



Alberta Amputee Sports & Recreation Association

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www.aasra.ab.ca

AASRA Quarterly Update – August 2023

We've got a great newsletter for you this quarter, packed with information about members' activity and amputee support updates. It's hard to keep up!! Q: Did you hear about the amputee who nearly died from an allergic reaction? (Read on for the answer)

WE NEED YOUR INPUT. The AASRA board of directors does its best to deliver benefits and opportunities that meet the needs of all members. If there's anything that you'd like to see addressed or any suggestions you'd like to make please send a message with a few details to info@asra.ab.ca or director1@asra.ab.ca or simply reply to the message that this newsletter was sent out on.

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Top News: AASRA Amp Open Golf Tournament



The AASRA Amp Open Golf Tournament was held on July 15 and 16 at Broadmoor Golf Course in Sherwood Park, Alberta. A total of 42 players participated including several prosthetist's representatives and of course, some spouses, partners and friends of AASRA amputee members. The golf course did a terrific job of hosting our annual provincial event and it appeared that a VERY good time was had by all.

Sponsors are extremely helpful in their contributions to a successful event like the Amp Open. AASRA would like to express its sincere appreciation to:

Alberta Treasury Branches (Michael Gee group) Edmonton – Hole Sponsor

Alberta Treasury Branches – Golf Balls and Shirt

Coleman Prosthetics Calgary – Hole Sponsor

Edmonton Prosthetic Services – Hole Sponsor and Donation

Northern Alberta Prosthetics and Orthotics – Hole Sponsor

Troppman Prosthetic Services – Hole Sponsor

Nanton Golf Club – Golf Voucher

Broadmoor Public Golf Club – Golf Voucher

CCT Virtual Golf – Indoor Virtual Golf Voucher

Golf Traders - Indoor Virtual Golf Voucher

Sportchek – Stress Balls and Bags

Congratulations to overall tournament winner **Bob MacDermott** who successfully defended his 2022 title.

Many thanks to **Bob MacDermott** for the great job he did as this year's tournament chairperson and to **Brad Callihou** and **Janie MacDermott** for taking some wonderful pictures. Go to the AASRA website at www.aasra.ab.ca for a list of all participants, category winners and pictures coming soon. **Bob's letter of thanks to all Amp Open participants is included as an attachment to the message this newsletter was sent out on.**

Next year's AASRA Amp Open is tentatively set to be held in Medicine Hat, organized by 2024 Tournament Chairperson **Jesse Florkowski**. See you all there!

Feature Story: Osseointegration is now in Alberta

AASRA was recently contacted by **Meyank Rehani**, Research Associate BLINC Labs at the University of Alberta. Meyank wrote *"I work with Dr. Jacqueline Hebert in the Bionic Limbs for Improved Natural Control (BLINC) Lab at the University of Alberta. Our research program has brought osseointegration (or bone-anchored prostheses) for persons with above-knee amputation to Alberta. As you may know, osseointegration is a surgical procedure that involves a metal implant being surgically anchored and integrated into the bone of the remaining limb to which external prosthetic components can be attached, bypassing the need for a socket. It is an alternative for individuals facing severe issues with their sockets."*

Osseointegration is a subject that's of serious interest to many amputees worldwide and we're lucky to have this advanced research conducted in the province of Alberta. Meyank was generous enough to provide some insight into this technology for our newsletter:



Osseointegration is now in Alberta!

Osseointegration is the most advanced procedure in the world for attaching prosthetic limbs to create a "bone-anchored" prosthesis.

Osseointegration is a surgical technique where a metal implant is inserted into the centre of the bone of the residual limb. An attachment comes out through the skin and a connector allows direct attachment of the prosthesis to the bone. This technique eliminates the need for a socket to hold the prosthesis onto the limb.

Limb osseointegration can help people with amputation who have one or more of the following issues:

- Recurrent issues with prosthetic socket (pain, skin breakdown, infections)
- Difficulty wearing their prosthesis
- Sweat heavily in the prosthesis
- Experience fluctuation in the size of their residual limb making it difficult to wear a socket

Benefits of the osseointegration prosthesis include:

- No need for a socket, therefore none of the associated socket problems (pressure points, sweating, skin breakdown)
- Faster donning and doffing of prosthesis
- Prosthesis can be worn for longer periods on a daily basis
- More comfortable sitting position and better hip range of motion
- Improved quality of life

The Alberta Limb Osseointegration Program is currently assessing patients with **transfemoral (above the knee) amputation** for the osseointegration procedure. This program is supported by the University Hospital Foundation and the Glenrose Rehabilitation Hospital Foundation in Edmonton. Check out Glenrose's video vignettes about two individual's experiences with osseointegration (Links to Stephanie's Story <https://www.youtube.com/watch?v=E3Zjm4nND6o> and David's story <https://www.youtube.com/watch?v=NheJKcYwkNg>).

A pamphlet with a bit more information is also attached to the message that this newsletter was sent out on.

If you live in Alberta, have a transfemoral (above-knee) amputation and are interested in being assessed for osseointegration, please contact Lewis.Ferguson@ahs.ca or call 780-735-8221.

