

Functional Amputee Support Team

of Orange County, California - Vol. 26 (Spring 2019) No. 05 - Page 1

FAST – We Are Handi-Capable

Happy Spring!! Spring is a time of renewal, a time to plant the seeds of new ideas, a time to nurture and encourage growth and longevity with our group. I fear that our group is at a cross-roads; we have so much knowledge and experience, but we face the challenge of retaining new members with whom to share it. The chief complaint I have heard from recent attendees has been the lack of engagement and benefit so they don't feel the desire to return. I think part of the problem is that we need to offer individual connections in addition to regular speakers.

I would like to challenge ***FAST*** members to take a pro-active approach to working with new amputees.

As we all know, there are many physical, psychological and emotional challenges that amputees face. Being willing to walk alongside a new amputee and share some of our knowledge, experience and compassion, in ways only someone who has "been there" can truly comprehend, would be a valuable gift to the amputee community. I'm sure we can all remember how tough it was when we first became amputees and appreciated any help we received from an experienced amputee/friend. I'm asking you to "pay it forward" and come alongside a new amputee because there is such a benefit for both parties when they work together. There are major challenges facing amputees, such as phantom pain and medical equipment/insurance issues, but there are also smaller things that have to be relearned, such as bathing challenges, cooking, driving/modifying a car (if you are a right leg amputee), just to name a few.

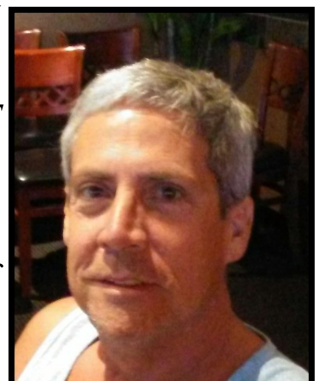
In addition, I think it is important for us to show that although we are amputees, we are "handi-capable", and actively participating in life. In this regard, I suggest that we use social media with pictures or short videos of us handling daily tasks, such as gardening, hobbies, home repairs, cooking, dancing, etc., and then outdoor sporting events such as kayaking, horseback riding, hand cycling, bocce ball, bowling, hiking or golf. We need to show that just because we are amputees, we haven't stop enjoying life.

As you know, we have recently been invited to participate in hand cycling with Ramp It Up, and rock climbing with Southern California Prosthetics. For the more adventurous of you, Rosemary Kidd spoke with me about scuba certification for amputees. I would love to see ***FAST*** make an appearance at events like this to try show support for the amputee community and have some fun while we are at it.

I would like to post pictures on my Instagram account "Hip_2_B_Crip" showing ***FAST*** members and other amputees out and about enjoying life.

I would like to continue the monthly meetings with speakers because I think professional education is important, but I also think that sharing personal experiences can be a source of inspiration for all of us.

Dick Fuller





Speaker's Of The House

Nancy Philbrook, RN

Rosie Days SOLUTIONS



Nancy has been a nurse for 40 years and is very knowledgeable in many areas of pain management using THC-FREE products. Nancy explained that the body sends out messages that effect your body in order to shut down. This was discovered in 1990 and research continues in the value and use of the cannabis plant and its byproducts. The cannabis plant is a unique plant that actually helps clean the soil. A unique aspect of cannabis is that it can help with problems you have and what healing and pain relief you want to achieve without getting high. Two of Nancy's associates gave testimonies on how well her products worked in the use of pain management. Nancy described the difference between the use of tinctures, balms, and other medical cannabis use for pain.



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Willis Sutcliff, MPT.ATC

Impact Rehabilitation Center



This was another outstanding speaker we were fortunate to have at our meeting. Willis came to us with 18 years of diverse experiences in his travels, education, and training that drove him into his true meaning in life, Orthopedics Physical Therapy. Financial reward was not what he was searching for but after several injures to his hip, shoulders, and others Willis new he wanted to be in the medical industry helping people such as his father and many others. Willis then proceeded to acquire the necessary skills by volunteering and graduating with honors in a formal education and working in the medical industry. After working with Ossur and other organizations he and his other associates opened his own office to rehabilitate individuals with musculoskeletal, neuromuscular, and cardiopulmonary dysfunction or illness. Willis has developed several types of specialized equipment to aid and rehabilitate individuals.

www.impactrehabcenter.com

Traveling this summer?

If you are planning to travel by air this summer you may want to review TSA requirements for air travel. See the TSA web site.
www.tsa.gov/travel/special-procedures

If you have any ideas or articles you would like to see in the *FAST* news letter please do not hesitate to contact me at one of our monthly meetings or e-mail me with your suggestions.
Bill Lindahl at zballz3@netzero.com

SCAM ALERT

The US Attorney General announced that there has been a dramatic increase in computer support, computer popup-ad, and telephone scams this year. To find out more about these scams you can check out the two web sites below.

www.IC3.gov (The FBI Internet Crime Complaint Center (IC3) Home)

The IC3 accepts online Internet crime complaints from either the actual victim or from a third party to the complainant.

www.consumer.ftc.gov/features/scam-alerts (The Consumer Resources Center)

Learn about recent scams and how to recognize the warning signs. Read the FTC's most recent alerts or browse scams by topic.



