

doing more
with less!



Amputee Society
Canterbury & Westland Inc

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May/June 2013

Quote of the Month:

To acquire knowledge, one must study;
but to acquire wisdom, one must
observe.

[Marilyn vos Savant](#)

Editor's Message

Hello Dear Friends and hope this finds you all well and coping with daily life. It certainly is getting cold and I guess winter is fast approaching. It's time to think how to keep our liners warm so you don't go into shock when you put it on in the morning hahaha. If you have any ideas please pass them along. Some suggestions have been- put it under the covers- place on a hot water bottle-hold it in front of a heater. Any thoughts?

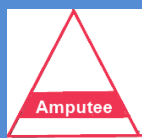
We have been carrying on a membership drive and so far we have gotten 22 new members by way of sending out a letter and brochure to amputees in our area. I realize some of our existing members received these letters as well and am sorry about the glitz in the mailing. During the checking of names for this endeavour we noticed that some contact details we had were incorrect so please let us know of any change of address or phone number so we can stay in touch with you for functions and newsletters. A BIG warm Hello to all our new members and welcome to the "Family". Also a big welcome on board to Debbie Hockley who will be at the Limb Centre, taking over from Jetje, who is leaving us due to ill health. We wish her well and many thanks.

The Attitude awards are coming up and are now open for nominations. Just go to www.attitudeawards.org to nominate someone or just to follow along.

As you will read in this issue, we have a member's profile and thanks to Elma for doing this for us. I'm sure many of you have such interesting stories and it would be great to read about them. Just give Mark or I a call and we can set something up with you or if you prefer just send me a profile. Let's get to know each other!

Mark and I are off to a National Amputee Conference in Orlando Florida, representing New Zealand. The agenda has so many interesting clinics and talks that it will be a full on few days, but I'm sure we will be able to squeeze in a little fun time. Hahahaha Will tell you all about it in future issues.

That's about it for now Friends, so please stay warm, take care, and don't forget to check your limb each day and report any problems to the Limb Centre or your Dr.



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E-mail: info@amputee.info.co.nz
Web site: www.amputeeinfo.co.nz

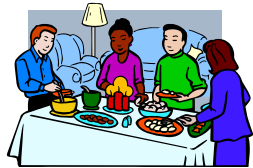
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Society News

Mid Winter Luncheon

Place--	Hornby Working Mens Club 17 Carmen Road Hornby
Date--	Sunday 14 th of July 2013
Time—	11 am for Social get together and drinks
Meal--	12.15
Cost--	20.00
Guest Speaker--	Lala Gittoes- Relations Manager for Pacific Leprosy Foundation"

PLEASE-- call Margaret on 349-7585 or Kathy on 349-6695 by July 10th if you said you were attending but have a change of plans, as we have to pay for those meals regardless. This is happening too often lately and it is wasted funds. We try our very best to have these meals at affordable prices for our members, but unless we can guarantee the Club a minimum of 50 people then that mite not be possible in the future. Also- if you have anything you would like to donate for raffle prizes just let Margaret know.



A word from the Treasurer

Hi Members, I do hope you're all managing to stay warm!

Over the year we receive numerous donations from some of you and these are most appreciated and used to sponsor our new members for their first year. We have, however, recently received a substantial sum from the following generous people. Most sincere thanks to: Mr Ivan Kippenberger, Mr Ray Richards and Mr Fred Cockram. We really do value your kindness shown. Best regards, Ava.

Also a big thank you to Murray Powell @Motivation Designs who was kind enough to build, and now keeps up to date, the large signs at the Limb Centre.

Tips from the Weekend Gardener

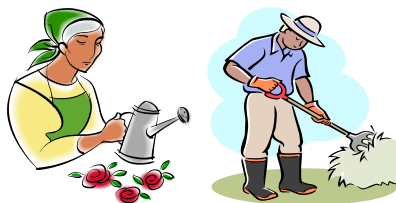
Vegetables- Corn is done but the stems and husks make excellent fire starters and, mulched up, are useful in the compost heap. Save seeds from mature cobs and allow to fully dry and shrivel in the sun; store in paper bags or envelopes ready for sowing in spring.

