

FAST Times for WINTER, 2016

Functional Amputee Support Team

of Orange County, California - Vol. 24 (WINTER - 2016) No. 01 - Page 1

Ramblings from Bill

We started off 2016 with a great inspirational speaker and life coach – Lou Figueroa. It was quite interesting and had all of us listening intently and asking many questions. He left flyers with us for those who couldn't be there. It's called "How to Find Your Reset Button".

Unfortunately, the food and service at Cowgirl Café Too was awful, and we were forced to find another meeting place. Our thanks to Stella Lambert. She directed us to 17th Street Bar and Grill in Tustin, just off the 55 freeway. We had our first meeting there and food and service was excellent. They are glad to have us and we have our own room off the bar (just in case you get thirsty). Hope to see you there.

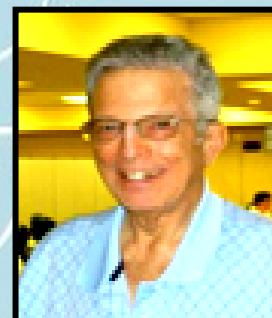
Our first speaker at the new place was Rod Cuervo of Mission Prosthetics (also one of the founders of FAST). He showed us several feet and how they work and walk. He always has something interesting to share.

With Tustin Lanes closed, we have also had to find a new place for bowling. We found one at Main Place Shopping Center in Santa Ana. Maria Aguilar directed us there. It's called Round One and is below Ashley Furniture and Lucille's Barbeque. It has 14 lanes and we will be bowling there on Saturday, February 27 at 10:30. Pizza to follow as always. Hope to see you there to try out the new place.

As you can see on our calendar, we have some interesting speakers coming, but we still have dates to be filled. If you have any suggestions, please let me know.

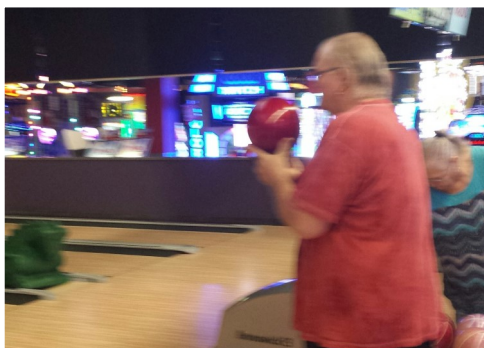
Looking forward to working with you this year.

Bill





Bowling 2016 Photos



Speaker's Of The House And Amazing People

Lou Figueroa

Lou had an inspiring talk of how his life's events changed a young man into a very successful and motivational speaker. A story for the young and old on how he over came his physical, emotional, and addictive problems that life threw his way.

Lou spoke of ways we could deal with the challenges that we all or someone we know deals with on a daily basis. Thank you Lou and please keep in touch with us on your amazing career.



Rod Cuervo, CPO

Rod is one of the cofounders of **F.A.S.T.** 26 years ago. Their has been several changes and many different meeting locations but Rod continues to maintain his enthusiasm and professionalism in support of the limb loss committee.



Courage and Will Power is in us all but may only show its face when there is a challenge. Here are five individuals that have them both. Together with their loving and amazing friends and relatives they all over came the challenges that life throws their way.

Debra, Laurel, Joe, Amy, and Kathy along with their life saving support group.

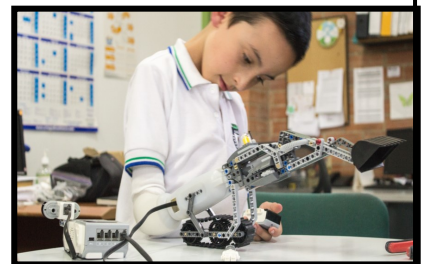


Carlos Arturo Torres

Creator wins the IKO Creative Prosthetic System Grand Prix award at digital technology summit Netexplo in Paris. A prosthetic arm that allows children to design their own Lego accessories has won an innovation award in Paris.



Creator Carlos Arturo Torres, a former intern at Lego's Future Lab research department, hopes to secure investment for its development this year.




Dr. Devon Glazer, DPM, FACFAS

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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. William (Will) Rogers, Dr. of Chiropractor – Certified Functional Neurologist
- Dr. Dean Peppard - of Chiropractor
- May 29
- June 11 Rick Myers
- June 25 Randy McFarland – Prosthetist and FAST Advertiser
- July 9
- July 23
- Aug. 13 Bowling
- Aug. 27
- Sept. 10 Scott Hornbeak from CSDH P&O School
- Sept. 24
- Oct. 8 Picnic
- Oct. 22 John (Attorney) – Estate planning and Elder Law
- Nov. 12 Camp No Limits
- Dec. 10 Party



Amputee Coalition

CPV Criteria

Applicants must meet the following criteria to be approved to sit for CPV training and must successfully pass the training in order to be recognized as an Amputee Coalition Certified Peer Visitor.

- Be at least 12 months post-amputation
- Able to communicate well with others and handle multiple program tasks
- Able to network with healthcare facilities and professionals who serve amputees
- Able to make the minimum time commitment to the position (varies)
- Knowledgeable about and supportive of the Amputee Coalition and a registered friend in the Amputee Coalition data base
- Knowledgeable in basic limb loss statistics including all levels of amputation and about the effects of limb loss
- Able to pass a criminal background check if required by the hospital (s) / rehab center (s)
- Able to provide 3 references including at least one from a healthcare provider and one from his/her support group leader if the applicant is a member of a support group.
- Have and provide current and active email address and phone number(s)

We will be looking at June 4, 2016 for the first class located in Brea, which will be explained later. The second date if needed will be July 16, 2016. We have 12-13 candidates so far of which we have six applications turned in. Please be sure all candidates fit the attached criteria. We need to go forward on this and it needs to be on a weekend and it's a 8 hour class. Please forward your candidates email and phone numbers to me. I will be speaking with A.C. on what else we need to be ready for besides the cost of lunch. I do know there is a fee for the class.

Thanks,
Bill Nessel
Spokesman
Amputee Connections

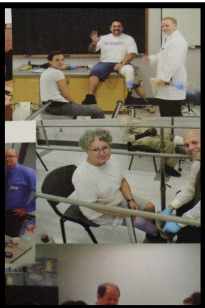
CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

NEW ORTHOTICS AND PROSTHETICS EDUCATION CENTER

OPEN HOUSE AND RIBBON CUTTING RECEPTION

The EDUCATION CENTER Open House was a great success. There was over a hundred attendees that included Scott Hornbeck Director of the O&P Education Center, Dr. Willie J. Hagan president of CSU Dominguez Hills, **Major** Richard Murphy of Los Alamitos, and **Congressman** Alan Lowenthal.

California State University, Dominguez Hills offers a comprehensive clinical and didactic program in Orthotics and Prosthetics which was granted full CAAHEP accreditation in 2015.



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. Nancy Platka Assistant Editor, Gil Aguilar Treasurer, and Maria Lindahl Secretary.

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