

AMPUTEES IN MOTION INTERNATIONAL



...for support, for fun

San Diego County

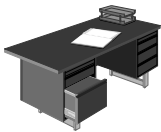
A TAX-EXEMPT, NON-PROFIT
501(c)(3) CORPORATION DEDI-
CATED TO HELPING AMPUTEES
TOWARD A BETTER LIFE

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

Newsletter

FEBRUARY - MAY 2010

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

Roy Munson

HAPPY NEW YEAR Every-
body!

We hope this one will be the
best one ever!

We saw an amazing story on
one of the Discovery channels re-
cently. Pedro (Honduras) was born
with arms but no hands. It never
stopped him from earning a living
as a car mechanic and fisherman
to support his wife and children.
Recently, he was the fourth per-
son to have surgery and the first to
have it done on both arms.

The doctor sliced the forearm
from the elbow down, splitting
the forearm into two "fingers" like
long clothespins. Doctors also
sliced the forearm flesh length-
wise, allowing the nerves to con-
tinue to feel and wrapped them
around each new "Finger."

"I don't feel like an invalid
any more. . I'm thrilled! My life
is wonderful!" he said.

One of the top 10 CNN He-
roes is a twenty-year-old who
opened a foundation to raise
awareness and provide prosthetic
limbs for children at a cost of
\$18K. His name is Jordan Tho-
mas. He also wears a prosthesis.

Find out more about him at
stewart69@google.com.

Ripley's Believe It Or Not -
had a quick blip on a softball
team all of whose members are
missing an arm.

And for a laugh, see the movie
"Father-In-law" starring Chevy
Chase. It is VERY un-PC, but
funny. It is about a rascally old
Judge—missing quite a few body
parts—who is trying to marry
off his extremely ugly daughter
and trying to earn a living off any
passers-by using fake traffic tick-
ets.

Roy

inMOTION SPECIAL EDITION OCTOBER 2009

Everyone alive on this planet
is aware of the difficult financial
situation facing many working
people, especially those with dis-
abilities, a fact that the magazine
inMotion recognized last year
with the publication in October
of a special edition dealing with
employment resources and the
state of employment for people
with disabilities. The story of Art
Heinze who, at age 18, lost his
right arm above elbow and left
arm below elbow is an example
of "a life well-lived." It was not
easy, but through determination
and persistence he graduated the
University of North Dakota with
a BS in occupational therapy. That
was the beginning.

In 2003 he retired as director
of occupational therapy at North-
west Medical Center in Minne-
sota after nearly 40 years of ser-
vice. That's success!

VISITATIONS AND CALLS

October 2009 through
January 2010

Bert Acosta	5
Pam Stahl	1
Total	6

NEW MEMBERS

**Cathy Castro
Cherylynn Taylor
Vaughan Evans**

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

NEW LIFETIME MEMBERS

**Roy Munson and
Mary Ann Dorman**

Welcome! We are so glad you
have joined *AIM* and
we thank you!

RECENT VISITORS

**Roberta Cone
Deb Velez
Michelle Beren
Chad Garret
Richard Fouhy
Kara Tuckfield**

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

**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 Rayan, 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 CONTRIBUTORS

(since last newsletter)
Jackie and Ralph Tuckfield
(2 contributions)
Lisa Beckett and Dennis Berger
Donald and Brenda Howard (2
contributions)
William Hunrichs
Louise Siddall
Larry and JoAnn Hoekstra
Jeffrey Hall
Mutual Amputee Aid Foun-
dation (Joann Dillenbeck)
Robert McHose
Elizabeth Hubert
Jeff and Jan Butler
Mary Kathleen Walker
Cathy Castro
Blaine VanGogh
Mary Ann Dorman and Roy
Munson

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

- ❖ **February 27** 10:00 am
- ❖ **March 27** 10:00 am
- ❖ **April 24** 10:00 am
- ❖ **May 22** 10:00 am
- ❖ **June 26** 10:00 am

A summer picnic is planned at
US Marine Corps Depot in Au-
gust. More information to come.

Everyone welcome!

Sunshine Report

Downie Beckett
Best wishes for continuing
recovery to a great supporter
of *AIM*.

Roy Munson
After a brief but serious
illness, now fully recov-
ered; We are so glad you
are up and about.

Mary Ann Dorman
Best wishes for improving
health.

