

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

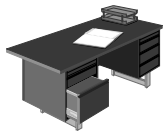
...for support, for fun

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

Newsletter

June - September, 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

Mary Ann and I have been watching a lot of programs on Discovery channel, Health channel, and History channel. More and more programs deal with amputations stemming from war, poor eating, congenital predisposition, accidents, etc. As the public is informed more and more, I see understanding and help coming to the amputee's rescue.

Several beaches here in San Diego now offer special wheelchairs made for use on the sand so the family can enjoy the beach together. The chairs are kept at the lifeguard station. Ask and show your interest so they can see they are useful and may get more of these chairs for your enjoyment. Some of these beaches also have special hand-propelled bicycles.

Some channels have programs that show the newest innovations being used and developed to make our lives easier. They cover some of the challenges faced and ideas to overcome these problems. Many of the stories also show problems that have been overcome through inventions and guts. When I see these, I am inspired to "keep on trucking" and live life to the fullest.

We're hoping you will come to the annual picnic (Saturday, August 22). They've been a lot of fun in the past. We need you and yours to come and help make this one fun and memorable. It's a chance to get to know new people and reacquaint ourselves with people we've met in the past. It's also a great forum for

asking questions and see how others have overcome some of their problems.

We miss not having a vice president. If you're up to it, please volunteer. AIM can use all the help we can get. Do you have ideas or suggestions for our monthly meetings? Questions you would like answered? Ideas for the newsletter? Would you like to be a visitor to new amputees? Could you pick up a fellow amputee to bring to a monthly meeting? How about you caregivers? Have questions, helps, concerns? Phone number above.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

RECENT VISITORS

Tom Fagan
Jesus Macias
Jeff and Beth ahubert
Cathy Castro
Lucie Foglie
Laura Case
Cynthia Schairer
Dr. Brian Ilfeld
Seamus Cashin

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

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

June 27, 10:00 am

No general membership meetings are held in July and August.

August 22, 11:00-4:00

Picnic at MCRD Boat House. Reservations a must!

September 26, 10:00 am
regular meeting

Directions on page 3

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.

Everyone welcome!

AMPUTEES IN MOTION
INTERNATIONAL, INC.
NEWSLETTER
ISSUE 35 JUNE 2009

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

PUBLISHED 3 TIMES A YEAR

NEW LIFETIME MEMBERS

**Dr. Vilayanur W.
Ramachandran
Lisa Beckett and Dennis
Berger**

Welcome and Thank You!

NEW MEMBER

Carol Kling

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

Sunshine Report
Jerry Dahlquist

Your friends at AIM are thinking of you.

Margaret Reman

We hope you are feeling better.

For a Spanish language translation of this newsletter, call Bert Acosta at 619/461-422.

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)
None

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

INDIVIDUAL CONTRIBUTORS
(since last newsletter)

Dr. Vilayanur W.
Ramachandran
Downie, Karen and Bridget
Beckett
Susan and Ross Ehrhardt
Joan Walton
Ray and Lila Vela
Arthur Romero
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. 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.

THANKS!

June Towey has volunteered to do the shopping for the summer picnic at MCRD on August 22. If you would like to contribute food, assist in set-up and decorating, furnish prizes or any other, call 858-453-9300 and tell us!

More thanks to Cathy Castro who will produce the flier publicizing the event!!

Thank you to everyone who so generously volunteers to pitch in!

The speaker for AIM's meeting on March 28 was Cynthia Schairer who is working toward her PhD. in sociology at University of California San Diego. She plans to write her dissertation on the experiences amputees have with prosthetic limbs. She is interested in how technology can make a difference in how people think about themselves and their bodies. After completing her dissertation she hopes to write a book which may serve as a resource for those facing amputation. She would like to interview persons who received their first artificial limbs between 2003 and 2008, as a result of either trauma or illness. These interviews will last between one and two hours. If you are interested in participating, e-mail her at (cschaire@ucsd.edu) or phone (610-291-6989).

When our country is involved in a long war, research into care and treatment of amputees peaks. That is true at this time, with many troops returning home with loss of limbs.

The speaker for the February meeting was Laura Case who is doing research at the Center for Brain and Cognition in the Psychology Department at the University of California San Diego. Her study involves persons who have lost an arm. After the meeting she conducted interviews with those who wished to be a part of the study. If you would like to have more information or to be interviewed, her email address is: lkcase@ucsd.edu.

If you know of illness or death of an AIM member or a family member, 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.

My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."

card

AIM MEETING DETAILS

WHEN...AIM will meet on the fourth 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. 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 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.

The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.

Progressive

**FROM CO-FOUNDER
PAM STAHL**

The editor asked me to write a piece for this newsletter and I always try to do whatever she asks of me.

It is difficult to believe that AIM will celebrate its 36th birthday in October. A group of us (amputees), spouses, friends and a physician met in the home of Jerry Dahlquist in Carlsbad in 1973 and decided to offer support and help to amputees and their loved ones in San Diego County.

