

Referral Procedure

Patients will be welcomed at the Center for Limb Differences by referrals from physicians and community agencies. We also welcome self referrals. Once the Center for Limb Differences is contacted we will facilitate a patient visit as quickly as possible.

Contact Information

For more information about the Center for Limb Differences please call, e-mail, write or visit our website:

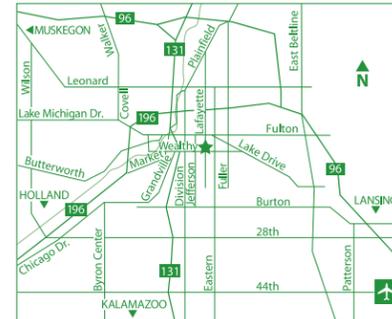
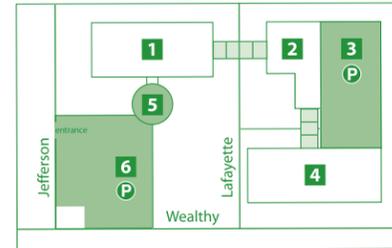
Center for Limb Differences

Mary Free Bed Rehabilitation Hospital
235 Wealthy SE, Grand Rapids, MI 49503-5299
Phone: 616.454.7988
Toll Free: 800.528.8989 ext. 4346
Fax: 616.356.1903
E-mail: limbcenter@maryfreebed.com
Website: www.maryfreebed.com

**The CLD sees patients on Thursday mornings
from 9:00 a.m. – 12:00 noon.**

Mary Free Bed Rehabilitation Hospital

- 1 Mary Free Bed Inpatient Building
- 2 Mary Free Bed Professional Building
Mary Free Bed Outpatient Center
- 3 Parking Ramp
- 4 Mary Ives Hunting Center
- 5 Parking (limited)
- 6 Parking
- ☐ Skywalk



Limb Lines

"Providing Care for Children and Teens with Hand, Foot & Limb Differences"

Issue #33; Spring/Summer 2007

New Lodging Program

Mary Free Bed Rehabilitation Hospital is excited to announce the opening of our new on-site hotel



Welcoming
The *inn* at
Mary Free Bed
Rehabilitation Hospital



The Inn Welcomes:

Center for Limb Differences patients and families who travel more than 40 miles from Mary Free Bed Rehabilitation Hospital.

The Inn Features:

- Six spacious, accessible guest rooms. Each room has a telephone, flat screen TV, wireless internet access, individual temperature controls, and a small refrigerator. The bathroom features a roll-in shower.
- There are two lounges, one for breakfast service, and another sitting area which includes a computer workstation.
- A continental breakfast is served each day, including coffee, juice, bread/bagels, fruit, and yogurt. Guests are also welcome to use the microwave in the lounge.
- Reserved parking is available outside The Inn entrance on the 4th level of the parking ramp.

Reservations or Information

You may make reservations or get additional information by contacting the Center at 800.528.8989 ext. 4346 or 616.454.7988. You may also e-mail InnatMFB@maryfreebed.com.

The cost to stay at The Inn is \$35 per night.

Hours

- The Inn is staffed Monday – Friday:
6:30 am - 10:30 am and 1:00 pm - 8:00 pm
- Saturdays, Sundays, and holidays:
6:30 am - 10:30 am and 1:00 pm - 5:00 pm

Security staff are available to assist 24 hours a day; other support services staff are available until 1:00 am, Monday-Friday.

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Restoring Hope and Freedom
Mary Free Bed
Rehabilitation Hospital

The Center for Limb Differences is funded in part by a grant from the State of Michigan Department of Community Health, and is a division of Mary Free Bed Rehabilitation Hospital which is owned and operated by the Mary Free Bed Guild of Grand Rapids.

New Faces

I think we can all agree – “you can always plan on change.” The Center for Limb Differences (CLD) is no exception.



We have a new social worker on the team! **Patty Stephan, MSW**, started in January 2007 and came to us most recently from Spectrum Health. Patty has an extensive amount of experience in pediatric clinics and is familiar with the services and resources offered in the greater West Michigan area.

She is a great asset and offers a warm friendly face to our team and patients. Patty is replacing Jackie Bultman, MSW, who has contributed to the Center for 5 years, along with her other roles at Mary Free Bed. Jackie will continue these other roles and will stop in to say hello. Thank you Jackie for your years of service!

