

FAST Times for Autumn 2018

Functional Amputee Support Team

of Orange County, California - Vol. 26 (Fall 2018) No. 03 - Page 1

Hello fellow *FASTers*,

I've had the opportunity to travel this summer by both plane and auto. With a little preparation and a few phone calls to the airlines it has gone very smoothly. While I'm not fond of wheelchairs, but setting them up for airports makes life much easier on travel days.

In a few weeks we have our annual picnic and I believe that members of the **Amp'd** up group will be joining us. It's great to see our groups getting together and doing some fun activities together.



Remember the picnic will be in place of our regular meeting.

I hope you had a great summer and I look forward to seeing all of you at the picnic.

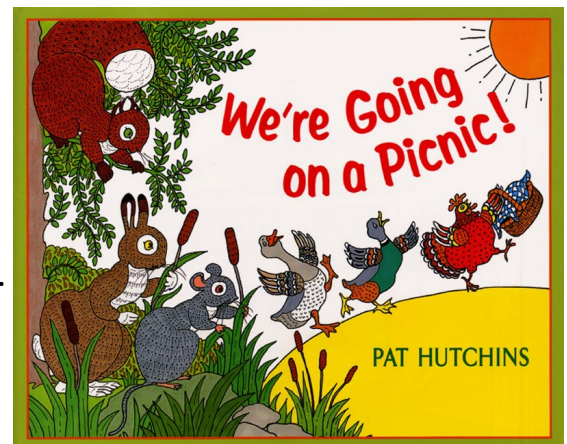


Thanks all of you,
Dick Fuller

The picnic will again be at the 'William R. Mason Regional Park'.

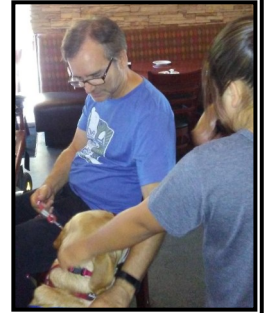
Location: 18712 University Dr, Irvine, CA 92612

Just south west of the 405 and 55 freeways.

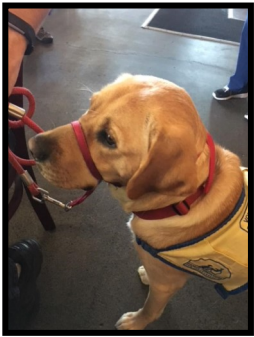


Speaker's Of The House

Scott Bourdelais
<http://www.cci.org/>



Scott from **Canine Companions** and his new puppy in training **Sidney** was welcomed as always. Scott mentioned that Hobart, Scott's previous trainee has found his new home with his new owner and living quite well onboard a boat. Scott's new trainee Sidney is nine weeks old and was lucky to spend several days with Hobart and Scott to begin his training. Scott mentioned that service dogs are matched with wheelchair or limb loss owners and are trained for different tasks that will address their new owners needs. The use of snacks during their training is not only used to encourage the learning of the task but is also their meal.



Canine Companions was started in July of 1975 in Santa Rosa, California by Charles Schutz's wife and has placed over 5,753 assistance dogs since then. Charles Schutz, nicknamed Sparky, was an American cartoonist and best known for his comic strip **Peanuts**.



Dick Fuller
Round Table discussion



Dick reviewed some of the events that were at the Amputee Coalition's Annual Conference that was in Tucson Arizona.

Dave, Suze, and Stu were also at the conference. Some of the events mentioned were the dances, lots of seminars, vendor booths, and swimming in the river.

Dick also reminded us about the hand-cycling in Sunset Beach sponsored by RAMP-It-Up. They are off for the summer but he will update us when they start up again and their fundraiser event date.

Nancy also reminded us of the *FAST* annual picnic that will be held at the William Mason Regional park in Irvine October 13th. Be sure to sign up for whatever refreshments you would like to bring by contacting Nancy.

Crystal Quarry, Psy.D.

Licensed Clinical Psychologist

Crystal was a pleasant change of pace speaker. Crystal provides therapeutic and assessment services to individuals, families, groups, and organizations that support amputees that have experienced loss of limb loss due to congenital, accidental, and medical conditions. Crystal's filled of study has been in pediatric clinical psychology. Crystal's son lost his leg due to a congenital condition so she is well versed in the world of pediatric amputee support.

