

FAST Times Winter 2019

Functional Amputee Support Team

of Orange County, California - Vol. 26 (Full Year) No. 08- Page 1

of Orange County, California - Vol. 26 (Winter 2019) No. 08- Page 1



Hello Members of *FAST*,

Merry Christmas! A big thank you to all of you who came out and supported the Christmas party. It was a big success and we were blessed in gathering about 20 gifts for our Senior Santa. I'm sure it will brighten their holidays. The gift exchange was a big hit with the 'Dancing Santa'. For those that were unable to attend, I've attached a clip below. Overall it was a very festive and enjoyable get-together.

I would also like to give a big thank you to Suzie Luke for hosting us for the boat parade. We had lots of food, Christmas cheer, and saw some beautifully decorated boats.

In addition, thank you all for the support you have given me as the President of *FAST* over the last few years. It has been a great run. Unfortunately, that run is going to come to an end in March as I will be stepping down as President and removing my name from the ballot. I have been presented with an opportunity to start a non-profit called "Amp'd on Life". We plan to grow involvement in the amputee community, supporting our local groups as well as creating new activities to help people find and connect with others like them. More information will be coming later, but I appreciate your continued support through this process and I am excited to learn and grow with you in a new capacity.

I look forward to seeing you at one of my favorite events, Amputee Bowling, in February. I've been going for the last 7 years and every year has been a blast. There will be food, drinks, and fun. Look for Nancy's email with the details.

Thank you for your support,

Dick Fuller



Speaker's Of The House



Alex Barone From Camp No Limits

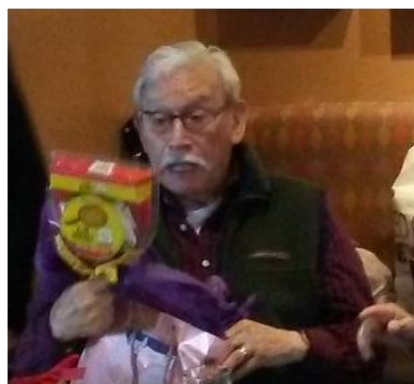
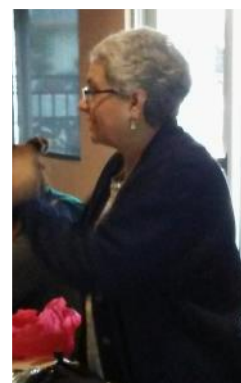
Alex was born with a condition called fibular hemimelia and has over 40 surgeries while growing up. Alex stays actively involved with the organization called "**Camp No Limits**" as a mentor/speaker to children and teens with limb differences. Alex is a strong Advocate/Role Model for the inclusion of Actors in roles that are not necessarily disability specified.



"**Camp No Limits**" started in 2004 with just four camp families. 15 years later they have grown the program and operate in 10 locations nationwide. Mary Leighton is the Founder and Executive Director. info@nolimitsfoundation.org



FAST Holiday Party 2019



What do you call **Santa** if he goes down a **lit** chimney? Crispy Cringle





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 42-year-old man who died of penile cancer in April, the family's lawyers said Thursday.

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

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 experience in



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.

Your January Home Maintenance Checklist

Prep Your Furnace for Winter

Yes, we know it's cold outside, but you know what happens after cold? Colder. Your furnace is more likely to go on the blink in the dead of winter. Have your furnace inspected by a professional and make sure it's ready to go when the temps drop. Maintaining your furnace in the summer will be more cost-effective than emergency calls in the winter.

Clean and Store Summer Gear

Don't throw everything into a corner in your garage. Get bikes up off the garage floor and onto racks if possible. Wash and store pool or beach toys. Hose down outdoor chairs and tables before covering them. Remember, take time to organize as you go.

Clear Out Your Gutters

Rotting leaves and debris can lead to improper draining. Your gutters and downspouts should divert water away from your home's foundation. Water seeping into your home's foundation can cause major damage over time.

Inspect Your Roof

Look for missing shingles, cracked or curling shingles, or areas where shingles are crumbling. For slate and tile roofs look for cracked and broken pieces. Check for wood rot and holes, especially on flat roofs. Trim away branches that touch your roof and check for the presence of moss if your roof is in the shade.

Assess your Asphalt and Concrete

Take a walk along your driveway and sidewalks and check for cracks or buckling. Aside from being a tripping hazard, fissures can allow water into cracks in your walkways and driveways. Over time this may degrade them, especially as winter months approach.

De-clutter Your Kitchen

As December closes out, we bid farewell to relaxing, late dinners. Get your kitchen prepped for busy week-nights. Clean your cabinets inside and out. Throw out expired and stale pantry items. Also, clean your fridge inside and out. Open those containers lurking in the back of the shelves and discard anything that has more hair than you. Finally, dig into your freezer. If you can't tell what it is by sight, smell, or label, chuck it.

We're never ready for the bustle of Spring. But with our Winter Home Maintenance Checklist under your belt, try to relax and enjoy these waning, colder nights. You can finally tell Winter to "bring it on!"

What kind of tree would have the best bark? Dogwood

Two little boys were at a **wedding** when one leaned over to the other and asked, "How many wives can a man have?" His friend answered, "**Sixteen...** four better, four worse, four richer, and four poorer."

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**SHE SAID ... THERE'S
NO REASON TO
TAILGATE ME WHEN
I'M DOING 50 IN A
35 ZONE.**

AND THOSE FASHING **RED**
LIGHTS ON TOP OF YOUR CAR
LOOK RIDICULOUS.

“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



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Reconstructive Surgery & Conservative Care of the Foot & Ankle

SEARCHING FOR THE HOLY GRAIL: THE CURE FOR PHANTOM PAIN?

