



GLEANINGS

ISSUE #3, SUMMER 2022

Plan B

By Millie Malone Lill

Remember spontaneity? You decided you wanted to go for ice cream, so you hopped on your bike or into your car and went to Dairy Queen, got a cone, sat on the outside bench, and ate it. Then you went home. You didn't need to worry about anything other than whether or not you had the necessary cash to buy that cone or if your mom or dad would give you some money. Someone would call and ask if you wanted to see a movie and you said yes. They picked you up 15 minutes later and off you went.

Disability has rather put a pause to that kind of thing. Now you have to have a plan. You want an ice cream cone, so you ask yourself if there is a drive-through window or not. If not, can you get into the building? Will there be an accessible parking spot? If you have an accessible van, as I have, what if someone parks in the area you need to load/unload your chair? Are there steps going into the building? If there are steps, how many, how steep, is there a handrail? If there is a ramp, how steep is it? As far as going to a movie with 15 minutes notice... Please! It takes you that long to go to the bathroom, because there may not be an accessible bathroom at the theater and, of course, you have to figure out all the answers to the questions you just asked about the Dairy Queen. You might just decide to wait until the movie comes out on DVD or is streamed. You don't think you want ice cream that bad, and there is some in the fridge anyway. It's not a



Blizzard or a Dilly Bar or a Peanut Buster Parfait, but you guess it will do.

It's a sad way to live if you want my honest opinion. And, also, if you don't want my honest opinion, you probably should not be reading my column anyhow. So, you need Plan B.

You can start by scoping out the likely places you may want to go. Drive by when you are out and check out the ramp situation, the parking spots, the steps with or without handrails. You can call ahead and ask if whichever venue interests you is accessible, but in my experience, this is not the best way. I have been told that a place is 100% accessible, except for a short flight of stairs. Since my power chair does not do stairs at all, short or otherwise, that means that place is 100% NOT accessible. People who do not deal with disability on a daily basis are unlikely to pay attention to such things. They may not see the difference between a manual chair, where you can maybe pop the front wheels over a threshold and a 200 lb. power chair that does not do such acrobatics.

Millie's column, continued on P. 2

In the Summer issue:

- Invitation to the 38th Annual NPSA Reunion on October 2nd, page 5
- Gleanings Reader Survey, page 4

Millie's column (continued from p. 1)

One of the best things you can do is to make friends with people who are not disabled. Want an ice cream? Tell your friend you will buy them some if they take you. Yes, yours will cost twice as much that way, but it is possible that the next time your friend will pay for yours. Try to make friends with that type of person, if possible. They exist. What if someone parks right next to your van in the clearly marked **NO PARKING** spot? Ask your friend if she/he would mind backing your van out so you can load your chair in the parking lot. What if you're alone and there is no van accessible spot available? Park next to the sidewalk, lower your ramp onto the sidewalk. You will only be blocking it for the length of time it takes to unload your chair and put the ramp back in place.

I like to go to a very popular restaurant for Sunday morning brunch and finding an accessible spot is rare, but sometimes I can park right next to the grassy area and unload there. Since I have disabled plates on my van, I find that my friends like being with someone who can park close to the door. My friends are no spring chickens, either, you know.

It might be a good idea to make several friends so that you don't wear your only one out. Also, cherish those friends. And ask, don't demand. Do something for them when you can. Do what you are able to do, while you are able to do it. And always, **ALWAYS have a Plan B!**

May - July Donor List

The Nebraska Polio Survivors Association gratefully acknowledges the generosity of the following donors, who supported our mission with their gifts from May 1 – July 31, 2022.

Memorial and Honorary Gifts:

Norval Kneten, Fort Worth, TX, in honor of his wife, Susan Kneten

Annual Gifts:

Gordon Blaser, Columbus, NE

Linda Madden, Sioux City, IA

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**College Professor Seeks Volunteers for PPS/COVID Research Project**

*(Reprinted with permission from Post-Polio Health, vol. 38, No.2, Spring 2022, p. 11)*

One of NPSA's recent and frequent monthly speakers is Mike Kossove, Touro College School of Health Sciences Professor Emeritus and Adjunct Professor of Microbiology.

He is seeking volunteers for a research project, "The Effects of COVID on Polio Survivors."

Of particular interest for this project are those polio survivors who have PPS. His research question:

1. *If you were sick from COVID, did it exacerbate your PPS?*

If so, please contact him via email at [ipspolio@hotmail.com](mailto:ipspolio@hotmail.com). In the Subject line, include "Polio". In the body of the email, explain how COVID affected you. If you'd like to remain anonymous, please let him know.

If you wish to memorialize or honor a polio survivor with a donation to NPSA, you may send a check to the address below:

Nebraska Polio Survivors Association  
PO Box 6076  
Omaha, NE 68106

We will acknowledge your gift in a future issue of *Gleanings*.

## Zoom with NPSA

As a Gleanings subscriber, you are invited to attend our monthly Zoom meetings, no matter where you live. We regularly have people from as far away as Germany, Montreal, New York, and Florida in attendance.

