

FAST Times Autumn 2020

Functional Amputee Support Team



of Orange County, California - Vol. 27 (Fall 2020) No. 04 - Page 1

Yes, we are all leaning new ways to communicate with each other that started with; one to one speaking, sign language, art, smoke signals, writing on paper/cloth/etc., telephone, radio, TV, cell phone, computer, and the list continues to grow.



This Photo by Unknown

Two of the most popular ways to communicate that have become popular in recent years have been **Skype, ZOOM, TeamViewer, and Meet**. All have been widely used by business for the last several years. Not only do they all provide two-way audio, but they all take advantage of video conferencing between multiple consumer participants, business and **social medias** such as Facebook, Twitter, YouTube, and Blogs.

Due to the need for “**social distancing**” and factors having to work at remote locations as we travel and work from home these new applications have become of great value to business, schools, government, the medical industry, and other personal life ways to communicate.

The only issue now is getting the young and old to learn these new advanced ways of communicating that can be of great value.



Calendar for 2020



YES, it is true! We are going to get together again on **Saturday October 17.**

Everyone needs to bring their own **chairs** and **food.**

It will be at **11 AM** at **Cedar Grove Park in Tustin.**

The address is **11385 Pioneer Rd. (at Pioneer Way).**

We are trying to be healthy through all of this, but really want to see all of you. We hope to continue our meetings and guest speakers asap. **Nancy Platka**

5 Things You Should Never Buy at a Garage Sale

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- 4. Bath and body products** - Yard sale versions of these products may not be as effective as they were when new. Once open, exposure to air and/or bacteria may begin to break them down.
- 5. Puzzles and board games** - Unless these items are in original packaging or you are able to confirm that all pieces, parts, and game components are accounted for, you may be setting yourself up for more frustration than it's worth.

Famous Quotes

"The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart." -*Helen Keller*

Inspirational video

Short video on "Star Spangled Banner"

<https://youtu.be/YaxGNQE5ZLA>

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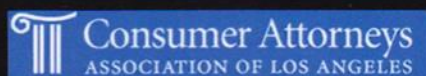


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National Public Radio
Features Conal Doyle's argument
before U.S. Supreme Court



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 41-year-old man who died in April, the family's lawyers said Thursday. Castaneda entered the United States with his wife and two children in 2007.

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 lost his leg, is expected to argue that the federal government's failure to provide him with a prosthetic leg in 1967 was a constitutional violation.

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 amputee advocacy.



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.

Join a Virtual Support Group

We're hosting online support groups, and we want you to be part of them. In these free meetings on Zoom, you can connect with individuals and families who understand what it's like to live with limb loss or limb difference. These meetings are led by volunteer support group leaders from the Amputee Coalition's support group network.



- 1st Thursday of each month: 6pm Eastern Time Zone
 - 2nd Thursday of each month: 6pm Central Time Zone (7pm ET)
 - 3rd Thursday of each month: 6pm Mountain Time Zone (8pm ET)
 - 4th Thursday of each month: 6pm Pacific Time Zone (9pm ET)
- Join any meeting that works best for your schedule. To register, please email supportgroups@amputee-coalition.org or call 888-267-5669 ext. 8124.

Reference: Amputee Coalition <news@amputee-coalition.org>

Arlene Kalman



She was a very special lady. Always had a smile, and often, a hat on. It completed her outfit.

"She was always determined to move forward to her goals"

"I am so sorry. I loved that fireball. She was so fun."

So sorry to hear the surprising and very sad news. I did not realize she was still fighting cancer.

She always seemed to be in good health and eager to keep active.

From Rick Myers

"Arlene was a very good friend and one of my first patients. When she came to me, she was in a skin fit socket with a belt. It never held on. It took about a year to get her out of that and into a liner. She was patient and I was determined. To this day, the longest if ever took me to deliver a socket.

"Arlene was kind, so gentle and so loving. She would speak the truth, but always know when to not speak. She was beautiful and inspiring.