I have met many wonderful, caring people volunteering to reach out to the amputee community. I have been blessed by the cherished friendships that have developed.

One of them is AIM founder, Jerry Dahlquist who has been living in Colorado for many years. He is now staying in Oceanside. In spite of serious health problems, he is resolved to get back on his prosthesis.

Jerry lost his leg above the knee in Vietnam. While in the military hospital he had lots of support from other amputees during his rehabilitation. He realized, however, that amputees in a civilian hospital might never meet anyone with a similiar injury. It was for this reason that he wanted to form a support group. He talked with me about it and I helped to organize AIM. After leaving the San Diego area Jerry helped form more amputee support groups in Colorado and in Germany. I hope to see Jerry at the June general membership meeting.

Just two days ago Blaine van Gogh, a former president of AIM, telephoned me. He has recently moved from Tennessee to Pinon Hills California. He also hopes to attend the AIM meeting in June. Blaine is full of life and has a great sense of humor. He always kept us laughing while he was guiding us during his presidency. He is an inspiring example, despite serious problems related to a high level leg amputation.

I am inspired and touched by each person who has traveled with us on this journey "dedicated to helping amputees toward a better life."

San Diego Resource Center

Telephone 211, San Diego Resource Center database is a number you may want to keep handy when you need contact information or referral. Their publication is called Directions. Their motto is "Informing and connecting for a stronger community."

Here is an entry in the "Name the Newsletter" contest. Try this one::

**UNLIMB-ITED
POSSIBILITIES
Or
LIMB-ITLESS
POSSIBILITIES**

Phone in your vote now or give us your suggestion.

Please support *AIM* in 2009-2010

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
P. O. Box 19236
San Diego CA 92159

During the meeting on April 25, Bert Acosta distributed a list of amputee support groups in California. If you would like to have a copy of the list, call the AIM telephone number, leave your name and address to have it mailed to you. If you have an e-mail address, leave that too, for expedited delivery of this newsletter.

GOOD OLE MAXINE!

A few lines to make you smile...

- 1. My husband and I divorced over religious differences. He thought he was God and I didn't.*
- 2. I don't suffer from insanity; I enjoy every minute of it.*
- 3. Some people are alive only because it's illegal to kill them.*
- 4. Don't take life too seriously--no one gets out of it alive.*
- 5. Earth is the insane asylum for the universe.*
- 6. The gene pool could use a little chlorine.*
- 7. Consciousness: that annoying time between naps..*
- 8. Wrinkled is not one of the things I wanted to be when I grew up.*
- 9. Stupidity is not a handicap. Park elsewhere!*
- 10. Ham and eggs...a day's work for a chicken; a lifetime commitment for a pig.*
- 11. Procrastinate! NOW!*
- 12. A hangover is the wrath of grapes.*
- 13. I'm beginning to wonder how bad would four years with no president be.*

The University of California at San Diego is conducting a research study involving a possible new treatment for phantom limb and stump pain. The study's chief investigator is Brian Ilfeld, MD, an anesthesiologist. The purpose of the study is to determine whether putting local anesthetic--or numbing medication--through one or two tiny tube(s) placed next to the nerves that go to an amputated limb will decrease subsequent phantom limb and/or stump pain.

To administer the local anesthetic in the nerves, the skin is numbed and a small needle inserted to the area around the nerves. Then a small tube--called a "catheter"--and smaller than a piece of spaghetti--is placed through the needle next to the nerves. The needle is removed, leaving the catheter in place and local anesthetic is infused through the catheter to continuously bathe the nerves in numbing medication. The catheter can not be felt at all after it is in place. Interested? For details of the inclusion and exclusion criteria, Dr. Ilfeld is available at 858/444-5949 Monday-Friday between 8:00am and 10:30am and 1:00pm to 5:00pm. There is no cost to participate in the study.

The easiest way to find something lost around the house is to buy a replacement.

In February we asked members to send us e-mail addresses if you would like to receive notification about special events in the San Diego area.

Let us know if you would like to learn about what's going on . Would you like to receive this newsletter on-line? Let us know at louisesiddall@earthlink.net.

ATTENTION, ALL PROSTHETISTS!

AIM would like to recognize and introduce to our readers, all prosthetic technicians who have supported us through the years of AIM's existence.

We respectfully request that each of you compose a brief biography of yourselves in this field, not to exceed 250 words. We will be publishing your bios in our newsletter in the order the responses are received.

Medi-Cal has recently published a guidebook for people with disabilities and for seniors in order to improve beneficiaries' knowledge, confidence, and intentions about making more informed Medi-Cal choices. This is a good resource for consumers and service providers.

News from MAAF

(Mutual Amputee Aid Foundation)

The 7th Annual Sacramento Capitals Wheelchair Tennis Tournament is coming up soon. This year's tournament will be held at Johnson Ranch Racquet Club in Roseville, CA, June 26 - 28th. Orchid Suites will again be the tournament hotel.

