

FAST Times for Summer, 2016

Functional Amputee Support Team

of Orange County, California - Vol. 24 (SUMMER-2016) No. 03 - Page 1

Rambling from Bill

By the time you get this, we will have probably have had our annual picnic. This is always a great time as some people come who don't normally come to the regular meetings. There is always a lot of food to go with our hamburgers and hot dogs. No one goes home hungry. This year another amputee group is going to join us with about 15 amputees and their families. We should have about 60 people there which should be great fun. Get to meet new people and give hugs to the old. Bill Lindahl, our game provider, will have things there that all enjoy. There is even a rumor that Jake Beardon might drop in to see us. She has been among the missing lately and we will be glad to see her again.

In April I think we will get to see Scott and his dog Hobart again before Hobart graduates and gets further training to become a Canine Companion.

I wanted to give a special thanks to Laurel, Ernie and Lizzie. They come to the meetings regularly and add a lot to the discussions. Also, Lizzie always brings her treasure chest filled with coins (Thank you Ernie) for the camp fund.

It was a pleasure to have Scott Hornbeak come and speak about Cal State Dominguez Hills P & O school. Scott is doing a major remodel of his house in anticipation of retiring sometime soon. He is stepping down as Director of Cal State and going back to teaching there. As an aside, I have always said that you have to remodel every 5 years to test your marriage. If you can survive that, you can survive anything.

Many of our members have come to speak to us and share their unique information. Gil Aguilar and organ transplant, Laurel Glover and her trip to the national conference and Dick Fuller and his work with others who are addicted to pain meds. Our group has a wide variety of people and we look forward to everyone contributing.

Best wishes for happy holidays if I don't see you before.

Bill

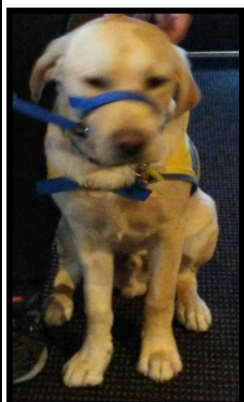


Speaker's Of The House

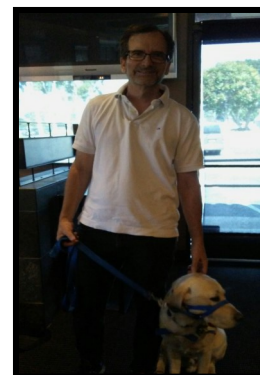
Hobart

Canine Companions

Scott Bourdelais



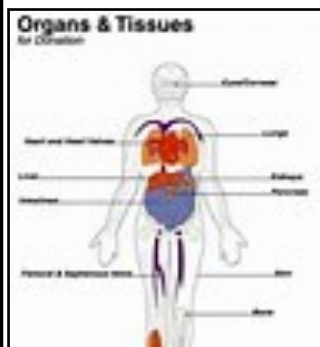
Scott Bourdelais and his dog Hobart in training. When Scott receives a new puppy it takes 3 to 6 months to train them about 30 verbal commands. There are six training facilities and 1,000 dogs in training at anyone time and there are 10 to 14 graduating teams per quarter. The majority of service dogs are black and yellow Labrador Retrievers. They are bred to be calm and gentle. Canine Companions for Independence is the largest non-profit organization provider of assistance dogs started 41 years ago.



www.cci.org

Gil is a long time member and treasurer of our FAST group and amazing person.

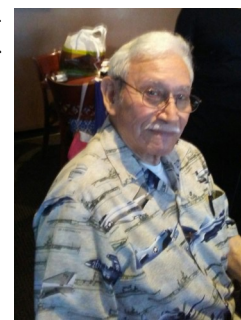
Gil Aguilar



As a 17 year recipient of an organ transplant Gil had an amazing story of his personal experiences before and after he received his donor liver. Gil said that there are over 120,000 people waiting for a transplant. Gil mentioned that the liver is the largest human organ and said that there are as many as 10 other organs that can be transplanted and are all in great need. Gil asked all of us to take part in the organ transplant program.



www.organdonor.gov



Laurel Glover — Valued member of our amputee support group F.A.S.T.

Laurel and here husband reported on their trip to the Amputee Coalition National Conference in N.C. They reported that there were many sessions on various topics such as fitness, athletics, yoga, swimming, rock climbing, etc. Laurel mentioned that there are 2,100,000 amputees in the USA and 185,000 are added each year and that vascular disease is the number one cause of 55% and trauma is the the second at 46%. Next year's conference is in Louisville, KY August 3-5.

