

# August 2007 AST Newsletter

AST is a 501(c)(3) nonprofit limb loss support group.  
With AST Chapters in Lancaster and Berks County

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

*"So others may benefit from us."*



## AST MEETING SCHEDULE:

**6:30 PM, Wednesday, September 19, Guest Speaker:  
Lee Marand, Psycho-therapist**

Ms. Marand, who is an Anxiety Specialist, provides neural -psychological help to people suffering from trauma, including amputees, and care-givers. The Program this night will be an Open Forum, and the audience may ask questions, and share information. It should be an interesting night.

**Amputee Support Team of Central PA (AST) Presents the EAGA's "First Swing/Learn to Golf" Seminar & Clinic benefiting the Wounded Warrior Disabled Sports Project**

September 7th, 2007, South Hills Golf Club, Hanover, PA

On September 7th, 8th & 9th, 2007, amputees from all over the Eastern United States and Canada will descend on central Pennsylvania to support and participate in the Eastern Amputee Golf Association's 1st Mason-Dixon Amputee Golf Classic.

**6:30 PM, Wednesday, November 14 Holiday Program:**

**AST Night Out at the Forum in December:**  
(Date and Time announced later)

**6:30 PM, Wednesday, January 16, 2008, Guest Speaker:  
Barbara Orstein, Executive Director, PA Council Independent Living**

## PALS – Promoting Amputee Life Skills

**PALS – Promoting Amputee Life Skills: LAST DATE to Register for the PALS class –SEPT. 1**

If you are a limb loss person – an amputee, you are invited to participate in a nationally tested Interactive program where you will learn to manage your "disability" and improve the quality of your life, and the lives of the people around you. PALS Classes will consist of 9 weekly sessions and begin on Monday, September 17 from 6 PM to 8:15 PM. The first five Mondays (September 17, 24, October 1, 8 and 15) are at HealthSouth in Mechanicsburg, and the last four classes (October 23, 30, November 6 and 13) are at Pinnacle Health's Helen M. Simpson Rehabilitation Hospital at the Union Deposit Exit in Harrisburg. **To register, contact Susan Tipton, ACA, at: 1-888-267-5669, ext. 8132.** For information, and directions: Don Hossler at 717-944-2250 / [dehoss@paonline.com](mailto:dehoss@paonline.com) or Dick Nickle at 717-258-6849 / [dicknickle@aol.com](mailto:dicknickle@aol.com)

### **Amputee Support Team of Lancaster, PA Golf Outing:**

**Four Man Scramble**, Foxchase Golf Club, Friday, September 28<sup>th</sup>, 2007, 7:30 a.m. Shotgun Start \$75.00 per person–includes golf, cart, meal and prizes. Lunch will be held at Foxchase Golf Club August 28th, will be the last day to register. Please make checks payable to:

**Amputee Support Team of Lancaster, PA, 501 Brookshire Ave., Manheim, PA 17545**

Other inquiries call Jim Yohn @ (717) 665-0139 or [jjyohn@dejazzd.com](mailto:jjyohn@dejazzd.com)