



A Year in Review

(Well, Almost a Year...)



We officially became a 501(c)3 in November 2020, and The Amputee Center (TAC) was introduced to those in the community at the Open House/Ribbon Cutting for Miller Prosthetics & Orthotics in Parkersburg in late April 2021. Our goal is to provide area amputees with a place where they feel welcome—a place where they are comfortable being with other amputees and where they have access to programs and resources specifically designed with them in mind.

Within the first few months, the center took on a whole new look and quickly became a welcoming environment for area amputees, as well as others in the community.

As more amputees have become aware of the center, the participation in our monthly support group meetings has grown tremendously. These meetings provide a wonderful opportunity for amputees to be with other amputees....to share ideas and to provide support when it's needed most!

The generous financial support from the community has enabled us to purchase bungee fitness equipment, and also to begin developing valuable programming for those in the community with limb loss or limb difference.

As we look ahead in 2022, our plan is to expand programming and services. We recently welcomed two new members to our board, and both are amputees. It is extremely important to listen to those in the amputee community as we develop new offerings. We also plan to offer programming for the general public, which will help generate funds for the Center, and allow those in the community to see firsthand what the Center is all about.

For more information, or to find out how you can get involved with The Amputee Center, please contact (304) 699-2373.

Board of Directors

Nancy Miller, President
Steve Lamp, Vice-President
Martha Lamp, Secretary
Amy Sillers, Treasurer
Mark Miller, Medical Director

Arienne Coe
September Fleming
Toni Holbrook
Joyce Hubner
Terry Hubner
Dorie Moore
Haley Shukla



Watch our 30 second video at TheAmputeeCenter.com to see what we have to offer.

Special thanks to CAS Cable and our volunteer cast for spending the day with us to create this video!

Thank You to our Community Partners!

Grants

Antero Corporation
Deitzler Foundation
Peoples Bank Foundation
Sour Mash Tournament
Spirit of Giving

Legislators

Senator Mike Azinger
Senator Donna Boley
Delegate Vernon Criss
Delegate Roger Conley
Delegate John Kelly



Corporate Sponsors

Bosley Rentals
CAS Cable
Dunbar & Fowler
First Neighborhood Bank
Peoples Bank
Perry & Associates
The Old Corral
Waters Insurance Agency
WesBanco
Woodcraft Supply
WVU Medicine Camden
Clark

Thanks to Our Community!

The generous support from corporate sponsors, legislators, and grant sources, as well as individual donors, during our first year created a firm foundation for our non-profit as we move forward with developing valuable programming for area amputees. Our community is the best!



WV Legislators Azinger, Criss & Kelly along with the Amputee Center Board Members

In an effort led by Delegate John Kelly, **West Virginia legislators** provided funds to The Amputee Center to support programming for those in the Mid-Ohio Valley living with limb loss or limb difference. A total of \$16,000 came from Delegate Kelly, Senator Mike Azinger, Senator Donna Boley, Delegate Roger Conley and Delegate Vernon Criss.

The “**Spirit of Giving**” fund was created by Pat Minnite, Sr. in 2007, with a mission to support local charities and non-profits through grants. Each year, the PM Company matches the donations raised from its business associates, vendors, and friends. In December, a total of \$121,000 was raised and distributed to 13 area organizations—each receiving \$9,300.

We are grateful to be supported with a \$8,500 grant by **The Antero Foundation**, who has significant operations in West Virginia and Ohio. The Antero Foundation strives to build thriving and healthy communities by supporting nonprofit organizations where Antero operates and their employees work and live.

The 50th Annual Sour Mash Golf Tournament was held on July 12, 2021. The Amputee Center was one of the five recipients to receive \$3,000 from the funds raised. Thanks to The United Way of the Mid-Ohio Valley and all the golfers who participated at the Parkersburg Country Club.

Deitzler said, “As a charitable foundation, we believe that it is very important to help the Amputee Center team provide our community with its holistic approach to living with limb loss, including the emotional, social, and physical activity components.”

Deitzler Foundation

Harry and Kathe Deitzler attended one of our monthly amputee mixers for The Amputee Group of the Mid-Ohio Valley. The Deitzler Foundation made a generous donation of \$5,000 to benefit the local limb loss community.