Scott Hornbeak from CSDH P&O School

Scott updated us on the new organizational change at the CSDH P&O School. Scott said that Mark Muller has been named the new Director of CSDH P&O School. Scott also gave us a good review of the Medicare requirements and audits that are now implemented throughout the prosthetic industry. Scott was also excited to tell us about the 3-D printing technology called "Additive Technology".

www.csudh.edu



Dick Fuller—Another valued member of the amputee support group F.A.S.T.

Dick spoke about the many obstacles he had to over come since his leg amputation nine years ago. After receiving his new leg made by Stan Patterson Dick was able to be a lot more active. During the next six and a half years of rehab Dick's next challenge was to over come addiction to pain medications. Dick said that after going through rehab three times he has become a better person and has now found his dream job of working with people going through detox.


Dr. Devon Glazer, DPM, FACFAS

Artisan Foot and Ankle
Reconstructive Surgery of the Foot and Ankle

22 Odyssey Ste 115
Irvine, CA 92618

26800 Crown Valley Pkwy Ste 230
Mission Viejo, CA 92691

Email: artisanfeet@yahoo.com
Tel: (949) 272-0007 Fax: (949) 272-0006
Visit us online at: www.artisanfeet.com



Mission Prosthetics, Inc.

Rod Cuervo, CPO
Certified Prosthetist & Orthotist

ORANGE 320 South Tustin St.
Orange, CA 92866
Phone (714) 633-3222
Fax (714) 633-2781

LAGUNA HILLS 26941 Cabot Rd. Unit 115
Laguna Hills, CA 92653
Phone (949) 916-5011
Fax (949) 916-5013



Sunny Hills Prosthetic Services, Inc.

Prosthetic & Orthotic Specialists

Randy McFarland, CPO
Certified Prosthetist-Orthotist

332 E. Commonwealth Avenue
Fullerton, CA 92832
(714) 738-4769
(714) 871-4816 FAX

randy@sunnyhills.com
www.sunnyhills.com





LIFE IS CARE
LIC PROSTHETICS AND ORTHOTICS

Frederick Randjbar, BOCPO, CPO(U.K.)
Board Certified Prosthetist & Orthotist
Director of LIC Prosthetics & Orthotics

Member of ISPO
Member of AOPA

321 E. CENTER STREET
ANAHEIM, CA 92805
PHONE: 714.563.0056
FAX: 714.563.0074

CELL 714.788.6973
LICPROSTHETICS@YAHOO.COM

Southern California
Prosthetics

We Are Here to Help.

Our premier facility is designed with a focus on patient comfort and product quality through every step in the process. On-site manufacturing and fitting capabilities offer patients the customized, perfect fit each patient deserves.

Our cutting-edge roster of technology includes:

- ♦ Patented Vacuum Technology
- ♦ Computer automated design CAD/CAM manufactured sockets
- ♦ Custom liner design and fabrication

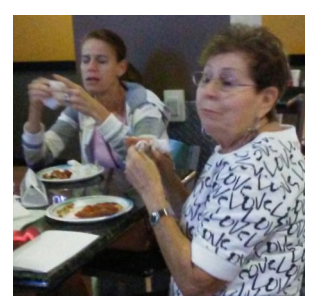
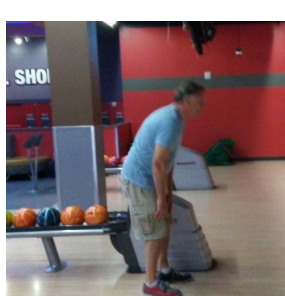
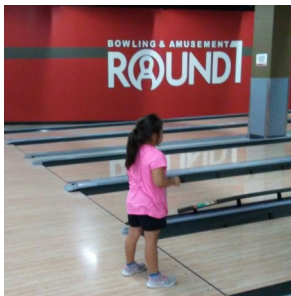
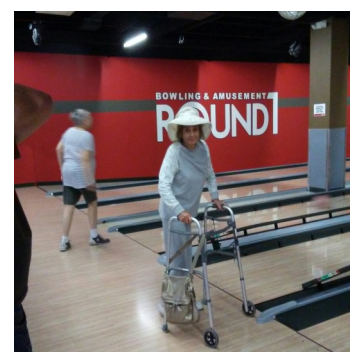
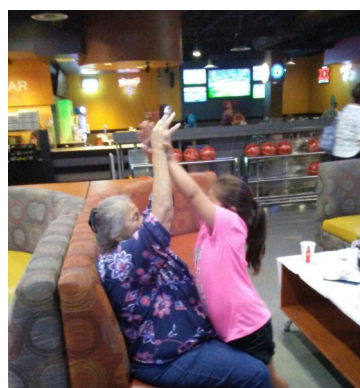
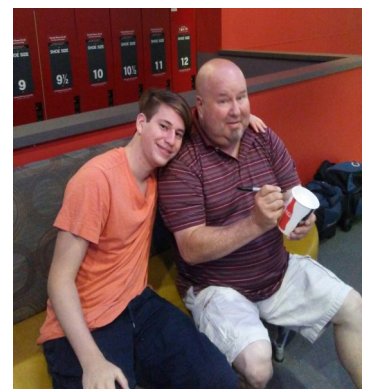
Fit & Comfort
One of the most important factors in fit and comfort is a liner that is customized for each patient; therefore, all our liners are fabricated in house, with a proprietary blend, offering the flow characteristics of urethane with the durability and cleanliness of silicone.


