

**Amputee Society of  
Canterbury & Westland Inc.**

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**Disabilities Information Service**

314 Worcester Street, Christchurch  
PO Box 32-074, Christchurch

☎03-366-6189

☎03-379-5939

🕒 9.00am - 4.30pm

✉ [dis@disinfo.co.nz](mailto:dis@disinfo.co.nz)

**Artificial Limb Centre**

330 Burwood Road, Christchurch  
☎03-383-0501 ☎03-383-3566  
🕒 8.00am - 4.30pm

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[www.nzalb.govt.nz](http://www.nzalb.govt.nz)

**Amputee Society of  
Canterbury & Westland Inc.**  
[www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)

**The Amputee Federation of NZ**  
[www.af.org](http://www.af.org)

**Amputee Information**  
[www.mossresourcenet.org](http://www.mossresourcenet.org)

**International Diabetes Federation**  
[www.idf.org](http://www.idf.org)

**Parafed Canterbury**  
[www.parafedcanterbury.co.nz](http://www.parafedcanterbury.co.nz)

**Disability Awareness in Action**  
[www.daa.org.uk](http://www.daa.org.uk)

**Amputee News**  
[www.amputeenews.com](http://www.amputeenews.com)

**Disability Rights Commission**  
[www.drc-gb.org](http://www.drc-gb.org)  
**UN Programme on Disability**  
[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**WEKA-NZ Disability Info**  
[www.weka.govt.nz](http://www.weka.govt.nz)



**Burwood Hospital  
Hydro Pool**



**6:00-6:45 pm  
Every Monday**

See you there for a  
Relaxing session!  
Funded by Lottery Board.

**Thanks to Our Sponsors**



 **Amputee Society**  
Canterbury & Westland Inc

*doing more  
with less!*

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**JAN/FEB/2012**

**Quote of the Month**

Courage is the art of being the only one who knows  
you're scared to death.

[Harold Wilson](#) 1916 - 1995)

**Editors Message**

Happy 2012 everyone and I hope this finds you all doing well after our little Xmas shakes and rolls. I was at the Mad Butchers that Dec 23<sup>rd</sup> and sure got out of there fast with my roast for Xmas dinner. A couple of minutes later and we would have been having toasted sandwiches for Xmas tea. Hahaha

As you can see in this edition the details for our Annual General Meeting are posted. If any of you feel that you could contribute to our Association and would like to apply for a seat on the Executive Committee please submit your name to any member of the present Executive, seven days prior to the meeting.. This entails your name being submitted and seconded and the vote is made at the meeting.

I have been speaking to a few people re- getting some young folks-mainly athletes- to join our ranks as I believe that they could offer some new ideas for the future. There are many of them out there and unfortunately some don't even know that our Association exists and what we have to offer.

In the New Year I believe we need to have an Amputee Awareness Week and some of us are working towards that goal. Any help or ideas would be greatly appreciated. One of our new members has already jumped on board but it would be nice to have a few more. We need contacts at newspapers, other Associations etc and any other form of publicity.

So until next issue, please be well, take care and be safe. Remember also to have your limb and prosthesis checked regularly and report any irregularities right away.

I hope and pray that this year will be a better and happier one and just remember--- you are not alone and help is always a phone call away.



**Amputee Society of Canterbury and Westland Inc. PO Box 7424  
Sydenham e-mail: [info@amputee.info.co.nz](mailto:info@amputee.info.co.nz)  
Website: [www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)**

## Amputee A. G. M. and Luncheon

**Place:** Hornby Working Mens Club  
17 Carmen Road  
Hornby,  
Christchurch.

**Date:** Sunday 26th February 2012

**Time:** 11am for social drinks and get together  
11.30 am A.G.M

**Meal :** 12 .30 pm Approx.

**Cost:** \$24 per head but will subsidise \$4 on all who attend so will be \$20.

**Speaker:** 1.15pm Approx.  
Mr Michael Pittman, New Zealand's leading Galloping  
Horse Trainer last season.  
Mr. Pittman is also an amputee.

Please contact Margaret on 03 349 7585 before Monday 20th February if you would like to attend..



### KITCHEN TIPS AND TRICKS

Apples- Apply lemon juice on the cut surface to avoid browning.

