

PURPOSE

**Newsletter of the
Amputees Federation of New Zealand Incorporated**



NOVEMBER 2012

**AMPUTEES FEDERATION OF
NEW ZEALAND INCORPORATED**

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Mosgiel

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Mrs Kerry Wilfred-Riley
Ms Paula Tesoriero

Hon Solicitor

Mr Lindsay Trotman LL.M(Hons)
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Federation Website

www.af.org.nz

EDITORIAL

No. 97 – November 2012

Included as a centrefold in this issue of *Purpose* is the Programme and a Registration Form for the 66th National Conference to be held in Wellington in March next year. Please give serious thought to joining us for what promises to be an informative and enjoyable weekend.

Although not a new procedure in many parts of the world, Osseointegration has attracted a good deal of attention in recent months in New Zealand. In the last issue of *Purpose*, as with this one, we have endeavoured to cover some of the facts to better inform our readers. We are taking this a step further at next year's Conference by having a 3 hour session on the topic with speakers who have intimate knowledge of the advantages and disadvantages of the Osseointegration procedure. There will also be the opportunity for those attending to ask questions of the speakers, so come along prepared!

“ Give it a Go: Focus on Youth” is again going to be an important part of the Conference weekend and we encourage young amputees between the ages of 15-30 to join us for a full weekend of activities, which will include input from our Paralympic athletes.

Finally, future issues of *Purpose* are to have a face-lift and will come to you in a revamped and much improved form. To help us do this, we are looking for sponsorship, so if you know of anyone who would be prepared to come to the party, please put them in touch with us.

Happy reading and the Blessings of the coming Festive Season be with you and yours.

Lorraine Peacock

NEWS FROM THE REGIONS

Auckland & Northland - An end-of-year Christmas Barbecue will take place on Sunday 2 December at the Auckland Limb Centre starting at 1 pm. Guests include Mervyn Monk of the NZ Artificial Limb Service and two Young Achievers Award recipients who will show how the awards have been used to enhance their lives, dreams and aspirations.

Waikato, Bay of Plenty & Districts - A Christmas lunch will be held at Waihi on Saturday 1 December. Their last newsletter advises members that they have another mobility scooter available for one day hiring, and also a shower stool and wheelchair they can lend to members.

Hawke's Bay/East Coast - H/B has been working hard at spreading the word in their region but was disappointed at the small response to a large mailout which was carried out with the assistance of the Limb Service. A mid winter lunch at Chatswood Homestead in Porangahau was enjoyed by all who attended.

Taranaki - No recent news from this Society but hopefully things continue to tick along.

Manawatu - At the time of going to print, an afternoon with Roger Clausen was about to take place. Along with Gareth Morgan, Roger (who has a long term involvement with the Arohanui Hospice) made motorcycle trips down the length of South America. Plans are underway for a mailout to amputees who are not currently members and on 2 December a Christmas luncheon will take place at the Rendezvous Restaurant - a popular venue. Also, at the time of going to print, the sad news has been received that long serving member of the Society, George Harris, has passed away. Our condolences go to Anne and their family.

Greater Wellington Region - No recent news from this Society. We're looking forward to seeing a good turnout of their members at next year's conference in Wellington.

Nelson & Marlborough held a fundraiser at Monaco Resort with guest speaker Tony Christiansen - double amputee, successful businessman, pilot, paralympian, mountaineer, to name a few of his achievements. Tony shared his story and encouraged the audience to set their own challenges, rather than accept the limitations imposed by their own attitudes and other peoples' perceptions. Tony was truly inspirational and donated 10 of his books to our Society. Thanks to our sponsors for helping us start our fund to enable our Society to assist members in our region gain full independence. Our next fundraiser will be a quiz night in November. We are also fortunate to have Ray and Phillipa from the Wellington Limb Centre stay overnight for our next meeting following a regional clinic.

Canterbury & Westland is gearing up for an Amputee Awareness Campaign. Members will be representing the Society throughout November at a number

of community events - providing information, education, goods for sale and an exciting display of prosthetics and how they have evolved over time. Local papers and radio stations will be supporting their events and awareness in the community. Their annual Christmas dinner will top off activities on 25 November

Otago & Southland - Coming events include the annual get-together and dinner in Invercargill on 10 November, and the Quadrant Multisport Champions Series on 8 December (clay target shooting, ten pin bowling and pool), followed the next day with golf at the 12 Oaks Course in Mosgiel and an end-of-year barbecue. It all sounds very busy - a well earned Christmas and holiday break will follow!