Pumpkins should be picked, leaving on about 10cm of the stalk.

Sow another crop of rocket, winter lettuce, radish, coriander, spinach and silverbeet.

Flowers- Refresh tired flower beds with general fertiliser or lime now. Add a fresh layer of compost or sheep pellets to make the most of autumn growth. Stop dead-heading and feeding roses. This allows the plants to prepare themselves for dormancy naturally. Clean up any leaf debris from roses that may have had mildew or disease problems.

Garden Maintenance-Many raised planters require a freshen up to replenish nutrients the crops have used over the season. Worms will be looking for food too, so add a decent layer of organic matter to enrich the soil. Now is the time to repair any rails or planks that are damaged. Clean out any debris and leaves from water features. Where possible, drain the feature, scrub off any scum and allow to dry for a few days before filling again with fresh water.



DIY Home Cleaning Products That Are Easy To Make

DIY cleaner for gas stove tops-To clean gas stove tops, slip them into a gallon-sized baggie. Pour two or three tablespoons of ammonia into the bag and let it sit for five hours. Take them out, rinse well and they are good as new!

Homemade rug cleaner-Use plain baking soda or to add a light, relaxing scent, poke holes in the top of the box, add a few drops of lavender essential oil. Shake it up and sprinkle enough to cover the entire rug. Let it sit for 30 minutes or more and vacuum. "My rug always looks and smells so much cleaner after doing this. Baking soda also works great on spills. Mop them up, sprinkle with baking soda, let it sit, then vacuum."

Homemade hardwood floor cleaner -To give hardwood floors a new spring shine, Calie Shackelford at the blog [Broccoli Cupcake](#) recommends using boiled tea to mop hardwood floors. She says it imparts a natural, light, fresh scent, plus leaves a brilliant shine. Her technique: Drop three black tea bags into a bowl or bucket, add boiling water, then dunk a mop head or towel into the liquid, wring out and mop as usual.

Brigham doctors set sights on leg transplants

By [Liz Kowalczyk](#) Globe Staff

May 26, 2013

Boston surgeons who have successfully transplanted donor faces and hands onto badly disfigured patients are now evaluating several amputees for leg transplants, a highly experimental operation believed to have been done just twice around the world, and never in the United States. Brigham and Women's Hospital approved the leg transplant protocol in February. Surgeons initially would perform double-leg transplants only, because patients with one leg usually are able to walk well with a prosthesis.

Doctors already had started screening candidates for the transplants when the April 15 Boston Marathon bombing sadly created another group of badly injured patients, who are now struggling to return to normal life. The bombs tore off the legs of 16 spectators; two of them lost both legs. Some of the Marathon victims could eventually be considered for the procedure, said Dr. Matthew Carty, surgical leader of the Brigham program. For now, though, doctors are focusing on three patients who each lost their arms and legs when infections ravaged their bodies.

Dr. Bohdan Pomahac, director of plastic surgery transplantation at the Brigham, said amputees who have lost all four limbs, or two legs and an arm, can end up in wheelchairs, particularly if their legs were amputated above the knee, because it can be difficult to function normally with so many prostheses. "If we can get those people to walk, that is a big deal," he said.

It is unknown when the Brigham would do its first leg transplant, because it depends on finding a candidate who meets the hospital's criteria and then a suitable donor.

