

FAST Times Autumn 2022

Functional Amputee Support Team

Orange County, California = Vol. (Autumn 2022) No 02—Page 1



Round Table Meeting

Invited speaker: September 24th



Teresa Crabbe from **Southern California Prosthetics** .

Teresa did an excellent overview of the complexities of the Medicare, PPO, HMO, Advantage, and other government insurance planes.

Teresa mentioned that a good source for support would be **HICAP** (**H**ealth **I**nsurance **C**ounseling and **A**dvocacy **P**rogram). **HICAP** provides free, confidential counseling, education, assistance to individuals, their families on Medicare, and other health insurance issues.

Also reviewed where the differences between HMO and PPO planes.

One of the most importance things to remember is that you should not sign anything until you are comfortable with there support and or prosthetic.

A Short Visit

I just happened to noticed that I was in the neighborhood of **Frederick Randjbar's** office in Anaheim. Frederick has been a long standing contributor to ***FAST*** and speaker at a past meeting. At Fred's last meeting with us he brought one of his newest innovative powered wheelchairs. My granddaughter happened to be at the meeting so with the help of Fred, Katie was able to demonstrate the robotic arm controlled via the wheelchair system. When in Fred's office I viewed many of Fred's displayed awards, associations, and certificates from the USA, UK, and Canada on display.

Famous Quotes

"Don't judge each day by the harvest you reap but by the seeds that you plant." *Robert Louis Stevenson*

Did you know corner.

Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That's how we change the world.



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 Calles, a 41-year-old man who died of penile cancer in April, the family's lawyers said Thursday. Calles 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

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.



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Famous Amputee

Alessandro Zanardt

Born 23 October 1966, Bologna, Italy



An Italian professional racing driver and paracyclist. He won the CART championships in 1997 and 1998, and took 15 wins in the series. Zanardi lost both legs (one below and one above the knee) in the impact and nearly three-quarters of his blood volume, though rapid medical intervention saved his life. Further portions of his legs were amputated during three hours of surgery to clean and facilitate closing the wounds.

In addition to continuing to race cars, Zanardi took up competition in handcycling, a form of paralympic cycling, with the stated goal of representing Italy at the 2012 Summer Paralympics. In September 2011, Zanardi won his first senior international handcycling medal, the **silver** medal UCI World Road Para-Cycling Championships. In September 2012 he won **gold** medals at the London Paralympics followed by a **silver** medal in the mixed team relay, and in September 2016 he won a **gold** and a **silver** medal at the 2016 Paralympics in Rio de Janeiro.

Zanardi was fitted with two prosthetic limbs and began rehabilitating. Dissatisfied with the limitations of legs available commercially, Zanardi designed and built his own custom legs, to allow custom legs, to allow him to compare the weight and stiffness of various feet to find the ones most suitable for racing. In 2002, CART honored Zanardi by allowing him to wave the checkered flag in Canada.

Wikipedia

**I'm having a
quarantine party this
weekend!!**

**None of you are
invited.**

The **Amputee Coalition** has introduced a
new newsletter, the **THRIVE**.

The Amputee Coalition is happy to bring you timely news, updates and stories about limb loss and limb difference to your inbox. This newsletter is the primary way to stay informed about the latest on the THRIVE blog.

The Amputee Coalition invites you to share the newsletter with colleagues, caregivers, family and friends.

The ***FAST*** 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**, **gain** helpful information, **improve** social skills, **feel** connected, and **realize** we are **not alone**. We hope to continue our meetings and guest speakers asap.

September 24th *FAST* Poly Pies meeting



September 24th *FAST* Poly Pies meeting



September 24th *FAST* Poly Pies meeting



Anger management:
When angry with someone,
it helps to sit down and
think about the problem...



Round Table Meeting (Oct. 22, 2022) Invited speaker:

Scott Bourdelais from **Canine Companions**

Canine Companions employs a breeding program to supply their dogs. They use Golden Retrievers and Labrador Retrievers or crosses of the two breeds.

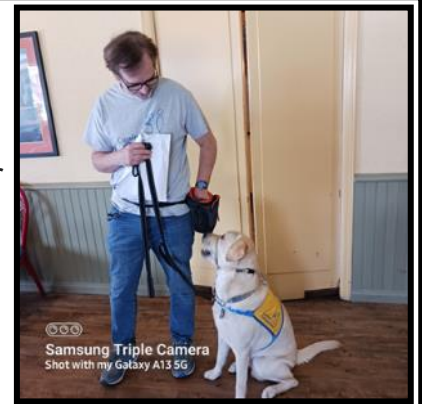
Puppies are raised by volunteers who commit to keeping the dogs for 18 months, until it is time for them to enter the training program. The service dogs are usually trained for limb loss or wheelchair bound recipients and are at no charge. The recipients have to go for two weeks of intensive training along with their service dog. 50% of the chosen dogs pass their training and go into service.

Normally only yellow and black labs or golden retrievers are chosen for training.

Applications for service dogs take about 6 months.

If the service dog retires they can stay with their owner if the owner can handle them in addition to their new service dog.

"Canine Companions for Independence" is a US-based 501(c)(3) nonprofit organization that trains and provides assistance dogs. As of 2018, it has placed over 6,000 assistance dogs with recipients at no charge.



Meet **Scott** and **Howdy**

October 22th *FAST* Poly Pies meeting



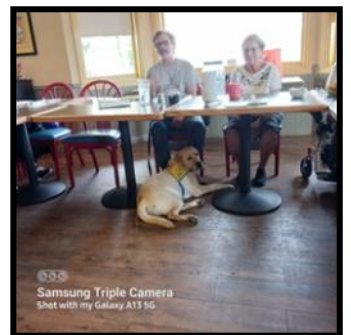
October 22th *FAST* Poly Pies meeting



October 22th *FAST* Poly Pies meeting



October 22th *FAST* Poly Pies meeting



A funny thing happened to me while walking to the park one day.

During my walk I met an elderly couple that emigrated from India seven years ago and now live in the neighborhood.

I offered them some vegetables (corn, string beans, peas, squash, and tomato's) from my garden and was invited to their home.

While we were getting to know each other they mentioned that they new a famous relative back in India and his name was **Murlikant Petkar**. Come to find out that **Murlikant** was a national hero that was India's first **paralympic gold medalist**. He won an individual gold medal in the 1972 Summer Paralympics and finalist in three other events in the 1968 Summer Paralympics and won four medals in swimming.

What are the odds that I would meet someone on the way to the park that emigrated from India and learn about **India's first paralympic gold medalist**.

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: **Gil Aguilar** Treasurer, **Gil Aguilar** and **Nancy Platka** contributing Editors, **Maria Lindahl** Secretary, **Dave Bernstein** Mail Coordinator, Curtis Browne WEB support, and **Bill Lindahl** Editor and Answering Service Coordinator.

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