You may have seen an advertisement in recent issues of **"inMotion"** magazine, looking for phantom pain research study participants. I've participated, and it was most interesting, but the jury is still out!

The study is being conducted to determine if freezing the nerves that go to an amputated limb can decrease or even eliminate phantom pain. It is claimed that such a procedure - and the device used - are FDA approved and have been used for more than half a century to decrease chronic pain in patients. This is a newer application that is being researched.

I was intrigued when I saw the ad. Could I really throw out all of those Gabapentin capsules that I've been taking? Fortunately, one of the test locations is right here in Southern California, at UCSD in La Jolla. So I telephoned, was accepted, and scheduled the procedure. You do have the option of being asleep for the study, but that is harder to schedule due to the extra person and time needed. You would also need a driver if you went this route. Grin and bear it, I thought, so the procedure was scheduled sans sleep.

The day came and, even though a driver isn't needed, my lovely wife joined me for the drive ninety minutes south. The staff was efficient and nice and, fortunately for me, had a good sense of humor. Once I was ready to go, the needle came out. I don't mean the "probe" used to freeze the nerve, but rather the needle to numb the area. Think local numbing by your dentist, but a bit larger! It takes a little pain to prevent a lot of pain, and once the two numbing injections were over I didn't feel anything when the probe was inserted (two times.)

In the conclusion, I will describe what happened next and how I have fared since the two procedures. Yes, two: If you feel that the first time was the placebo, you may come back in four months and receive the opposite of what you were given the first time. I'm not sure that many blind studies offer that!

Meanwhile, they still have room for a few more participants, if you are interested. Compensation for your time is also provided. Article written by **Richard Gronos**

Tips For The Cold Weather Season - Tankless vs. Traditional: Which One is Better?

Whether you're looking to upgrade your water heater or simply want to be well-informed when it comes time to replace it, we've got you covered. **Traditional** - Traditional water heaters can hold anywhere between 20-80 gallons of water in a large tank and cost around \$900. Most traditional water heaters are constantly heating water, making them less efficient with higher energy costs. And they're big! Traditional tank heaters occupy a decent amount of square footage in garages or closets and usually last between 10-15 years.

Tankless - Tankless water heaters give you an endless supply of hot water whenever you need it. These heaters are the size of a carry-on suitcase and can be installed in any convenient place inside your home. While they don't store heated water like traditional tanks, they heat your water only when you need it. Tankless water heaters cost more initially, but last twice as long (up to 20 years) and can save you up to 40% on your energy bills. **Although** there are more advantages to owning a tankless water heater, it ultimately comes down to which type will best accommodate the needs of your household. Article copied from Fidelity National Home Warranty "April Homeowner Tips".





Calendar for 2020



January 18		May 16		September 19	Rick Myers from SCP
February 15	Bowling and pizza at "Round 1", 10:30	June 20		October 17	<i>FAST</i> Picnic
March 21	Rick Myers from SCP	July 18	Scott and his latest dog (maybe)	November 21	
April 18		August 15	Bowling and pizza at "Round 1", 10:30	December 19	Holiday Party

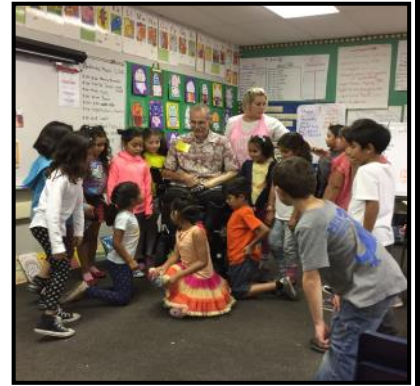
Joe Buracchio

Joe, one of our long time *FAST* members has found a way to give back to the community. Joe's daughter happens to be a grammar school teacher, so he asked her if it would be a good idea to visit one of her classes. He was not



sure how the students would react seeing him in his electric wheelchair. Joe was a survivor of septic shock leaving him with amputations of both his legs below the knee, his left hand and the fingers of his right hand.

But Joe was pleasantly surprised. All the kids were overwelled with excitement and enthusiasm and eager to explore Joe's electric wheelchair and ask many, many questions.



Special Request

Joe Buracchio is an outstanding example of how one person can make a wonderful impression on someone else, especially our kids. We would like to hear more of these proactive and positive examples by promoting stories such as Joe's. If anyone of our *FAST* members, or better yet one of our **Advertisers** would like to tell us about a success story or event specific to the amputee community, please give us a call or email.

Participating in our support group by getting informed information is great but better yet, by "**Giving**" information and support and following up with new member amputees is what we are all about.

Did You Know Corner

Sarah Bernhardt - Oct 23, 1844 - Mar 26, 1923 (age 78)

At the conclusion of *La Tosca* in Rio de Janeiro, she leaped, as always, from the wall of the fortress to plunge to her death in the Tiber. She landed on her right knee, which had already been damaged in earlier tours. Despite the injury to her leg, she continued to go on tour every summer, when her own theater in Paris was closed. When the tour ended, she remained in the United States, where she briefly became a **silent movie star**.



In 1914, **gangrene** had developed on her injured leg. In 1915 a surgeon amputated her leg almost to the hip. She refused the idea of an artificial leg, crutches, or a wheelchair, and instead was usually carried in a palanquin she designed, supported by two long shafts and carried by two men. She had the chair decorated in the Louis XV style, with white sides and gilded trim. Despite the loss of her leg she continued to go on stage.



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 and Assistant Editor. Nancy Platka Associate Editor, Bill Lindahl Editor, Gil Aguilar Treasurer, Maria Lindahl Secretary, Suzi Luke communication coordinator, and Dave Bernstein Mail Coordinator.

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