

FAST Times for Spring, 2016

Functional Amputee Support Team

of Orange County, California - Vol. 24 (SPRING - 2016) No. 02 - Page 1

Rambling from Bill

Another quarter has past and it is Summer. Time flies (especially as we get older).

We have had some very interesting speakers this year since bowling. By the way, about bowling, we had some great pizza at Round 1, Santa Ana. We ate near the pool tables and thought maybe next time people would be given a choice of bowling or playing pool. We could reserve a pool table and play teams. Still pizza to follow no matter which sport you would participate in.

In March, Rudy from Armstrong Gardens made a presentation. I never knew there were so many plants and fertilizers for each different plant. He had a great display and kept us fascinated for over an hour. It was great to hear something different. Something that you can do to bring you pleasure whether you are an amputee or not.

In April, Rick Myers spoke to us about child amputees and their families. As you all know, we do support Camp No Limits for limb loss children and their families. As always Rick gives us a lot of information to digest.

In late April, Fred Randjbar spoke with his Scottish accent telling us how things are done in Scotland. How prostheses are made there which is quite different than in the US, but they still work and people walk without problems.

In May, Dr. Dean Peppard, a chiropractor, told us the way to sit, stand and walk. He showed us slides showing what a difference it can make and how to do it properly so that we don't get back problems. He also talked about mattresses – good and bad. How to make sure your spine is straight.

June brought us Rick Myers again. He spoke about osseointegration in which a titanium screw is implanted in the femur to attach the prosthesis. It is a pin method and is an alternative if you have trouble with your socket. This is being done in Sweden and Australia. We can go and have it done in Australia if you wish, but must stay 8 weeks for recovery. It has not yet been approved in the US for prosthesis although this is exactly what a dental implant is.

The end of June, Randy McFarland, head of Sunny Hills, and his associate AJ came to talk on 3-D Digital Technology. First off, this is used to take digital measurements with a laser scanner or a light scanner. It is then in the computer and can be altered easily for fit. This also helps the prosthetist with paperwork. From the computer, the mold can be made, a test socket pulled from that. Additionally they are using 3-D Printing for upper extremities (especially for children) and for cosmetic covers. This will be the wave of the future.

All in all, we have had a lot to digest so far this year. Look forward to future speakers who stimulate us.

Have a great summer.

Bill



Speaker's Of The House

Rick Meyers, C.P., President of Southern California Prosthetics

Rick was excited about the new prosthetic foot that he helped develop. Two of our group members already have the new prosthetic foot and gave it high marks. Rick also reviewed the history and progress being made with the use of Three-D printing in the prosthetic field. Rick's second talk was about a new term for the group, osseointegration. Rick mentioned that Dr. Rickard Branemark from Sweden was the first to use the osseointegrated prosthetic system for the treatment of amputees. Osseointegration has enhanced the science of medical bone and joint replacement techniques as well as dental implants and improving prosthetics for amputees.

www.scprosthetics.com

Frederick Randjhar, BOCPO, CPO (U.K.), Director of LIC Prosthetics & Orthotics

Frederick is a long term friend and supporter of the FAST group. Frederick's mentioned that he has an office in Anaheim but he is well known for providing support for his clients at their home and other remote locations.

LICPROSTHETICS@YAHOO.COM

Dr. Dean Peppard, Doctor of Chiropractic.

Dean reminded us that good posture is the key to good health. We especially liked the examples of good posture when sitting and standing. His review of the correct way to lay flat on your back keeping the spine straight and the floor exercise bending.

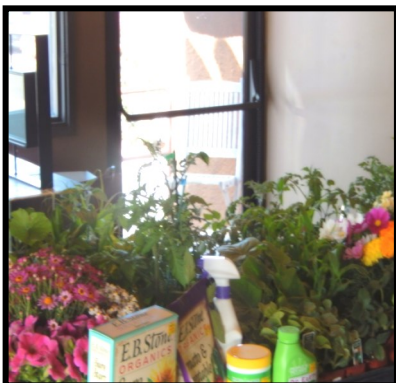
www.DrPeppard.com

Randy Mcfarland, CPO and associate **AJ Zargar**, CPO.

