



Amputee
Society
of Auckland &
Northland Inc.

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April 2017 Newsletter

Dear All

I hope you all survived the horrible weather on the weekend 11 and 12 March 2017. I wonder if the prosthesis ought to be making "Webbed Feet" for our limbs.

Ten amputees, including Life members and associate financial members braved the rain and stormy weather to turn up to the 71st Annual General Meeting of the Amputee Society of Auckland and Northland Inc held at the Glen Eden Library on Saturday 11 March 2017.

The afternoon began with a simple lunch at 12 noon. We had warm Quiche, just out of the oven, Claudia made a wonderful pasta salad, Martha bought some interesting chocolate brownies, and we also had savouries, club sandwiches and hot cross buns. Tea and coffee, as required. It was a happy little band of people.

Seven apologies were received. Thank you, we missed you.

Those elected were as follows:-

President: - Claudia Teague

Vice President: - Martha Delmonte (Martha is moving to Melbourne at the end of the year. The committee will need to recruit someone to fill this position)

Secretary/Treasurer: - Helen Kocks

Committee members:-

George Marr, Nadya Vessey and Marlene Bennett

The society rules state we need four committee members, and the committee is able to co-opt committee members during the year. It is not too late to join the committee for those who want to be involved but are apprehensive about attending an official Annual General Meeting.

At the time of the meeting funding from Pub Charity had not been received to send Delegates and Observers to the 70th National Federation Conference in New Plymouth. Our President Claudia Teague is attending as an Executive Committee Member of Federation.

Discussion ensued regarding the amount of subscription paid yearly. The general consensus was to remain the annual subscription at \$5.00 per year this keeps our member numbers up. The more financial members we have on our financial records, the more votes we have at Federation Conference. Donations are always welcome and appreciated.

The Annual General Meeting closed at 3.28 pm with a few of the regulars remaining for conversation, coffee and a long awaited catch up.

New committee member, **George Marr**, told us as he walked through the door he has been an amputee for 5 months and two weeks. He is coping very well indeed.

George sent the society the following.

I emigrated from USA to New Zealand in 1975, being married to an Auckland girl, Jill. We have just celebrated our 45th Wedding anniversary. We have an adult daughter, who lives in Auckland and a two year old grandson. I am now a New Zealand citizen.

I was a commercial pilot, and flight simulator instructor in the USA, but have never flown commercially in New Zealand.

In New Zealand I became a Sales Representative, which developed into Product Manager. I started as a volunteer with "The AMES Resources Trust". Ames stands for "Aotearoa Mature Employment Service". I became a trustee and started the computer school, which I ran as Head of School for 25 years. The last nine years as CEO. The Trust was forever applying for grants with mixed results.

I retired in 2013 and am living happily ever after.

My left foot was amputated 5 October 2016. I have had a successful rehabilitation with very little phantom pain. This has slowed me up a bit but I have always had a positive frame of mind.

"The glass as always half full".

I was appointed as a Justice of the Peace in 1992.

I am always at your disposal. Please call first, home phone number 09 524 6731 or mobile 027 430 9438.

Some may remember meeting George Marr at a Sunday Social Event at the Auckland Artificial Limb Centre, many, many years ago, when Gordon Upton was President. Gordon invited George to speak about computer programmes available to "seniors".

March 2017 Purpose – the latest edition of Purpose is enclosed for your enjoyment and reading.

A VERY BIG THANK YOU to the Fiji Hackers Club for \$1,000.00 donation raised through a social golf event held at the beginning of December 2016.

The Fiji Hackers Club is an Incorporated Club under New Zealand Societies. One of our members is the brother-in-law of the person running this group, and approached them for a donation from the proceeds of their events.



From Left: Prakash Mani (Executive Member- Fiji Hackers Club, Adrian Charya (Treasurer-Fiji Hackers Club), Helen Kocks (Secretary-Amputee Society), Vishwa Nathan (Member- Amputee Society), Ravinesh Mani (Executive Member – Fiji Hackers Club

Big note: - The Amputee Society Banner in the back ground.
Go, Auckland and Northland.

Through the same event, we received a generous donation of \$1000 from Soulblu NZ Ltd who not only sponsored the gold day, but are major suppliers of ecigarette and vaporising equipment. So far they have helped 44,000 people kick the habit of smoking with its nasty consequence of nicotine addiction. As we know, smoking damages our vascular system which we find is a major precursor to the need for amputation. If you are a smoker or know of any other people who want to give up, email sales@soulblu.co.nz and together let's reduce the need for unnecessary amputation and live better lives.

Funding

The society has received confirmation to apply for Peer Support funding from Sean Gray CEO of the New Zealand Artificial Limb Services. Funding applications, here we come. With this support funding may get easier.

The society has a "Bags for Good Neighbours Fund Raising" at **The Warehouse, Royal Oak**. Please support our District Society by placing a disc in our required cylinder.

