

# G I M P Y

THE OFFICIAL PUBLICATION OF "STUMPS `R US"

VOLUME II ISSUE NO. 2

Spring 1997

## Column One: ACHIEVEMENTS OF AN OLDER AMPUTEE

### Spotlight: Stumps Update

Stumps has grown from our original seven members to more than 120 as of May 5th of this year, and, new members continue to join from all corners of the globe. Our growth is nothing short of phenomenal, and our population is made up of every ethnic, racial and gender you can think of. Sixty-eight percent of our family is female... a statistic that surprised me as I mistakenly assumed we would have a male plurality. I like that.

We are at a stage in our development where we will soon begin to assess annual dues from the membership to cover our ever growing daily expenses as we continue to grow. In return for the annual dues you will receive a membership pin bearing the Official Stumps `R US logo suitable for suit, sport jacket or dress wear as jewelry. The annual dues will be twenty dollars per year or one hundred dollars for lifetime membership. DO NOT SEND IN ANY MONEY YET! Dues will not be payable until membership have the pins available for immediate delivery (which should be this summer).

Additionally, in another month Stumps should have our Web-site up and running. It will be unlike any other amputee site on the internet -- we will provide valuable information AND a sense of humor. Where else will you hear the one about the woman who needed to transport a frozen, severed toe to

*Please see Stumps Update, page 2.*

### By Tony Chilt

By way of background information, I am 57, British, fit (in the sense of health, not in the sense of sport!) My job is the Postmaster of a Sub-Post Office, run with my business partner Maurice. I had an accident in 1993 with a chemical spill. In the hospital they tried to save my left leg but it was then amputated above the knee. Although it was traumatic, I did rediscover my sense of humor with jokes about Long John Silver, his parrot, and lines like "Stop pulling my leg... because it might fall off!"

Please remember that, when I describe what I have achieved, I am not far off 60 years old, and I am a distinctly unathletic and overweight person -- inclined towards the couch potato. So, please don't use as a yardstick the young agile amputee who does hang-gliding or rock climbing.

By four months after my amputation I was found to be changing the light in the toilet by standing on the W.C. pan, much to the horror of my physiotherapist. I felt inspired to name my prosthesis "Joey" which is Australian slang for a young, springy kangaroo. Not much later I resumed the swimming I had enjoyed before my amputation -- however, getting out of the pool using the ladder is a hassle on one leg. So, I got a little tuition from a swimming teacher and I was soon jumping out of the swim-

ming pool on my one leg in the style of real swimmers.

A little later, I was on holiday in England, visiting a windmill built in 1781 -- it had nine stories, rickety 18th century ladders between floors, and no handrails. Many able-bodied visitors gave up after just viewing upwards but I managed it with a photo to prove it.

Our London Underground (equivalent to a United States subway) was built in 1860. So it is full of difficult metal stairs, steep slopes, and huge numbers of passengers -- but I coped with that too. I also did several trips by car to Belgium, Germany, France, Switzerland, Italy, and Spain. For those who don't know Europe, it is 1300 miles each way from England to Spain or Italy plus a 25 mile English Channel in between.

This year, I had a new knee

*Please see Chilt, page 3.*

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# Special Events and Notices

## *The National Amputee Fund*

~Because no one should have to go without  
a prosthesis for financial reasons...

With the impressive prosthetic technology available today, it would be wonderful if everyone who needs it could benefit from it. The NAF, through donative support and generous contributions, makes quality prosthetic care available to those who otherwise couldn't afford it. Your support means equal access for all amputees and the establishment of a new funding source for the prosthetic industry. For more information or to make a contribution of either money or a prosthetic device please contact **The NAF, 6161 El Cajon Blvd. #449, San Diego, CA 92115, (800) 770-5090.**

## *Trauma and Injury Support Groups*

### **San Francisco General Hospital (SFGH) Trauma/Injury Support Group.**

SFGH group meetings are twice a month on the first and third Wednesday afternoons from 2:30 to 4:00 p.m. Meetings are held at SFGH, in the medical library -- Building, 30, Room 3101. The group will be facilitated by Yigal Ben-Haim, Ph.D., and Laurie Barkin, R.N.

### **Alta Bates -- Herrick Hospital Survivors of Burn, Trauma, and Injury Support Group**

Group Meetings are every month on the second and fourth Thursdays, 7:30 to 8:45 p.m. To be on the mailing list, please call Dr. Ben Haim, (415) 753-1000, or Sally at (510) 582-8581. Most of these meetings will be in Conference Room 1 (next to the cafeteria). The group will be facilitated by Dr. Yigal Ben-Haim, Ph.D., a Therapist who specializes in the field of post traumatic stress and recovery, and Sally Brandoff, Therapist and Burn Survivor.

These Support Groups provide information about care at home after being in the hospital. The groups also provides a useful opportunity for members to talk with other survivors and get emotional support towards healing and full recovery.

