

AMPUTEES IN MOTION INTERNATIONAL

San Diego County



...for support, for fun

A TAX-EXEMPT, NON-PROFIT
501(c)(3) CORPORATION DEDICATED TO HELPING AMPUTEES
TOWARD A BETTER LIFE

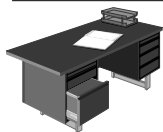
Newsletter

OCTOBER 2010 - JANUARY 2011

P.O. Box 19236
San Diego CA 92159

858/454-9300
amputeesinmotion.org

AIM is a support group for amputees and their families. At general membership meetings recent amputees can share with other amputees their fears, concerns and triumphs. We send volunteer amputee visitors to hospitals so a new amputee can speak with another amputee shortly after surgery. We also sponsor social events. Everyone who is interested is invited and encouraged to attend general membership meetings.



From the President's
Desk

Roy Munson

Mary Ann and I missed the picnic, due to the death of a friend of Mary Ann. While Mary Ann was in Hawaii, I kept the home fires burning, but missed the picnic. The death made us realize anew that we're on borrowed time, so make the most of it. Pain is not normal, so attend to it and ask lots of questions. Play hard, keep in touch with loved ones, and have adventures while you still have a little spunk left. Take that road that's just a little out of the way. Who knows what you'll find?

We love to watch the Discovery and History channels on TV and were touched by Mark Inglis, the first man with two leg prostheses whose dream was to climb Mt. Everest. He was accompanied by his prosthetist and physicians. One of the Sherpas had his legs removed as a young man and walked on his knees. The prosthetist was able to make him two legs also. He was up and walking after just a few

hours of practice. The smile on his face was so heart warming! Both men had amputations as a result of frostbite! Mark didn't make it all the way to the top, but he tried. Mark had to be carried down from the last staging point before the top. He had frostbite again. Sometimes you can push too far, but sometimes you need to follow your dreams.

Did you know that there is a softball team all of whose members have had one arm amputated? They travel around the country playing regular softball teams. They can be seen on Ripley's *Believe It or Not*.

Congratulations to our own newspaper editor, Louise Siddall, who attended a birthday party in North Carolina for the 70th birthday of her son-in-law. What an inspiration she is! Well, play hard, live well and enjoy life.

Roy

HELP !!!

One more attempt: AIM has a number of openings for officers. The currently serving officers have been in office far beyond terms allowed by the by-laws.

Any organization benefits by having new leadership with new ideas. You can be the one!

Choose one:

- President
- Secretary
- Treasurer
- Newsletter editor
- Director (3)

If you have an interest, a skill or a talent which does not fit one of the offices named, bring it to our attention. Be a part of a team to make Amputees in Motion better! Call our number, leave a message and your call will be returned-- pronto!

VISITATIONS

Bert Acosta	15
Roy Munson	1
Pam Stahl	4
Ruby Lawrence	2
Margaret Reman	1
Total	28

MARK THESE DATES NOW!

General membership meetings:

September 25	10 a.m.
October 23	10:00 a.m.
November 20	10:00 a.m.
<i>December 11 - Holiday Party</i>	
<i>12:00 noon to 4:00 pm</i>	
January 22	10:00 a.m.

All meetings at Vibra Hospital

Notice - November meeting will be held on the third Saturday of the month. The holiday party is the second Saturday in December. Please make reservations.

SUNSHINE REPORT

Margaret Reman

We are happy you are improving after months of not feeling well. We wish good health and happiness to our very able and conscientious telephone person.

AMPUTEES IN MOTION
INTERNATIONAL, INC.
NEWSLETTER
P.O. Box 19236
SAN DIEGO CA 92159
PUBLISHED 3 TIMES A YEAR

NEW MEMBER

Clinton Randall
Welcome! We are so glad you have joined AIM. Thank you.