Bananas- Apply mashed bananas over a burn on your body to give a cooling effect.

Burnt Food- Place chopped onions in the container. Pour hot water in it. Keep in container for 5 minutes, and then clean.

Dry Fruits- To chop dry fruits, place them in fridge for half an hour before cutting. Take the fruit out and cut with a hot knife(dip in hot water)

Dough/Rolling Pin- If dough sticks to rolling pin, place it in freezer for a few min.

Mixer/Grinder-Grind some common salt in your mixer/grinder for s short time every month. This will keep your mixer blades sharp.

### USE AND STORAGE FOR HOME GROWN HERBS

Freezing Herbs—Wash well and gently pat with paper towel. Wrap leaves or sprigs in freezer paper or place in freezer proof Ziploc bags, seal and freeze.

Herb Cubes- Put the clean, dry herbs into the bottom of an ice cube tray and fill the compartments with water or stock. Then when you need herbs just pop them into soups, stews or sauces.

### SAFETY TIPS

Grease Fire- DO NOT USE WATER! Smother with a pan lid or use a fire extinguisher. Baking soda works, but it takes a lot and is usually too slow to get at. If clothing catches fire drop and roll.

Deep Fat Fryers- Never allow water or any other liquid but cooking oil to come into contact with hot oil or else it may instantly turn into steam and splatter hot oil.

Hot Pot/Pan- always leave a hot pad on the hot lid as a warning to others. Never Leave handle hanging over the edge, especially if children are around.

Boiling—Always lift the lid of a boiling pot far side first.

## SECRETARY'S REPORT

Hello everyone. I hope you have all had a great start to this year.

**Is there anyone out there who may be interested in taking on the position of Secretary? This would lighten my load a little as things have been getting rather messy at this end lately!!**

Well it's that time again, so if you hadn't already paid your subs for 2012 then you will have a remittance in with this Newsletter. If you would like to pay online then ring me: 3821873 or email: [avat@clear.net.nz](mailto:avat@clear.net.nz) and I'll give you the bank account details.

Also if you use the Taxi Voucher Scheme then you will have an invoice for the annual Administration fee. Please also note that if you do use Taxi Vouchers that you must return your used books to me as they are required by ECAN for their auditor.

The Burwood Hydrotherapy Pool is due to open early February so I encourage anyone who is looking to get some relaxation into their week to come and join us. We are also looking for willing volunteers who live near Burwood Hospital to come along and supervise so that we can all use the pool. If you can help please ring me 3821873 for details.

Regards, Ava.

## HERE AND THERE



Bill Sadler showing off his raised garden.

Looks great Bill 😊

## HEALTHY LIVING

### **Self-Esteem Issues: Isolation, Alienation, and Loneliness**

No one could have gone through my surgeries or the gruelling physical therapy sessions for me. No one could have relearned to walk for me, or make the emotional adjustments that I needed to get on with my life. Despite the fact that I was blessed with a loving family and friends who rooted for me and encouraged me, I felt isolated, burdened, and very much alone.

These feelings of isolation cause you to feel cut off from fellow human beings and those who care for you. Help yourself through this period of isolation by doing the following:

- Recognize destructive self-talk. What are you telling yourself about the "way things are" that is causing you to feel alienated from others? You may, for example, be distorting reality – making things worse than they really are. Correct yourself, then replace the negative self-talk with more positive thoughts and encouragement.
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- Recognize your human need for connection with others and reach out. Examine what you feel you are lacking – friendship, someone to care about you, intimacy, etc. Let your friends and family know what it is you need. Spend time with loved ones and those who care for you. Even if they do not know exactly what you are experiencing, their love and caring should nurture your spirit.
- Do what nurtures you. You know what best soothes your soul. Stay active. Laugh. Play. Get plenty of rest. Do something to contribute to others.

While it is true that no one can step inside you and experience exactly what you are going through following the trauma of amputation, you need not feel alone. By opening yourself to the empathy and compassion of others, you will feel nurtured during this difficult time. So reach out to others, and allow them to reach out to you.