Recommended reading:
Lower Limb Amputation
Coping with Limb Loss
FACES of GRIEF
You're Not Alone

Several issues were reviewed such as phantom pain and support from peers during their school years. Crystal has worked with Camp On Limits at several locations really loved working with the youth and their parents.
crystal.quarry@shantioc.org





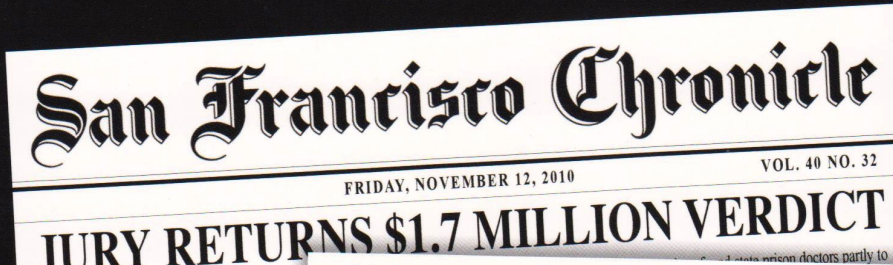
National Public Radio
Features Conal Doyle's argument
before U.S. Supreme Court



Consumer Attorneys
Association of Los Angeles
"2011 Trial Lawyer of the Year"



Conal Doyle's legal work
highlighted on 60 Minutes



San Francisco Chronicle

FRIDAY, NOVEMBER 12, 2010

VOL. 40 NO. 32

JURY RETURNS \$1.7 MILLION VERDICT

Bob Egelko,
Chronicle Staff Writer

A jury has hit the state with \$1.73 million in damages for an illegal immigrant who died of penile cancer more than a year in state and federal custody.

The Los Angeles Superior Court jury found blame Wednesday for the death of Francisco Castaneda in a separate suit against the federal government is in April, the family's lawyers said Thursday. Castaneda entered the United States with his country's



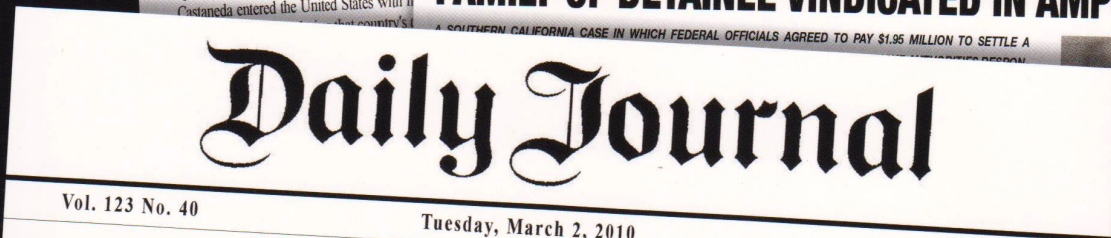
Los Angeles Times

Vol. 214 No. 53

April 8, 2011

FAMILY OF DETAINEE VINDICATED IN AMPUTATION CASE

A SOUTHERN CALIFORNIA CASE IN WHICH FEDERAL OFFICIALS AGREED TO PAY \$1.95 MILLION TO SETTLE A



Daily Journal

Vol. 123 No. 40

Tuesday, March 2, 2010

For Amputees, An Attorney Who Knows Their Pain

Conal Doyle Lost His Leg At Age 2; Now, the Plaintiff's Lawyer Heads to the High Court

By Lawrence Hurley
Daily Journal Staff Writer

WASHINGTON - When Conal Doyle walks to the lectern at the U.S. Supreme Court Wednesday, he will do so with a detectable limp. The California-based plaintiff's lawyer, who recently released

Doyle, a keen skier, needs no such assistance.

Fitted with a prosthetic leg, Doyle regularly represents amputees, often on a pro bono basis when they are battling for insurance coverage.

"It helps me to empathize with my clients and with technical issues related to prosthetics," he said of his own experiences in an interview with the



Doyle is an award winning trial attorney whose work has been reported in the media worldwide.

DOYLE LAW is a law firm that focuses on representing prosthetists and amputees in insurance and personal injury claims. Firm principal CONAL DOYLE is a right leg amputee who has walked with the aid of prosthetics for more than forty years. He has an in-depth knowledge of the prosthetic industry and the daily struggles of every amputee.

We provide a FREE consultation to the prosthetic industry and their patients to determine whether an insurance claim for prosthetic benefits has been wrongfully denied. The Firm has a long track record of getting claims paid and obtaining significant six figure recoveries for amputees whose claims have been wrongfully denied.

The Firm has a national reputation as a leader in the area of amputee rights and personal injury litigation. Conal Doyle's publication, "Glimpsing the Future for an Amputee" is used as a guide for litigation limb loss cases by attorneys across the nation. The Firm has obtained numerous multi-million dollar recoveries for the injured. Conal provides a FREE consultation.

Links

Here are some helpful amputee resource links. This list is provided as a service and does not constitute a recommendation and only a sample of what is available.

