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## October 2014

### Quote of the Month:

There are no hopeless situations;  
there are only men who have  
grown hopeless about them.

[Clare Booth Luce](#) (1903 - 1987)

## Editor's Message

Happy Spring Everyone, although I don't know where it is yet. We have certainly had a mixture of weather and my poor strawberries and flowers don't know whether they are coming or going.

Things seem to be quiet in the Society and perhaps with school break and also the weather, people are not out and about. We have yet to hear from any of you as to whether you would like to have some coffee meets or similar get togethers. Perhaps in the new year we can set some things up and see how many attend and take it from there. Any suggestions would be greatly appreciated.

As you may notice in this issue we have a section for selling or trading things, so if you have any items just let me know and we can post them here and on the website. I am trying to get some pictures of some ramps I have for sale and will post them in the next issue. One set is 1.5 M x 0.2 M ( 58 " x 6" ) and the big set is 3M x 0.2 M ( 117 " x 7") Both of these sets telescope into each other and the large ramps also have a carrying handle. Let me know if anyone is interested and I can give them more details.

As you can see, our Annual Christmas Dinner is coming up next month. Remember to pay for your meal ahead of time. Once again a call is out for anyone who has anything to donate for the raffle prizes. We all enjoy this activity and the proceeds go towards functions such as this. Perhaps some place you shop would be interested in donating a small item. Just let Margaret know if you have anything.

Well folks I will put this issue to bed now. I look forward to seeing some of you at the Luncheon as I have been away for some time and have missed catching up.

Remember to take care of yourselves and to check your stump each day, wash your liner, and if any problems make an appointment at the Limb Centre. See you next issue and anything you would like to be included just give me a holler.

## Christmas Luncheon

Place: Hornby Working Men's Club' 17 Carmen Road' Hornby.

Date: Sunday 30th November.

Time: 11 am for social drinks and get together

Meal: 12 Midday.

Cost; \$27 per person but we will subsidize \$5 and will be \$22 per person

Entertainment: David Martin "Cadenza Entertainment' It is going to be a "Christmas Theme" so I thought we would have a competition for those Men and Ladies who are interested to make and wear a Christmas hat .A small prize will be given to best Man and Lady for the best Hat.

Please ring Margaret on 03 349 7585 by the 30th November if you wish to attend.

We will pre pay for the meal as we have recently.

Pay by cash: Ring Ava on 03 382 1873 or Margaret on 03 349 7585

Pay by Cheque: To Amputee Society P.O. Box 26 148 North Avon Ch 8148.

Pay on Line: 0308 30 026 4400 000.

Looking forward to seeing a good crowd attend.



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The annual Federation Conference is being held this year in Wellington from the 17<sup>th</sup> - 20<sup>th</sup> of April. If you think you would like to attend this year please notify Mark as reservations are always made early. This is a chance to meet other members of the Federation societies and to hear what their chapters are doing. There is always interesting speakers and also free time to see some of the sites.

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### Avoiding Injury: Safety Tips for Seniors With Amputations

As you age, simply being an amputee may increase your risk for various types of injuries. You are more likely to fall and hurt yourself. You also may not be able to stay fit because of a more sedentary lifestyle. Other injuries may occur because: your prosthesis fits poorly, your prosthesis does not provide proper shock absorption, your prosthesis prevents you from achieving a proper gait.

#### Broken Bones

Our bones generally decrease in density, mass and strength as we age, especially beyond age 50. They become thinner, more brittle, more porous and easier to break. This disorder is known as osteoporosis. Amputees who use lower-extremity prostheses need to be especially careful to protect your bones because of the importance of your residual limb for support.

Participating in activities that put weight on your bones is one of the most important ways to keep your bones strong. Unfortunately, it may be difficult to bear weight on your residual limb. This may become even more difficult as you lose more and more bone density. To prevent this problem, it is important to become active again as soon as possible after your amputation. Then you must stay active. Activities that are especially good for strengthening your bones include aerobics, walking, running, weightlifting, skating, dancing, basketball and tennis. Many amputees participate in able-bodied exercise and sports programs, and there are many programs that are for amputees only.

Before beginning any new exercise program, it's a good idea to talk with a doctor. If desired, a physical therapist (PT) who has experience with amputees can help you design an exercise program that fits your needs. Exercise will also help protect your bones by developing the muscles around them. Even if you can't participate in a full exercise program, it's a good idea to contract and release the muscles of your residual limb a few minutes every day to develop them.

Including foods that are rich in calcium like milk, yogurt, dark green vegetables, and fish in your diet is also important for your bones. A physician can tell you how much calcium you need on a daily basis and prescribe calcium, vitamin D, estrogen or fluoride supplements.

Undue Stress on the Heart: Because amputees who use a prosthesis generally use more energy to walk than able-bodied people do, good overall physical health is essential. For some older amputees, the problem is even more severe, explains Terrence P. Sheehan, MD, a physiatrist and the medical director of Kessler-Adventist Rehabilitation Hospital. "For many amputees, loss of a limb is part of a larger problem with the blood vessels, including the blood vessels to the other major structures such as the heart. If the heart is not functioning well, all efforts will take more energy and the stress of ambulating with a limb deficiency can exacerbate the heart problems."

