

The Stories of Everyday People

May 2007

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

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Books

Being One-Legged Is an Interesting Experience / by J. A. Coffeen. Houston, TX : J.A. & M.H. Coffeen, Grouder Publishing, c2000. ISBN 0-930271-04-1. This is the story of how a 73 year old man adapts to losing his leg to cancer.

How I Became a Human Being: A Disabled Man's Quest for Independence / Mark O'Brien with Gillian Kendall. Madison, Wis.: University of Wisconsin Press, c2003. ISBN 0-299-18430-7. This is the memoir of Mark O'Brien, a man who contracted polio when six and became paralyzed from the waist down. Mark describes the struggles to be independent despite having a lifelong disability. He was the subject of the 1997 Academy Award-winning documentary *Breathing Lessons*.

How to Conquer the World with One Hand...and an Attitude / by Paul E. Berger and Stephanie Mensh. Merrifield, VA: Positive Power Publishing, c1999. ISBN 0-9668378-1-9. This is the story of a young man's recovery from a devastating stroke, taking the reader on a journey far beyond the typical "survivor" story, into the depths of a young man's feelings, across ten years of physical and emotional challenges.

It's Just a Matter of Balance / Kevin S. Garrison. South Euclid, OH: Print Vantage, 2005. ISBN 0-9773261-0-1. Prosthetist Kevin Garrison tells his story about how he became a below-knee (BK) amputee after being diagnosed with cancer as a teenager. He offers hope and inspiration to all amputees young and old.

The Next Leg of My Journey / Lenor Madruga Chappell. San Jose: iUniverse.com, Inc., c2000. ISBN 0-595-14639-2. In this sequel to *One Step at a Time* the author engages the reader with the intimate and heart wrenching details of the painful demise of her marriage, admitting that "losing her husband was worse than losing her leg." Committed to enjoying life, no matter what it brings, this remarkable story of learning to love again is uplifting and achingly honest. This is the story of unbelievable willpower and human triumph.

On Borrowed Time...With Interest / Rusty Kearney. Salt Lake City, Utah: Northwest Publishing, c1995. ISBN 1-56901-219-9. This story, which is based on the author's real life, shows the experiences of Kevin

Resource Types:

Books

ACA Articles: Including *inMotion*, *First Step*, *Military in-Step* Articles and ACA Fact Sheets

Videos & CD Roms

ACA Publications that Highlight Everyday People

Online Resources & Organizations

Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



who loses both of his legs in a traumatic accident and survives near-destruction from alcohol abuse.

One Step at a Time: A Young Woman's Inspiring Struggle to Walk Again / Lenor Madruga. San Jose: iUniverse.com, Inc., c2000. ISBN 0-595-14914-6. On the morning of her 32nd birthday, the author discovered a small hard lump on her thigh. Within a few nightmare months, she had barely saved her life--and lost her leg. Now she tells the story of her struggle to return from the abyss of pain, drug addiction, self-torture, and depression that threatened to swallow up her entire life. It is a triumphant story of her determination to dance, drive, swim, water-ski, make love--and do almost everything she used to do before her operation.

Up and Running: The Inspiring True Story of a Boy's Struggle to Survive and Triumph / Mark Patinkin. New York: Center Street, c2005. ISBN 1-931722-49-8. Six-year-old Andrew Bateson battles bacterial meningitis. From cover: "A Must-read... *Up and Running* is about a strong and loving family that never lost its faith or hope in the face of unimaginable adversity."