NEW LIFETIME MEMBERS

None



AIM's annual picnic at MCRD on August 21 was held, as usual, on one of the most beautiful days of summer. The temperature was, like much of the summer, a little cooler than we expected, but it encouraged us to move into the warming sunshine. We were happy to welcome Bill, who was only one week out of the hospital after having a leg amputated. Bill's wife and daughter came with him; we hope to see all of them again.

We were happy to meet a canine representative of the helping profession. Doggie (whose name escapes me) is in training and he was able to demonstrate some of the behaviors that will be important when he becomes a full-time assistant to a disabled person.

The food was also up to the usual high standard of *AIM's* picnics. And there was lots of it—especially the delicious desserts!

A suggestion to consider for next year: can we find a local provider of picnic food?

PROSTHETIC CONTRIBUTORS

(2009-2010)

PLATINUM (over \$750)
None

GOLD (\$500 to \$750)

Bionics Orthotics and
Prosthetics--Lisa and Kevin
Calvo donation in the names of
Mark Sedwitz, M.D.
Sunil Ryan, M.D.
Ralph Dilley, M.D.
Michael Jaffe, M.D.
Giacomo deLaria, M.D.

SILVER (\$201-\$499)
None

BRONZE (Up to \$200)
None

DONATIONS IN KIND

Progressive Orthopedics—
Spanish language publications
and copies of *inMotion* Magazine

**INDIVIDUAL
CONTRIBUTIONS**
(since last newsletter)

Janice Cashman
Ray and Lila Vela

Thanks to all financial contributors. Your generosity makes it possible for AIM to continue giving information and support to amputees and their families. Donations given in memory of a loved one, or in recognition of a special occasion or a person are most gratefully received.

DID YOU MISS THIS?

Gilda Pratt and Danielle Bonney spoke to *AIM* members at the meeting on September 25, about the benefits of massage. In this era, when so many people live "high pressure" lives, there is a need for periods of relaxation. The services they offer include Swedish, deep tissue, pregnancy, reflexology, geriatric and hot stone sessions. They are offering a massage session at half price to members of *AIM*. They may be reached at 619/518-3072 or 619/241-5947. Their e-mail is gildaprattmassage@yahoo.com or daniellebonney@hotmail.com.

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER ONLINE? If so, e-mail: louisesiddall@earthlink.net. Or go on-line to Amputeesinmotion.org.

WORLD-RENOWNED AMPUTEE TRIATHLETE DIES

Jim MacLaren's near-death experiences would have been too much for most people, but Jim MacLaren was not like most people.

From college football star and aspiring actor to world-renowned triathlete to quadriplegic and motivational speaker, Mr. MacLaren transformed himself to meet the challenges he faced after surviving two horrific accidents and managed to inspire others along the way. His circumstances led to the creation of the San Diego-based Challenged Athletes Foundation, which started as a fundraising triathlon to help him and evolved into an organization that provides funding for adaptive sports equipment, training and competition expenses and programs to help other disabled athletes. Mr.

MacLaren died of complications from an infection August 31 at his home in Akron PA at age 47. Mr. MacLaren had lived in San Diego for several years after moving here in 2003.

A handsome Yale athlete who played both lacrosse and football, Mr. MacLaren's skills as a defensive tackle attracted interest from pro football scouts. By the time he graduated he had developed an interest in acting. He was attending a theater school in New York when he was hit by a bus while riding a motorcycle in 1985. He was pronounced dead on arrival at the hospital, but after surgery to remove his left leg he emerged from a coma. Mr. MacLaren reinvented himself and became a marathoner and Hawaii Ironman triathlete.

Tragedy struck again in 1993 when he was hit by a van during the cycling portion of a

triathlon in Orange County. This second accident left him a paraplegic. On his website he wrote that it took time and reflection for him to choose life and to again adapt to his new circumstances. He became a motivational speaker and sought to help people deal with their own setbacks.

"People would line up for more than an hour to shake his hand," said his sister. "Jim made them feel like they could (survive) whatever they faced. That meant everything to Jim."