## Back and Hip Problems

Back and hip problems caused by the stress and strain of walking with an improper gait, using prostheses, or using crutches are sometimes a major problem for amputees.

"Lower-extremity amputation causes a change in the centre of gravity, disrupting the biomechanical symmetry of the back and hips," explains Dr. Sheehan. "The joints of the lower back and sound limb are stressed and muscles are used abnormally. This often leads to chronic pain, a propensity to repeated acute spasm and strain, and acute inflammatory processes such as bursitis." Although some of the back problems you have might not be caused by your gait or prosthesis, it is important that PTs and prosthetists know about them. They may be able to deal with the problems through proper prosthetic fit, more appropriate components, or gait training. In addition, you should learn about good body mechanics to avoid as many problems as possible. A physiatrist and a chiropractor can help. "Many patients don't understand why their backs hurt," explains Bill Sheppard, DC, a chiropractor and below-knee amputee. X-rays sometimes show misalignment of their back, he explains, and usually one side is rather high or rather low because of the improper fit of the prosthesis.

## Skin Breakdown

As you age, your skin is likely to become thinner, more fragile, and less elastic. This can be especially dangerous for your residual limb, which is often in contact with your prosthesis and is pulled, stretched and rubbed by the socket. Friction, heat, pressure, shear and moisture within the socket combine to bring about damage to the skin. As with shoes, a properly fitting prosthesis is essential to preventing this painful problem. Ultimately, attention to hygiene and skin care is essential for protecting your skin from damage. "There are a few basic rules for skin care, the first of which is cleanliness," says Paddy Rossbach, RN and Amputee Coalition president and CEO. "If you wear a prosthesis, your residual limb is encased in a completely or partially airtight socket that does not breathe or allow sweat to evaporate. Sweat is acidic and salty, and when it is allowed to dry, it forms tiny crystals (like sandpaper) on your skin. If this sweat is left on the skin and socket, bacteria can grow. If the skin is broken, infections may occur and can become severe if left untreated." She warns: "Always consult your physician or prosthetist if sores or blisters erupt because they could lead to ulcers and serious infections. If you have diabetes or circulatory disease and have anything more than a mild rash, consult your physician immediately."

Injury to the Sound Limb amputees should wear appropriate shoes that fit correctly, inspect their sound foot daily, and report changes to their physician.

*This article is partly based on **Prosthetics and Aging: Mobility for the Long Run**, by Kevin Carroll, MS, CP, FAAOP (First Step –2001) and **Keeping the Sound Limb Sound: Foot Issues for Amputees With Diabetes**, by Robert Gailey, PhD, PT (inMotion, March/April 2003).*

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. "Johnny, please wait until we say our prayer," she said. "I don't need to the boy replied". "Of course you do", his mother insisted. "We always say a prayer before eating at our house."

"That's at our house" Johnny explained, "But this is Grandma's house and she knows how to cook."



## Web Sites

### **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-qb.org](http://www.drc-qb.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)

### **Disabilities Information Service**

314 Worcester Street, Christchurch

PO Box 32-074, Christchurch

(03) 366-6189

(03) 379-5939

9.00am - 4.30pm

Email: [admin@aspirecanterbury.org.nz](mailto:admin@aspirecanterbury.org.nz)

Website: [www.aspirecanterbury.org.nz](http://www.aspirecanterbury.org.nz)

### **Amputee Coalition (USA)**

[www.amputee-coalition.org](http://www.amputee-coalition.org)

NZ Limb Service <http://nzals.govt.nz/>

Kipp's Patch [www.kipps-patch.com](http://www.kipps-patch.com)

Nation Wide H&D Advocacy Service – 0800 555050

Motivation Design [www.motivationdesign.co.nz](http://www.motivationdesign.co.nz)

Jobee's Art [www.jobeesart.co.nz](http://www.jobeesart.co.nz)

Amputee Golf NZ Inc [amputeegolfnz.co.nz](http://amputeegolfnz.co.nz)

[newsletter@oandp.com](mailto:newsletter@oandp.com) (Edge Magazine)

[www.ottobockus.com/StayinginTouch](http://www.ottobockus.com/StayinginTouch) (Dialog Magazine)

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Liz Rogers	Ray Boundy
Heather Plows	
Ray Newton	

**Artificial Limb Service**

330 Burwood Road,  
Christchurch Phone 03-383-  
0501 Fax 03-383-  
3566Hours: 8.00am -  
4.30pm

**Manager**

Graham Flanagan

**Office administrator**

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

**Association Bank Info**

Westpac 03 0830 026 4400 00

**Burwood Hospital  
Hydro Pool**



**6:00-6:45 pm**

**Every Monday**

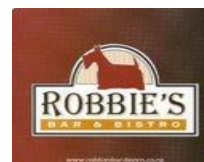
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