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with less!



Amputee Society
Canterbury & Westland Inc

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April 2014

Quote of the Month:

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.

Anna Freud (1895-1982)

Editor's Message

Greetings Everyone and hope you all are doing well and coping with this crazy weather. I guess we can't complain too much as they are still getting snow storms up in the US and Canada.

It has been a busy time since the beginning of the new year as we had our AGM meeting and luncheon—even tho a small turnout for it, and also 7 of our members attended the Annual Amputee Federation Conference in Nelson the end of March. From what I gather they had a great time as the pictures will show.

We placed first in the Z challenge in both the online game and also for purchases at Z Linwood. Many thanks to those who participated and helped us achieve this goal. Besides raising money it also promoted awareness of Amputees in the community.

As you will read in Mark's report, we now are without a Secretary for the Association. If you or anyone you know would be interested in applying for this position just give Mark or I a call. Some of the tasks involved include- notify members of any meetings, keep a register of members, keep a record of all proceedings of meetings, etc. All committee members will help out in any way they can. Complete list of duties will be discussed upon submission of application.

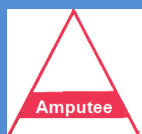
A warm welcome to our new members. Any problems you have please don't hesitate to contact any of the Executive.

As I have asked before- if any of you have any ideas for future get togethers, even a coffee meet, please let us know as it would be nice to meet up once in a while.

We have lost a few of our cherished members and our deepest condolences go out to their families. – Mr Norris, Colin Reynolds, and Mr Spencer.

I hope you all have a nice Easter or Passover and get to spend time with your Friends and Familys over the holidays. If driving please take care.

Will see you all next issue and don't forget to contact the Limb Centre if you have any issues with your prosthesis.



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Affiliated with Amputees Federation of NZ Inc.

AMPUTEE SOCIETY OF CANTERBURY/WESTLAND INC

ANNUAL REPORT 2013

It is my pleasure to report on the activities of the Society over the previous twelve months.

In March 2013, six members of the Society attended the Amputee Federation's annual conference held in Wellington with myself & Rod representing our Society as delegates at the Annual General Meeting. The weekend was both highly enjoyable and also extremely informative with excellent guest speakers involved. Including our local surgeon, John McKie who delivered a presentation on Oseointegration. The 2014 conference is to be held in Nelson and hosted by the Nelson/Marlborough Region committee. With the much appreciated aid of financial support from Pub Charity, we are in position to send seven members to this conference and I am sure that all involved will benefit from a weekend of education and enjoyment with other amputees from all over New Zealand. Those attending include first time attendees, Jim Hunter, Ed Jones and Kathy Barnes.

In October, six members of the committee made a visit to Greymouth to meet with some of our Westland members and we had a very enjoyable time socialising with some great people. It was strictly our intention to let these people know that despite the distance we are apart, they are definitely not forgotten and I personally thank those attendees for coming to meet with us.

Administrative activities have continued to be very well handled by all office holders throughout the year & I am very thankful for everyone's combined input to the efficient running of our Society. I must make personal mention of the sterling efforts of our Treasurer Ava, Visiting & Functions coordinator Margaret, website manager Joanne and newsletter editor Sue. It must be said that everyone involved has contributed in some positive way and of this, I am sincerely grateful. A huge thank you to some people who have given freely of their time to assist in many ways, notably Kathy & Melody. in assisting Margaret with the functions. Also a big thank you to our auditor, Brian Smith, who does a great job for our Society.

We have made a huge effort during the last year to vastly improve the awareness of the Society with not only the general public but also with many different health providers & agencies. We carried out a membership drive with assistance from the Artificial Limb Service and gained quite a few new members. Thanks to much hard work from Sue, our welcome packs can now be accessed through all CDHB hospitals in the appropriate contact areas, The Artificial Limb Centre, Surgeons rooms and Melrose Wheelchairs.

