

# January 2010 AST Newsletter

AST is affiliated with the ACA – Amputee Coalition of America

AST is a 501(c)(3) nonprofit limb loss support group.  
With AST Chapters in Lancaster, Reading (Berks County),  
Scranton-Wilkes Barre, and State College

[www.amputeesupportteam.com](http://www.amputeesupportteam.com)

*“So others may benefit from us.”*



AST Board of Directors welcomes two new members: Fay Potteiger, RBK and Robert Smith, LBK. Their first AST Board of Directors Meeting is/was Tuesday, February 2, 2010.

Carlisle Bon Ton Community Day, is Saturday, February 27, doors opening at 6 am. AST Members Linda and Bob Smith will be at Bon Ton Community Day from 8 – 10 am selling Community Day Books for the AST. Bon Ton’s Community Day is one of the ways the AST raises money to pay for programming, and to help AST members attend events. Every book the AST sells puts \$5.00 into our AST Treasury, and everyone that buys a book, will save more than \$10.00 on their purchase on Community Day, on Saturday, February 27. Please help by either selling Bon Ton coupon books, or buying one, or more, for your own purchases.

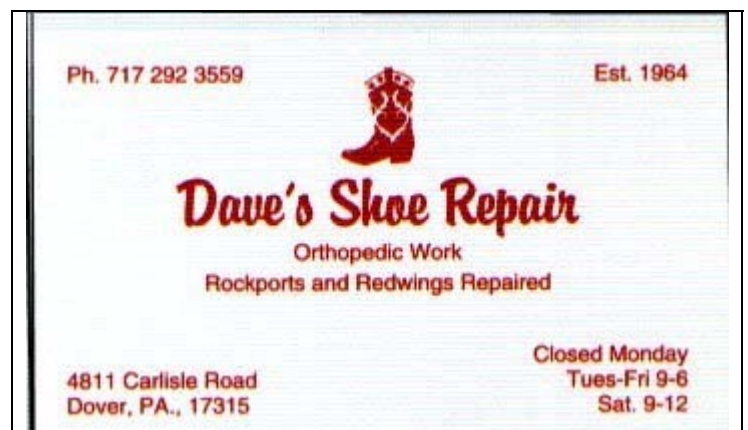


Bob & Linda Smith

If you want to volunteer to sell books in the Carlisle Bon Ton Store, contact Dick Nickle at 717-258-684 / [dicknickle@aol.com](mailto:dicknickle@aol.com) We need help selling books from 11am – 2 pm on Wednesday, February 10 th. Mike Walter will be selling Bon Ton coupon books on Wednesday, February 24 from 11 am – 2 pm.

Thanks! to Chad Kettler and Georgia Foltz for presenting their “**Program on Exercise and Wellness**” on Wednesday, January 20. At this same Meeting Don Hossler gave us an update on **Prosthetic Parity**. Don stated: “We still need PA HB 1333 **Prosthetic Parity** passed for all Amputees in PA, and Federal legislation is moving through committee in our U.S. Congress. What can **YOU** do for current limb loss persons and all those who may lose a limb in the future? Stay tuned.

Also at this Meeting, Bryan Shambaugh told us about his getting zippers put in his trouser legs to allow access to his prosthetic leg, making it possible to wear long pants when going to see his prosthetist. Bryan demonstrated his zipper, told us where he had it done, and what it cost (\$15.00 a pair). Dick Nickle confirmed this by getting zippers sewn into two pairs of trousers. If interested, see information at right.



**WELCOME!!** The AST welcomes our most recent new members of our AST Support Group: Dixie Baer, LAK; Don Courtney, LAK; Gary Frykman, RBK; Jeff Garrett, RBK; Lori Hayes, RAK; Jim Kohler, BIAK; Paul Nickle, LBK; Paul Smith, RBK; Betsy Updegraff, LBK



Postage

**Richard K. Nickle, President**  
**14 Southern Cross Drive**  
**Boiling Springs, PA 17007-9741**

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**TO:**



### **AST Calendar for 2010:**

- Tuesday, February 2, 4:30 PM: **AST Board of Director's Meeting**
- Saturday, February 27, **Bon Ton Community Day Fund Raiser**
- Wednesday, March 17, 6:30 PM: **Latest in Prosthetics.**
- Wednesday, May 19, 6:30 PM: **History of the AST.** PowerPoint
- Tuesday, June 1, 4:30 PM: **AST Board of Director's Meeting**
- Wednesday, July 21, 6:30 PM: **Porch Pickers Bluegrass Band & Biker's Night**
- Wednesday, September 15, 6:30 PM: **National Rehabilitation Week.**
- Tuesday, October 5, 4:30 PM: **AST Board of Director's Meeting**
- Wednesday, November 10, 6:30 PM: **Veterans & Wounded Warrior Night.**
- Saturday, November 13, **Bon Ton Community Day Fund Raiser**

NOTE: All meetings held at HealthSouth Rehab. Hospital, Mechanicsburg, PA with free refreshments.

For a full-length trouser leg zipper, go to Dave's Shoe Repair, 4811 Carlisle Road, Dover, PA 17315,  
Cost is \$15.00 per trouser leg and zipper. Also Orthopedic & Zipper Work: 717-292-3559

AST thanks Mrs. Jan Zink's Boiling Springs HS Life Skills Class for assembling & labeling our Newsletters.