Our sincere thanks go out to Mayank Rehani and all of health care professionals working on osseointegration for this information and for moving ahead in such a meaningful, helpful way for all amputees.

Wheelchair Basketball – Reed De'Aeth

AASRA member **Reed De'Aeth** has been active in several sports since joining our association as a junior years ago. Most recently Reed's been playing Wheelchair Basketball and involved AASRA to participate in the North American Wheelchair Basketball League Tournament in Frankfort, Illinois and The Canadian Wheelchair Basketball League Finals in Richmond, BC. In July Reed wrote to us:

“Thank you so much for funding these two tournaments which helped prepare me for the Ottawa selection camp where I was named to the Senior Men's National Team for the 2023 World Championships in Dubai. This 16 team tournament was held June 9th - 21st and team Canada placed 6th overall. These two tournaments that AASRA has funded have offered me a great opportunity to practice at a high level leading up to worlds. Next up is Parapan American Games in Santiago, Chile - I hope to be named to that team as well. I really appreciate AASRA's support and look forward to seeing some members at the Golf Open in Sherwood Park.”

AASRA is proud and grateful to be able to help you pursue your basketball ambitions Reed. Thanks a lot for your comments. We'll look forward to hearing more about your successes.

Here's Reed in action:



Wheelchair Rugby – Kyle Riva

Kyle Riva is an active AASRA member from Calgary. You may remember seeing some pictures of him and reading about his involvement in kayaking. Kyle is also an eager participant in wheelchair rugby and has represented Alberta at the national level the last two years running! He recently sent us “A Season of Great Hits” which gives us some exciting insight into the sport and his involvement in it. It also has a few terrific pictures of Kyle in action. Thanks so much for this Kyle! **Please take a look at “A Season of Great Hits” which is another attachment to the message this newsletter was sent out on.** Here's Kyle mixing it up with the competition

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AASRA Peer Support Group Meetings – Fall Update

Peer support group meetings have been running continuously throughout the summer in Calgary at the Carewest Centre, Glenmore Park on the last Wednesday of every month at 3:45 PM. Group leader and AASRA Peer Support Coordinator **Chelsea Coates** is looking for an additional team leader there. If you're interested in volunteering a bit of time for this very meaningful activity, please contact Chelsea directly at director4@aasra.ab.ca.

Edmonton peer support group meetings will be starting up again in September. They're held at the Glenrose Rehabilitation Hospital, 10230-111Ave. NW, Edmonton, AB on the last Wednesday of every month at 7:30pm. AASRA Secretary **Shane Williams** is the leader there and he would be very happy to have you attend some of the sessions.

AASRA Member Opportunities – VOLUNTEERS NEEDED

AASRA is run by a volunteer team of people serving as directors, clinic coordinators, casino workers and in other positions. It's up to all of us as members to contribute what we can to ensure the health and well-being of the association that we directly benefit from. ***We always need more help*** and appreciate the contribution that many of you have made and intend to make in the future.

AASRA is actively seeking volunteers for the following positions:

Peer Support Group Leader - Monthly peer support group meetings are currently held the last Wednesday of every month at the Carewest Centre Glenmore Park at 3:45 PM. An additional group leader for these important sessions is needed. Contact **Chelsea Coates** at director4@aasra.ab.ca if you're interested.

Membership Coordinator – The membership coordinator basically keeps the association's membership spreadsheet/database up to date. This role requires very basic MS Excel and Outlook skills and about 2-4 hours per month of time. Contact **Terry Shwetz** at director1@aasra.ab.ca for more information.

Newsletter Editor – The development and distribution of the quarterly AASRA newsletter requires some basic MS Word and Outlook skills. An interest in assembling and distributing the document on a quarterly basis takes about 1-2 hours per month to keep track of current issues in addition to about 6 hours per quarter to assemble and distribute. Creativity is encouraged in this role! Contact **Terry Shwetz** at director1@aasra.ab.ca for more information.

Director At Large – Directors of AASRA are expected to participate in up to six (online) meetings annually as well as the Annual General Meeting typically held in Red Deer on the third Saturday of April. Weekly monitoring of email is required to vote on issues that come in front of the board. An opportunity to help form the function and future of AASRA exists here! All expenses are covered as they are for all volunteer functions. Contact **Terry Shwetz** at director1@aasra.ab.ca for more information.

The positions above may be done by a single, or separate volunteers.

To volunteer or inquire about any opportunities or, to suggest others who may be please contact any member of the AASRA board of directors or send an email to info@asra.ab.ca or reply to the message that this newsletter was sent out on. ***Thanks for your contribution and support!***

In closing ...

Please stay involved with AASRA to stay fit, healthy, and active. If you can, please volunteer for one or more of the fun, fulfilling activities that will continue to make our organization strong!

For more information about the items in this newsletter please email info@asra.ab.ca or reply to the message that this document came out on.

On behalf of the board of directors of the Alberta Amputee Sports and Recreation Association,

Terry Shwetz

Membership Coordinator and Director-At-Large

Director1@asra.ab.ca

***Q: Did you hear about the amputee who nearly died from an allergic reaction? A: He was lacto-
toes intolerant 😊***