Unlike hand and arm transplants, which now number nearly 70 operations, leg transplants are controversial among medical professionals. One reason is that the alternative — lower limb prostheses — are constantly improving and allow many amputees not only to walk, but to run, play sports, and swim. Most people remove them to sleep and shower, though, and they must be replaced every three years or so. Dr. W. P. Andrew Lee, chairman of plastic and reconstructive surgery at Johns Hopkins University School of Medicine, said leg transplants are a natural progression for the specialty. But "if we are going to do a transplant, we want to be better than prostheses," he said. That is "a higher hurdle to overcome" for leg transplants than for arm transplants, he added, because leg prostheses are more advanced than those for arms. Doctors also expect rehabilitation after a leg transplant to be longer — Brigham surgeons estimate two years — and more arduous than for an arm transplant. In both cases, the patient's nerves must grow through the newly transplanted limb for the patient to move it. With a leg, "it's a very long distance," Lee said. Nerves regenerate at a rate of about one inch per month, he said.

William Lautzenheiser is one of the amputees considering a leg transplant. The 39-year-old contracted a severe group A streptococcus infection nearly two years ago, soon after he began teaching film production and screenwriting at Montana State University. He spent five months in a hospital intensive care unit fighting for his life, and when his heart stopped pumping blood to his arms and legs, doctors had no choice but to amputate the limbs. He returned to Massachusetts in early 2012 to undergo rehabilitation at Boston Medical Center. Last summer, a surgeon there introduced him to the Brigham team. Lautzenheiser completed an evaluation for transplant surgery at the hospital earlier this month, and is weighing the benefits and risks of the procedure. He said that he is struck by how the outcome for him would be "totally unknown." At the same time, he thinks

that is not the whole point. "In a way it's bigger than my individual problem," he said. "Maybe doctors can learn from the procedure for the next person."

If he decides to go forward, Brigham surgeons would do two separate operations to ease the stress on his body — one to give him new arms, and then later, another to attach legs. He said he is nearly certain he will go ahead with the arm transplant. His left arm was amputated above the elbow and he cannot attach that prosthesis by himself. His body keeps changing shape as he gains back weight and he has had to replace his arm prostheses several times. "The process requires a lot of patience," he said. His decision on a leg transplant will hinge in part on how well he learns to walk with his prosthetic legs, he said. He got the metal legs last November and is just beginning to practice walking, by leaning his prosthetic arms on a large, heavy walker. It is grueling work, especially since his left leg was amputated above the knee. The longer the prosthesis, the heavier it is, and the more tiring it can be to walk.

During physical therapy at Spaulding Rehabilitation Hospital last week, Lautzenheiser required help from two therapists and a friend to attach his prostheses, stand up, and walk the length of the outpatient gym and back. Lautzenheiser, who lives in Brookline, said he would like to be able to walk from his house to the Coolidge Corner Theater. It is one short block, which he said would be a "tremendous accomplishment." He also is considering the risk of taking immunosuppressant drugs for the rest of his life. Transplant patients must take the drugs to prevent their immune systems from attacking the donor tissue, but the medications increase the chances of infections and cancer.

Brigham surgeons proposed the leg transplant program to a hospital ethics committee last year, but they were unsure whether amputees would want to undergo the procedure. Carty worked with the Amputee Coalition, a nonprofit group based in Virginia, to survey members who had lost legs. The level of interest surprised Carty. Of the 770 amputees who responded, 43 percent said they would be "interested in being evaluated as a candidate for potential leg transplantation," he said. There was no difference between amputees who have lost one leg and those who have lost two. Their biggest concern was having a functioning knee or ankle, but respondents also wanted to have feeling in their limbs, something a prosthesis cannot provide.

Doctors have reported in medical journals that the two patients known to have received leg transplants so far are doing fairly well. In Spain, in July 2011, Dr. Pedro Cavadas transplanted two legs from a female donor onto a 22-year-old man who lost both his legs above the knee in a car crash. One year after the surgery, the patient, who has not been identified publicly, could extend his knees, flex his feet, and walk while supporting himself between parallel bars, Cavadas reported earlier this year in the American Journal of Transplantation. At one point, his immune system began attacking his new legs, but doctors were able to stop the rejection with medication. In another case in Toronto that involved two conjoined newborns, the leg of one of the infants, who did not survive, was transplanted onto the sibling. Six years later, the child can walk with a brace, run short distances, and hop, doctors wrote in another article earlier this year.