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INTERNATIONAL, INC.
NEWSLETTER
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AMPUTEES IN MOTION
P. O. BOX 19236
SAN DIEGO CA 92159

PUBLISHED 3 TIMES A YEAR

INDIVIDUAL CONTRIBUTORS

(continued)

Joyce Benjamin
 Cindy Erickson
 Shelly and Bob Dunne
 Downie, Karen and Bridget
 Beckett
 Pam (Beckett) and Buzz Stahl
 in honor of Jerry Dahlquist
 Frank Bormann

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. A special thanks to all who responded to the end-of-year letter asking for your support; you make it possible for AIM to continue to serve amputees and families for another year.



If you know of illness or death in the AIM 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 really do care.

AIM MEETING S

WHEN...AIM will meet on the fourth Saturday of the month in September, October, January, February, March, April, May, June and on varying November dates 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 necessary. Meetings are open to everyone.

WHERE...Most AIM general membership meetings are held at Vibra Hospital, (note new name of Continental Rehabilitation Hospital) 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 Washington Street east, cross 5th Avenue, entrance on the right. Parking tickets will be validated in order to provide free parking. Automatic doors open into the hospital. Walk straight ahead to the dining room.



IN MEMORIAM

David Banda

Our thoughts and prayers are with the Banda family. David died in August. He had long been a valued and effective peer visitor for AIM.



Pam Stahl visited with Judy Havner in Michigan last summer. Judy lived in San Diego for a number of years and was a valuable member of AIM.. Judy sends best wishes to everyone!

**General Membership Meeting
 January 2010**

Kevin Calvo, CPO, was the speaker for the first meeting of the new year. He brought a number of new prostheses and orthotic appliances for hands-on examination by our members. Every year brings amazing advances in the technology. Lots of questions and discussions with A/K wearers in the group. Our members appreciate the generosity of the medical professionals who give a Saturday morning to AIM members and friends.

Si alguien decea informacion en Espanol con referencia a amputacion de pie o mano puede llamar al telefono de AIM, y dejar los detalles de direccion de correo. Se los mandaremos pronto y gratis.

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.

USARC AT BEAR MOUNTAIN

The winter activities bulletin from the United States Adaptive Recreation Center came too late for the October newsletter. Now, with winter waning, you may want to make a note on your calendar for next winter.

Last winter was the 22nd year USARC has worked to share the world of adaptive snow sports. Registrations opened on October 20, group lessons were offered Monday through Friday from January 22 through March 19. The minimum number to qualify as a group is 10, the maximum is 20. If AIM would like to recruit as many as 10 people to form a group at Big Bear, it's time to begin.

For more information their e-mail address is mail@usarc.org; telephone 909-584-0216. For snail mail: PO Box 2897, Big Bear Lake, CA 02315. Now that we are on their mailing list, we will receive timely information to plan for the winter of 2010-11.

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

First Step (Revised)

Arriving in the mailbox amid all the Christmas catalogs, came a new issue of the ACA's publication for those facing amputation or who have recently lost a limb. All peer visitors should have copies of this informative publication. Packed into its 100 pages are articles dealing with the emotional aspects of facing the surgery, the challenges of "surviving the first year" and adjusting to living without the limb.

If you would like a copy, write or call the Amputee Coalition of America.

Maxine says:
"Wrinkled was not one of the things I wanted to be when I grew up."

DEPT. OF JUSTICE

The Department of Justice has announced a settlement agreement under the Americans with Disabilities Act (ADA) with Intellitec Colleges in Colorado Springs, Grand Junction, and Pueblo, CO., to ensure access to its technical colleges for individuals with disabilities.

Intellitec offers career training programs for automotive technicians, drafting, medical and dental assistants, administrative professionals and more at its three campuses. The agreement requires, among other things, that Intellitec remove barriers to access at its existing facilities, ensure that future construction complies with the ADA, and ensure that any future alterations to existing facilities are, to the maximum extent feasible, readily accessible to and usable by individuals with disabilities. The agreement with Intellitec is the result of a compliance review conducted by the department.

The ADA prohibits discrimi-

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Check your option:

- Lifetime membership (\$200)
- I wish to be a member of *AIM*. Please send application. (No dues)
- Contribution (check enclosed)
- I no longer wish to receive this newsletter.