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ACA Articles: Including *inMotion*, *First Step*, *Military in-Step* Articles and ACA Fact Sheets

Amputee Firefighter Returns to Duty / Brandie Erisman. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, November / December 2001. Just 15 months after losing his left leg below the knee, Florida firefighter Bill Henry is back on the job. A firefighter for six years before his amputation, Henry is not riding a desk but is back riding a fire truck and hauling hose.

http://www.amputee-coalition.org/inmotion/nov_dec_01/fireman.html

http://www.amputee-coalition.org/inmotion/nov_dec_01/fireman.pdf

Alternatives: Life Without Artificial Limbs: Relationships: The Perfect Match / Jan Garrett. Knoxville, TN: Amputee Coalition of America, 1998. Article from *inMotion*, November / December 1998. Jan Garrett, JD, discusses how the support of her family was a solid foundation for future relationships and lets readers know that there is "the perfect match" for everyone.

http://www.amputee-coalition.org/inmotion/nov_dec_98/altern.html

Fighting to Fly / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, September / October 2003. This is a profile of Alverna Williams, a bilateral lower-extremity amputee after an accident at the age of 1, who was the first pilot with a physical disability to be licensed to fly an airplane by the Federal Aviation Administration. Alverna prefers to walk on her hands.

http://www.amputee-coalition.org/inmotion/sep_oct_03/fly.html

http://www.amputee-coalition.org/inmotion/sep_oct_03/fly.pdf

Fishing...for People of All Abilities / Julie Wiest. Knoxville, TN: Amputee Coalition of America, 2002.

Article from *inMotion*, July / August 2002. For the men profiled in this article, the ability to fish is a marker of their quality of life. Limb loss does not stop their ability to reel in a fresh catch.

http://www.amputee-coalition.org/inmotion/jul_aug_02/fishin.html

http://www.amputee-coalition.org/inmotion/jul_aug_02/fishin.pdf

A Force of Nature / Bill Dupes. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, May / June 2005. This is the story of Nick Springer. Nick lost four limbs to meningitis, which he contracted at camp at the age of 14. It is the story of how he has overcome obstacles and is thriving today.

http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.html

http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.pdf

Going Public: Overcoming the Emotional Barriers That Keep You Inside / Warren Sumners. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, March / April 2005. This article looks at the reasons why amputees can find it difficult to go out in public shortly after their amputation. Often, the reasons are emotional. The author tells his personal story about going back into the world.

http://www.amputee-coalition.org/inmotion/mar_apr_05/goingpublic.html

http://www.amputee-coalition.org/inmotion/mar_apr_05/goingpublic.pdf

Easy Read: http://www.amputee-coalition.org/easyread/first_step_2005/going_public-ez.html

Spanish Easy Read: http://www.amputee-coalition.org/spanish/easyread/first_step_2005/going_public-ez.html

Having a Baby: How Pregnancy Affects Women With Limb Loss / Sarah Pedersen. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, September / October 2003. This article looks at the special issues and concerns of expectant mothers with limb loss. Women featured in this story talk about the obstacles they faced and how they made it through pregnancy and early motherhood as amputees.

http://www.amputee-coalition.org/inmotion/sep_oct_03/baby.html

http://www.amputee-coalition.org/inmotion/sep_oct_03/baby.pdf

Knocking Down Pins, Knocking Down Doubts / Bowers, Rick. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, November / December 2006. In this article, meet two amputees (one left above-knee (AK) / right hip disarticulation, the other left hip disarticulation) who continue to bowl and enjoy life despite their disabilities.

http://www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.html

http://www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.pdf

Obliterating the Odds / Dan Johnson. Knoxville, TN: Amputee Coalition of America, 2000. Article from *inMotion*, March / April 2002. A profile of Brandon Kline, who lost his right leg in fourth grade because of cancer. He hasn't let his limb loss slow him down.

http://www.amputee-coalition.org/inmotion/mar_apr_00/odds.html

On the Job With Roy Brown / Nancy Carroll. Knoxville, TN: Amputee Coalition of America, 1998. Article from *inMotion*, September / October 1998. This is a profile of Roy Brown, a man who lost both legs above the ankles, his left hand and fingers and thumb on his right hand from a severe infection and blood disorder. Roy has gone on to start Tri-County Barrier Busters and a support group in the Chattanooga / North Georgia area.

http://www.amputee-coalition.org/inmotion/sep_oct_98/roybrown.html

Starting a Small Business: Amputee Business Owners Tell Their Stories and Offer Advice to Others / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, January / February 2005. This article looks at three amputees who have successfully started their own small business.