At the Brigham, leg transplant candidates will have to undergo extensive physical and psychological screening during several months. They will have to wait at least six months from the time of their injury and report less than optimal results using prostheses, based on an evaluation by an experienced physical therapist. The hospital is developing a special rehabilitation program for these patients with Spaulding. "We are going to be cautious about patients early on," Pomahac said. Lee, of Hopkins, said leg transplants are promising but agreed it is best to move ahead gingerly. "We need to be careful about patient selection, and set realistic expectations for the patient, particularly considering the alternatives," he said.

Member's Profile

Hello Everyone. My name is Elma Little and I live in St. Martins, Christchurch.

I was born 18/07/25 in Reefton where I had a fantastic childhood with loving parents, a wonderful Gran, and many good friends. It is still my very favourite place, and I remember when I was little swimming all summer long in the Inangahua River.

In April, 1934, when I was only 8, I took the greatest risk ever in my life. Charles Ulm, who was Kingsford-Smith's co-pilot, landed his plane, "Faith In Australia", on the plateau behind Ikamatua. It seemed as if the whole West Coast turned out that day. He sold rides for ten shillings and I was lucky enough to experience the wonder of flight.

In Feb. 1936, I became a BK amputee as a result of an accident with a train on the Hokitika railway platform. I remember my first artificial leg was made from hollowed out Willow and had a thigh corset and hinged knee.

I attended Reefton District High School and St. Joseph's Convent, with a roll of 15. My fees were paid by CCS.

My favourite activities are knitting, gardening, and when I was younger, swimming, netball, and cycling. When I was 18, I cycled from Reefton to Westport on dirt roads- but I caught the train back though!

After leaving school I worked for NZ Railway in Reefton for 7 years. It was here that I met my Beloved husband Arthur, who also worked on the Railways. Our first date was 15/08/45, the day WW2 ended. The hard times I remember at this time was seeing the names of local boys and men published after losing their lives in the war. I then worked 17 years at the CHCH Star.

Some of my favourite things are- definitely roast lamb, Elvis but pretty much all music, South Pacific (favourite movie), and I like historical novels. I also love people who are happy and friendly.

My Dear Arthur passed away in 1984 when we were on holiday in Scotland. We had two daughters Julie and Robyn, and I have 2 grandchildren and 2 great grandchildren. My Family is wonderful because they return my love and support for which I am blessed and I love when I am with them. I love them all but my great grandchildren are very special to me.

I grew up thinking that I just had to travel the world and explore different places and cultures. To do everything I wanted to do... and I've done that. My daughter Julie lives in Sydney, so I have been there many times. I have also visited most of Central Europe, United Kingdom, New Caledonia, Fiji, Thailand, USA including Alaska.

I look back on my life and think that I have enjoyed a wonderful life despite losing my leg as a young child and sadly losing my Dear husband while overseas on holiday. I find it hard to be a mobile as I would like but I have to accept that I am approaching 90!



Chuckle Corner

I took my dad to the mall the other day to buy some new shoes (he is 66). We decided to grab a bite at the food court.

I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colours - green, red, orange, and blue.

My dad kept staring at her. The teenager kept looking and would find my dad staring every time. When the teenager had had enough, she sarcastically asked, "What's the matter old man, never done anything wild in your life?"

Knowing my Dad, I quickly swallowed my food so that I would not choke on his response; I knew he would have a good one!

In classic style he responded without batting an eyelid, "Got stoned once and made out with a peacock, -----

I was just wondering if you were my daughter."

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

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

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Liz Rogers	Ray Boundy
Lorraine Wyse	
Heather Plows	
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S C Common
Ron Tiney

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Graham Flanagan

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Pauline Afitu
www.nzalb.govt.nz

**Burwood Hospital
Hydro Pool**



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

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Relaxing session!
Funded by Lottery Board.

(closed until further notice)

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