AMPUTEE ORGANIZATIONS and SUPPORT GROUPS

Amputee Coalition

The AC in Spanish

The AC Reference Library

Stumps R Us - Amputee Support Group

Inland Empire Disabilities Collaborative - 1000+ organizations serving people with disabilities in Riverside and San Bernardino Counties

The Mutual Amputee Aid Foundation (MAAF) - provide peer-level support and understanding to individuals with limb loss, whether through trauma, surgery, or from birth.

Amputees in Motion - San Diego

FAST Group - Functional Amputee Support Team Orange County

IEHP - Low Cost Health Care

Molina Healthcare - Healthcare for financially vulnerable individuals and families.

The Limb Connections (TLC) - a 501(c)(3) non-profit organization that provides support, networking, information, and resources for children with limb loss or limb deficiency and their families.

GO out on Limb - devotes its energy to help children with limb loss and their families create a network of support.

Above Links are provided by Bill Nessel and his amputee support group of Redlands.

“Amputee Connections of Redlands” www.theamputeeconnection.org

Did You Know Corner

Senior Citizens are worth a fortune

- They have **Silver** in their hair, **Gold** in their teeth, **Gas** in their stomach, **Stones** in their kidneys, and **Lead** in their feet.
 - The Minister said to me **“at your age you ought to be thinking of the hereafter”**.
I said to him, I do all the time, in the kitchen, living room, den, and even in the basement,
I say “What am I here after”.
-

WHAT HAPPENED TO THE CAT WHO ATE A BALL OF YARN?

She had kittens.

“She has loved her leg so far, and insisted on wearing it... she’s showed off her new leg to pretty much everyone she’s encountered.

—Morgan’s mom



Southern California Prosthetics



Morgan, age 5

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(949) 770-7331

25982 Pala Dr., Ste. 100
Mission Viejo, CA 92691

Newport Beach

(949) 722-7101

35 Hospital Rd., 106
Newport Beach, CA 92663

Orange

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62 North Main St.
Orange, CA 92868

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(714) 373-9888

14450 Hoover
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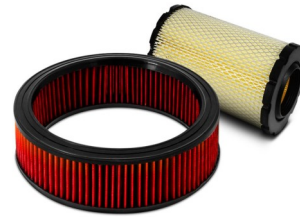
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Year-End Home/Auto/Vacuum Cleaner Warranty Tips

Replace your A/C, water, and auto filters.

Dirty filters restrict airflow and make your **A/C, water, and auto** work twice as hard. This causes it to use more energy and costing you more money. Expand the life of your **A/C, water, appliances, and auto filters** by replacing them routinely.



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Camp on Limits - 2018

Annual Conference



FAST is a proud member of the **Amputee Coali-**



Calendar for 2018



Jan.	13	Round Table discussion.	July 14	Scott from Canine Companions and his dog Sidney
Feb.	10	Laszlo Baslo/Certified PEER trainer	Aug. 11	Report from Dick Fuller on the AC National Conference
Mar.	10	Blowing	Sep. 8	Crystal Quarry, Psy.D.
April	14	Mark Cormer from CSUDH	Oct. 13	Picnic
May	12		Nov. 17	TBA
June	9		Dec. 8	Holiday Party

Coming up on those year end health care decisions?

Finding the right doctor is serious business. A good doctor-patient relationship encourages open communication, which is crucial to getting the best care.

Most likely, you're looking at several resources to help you make a decision. To keep you from feeling overwhelmed by the process, here are some of the most important things to consider.

Asking around is useful - up to a point

Most everyone starts by asking friends, family or coworkers for advice. Your acquaintances can tell you about a doctor's personality or if there's usually a long wait.

Search engines like Google provide basic information only

A list of locations and office hours is useful, but it can't tell you if a doctor is right for you.

Questions to ask the health care providers and doctors

- How often do you see patients with the same symptoms I have?
- How many years of relevant experience do you have, considering my needs?
- How many times have you performed this kind of treatment plan or operation?
- What's your success rate?
- How often do your patients have relapses? Where did you go to medical school?

Other considerations

- Be flexible about distance. When it comes to finding a doctor who's right for you, it may be worth the drive.
- Think about the possibility of being hospitalized someday. If you need to be admitted now or in the future, consider a doctor who is part of a hospital network known for high quality outcomes.



Doctor Olivia

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The preferred method of article submission is by email attachment to: **FAST**ofOC@aol.com. ATTN: Dick Fuller **FAST** President and Assistant Editor. Nancy Platka Associate Editor, Bill Lindahl Editor, Gil Aguilar Treasurer, Maria Lindahl Secretary, and Suzi Luke communication coordinator.

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mailing address