Newsletters of District Societies are available to readers on the Federation's website (www.af.org.nz), along with plenty of other useful information.

SUPPORT YOUR DISTRICT AMPUTEE SOCIETY IT SUPPORTS YOU!

LONDON PARALYMPICS 2012

Well done to all those who took part in the Paralympic Games and whether you succeeded in bringing home a medal or not, the important thing is that you were there competing! The team of 24 New Zealanders (including six amputees) brought home a grand total of 17 medals - an excellent result!

Amputee swimmers Sophie Pascoe and Cameron Leslie featured amongst the



medallists. Not only did Sophie pick up 3 Gold and 3 Silver medals, but she also set 2 World Records in the 200m Individual Medley and 100m Women's Butterfly events. Cameron won Gold and set a new World Record in the final of the 150m Individual Medley.

ACCESS4ALL

Improving Domestic Travel for Amputees (and Others)

Hello, my name is Richard Fanselow. I am part of a small team working on a project called ACCESS4ALL. The project aims to provide a user friendly way for people with reduced mobility to assess whether hotel rooms and motel units are suitable for them before they travel. ACCESS4ALL because ACCESS = access to all kinds of accommodation - it's not just focused on accessible accommodation because many people don't need it. And. ALL = everyone with mobility problems - users across a spectrum, from myself in a wheelchair to mobility scooters, walking frames and walking sticks and crutches.

It's very simple - an information panel with just 4 photos and accompanying icons describe what we think are the main places people need to know about: Parking and Entry (flat entrance); Shower and Toilet (shower over bath, no toilet handrail); Narrow Places/Doors (narrowest opening); Space Around Beds.

We really want to get your feedback on things like:

- Whether these are the right features
- More/less/different?
- Your travel experiences – good/bad
- How well does current information work for you?
- Where do you get your information from now?
- Good points/bad points, overall usefulness of this concept.

We are intending to trial this concept with motels over the coming summer. There is more information at www.Access4allnz.com

TOP 10 TIPS FOR GROWING UP AS AN AMPUTEE (From ACA's *inMotion*)

- It gets easier.
- Your attitude will affect how others perceive and treat you.
- Give yourself permission to feel what you feel - being different isn't always fun.
- Don't limit yourself.
- You have nothing to prove.
- Tell your family and friends how to support you.
- Only you can decide if a prosthesis is right for you.
- People who don't accept your difference are not worth your time.
- Reach out to others.
- Laugh when you can.



NATIONAL CONFERENCE

together with

GIVE IT A GO: FOCUS ON YOUTH

**Brentwood Hotel
WELLINGTON**

15-17 MARCH 2013

Grab a Cheap Air Fare and
Join us for a Weekend of

LEARNING, FRIENDSHIP AND FUN

Stimulating Speakers

and a full schedule of exciting activities for the “Young Guns”

SEND IN YOUR REGISTRATION NOW

(see pages 7/8)

CONFERENCE PROGRAMME

Friday Evening 15 March

Official Opening

The Hon Jo Goodhew

(Minister with responsibility for the NZ Artificial Limb Service)

Meet and Greet

Saturday 16 March

Morning

67th National Council Meeting

Afternoon

Osseointegration - The Facts

Speakers include:

John McKie Orthopaedic Surgeon of Christchurch

Joe Brownlee, Orthopaedic Surgeon of Auckland

Graham Flanagan, National Prosthetics Manager NZALS

Phillip Coulson, Recipient of the Osseointegration procedure

Evening

Conference Dinner

Sunday 17 March

Morning

Paralympic Highlights and our Paralympians

REGISTRATION FORM

Complete and return, together with registration payment,
by Saturday 9 February 2013

Name(s)

Address

.....

Phone No.

Email

ACCOMMODATION (\$138 per night)

Required for nights of

Number of People

(Please indicate if an accessible unit is required)

MEALS

Payment for the following meals is required with registration. All other meals, including accommodation, will be charged to the rooms of those staying in the hotel.

Saturday Lunch \$23.00

Saturday Dinner \$45.00

Sunday Lunch \$23.00

(Please advise any special dietary requirements)

(All prices include GST)

To:

The National Coordinator
Amputees Federation of New Zealand Inc.
213a Bay View Road
St Clair
Dunedin 9012

Enclosed is cheque for \$ to cover the following:

Saturday Lunch

..... (number of people) at \$23 per person \$

Saturday Dinner

..... (number of people) at \$45 per person \$

Sunday Lunch

..... (number of people) at \$23 per person \$

Total Payment enclosed \$

(Please make cheque payable to the Amputees Federation of NZ Inc.)