Barbecue at Bunnings

As of last year, 2016, the committee have been able to host a Barbecue at Bunnings Warehouse, 2 Carr Road, Mt Roskill, Auckland, on Saturday 29 April 2017. Although, this is a lot of hard work, cutting onions, turning sausages, serving customers, (there is no Bread buttering) it is also a lot fun. Come and visit us on the day, or lend a hand. Many hands make light work. Please contact Secretary/Treasurer Helen Kocks for more information and if you are willing to help.

Many thanks to **NZ Community Post Initiative**, for the donation of 500 prepaid envelopes. That's 500 the society will not need to buy. Our grateful thanks.

Car For Sale

Toyota Camry 2005, Silver, approximately 160,000 km, Price \$6,500, modified for either right or left leg. Please phone Kaersti Derrick on 09 378 1618 if interested.

Pilates – Raffaella Delmonte (the mother of Martha, our Vice President) is a Pilate's instructor on the North Shore. In our Newsletter April 2016, we introduced Raffaella and her love of Pilates. She teaches mainly at the Millennium Gym, Configure Express and Albany Tennis Stadium.

A fellow amputee, Pat has taken the offer of a first free lesson. She loved the experience. Although she could not do half the exercises, Raffaella assured her everyone cannot do them on the first lesson. Read Pat's experience here:

"Towards the end of last year, it dawned on me that I was becoming less and less willing to participate in activities that I felt challenged my restricted mobility. I was aware that my confidence had been slowly diminishing over the years since having my right leg amputated and that I was beginning to experience problems, especially with my balance and sense of stability. I told myself that it was all part of the aging process, and that it was just something I had to grow to accept!

However, after a long-overdue visit to the Limb Centre to have some adjustments done to my artificial limb, I realised the extent of discomfort I had allowed myself to put up with over the years. After a series of adjustments, not only did I have a better fitting leg that almost felt a part of me, but my movement felt freer and there was a distinct improvement in my balance which in turn made me feel a lot more stable. It occurred to me then, that if I wanted to maintain this new sense of wellbeing, I had to work on it because if I let things slide again, it could have all sorts of negative implications as I aged.

I decided to see if Pilates could help. I was fortunate in that I picked up an old copy of a newsletter put out by the Amputee Association and saw that there was someone who was an instructor that had experience in working with people who had artificial limbs. She has agreed to work with me on improving and maintaining good balance and posture. Later, we will move on to exercises relating to muscle strength.

It feels good to have a goal to work towards – especially as it is one that will not only give me a sense of wellbeing now, but also one that will address issues that have the potential to get worse as I age, if I don't do something now."

To contact Raffaella, phone 021 0294 1764. Would be good to have lesson in a more central location so others could have the same experience.

Martha has also been working on a year-long project with some amputees through Paralympics and is finding her journey interesting and hopes to share more over time.

Subscriptions

Subscriptions are required to allow the society to the number of votes at National Federation Conference. The more members we have the more votes the delegates are allowed at the Federation Conference. The Federation Executive is instrumental in lobbying Government for better services from the Department of Health. Remember, artificial limbs were not always free. Stump socks were not always available. These were made possible by the lobbying at government level all those years ago.

The following taken from <http://www.nzals.co.nz/assets/Uploads/NZALS-Annual-Report-2016.pdf>

They say average dollar per amputee in 2015/16 is \$3,026 for an ACC claim and \$1,668 for a Ministry of Health claim. Diverse, changing and increasing amputee needs:

1. Amputation due to complications from diabetes and vascular disease now represents 66% of new amputees using our service. This group of amputees have complex needs relating to associated health matters.
2. The percentage of Maori and Pacific amputees referred to our service aligns to the national average for all amputees.
3. Technology can potentially increase an amputee's independence and productivity. At times, prescribing new technology can be challenging solely due to costs. For example, a basic knee costs approximately \$2,000 and the best microprocessor knee can cost up to \$130,000.

And we get all this for free thanks to our predecessors.

For those who have been amputees for more than 20 years, remember the days of RML. I am sure no one would like a repeat of the problems caused.

Collection of subscriptions is always an arduous task. People forget, lose reminders. This caused an awful lot of phone calls from amputees.

Please find the following form, which will be sent out with a newsletter at the time of the Annual General Meeting.

Useless Information

We all like Useless Information. This bit shows the end of Summer, and the beginning of Winter. Daylight savings end 2 April 2017. The mornings will be lighter early, the evenings darker quicker. Winter signals, hot soups, warm fires in the evening, hot toddies, whatever makes us feel warm and cosy.

**"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE...
DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"**

Take care, keep well, and look after ourselves.

The Committee, Amputee Society of Auckland and Northland Inc.

Subscription Form - Annual Subscription Renewal

Salutation Mr. Mrs. Miss etc.	First name	Surname
Address	Phone number	Email address

Subscription yearly	Donation	Total
\$5.00 yearly		

Subscriptions and donations can be made:- Cash at any ASB bank

Cheque, sent to P O Box 56102 Dominion Road, Auckland 1446

By internet banking to ASB Bank 12-3061-0190809-00. Please use your name as the reference. Receipts will be forwarded in due course.

Thank you!