http://www.amputee-coalition.org/inmotion/jan_feb_05/smallbusiness.html

http://www.amputee-coalition.org/inmotion/jan_feb_05/smallbusiness.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_05/smallbusiness.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_05/smallbusiness.pdf

The Strength to Carry on: Amputees Share Their Secrets of Success / by Rick Bowers. Knoxville, TN: Amputee Coalition of America (ACA), 2006. Article from *inMotion*, September / October 2006. This article highlights three people, who share their experiences as new amputees.

http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.html

http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.pdf

Surviving in a Two-Handed World / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, July / August 2001. This article looks at two bilateral upper-extremity amputees who have learned to take their lives into their own "hands." http://www.amputee-coalition.org/inmotion/jul_aug_01/world.html

http://www.amputee-coalition.org/inmotion/jul_aug_01/world.pdf

Swept Off Your Feet / John P. Foppe. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, January / February 2006. John Foppe is motivational speaker, disability coach, and was born without arms. In this article, Foppe discusses how he overcame his own emotional barriers and fear of rejection to date. He tells the reader how he and his wife met and started their relationship.

http://www.amputee-coalition.org/inmotion/jan_feb_06/swept_off_your_feet.html

http://www.amputee-coalition.org/inmotion/jan_feb_06/swept_off_your_feet.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_06/swept_off_your_feet.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jan_feb_06/swept_off_your_feet.pdf

Taking a Ride on the Insurance Roller Coaster/ Jeremiah Pérez. Knoxville, TN: Amputee Coalition of America (ACA), 2006. Article from *inMotion*, July / August 2006. The author talks about his struggles with insurance during his recovery after a car accident that left him a BK amputee, and then beyond, including revision surgery and getting the appropriate fit for his prosthesis.

http://www.amputee-coalition.org/inmotion/jul_aug_06/insurance_rollercoaster.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/insurance_rollercoaster.pdf

Thank You for Not Smoking / by Christina Skoski, MD. Knoxville, TN: Amputee Coalition of America (ACA), 2006. Article from *inMotion*, September/October 2006. This author talks about her own journey to quit smoking.

http://www.amputee-coalition.org/inmotion/sep_oct_06/smoking.html

http://www.amputee-coalition.org/inmotion/sep_oct_06/smoking.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/smoking.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/smoking.pdf

Towards Reaching "Normalcy"-- Does It Really Matter? / Donna R. Walton, EdD. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July / August 2006. Dr. Walton describes her own quest to be "normal" and walk without a limp, despite her high-level, AK amputation. She describes meeting another woman with the same feelings. After years of coping with their own gaits, they both came to the same conclusion: to not their limps define who they are. After all, their limp is "normal" to them.

http://www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.pdf

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Videos and CD-ROMs

Amputees Speak Out / Louisville, Ky.: Frazier Rehab Center, [199?]. VHS. In the first part of this video, James (58, AK/BK), Alice (50, BK), James (78, bilateral BK), Terri (34, AK), Charles (54, AK), and Dorothy (60, AK) talk about how a positive attitude helps them lead active, independent, fulfilling lives. Amputees

also talk about their own personal experiences with phantom pain. The video reviews the feelings of grief and loss that normally follow amputation, and the amputees add comments from their own experience. In the final part, called "Bouncing Back," the amputees tell how family support, religion, and the success of others helped them accept themselves and become stronger people after their amputations.

Diana / produced by WGBH Boston; producer, Janet Weaver. Chicago, Ill.: Encyclopaedia Britannica Educational Corp. St. Cloud, Minn.: Central Minnesota Educational Research and Development Council, 1978. VHS. This film focuses on a young girl who underwent a leg amputation because of a cancerous tumor. It shows how she learned to cope with her condition and adjust to her surroundings.

Don't Fix Me, I'm Not Broken / Simcoe Communications. Roseville, CA: Simcoe Communications, c1990. VHS. Born without arms, Stacey McInroe Connor demonstrates her natural ability to use her feet as a "ninety-nine and a half percent independent" person. Her independence evolved once the rehabilitation community focused on what she did have and recognized her wish not to use a prosthesis. From dressing to driving, Stacey's abilities are inspirational!