Name _____

Address _____

Mail to: Amputees in Motion
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San Diego CA 92159

nation by public accommodations on the basis of disability, including nursery, elementary, secondary, undergraduate or postgraduate private schools, and other places of education. Those interested in finding out more about these agreements or seeking information about the ADA can call the Justice Department's toll-free ADA Information Line at (800) 514-0301 or (800) 514-0383 (TDD), or access its ADA Web site at <http://www.ada.gov>.

HOLIDAY PARTY 2009

The December Holiday party was the best yet, in the opinion of many who attended. Lots of people there, the food was hot and delicious. The generous donations received will help AIM make it through one more year in the black. Thanks to all who participated,. It was a fun time—a great start for the season..Bert Acosta, who handles our finances, is still smiling because we will be able to pay our bills!. It's a pleasure to see Bert so happy!

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

Amputee Coalition of America Now Accepting Applications for the Christina Skoski, M.D., Scholarship

The Amputee Coalition of America (ACA) is now accepting applications for the second annual Christina Skoski, M.D., award, a one-time, \$1,000 scholarship to a student with limb loss who has a special desire to learn and also exhibits potential for success. The scholarship is only open to undergraduate students who will be entering or who are already attending a four-year college. For details, contact the ACA. The selection will be announced no later than May 31, 2010. If you know someone who is qualified and interested in this scholarship, be sure to let them know. There's no time to lose.

Contact: Elan Young, Communications & Media Relations Associate
888/267-5669, ext. 8122 or amputee-coalition.org

SKIPPING

Vaughan Evans resides in Vancouver, BC, is a below knee amputee, and wants to stimulate interest in skipping. He hopes to help children with special needs to enjoy rope skipping and non-rope skipping. He believes that skipping can be used to instil an interest in songs, poems, and dancing, and also to improve physical fitness. He says that children are in danger of developing heart disease and osteoporosis later in life. Children's bones do not absorb calcium unless regular weight-bearing exercising is done. Cycling and swimming are good for the heart, but they are not weight-bearing activities.

Skipping and dancing exercise the brain. These activities for boys may have a moderating effect on their hyperactivity and aggression.

Vaughan bought his first rope in 1994. At that time he could do only two-foot jumps and could not do alternating feet rope-hopping. Then he hired a personal trainer to teach him to jump with alternate feet. Since then he has given demonstrations at schools, hospitals and a community center. He invites anyone who loves skipping to e-mail him at: skippingdancers@hotmail.com. Or visit his website: <http://www.skippingdancers.com/>

LOOKING FOR A JOB?

The following is a summary of an e-mail from Olegario Cantos, a member of the US Attorney General's Committee on Employment of Persons with Disabilities. Attorney General Eric Holder, head of the US Department of Justice, has issued a Department-wide call to hire and promote persons with targeted disabilities (i.e., those with physical, psychiatric, and intellectual disabilities) to be hired to fill positions for which they qualify within the various Department components. To learn more about positions available, google "Department of Justice (DOJ) employment."



Living on earth is expensive, but it does include a free trip around the sun.

ANOTHER BLONDE STORY

This blonde called 911, screaming "Help me! Help me! My house is on fire!"

The dispatcher said, "Ma'am, please calm down. I need to get some information from you."

Again the blonde yelled "Help me,! Help me! "My house is on fire!"

The dispatcher said, "Ma'am, calm down, How do we get to your house?"

The blonde replied, "Duh... In the big red truck?"

AN INSPIRING LIFE

The May/June 2009 issue of *inMotion* Magazine profiles the life of Jannifer Latham Robinson, a congenital amputee, whose story is an inspiration.

Robinson was born with a femoral deficiency that causes the limb to be shortened. Although the doctors believed she would never walk, at 18 months she had a right above-knee amputation and was fitted for her first prosthesis.

Born into a family of artists, Robinson began to draw at an early age. She often drew mermaids and people turning into mermaids. Robinson's drawings reflect the influence of the work of two of her favorite artists—Egon Schiele and Maurice Sendak. She enjoys injecting humor into her illustrations. She creates comical greeting cards that depict limb loss in a different light. "It's all about humor, break the ice and make a joke. It's a life skill I learned early on." She adds, "My artwork is as much therapy as breathing is therapy."

