



...for support, for fun

San Diego County

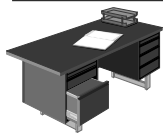
A TAX-EXEMPT, NON-PROFIT
501(c)(3) CORPORATION DEDICATED TO HELPING AMPUTEES
TOWARD A BETTER LIFE

Newsletter

MARCH - MAY 2011

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

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.



From the President's
Desk

No, not from the president this time, but from the newsletter editor.

You will see new news on page 3 about a changing of the guard at AIM. Roy Munson, president, has long expressed his wish to be replaced.

When Roy became president, he and Mary Ann were living at La Jolls Shores—a short drive from downtown San Diego. Then came the sale of their home and their move to Santa Ysabel, with all the changes involved. Since they moved to Santa Ysabel some months ago, they have coped with the problems of the 80-mile drive, inclement weather and traveling to San Diego by 10:00 a.m. the fourth Saturdays of the month to attend

meetings at Virbra Hospital. Sometimes there were rainy days and sometimes more-than-rainy days. It's difficult to imagine Roy riding his bike both ways under those conditions! Little wonder that Mary Ann chose not to make that trip.

AIM truly appreciates Roy's years of service and Mary Ann's support. *A thousand thanks to both of you!* We hope to see both of you often. Be sure to come to the picnic next summer—and summers after that. Watch for your invitation.

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

THANKS TO ADA!

You may have noticed that AIM is now having a door prize drawing at each meeting. Bert Acosta thanks Ada Siddall for her time and effort in choosing the prizes and having them ready at the general membership meeting. So, in addition to the morning refreshments—juices, sweet rolls, bagels, coffee and tea—the door prize will be a regular attraction. The winner in January was a first-time visitor, Nancy Hoffman. At the December meeting, Margaret Reman was the lucky winner.

To steal ideas from one person is plagiarism. To steal from many is research.

**VISITATIONS
AND
CALLS**

Bert Acosta 15
Pam Stahl 4
Melanie Benn 1
Alan Wilde 1
Newt Harris 1
Total 22

**MARK THESE DATES
NOW!**

Regular meetings:

February 26
March 26
*April 30
May 28
June 25

** Change: April 30 is the fifth Saturday of the month, but since April 23 is Holy Saturday, the meeting will be held on April 30.*

All meetings 10:00 a.m. at Vibra Hospital, 555 Washington Street, San Diego

**IN MEMORIAM
ANA BECAME**

Ana was an AIM member and an AIM peer visitor. We enjoyed seeing her at our meetings. Our thoughts and prayers are with her loved ones.

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NEWSLETTER
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VISITORS

Jill and Gary Elhard
Nancy Hoffman
Gilda Pratt, CMT
Danielle Bonney, CMT

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

**INDIVIDUAL
CONTRIBUTORS**

(since last newsletter)

Jill Elhard
Pamela and Buzz Stahl (in honor of Jerry Dahlquist)
Donnie, Karen and Bridget Beckett
Al Hanamay
William Hunrichs

**SUNSHINE REPORT
Ruby Lawrence
Margaret Reman**

We hope both of you feel better every day.

Coming Attractions:
:Kevin Calvo and Bert Acosta have discussed the use of "Medi-liners." We hope to hear more about this equipment and what it is used for.

Cathy Castro has mentioned a product called a "Bed Cane," If you have used this product, please come to a meeting and give us your evaluation.

**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.

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.

Calling all Members:

Do you attend AIM meetings regularly? If not, is there a reason? What interests do you have that you would like to know more about? Call our phone line to tell us.

**PHANTOM PAIN
AND
MIRROR THERAPY**

Phantom pain is often a chronic condition which demands lots of attention, but is not completely understood. Very often it does not respond to the remedies that are tried. In the 1990s Dr. Vilayanur Ramachandran, working at University of California at San Diego, described mirror therapy as a successful treatment for phantom pain. A printed description of this treatment method is difficult to understand, but a photograph of its use can be found in the November/December 2010 issue of inMotion magazine, page 43. In the case of a missing leg, a mirror as long as the limb is placed across the midline of the body. The mirror should reflect the image of the intact leg. Then the patient performs gentle movements of the intact leg while looking in the mirror for 20-25 minutes each day. You may need help from a physical therapist if

you have trouble balancing the mirror. Some patients have found great relief from pain after using the mirror treatment regularly.



