

# AMPUTEES IN MOTION INTERNATIONAL

San Diego, CA

Issue 48

Spring, 2013 February – May

## From Our Incoming President



...for support, for fun!

I am very excited and look forward to being this year's AIM President. I am thankful to be a part of such a wonderful group. Being 2,400 miles away from my family in Detroit, you all have become my second family. From the first meeting I attended, everyone has welcomed me. Following Cathy's lead, I know I have big shoes to fill, actually only one shoe (a little amputee humor). I'm up for the challenge and I hope I don't let you down. If something does go wrong, I can just blame Bruce Cunningham, he's my Vice President!

Gabby

*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. If you know someone who has recently had an amputation and would like to talk with one of our visitors, call 858/454-9300 and leave a message. Your call will be returned.*

*We also sponsor social events. Everyone who is interested is invited and encouraged to attend general membership meetings.*

*We elected two new officers at our January meeting:*

*AIM would like to thank Gabby and Bruce for offering their support to AIM by serving in the positions of President and Vice President,*

*AIM also deeply thanks Cathy Castro for serving as our President for the last few years. Cathy is a dear friend to all of us in AIM and has expertly led us through many meetings and projects. We love you dearly, Cathy!*

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

## Mark Your Calendars



**March 23-** 10am General Membership meeting

**April 27-** 10am General Membership meeting

**May 25-** 10am General Membership meeting

# LIMB-IT-IES

# POSSIBILITIES



# SPEAKERS AND DOOR PRIZES!

Don't forget to attend meetings to hear great speakers and a chance to win the door prize! Next meeting is March 23

# NEW AIM MEMBERS

Deborah Flores

Welcome! We are so glad you joined AIM! Hope to see you at the meetings and activities. Thank You!

## RECENT VISITORS To OUR MEETINGS and ACTIVITIES

- Ruby Lawrence
- Fred Scholl
- Butch Walker
- Dennise Acosta
- Rosie Coreas
- Romeo Marcon
- Sherryln Acosta
- Mike Skaggs
- Dan Baggett
- Carol Saunders
- Ismael (Cathy Castro's husband)
- Joyce Benjamin's daughter and granddaughter
- Katrina Cunningham

Thank you to some of you for attending our meeting. Thank you to some of you for returning after an absence, and thank you to those who joined us for our special events! We look forward to seeing you again—soon!



**SCOPE** Orthotics & Prosthetics  
Making Dreams Happen™

Mon - Fri  
8AM - 12PM & 1 - 5PM

<b>HEADQUARTERS</b> KEARNY MESA (858) 292-7448 7720 Cardinal Court San Diego, CA 92123 Fax (858) 292-0927	<b>EL CENTRO</b> (760) 336-0333 1600 S. Imperial Ave., Suite 15 El Centro, CA 92243 Fax (760) 336-2333	<b>LA JOLLA</b> (858) 453-1933 4150 Regents Park Row, Ste. 265 La Jolla, CA 92037 Fax (858) 453-1813
<b>CHILDREN'S / SD</b> (858) 560-0660 8008 Frost Street, Suite 407 San Diego, CA 92123 Fax (858) 560-0870	<b>ESCONDIDO</b> (760) 489-0533 475 N. Grape Street Escondido, CA 92025 Fax (760) 489-0428	<b>LA MESA</b> (619) 589-9980 8875 La Mesa Blvd., Suite B La Mesa, CA 91942 Fax (619) 589-9988
<b>CHULA VISTA</b> (619) 585-8421 895 Third Ave., Bldg. 2 Chula Vista, CA 91911 Fax (619) 585-8874	<b>www.scop.net</b>	<b>VISTA</b> (760) 941-1323 1929 West Vista Way, Suite A Vista, CA 92083 Fax (760) 941-6452


**BIONICS** ORTHOTICS & PROSTHETICS

**KEVIN E. CALVO, CPO, FAAOP**  
Certified Prosthetist Orthotist  
Fellow American Academy of Orthotists Prosthetists

De Anza View Medical Center  
3737 Moraga Ave., Suite B-107  
San Diego, CA 92117

910 Sycamore Ave., Suite 102  
Vista, CA 92083

(858) 270-9972 • FAX (858) 270-6560



(619) 280-9174  
FAX # (619) 280-9286  
(760) 482-5462  
HABLAMOS ESPAÑOL  
www.progressiveortho.com

**PROGRESSIVE ORTHOPEDICS**

4224 Ohio Street  
San Diego, CA 92104  
CARLOS VALENZUELA  
CERTIFIED ORTHOTIST  
E-Mail: progortho@sbcglobal.net



*We are sad to announce the passing of Donald Howard on November 10, 2012. Our thoughts and prayers are with Donald's wife, Brenda and the rest of Donald's loved ones.*

## **Publications:**

If you don't already receive the Amputee Coalition newsletter and would like to, contact:

**Editor: Bill Dupes**  
**enews@amputee-coalition.org**  
**888/267-5669**  
**865/524-8772**

## **The United States Adaptive Recreation Center**

The following is taken from the USARC website. To receive their newsletter write to:

**US Adaptive Recreation Center**  
**PO Box 2897**  
**Big Bear Lake, CA 92315-2897**

**or call: 909-584-0269 or email:**  
**mail@usarc.org**

The United States Adaptive Recreation Center is committed to guiding people with disabilities toward the creation and affirmation of rewarding lifestyles by:

- Facilitating challenging and adventurous recreational programming.
- Enabling achievement with superior instruction and personnel.
- Confronting limitations resolutely and educationally.
- Developing independence through a cooperative reliance on others.
- Providing resources for sustained participation with peers.
- Creating awareness throughout the community.

