

# AMPUTEES IN MOTION INTERNATIONAL



...for support, for fun

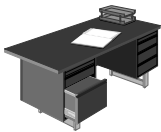
San Diego County

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 JUNE - SEPTEMBER 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. Anyone interested is invited and encouraged to attend general membership meetings.



From the President's  
Desk

Roy Munson

I want to thank all who helped amend the Constitution that stops discrimination against the disabled. As a **young** man, I suffered, becoming a scape-goat when I was hired over my boss' head as a result of work I did for Shell Oil Company, destroying WWII top secret papers. So for 10 years, I got a "see me" note.

As he couldn't fire me, he made life miserable by insisting I wear the winter grade long sleeve shirts with tie, even in summer, as he didn't want customers to be "offended" by seeing my disability or prosthetic arm.

I was the only man out of 62 in my division that was treated this way,

I tried to get a job at the railroad, welding tracks, but I wasn't allowed even to fill out an application. The interviewer was embarrassed and said this was the hardest thing she had ever been asked to do.

I was a companion/nurse for a man whose father worked as a switch-man for a railroad from the early 1900's through the depression. He lost his arm when it was caught between 2 railroads. Instead of a pension or settlement, he was allowed to have a concession cart at the station to support his family! Today he would have a settlement, workers comp, social services, medical insurance, and support groups to help ease the mind and body after so

much trauma.

With all the troubles in the world, I'm still thankful for computers, telephones, transportation services and caring people who help ease the load on those joining our not-so-enviable "club."

Roy

### ACA NATIONAL CONFERENCE

The 2010 Amputee Coalition of America Conference will be held this year August 26-29 at Hyatt Regency Irvine 17900 Jamboree Blvd. Irvine CA 92614.

Reservations: 949/975-1234  
This is the first time that the national Conference has been held west of the Mississippi. If you are interested in attending, contact Bert Acosta, 619/461-4228 or email to bert-acosta@sbcglobal.net.

**VISITATIONS AND CALLS**

January - May, 2010

Bert Acosta	10
Joyce Benjamin	1
Pam Stahl	3
Roy Munson	1
Margaret Reman	2
Total	17

**IN MEMORIAM**

Carol Kling

Our thoughts and prayers are with the Kling family.

**ONE SHOE CREW**

The One Shoe Crew is a service of Clackamas County Social Services. It matches people who wear only one shoe or those who wear a different size on each foot. They also stock single, mismatched shoes and single new shoes (which are supplied free). It offers specialized shoe information.

The mailing address is  
One Shoe Crew  
Attention: Janice  
86 Clavelta Avenue  
Elk Grove CA 95828  
Phone: or Fax: 916/685-8746

AMPUTEES IN MOTION  
INTERNATIONAL, INC.  
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**RECENT VISITORS**

- Kyla Winters
- Bill Bodry
- Tiffany Piquilloud
- Doug Siddall
- Terry Miller

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

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

- ❖ June 26 10:00am
- ❖ September 25 10:00am
- \*\* August 21 11:00-4:00
- ❖ October 23 10:00am

**Everyone welcome!**

No membership meetings in July and August..

**\*\*PICNIC TIME**

We have a time and a place; now all we need is you!

The date we've been anticipating for a year:

**August 21  
Saturday**

**at USMCRD. (translation: U S Marine Corps Recruit Depot), San Diego, at the Boat House on San Diego Bay. It's a beautiful spot; we'll have barbeque and soft drinks, Watch for a flier. Plan to invite friends and family.**

**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**

**Sundt Foundation**  
**Louis Petrella**  
**Jerry Dahlquist**  
**William Hunrichs**

**Samdra L. Jassmann, M.D.**

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 their families for another year.

### ESKA Endo-Exo Prosthesis

The ESKA Endo-Exo Prosthesis is a new type of prosthesis application for above-knee amputees who do not require conventional prosthetic shafts. Modeled on the anatomy of the human body, it puts the pressure of walking back onto the femur and the hip joint. According to the website, this prosthesis is implanted directly into the femur and guarantees a safe, long-term connection between patient and prosthesis. As with all other information in this newsletter, we recommend that you discuss this topic with your own prosthetist. It's reassuring to know there are many, many technicians around the world trying to make life easier for members of the amputee community. Don't lose your optimism!