Friend Ben Lloyd said Mr. MacLaren was "a dazzling, larger-than-life scholarship athlete" when he met him at Yale in the early 1980s. "He shattered people's expectations of him even before his accidents," Lloyd said. "He was a deceptively smart athlete who was sensitive, curious and complex. He had an incredibly positive energy."

After the accidents, Mr MacLaren often used the phrase, "I am not my body," Lloyd said. "He felt we are not defined by our physical lives and our physical shapes."

Appreciate every single thing you have, especially your friends and every limb you have. Life is too short and friends are too few.

PHANTOM PAIN UPPER LIMB

Dear Mr Acosta,
I'm a physician working with Dr VS Ramachandran at the University of California, San Diego. As you may be aware, Dr Ramachandran has long been engaged in working with patients with phantom limbs, both to better understand what in the brain causes phantoms to occur and to develop new ways of treating phantom limb pain. Indeed he invented the mirror visual feedback technique.

We are currently looking to recruit upper limb amputees who experience a phantom arm. This is to take part in a study investigating in greater detail how the brain creates the sense of having a body. It would involve a one day trip to see Dr Ramachandran and myself in San Diego. Participants would be compensated for their travel expenses.

I am writing to you to request whether you would be willing to consider alerting members of your support group who would fulfill the criteria?

Many thanks,
Paul McGeoch MD

PS I understand that you have previously been in touch with one of our PhD students, Laura Case.
From "pdmcgeoch@ucsd.edu".

DID YOU KNOW?

A paraprosdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part. It is frequently used for humorous or dramatic effect.

I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.

Do not argue with an idiot. He will drag you down to his level and beat you with experience.

I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.

The last thing I want to do is hurt you. But it's still on the list.

If I agreed with you, we'd both be wrong.

We never really grow up; we only learn how to act in public.

War does not determine who is right — only who is left.

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

The early bird might get the worm, but the second mouse gets the cheese.

A bus station is where a bus stops. A train station is where a train stops. My desk is a work station.

Animal Story of the Month

Oscar, a two-year-old cat whose back legs were cut off by a combine harvester, can walk again after being given prosthetic limbs in a first-of-its-kind operation. Noel Fitzpatrick, a veterinary surgeon in Surrey, England, attached the prosthetic pegs, which were bio-engineered by a team at University College London to mimic the way deer antler bone grows through the skin. Experts say the technology holds promise for humans, too. "Knowledge about the way that Oscar's been treated can be carried over to human treatment going forward," said owner Mike Nolan, "so that's good for everyone."

From *The Week*, July 16, 2010

Editor's Comment:: I've been waiting since June 1964 to grow a replacement leg; No sign of a new one sprouting yet. But with all the research, there will surely come a day! After all, some animals can grow a new tail or limb. Why not humans?

On second thought, with my luck, I would grow a tail.

LS

A REMINDER

The City of San Diego Therapeutic Recreation Services has a wealth of activities for people with disabilities. Call 619/525-8247 or 619/692-3866 (TDD) or 619/299-9304 (Fax) to request a copy of October, November and December offerings.

Survival Kit Essentials

From a MAAF (Mutual Amputee Aid Foundation) publication

This is a list compiled by a long-time amputee. Every amputee will make changes for himself or herself. You may want one kit for home and another for travel.

Small pair of scissors

Second Skin, Bioclusive,

Tegaderm, Op-Site

Accuderm (for abrasions or blisters)

Hydrocortisone for itch and lubrication

Talc, Seasorb, baby powder or another sweat absorbent

Small towel

Physohex, Hibiciens, or other strong antibacterial soap

Handi-wipes, alcohol preps or something similar

Extra stump socks and sheaths

Duct tape (for temporary repairs)

Thin cell foam (alleviates pressure points)

Lubriderm, Keri Lotion or other medicated cream for dry skin

Limb shrinkers (if prosthesis will be off for extended time for repair)