The Amputee Group of the Mid-Ohio Valley



2nd Tuesday of each month at 6:30 p.m.

This monthly meeting provides a caring and supportive group for anyone who is living with any level of limb loss or limb difference. What a great opportunity to receive inspiration, as well as learn tips and tricks, from others who are sharing your same journey! Occasional guest speakers are announced on Facebook.com/TheAmputeeCenter. Attendees can enjoy games, snacks, and socialization time.



Each month, at our amputee mixer, we encourage all amputees to set a personal goal and share it with the group. Goals range from basic to extreme. Some goals have been standing up and walking again, mowing the lawn, getting back to work, riding a bike, or hiking up a mountain. When a goal is achieved, the winning amputee is awarded the Gold Medal for that month. The medal is ceremoniously hung around the winner's neck by the previous winner! OK...so it might not be "real" gold, but it did come from the 2016 Paralympics in Rio!! Come out and share your goal with our group!

Recent Gold Medal recipient Rob Miser celebrates in front of the New River Gorge Bridge mural at The Amputee Center. One of our favorite things to do is snap photos in front of the bridge to make it look like you're there! Rob's goal was to hike the mountains in West Virginia with his above-knee prosthesis. Way to go Rob!!

Peer-to-Peer Visits (by appointment)

If you have an amputation, are considering or scheduled for an amputation, or were born with limb difference, you may request a peer consultation by calling (304) 699-2373. Peers are also available every Thursday from 1-4 at The Amputee Center. To speak directly with an amputee peer, call Terry at (304) 532-5830.



Resource Wall & Lending Library

While visiting the center, amputees have access to valuable national and local resource material, as well as a lending library featuring inspirational books on amputee journeys and their success stories.

Amputee Center Events

Tuesdays

- ◆ 1st & 4th Tuesdays
6:30 - 8:00pm
Community Wellness
Programs (See Below)
- ◆ 2nd Tuesday 6:30 - 8:00pm
Monthly Amputee Mixer

EVERY Thursday

- ◆ 1 - 4:00pm Open Hours &
Peer Support
- ◆ 4 -5:00pm Amputee Only
Fitness

Wednesday & Friday

- ◆ 6:30 Line Dancing

By Appointment

- ◆ Peer Support Consultations
- ◆ Reiki

2022 Community Wellness Programs

- ◆ Self Defense March 1
- ◆ Muay Thai March 22
- ◆ Energy Healing April 5
- ◆ Bonsai Workshop April 26

2022 Fundraisers

- ◆ Applebee's - April 26
- ◆ Dice Run – September 17
- ◆ Thriller – October 29

Amputee Class Spotlight: Bungee Fitness

Bungees Benefit Those with Limb Loss & Limb Difference

Bungee fitness is one of the latest crazes for exercise, especially in bigger cities, and it also brings a new perspective to health benefits for amputees. Our friend and colleague, Allison Barnett who is a Physical Therapist in Ohio, introduced us to the concept of utilizing bungees when she learned of the plans for The Amputee Center. After much research including attending a certification class in Cleveland, Ohio, we brought bungee fitness to the Mid-Ohio Valley.

At a basic level, bungees give the extra support necessary for standing exercises and eliminate the fear of falling. It is more trusted than a gait belt and requires no hands-on from anyone else. Not only are squats and lunges possible, but the resistance from the bungees also makes it easier to go from squat to stand.

Several above knee amputees have been surprised at the movements and stretches they can accomplish with the extra support. We have even seen one leg burpies and flying pushups. Bungees enable confidence when standing and enable the use of kettlebells and weights when previously only used in a sitting position.



Mike Kiefer safely lifts weights while using a bungee belt.

How they work:

A person steps into a waist harness with leg straps, which is similar to a rock-climbing safety harness. A hook on the back of the harness clips into a specialty bungee cord which hangs from the ceiling. Once clipped in, the fun begins.

Want to try it out? Stop by during our open hours on Thursdays from 1- 4:00pm!



Flying Push-Ups by Kristin



Great Bungee Stretches by Cindy

Open Hours Every Thursday 1:00-4:00 p.m.

Open Hour Thursdays began in November 2021 and have been a great way to take advantage of all The Amputee Center (TAC) has to offer. Each week, amputees can stop by the center to explore resources, chat with a peer, or learn about fitness classes and other programs available to area amputees.