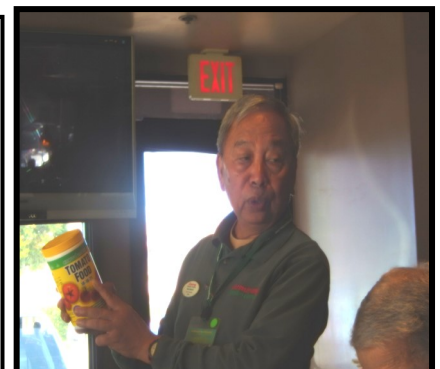
AJ reviewed the history of the development of today's prosthetic socket and its exciting new use of computers and 3D printing. The first socket was made from wood, aluminum, and other materials. Then came the use of plaster of Paris. Plaster of Paris made it possible for the prosthesis to begin the process of making the final socket using plastics and carbon fibers. And now with the use of the modern day 3D printer and software the field of prosthetics is adventurous and exciting. This new exciting process benefits the prosthesis and also helps to reduce the time and paperwork.

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Rudy was a refreshing change in speakers. Rudy had on display many of the vegetables that we could grow at home ourselves. He had some great ideas on planting, feeding, and insect control. As a long time employee of Armstrong Nurseries Rudy was well versed in all aspects of organic gardening.




Dr. Devon Glazer, DPM, FACFAS

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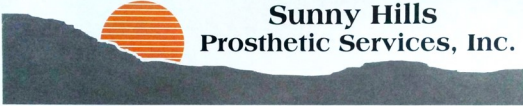
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- ◆ Custom liner design and fabrication

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Calendar for 2016

- Feb. 27 Bowling Round 1, Main Place, Santa Ana
- March 12 Rudy – Armstrong Gardens
- March 26
- April 9 Rick Myers - Child amputees and families
- April 23 Frederick Ranjbar – Prosthetist and FAST advertiser
- May 14 Dr. Dean Peppard – Dr. of Chiropractor
- May 29
- June 11 Rick Myers - Prosthetist and FAST advertiser
- June 25 Randy McFarland – Prosthetist and FAST advertiser
- July 9 Canine Companions Scott Bourdelais and his dog in training Hobart
- July 23
- Aug. 13 Bowling
- Aug. 27 Laurel and report from Conference
- Sept. 10 Scott Hornbeak from CSDH P&O School
- Sept. 24 Dick Fuller
- Oct. 8 Picnic
- Oct. 22 john@estate-elderlaw 619-282-1194
- Nov. 12 Camp No Limits speaker
- Dec. 10 Holiday Party

Turning tragedy into triumph, Heather Abbott stands tall.

On October 19, 2015, Hillary Cohen slipped into a new pair of high heels and stood up to find herself in a whole new world. The three-inch sandals with braided gold straps were the first pair of heels the 26-year-old had ever worn. Not out of choice. In January 2014, after more than a decade struggling with the genetic nerve disorder neurofibromatosis and the corresponding chronic pain caused by a softball-sized tumor on her left foot, the Somerset, Massachusetts, native made the decision to amputate her left leg, below the knee. Despite undergoing an additional revision surgery, Cohen had no regrets and felt stronger than ever before. The thought of donning what some little girls see as a rite of passage into womanhood had remained as unrealistic as glass slippers and a pumpkin-turned-chariot.

Cohen's dreams came true not because of a fairy godmother, but thanks to her mentor, Newport resident Heather Abbott. The Boston Marathon bombing survivor's eponymous foundation funded Cohen's new "high heel" prosthetic leg, specially designed to wear three-inch heels, an inch lower than the one's Abbott sported right beside her. It was a celebration for both ladies, as Cohen was the Heather Abbott Foundation's first prosthetic donation recipient since it launched in December 2014.

"For the first couple of days, I kept looking down to make sure it was still there," Cohen says. The surreal feeling of looking down and seeing two healthy legs sans a metal bar or massive tumor seemed too good to be true. She kept asking herself, "This isn't a dream, right? It's real life?"

The flesh-colored silicone cover on Cohen's prosthetic looks and feels natural, matching her right leg perfectly—freckles, veins and all, giving her a sense of normalcy and anonymity. "I don't care if people ask. I'm more than happy to talk to about it," Cohen says. "But at the same time, it's a breath of fresh air just to not have to be asked or stared at."

Unlike her metal prosthetic, most of our personal struggles aren't as visible. But we all have them, Cohen notes. Some people "define their life by [their problems] and they're either unwilling or unable to push themselves to make their lives better. That's you putting limits on yourself. Just by being an amputee does not mean that your life is limited. You can do anything you want to. It's just about finding that inner motivation, that inner drive so you're able to have a mentality that your life is limitless."

