

doing more
with less!



Amputee Society
Canterbury & Westland Inc

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January/February/2013

Quote of the Month:

The longer I live the more beautiful
life becomes.

[Frank Lloyd Wright](#) (1869 - 1959)

Editor's Message

Happy New Year everyone and hope your Holidays were great and filled with Joy. Hopefully the New Year will be better for all of us.

At the present time I am up in Canada and man is it cold. The one night it went down to minus 31 and I wondered ----now why did I do this? hahahaha. I read about the great temps you are having in NZ -altho some of you don't like it that hot- and look forward to getting back and enjoying some of it.

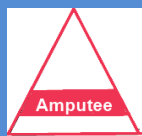
I would like to welcome any new members we have and know that you will enjoy our close knit group. If there is anything at all you need or even if you just want to talk, please know that we are always here for you. All contact numbers are on Page 7.

Our Annual General Meeting is on Feb 24th and I hope to see many of you there and know that you will enjoy our guest speaker Mr M Monk- Head of the NZ Limb Service. This is your time to speak out about anything you would like to see so please make the effort to attend.

Once again just a reminder to check out the website and if you have anything at all either for the site or the Newsletter send it off to us. We are trying to make this YOUR chance to supply some news, so anything at all be it an article, birthday, anniversary, etc. If you have moved or are planning a move please let us know of any changes.

In my travels I have met a few amputees and they are most impressed that our Society and Federation give so much to its members and it makes me proud to be able to tell them about it. This June, Mark and I hope to attend a National Convention in Orlando for the Amputee Coalition of the USA and will be giving a brief talk on how we do things in New Zealand.

Until next time, be well, stay safe, and be sure to have regular checks with your Dr and the Limb Center. Oh and Happy St Patricks Day!



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Affiliated with Amputees Federation of NZ Inc.

I would like to thank those of you who use email to receive your Newsletter. If you receive it by post and wish to change to email just let Leigh, Ava, or I know.

As with all charity organizations, every savings on postage, envelopes and printing helps our budget so we have more for other things to help our members.

Just a reminder to those who haven't paid their 2013 subs as yet. These can be paid at the meeting, by mail or by direct deposit. Once again the little red dot will appear on your Newsletter if subs are overdue.

Changes to the Mobility Parking scheme were introduced on 3 December which we are informed will make the scheme fairer and more transparent. The eligibility criteria changed on that date but is unlikely to affect the majority of amputees, i.e. be unable to walk or always require a wheelchair, or the distance you are able to walk is severely restricted by your disability.

If applying for a permit for the first time, you will still need to have a doctor confirm your eligibility but if renewing the permit you will not have to provide any additional medical information.

Application forms are now available on line at www.MobilityParking.org.nz.

CHUCKLE CORNER

An Englishman, a Frenchman, and a Canadian are captured by cannibals. The cannibal chief says, "We're going to kill you, eat you, and use your skins to make a canoe. But you get to choose how you die."

The Englishman pulls out a revolver, yells, "God save the Queen," and shoots himself in the head.

The Frenchman grabs a bottle of cyanide, shouts, "Vive La France," drinks the poison and dies.

It's now the Canadians turn. He pulls out a fork and, as he stabs himself all over his body, shouts, "To Hell with your damn canoe!"

My friend's wife came home to find her husband entrenched in front of the TV set, switching between a fishing show and an erotic movie. After a few minutes of back-and-forth, she offered this suggestion:

"Honey, you might as well just watch the erotic movie. You already know how to fish."

Thought some of you might like this recipe for Beignets which are popular in New Orleans and Canada. Recipe courtesy of Manitoba Canada Canola Growers (Canolarecipes.com)

½ Tbsp(7ml) yeast ¼ cup(60ml) warm water ½ cup(125ml) hot water
2 Tbsp(30ml) canola oil ¼ cup(60ml) sugar ½ tsp(2ml) salt
¼ cup(125ml) evaporated milk 1 egg beaten 3 ½ cups(875ml) all purpose flour

In a small bowl, dissolve yeast in warm water. In large bowl, combine hot water, canola oil, sugar, salt, and evaporated milk. Stir to dissolve sugar, then add dissolved yeast and egg. Stir in 2 cups of flour and beat until smooth. Add remaining flour to make soft dough. Cover with plastic wrap and chill for up to 24 hours in the fridge. Roll out chilled dough to 1/8 inch thickness on a floured board; cut into 2-inch squares. Deep fry at 375 F (190 C) for 2-3 minutes until lightly browned on both sides. Drain on paper towels and sprinkle generously with icing sugar. Serve warm.

