

AMPUTEES IN MOTION INTERNATIONAL



San Diego County

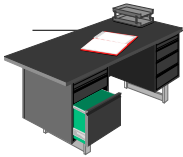
A TAX-EXEMPT, NON-PROFIT
501(c)(3) CORPORATION DEDI-
CATED TO HELPING AMPUTEES
TOWARD A BETTER LIFE

...for support, for fun

P.O. Box 19236
San Diego 92159
858/454-9300

Newsletter February - May 2009

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 provide hospitals with volunteer amputee visitors so the new amputee can speak with another amputee shortly after surgery. We also sponsor social events. All those interested are invited to general membership meetings.



From the President's Desk by Roy Munson

Happy New Year dear friends and compatriots! At our annual holiday party, I was presented with a beautiful placque. The dinner was hosted by Kevin Calvo. It was great and tasty. These get-togethers are a wonderful chance to share experiences, get answers, learn new tips or just talk with others who have been (or are still) there and done that. It's nice to get to know each other better and to make new friends.

I've been having trouble getting my old bionic arm to work well for me as I keep getting misfires that open and close the claw or hand at inappropriate times. So I got together with my friend and prosthetist, to make a

new one. It is a brand new design and was the third one my prosthetist had made.. It's like a hybrid of the old fashioned shoulder band that uses mechanics to open and close the claw, combined with a computer. I feel like the six million dollar man. I'm still learning how to control it. Mary Ann is rolling on the floor as I just had to re-learn to have the hook stay away from my inner thigh area (this time it's going to leave a bruise!) I may write to the manufacturer and suggest a "no thigh zone" warning label. I've also learned to turn it off when putting on clothes. It's hard to adjust when putting on a coat and the claw flies open and wedges itself in the sleeve.

Being so cutting edge is interesting. I had several problems keeping the battery working. The prosthetist and the manufacturer

in Colorado had to fiddle with it and finally figured that it was too strongly charged. After lowering the voltage and replacing the burned out computer, they got it right! I was so very impressed with their professionalism, patience, kindness and willingness to work with me. Getting answers and having input is such an important part of the healing process and feeling that you are regaining control of your life.

I like meeting new people and sharing info about Amputees in Motion with info on diabetes, and the new advancements in prosthetics and medicine. I try to educate folks to keep themselves and their loved ones out of our "club". The human spirit can make us fly to and attain what we set out to do. Make this the year you **DO WHAT TURNS YOU ON!!**

VISITATIONS and CALLS

Statistics are not available at this time, due to illness. Our visitors have made calls when requested. Their reports will be included in the next issue of the newsletter.

RECENT VISITOR

June Towey

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

**MARK THE DATES NOW!
GENERAL MEMBERSHIP
MEETINGS**

- February 28
- March 28
- April 25
- May 23

Regular meetings at 10:00 a.m. Continental Rehabilitation Hospital. Park free of charge on parking level P2. Your parking ticket will be validated at the meeting. Details on page 3.

Everyone welcome!

AMPUTEES IN MOTION
INTERNATIONAL, INC.
NEWSLETTER

ISSUE 34 FEBRUARY 2009

AMPUTEES IN MOTION
P. O. BOX 19236
SAN DIEGO CA 92159

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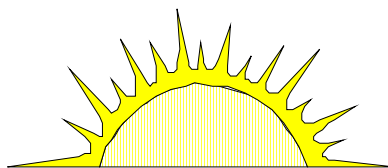
NEW LIFETIME MEMBERS

Annette Allen
Anne Marie Urrutia

NEW MEMBER

Beth Hubert

Welcome! We are so glad you have joined *AIM*.



Sunshine Report

Margaret Reman

We wish you a quick recovery and improving health.

Officers

Roy Munson, president
Alan Wilde, vice president
Pam Stahl, secretary
Bert Acosta, treasurer and director

Margaret Reman, director
Louise Siddall, director

NOTICE: Articles printed in this newsletter are based on the most reliable information available. Any advertising is a source of income and is not to be considered an endorsement. AIM is a non-profit organization whose sole purpose is to provide support for amputees. AIM has no commercial and/or business affiliations.

**PROSTHETIC
CONTRIBUTORS
(2008-2009)**

PLATINUM (over \$750)

None

GOLD (\$500 TO \$750)

Inline Orthotic and Prosthetic Systems- Herb Barrack

SILVER (\$201-\$499)

Bionics Orthotics and Prosthetics

--Lisa and Kevin Calvo

BRONZE (Up to \$200)

SCOPE Orthotics and Prosthetics, Inc.

DONATIONS IN KIND

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

Bionics Orthotics and Prosthetics - Underwriting the Holiday/Birthday party.

RB Print Pros - Printing of the 2008 Holiday/Birthday flier.

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

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

Joyce Benjamin
Marcie Beckett
Mary Walker (in memory of Kathleen Walker)
Beth Hubert
Louis Petrella
Robert McHose
William Hunrichs
Annette Allen
Larry Hoekstra
John Lemieux
Sylvia and Will Threlkeld

Jerry and Marilyn Dahlquist
The Staten Island Amputee Club
Mutual Amputee Aid Founda-
tion--Joann Dillenbeck
Pam and Buzz Stahl (in
memory of Herb and
Marcella Beckett)
Jeffrey Hall
Camilla Beckett Veltmann
Anne Marie Urrutia
Al Hanamey
Gloria Piscopo

Thanks to all financial con-
tributors. 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. A spe-
cial thanks to all who responded
to the end-of-year letter asking
for your financial help; *AIM* will
be able to continue for the next
year.

*If a deaf person has
to go to court, is it
still called a hearing?*

For a Spanish language trans-
lation of this newsletter, call
Bert Acosta at 619/461-4228.