Spreading this philosophy is as much the good for the Heather Abbott Foundation as providing amputees who've lost limbs through traumatic circumstances the resources, support, and grants for prosthetics they need to thrive in what Abbott calls their "new normal." We want amputees to be able to live the lives they want, whether it's going back to the life they had before their amputations or trying something new, just like anybody else would. "Abbott says, then added that if you wanted to take up a new hobby—like snowboarding, running, paddle boarding, or climbing—you would just do it. So, why shouldn't amputees be able to do the same?"



Down With Falls Coalition Orange County, CA "Leading the Way to Fall Prevention"

General Precautions

Flashlight in several locations around home.

Emergency plan in case you have a fall and can't get up (cell phone in pocket, emergency response system, key given to relative/neighbor).

Know how to get up from the floor independently (crawling to chair).

Do not rush and think about how you can do things more safely.

Watch where you are stepping and pay attention to your surroundings (clutter, uneven surfaces, pet under foot).

Wear sturdy shoes that fully support the foot. Avoid sandals and flip-flops.

Light up your house, garage, and yard brightly.

Kitchen

Floor surfaces are non-slip.

Spills are wiped up right away.

Frequently used items are placed on easy to reach shelves.

A reaching device is available to help you get lightweight items from high shelves (medical supply or pharmacy).

Only use step stools made with sturdy grab rails and check distance from floor before stepping down.

Avoid sudden movements like turning/bending to reach for something or rushing to the stove or phone.

Table and chairs sturdy and secure — no rolling chairs.

Light level adequate for cooking.

Good news for all Veterans

On July 20, 2015, the president signed into law the Veterans Identification Card Act of 2015. This act allows Veterans to apply for an identification card directly from VA. The VA identification card will allow Veterans to demonstrate proof of service for discounts at private restaurants and businesses.

It should be noted that the identification card is different from a [Veteran Health Identification card](#) or a [DoD Uniformed Services or retiree ID card](#). As such, the VA identification cards cannot be used as proof of eligibility to any federal benefits and does not grant access to military installations.

When available, Veterans will be able to request an ID card from VA for a fee. VA is currently making plans to implement the new law in the most efficient and cost-effective way possible while protecting Veterans' personal information. We estimate that VA will be able to implement the program in 2017. The cost of each card has not yet been determined.



In the meantime, Veterans who would like an identification card that displays their military service do not have to wait until VA implements the new law. You have several options:

You can access and print a free Veterans identification card through the joint VA/DoD web portal, eBenefits. This paper identification card serves as proof of honorable service in the Uniformed Services, as defined in laws about the Department of Defense (DoD). Veterans can get a free eBenefits account by going to <https://www.ebenefits.va.gov/ebenefits/homepage>.

Your driver's license or state identification card can carry a Veteran designation. This option is currently available in 49 states, along with Puerto Rico and the District of Columbia. We expect the 50th state, Washington, to offer this service in August 2017. Veterans wanting more information should contact their state department of motor vehicles or state department of Veterans affairs at <http://www.va.gov/statedva.htm>.

Veterans who are enrolled in VA health care can obtain a free [Veterans Health Identification Card \(VHIC\)](#). For more information, please go to <http://www.va.gov/HEALTHBENEFITS/vhic/index.asp>.

Veterans who have retired from military service can receive an identification card from DoD. For information on obtaining or renewing such a card, please contact your nearest DoD identification card facility. You can find the location of these facilities through this link: <https://www.dmdc.osd.mil/rsl/appj/site>.

FAST Times is the publication of the **Functional Amputee Support Team** of Orange County, California, PO Box 7373, Orange, California, 92863-7373, phone (714) 284-5566, a not-for-profit organization whose sole purpose is to provide support for amputees. This non copyrighted newsletter is published four times each year, with a printed circulation of approximately 60 copies per issue, which are mailed to registered members of the support group at no charge, and each issue is also available online when published, for those members who have waived the print edition, at: <http://www.fastgroup.org> - and will be distributed through an email link to all subscribers who have waived the print edition.

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FASTofOC@aol.com – ATTN: Bill Platka, **FAST** President, Editor, and Publisher. Bill Lindahl, **FAST** VP, Nancy Platka Assistant Editor, Gil Aguilar Treasurer, and Maria Lindahl Secretary.

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