Alternatively, payment can be made by Direct Credit to
031355 0301026 00 (please identify with your name)

SEND IN YOUR REGISTRATION
BY SATURDAY 9 FEBRUARY 2013

Your Registration Form will be returned to you, together with a receipt

GIVE IT A GO: FOCUS ON YOUTH

To all you young guns out there! That's anyone aged between 15-30, come and join us on what could be one of the most exciting weekends you have ever had. The Give it a Go weekend is on again..... 13-15th March 2013, in conjunction with the main Amputees Federation of New Zealand Conference. This year it will be held in Wellington and it promises to be a goodie! In March 2012 we rock climbed, rode horses, sailed, white water rafted, and had a great time. This next one promises to be just as good if not BETTER. So if you are interested please email Chris Ross, chris.ross@windowslive.com. We also have a Paralympic focused session, where you will meet some of the Paralympic New Zealand scouts, some Paralympians, and get some top advice from those in 'special' places at High Performance Sport New Zealand - you will be sorry if you miss out on this great opportunity!



(Check out our website for more shots of the 2012 Give it a Go)

LETTERS TO THE EDITOR and any other contributions to *Purpose* are very welcome. If you have anything to share with readers, please send it to the Editor at 213a Bay View Road, St Clair, Dunedin, fax to (03) 455-9547, or email to lorrystan@xtra.co.nz

INTRODUCING CLAUDIA TEAGUE

(Claudia was one of the youths who took part in “Give it a Go” 2012 and, with her permission, excerpts from her article in a Hawke’s Bay newsletter are reprinted)



Hi, my name is Claudia Teague, I am 16yrs old and I became a right leg above knee and left forefoot amputee in 2009. It was a result of Swine Flu, which caused my body to start shutting down due to other complications like Staphylococcus and Pneumonia setting in. I’m told it was touch and go for a while there and an ECMO machine was doing what I no longer was capable of doing; like breathing and pumping blood. I’ve got my doctors and family to thank for actually still being alive today (only minus a leg and toes). I also have damaged lungs left over from the whole ordeal but it doesn’t affect me too much, I am just more susceptible to chest infections and have to do lung physio. I ended up staying in hospital for about 4 months, which seemed like forever at the time, but enough time has passed now so that it is not the main focus, though I can still remember the wonderful feeling of flying back home to Hawke’s Bay after being in hospital in Auckland and seeing the beautiful Norfolk Pines along Marine Parade in Napier.

Soon after I got home, I got a new cropped haircut for two main reasons: I thought it would be fun and it would give my hair a chance to grow back nice and healthy after becoming so frazzled from being sick.

I have been able to get back to most of the things I liked to do before I lost my leg - skiing, swimming, playing the flute, fishing, kayaking. I’ve also been able to try out some new things like driving and shooting. And thanks to the Amputees Federation I’ve been able to have a go at some activities that I wouldn’t usually do, such as rock climbing and sailing. I love horse riding- something I’ve enjoyed going to once a week both before and after I lost my leg. Adjusting to the different balance was tricky at first but wearing a diver’s belt on my right hip helps. I’ve also entered in two Independence Games since my amputation, and it’s been fun catching up with other people with disabilities and just giving all the athletics sports

a go. I've been enjoying working on my swimming, and it was satisfying to have it pay off when I won a couple of races in the recent Independence Games.

So now my goal is to get back to playing some tennis, something I used to really enjoy but have not yet got back to doing apart from the odd hit around at Christmas. I am looking at a Re-Flex Rotate foot that provides both vertical and rotational shock absorption that should work well for playing tennis. I just need to practice all the steps that lead to running now and I'll be good to go!