The United States Adaptive Recreation

Center was founded in 1983 (as California Handicapped Skiers) to ensure that access to skiing is available to people with all types of disabilities. The USARC believes people are empowered when they undertake and succeed at challenging outdoor recreation. In 1989, the USARC established the first full-time on-site adaptive ski school in Southern California at Bear Mountain Resort. Adaptive water sports and summer camping programs were added in 1993, and continue to evolve today.

The USARC works with schools, hospitals, rehabilitation centers and park and recreation departments to serve children and adults with all types of cognitive or physical disabilities. The USARC knows that, after learning new skills and redefining their abilities, participants are able to feel the freedom of recreating with their families and friends. These experiences often result in increased self-confidence and greater success in academic, professional and personal life challenges.

## PROSTHETIC CONTRIBUTORS

(2012-2013)

### 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 Rayan, M.D.

Ralph Dilley, M.D.

Michael Jaffe, M.D.

Torrey Pines Orthopedic Medical  
Group

### SILVER (\$201-\$499)

None

### BRONZE (Up to \$200)

### DONATIONS IN KIND

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

### *A Little Note from Pam:*

*I want to thank all of my  
brothers and sisters and  
their spouses for their  
contributions and support  
of AIM for many year.  
Whenever you see the  
name "Beckett" on the  
contributor list it is one of  
them. I love each one of  
you so much!*

### NEW LIFETIME MEMBERS!

Cathy Castro  
Jan Butler  
Bruce Cunningham

Welcome! We are so  
glad you have joined  
AIM. Hope to see you at  
the meetings and  
activities. Thank you.

## INDIVIDUAL CONTRIBUTORS

(since last newsletter)

Jeffry and Jan Butler

Tim Vincent

Robert Beckett and Laurie Gibson

Bruce Cunningham

Joyce Benjamin

Pam and Buzz Stahl *In memory of  
Jerry Dahlquist*

Blaine Van Gogh

Louis Petrella *in memory of "a true  
and brave person who did all that he  
could do to help another person-  
mostly amputees, Jerry Dahlquist"*

Lisa Becket and Dennis Berger  
Downie, Karen, and Bridget Becket

John Cardosa

Frank Antonio

Gordon Boerner

Walter F. Bowron Lt. Col. USMC  
Ret. *In loving memoriam for Major  
Martin J. Dahlquist, USMC Ret. (Jerry)*

Bruce W. Beck

William Hunrichs

Jody Haynes

Gary Elhard

Will and Sylvia Threlkeld

Sandra L. Jassmann, MD

Larry Hoekstra

*Thanks to all the 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, in recognition of a special occasion, or person, are most gratefully received. Remember that we have no grants or subsidies other than your gifts.*



Happy to report Louise Siddall is back in action after recovering from a cut on her leg that had trouble healing. She is sooo done with doctors' appointments!



## SUNSHINE REPORT

### LET US KNOW

If you or a member of your family is ill, please call 858/454-9300 and leave the name and address. We would like to send a card so they will know we care.

## VISITATIONS AND CALLS

*AIM hopes to have a visitor training seminar in either April or May. It would take place during our regular meeting at Vibra Hospital. It will last for two hours- 10am-noon. If you would like to become one of AIM's visitors please keep this in mind. We will send out a flyer to those in San Diego County on our mailing list as soon as plans are firm.*

## AIM MEETINGS

**WHERE...AIM** meets at Vibra Hospital, 555 Washington Street, San Diego, in the dining room on the lower level. Park on level P2 in the parking garage. Access to underground parking garage is from (1) 5th Avenue between University and Washington street, or (2) southbound Highway 163, exit University, entrance is on the right; or (3) from Highway I-5, exit Washington Street east,

cross 5th Avenue, entrance on the right. Parking tickets will be validated. Automatic doors open into the hospital. Go straight ahead to the dining room.

**WHEN...AIM** will meet on the 4th Saturday of the month in September, October, January, February, March, April, May and June at 10:00 a.m. Call 858/454-9300 to verify time

and place of meetings.

Due to circumstances beyond our control, it may be necessary to change meeting dates. Meetings are open to all.



## Please support Amputees In Motion for 2012-2013

Check the applicable box:

- Lifetime membership (\$200)
- I wish to become a member of AIM. Please send membership application. No dues.
- I would like to contribute to AIM
- I no longer wish to receive this newsletter

Name \_\_\_\_\_

Address \_\_\_\_\_

State and Zip \_\_\_\_\_

*Please mail to:  
Amputees In Motion  
PO Box 19236  
Sam Diego, CA 92159*

**AMPUTEES IN MOTION**

P.O. Box 19236

San Diego, CA 92159

Non-Profit Org.

US POSTAGE PAID

San Diego, CA

Permit No. 455

RETURN SERVICE REQUESTED

Si alguien desea información en español con referencia a amputación de pie o mano puede llamar al telefono de AIM, y dejar los detalles de dirección de correo. Se los mandaremos pronto y gratis.