INGENIOUS WAYS TO USE PLASTIC BAGGIES

Wipe away wax- Remove candle wax from a tablecloth, carpet, or couch by gently rubbing the spot with a plastic bag filled with ice cubes until it hardens. Then gently tap the splotch with a hammer and vacuum the chips.

Drop in some dough- Knead your next batch of bread without getting your fingers sticky.

Store Soup- Fill bags with liquid leftovers and lay flat in the freezer; stack frozen bags like books to save space.

Avoid cord confusion- Toss cords and chargers into separate bags before placing in a drawer to prevent tangles.

Soothe you sinews- Pour rice into a microwavable bag, heat for two minutes, and then seal and apply to achy muscles.

If you have any other tips let me know

Boy, eight, overcomes amputation to play computer games and tie shoelaces one-handed

A young amputee hasn't let his disability stop him, learning to tie his shoe laces and play his favourite computer games one handed. Callum Cuthbertson, eight, was born with blood clots in both arms, resulting in his left arm being amputated below the elbow. Then earlier this year he had to wear a cage-like brace, known as an external fixator, on his right arm in a bid to straighten the bone.

But Callum, from Sunderland, has taken it all in his stride and nurses at Newcastle's Freeman Hospital have been so impressed by Callum, they've said they'd like him to show other young amputees what he's learnt. Proud father Andy, 31, said: 'Now and again it gets Callum down when people stare, but we always tell him it's because he is so gorgeous. 'He shocked someone once when they asked him what happened to his arm. He simply replied 'a crocodile bit it off'. 'I tell him all the time that when I grow up I want to be as brave as him.'

Medics believe that Callum may have suffered a rare complication at birth, suffering blood clots as a result of mum Jane's diabetes. At just 10 weeks old, Callum had life-saving surgery at Sunderland Royal Hospital to remove his arm. Andy, who is also dad to Georgia, 11, Reece, nine and Grace, six, said: 'He is our little hero. His brother and sisters are amazed by him, as is everybody. 'When he had his first operation we thought it was the end of the world, but to look at him now I don't know what we were worried about.

'When he had his external fixator fitted this year, he was singing before the operation and all the doctors and nurses commented on his character and strength. 'He goes through to the Freeman Hospital, in Newcastle, for his prosthetic and the orthopaedic nurse says she's amazed by what he can do with his left arm and that if a child was struggling, would we mind introducing them to Callum to show what he has achieved?' In recognition of Callum's determination his parents have nominated him for a Child of Courage trophy in this year's Pride of Wearside awards. Andy said: 'We don't usually put him in the limelight, but we felt like he deserved recognition for everything he's been through.'

By Daily Mail Reporter

dailymail.co.uk

MAN WITH" BIONIC" LEG TO CLIMB CHICAGO SKYSCRAPER

CHICAGO -- Zac Vawter considers himself a test pilot. After losing his right leg in a motorcycle accident, the 31-year-old software engineer signed up to become a research subject, helping to test a trailblazing prosthetic leg that's controlled by his thoughts. He will put this groundbreaking bionic leg to the ultimate test Sunday when he attempts to climb 103 flights of stairs to the top of Chicago's Willis Tower, one of the world's tallest skyscrapers. If all goes well, he'll make history with the bionic leg's public debut. His whirring, robotic leg will respond to electrical impulses from muscles in his hamstring. Vawter will think, "Climb stairs," and the motors, belts and chains in his leg will synchronize the movements of its ankle and knee. Vawter hopes to make it to the top in an hour, longer than it would've taken before his amputation, less time than it would take with his normal prosthetic leg -- or, as he calls it, his "dumb" leg.

