

AST provides the following to amputees, caregivers, the medical community and others:

- Peer support
- Peer Visitors trained and certified by the Amputee Coalition of America
- Up to date information regarding medical issues, technologies and services
- Education concerning amputee and disability issues
- Enjoyable social activities in a non-judgmental atmosphere

Inside this quarter's Un-LIMB-ited Outlook:

Winter Programs 2

Physical Activity: Sometimes More Is More 2

Stars of the Team: Connie Lapp's Return to Cycling 3

Prosthetic Parity Update 3

Upcoming Events 4

ACA and OPAF Join Forces for Mutual Promotion

The Amputee Coalition of America (ACA) and the Orthotic & Prosthetic Assistance Fund, Inc. (OPAF) have announced an agreement that will promote awareness of and participation in OPAF's First Clinics across the country.

Robin Burton, OPAF executive director, presented the mission and work of OPAF at our AST meeting in July, 2008. Here is her take on the new partnership: "By partnering with the ACA, we believe we will see increased attendance at our First Clinics. We are building on a strong working relationship

with the ACA and see this agreement as benefiting both organizations."



First Volley Clinic
 Bucks County, PA — December 2007

Under the agreement, OPAF will also promote ACA membership through its First Clinics activities. "This exchange of good will also includes mutual promotion of each organization's work within the orthotic and prosthetic

(O&P) community, including the ACA's work toward fair insurance coverage for prosthetic devices," said Burton.

Kendra Calhoun, ACA president and CEO, agrees. "OPAF's nationally recognized and award-winning First Clinics have been very successful in introducing or reintroducing people with limb loss to sports and activities that they may have thought lost to them. The ACA is working to enhance its community reintegration programs and this partnership with OPAF will play an integral role in the area of wellness and fitness for people with limb loss."

OPAF will premiere McKeever's First Ride, an introduction to equine therapy, at the ACA National Conference this June in Atlanta, Georgia. "We are looking forward to beginning this new First Clinic and are confident that participants



will enjoy the horses and learn about adaptive riding and horse care for fun, fellowship and fitness," said Burton.

Other OPAF First Clinics held across the country include First Volley adaptive tennis clinics, First Swim clinics, First Dive scuba clinics, and, in conjunction with the National Amputee Golf Association,



First Swing/Learn to Golf clinics.

We'll give the final word on the new partnership to Robin Burton: "OPAF sees the partnership between ourselves and ACA as a win-win-win. The First Clinics offer top notch adaptive sports at an introductory level in which anyone can participate. The First Clinics are offered at NO CHARGE to any clinic participant. OPAF and ACA are looking for other ways that we might partner together for the good of our population."

Winter Programs

JANUARY

Therapists from Lancaster Rehabilitation Hospital (LRH) and Karen Gerth, founder of Keystone Pet-Enhanced Therapy Services (KPETS), presented our January program on the topic of Animal Assisted Therapy.

And let's not forget Sammy and Tripod (aka Podley) — the stars of the night. Sammy and Podley were big hits with everyone at the meeting. It's no wonder patients respond so well to Animal Assisted Therapy.

KPETS animals and their human volunteers work in about 100 facilities (including LRH) all over



AST member Dick Dengler spends quality time with Podley.

south central Pennsylvania and northern Maryland. Services range from straightforward friendly animal visits to real therapy focused on improving strength, balance and range of motion — or even speech.

(See related sidebar item.)

FEBRUARY

The program for our meeting on February 26 didn't come off as planned.

The pharmacist from CVS was ill, and CVS couldn't find a last-minute replacement. We spent the time getting to know several

new folks who had come to the meeting.

The important "Pack Your Bag" medication presentation, along with the one-to-one personal medication consultations, has been rescheduled for September 24.

FEBRUARY PHOTOS



Breaking News

(or at least as "breaking" as news can be in a quarterly publication)

Animal Assisted Therapy Research Study Approved

Lancaster Rehabilitation Hospital has been approved for a research project in the use of Animal Assisted Therapy. The study will be directed by Dr. Peggy Nepps, Lancaster General Hospital clinical psychologist. The research will attempt to quantify how much added rehabilitation value patients receive from working with the dogs in Animal Assisted Therapy.



Physical Activity: Sometimes More Is More

Did you know?

- ♦ Some activity is better than none.
- ♦ The more you do, the greater the health benefits and the better you'll feel.

People of all types, shapes, sizes and abilities — even amputees — can benefit from being physically active.

According to the U.S. Department of Health and Human Services (HHS),

adults with disabilities, who are able to, should:

- (1) get at least 150 minutes a week of moderate intensity, or 75 minutes of week of vigorous intensity aerobic activity;
- (2) do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups two or more days a week.

- (3) Consult with their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.

HHS has a new booklet, *Be Active Your Way*, that can help whether you are just getting started or you have been active and simply want



to raise your activity level. It even has forms you can use to track your progress.

Be Active Your Way is available free at: www.health.gov/paguidelines/default.aspx.



My Return to Cycling — by Connie Lapp

Before I became a bilateral below knee amputee, I was an avid

bike rider. I commuted to work by bike, enjoyed group rides with my friends and riding tandem with my husband. During colder months I did a lot of walking.