From Nancy Platka

She always came to my family get togethers for the holidays. She was part of our family. She contributed herself and her love. I always looked for her hat to see if she had one on. I looked through old pictures from bowling from *FAST Times*, and there was Arlene – sometimes with a hat and sometimes with just a smile.

We will miss her.

Memories from several *FAST* members.

Famous People

Erick Kaffka

Erick has been a professional Actor, Stunt Double and Model since 1997. Born a Canadian; he grew up in Southern California. In 1999 Erick was involved in an accident that resulted in him becoming a double leg amputee. With a positive attitude, and a new outlook Erick continued acting and developed a niche using his new skills with a wheelchair and prosthetics.





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Reference: Fidelity National Home Warranty

Famous Quotes

"Whoever is happy will make others happy too." **Anne Frank**

Necessity Is The Mother Of Invention.

A need or problem encourages creative efforts to meet the need or solve the problem. This saying appears in the dialogue *Republic*, by the ancient Greek philosopher Plato.




"And I thought it was a nasal swab."



HEY DAD... CAN I USE THE LAWN MOWER TO MAKE SOME EXTRA MONEY?
YOU SURE CAN SON!

FOR SALE

FEELING GUILTY ABOUT YOUR KIDS WATCHING TOO MUCH TV?
JUST MUTE THE TV & PUT SUBTITLES ON.
BOOM.
NOW THET'RE READING.

Thanks to **Gil Aguilar** for his continuous offerings of humorous pieces.

Year Round Eye Safety

We all know what the loss of a physical limp means to each of us. Losing your eye site is a life changing condition also. Some people say that losing your eye site is comparable to losing a limp. Listed below are some summer eye safety ways to protect your eyes from the ill effects of Ultraviolet {UV} Rays.

When sunlight reflects off surfaces like water, sand, and concrete sidewalks, it can reach your face from any angle imaginable. That means your overhead protection needs to be reinforced with wrap-around sunglasses. When purchasing, be sure to take specs with 100% protection from both **UV-A** and **UV-B** radiation. This is sometimes marked and confirmed with a **“UV 400” label**.

When taking a plunge in the pool as the weather starts to heat up, be sure to wear swim goggles or avoid opening your eyes underwater. The chlorine, as well as other chemicals used to keep the water clean, can cause short-term irritation of your eyes, known to some as “swimmer’s eye.” The symptoms include blurry vision, redness, and sometimes even a painful stinging feeling. Pool water and bodies of freshwater (do not let the term fool you), like rivers, lakes, and streams, can also harbor bacteria that might increase your risk of infection when opening your eyes underwater. And if you wear contacts, [it’s recommended to take them out](#) before diving in. Or, in cases where that isn’t possible, to use swim goggles and discard contact lenses after to prevent infections and other eye problems.

Another common eye problem during summer is **dry eye**. **Dry eye** occurs with extended exposure to dry, warm environments, and lots of wind. So, if you live in a hot, arid climate or you’re spending a lot of time in the car riding with the windows or top down, then this might become an issue. Some of the easiest ways to **prevent dry eye** from happening are by **staying hydrated, blinking more frequently** (especially while **looking at screens** for extended periods), and **covering your eyes** from wind exposure with a good pair of sunglasses. If irritation persists, then consider purchasing some over-the-counter saline eye drops or scheduling an appointment with your eye doctor.

Your eyes and vision are constantly changing. They must adjust and adapt to new circumstances and environments endlessly. Summer is no exception to this and brings with it a whole new wave of changes that can be hard on your eye health. While the ailments described in this article are preventable by taking the proper measures to avoid them, there are others that you might not yet be aware of. Having the opportunity to consult with an eye doctor is invaluable in caring for your eyes this summer. He or she will give you a comprehensive eye exam to identify any potential eye problems, and then take the time to discuss solutions and answer all your questions.

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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The preferred method of article submission is by email attachment to: *FASTofOC@aol.com*.
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The *FAST Times* Newsletter of the
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