



...for support, for fun!

Limb-Ities

POSSIBILITIES

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 send volunteer amputee visitors to hospitals so a new amputee can speak with another amputee shortly after surgery. We also sponsor social events. Everyone who is interested is invited and encouraged to attend general membership meetings.

A TAX-EXEMPT,
NON-PROFIT,
501(C) (3)
CORPORATION
DEDICATED TO
HELPING
AMPUTEES
TOWARD A
BETTER LIFE

A Message from the Co- President, Cathy Castro

The dedication shown by the officers and members inspires me to dedicate myself to learn more about the issues that affect AIM and its members. I look forward to learning and leading along with Ruby, other officers and other AIM members.

We recently lost two long time members of AIM. Roy, our former president, I will remember as sharing so many of his life experiences that usually led to a chuckle or two.

Margaret Reman of AIM helped in

many ways. Her spirit will be missed by many.

While attending the Ability Expo I met with five other chapter representatives and attended a workshop regarding healthcare reform. Listening to the presenter reinforced my view that we should educate and advocate for ourselves. If there is a topic of interest you would like to discuss at a future meeting please let me or another officer know so that we can get appropriate speakers.

Remember we are AIMing to serve you who make up this organization.

Cathy Castro

There are two kinds of people: those who do the work and those who take the credit. Try to be in the first group--there's less competition there. Indira Gandhi

DOOR PRIZE WINNERS

Winner of the door prize at the March meeting was **Ruby Lawrence**. Was it a coincidence, or did it foreshadow her becoming co-president with Cathy Castro?

At the June meeting, the winner of a beautiful mixed flower bouquet was **Hope Baker**. Good thing Randy was here to help carry it home!

Hope to see you at the next meeting. Maybe **you** will be the next winner!



RECENT VISITORS TO OUR MEETINGS

Alan Wilde and son, Ian
Jerome Klein
Diane Klein
Robyn Allen
Sarai Klein
Abigail Klein
Rick Meyer

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

PARKS & RECREATION

San Diego City offers a full calendar of activities under their Therapeutic Recreation Services. The activities are designed for all ages and for those with any type of disability. The quarterly calendar includes tandem bike rides at Quivira Basin, Fiesta Island, Harbor Island, and Lake Miramar, a day at Safari Park, bowling, deep sea fishing for ages 6 to 21, an art class at the War Memorial Building in Balboa Park, bowling at SDSU and too many more to list.

For more information, call 619/5258247 or e-mail kkramer@sandiego.gov. Or visit the website at: <http://www.sandiego.gov/park0and0recreation/pdf/trscalendar.pdf>

BIONIC TROUSERS?

Another breakthrough story in the ever-astounding science and art of prosthetics is the development of bionic trousers, making it possible for a paraplegic person to walk. The video is included in this video at <http://fwd4.me/05KZ>> Watching this man actually walk up stairs with the help of a cane is hard to believe. The subject explains that one must learn to balance in the prosthetic trousers "like learning to balance on a bicycle." According to the voice accompanying the video, the current price is £100,000 sterling, but the price is expected to become lower as more prosthetic trousers are produced. Hard to imagine the fitting procedure!

SHARP HEALTHCARE

Sharp Healthcare Rehabilitation Services offers many classes and recreational activities supporting active lifestyles, from yoga classes to ski trips (not in the summer) and more. There are several support groups and even an equipment and wheelchair clinic. If you wish to be on their mailing list, call Debbie Moore at 858/ 939-3048 and leave your name, address and zip code. The calendar is issued quarterly.

VISITATIONS AND CALLS

Bert Acosta 15
 Pam Stahl 10
 Karen Boxwell 2
 Gary Elhard 2
 Newt Harris 1
 Ruby Lawrence 2
 Uki McIsaac 2
 Alan Wilde 1
 Cindy Erickson 1
 Total 36



SUNSHINE REPORT Cathy Castro

We hope you are feeling better every day. And that your husband is recuperating well.

Ruby Lawrence

You have been through a difficult time. Your friends at AIM are hoping for your health to improve.

NEW MEMBERS!

Jill and Gary Elhard
Calvin and Cheryllynn Willis
Paola Navarrete

Welcome! We are so glad you have joined AIM. Hope to see you at the meetings and activities. Thank you.



DEPARTMENT OF JUSTICE WORKING FOR ALL

The Department of Justice is very active in pursuing charges against companies violating the Americans with Disabilities Act. Many of the suits are filed against educational institutions, hotels, or cruise lines.

To get an idea of the scope of their efforts, go to www.departmentofjustice.gov. We often are not aware of the government's efforts to see that the law of the land is obeyed. Don't feel that your complaints will not be heard and acted upon.

Sign in a fire department waiting area "If we see you smoking, we will assume you are on fire and take appropriate action."

That's strange--I don't want my fire department to have a waiting area! If I'm having a fire I'm in a hurry!



Please support Amputees In Motion for 2011

Check the applicable box:

- Lifetime membership (\$200)
- I wish to become a member of AIM. Please send membership application. No dues.
- I would like to contribute to AIM
- I no longer wish to receive this newsletter

Name _____

Address _____

State and Zip _____

*Please mail to:
Amputees In Motion
PO Box 19236
Sam Diego, CA 92159*

Mark Your Calendar



Important Dates

- **No general membership meeting in July or August**

Next regular general membership meetings:

September 24 10:00 a.m. at Vibra Hospital, 555 Washington Street, San Diego.