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 MEETINGS

**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 (P2). Park on that level in the parking garage. An overhead sign directs you into the hospital.

You may access the parking garage from one of the following:

- (1) 5th Avenue between University and Washington Street, or
  - (2) southbound on 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 at the meeting in order to provide free parking. Automatic doors open into the hospital. Proceed straight ahead to the dining room.

### SUNDT FOUNDATION DONATION RECEIVED!

The best news of the year has come to AIM--a gift of \$2,500 from the Sundt Foundation. As you probably know, non-profit organizations such as ours have seen a decrease in donations in the last few years. Neither does AIM have any government support or grants, Gifts from friends and members are our only source of income. This gift will enable us to continue to visit new amputees, bringing a message of hope for the future. Many of our peer visitors have heard the words, "Now I know that my amputation is not the end.. I know now that I can lead a full life."

We say to the Sundt Company a heartfelt **THANK YOU!**

Si alguien desea información en Español con referencia a amputación de pie o mano puede llamar a teléfono de AIM, y dejar los detalles de dirección 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.

**DID YOU MISS THIS?**

On a rainy, stormy Saturday morning, a group of hardy amputees and friends heard about one of the San Diego area's best-kept secrets: the Challenge Center in La Mesa.. Bill Bodry and Tiffany Piquilloud described the history and development of the Challenge Center in La Mesa which offers affordable, skilled physical therapy, specialized fitness and wellness programs to rehabilitate, realize the highest level of independence, and improve the quality of life for children, adults and seniors with severe physical disabilities, as well as their families and caregivers. The key words here are "affordable" and "specialized." To learn more, visit the Challenge Center at 5540 Lake Park Way (not easy to find; just keep going) in La Mesa. See [www.challengecenter.org](http://www.challengecenter.org) or phone 619/667-8647.

**FESTIVAL OF THE ARTS AND FOOD FAIRE**

Saturday and Sunday, June 20 and 21 are the dates for this event, known as one of the best of its kind. The location is the UCSD East Campus. Award-winning artists, deluxe cuisine from San Diego's finest restaurants, live entertainment and a special children's activity area combine to make this a must-do family outing. Torrey Pines Kiwanis sponsors this event, with all proceeds distributed to programs for persons with disabilities. Log on to [www.lajollaartfestival.org](http://www.lajollaartfestival.org) for details. But hurry! The date is nearly here.

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER ONLINE? If so, e-mail: [louisesiddall@earthlink.net](mailto:louisesiddall@earthlink.net). Or go on-line to [Amputeesinmotion.org](http://Amputeesinmotion.org).

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Please support *AIM* now

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

**WEDDING BELLS FOR CATHY!**

Cathy Castro, an active member of AIM, was married a short time ago. We have not been able to learn details of the wedding date and place. We send the new family our best wishes for a long and happy life together!



*Appreciate everything you have, especially your friends. Life is too short and friends are too few.*



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

**AIR FORCE RETIREE RECEIVES HAND TRANSPLANT**

A team of military and civilian doctors performed the first female hand transplant in the United States recently.

Retired Master Sgt. Janet McWilliams is the 10th person in the U.S. to undergo this procedure.

Almost nine years ago, the former first sergeant lost her left hand while her right hand was severely injured when a package bomb exploded in her office.

After years of surgical reconstruction and failed attempts to find a suitable prosthesis for her left arm, doctors asked Sergeant McWilliams if she was willing to be put on a waiting list for a hand donor.

Sergeant McWilliams said she underwent more than 25 surgeries for her injuries, but when her doctor suggested a hand transplant, she did not stop to think; she immediately said, "Yes." In February a hand donor was identified and next day the transplant occurred. "I received a gift, a hand," she

said. "I'm so honored to have this hand."

Selecting a donor for a hand transplant involves emphasis on matching skin tone color, gender and the size of the hand, said Dr. Joe Nespral, the director of clinical services at the Texas Organ Sharing Alliance.

Two weeks after the surgery, Sergeant McWilliams already experienced movement in her thumb and fingers; however, it would take at least six months for her to regain any feeling in her new hand, said Maj. (Dr.) Dmitry Tuder, the chief of hand and upper extremity service at Wilford Hall. This transplant, Sergeant Williams said, is not only a significant occasion for her, but for all wounded warriors.