In order to provide a precise fit, we offer in-house CNC (computer numerically controlled) milling or carving of the patient's mold, creating a finished socket in minutes.

9272 Jeronimo, Suite 106
Irvine, California 92618
949.892.5338
www.scprosthetics.com



Bowling + Billiards 2016 Photos





Fountain Valley
Orthotics & Prosthetics

Loren Rojek, C.P.O.
For appointments:
Tel (714) 210-1298

16520 Harbor Blvd. Suite G
Fountain Valley, CA 92708
Fax (714) 210-1336
www.fvoandp.com

Coastal Office - Newport Medical Plaza
307 Placentia Ave., Suite 109 - Newport Beach, CA 92663
Tel 949.722.7101 - Fax 949.722.7120

Fountain Valley - (714) 210-1298 - F (714) 210-1336
16520 Harbor Blvd. Suite G - Fountain Valley, CA 92708

Mission Viejo - (949) 770-7331 - F (949) 770-8331
25982 Pala, Suite 100 - Mission Viejo, CA 92691

Newport Beach - (949) 722-7101 - F (949) 722-7120
307 Placentia Ave. Suite 109 - Newport Beach, CA 92663

Orange - (714) 937-1998 - F (714) 937-1994
623 N. Main St. - Orange, CA 92868

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 Gil Agular. Subject: Organ donation
- 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
- Nov. 12 Camp No Limits speaker
- Dec. 10 Holiday Party



If my body were a car

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close. My traction is not as good as it once was and a few parts are loose or fell off. I slip and slide and skip and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here's the worst of it---

**Almost every time I sneeze,
cough or sputter.....either my radiator
leaks or my exhaust backfires!**

Author: unknown.

Seeking Models for Prosthetics Program California State University Dominguez Hills

Program Location: CSUDH Center for Orthotic and Prosthetic Education
10641 Calle Lee, Ste. 185
Los Alamitos, CA 90720
Phone: 562-735-3300 (Elisabeth Rollo, x301)

Contacts: Scott Hornbeak, CPO (cell) (714) 697-3604
Mark Muller, CPO (cell) (949) 241-7999

- We wish to employ patient models who have: Below Knee, Above Knee, Hip, Symes, and/or Arm amputations for the Prosthetics school in Los Alamitos. There are 4 BK, 3 AK, and 3 Arm projects available every Fall and Spring.
- Patient models would need to be available in late September – November, and February – May for the Fall or Spring semesters.
- Students will evaluate, measure, cast and fit each model for a custom fit prosthesis.
- Unfortunately, no prosthesis may leave the teaching facility, as we are not a service facility. All of the projects will be stripped down after each fitting.
- Models need to attend all of the dates (cast, fit and critique) that make up a project. You will be paid \$60.00 for each day based on a four hour visit, \$75 for a 6 hour visit (lunch provided) and \$50 for critique days; one check will be paid out after each project ends. (NOTE: Above Knee patients receive \$65 for four hour sessions).
- This is an opportunity to assist in the training of future prosthetists.
- We offer a pleasant atmosphere where you can socialize and communicate with other patient models.

If interested, please sign up and we will contact you:

Name: _____

Prosthetist: _____

Phone #: _____

Type of Prosthesis: _____

Email address: _____

THANK YOU!

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.

This link may also be freely disseminated to the general public around the world via the world-wide web (www). Articles appearing in the newsletter are based on the most reliable information at the time of publication. All copyrights belong to their respective authors.

Advertising space contained within the newsletter is sold for the sole purpose of paying publication costs, and no product or service endorsement on the part of this organization is implied or offered.

Articles are solicited from both the membership and professional community, and those submitted on paper will be returned only upon receipt of a stamped, self addressed envelope. The preferred method of article submission is by email attachment to:

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.

The **FAST Times** Newsletter of the
Functional Amputee Support Team of
Orange County, California
PO Box 7373
Orange, CA 92863-7373

To:

mailing address