President's Message(cont)

Sue and Shazz ran a booth last year at the Disability Expo held at Papanui High School and received much positive feedback from members of the public. Visiting & advocacy for amputees, prospective amputees and their families remains a focus for the Society and there has been a huge amount of contact throughout the year.

The Society does have funds available to assist members who are experiencing difficulties but I would like to make the point that unless we are approached, we cannot "crystal ball" gaze so I reject any criticism that we do not do enough for our members. During the last twelve months, the committee was able to approve some welfare grants to those members who had applied to us for some form of assistance.

Our finances continue to be stretched due to a limited income and ever increasing expenditure costs but I am sincerely grateful to all who make prompt payment of subscriptions, made financial donations and to our most valued sponsors who are named on our newsletter. Associate membership to the Society is available and I would urge family members of amputees to take up this offer.

I would like to make mention of a member of the committee who will not be standing for re-election this year. Our outgoing Secretary, Shazz, who has had to relinquish her position due to personal reasons.

In closing, I see our Society as being in great shape as we move forward and rest assured, your elected committee will work hard & in a positive manner to continue with the services provided to amputees and their families.

Mark Bruce

President

TAXI VOUCHERS!!!

Hi everyone. If you are a **Total Mobility Taxi Voucher** user please note:

You may have heard the news that posted mail is taking an extraordinary length of time for delivery. At present I have no faith in the system so I recommend if you have a need of a new book of vouchers that you phone me: 3821873 to arrange a new book then post the used book back to me.

There is to be a change in the way this scheme works at some point this year, moving to a "Snapper" type card which will eliminate the need of paper vouchers unless you travel to another city (other than Auckland or Wellington)

If you have any concerns at all please give me a call and I can speak to you about it.
Regards, Ava.

National Conference 2014 In Nelson

Friday night was opening of the conference by Ian Barker (Nelson City Council), he had some interesting information about how accessibility issues are going in Nelson

This was followed by the Federation's National Council AGM & election of officers with Rod Boyce & Margaret Hunter being our delegates

Saturday morning was a free time for attendees to check out the Nelson market or WOW & Vintage Car museum, after lunch was an update on Osseointegration surgery with a few young people from NZ & Australia who have this system, after lunch was a chance for some to try Iyengar Yoga stretching and movement followed by an update from Merv Monk & Graham Flanagan about the latest at the Artificial Limb Service and in the evening was a Pirate themed dinner with lots of fun had by all

Sunday morning was a focus on motivation for *mind, body, soul & you* as well as a debrief for the younger attendees about their "Give it a Go" programme

Ed Jones, a committee member from our group really looked the part dressed as a peg leg pirate and he also had a good rapport with the young athletes



A World Traveler Shares Her Top 5 Tips by Leslie Pitt Schneider

Leslie Pitt Schneider loves to travel and does it frequently for work and for pleasure. Her trips have taken her all over the globe and we asked her to share her top 5 tips with our Momentum readers.

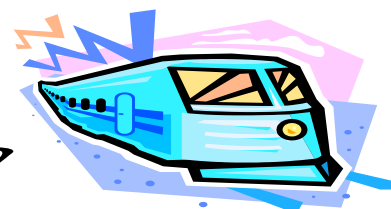
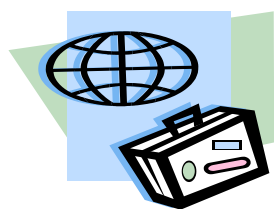
Life with limb loss means a life filled with adventures. For all of us, those adventures are the initial steps onto our life with prosthetics and onto a life without limits. For me, living a life without limits means traveling the world while getting comfortable with the uncomfortable. But I've learned that a little bit of planning ahead makes those adventures a lot smoother. And my advice is the same to you: Plan ahead!

