

**Amputees Helping Amputees  
Summer Meeting-July 2009  
[www.oohrah.net/aha](http://www.oohrah.net/aha)**

**Hello Amputees and Families,**

**Summer time is here and it's been busy. Wardell Swann will be our host for the July 14<sup>th</sup> meeting. Wardell will share his ideas on dealing with issues of liners, sweating and how to stay cool during the hot humid months. Wardell will share one of his past experiences of going down a hill and how his prosthesis came off. He's found some cool ways to avoid this problem from happening again. Wardell requests that if you are a lower extremity amputee, to wear shorts to the meeting. He would like to share with you various techniques of taking care of your residual limb, answer questions and trouble shoot problems. You will be able to try out some of his ideas to show us your "pretty leg (s)".**

**Wardell has planned to share ideas for Summer Activities like walking within a safe environment, consider local library visits to enjoy Free Internet, Books, Books in Audio Format, DVD's and much more.**

**Visit the amputee website and see the James Culver Blog at the No Barriers Festival. "Shake-A-Leg shows that there is nothing anyone can't do.**

**Don't forget to mark your calendar for Saturday September 12<sup>th</sup> 2009 for the Seventh Annual Amputees Helping Amputees event at Jefferson-Patterson Park in St. Leonard, MD. Visit the website for information.**

**Sincerely,  
Scarlett M. Schall**