

Welcome to the third edition of our AST of Lancaster, Pa, newsletter. Again, the intent of this newsletter is to update everyone who has been involved with the AST from amputees, caregivers and prosthetic companies who have attended our monthly meetings, to the individuals we have provided with peer visits and the presenters who have visited with us at our monthly meetings. We also want to educate everyone about our goals and inspire others to join us at our monthly meetings.

### **History of AST of Lancaster**

Dwight McKay, John Williamson and Jim Yohn met with the AST of Central Pennsylvania and determined there was a need to form an Amputee Support Team - Chapter under their organization within the Lancaster area. We defined our requirements, and began to schedule meetings and create/distribute meeting flyers. The mission of this support group is to provide the following resources to amputees, spouses, family members, doctors, therapists and other caregivers:

- Peer support
- Peer visits to new amputees from Amputee Coalition of America (ACA) trained and certified peer counselors
- Fun social and informative meetings
- Ideas and potential solutions to unique problems

### **Meetings held within the last Quarter**

#### **February 22, 2007 – Nutrition Specialist Presentation**

Frances (Fran) Hadley, a Nutrition Specialist from LGH entertained and enlightened us on how we can do a better job of eating better and staying healthier.



Fran had a very good presentation about all of the food groups. She pointed out what were good and bad in each food group. There was a lot of questions and participation from the group. I believe that Fran could have educated us for several more hours, but we needed to have some good wholesome snacks before we left to go home.



[Look how intent everyone is on learning how to eat properly.](#)

**March 29, 2007- Coping with Amputation** - Jodi Altobello, from LGH, talked with us about how to cope with other people and make them feel comfortable around amputees, and encouraged us with how to deal better with those who surround us in enabling them to deal with this same loss. Jodi is specialized in working with people who have had strokes and amputations, helping them regain independence with everyday activities.



Jodi Altobello



Dick Nickle – President, Amputee Support Team of Central Pennsylvania lends a voice on his experiences as being a Certified Peer Visitor and what it means to help amputees cope with their limb loss. When we have a peer visitor training session in the future, Dick will be our trainer.

Many good questions and conversations came from our members as we all have had to deal with these issues at one time or another.



**April 26, 2007 – Network & Nibbles** – Again, we had no outside presenters. Instead, we celebrated the *Goals and Accomplishment* we have had as amputees and caregivers. There were many good laughs about the funny things we have done, i.e. falling in the shower, falling off of shopping carts (no one was hurt in either case). We discussed future goals. As in all of our meetings we discussed the Prosthetic Parity Bill at Harrisburg, HB 317, and what it means for all of us. It is a time to bring a snack to share and share your story too. Share several of your challenges and how you solved the problem or celebrate an accomplishment.



## AMPUTEE SUPPORT TEAM of LANCASTER, PA

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We also handed out Stainless Steel Mugs that were donated by Hanger O&P, Benchmark O&P and The Center O&P. All amputees, caregivers, prosthetists, physical therapists and presenter received a mug at this meeting. There are more to give out if you come to our meetings. We will also hand them out to new amputees we visit.



**Come to a meeting and get yours**

***HOPE TO SEE YOU AT OUR NEXT MEETING  
AT 6:30 PM  
ON  
May 31, 2007***

***AT THE LGH HEALTH CAMPUS  
3<sup>rd</sup> Floor Conference Center  
2100 Harrisburg Pike  
Lancaster, PA 17604***

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