It's been a tough year to raise funds for the tournament but now we need players to sign up and come for a great competitive weekend of wheelchair tennis.

Register online at <http://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=70543>

ARE YOU JOB HUNTING?

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. As such, within my capacity as a member of the Attorney General's Committee on Employment of Persons with Disabilities, I immediately wanted to share with you the original Portable Document File format copy of a Department memorandum, dated May 27, 2009. I strongly advise you to print and retain this memo for your records and to share this important document with everyone in your respective networks who wishes to seek employment in our Department. To see the full document, go to our website: amputeesinmotion.org. Or call 454-9300 and request a printed copy. Be sure to leave your mailing address and telephone number, in case we need to talk with you.

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

Now available: All new 4th edition of

Spinal Network: The Total Wheelchair Resource Book

This 400-page guide is spiral bound to make it easy to handle from a wheelchair. It provides information on spinal cord research, health, adaptive sports and recreation, accessible travel, disability rights, relationships and sexuality, fertility and parenting, adaptive technology and more.

Although most members of AIM do not have spinal cord injuries, the information may be helpful to those who use wheelchairs.

Published by No Limits Communications, Inc., in conjunction with *New Mobility* magazine and United Spinal Association, *Spinal Network* is considered the definitive resource for anyone who uses a wheelchair.

Other topics include:

- Up-to-date information on activity-based recovery, the 21st Century therapy championed by the late Christopher Reeve
- Details on how to live independently
- Tips for landing a job
- The role of spirituality and faith
- Inexpensive adaptations
- Understanding insurance options

Books are available for \$34.95 + \$10 shipping & handling from Leonard Media Group, 888-850-0344, ext. 209, or www.spinalnetwork.net.

AIM PICNIC TIME AGAIN!!

August 22 is the date. The hours are 11:00-4:00. The place is the Marine Corps Recruit Depot in downtown San Diego. Pack up your family and friends and join AIM for a day of relaxation and food. Do you play a guitar or other instrument? Bring it! A sing-along would be just what we need. Or background music or best of all--a live concert!

June Twoey has volunteered to do the shopping for food and whatever else is needed. If you would like to help her or have special requests, call the AIM phone and leave the message. Reservations are a must, unless you have a military ID. Be sure to call the 858/454-9300 and give us the names of everyone who might possibly come to the picnic.

Directions: Enter the base at the main gate, which is Gate 5. From I-5, exit Washington Street. From I-8 go west to Interstate-5 South. Take the Washington St. exit, the second exit after the Interstate-8 interchange. At the stop light, turn right onto W. Washington St. through the next two Stop lights. to Gate 5.

Southbound on Interstate-5, go south to the Washington St. exit. At the stop light, turn right onto W. Washington St., then go straight through the next two stop lights directly to Gate 5. Ask at the gate for directions to the Boat House.

THANKS TO JOYCE

An unsung hero is our member, Joyce Benjamin. In her quiet, unassuming way, she answered the call for a member to find speakers for general membership meetings. A challenging task. Joyce took it all in stride and for many, many months found speakers who have enriched our lives. Their topics have been interesting and educational, such as yoga, hypnosis, model building, massage, specially designed clothing for people with limited mobility. Her response, when asked how she managed to come up with such varied subjects month after month, was, "The Yellow Pages." Not only did she schedule speakers, she coped with the occasional guest who failed to appear at the appointed date and time. Joyce was a willing peer visitor, even though she had no car and accomplished it all using public transportation! We can't begin to express our admiration and appreciation.

It is with regret that we accept Joyce's resignation.. She says that other commitments and activities call her, but she promises we will see her again. And so we say, with grateful hearts, "Farewell, Joyce. Don't be a stranger!"

San Diego City Park and Recreation Department has a special issue on Senior Citizen Services. Their office is at 202 C Street Mondays through Friday, 8:00-5:00. Their bulletin appears every four months; If you would like to have the full schedule, call (619/236-6905).

Some of the activities scheduled for seniors this summer: United Through Reading Grandparent Program. Share a special story with your grandchild on Monday, June 22. Call for an appointment at 858/481-7323, ext. 214 or email annemarie@unitedthroughreading.org.

Other on-going activities are Needle Crafts, a Birthday Celebration on the last Friday of each month, a Theatre Talk Group on the 2d and 4th Saturdays, and an Actor's Workshop also on the 2nd and 4th Saturdays. More information and registration are available at 619/264-9085. There are scheduled trips to Catalina Island on July 18 and to a San Diego Padres game on August 22. Whatever your interests, explore these and many more at San Diego City Parks and Rec.

AIM ANNUAL SUMMMER PICNIC

SATURDAY, AUGUST 22

MARINE CORPS RECRUIT DEPOT 11:00 - 4:00

Bring family and friends

Make reservations today! Details on page 7

AMPUTEES IN MOTION

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San Diego CA 92159

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