

November 2009 AST Newsletter

AST is affiliated with the ACA – Amputee Coalition of America

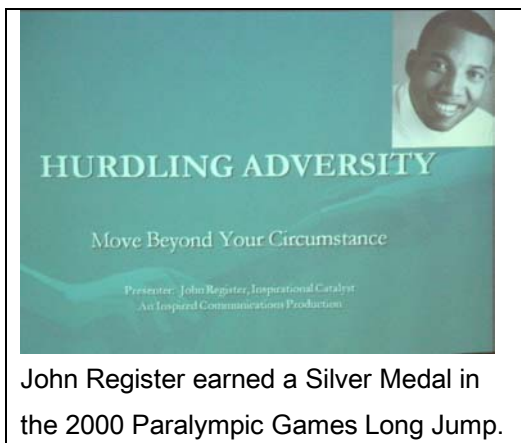
AST is a 501(c)(3) nonprofit limb loss support group.
With AST Chapters in Lancaster, Reading (Berks County),
Scranton, Wilkes-Barre, and State College, PA

www.amputeesupportteam.com

“So others may benefit from us.”



The AST Hosted International Athlete and Amputee John Register Who Presented a Seminar Titled: “Hurdling Past Adversity”



Thanks to Ann Dennison, our AST Parliamentarian, and a Grant she acquired from the G. B. Stuart Foundation, Ann was able to bring John Register to Central PA. Ann is the owner of Advanced Physical Therapy and Fitness in Mechanicsburg, with a recommendation from the International Paralympic Com. Ann invited Register to speak.



Ann Dennison and John Register

John Register earned a Silver Medal in the 2000 Paralympic Games Long Jump.

AST Meeting, Wednesday, November 4, 6:30 pm. Our AST Meeting on November 4 will be an informal and friendly, with an open forum where you may discuss, or just listen to what others are saying. This will be a “meet, greet, and eat” meeting, and enjoy the friendship of meeting together. Free refreshments are provided, but you are encouraged to bring your favorite pastry or desert to share.

Bon Ton Community Day, Saturday, November 14, doors opening at 6 am. Bon Ton Community Day is one of the ways the AST raises money to pay for programming, and to help others financially to 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, Saturday, November 14. Please help by either selling Bon Ton coupon books, or buying one, or more, for your own purchases. If you need any books to sell, or if you want to volunteer to sell books in the Carlisle Bon Ton Store, contact Dick Nickle at **717-258-6849 / dicknickle@aol.com** . You may also pick up books at the Bon Ton in the name of the AST to sell, and if you do, hold the money to turn in at the next AST Meeting. And thank you in advance....Dick Nickle.

AST Board of Directors recently met in a planning meeting and scheduled the Amputee Support Team for the calendar year **2010**. The AST Board of Directors approved the following dates for year **2010**:

- Wednesday, January 20, 6:30 PM: AST Meeting about “**Exercise & Wellness**”
- Tuesday, February 2, 4:30 PM: AST Board of Director’s Meeting
- 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"**

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

PROSTHETIC PARITY:

AST Wants PA HB 1333 Prosthetic Parity Passed for all Amputees and also Federal legislation is moving through committee in our U.S. Congress. Attend the next AST meeting to get up to date on what YOU can do for current limb loss persons and all those who may lose a limb in the future...Don Hossler, CO-VP

"CNN Hero of the Year!"

Vote for Jordan Thomas for "CNN Hero of the Year!" In high school Jordan lost both his legs in a boating accident. Since the accident, he has set up a Foundation for Children Who Can't Afford Prosthetics. He has raised over 200,000 dollars for his Foundation. A current college student, Jordan attends The College of Charleston where he plays golf.

<http://www.cnn.com/SPECIALS/cnn.heroes/vote/>

Jordan deserves this honor, so go to the above link and [vote for him before Nov 19th.](#)

AST Members Who Recently Passed Away:

TOM SOUDERS:

AST member Tom Souders passed away on Saturday. Tom and Louise, both amputees, have been active members of the Amputee Support Team of Lancaster since the early days of our group's existence. As a bilateral below knee amputee Tom taught us a lot about perseverance in the face of the difficult challenges of life. We will miss his almost constant smile, his concern for the progress of others through the amputee experience and his wry sense of humor.

Tom's obituary is in Tuesday's, October 20 Lancaster newspaper. Go to:

<http://obits.lancasteronline.com/index.php?p=2407903>.

There will be viewings at the Charles F. Snyder Funeral Home, 414 E King Street, Lancaster, on Thursday, October 22 from 6:00pm to 8:00pm and on Friday, October 23 from 9:00am to 10:00am. A Mass of Christian Burial will be held at St. Joseph Catholic Church, 440 St. Joseph Street, Lancaster at 11:00am on Friday.

In lieu of flowers, memorial contributions may be sent to


- St. Joseph Catholic Church or
- Hospice of Lancaster County, PO Box 4125, Lancaster 17604.


If you want to send condolences, you can do so online at snyderfuneralhome.com or send a card to Louise at 540 Abbeyville Road, Lancaster, PA 17603.

Dwight

Dwight McKay
Amputee Support Team
of Lancaster, Pennsylvania
717-201-6782

Bill Fenton:



In Loving Memory
William J. (Bill) Fenton, Sr. 

Entered Into Life
Wednesday, August 3, 1938
Seattle, KingCounty, Washington

Entered into Eternal Rest
Friday, October 2, 2009
Carlisle, Cumberland County, Pennsylvania

Mass of Christian Burial
St. Patrick Roman Catholic Church
Carlisle, Pennsylvania
Monday, October 5, 2009 2:00 P. M.


Celebrants
Rev. Joseph D. Fenton, SM
Rev. James Downs

Final Resting Place
Indiantown Gap National Cemetery
Anville, Pennsylvania

Pallbearers

Will Fenton	Fred Fenton
Tom Washabaugh	Tim Washabaugh
Timmy Washabaugh	Stephen Washabaugh

Arrangements Entrusted to



255 York Road Carlisle, Pennsylvania