

September 2013

RECREATIONAL ACTIVITIES AND OPPORTUNITIES

PALS program (Promoting Amputee Life Skills)

PALS is an eight week-session self-management course that helps people with limb loss learn skills to improve their lives. Meetings are held every other week at the medical center.

If interested, please call Anita Munoz-Boyle at (317)988-4823.

PEER VISITORS

Are you a patient with limb loss looking to give back? A peer visitor is someone who has already undergone an amputation and can offer support to someone who is going to have an amputation or recently had an amputation. This support can be over the phone, through e-mail or in person. To become a certified peer visitor, you must attend a one day training offered at the medical center.

If interested, please contact Anita Munoz-Boyle at (317)517-6039.

CAREGIVER PEER VISITORS

Are you the caregiver for someone with an amputation and feel you could offer support to other caregivers? This support can be offered over the phone, through e-mail or in person. A certified caregiver peer visitor certification training will soon be offered.

If interested, please contact Anita Munoz-Boyle at (317)988-4823.

TEAM RIVER RUNNER (TRR) Established in August 2004 by kayakers in the Washington, DC area, is a primarily volunteer non-profit organization run by a council of kayakers and overseen by a board of directors. TRR was initially established to help active duty military personnel wounded in Iraq and Afghanistan who were recovering at Walter Reed Army Medical Center. With the success there obvious and the opportunity elsewhere apparent, TRR expanded to other Department of Defense (DoD) and Department of Veterans Affairs (VA) chapter sites in 2007. Wounded service members endure many months of surgeries, physical and readjustment therapy, prosthetic fittings, and other life changes. Against this backdrop, those who are able will welcome a chance to pick up a new challenge, and get out of the daily routine of their treatment for a day. They are attracted to whitewater and adventure kayaking because it offers an exciting way to improve their health, strength, and connection with nature.

Not finding the activities or opportunities you were looking for? Please call Anita Munoz-Boyle at (317) 988-4823.