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, a 34-year-old man who died of penile cancer in April, the family's lawyers said Thursday. Castaneda entered the United States with his mother from Mexico in 1997.

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 selected

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.



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.

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—Morgan’s mom



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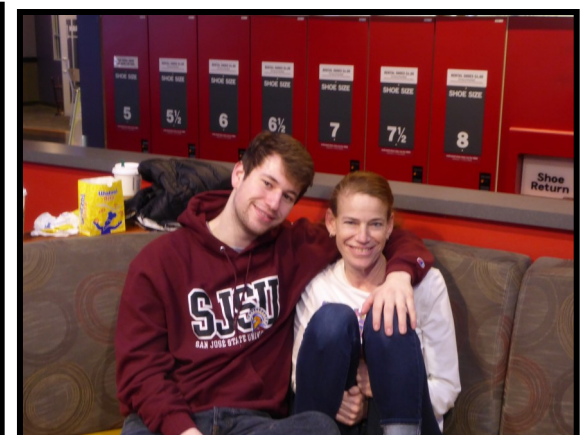
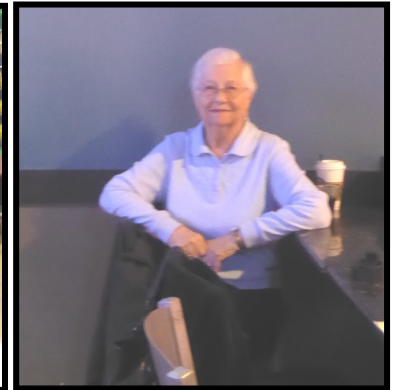
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Calendar for 2019



January 19 Rosie Days (Pain management).

February 16. Bowling at Round One at 10:30

March 16 Willis Sutcliff

April 20

May 18

June 15

July 20

August 17

September 21

October 19. Picnic

November 16

December 21. Holiday Party

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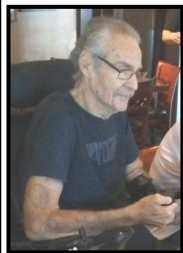
A special note from one of our long-term members of *Fast*.

The **members** and everything associated with *FAST* have been important to our Amputee community, the caretakers and to me.

FAST has been very important to me since that first fabulous three-day ACA Anaheim Convention with key-note speaker CSI coroner actor Robert David Hall with the closing address by the late amputee Navy diver Carl Brasher. I met and saw the fabulous covers created by prothesis Carlos Sambrano and years later wore his fabulous creation. The members and this organization are vital. My lack of participation at meetings and events have not revealed my heart felt and truly deep love for the members remembered both present and past. Thank you for continuing **Bill's dream**. Love and fond memories always. **Elaine Little**

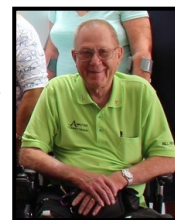
A short autobiography by **Joe Buracchio**

Retired as Director of Imaging Services from the medical field after 40 years. I retired from the medical field in February 2015. On March 15, I was hit with sepsis, which turned into septic shock, which put me in the hospital for the next 6 months. I was very fortunate as the physicians who cared for me gave me less than a 10% chance of survival. To keep me alive, I had to go through several blood transfusions (31bags), a colectomy, which left me with a permanent colostomy, amputations of both my legs below the knee, my left hand and the fingers of my right hand. That is where I started on this journey.



Today, with the support of my loving wife, family and health care team, I am getting around on two prosthetic legs, a myoelectric left hand, an electric wheelchair, and a cane. Needless to say this really turned my world upside down. This is not how I planned my retirement. I learned from this that a person can be far stronger and determined than they ever thought possible. Everything can be accomplished if you keep moving forward with a positive attitude.

Bill Nessel, the leader of the Redlands Amputee Support group passed away on January 1 of this year. Many of you have run into him at various Amputee Coalition events and definitely at the Annual Conference with his hat on backwards, his leg propped up on his motorized chair and his ubiquitous camera lens clicking away recording the goings on as only he could do. He was an invaluable mentor, a great CPV, a dedicated leader and a consummate positive influence in the lives of many of us in the limb loss community. **He will be sorely missed.**



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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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: Dick Fuller **FAST** President, Nancy Platka Team Leader, Gil Aguilar Treasurer, Maria Lindahl Secretary, Bill Lindahl Editor, and Suzi Luke communication coordinator.

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