
  - Begin with Physical Therapy or fall prevention classes.
  - Be sure classes are for your age group and level.

### *Wheel/Power Chair Risk Factors*

Phillips said even in wheel/power chairs, the same risk factors apply. A wheel/power chair and the person in it both have different centers of gravity. She cautioned, "Be aware of your center of gravity. When not in motion, power off your power chair," she said. Also, put on brakes when transferring or reaching, and move all obstacles like foot plates when transferring.

Other actions to consider in wheel/power chairs:

### *Three Risk Factors for Falling*

- Physical: Changes in your body that increase your risk for a fall.
  - Behavioral: Things you do or don't do that increase your fall risks.
  - Environmental: Hazards in your home or community.
- Avoid large heavy items on back of wheel/power chair which can cause the center of gravity in the chair to shift.
  - Be aware of traction (wet & icy surfaces).
  - Use lights (wheelchair users' risk of death is 36 percent higher than non-wheelchair users).
  - Maintain the chair: It is a tool. When reaching or bending backward or forward:
    - Get close to what you're reaching for.
    - Reach with arm, not body.
- When reaching forward:
- Don't sit on edge of the seat.
  - Curbs, steps, stairways, and some ramps are dangerous.

### *Resource for wheelchair safety:*

- [https://www.healthnetcafe.com/content/day-to-day\\_care/general/wheelchair\\_safety.html](https://www.healthnetcafe.com/content/day-to-day_care/general/wheelchair_safety.html)

### *CDC's STEADI Program: Stopping Elderly Accidents, Deaths & Injuries Resources*

<https://www.cdc.gov/steady/patient.html>  
[STEADI-Brochure-WhatYouCanDo-508.pdf](#)



## COVID-19 Vaccine Information for Polio Survivors

Post-Polio Health International published the recommendations of its Medical Advisory Board.

You can read this information on the PHI Website at this link:

<https://post-polio.org/covid-19-vaccine/>



## ZOOM with NPSA!

We are meeting on Zoom until at least May 2021. With Zoom telephone/video conferences, all our members can attend safely from anywhere. 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 (U.S.) time on the following Sunday afternoons with topics to be announced via email and on our Facebook page at least one week in advance.

**You have two options to participate in our Zoom meetings:**

1. Call in via one of the phone numbers listed below.
2. Or, to join via video, download the Zoom app onto your mobile device or computer.

Date	Topic	Zoom Meeting Details
2/7/2021	Vaccine Communication Campaigns with Dr. Roma Subramanian, UNO Assistant Professor, Communication, Public Relations, & Social Media	Zoom web address: <a href="https://us02web.zoom.us/">https://us02web.zoom.us/</a>
3/7/2021	To be announced	Meeting ID: 825 6010 0877
4/4/2021	To be announced	Meeting passcode: 661946
5/2/2021	To be announced	Call-in phone numbers: +1 346 248 7799 US (Houston) +1 312 626 6799 US (Chicago)

### Basic Zoom courtesies:

1. Zoom meetings are secured with a meeting ID and a passcode. This is to prevent “Zoom bombing” when someone invades the meeting space with unwelcome images or sounds.
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. If you turn your video on, please keep your device steady and avoid excessive movement.
4. 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.
5. If we decide to record the meeting, we will ask your permission first.

## NPSA Donor Annual Report

For NPSA members meeting in Omaha, Nebraska, the first meeting of 2020 was on March 1<sup>st</sup>. During that face-to-face meeting, members were already talking about the Coronavirus, but it had not yet been declared a pandemic. Thirteen days later, everything shutdown and our face-to-face meetings turned into Zoom meetings. We met on Zoom every month, including December, which is not a normal meeting month because of the cold Nebraska winter weather.

One thing stayed the same for NPSA: the generosity of our donors. This year, we benefitted from a very generous bequest from the estate of our beloved Marie Galda, who died in November 2019, at the age of 95-1/2. The NPSA Foundation Board of Trustees voted to use her bequest to fund speakers for our meetings.

The following donors contributed gifts during the 2020 Calendar year:

### Memorial and Estate Gifts

In memory of friends Gene and Barb Roth:

Karen Dulany, LaVista, NE

In memory of her husband, Gordon Eaton:

Wilma Eaton, Chadron, NE

In memory of his wife, Dixie Eldridge:

Ronald L. Eldridge, Pawhuska, OK

Estate of Marie Galda

In memory of his aunt, Marie Galda:

Douglas J. Jasa, Liberty, MO

In Memory of Maxine Glaser and Ramona Euteneuer:

Margie Miksch, Platte Center, NE

In memory of her husband, Gary Peterson:

Eileen Peterson, Bertrand, NE

In memory of his wife, Barbara Stenning:

Gordon Stenning, Portsmouth, RI

## Annual Gifts

Peggy Brown, Red Oak, IA

Linda DeRyke, Branson, MO

Eleanor Devlin, Omaha, NE

Marjorie Fey Farris, Richmond, KY

Donna D. Garwood, Burwell, NE

Gary Halvin, Lees Summit, MO

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Cynthia Starman Kelly, Lincoln, NE

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Marcia Quinn, Scottsdale, AZ

John S. Schnack, Gretna, NE

Bob Sugden, Sterling, NE

Mary Sutton, Alliance, NE

V. Duane Zink, Sterling, NE

*Note accompanying memorial gift from Gordon Stenning:*

Enclosed please find a check from Barbara J. Stenning, as was her usual custom. Barbara died November 23. She always enjoyed your newsletter, for which I am thankful. Her post-polio plagued her to the end.



## Nebraska Polio Survivors Association Foundation Board of Directors

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*Cut out this Anesthesia Warning card and keep it with you. Present it to your health care providers for their information if they are unfamiliar with Post-Polio Sequelae.*

*Provided by PA Polio Network.*

**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)"

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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**

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

*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.

Nebraska Polio Survivors Association  
PO Box 6076  
Omaha, NE 68106

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