"I am hoping that I can open the door for other wounded warriors who are coming back from Iraq, Afghanistan and other areas of the world who have lost hands or arms," she said. "Hopefully, this will provide hope for them."

A picture is at <http://www.retirees.af.mil/news/story.asp?id=123193519>.

progressive

### **Jordan Thomas Foundation**

In August 2005, while scuba diving with his family, 16-year-old Jordan Thomas was accidentally struck by the propellers of a power boat. His legs were so damaged that, even after three surgeries trying to save them, it was necessary to amputate both legs below the knee.

Fortunately, his family had adequate health insurance and they were able to provide Jordan with fine medical care and to help him retain a positive outlook. After two weeks in hospital, Jordan was able to go home and to begin a tough rehabilitation program. He was able to return to school for his senior year. He reports, "We had a very successful golf season; it's great to be back playing golf."

There is more to this story: Jordan was touched by the other children he saw in hospital, amputee children without financial resources to cover the cost of new prostheses as they grew or children without parents to give them needed emotional support to work toward their goals in life.

Jordan has established a foundation with the aim of helping disadvantaged children who need replacement prostheses as they grow. At the time of writing, Jordan had raised \$350,000. Jordan was especially touched by the situation of a boy named Larry. He had been severely burned and was recovering in a trauma rehabilitation unit, but had almost no resources with which to continue his rehabilitation after discharge. To make matters worse, Larry

had been abandoned by his parents and his name had been placed on a waiting list to go to a foster home. Jordan says, "I felt great sadness about his many losses and grateful for all the loving support I have received during my recovery." With that in mind, Jordan says he hopes to raise \$500,000 to help children in that situation.

Jordan's mother says that the foundation Jordan set up "just sort of got started. By the time we got home, we had bracelets, all kinds of stuff." His foundation stages golf tournaments, cook-outs, and sells bracelets, all to raise funds for the three children the foundation has pledged to support with new prosthetics, when required, until they are 18. Jordan is now a full-time college student in Charleston, South Carolina. He has no plans to slow down; he's still young and says he would like to become a voice for the amputee community and help many more children live "normal and happy productive lives."

For more, including an interesting video about Jordan, go to [www.jordanthomasfoundation.org/video/](http://www.jordanthomasfoundation.org/video/) and prepare to be inspired.

### **WHEELCHAIR LACROSSE (A new game)**

Ryan Baker is the founder of a new adaptive sport: wheelchair lacrosse. Newcomers are welcome and there is no cost to join. They are playing twice a week. The addresses and locations of practices can be found weekly on their website: [www.wheelchairlacrosse.com](http://www.wheelchairlacrosse.com).

Ryan reports that they have all the pads and required lacrosse equipment, but participants are encouraged to bring their own sports chair. They have a few chairs and fund-raising efforts have begun in order to purchase more chairs. It appears that their practice sessions are held in the Huntington Beach area, although the upcoming schedule will be posted soon. Ryan Baker's phone number is 619/807-9327.



### **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?"*

### **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."

### **Note from the editor:**

My deep apologies come with this newsletter. As you may notice it is very late. The complications include a wrist that refuses to type any more and a computer that is doing its best to confound me. After all these years when I thought the computer was my friend.

At this point, it's time to say, "Please come to my rescue!" It's time for someone else to take over publishing the newsletter. Who will volunteer? Call the AIM telephone and leave your number; you will hear back in a flash.

Louise

An article from National Amputee Center gives us some quotes that may bring a smile-- or two:

"...an amputee who walks the same distance as a non-amputee will have a higher level of oxygen consumption. For example, amputees with vascular deficiencies compared with non-amputees indicate an increase in oxygen consumption for:

below-knee amputees 9%-20%

above-knee amputees 45%-70%

bilateral above-knee amputees up to 300% more

Downward slope uses more energy than on level ground as you work to keep from rushing or falling headlong.

For the extra energy you require while using an artificial limb, you need regular exercise and a healthy diet. Once more, check with your doctor about your individual requirements.

This needed a study?! Any amputee knows that walking requires more energy than it does for a person with no missing limbs or parts thereof!