How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

I thought I wanted a career; turns out I just wanted paychecks.

**NEED HELP
FOR HOME REPAIR?**

This e-mail to AIM from Rebuilding San Diego Together is the best news we have seen in a long time;

San Diego's free home repair program offers roof repair and replacement. They seek qualified applicants and need to receive applications as soon as possible in order to be considered for the program's projects this year. If you or someone you know needs help in your home, call Anna at 619/231-7873.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

membership app

Disability Awards Ceremony and Forum

Last December in Bethesda, Maryland the Defense Department held its 30th annual Disability Awards Ceremony and Forum. Amputees are vitally interested in government policies in hiring, especially in the San Diego area where there are so many military and governmental offices. Clifford L. Stanley, the undersecretary of defense for personnel and readiness, spoke. "I am somewhat routinely frustrated by a bureaucracy that coins terms like "hiring reform" to get people into the system faster. I don't even want to tell you what our percentage is of disabled employees at the Defense Department, because I'm not too happy about it.

"We need to do a better job of finding people," Mr. Stanley said, noting that he goes to sleep each night "thinking about how I can make this day better in the hiring of disabled civilians and former service members." The undersecretary said that he "wanted to plant the seed" as he introduced Army Captain Ivan Castro, a former active duty soldier who is blind.

Captain Castro told the audience his story of being stationed near Baghdad in 2006. He had just released two of his men from an observation post. Minutes later, mortars landed near him. He sustained major injuries which required numerous surgeries and hospitalization for many months. However, it was impossible to restore his eyesight.

Finally he set out on a mission: to stop feeling sorry for himself and to learn to walk again and to live independently. After intensive physical and occupational therapies, he developed many everyday skills, including how to use a computer and to send e-mail. "Because technology changes all the time, I consider myself a work in progress," he said.

Captain Castro also developed his physical skills, logging four Army 10-milers, five half-marathons, 13 marathons and several other running, biking and hiking feats.

But the best was yet to come. Captain Castro connected with the Computer/Electronics Accommodation Program, a federal initiative that equips disabled federal employees and service members to perform tasks. CAP uses assistive technology devices, equipment and retraining to help them recover and transition into employment.

At the end of this long road Captain Castro was able to return to active duty with the Army.

AIM MEETINGS

WHEN...AIM meets at 10:a.m. on the fourth Saturday of the month from September to June and on varying November and December Saturdays at 10:00 a.m. Call 858/454-9300 to verify date. Leave your number for a call-back in case a change has been necessary. Meetings are open to everyone.

WHERE...AIM general membership meetings are held at Vibra 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.

Access the parking garage from the following:

- (1) 5th Avenue between University and Washington Street, or
- (2) southbound on Highway 163, exit University, entrance on the right, or
- (3) from Highway I-5, exit Washington Street east, cross 5th Avenue, entrance to parking is on the right. Your parking ticket will be validated at the meeting. Parking is free.

inline

A JOKE FOR AMPUTEES!

At last:: A long search is rewarded:

Paddy was working at the fish plant in Cork when he accidentally cut off all 10 of his fingers. He went to the emergency room in Cork's hospital.

The doctor looked at Paddy and said, "Let's be 'avin' da fingers and Oi'll see what Oi can do." [I guess that's the way they talk in Cork.]

Paddy said, "Oi haven't got da fingers."

"Whadda ya mean you haven't got da fingers? Lord Tunderin', it's 2011! We's got microsurgery and all kinds of incredible techniques, Oi could have put dem back on and made you like new! Why didn't ya bring da fingers?"

And Paddy said, "How was Oi 'spose to pick dem up?"

LOOKING FORWARD

June 26-27 will be the dates for the La Jolla Arts and Food Fare. This annual event, sponsored by Torrey Pines Kiwanis, uses the funds raised to aid physically challenged San Diegans. Some of the groups benefitted are Sharp's Rugby Team, Day on the Bay, Adaptive Yoga and Challenged Women's Support Group. Watch for announcements in local newspapers as the dates draw near.

VISITOR #1 BERT ACOSTA

Regular readers of this newsletter surely have noticed Bert Acosta's name at the top of the number of visitations. Bert became an A/K amputee as the result of a motorcycle accident many years ago and he has suffered a great deal of phantom pain, despite trying many recommended remedies. All of this has equipped him to empathize with those who have recently lost a limb. As our only bi-lingual peer visitor, he has been called upon to make visits in all areas of the county, patients with all levels of amputation, all ages and both sexes

When medical professionals have requested an AIM representative for in-service training, Bert willingly answered the call. He is a good communicator and audiences have responded enthusiastically to his presentations.