About four months after my surgery, I was riding the tandem with my husband. Unfortunately, my husband's job takes him traveling a lot so riding was limited. But I was riding again, and that's what really mattered. I tried riding my single bike, but that didn't go so good at first. I needed to figure out how to make adaptations to the bike.

In the meantime, we looked into a trike. We were told that a lot of baby boomers were turning to trikes for the comfort they provide. So we rented one, and I tried very hard to like it, but it just made me feel handi-

capped. At the same time, I wasn't ready to give up riding my single bike just yet.

Then last summer I saw that the Amputees Across America biking group was going to pass through my area, so I went to see if anyone in that group could help me. I met with Joe Sapere, the founder of the group. He gave me a few ideas to try, but, more importantly, he gave me HOPE!

My husband, who is not only a wonderful caregiver but also a great mechanic, was able to make a few simple changes to my bike. I managed to figure out what I needed to do to "launch" myself, stay upright and come to a safe, planned stop. I used to be able to do all these things without even thinking about it, but now it takes so much more effort and concentration.



Connie Lapp — October 2008

Connie Lapp is one of those who make the Amputee Support Team a real team. She works for the Mennonite Central Committee as Quilt Room Supervisor at MCC's Material Resources Center in Ephrata. Connie and her husband, Dennis, live in Akron, Pennsylvania, and are the proud parents of three sons. In addition to cycling, Connie enjoys quilting, sewing and reading.

Prosthetic Parity Update

Federal Legislation

On Tuesday, March 10, nearly 200 amputees and others interested in advocating for fairness in insurance coverage of prosthetics met with members of the United States Senate and the House of Representatives to encourage support of the prosthetic parity legislation currently before the congress. Thirty-four states were represented. There were large contingents from both New Jersey and Pennsylvania, including delegations from our sister Central Pennsylvania and Berks County AST groups. According to the ACA's Advocacy Action Center staff, more than 60 Senate contacts and more than 100 House visits took place on March 10.

Pennsylvania Legislation

Although we don't know yet what the new bill number will be, the state parity bill will be re-introduced in the 2009-2010 legislative session. Pennsylvania lags behind twelve other states that have already passed prosthetic parity legislation. Virginia is the most recent state to require prosthetic coverage parity — joining California, Colorado, Indiana, Louisiana, Maine, Massachusetts, New Hampshire, New Jersey, Oregon, Rhode Island and Vermont.

Not all advocacy efforts have taken place in Washington or Harrisburg. AST member Connie Lapp took advantage of a local opportunity to raise the issue:

"This past summer I attended an Eggs and Issues Breakfast sponsored by State Representative Scott Boyd. The purpose of the breakfast was to give residents of my community the opportunity to express concerns and ask questions about various issues. During the discussion, I found Rep Boyd to be genuinely interested in knowing how he could better represent us in Harrisburg. I was able to introduce myself and hand him my sample letter regarding prosthetic parity. To my amazement and delight, he responded to me with a copied letter he wrote to Hon Anthony M. DeLuca and Hon Nicholas A Micozzie. He suggested to them that House Bill 317 could be reviewed by the Pa Health Care Cost Containment Council and included information from Colorado that showed an increase of insurance premiums to be minimal for prosthetic devices. I was impressed by Rep Boyd's taking time to respond to me."





Amputee Support Team
of Lancaster, PA

Mailing Address:
501 Brookshire Avenue
Manheim, PA 17545

Contact Jim Yohn
Phone: 717-665-0139
Cell: 717-283-6664
E-mail: jjyohn@dejazzd.com

We're on the web!
www.amputeesupportteam.com

Un-LIMB-ited Outlook
printing and mailing
courtesy of
Hanger Prosthetics
and Orthotics

AST:
*"That others may benefit
from us."*

The Amputee Support Team of Lancaster, PA serves individuals in Lancaster County and surrounding areas — providing support and education to people living with limb loss. Meetings are held the last Thursday of each month from 6:30pm to 8:30pm at the Lancaster General Heath Campus, 2100 Harrisburg Pike, Lancaster, PA 17604.

The Amputee Support Team of Lancaster, PA is a registered non-profit amputee support group (501(c)(3)).

AST Dates for Your Calendar

March 26

Planning Ahead - Responsible Actions to Protect Your Family and Your Legacy: Jessica Pavelko of Pavelko Senior Consulting and Adrian Young of Ambassador Advisors will discuss plans you can make and actions you take today that will influence the choices you and your loved ones will face in the event of long-term illness..

April 30

Network and Nibbles: Bring a snack to share and join us for our quarterly open discussion of goals and objectives, problems and successes. Come prepared to share what has surprised you most about being an amputee or a caregiver for an amputee.

May 28

Travelogue Night: We will go north to Alaska with AST's own Richard and Sharon Seufert.

June 25

Tai Chi for Amputees: Keep moving to keep thriving. Jeannie Peck is an Arthritis Foundation certified instructor. She wants to show you that amputees at any level of mobility (even folks in wheelchairs) can improve that mobility and their general health through Tai Chi.