

HAPPY

*new
year*
2021

FAST Times Winter 2021

Functional Amputee Support Team

HAPPY NEW YEAR ALL. I think we can agree that 2020 was a crazy year. Thankfully 2021 is looking brighter and we are optimistic that things will get back to “normal” soon.



Like other groups, we are looking forward to resuming our regular activities. A small group of ***FAST*** members met in a park last October. We are hoping to start meeting more often this spring. Our hope is that we can gather safely indoors starting late summer. That seems to be the general feeling shared by other groups.



We would like to hear what ideas you have for ***FAST*** in the future – bowling, picnics, etc. We are not sure what you want from ***FAST*** and would like your input. I think we all miss out meetings and seeing old friends. We want to know if you are still interested in meetings, having speakers and possibly doing more activities. Please let us know your wants and needs. You can email fastofoc@aol.com to express your opinion. **It matters.**

Dick Fuller has started another group called **Amp'd on Life**. If you are interested in joining him, send Dick an email at dfuller@ampdonlife.org.

We all hope to see you sometime soon. In the meantime, best wishes for a wonderful 2021.

Dick Fuller, Nancy Platka, Bill Lindahl and all the others who contribute to ***FAST***.



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 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.

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>

The calendar will return when we can meet again.



Whether meetings are held in-person or virtually, they are an invaluable place to connect with others who have overcome similar challenges and setbacks. **Participation** in support groups provides members the opportunity to **express** their feelings, **share** and **learn** helpful information, **improve** social skills, **feel** connected, and **realize** we are **not alone**. We hope to continue our meetings and guest speakers asap.

Dear Lord,
Please don't let Brussel Sprouts
be a part of the cure of Covid-19 Virus.



Shop at AmazonSmile
and Amazon will make
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INCREASE IN AMPUTATIONS DUE TO COVID-19

The year 2020 brought many unpleasantities, by most accounts. Near and dear to our hearts is one more result of the COVID-19 outbreak: an increase in amputations. Various articles on the subject have pointed to both medical and pragmatic reasons for this occurrence. Podiatry Today quotes from a report in the Annals of Vascular Surgery; researchers found “a more than twofold increase in major amputations and the degree of tissue loss for vascular surgery patients” post COVID-19 onset, compared to comparable time frames in 2019 and 2020. They go on to say that some medical offices closed or it was too hard to follow up with a podiatrist for care. Sometimes delayed, routine care would grow into an emergency situation after being ignored for so long. “The increase in amputations is just another indirect effect of COVID-19 on health-care systems around the world,” says Lee C. Rogers, DPM, DABPM. “The pandemic interrupted care for chronic conditions but also led to a reduced willingness for patients to seek out care for emergencies. Thus, the effect on increasing amputations is not surprising.” Medically, sources have reported that COVID-19 patients may be at an increased risk of dangerous blood clotting in their legs that could potentially lead to amputation or even death. COVID can have effects on the endovascular blood stream, thus affecting blood flow. Blood thinners are now becoming a standard part of COVID care, as anticoagulation is an important part of recovery, and in some cases, limb loss prevention. Unfortunately we are going to be welcoming more brothers and sisters into our fold. The fortunate part is that we can make them feel welcome, and share our stories and solutions with them. As hospitals and other venues open up this will also be a great opportunity for a new push in Certified Peer Visitor contact.

Richard Gronos



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1801 Parkcourt Pl., Bldg. B, Santa Ana, CA 92701
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Board Certified Prosthetist & Orthotist
Director of LIC Prosthetics & Orthotics

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LICPROSTHETICS@YAHOO.COM
WWW.LICPROSTHETICS.COM
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Famous Amputee

The veteran horse riding stuntwoman who towers over the rest - despite being born with no legs.

Barbara Adside was born with spina bifida and no lower legs. She has been an established horse rider for 20 years and hopes to compete at Paralympics.

Barbara, 35, was born with damage to her spine through spina bifida and has no lower legs, but is still walking tall thanks to a career as a respected stuntwoman for film and TV.

She has appeared in films and hit US television shows - from a creature in Buffy the Vampire Slayer to Murder She Wrote.



Is it time to save some money?

How about taking one of the new Driver Training courses that maybe provided this year by your health insurance provider such as UnitedHealthcare (AARP Smart Driver). Your provider may provide the course at no additional cost to you.

Plus, when you successfully complete the course, you may be eligible for a discount on your auto insurance! The course helps you brush up on:

- Rules of the road;
- How to handle traffic circles;
- Automobile technology;
- How to reduce drive distractions. Cell phones, Bluetooth, etc...



Famous Quotes

"Life is really simple, but we insist on making it complicated." -Confucius

When all the projects around the house have been finished our wife's will put an end to this COVID Virus and insist that their husbands go back to work. **BL**

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*.

ATTN: **Dick Fuller** *FAST* President, **Gil Aguilar** Treasurer, **Maria Lindahl** Secretary, **Suzi Luke** Communication Coordinator, **Dave Bernstein** Mail Coordinator, **Bill Lindahl** Editor, and **Nancy Platka** Contributing Editor.

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of Orange County, California
PO Box 7373
Orange, CA 92863-7373

To:

mailing address