It's time to recognize our own MVP--BERT ACOSTA!

When the smog lifts in Los Angeles, U.C.L.A.

A dentist and a manicurist got married. They fought tooth and nail!

Birthdays are good for you; the more you have, the longer you live.

The batteries were given out free of charge.

NEWS FROM ELECTION CENTRAL AT AIM

In response to Roy Munson's request to be replaced as president of AIM, the search has been under way. At the AIM meeting on January 22, Pam Stahl announced that Cathy Castro and Ruby Lawrence have signified their willingness to become co-presidents of AIM.

An election was held immediately.. All those present voted in favor of Cathy Castro and Ruby Lawrence as co-presidents. We appreciate their stepping into this job.

Cathy and Ruby have been active and enthusiastic members of AIM for several years. They participated in planning last summer's picnic at MCRD, as well as producing the colorful invitations which were mailed to all the names on our San Diego County mailing list—a formidable task.

Again, they plunged into planning for the December party. They know how to work!

A huge "Welcome" to our new co-presidents.

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

Would you like to receive this newsletter via e-mail? Let us know at louisesiddall@earthlink.net

DID YOU MISS THIS PARTY?

AIM's 37th birthday celebration was held on December 10, early in the month, to help us get in the spirit for the rest of December celebrations. The dinner was served hot and tasty. Ada Siddall's scrumptious Upside Down Pumpkin Pie was tempting for the sweetest tooth.

Donations for the Wounded Warriors Project totaled \$112. Margaret Reman's winning ticket sent her home with a bounteous basket of snacks and sweets.

Funding Resources for Peer Visitors

As a peer visitor, you may meet someone who does not have insurance or other financial resources to help pay for a prosthesis. Bill Nessel, Spokesman for the Amputee Connection of Redlands has forwarded a list of organizations who may be of help.

American Amputee Foundation. P.O. Box 250218, Hillcrest Station Little Rock AR 72225
501/666-2523
501/666-8367

Amputee Coalition of America
900 E Hill Ave., Ste 285
Knoxville TN 37915-2568
888/267-5669
888/525-7917
www.amputee-coalition.org
National Amputation Foundation

Hello Friends,

Congratulations to Ruby and Cathy's election as co-presidents. I wish them the best.

Mary Ann has been going to a new "cutting-edge" doctor who found her to have been misdiagnosed for the last 20 years. She has an auto-immune disease called Hashimoto's Hypothyroidism, an auto-immune disease which can be controlled by diet.

Thank you for the honor of having me as your President for the last five years. Good luck to all of you. I wish you success in all of your endeavors

Stay In Motion!

Roy

Editor's Note: Because of space limitations and possible legal problems, some parts of Roy's letter do not appear here. For more information about Mary Ann's health, we suggest you contact Roy and Mary Ann..

National Odd Shoe Exchange
3200 N. Delaware St.
Chandler AZ 85225-1100
480/892-3484
480/892-3568
www.angelfire.com

National Amputation Foundation
40 Church Street
Malverne NY 11565
515/887-3600
www.nationalamputation.org

United Amputee Services Association, Inc
P.O. Box 4277
Winter Park FL 32793
407/399-5500; 407/399-8855
www.oandp.com

Angels with Limbs
289 Broadway
Long Branch NJ 07740
732/222-2500

Barr Foundation
e/o MedShare International
3240 Clifton Springs Rd.
Decatur GA 30034
561/391-7601

Bowman Siciliano Limb Bank Foundation
100 Spanish Oak Rd.
Weatherford TX 76087
817/597-1826

Limbs for Life Foundation
5929 N. May, Ste 511
Oklahoma City OK 73112
405/843-5174
888/235-5462 (toll free)

Limbs of Love
1000 S Loop West Ste. 150
Houston TX 77054

The Prosthetic and Orthotic Component Clearinghouse
MedShare International c/o P.O.C.C
3240 Clifton Springs Road
Decatur GA 30034
<http://ustspo.org/pocc/>

National Amputation Found.
40 Church Street
Malverne NY 11565
515/887-3600
www.nationalamputation.org

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