1. *Pack those things that you cannot buy at a 24-hour CVS.* I use a prosthetic knee that needs a special cable to charge its battery. It came with the knee and isn't something I could buy at a hardware or drug store. Because I have been stuck in a hotel room with lost luggage and a dead battery, I now carry the cable in my carry-on. This way, I will be able to charge the battery and use my leg so I can get to the store to buy the other things I need, in case my luggage goes missing again.
2. *Plan extra time when going through TSA.* For those of you taking to the friendly skies, the Transportation Safety Administration has check-points at all U.S. airports. Be prepared with what to expect by reading TSA's website at <http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>. Because of security reasons, each airport has different screening procedures for people who wear prosthetic limbs and their website will not disclose what they do or do not do. But you can call TSA toll-free at 1-855-787-2227 to ask their TSA Cares staff with questions about screening, policies, and what to expect at security checkpoints.
3. *Request a handicapped-accessible room.* This means that your room will be relatively close to the elevator, or stairway. The room will have wider-aisles and other passage ways, so if you use a wheelchair or walker, it'll make it that much easier to get around the room.
4. *Bring your handicapped-parking placard.* If you plan to rent a car at your destination, plan to deal with parking in busy places, just like you would at home. So, if you use handicapped parking at home, more than likely, you're going to use it on the road.

5. *Research the local area for O&P offices and write down their phone numbers.* Don't know if it's Murphy's Law, or what, but invariably, I have been in need of a prosthetist when I have not done my homework. Maybe it's peace of mind but I like to know that help is only a phone call away when dealing with a prosthetic emergency.

No matter where you go or what you do, always remember to pack a sense of adventure, an open mind, and a willingness to see new things. And with that, I bid you *bon voyage!*

Leslie is Leslie Pitt Schneider, JD, RN, CCRC(ACRP), HT(ASCP) has 20 years of professional experience including direct patient care, clinical laboratory tasks, clinical research administration and oversight, regulatory and legal management. She holds a Juris Doctor degree, a Bachelor's degree in Biology, an Associate's Degree in Nursing, and certification as a Clinical Research Coordinator and a Histotechnologist. She is the Manager for Clinical and Regulatory Affairs for Otto Bock Healthcare and works within the General Counsel's office. She is involved with grass-roots effort in passing legislation in Minnesota for O&P parity and will play a similar role with the Federal Parity issue as part of the ACA. Her community involvement includes serving on the Board of Directors for the Amputee Coalition, Wiggle Your Toes, ACES for Students, the University of Minnesota Institutional Review Board, and the Minnesota Timberwolves Fan Advisory Board. Leslie co-founded Amputees Getting Into Life Energetically (AGILE), a non-profit amputee activity group in St. Louis. In her spare time, Leslie enjoys traveling the world, living a life without limits, and being uber-fabulous! Leslie wears a [C-Leg](#) prosthesis due to an above knee amputation. And for more of Leslie's life adventures follow her blog at www.onelifeonelimb.com



Chuckle Corner

Two old ladies were sitting on a park bench outside the local town hall where a flower show was in progress.

One leaned over and said, "Life is so darn boring. We never have any fun anymore. For \$5.00, I'd take my clothes off and streak through that stupid flower show!"

"You're on!" said the other old lady, holding up a \$5.00 bill. The first fumbled her way out of her clothes and, completely naked, streaked through the front door of the flower show. Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause.

The naked lady burst out through the door surrounded by a cheering crowd." What happened ? " asked her waiting friend.

"I won 1st prize as Best Dried Arrangement."

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-qb.org

UN Programme on Disability

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

WEKA-NZ Disability Info

www.weka.govt.nz

NZ Limb Service <http://nzals.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

Kipp's Patch www.kipps-patch.com

Amputee Golf NZ Inc

<http://www.amputeegolfnz.co.nz/>

NEW FREE MAGAZINES AND WEBSITES

www.ottobockus.com/StayInTouch (Dialog Magazine)

newsletter@oandp.com (Edge Magazine)

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[Facebook Community & Content](#)

[Momentum Blog](#)

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Association Bank Info

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**Burwood Hospital
Hydro Pool**

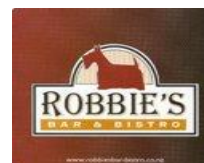


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