TAC is staffed with an experienced amputee and usually one other person. The prosthetists from Miller Prosthetics & Orthotics are nearby and can be brought in to consult if necessary. These sessions allow time



to meet and discuss issues with someone who has been through a similar experience. Providing peer support is the absolute best way to adapt to life with limb loss or limb difference. Amputees can try out some of the adaptive equipment available, such as yoga silks, bungee fitness, and hand-cycle trikes. They'll also have access to parallel bars if they need to practice walking, or even use the wide-open space to walk around the gym. Those attending might also enjoy working a puzzle, playing cornhole, or building the giant Jenga tower!



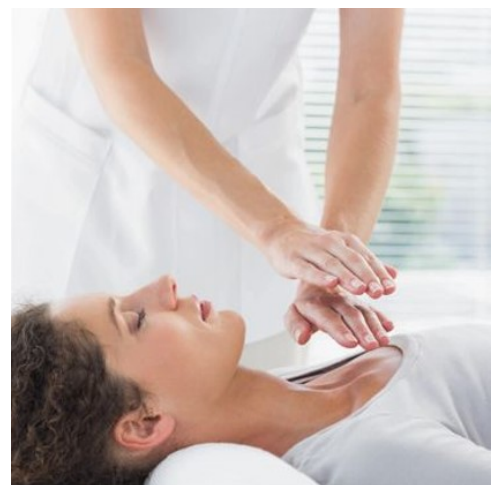
From 4:00-5:00, we encourage everyone to stay for a worry-free amputee only fitness class. Classes are tailored to whoever shows up that day, and the welcoming space provides motivation to move! We've had a variety of talented instructors: Matt Hill, an amputee and certified instructor; Evan French, a physical therapy student from Ohio University; and Natalie Wilson, a certified prosthetist / orthotist and former fitness instructor. Building strength is very important, and it will aid in everything that you do! We hope to build this program and make it a priority for everyone. The class is free and can also be attended by the spouse/friend/caregiver of the amputee.

Reiki Healing by Appointment



Contact Amy Sillers
(740) 315-8208 for more
information or to schedule
an appointment.

Reiki is a form of energy healing that can provide powerful relief from pain and trauma. This simple, gentle, non-invasive and non-religious practice is a perfect complement to any medical or psychological treatment, naturally strengthening the body's own innate healing ability. Amputees and their caregivers, as well as the general community, are welcome to schedule Reiki appointments at the Amputee Center. Sessions are approximately one hour, conducted in a spa-like setting on a comfortable table, fully clothed, and are free to amputees. Non-amputee sessions are \$50, with 30% of all proceeds donated back to the Amputee Center. Sessions are no-touch, so there is no fear that pain will be exacerbated.



First Annual Dice Run

This past August, we hosted a Dice Run, our first big community fundraiser! Thanks to the area businesses who provided our stops: Bob & Jane's, S & P Harley Davidson, Ohio Valley Indian Motorcycle, and Lemon & Barrett's Powersports. And thanks to our participants, who enjoyed a BBQ lunch at The Old Corral following the event. The generous support from corporate sponsors enabled us to raise over \$2,600 for The Amputee Center.



In addition to our successful Dice Run, biker Dennis Dodrill from the Gallipolis Harley Owners Group, brought us a check for \$250 from their group on the day of our event, and invited us to their Poker Run the following day. At their large annual event, he and his wife told their crowd about the Amputee Center and passed a bucket for donations. All together the club donated \$850! A big shout out to Dennis, and thanks to the Gallipolis HOG Club for their support!



Save the Date: This year's Dice Run will be held on Saturday, September 17th

Thrill the World Saturday, October 29th

"Thrill the World" is an organization that coordinates a global event where participants learn the "Thriller" dance and perform simultaneously on a specific date/time in an attempt to break the world record. The event is free for participants, but Toni Holbrook, who coordinates the local effort, chooses non-profit organizations to be the recipient of funds raised by charging to perform at local events. Last year, The Amputee Center was the recipient of those funds.



Applebee's 'Together We Care' Program



Save the Date: This year's event will be Tuesday, April 26th

Thanks to Applebee's "Together We Care" program, The Amputee Center received a check for \$760! This wonderful program benefits area non-profits and raises awareness about the services that they provide to the community. Order items from the select menu all day long and 50% of the proceeds will go to The Amputee Center! Dine in or carryout...stop by and support area amputees!!