Even as a five-year-old patient at Shriners Hospital she knew she wanted to work in the prosthetic industry—she had grown up around it and she wished to help others as she had been helped. She is a professional in



If you can smile when things go wrong, you probably have someone in mind to blame.

the orthotic and prosthetic industry and as such she shares with and, hopefully, helps others through a blog on www.360oandp.com. It is an online tool for people in the O&P community to learn and share information, technologies and their experiences. They are focused on empowerment and sharing the latest practical information for patients and professionals.

She is amputee case manager at Westcoast Brace & Limb, working closely with prosthetists, therapists, physicians and other healthcare professionals to ensure close communications between them and to advocate for the client.

In addition to obtaining funding and authorization for prosthetic care, she assists clients in finding social services and ensuring that their psycho-social aspects of care are addressed. She also co-facilitates a nonprofit amputee support group called Amputees Together, Inc.

Outside working hours, she spends time with her husband and two daughters. "We're a talking family," she explains. "There's no television, a lot of music and painting, and a lot of singing and laughing."

She and her husband are the sole members of their band oMyMachine. They hope to perform live shows, to record an album and to illustrate a fantasy book where the main character is a child with limb loss. She says, "Who knows what is in my horizon? You can always be better and dream bigger."

Gotta Meet Molly!

Molly is a gray speckled pony who was abandoned by her owner when Hurricane Katrina hit Louisiana. She spent weeks on her own before she was rescued and went to a farm with other abandoned animals. While there she was attacked by a pit bull terrier and nearly died. Her gnawed leg became infected and she almost died. Her vet went to LSU for help, but LSU was overwhelmed and Molly was a welfare case.

After surgeon Rustin Moore met Molly, he saw how the pony was careful to lie down on different sides so she didn't seem to get sores, and how she allowed people to handle her. She protected her injured leg, constantly shifting her weight so she didn't overload her good leg. She was a smart pony with a serious survival ethic. Moore agreed to remove the leg below the knee and a temporary artificial leg was built. Molly walked out of the clinic and that is where her story begins.

Moore says Molly was a one-in-a-million patient. She was tough but sweet and willing to cope with pain. She knew she was in trouble. The other factor was having a committed owner, dedicated to providing the daily care for Molly's lifetime,

Molly gained weight and a prosthesis designer built her a leg. She lets you know when she wants the leg put on or taken off. She has a new job now. Kay, the rescue farm owner, takes her to shelters, hospitals, nursing homes, rehab centers. Wherever Molly goes she shows people her

pluck. She inspires people and has a good time doing it. "It's obvious to me that Molly had a bigger role to play in life," Moore said. "She survived the hurricane, she survived a horrible injury and now she is giving hope to others. She's not back to normal, but she's going to be better. To me, she could be a symbol for New Orleans itself."

This e-mail to *AIM* from the White House on December 2, 2009, marked the INTERNATIONAL DAY OF PERSONS WITH DISABILITIES. Because of space limitations, it is here abbreviated:

A PROCLAMATION

This year, in an effort to renew our global commitment to human rights and fundamental freedoms for persons with disabilities, the United States became a proud signatory of the United Nations Convention on the Rights of Persons with Disabilities. This treaty represents a paradigm shift, urging equal protection and benefits for all citizens, and reaffirming the inherent dignity and independence of the 650 million people living with disabilities worldwide.

Today, as we commemorate the International Day of Persons with Disabilities, we celebrate the skills, achievements, and contributions of persons with disabilities in America and around the world. We recognize the progress we have made toward equality for all, and we rededicate ourselves to ensuring indi-

viduals with disabilities can reach their greatest potential.

Despite our increased efforts, persons with disabilities continue to face barriers to their full participation in society. In the United States, Americans with disabilities still experience discrimination in the workplace and in their communities. In developing nations, 90 percent of children with disabilities do not attend school, and women and girls with disabilities are all too often subjected to deep discrimination. If we are to move forward as a people, both at home and abroad, all individuals must be fully integrated into our human family.

The International Day of Persons with Disabilities is a time to renew our commitment to the principles of empowerment, dignity, and equality. The United States has co-sponsored and joined consensus on the United Nations General Assembly Third Committee's resolution titled, "Realizing the Millennium Development Goals for Persons with Disabilities." We must continue to embrace diversity and reject discrimination in all its forms, and insist on equality of opportunity and accessibility for all. Let our efforts remind us that when we work together, we can build a world free of unnecessary barriers and include every member of our international community.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim December 3, 2009, as International Day of Persons with Disabilities.