We meet from 2:00 – 4:00 Central (U.S.) time on the following Sunday afternoons. Topics will be announced via email at least one week in advance.

For our Omaha area members, we meet in person at Bloomfield by Essex, 9804 Nicholas Ave., Omaha, unless COVID restrictions prevent us from meeting.

***You are invited to join our Zoom meetings by:***

1. Calling one of the phone numbers listed in the box above - OR
2. By downloading the Zoom app onto your mobile device or computer.

| 2022 Dates                                                                                                | Zoom Meeting Details                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Both in person (*) and on Zoom:<br>Sept. 11 <sup>th</sup><br>Oct. 2 <sup>nd</sup><br>Nov. 6 <sup>th</sup> | <b>Zoom web address:</b><br><a href="https://us02web.zoom.us/">https://us02web.zoom.us/</a><br><br><b>Meeting ID: 825 6010 0877</b><br><b>Meeting Passcode: 661946</b><br><br><b>Call-in phone numbers (use the same Meeting ID and passcode):</b><br>+1 346 248 7799 US (Houston)<br>+1 312 626 6799 US (Chicago) |
| <b>Zoom only:</b><br>Dec. 4 <sup>th</sup>                                                                 | <b>(*) We will continue to meet in person unless COVID restrictions prevent us from meeting in our regular location.</b>                                                                                                                                                                                           |

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## GLEANINGS READER SURVEY, ISSUE #3, Summer 2022

*Dear Reader:*

*NPSA's Foundation Board of Trustees is interested in learning more about you, the Gleanings subscriber and reader.*

*Please take a few minutes to respond to this informal, non-scientific survey and return to the address listed at the bottom of the page. Unless you identify yourself, you will remain anonymous. The information collected will help the Trustees plan for the future of NPSA and Gleanings.*

*Please circle the answer that best fits your personal experience as a Gleanings subscriber.*

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1. Do you have access to the Internet in your place of residence?
    - a. Yes
    - b. No
    - c. Prefer not to answer
  2. Do you have an email address?
    - a. Yes
    - b. No
    - c. Prefer not to answer
  3. What type of phone do you have?
    - a. Landline phone that is hard-wired in my residence
    - b. Mobile (cell) with data plan
    - c. I have both
    - d. I have neither
  4. In the *past two years*, have you attended NPSA's monthly meetings?
    - a. In Person
    - b. Via Zoom
    - c. Both in person and via Zoom
    - d. I have not attended NPSA's monthly meetings in the last two years.

5. If you have not attended an NPSA meeting in the past two years, please indicate the reason(s). Circle all that apply to you.
  - a. Time and day of the week conflicts with other activities.
  - b. I don't have access to the Internet to use Zoom.
  - c. The meeting topics are not of interest to me.
  - d. I live too far away from Omaha to attend in person.
6. How do you receive your issue of Gleanings?
  - a. In the mail
  - b. Online via email subscription
  - c. Someone passes it on to me
  - d. I don't know
7. What parts of Gleanings do you read or refer to in each issue?
  - a. Millie Malone Lil's column
  - b. News stories about topics covered during NPSA's meetings
  - c. Internet links to other Post-Polio websites
  - d. Meeting Schedule
8. In your own words, what would you like to read in future issues of Gleanings?

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For classification purposes only:

9. In what year were you born? \_\_\_\_\_
10. Are you a polio survivor?
  - a. Yes
  - b. No
11. If your response to #10 was Yes, in what year did you have polio? \_\_\_\_\_
12. If you suffer from PPS, at what age did you begin to experience symptoms? \_\_\_\_\_

**Please return your completed  
survey to:**

**NPSA  
PO Box 6076  
Omaha, NE 68106**

*You're Invited to Attend*  
*Nebraska Polio Survivor Association's*  
**38<sup>TH</sup> ANNUAL REUNION**  
*Sunday, October 2, 2022*

*In person at*  
*Bloomfield by Essex*  
*9804 Nicholas Ave.*  
*Omaha, NE*

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Buffet Meal will be served promptly at 1:00 p.m.
\$5.00 Registration Fee due with Registration
Register by mail no later than Friday, Sept. 23, 2022

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*Zoom Program will begin at 2:00 p.m.*  
*(Zoom details in Meeting Calendar on Page 3)*  
*No cost for attending the Zoom Program*

*Featured Program: To Be Announced on Facebook and via e-mail*

**Reunion Registration Form for in person attendees (\*\*)**

**Reunion Attendee Name(s):** \_\_\_\_\_

**Street Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Non-refundable Registration fee: \$5.00 per person. Due by Friday, September 23, 2022**

*(\*\*I am unable to attend in person but wish to donate \$5.00 to NPSA.\*\*)*

**Amount enclosed:** \_\_\_\_\_

**Cut out and mail this form by Friday, September 23, 2022, to**

**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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**Dear Reader: Please help us keep our mailing list up to date.** If your address has changed or the person to whom this was addressed has died, return this form, or email us with your changes and/or the name and address of your friend/family member. **Thank you for helping us reduce our postage and printing costs!**

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