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## August 2014

### Quote of the Month:

Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.

**Margaret Cho,**

## Editor's Message

Hello once again my Friends. Hope everyone is staying warm and managing in this cold weather. It has been a mixture of temperatures lately but apparently is the same all over the world.

I understand that the Winter function was a success and there were three of our Life Members in attendance- Rachael White, Heather Plows and Rod Boyce. I sure hope someone got some nice pictures of this as it doesn't happen often. Speaking of luncheons, the Christmas function will be held on Sunday November 30<sup>th</sup>. More details will follow in future issues but mark it on your calendars now.

Margaret informs me that we are running low on raffle prizes, so if any of you have something you would like to donate it would be greatly appreciated as you all enjoy the fun of the drawings.

I have gotten a few more free publications for us to read and will include the websites in the next edition. They are all quite informative and even tho most of them are from the US, it is still nice to see the new products being developed and to read articles about fellow amputees.

Just a reminder—please keep us up to date with your regular or email addresses. Some newsletters have come back and some of the email issues can't be delivered due to your storage being full. If you don't receive your copy, please let us know and one will be sent to you. That also applies to any change in your phone number. Thanks.

Well my issue is running out of room so will wrap this up for now. Please all stay well, warm, and safe. I will be back in New Zealand in a couple of weeks and hope to hear from some of you then. Please read the notice below for information re clothes etc and I also have some spare blankets and possibly a gas heater if anyone needs them.

Remember to check your stump daily and if any problems or questions, just drop into or call the Limb Centre for help. See you next issue. God Bless

From the Treasurer's Desk

Hi everyone and hope you are all well and keeping warm.

Thank you to everyone who have paid their subs. We receive many donations from members for different amounts each year with their subs payment, however, from time to time we also receive a few more significant sums from the following members—Mr Ivan Kippenberger ( Kips Patch), Mr. Frank Hill, Mr. Ray Richards and Mr. Fred Cochram. These donations go a long way in helping us help you and other amputees to create and maintain ordinary life opportunities for themselves.

All the best

Ava

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Unwanted Clothing?

Hello Fellow Members.

We all know that some Christchurch residents have had some form of difficulty since EQs, snow, floods and wind storms. If anyone has good, clean clothing no longer needed would you consider passing it on to another amputee who is not doing so well.

On the other side of the spectrum, if you feel you could use some clothing to help you out please let us know. For both giving and receiving contact Margaret 349-7585 to arrange a connection.

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New Secretary

A big thank you to Margaret for putting us in touch with Eileen Popplewell who has kindly agreed to come on board with the Society as our new secretary.

Eileen has experience in this area having spent quite a few years as the treasurer for her local Probus group and is looking forward to this challenge. Margaret and I have assured her that as a committee, we will provide her with all the support & encouragement that she needs.

A big and friendly welcome to you Eileen.

Mark Bruce President

## When a Grandparent Loses a Limb: Helping Children Cope

by Patricia Isenberg, MS

Questions that children may ask include:

Where is your arm/leg?-- What happened to it? Did it break off? Be prepared to assist the child with an answer that is appropriate for his or her age. Avoid giving children too much information, such as details about a complicated disease process or the amputation surgery.

Does it hurt?-- Pain is scary to children; the longer the pain endures, the more frightened the child will be. Talk about different types of pain in terms the child can understand. (Remember the time you burned your finger? Or the time you fell off your bike?) Remind the child that sometimes pain is short-lived; at other times, pain last for days but, eventually, the pain gets better.

Can this happen to me?-- Alleviate fears by giving information that kids can understand. A child who heard that someone was asleep when his leg was removed developed a fear of bedtime. Remember that your explanations need to be planned to avoid creating additional fears or anxiety.

Is this my fault?-- Younger children are egocentric; when things happen, they feel responsible. Make certain that children know they did not do anything to make this happen.

### Things to Remember

Avoid adverse reactions.-- Avoid the potential situation of the child crying or screaming in response to seeing your residual limb for the first time by preparing the child in advance. Show pictures of other people with limb loss, (available from your prosthetist or therapist or inMotion magazine) to desensitize the child. Explain that even though you look different, you are still normal.

Encourage open discussion.-- Ask the child to talk about his or her feelings and concerns. If he or she is uncomfortable, suggest writing or even drawing to express his or her feelings.

Limb loss is not a punishment.-- Grandma did not lose her leg because she is a bad person. Depending upon the child's age, however, you may want to discuss lifestyle changes that might have prevented the amputation.

. The child will not "catch" this.-- Hugging and touching are still safe and very important parts of healing for the entire family.

Everything's different, but nothing has changed.-- Focus on the familiar, but prepare gently for the differences. For example, Grandpa or Grandma may not be able to walk the dog for a few weeks (or months). However, you are still the child's grandparent regardless of the limb difference. Talk about what is important: You can still read a bedtime story or brush hair.

Call upon the child's natural desire to help. --Tell your grandchild that he or she can be Granny's legs until you learn to use the new ones.

Explain the new words.-- Make a game out of spelling or pronouncing the words that have become a new part of your vocabulary, such as prosthesis, socket, residual limb, and prosthetist.

Children are curious.-- Remove the mystery from the prosthesis by asking the prosthetist to spend time with the child, explaining the materials and components used. The child should be encouraged to manipulate the components.

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Parafed/Burwood/Gym Update

Well the gymnasium is up and running 3 Days per week and although it's not the times and facilities we had prior to the Earthquakes we are able to offer a facility that is suitable for our members. This Gymnasium is being trialled until the end of the year when we will look at how many people are using it and if it is financially viable for us to keep it open.

### Deathbed Instructions to Family

A man is on his deathbed and asks his nurse to be a witness to his will. His wife, his daughter and two sons are at his bedside. "So", he says to them: "Bernie, I want you to take the Cashmere Hills houses..." "Hymie, I want you to take the offices over in City Center ..." "Sybil, take the apartments over in Riccarton, "Sarah, my dear wife, please take all the residential buildings downtown."

The nurse is just blown away by all this, and as Morris slips away, she says, "Mrs. Schwartz, your husband must have been such a hardworking man to have accumulated all this property".

Sarah replies, "Property?----- The idiot had paper routes!"

### 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,  
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0501 Fax 03-383-  
3566 Hours: 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**

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

(closed until further notice)

**Thanks to Our Sponsors:**