Learn the Thriller Dance!

In mid-September, a registration link is posted inviting participants of any age to learn the "Thriller" dance step-by-step to choreography specific to the local event. The official world-wide event is held on the last Saturday in October each year. This year's date will be October 29. Check the "Thrill the World Parkersburg, WV" Facebook page for updates.

Looking for a Fun, New Activity?

Our Programming Committee is new in 2022 with a goal of introducing amputees and the community-at-large to activities that address emotional and physical well-being. These activities will be published on the Amputee Center website, Facebook page, and also the 'Things to Do in Parkersburg' Facebook page. Our kick-off event was a Community Wellness Drum Circle facilitated by Lawrence R. Greene of Athens, Ohio. This event was very successful and we hope to plan another in the future.

Fun Activities are the 1st and 4th Tuesdays at 6:30pm through May ~ Check Back Often for Updates!
All Classes are Free to Amputees!



March 1 - Self Defense

Cat Lang-Bigley, of Cat Bigley Well-Being, has extensive experience in boxing and Martial Arts, achieving black belt status. Cat instructs classes in Yoga, Tai Chi, Qi Gong, and Aerial Fitness...just to name a few. Her classes focus on a balance of honoring your body and stepping outside your comfort zone. There is no charge for this event.

March 22 - Muay Thai - This martial art is sometimes referred to as Thai boxing. JD Scarberry is currently the Muay Thai instructor and striking coach for the Ohio University MMA club. He is a 2nd year student in the Doctorate of Physical Therapy program at OU. Participants will leave class knowing proper footwork and basic combinations, while also getting a decent workout. There is no charge for this event.



April 5 - Energy Healing - Amy Sillers is a member of the Amputee Center Board of Directors and the owner of Higher Visions Coaching. This program will focus on creating true wellness by aligning with Divine energy flow, releasing limiting beliefs, and choosing new thoughts and actions that feel good and bring joy to life. There is no charge for this event.

April 26 - The Art of Bonsai - Bonsai uses cultivation techniques like pruning, root reduction, potting, defoliation, and grafting to produce small trees that mimic the shape and style of mature, full-size trees. There will be a charge for this event to cover the cost of supplies.



Additional programs that are being considered, but have not been assigned a specific date, include:



Wine & Cheese Painting



Essential Oils



Nutrition



Wellness Drum Circle

If you have a topic suggestion, please email The Amputee Center at amputeecenter@gmail.com.



Line Dancing with Donnie Allen!

Wednesday & Friday at 6:30!

The entire community is invited to our line dance classes for \$6 per person, with a portion of your class fee being donated to The Amputee Center! Amputees can participate for free. Beginners are encouraged to come. Donnie Allen is a certified instructor and has been teaching for 20 years. What a fun way to get active!

The Amputee Center

A place where
amputees and
community members
at all levels of ability
feel welcomed and
motivated to exercise,
improve their physical
and emotional health,
and learn about
resources available to

Brought to you by Miller Prosthetics & Orthotics



Mark and Nancy Miller, owners of Miller Prosthetics & Orthotics, had a unique opportunity when they relocated their Parkersburg, WV office to the plaza near the toll bridge. The idea was born to split the space and create a non-profit company that could help with all of the other life needs that arise when living with limb loss. Here we are – a year later, and The Amputee Center has grown into an amazing place that welcomes all with limb loss or limb difference, regardless of whether you wear a prosthetic limb or are a patient of another clinic.

The Amputee Center is a separate non-profit company from Miller Prosthetics & Orthotics and is run by an extremely capable board of directors. You can learn more about the board members at www.TheAmputeeCenter.com/bod.

We hope you enjoy this newsletter and help us spread the word about this one-of-a-kind place. If you are in need of an artificial limb or orthotic braces and supports, please check out MillerPO.com or call us at 740-421-4211.

2311 Ohio Ave Ste B ~ Parkersburg, WV 26101 ~ (Between JoAnn Fabrics and the Veterans' Administration)
(304) 699-2373 ~ www.TheAmputeeCenter.com ~ AmputeeCenter@gmail.com



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