A team of researchers will be cheering him on and noting the smart leg's performance. When Vawter goes home to Yelm, Washington, where he lives with his wife and two children, the experimental leg will stay behind in Chicago. Researchers will continue to refine its steering. Taking it to the market is still years away. "Somewhere down the road, it will benefit me and I hope it will benefit a lot of other people as well," Vawter said about the research at the Rehabilitation Institute of Chicago.

Bionic -- or thought-controlled -- prosthetic arms have been available for a few years, thanks to pioneering work done at the Rehabilitation Institute. With leg amputees outnumbering people who've lost arms and hands, the Chicago researchers are focusing more on lower limbs. Safety is important. If a bionic hand fails, a person drops a glass of water. If a bionic leg fails, a person falls down the stairs.

It started with surgery in 2009. When Vawter's leg was amputated, a surgeon repositioned the residual spaghetti-like nerves that normally would carry signals to the lower leg and sewed them to new spots on his hamstring. That would allow Vawter one day to be able to use a bionic leg, even though the technology was years away. The surgery is called "targeted muscle reinnervation" and it's like "rewiring the patient," Hargrove said. "And now when he just thinks about moving his ankle, his hamstring moves and we're able to tell the prosthesis how to move appropriately." Experts not involved in the project say the Chicago research is on the leading edge. Most artificial legs are passive. "They're basically fancy wooden legs," said Daniel Ferris of the University of Michigan. Others have motorized or mechanical components but don't respond to the electrical impulses caused by thought. This is a step beyond the state of the art," Ferris said. "If they can achieve it, it's very noteworthy and suggests in the next 10 years or so there will be good commercial devices out there." The \$8 million project is funded by the U.S. Department of Defence and involves Vanderbilt University, the Massachusetts Institute of Technology, the University of Rhode Island and the University of New Brunswick.

Associated Press and Canadian TV release

The Importance of Water to Your Body

Our bodies are almost 75% water – every cell, tissue and organ in the body needs water to function. Dehydration results in a lack of adequate body fluids for the body to carry out normal functions at an optimum level and is also the primary trigger of daytime fatigue. Few people go through life without being dehydrated at some time.

What are the symptoms of dehydration?

_For healthy people and under normal circumstances, thirst is a reliable mechanism to indicate the body’s need for more fluid. The degree of dehydration is graded according to signs and symptoms that reflect the amount of fluid lost. In the early stages of dehydration, there are no signs or symptoms. Early features are difficult to detect but may include dryness of mouth and thirst. As dehydration becomes worse, the signs and symptoms that may develop include increasing thirst, restless or irritable behaviour, dry mouth and nose, and sunken eyes.

Symptoms of moderate dehydration

- * Flushed face
- * Extreme thirst
- * Dry, warm skin
- * Inability to pass urine
- * Dizziness (made worse when standing)
- * Weakness
- * Cramping in the arms and legs
- * Headaches
- * Dry mouth

Symptoms of severe dehydration

- Low Blood Pressure
- Fainting
- Convulsions
- Severe Cramping
- Lack of Elasticity of the Skin
- Bloated Stomach
- Heart Failure
- Rapid Deep Breathing
- Fast weak pulse

Preventing dehydration

_Careful attention to adequate intake of fluids and electrolytes is important in preventing dehydration. Thirst is a good guide to when fluids need to be replaced, and water is generally the best choice. Caffeinated and alcoholic beverages can actually make dehydration worse, as they increase urine output.

Tips for preventing dehydration

* Always drink plenty of fluids during the day, especially when working or exercising in the sun. * Make sure you are sufficiently hydrated before, during and after exercise. During exercise, it's recommended you replenish fluids at least every 20 minutes. * Try to schedule all physical outdoor activities for cooler parts of the day. * Flavour chilled water with lemon juice or mint leaves.* Serve water at the table with meals, and try attractive containers and glasses – they may encourage children to drink more. * Carry a bottle of water with you wherever you go. Get a lap belt with a water carrier if you go running, walking or biking. * Establish habits – drink a glass of water before each meal, a glass on rising and another last thing before you go to bed. That's five glasses already!

Web Sites

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

www.amputeeinfo.co.nz

The Amputee Federation of NZ

www.af.org

Amputee Information

www.mossresourcenet.org

International Diabetes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info

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

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

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www.nzalb.govt.nz

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