**For more information and exact dates, please call Dr. Yigal Ben-Haim, (415) 753-1000 (10:00 a.m. to 9:00 p.m.).**

### **Stumps Update, continued from page 1.**

the hospital... who then called a Toe-Truck! Better material than this is always welcome... please see back cover for forwarding details.

As you can see our membership is getting younger and younger all the time and we seem to be attracting a slice of the Stanford and Silicon Valley population. Lots of energy there.

At our last business meeting at the St. Francis Hotel in San Francisco a new Board of Directors was formed consisting of Laurence N. Kaldor, Wayne Koniuk, David Kurland, Dave Spencer and Karen Chu. I remain, for the moment as President, Founder and Chairman of the Board.

Our new board plans to expand our activity base to include more outings, events and other social activities that I enthusiastically endorse. This is your organization... what do you want it to look like? Please let us know. For contact information please see the back cover. Your input is important to us.

Thank you and enjoy!!!

## GIMPY

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## SORKIN'S CORNER

By Dan Sorkin\*

"Stumps" Founder and President

### *The Prosthetist is Your Friend*

Three important things your friendly neighborhood prosthetist wants you to keep in mind:

**ONE:** Always be friendly and courteous when calling in a problem. Because, no matter what the problem is the prosthetist and his/her assistants are there to help you find an amicable solution.

**TWO:** If and/or when ever you have a problem with your prosthesis or residual limb, do not hesitate to contact your prosthetist. Too often people notice minor bruises, painful irritation or sores and ignore them hoping they will cure themselves. The most common problems are easily treatable if diagnoses in their early stages.

**THREE:** When a problem arises and you contact your prosthetist... see Tip Number ONE above!!!

*\*Made possible by contributing members of "Stumps"*

*Chilt, continued from page 1.*

fitted to my limb and I managed to run for the first time since my amputation -- it's not proper running, I was shown how to do an extra hop on my good leg. It may look very odd but I can do it.

Today I belong to a noncommercial social group in our locality, we meet in each other's homes or a hired hall in a bar. The group recently held a party, jointly with a local jazz club. It was great fun. The music was 60s and 70s and I tried some of the dances. The twist was too difficult for me but I managed fine with the Mashed Potato and the Boogie. I was amazed that I was able to Jive (which is the American Jitterbug). Older readers will know that the Jive is a very vigorous dance where the man leads the woman with only one hand and no body contact most of the time. This dancing was a first for me since my amputation, so I felt a nice glow of achievement.

Gimps of the world unite! You have nothing to lose but your false dignity!

Now, that's yer lot (as Cockneys would say)!!!

# The Lighter Side...

By "The Gimpster"

*The Gimpster answers questions  
about Health Care and HMOs...*

**Q:** Do all diagnostic procedures require precertification?

**A:** No. Only the ones you need!

**Q:** I just joined a new HMO. How difficult will it be to choose the doctor I want?

**A:** Not too bad, just slightly more difficult than choosing your own parents.

**Q:** Will I be able to get coverage for my pre-existing conditions?

**A:** Certainly, as long as they don't require any treatment.

**Q:** And, will health care change in the next century?

**A:** No, but if you call now you might get an appointment by then !!!

## Amputee Coalition of America

The ACA was formed in 1989 by support group leaders who realized that there were numerous far-reaching issues that they could not adequately address at the local level. Legislative issues, insurance payments, disability and employment, national information regarding amputation and other issues called for the formation of an organization that would have a national scope -- We are that organization. For more information please contact **The ACA at P.O. Box 2528, Knoxville, TN 37901, (888) AMP-KNOW.**

### **SPORTS \* SPORTS \* SPORTS**

Attention amputees interested in exploring their full athletic potential: If you are interested in learning how to participate in any type of athletic activity such as: skiing, rollerblading, tennis, racquet ball, golf, etc... please contact Laurence N. Kaldor @ (415) 665-8658.

**FROM THE EDITOR'S DESK: About this newsletter...**

It is my intention, as editor, to create and provide a vehicle by which members can be contacted and informed of upcoming events and news from the handicapped community. Furthermore, by this medium we can reach out beyond our fast growing membership to others who may need us but are, as of yet, unaware of our existence.

I encourage you to contribute articles of your own personal experiences and achievements plus any information you feel is relevant to the handicapped community (e.g. helpful tips, hints, anecdotes, prosthetic advancements, etc.). Additionally, any comments, inquiries or criticisms to the editor will be published upon re-quest.

**All correspondence should be sent to...**

Laurence N. Kaldor, *GIMPY* Editor, 1340 38th Avenue, San Francisco, California 94122. Or by, e-mail at Phenix7@MSN.COM. Or by, fax at (415) 681-4855. Or by, phone at (415) 665-8658. In order for *GIMPY* to flourish it will depend on the support of all of you, our "Stumps" members. Thank you for your ongoing support & enjoy!

--Laurence N. Kaldor,  
Gimpy Editor-in-Chief

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slightly inconvenienced people around the world"*

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