A Full Stride: Overcoming the Challenges of Amputation / a presentation of Films for the Humanities & Sciences; produced with the participation of Saskatchewan Communications Network and SaskFILM; a co-production between Heartland Motion Pictures Inc. and U. TV/CKVU Vancouver ... [et al.]. Princeton, N.J.: Films for the Humanities & Sciences, c1996. VHS. Focusing on three very different people, this program shows the many sides of amputation, from the time of hospitalization to the triumph of accomplishing small and large tasks.

Jonathon's Story / Interactive Drama Inc. Bethesda, MD: Interactive Drama Inc., 2000. CD-ROM. Jonathon Lee is a musician/composer who lost both legs below the knee and most of his eyesight due to diabetes. In spite of these disabilities, he runs his own business and lives his life with complete independence. Jonathon responds to your questions about his amputations and recovery and how he has coped. His positive outlook and independent spirit are inspiring.

Melanie's Story / Interactive Drama Inc. Bethesda, MD: Interactive Drama Inc., 2000. CR-ROM. Melanie Benn is a quadruple amputee (bilaterally through both knees and bilaterally below each elbow). She lost her limbs to meningococemia, a rare blood infection, while on Christmas break from college. Melanie has mastered the use of both upper- and lower-limb prostheses, has learned to drive an adapted car, and has continued her studies.

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ACA Publications That Highlight Everyday People

First Step: A Guide for Adapting to Limb Loss. A publication of the National Limb Loss Information Center. Knoxville, TN: Amputee Coalition of America, 2005. This is the essential guide for all people who are coping with the challenges of limb loss. *First Step* offers readers reliable information on consumer issues that have been raised time and time again by amputees attempting to make educated choices, get better services or decide on available options. Also available in Spanish.

<http://www.amputee-coalition.org>

inMotion. A publication of the Amputee Coalition of America. Knoxville, TN: Amputee Coalition of America. *inMotion* is published bimonthly for amputees, caregivers and healthcare professionals, providing timely and important information on a wide variety of topics.

<http://www.amputee-coalition.org>

Online Resources and Organizations

AboveKneeAmputee.com. Plano, TX: AboveKneeAmputee.com, 1999-. This site's purpose is to help AK amputees achieve good results when they get their prosthesis, as well as provide support for a variety of AK amputee issues.

<http://www.abovekneeamputee.com/>

Hemipelvectomy and Hip-Disarticulation Amputee Support and Information Site / Christina Skoski, MD. Santa Anna, CA: HP/HD HELP, 2001-. This site is dedicated to peer support, communication, information and education for those with hemipelvectomy and hip-disarticulation. The site includes many helpful tips and practices for effectively using prostheses and explains prosthetic components specific to HP/HD level amputees.

<http://www.hphdhelp.org/>

Moving Right Along: Past Amputation, Back to Life[*blog] / Sara is a happy, ordinary, middle-aged, suburban woman who paints odd pictures, gardens in a straw hat, is owned by a cat, lives with the love of her life, and walks a little funny because she has a fake leg. She started this Web site because there is more to life than what we lose, and we need to let each other know what's possible, even if it's only a happy, ordinary life.

<http://movingrightalong.typepad.com>

Onelegtim.com / Tim McCarthy. [United States, 200-]-. This is the personal home page of Tim McCarthy, a retired police officer & above knee amputee. In addition to his personal story of the accident and recovery, he has detailed information for AKs on riding motorcycles and bicycles as well as a list of resources for AKs and police officers.

<http://www.onelegtim.com>

Superhands: For Kids and Adults With Hand and Upper-Limb Differences / developed by Steve Geigle. [United States, 199-]-. Superhands is a forum for anyone to learn about and network with adults and youth who have hand- or upper-limb differences.

<http://www.superhands.us/>

***A shortened form of "Web log," a blog is a Web site consisting of regularly updated posts arranged chronologically, like a news site or a journal.**

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