The question: How can the well-meaning people in your life help you if they do not know how? The answer: You have to help guide them. Remember, this is a new experience for them as well as it is for you. Let them know that their loving presence can, in itself, be a comfort and support. Offering advice or trying to "fix" your situation is not necessary. What they can do is offer an empathetic ear when you wish to express yourself. This will help you validate your feelings. Their acceptance of your amputation can be tremendously reaffirming when you discover that they treat you as the same person you were before your limb loss.

You must be vocal in letting others know what they can do to be supportive. Perhaps you would like more quiet time for yourself, or a hand with some household responsibilities. Whatever your desires – and they will be different for each individual – be sure to express them. Your friends and family will welcome your guidance in telling them how they can help.

Excerpted from "Coping with Limb Loss," a practical guide to living with amputation for you and your family, by Ellen Winchell, PhD.

'There is life after an amputation,' says Perry woman.

**By Denise Sautters**

**CantonRep.com staff writer**

PERRY TWP. —

You would never know there was anything different about Faye Desiato if you saw her walking down the street. In her mind, there isn't. Desiato is one of thousands with a prosthetic limb. "There is life after an amputation," said the 52-year-old Perry Township resident. "When I first heard what was going to happen to me, I cried, but you know, I live without pain now. Every morning. I wake up and say (to her new limb), 'Good morning, sweetheart. Let's hit the road. It is that kind of positive thinking that has helped her cope mentally and physically, according to her doctors, therapists and employees at Yanke Bionics, which fitted her for her prosthetic leg.

#### **WHAT HAPPENED**

"Faye had a bad fracture of her ankle," said Dr. Daniel Charlick, a foot and ankle specialist at Omni Orthopedics in Jackson Township. "Even though it was fixed the way it would normally be, it went into severe pain and arthritis. She had a lot of nerve pain, which did not respond to conservative treatment." This would include therapy and rest, he explained. Desiato said her pain was so severe, it was limiting her life.

"In the end, it came down to a choice," said Charlick. "She basically told me she would be better off without her foot." However, doctors don't amputate a limb simply at a patient's request. "We went through a long period of consultation about that," said Charlick, "including different types of evaluations. There is a time and a place for amputation, but it has to be very carefully evaluated (both physically and mentally) before a decision can be made."

Reasons for such drastic treatment most often include vascular diseases, usually from diabetes, trauma from an accident, a bone tumor or a congenital problem where a limb fails to form in the womb. In Desiato's case, it was a simple fall while walking to a friend's house nearby.

At age 29, Desiato was diagnosed with thyroid cancer. In April 2010, she had 45 percent of her left kidney removed because of cancer in that organ. And then she fell in June 2010.

"At first, I was ashamed to go outside," she admitted. "I would sit in the shower and cry because I didn't want anyone to hear me. Then I met a young man, at least 30 years younger than me, at Walmart, who asked me about my leg."

That was her turning point. She said she was so moved by the man, also an amputee; it gave her the strength to move on. She is now an advocate of prosthetic limbs. Desiato would like to form a support group for area amputees.

"I was afraid for her in the beginning," said Tay Dolph, her partner. "It made me a little leery because I didn't know how she would handle it. But she is a survivor, and when Faye puts her mind to it, she can do anything."

#### **AFTERMATH**

Therapies differ for amputees, with no specific plan for healing.

It is a process, said Becky Williams, a Mercy Medical Center occupational therapist.

"Everyone has a role in improving their independence," she said. "As the patient goes through (the process), they will hopefully be able to adjust to all the complications that occur — phantom sensation, pain, grieving the loss of the limb and recovery."

Once fitted with the prosthesis, patients tend to realize their potential for independence, therapists say.

There are many different types of prostheses, said Kevin Montini, a certified prosthetist and orthotist at Yanke Bionics. Usually, a patient is fitted with a temporary limb until the limb is completely healed and the swelling is down, then a permanent prosthesis is made for them.

He noted that Desiato still has her own knee, and that is a huge advantage in controlling the leg, but today's prosthetics are highly developed, making it easier for amputees to acclimate themselves to the limb. "A lot of her (Desiato's) recovery is due to her positive attitude. Prosthetic limbs are very acceptable now."

Eventually, he said, "I'd like to get rid of wheelchairs altogether. That is my goal."

As for Desiato, "You grieve the limb you lost, but my prosthesis has given me new hope. I am no longer in pain. You only live once, so it is important you make the most of it."