

**VISITATIONS and CALLS**

Visitations

Bert Acosta	15
Joyce Benjamin	2
Sonny Cataldo	1
Roy Munson	3
Margaret Reman	2
Pam Stahl	3
Alan Wilde	2
Total	28

**MARK THE DATES NOW!  
GENERAL MEMBERSHIP**

**MEETINGS**

- ◆ October 25
- ◆ November 15
- ◆ December 6 HOLIDAY AND AIM'S BIRTHDAY PARTY
- ◆ January 24, 2009

Regular meetings at 10:00 a.m. Continental Rehabilitation Hospital on parking level P2. Your parking ticket will be validated--parking is free. Details on page 3.

Everyone welcome!

Don't miss the December 6 holiday party. And AIM's birthday anniversary! Watch for a flier in November.

**RECENT VISITORS**

- Heather Lewis
- Emil Parra
- Jesus Macias
- Sarah Ridder
- Brenda and Donald Howard
- Ed Zeman
- Aida Codcan
- Bob McHose
- Michele Condon
- Greg Kelley and family
- Alan Decker
- Kevin Wixom

Thank you for attending our function. We look forward to seeing you again—soon!

**Officers**

- Roy Munson, president
- Alan Wilde, vice president
- Pam Stahl, secretary
- Bert Acosta, treasurer and director
- Margaret Reman, director
- Louise Siddall, director

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**PROSTHETIC  
CONTRIBUTORS**

(2007-2008)

**PLATINUM (over \$750)**

**GOLD (\$500 TO \$750)**

Bionics Orthotics and Prosthetics  
--Lisa and Kevin Calvo

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

**BRONZE (Up to \$200)**

SCOPE Orthotics and Prosthetics,  
Inc.

**DONATIONS IN KIND**

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

**INDIVIDUAL  
CONTRIBUTORS (Over \$500))**

Anonymous

**INDIVIDUAL CONTRIBU-  
TORS (since last newsletter)**

- Robert Beckett and Laurie Gibson
- Sandra Jassmann, M.D.
- Blaine C. VanGogh
- Anonymous

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, in recognition of a special occasion or a person are most gratefully received.

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### RECENT MEETINGS

The summer picnic at the Boat House by the San Diego Bay was the best ever! With the Viva Las Vegas theme, some members learned how the roulette wheel works or played bingo, poker or blackjack. No one lost a cent, but many winners went home with gift baskets.

The 50/50 jackpot went to lucky winner Greg Kelley.. Come to our next picnic and **you** may be a winner.

Thanks to  
**Henry's Grocery**  
**Ralph's Grocery**  
**at 4S Ranch**  
**Barnes & Noble**  
**Albertsons Grocery**  
**Downey Savings**

for generous donations of gift cards and prize baskets. Members Margaret Reman and Pam Stahl created beautiful baskets that tempted all the players. Winner of the 50/50 drawing was Greg Kelley--the only person there who pocketed cash. Thanks to all who contributed time and equipment. We couldn't have done it without the enormous help of Ada and Doug Siddall and their children, Steven and Christina, as well as Ada's mother and sisters, Gloria Piscopo, Cathy Richardson and Gloriann McLennan. The consensus was that this was the best picnic ever!

### CHULA VISTA RECREATION DEPARTMENT

The City of Chula Vista publishes a five-page newsletter containing recreational programming for individual with special needs. Although membership is not required to attend the programs, they accept optional yearly membership September 2008-August 2009.

Activities range from dance classes through basketball basics, bowling, hand cycling and golf.

To receive their bulletin, call (619)409-5800 or look them up at [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec).



A Limb Deficiency Clinic has been started at Rady Children's Hospital on the second Tuesday of each month. Rady Hospital also has a page with information about limb deficiency on its website. More information can be found at [www.rchsd.org/limbdeficiency](http://www.rchsd.org/limbdeficiency) or telephone 888-892-9249



### LIMB LOSS AND FINANCES

Many visitors to *AIM's* general membership meetings are newly amputated men and women who are facing new problems of rehabilitation and adjustments to living with many totally unfamiliar problems.

They may have underlying health conditions such as diabetes, which, when added to these

new expenses, may leave them falling into bankruptcy.

Those who suffer an illness or accident that leaves them unable to work face an average wait of two years before they can draw disability insurance.

The first necessary step to take is examining expenses and sources of income. An informative article in the May/June 2008 issue of *inMotion Magazine* lists some innovative ways of raising funds: friends and families may organize rummage sales, bike-athons, runs, races, golf outings, softball tournaments and concerts. Some amputees or their supporters create products to sell.

If you would like to have a list of resources, including foundations and government agencies, call *AIM*. Leave your phone number for a call back. We will send you the information.

**"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming  
"WOW"— "What a Ride!"**

## **COPING WITH A TRAUMATIC EVENT**

The magazine inMotion, (January/February 2008 issue) focused on effects of trauma and methods of coping, especially as they apply to amputees.

Stress is experienced by everyone at sometime in life. Depending on the severity of the event or series of events, it may be diagnosed as traumatic stress. An event resulting in amputation of a limb affects not only the amputee, but also his or her family and friends.

You may be familiar with some of the common responses to a traumatic event: feelings of fear, grief and depression. Other responses are nausea, dizziness, changes in appetite and sleep patterns or withdrawal from daily activities. These feelings may last weeks or months before people begin to return to normal.

What can you do for yourself if you are caught in such a situation?

First, understand that your symptoms may be normal, especially soon after the event.

Second, stay with your usual routine as best you can.

Third, take time to resolve day-to-day conflicts, so they don't add to your stress.

Fourth, don't avoid people or places that remind you of the trauma.

Finally, find ways to relax; be kind to yourself.

In most cases we manage to "muddle through" the pain and depression and we begin to feel better, especially if we are blessed with a supportive network of relatives and/or friends. If the symptoms do not get better, it's time to call on a spiritual guide or medical professional. They are standing by, ready and willing to help you face the days ahead with renewed optimism and courage. As our good friend and AIM member, Calvin Bates, reminded us, "It isn't what you have lost; it's what you have left that counts."

After dying in a car crash, three friends go to Heaven for orientation. They are all asked the same question: "When you are in your casket and friends and family are mourning over you, what would you like to hear them say about you?"

The first guy immediately responds, I would like to hear them say that I was one of the great doctors of my time, and a great family man."

The second guy says, "I would like to hear that I was a wonderful husband and school teacher who made a great difference in our children of tomorrow."

The last guy thinks a minute and replies, "I'd like to hear them say..."LOOK, HE'S MOVING!!!!!"

*He's so depressed. His doctor refused to write him a prescription for Viagra. He said it would be like putting a new flagpole on a condemned building.*

*My mind works like lightning. One brilliant flash and it's gone.*

*Transvestite: A guy who likes to eat, drink, and be Mary.*