Newsletter editor:
Louise Siddall. For e-mail
comments, complaints, or
offers to volunteer help,
address
louisesiddall@earthlink.net
or leave a message at 858/
454-9300

NOMINATE A NAME

This newsletter needs a nifty
new name. The "Amputees in
Motion Newsletter" just lacks
something. The *ACA Magazine*
uses *inMotion* as its name. That
seems a stretch. As well as violat-
ing the standard rules for capi-
talization. Maybe the "Hop, Skip
and Jump Record" would show a
little imagination? But that pretty
much leaves out the arm or shoul-
der amputees.

Give it a little thought while
we think of a suitable reward for
the winning name for this epistle.

OCTOBER 2008 MEETING

Massage was the topic chosen
by Holistic Hands' owner, Jane
Jones, who was the speaker for
October's general meeting. Used
in connection with massage ad-
ministered by a trained licensed
massage therapist, massage can
have a number of beneficial ef-
fects. Some of these are:

- Reduced swelling.
- Increased circulation
- Less muscle stiffness
- Reduced scar tissue tightness
- Reduced spasms
- Increased muscle length
- Less pain
- Decreased anxiety and stress
- Longer sleep
- Increased relaxation

*What disease did
cured ham actually
have?*

AIM MEETING DETAILS

WHEN...AIM will meet on the
fourth Saturday of the month in
September, October, January, Feb-
ruary, March, April, May and June
at 10:00 a.m. Call 858/454-9300 to
verify time and place of meetings.
Leave your number for a call-back
in case a change has been neces-
sary. Meetings are open to every-
one.

WHERE...Most AIM general
membership meetings are held at
Continental Rehabilitation Hospi-
tal, 555 Washington Street, San
Diego, in the dining room on the
lower level. Park on level P2 in the
parking garage. Access 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 Wash-
ington Street east, cross 5th Av-
enue, entrance on the right.
Parking tickets will be validated.
Automatic doors open into the
hospital. Walk straight ahead to the
dining room.



If you know of illness or death
of an *AIM* member or any
member of the family, please
call Sylvia Threlkeld at 619/
258-0397. She will send a card
to let them know we care. We
want all of you to know that we
care.



*Did you ever notice that
when you blow in a dog's
face, he gets mad at you,
but when you take him for
a car ride; he sticks his
head out the window?*

**LOOKING FORWARD—
HELP WANTED!**

AIM needs your help! There are only two annual celebrations on our calendar: one in the summer when there is no general membership meeting and the second to celebrate the December holidays and the founding of *AIM*. We need a chairperson (or two or three) for each of these events. The past chairs will give you lots of help—and as much advice and guidance as you request. Step up to the plate right now. Call 454-9300 and leave the message. You will be amazed how soon your call will be returned.

More Help Wanted

Time for new officers to be elected! Please step up and volunteer for the office of your choice: president, vice president, secretary, treasurer, director or newsletter editor. If you do a good job the first year, your pay will be doubled the second year!

AIM received a gracious thank-you letter from Father Joe's Villages, acknowledging receipt of the donation from *AIM* members, made at the December luncheon.



I was sitting at Starbucks when I noticed a man looking closely at my new arm. He introduced himself as Harold Sears, PhD, the owner of the manufacturing company that built the arm!! What a small and serendipitous world we live in! He had just come in from Colorado and was on his way to meet with the Dr.'s and staff at La Jolla's VA Hospital - Wounded Warriors Unit. He emailed me and explained in technical terms what changes to the design had to be made to finally get it working. I enjoyed being one of the official "testers". Fascinating!

A movie I saw recently told of one character's grandmother telling her about the difference between hell and heaven.

She explained that hell was a beautiful place set with a table groaning with the weight of the most beautiful and delectable feast you could possibly imagine. The people however were forced to eat with five foot long chopsticks. They struggled to grab the food and race to the end of the chopsticks to grab a bite which would fall off the sticks so they'd have to return and grab another morsel. They were emaciated and starved even with all that bounty. Heaven was an exact duplicate yet the people were well fed, happy and laughing while enjoying the lovely food at the end of those huge five foot chopsticks because they were taking turns feeding each other! I can apply that lesson to a whole lot of life!

Roy Munson

Please support *AIM* in 2009-2010 and Happy New Year!

Check your Choice Name _____

Address _____

Mail to: Amputees in Motion
P. O. Box 19236
San Diego CA 92159

MENDING LIMBS ORGANIZATION

An article in the January/February 2009 issue of inMotion magazine is enough to inspire us with new energy. Michelle Prichard, a 26-year amputee, moved from California to Tennessee. After switching to a new insurance plan offered through her employer, she learned that the company would pay only a small percentage of the cost of her \$30,000 prosthesis. Before that, her insurance had covered 80% of the cost of her prosthesis. "I've never had to deal with this," Michelle says, "However, I'm determined to do something about it. Insurance companies are definitely missing the mark"

Michelle and her husband, Jared, have founded the Mend-

ing Limbs Organization, with the goal of helping to get a prosthetic parity bill passed, not only in Tennessee, but across the nation. They hope to lend a hand to amputees in need of financial assistance for prostheses as well.

My husband and I are embarking on a new journey in life," said Michelle. "Insurance providers need to realize that walking should not be labeled a luxury."

Last October Michelle, her family and friends organized a benefit concert to help raise awareness of the Amputee Coalition of America and to educate people on the problems faced by amputees in getting adequate insurance coverage for their prostheses.

Why does a round pizza come in a square box?

If everything seems to be going well, you have obviously overlooked something.

On the other hand: When everything is coming your way, you're in the wrong lane.

OK, so what's the speed of dark?