OSSEOINTEGRATION

In the July 2012 issue of Purpose we reprinted excerpts from a website with information about the Integral Leg Prosthesis available through the Sydney based company Orthodynamics Pty Ltd. An alternative integrum system OPRA is available in Melbourne and we reprint here excerpts from their website www.integrum.se

Bone anchored prostheses are an innovative technology based on osseointegration. It allows the direct connection of an artificial limb (prosthesis) to the patient's skeleton, thus avoiding the use of a socket. A bone anchored prosthesis will always fit, attach fast and correctly, and since it is not supported over the skin, all issues related to the sockets are eliminated. It allows wearing the prosthetic limb continuously with higher wearing comfort, endurance, and furthermore, only a bone-anchored prosthesis provides the liberating possibilities of free movement and osseoperception. The OPRA (Osseointegrated Prostheses for the Rehabilitation of Amputees) Implant System is the pioneering treatment for bone anchored prostheses. It is based in decades of extensive research and experience in osseointegration since its discovery in the 1950's by Prof. PI. Brånemark. Over 200 patients have been treated with the OPRA Implant System up until 2012, and keep reporting functionality for up to 20 years after treatment. The OPRA treatment offers a higher degree of freedom in daily routines and improves quality of life.

The OPRA Implant System consists of an anchoring element (the Fixture) and a skin penetrating connection (the Abutment), which is surgically inserted into the bone of the amputation stump in 2 separate surgical sessions. The patient's prosthesis is then attached to the outer part of the Abutment through a connection device. Bone anchoring of amputation prosthesis is a pioneering treatment, built on experienced concepts that improves the quality of life for amputees and their families. Benefits include: a full range of motion and restored functionality; eliminates pressure, sores and pain in skin and soft tissues; stable attachment- the prosthesis can be worn all day and every day; simplified attachment and detachment - better walking ability; improved sitting comfort; no socket adjustments required; improved quality of life.

A NEW LOOK FOR *PURPOSE!*

Purpose is going to be changing, and for the better! From next year 2013 we are hoping to have a much improved publication, one that we know you will love. This includes bringing on board some great sponsors, higher quality print and COLOUR!. We still however need a few more helping hands to get us there. If you know of anyone who would be interested in sponsoring our great little magazine, please ask them to contact our Marketing Officer, Chris Ross, email chris.ross@windowslive.com Or you can pass on a message through the National Coordinator. We would appreciate your support!

PUBLICATIONS available (no cost) from the National Coordinator or District Society Secretaries

A New Challenge - Advice for New Amputees (a 32 page booklet)

An Ongoing Challenge - A 60 page publication which covers a wide range of topics and includes personal profiles of 10 amputees.

A Challenge with Purpose – A History of the first 50 years of the Amputees Federation of NZ Incorporated (275 pages)

The Amputee Society of Otago & Southland Inc. –The first 60 years (146 pages)

OUR THANKS to the NZ Lottery Grants Board and Pub Charity for their recent grants. Without such assistance, our functioning and support to District Amputee Societies would be greatly restricted.

JOIN US ON FACEBOOK - GO TO OUR WEBSITE

www.af.org.nz

and click on our name to LIKE us!

HELP US TO HELP OTHERS

Just one paragraph in your Will can help us to assist other amputees:

*“I give and bequeath to the
Amputees Federation of New Zealand Incorporated
the sum of”*

Thank you for your support. We are dependent on your goodwill and donations.

AFFILIATED DISTRICT SOCIETIES

District	Secretary
Auckland & Northland	Janis Bourne P O Box 71171 Rosebank Auckland 1348 Phone (09) 833-8057
Canterbury & Westland	Leigh Ellis P O Box 26148 Christchurch 8148 Phone (03) 389-2622
Hawke's Bay/East Coast	Colleen Kelly 12B Otatara Road Napier 4112 Phone (06) 844-3289
Manawatu	John Maher 12 Moray Place Palmerston North 4412 Phone (06) 354-7023
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Otago & Southland	Lorraine Peacock 213A Bay View Road St Clair Dunedin 9012 Phone (03) 455-6347
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Waikato, Bay of Plenty & Districts	Janet McKnight 20 Panair Crescent Hamilton 3216 Phone (07) 856-1109
Greater Wellington Region	Natasha Boulcott 2/54 Holborn Drive Stokes Valley Lower Hutt 5019 Phone (04) 526-8788

**REMEMBER THAT YOU'RE NOT THE
FIRST PERSON TO HAVE LOST A LIMB -
MANY OTHERS HAVE PASSED ALONG
THE SAME ROUTE AND ACHIEVED
CONSPICUOUS SUCCESS.**

**IF YOU WISH TO DO THE SAME,
YOU ARE MORE THAN HALF-WAY THERE -
THE REMAINDER IS AS EASY OR AS
DIFFICULT AS YOU MAKE IT.**