

# Testimonials

from a few of our members:

"Amputees Helping Amputees Support Group helps amputees realize that life is not over just because they lost a limb or two or three or four. Something that I understand now is that it is not what I am missing, it is what I HAVE."

- Submitted by Dayton Webber, age 13.

"When my leg was amputated, I felt that this was the end of the world. A nurse (Scarlett Schall, RN) told me about the amputee support group. My wife and I decided to go to the meeting, and thought these are a group of people like myself feeling down. Well, were we suprised. We saw all these happy people, walking, talking, and laughing. One amputee even told me about playing golf and driving etc. We left the meeting, so grateful that we attended. We went in with our heads bowed down and left with our heads held high. I have been able to play golf, dance, and all in all, have the same life that I had before my amputation. Believe me, your life is not over, you will find it has just begun."

- Submitted by Bill Grove

**Contact information**  
**24 Hour Information Line**  
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## Connecting with Others Who Understand.

The amputee support group, which began in 2001, provides amputees of all ages and their families the chance to interact with others who have experienced limb loss and to learn more about related issues in a relaxed and informal atmosphere.

In addition to our monthly meetings, the group is involved in activities such as bowling and has their annual Amputee picnic held at Jefferson-Patterson Park and Museum in St. Leonard, MD catered compliments of Randys Ribs. There is no charge to attend AHA meetings or events.

*We look forward to seeing you at our next meeting.*

When: 2nd Tuesday of each month

Time: 6-7:30 p.m.

Where: Calvert Memorial Hospital  
Prince Frederick, MD  
Classroom 1 or 2



## Discussion Topics:

"Keep Prosthetic Limb Cool"

"Response to Loss"

"Dealing with Limb Loss"

"What's New in Prosthetic Devices"

"Skin Care"

"Phantom Pain"

"Traveling with a Disability"

"Nutrition and Exercise"

*~Occasional guest speakers~*

## Testimonials:

"When I became an amputee due to a trauma, life suddenly changed. The simple tasks once taken for granted needed to be re-learned. Many hurdles had to be overcome before regaining an active lifestyle. The physical may be obvious, but the mental adjustment is equally important. When confronted with a life changing event, it's reassuring to know there is a support group such as AHA. The life experiences, shared by members provide a wealth of knowledge. We continue to build on each others strengths. I extend a hearty "Thanks!" to the devoted organizers and to the head of our group, Scarlett Schall, RN."

*- Submitted by David Kanazawa*