Be sure to watch for your mail invitation to the summer picnic at MCRD on August 6

AIM MEETINGS

WHERE...AIM meets at Vibra Hospital, 555 Washington Street, San Diego, in the dining room on the lower level. Park on level P2 in the parking garage. Access to underground parking garage 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. Automatic doors open into the hospital. Go straight ahead to the dining room.

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.

Due to circumstances beyond our control, it may be necessary to change meeting dates. Meetings are open to all.

The World's First Motorized Prosthetic Knee Unveiled!

A revolutionary motorized prosthetic knee that powers itself, rather than being controlled consciously by the amputee, has been unveiled.

The Power Knee manufactured by Icelandic company Össur is equipped with artificial intelligence which learns how the user walks.

It automatically adjusts itself to the amputee's stride, speed and even the type of ground the amputee walks on. David Jonsson has been using a prosthesis since he was 18 when his leg was amputated above the knee during treatment for bone cancer. He says the new motorized prosthesis has made his life much easier.

"It assists me get to the next step, it assists

me up stairs and getting up from a chair, it also gives me a more natural walking style," he said.

For more on this story, including a video, see <http://fwd4.me/05KX>. At this same site you will find a video of a bionic hand, also being tested now in the U.K.

LET US KNOW

If you or a member of your family is ill, please call Sylvia Threlkeld at 619/298-0397. Or call 858/454-9300 and leave the name and address. Sylvia would like to send a card so you and they will know we care.

In Memoriam

We are sad to announce the passing of these members



Margaret Reman

Roy Munson

William Payne

Muriel Chester



Our thoughts and prayers are with their families.

ROY MUNSON

(1939-2011)

by Pam Stahl

The first time I met Roy and Mary Ann was to attend an AIM holiday party. What I remember most vividly is that they immediately offered to help AIM in any way they could. Shortly thereafter Roy was asked to be President of the group. He served in that capacity for several years. Even when Roy and Mary Ann moved from La Jolla to the back country of San Diego County, Roy often rode his motorcycle 1 1/2 hours each way to participate in our meetings. I was impressed by his dedication! He came into the meeting wearing his motorcycle suit; helmet in hand, with a big smile on his face. He was always glad to see each of us.

Roy was an arm amputee since childhood and he became one of our trained visitors. I had an opportunity to go with him on a visitation. He was so wonderful to the amputee. I marveled at his sweet and caring demeanor. When he was asked to make a visit he was always ready and willing.

Our hearts and prayers are with Mary Ann. She is a remarkable woman and has always been helpful and supportive of AIM. I and we miss Roy very much. We will always remember him with love and admiration.

MARGARET REMAN

(1938-2011)

Margaret Reman was born in London, England, just at the beginning of World War II. She survived the nightly bombing of that war, at one point being relocated to the countryside. At age 22, Margaret immigrated to the United States, working in New York for a time. There she met and married William Reman and gave birth to a son. The family moved to South Dakota before the birth of her second son. In 1968 she became an American citizen and became active in the democratic party.

After the failure of her marriage, Margaret elected to remain in South Dakota to rear her sons. Later the sons moved to California and Margaret followed in order to be near her grandchildren. In San Diego Margaret became a member of AIM and accepted the job of answering telephone inquiries. Coping with the problems involved--poor telephone connections, answering questions from many distressed amputees, some of whom were English learners and their problems with the language. She was distressed when she could not resolve the callers' problems. Margaret was always determined to improve the callers' situation if at all possible.

She will be sorely missed by her friends and family, especially those six grandchildren.

PROSTHETIC CONTRIBUTORS

(2010-2011)

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 Ryan, 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)

Camilla Beckett Veltmann
Jean Wilson

Mary Walker (in memory of
Kathleen Walker

Cathy Castro

Shelly and Bob Dunne

Louis Petrella

Linda Olson, M.D.--Olson
Family Trust

Elizabeth Hubert

Ross and Sue Ehrhardt

Robert McHose

Cynthia Erickson

Blaine van Gogh

William Hunrichs

Rev. Uki Maclsaac

Janice Cashman

Richard and Gloria Jackson

Robert Beckett and Laurie

Gibson

Jeffry and Jan Butler

Larry and JoAnn Hoekstra

SPECIAL THANKS

I would like to give a special thank you to Louise Siddall for all the many years that she has dedicated to publishing this AIM newsletter. As she retires from her quarterly duties as editor, Louise will turn it over to me, Ada, her daughter-in-law. She has done an awesome job producing a high quality, informative piece, with dabs of humor throughout. You can be sure that as I assume the responsibilities, Louise will definitely be my mentor and advisor. Thank you Louise!



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. Remember that we have no grants or subsidies other than your gifts.

*You can't stay young forever—
but you can stay immature for
the rest of your life.*

Summer Picnic



Saturday, August 6

At MCRD

Take a trip back in time!

*Come join us for our annual Summer Picnic with
a 50's twist!*

Friends, Food, Fun, Games, Music!!

*Save the date and look in your mail for more
information and an invitation coming soon!*

*Reservations will be required, so dig out your
poodle skirts, leather jackets, or hair grease, and
mark your calendars today!*



Si alguien desea información en español con referencia a amputación de pie o mano puede llamar al telefono de AIM, y dejar los detalles de dirección de correo. Se los mandaremos pronto y gratis.

AIM SUMMER PICNIC
AUGUST 6
USMCRD, SAN DIEGO

AMPUTEES IN MOTION
P.O. Box 19236
San Diego, CA 92159

Non-Profit Org.
US POSTAGE PAID
San Diego, CA
Permit No. 455

RETURN SERVICE REQUESTED