Welcome **Marcia Allen, RN**, as our new nurse on the CLD team. Marcia has worked at Mary Free Bed (MFB) for over 28 years, and has extensive experience in pediatrics. Marcia currently staffs and will continue to work in many of the other complex pediatric clinics at MFB in addition to expanding her role to CLD. She is a champion in her ability to offer a warm personal touch to each interaction.



Farewell

A special “thank you” to **Beth Terborg, BSN**, for her contributions to CLD for the past 8 years. Beth plans to spend more time with her family, especially looking forward to enjoying her grandchildren - with a new

one on the way! Beth has been a great asset to the team over the years through contributions to patients and families with her warm smile, gifts, toys and caring approach to education and development. She also added direction to the team through her knowledge and experience. Beth will be missed. Good Luck Beth!

Teasing: Tips for Kids

How to Develop Friends

Information from CLD: “Teasing” presentation at national association meeting.

1. Use humor – don’t be afraid to laugh at situations or to laugh at yourself.
2. Realize that understanding takes time. You may have to repeat and repeat again about your situation.
3. Be the first to say something nice to someone else and to introduce your self. Practice being modest and friendly to everyone, even those that aren’t so nice themselves.
4. Try not to be angry or upset if others aren’t sure how to react at first. They may just be curious about your difference
5. Remember that you are the “expert” about yourself and you have the information to be able to explain – if you want to.

Three steps for dealing with words or actions that you don’t like:

1. Smile, smirk, raise your eyebrows and count to 3 before saying anything back to the person
2. Look the other child in the eye and say firmly and with emphasis, “Wow, that was mean”, “Please stop” “That’s not funny” or “Why are you being so mean?”
3. Walk or wheel away.

It is important to practice doing these things so that when a situation comes up, you are ready to handle it.

Sometimes doing all of the recommended things will not make the teasing stop. Don’t be afraid to talk to your parents, a teacher, or other adult you trust for advice.

Tips on What Not to Do If You Want to Make and Keep Friends

1. Don’t monopolize conversations.
2. Don’t make fun of others.
3. Don’t constantly complain.
4. Don’t be a manipulator; never use pity, lying, or pressure to control your friends.
5. Don’t neglect your friends and then use them only when you need them.
6. Maintain regular contact, even it’s only email or a short phone message.

Summertime Fun

Now that it is nice weather everyone is outside There are endless sports and leisure activities to do: softball, soccer, bike riding, swimming, jumping rope and on and on.

For some children with limb differences these activities can be a challenge, but we want to encourage participation in many different outdoor activities. Sometimes the game or equipment can be modified. A strap on a bike pedal may help the foot stay on the pedal. A handle bar extension or “socket” attached to the handlebar may help a child with an arm difference steer the bike with both arms. It is very important that the foot or arm can release from the pedal or handlebar quickly in an emergency. The handle of a jump rope can be modified with a stretchy neoprene strap for easier grip whether with a prosthesis or weaker fingers. A baseball glove is able to fit on an adaptation for an upper limb prosthesis which has metal “fingers”, improving the ability to catch a baseball or softball. TRS manufactures several adapted sports devices that easily attach to an upper limb prosthesis. The TRS website is www.oandp.com/trs. Sometimes the technique can be modified as Jim Abbott modified his ability to catch a baseball and excelled to lead him to the gold medal in the 1988 Olympics and to pitch for the California Angels. The book “*Jim Abbott, Against All Odds*” by Ellen Emerson White is an inspiring account of his life and career in baseball. If you’re interested, CLD has copies of this book to loan out to our families.

Safety is the key in any adaptation or modified technique. The CLD prosthetists and therapists can



Book Spot – Topic: Teasing

Ages 4-8

- *Mookey the Monkey Gets Over Being Teased* by H. Lonczak, published in 2006 by Magination Press
- *Stop Bullying Bob: Helping Children Cope with Teasing and Bullying (a Let’s Talk book)* by D. Smith-Mansell, published in 2004 by New Horizon Press

Ages 6-12

- *Brand New Kid* by Katie Couric, published in 2000 by Doubleday and Company
- *I’m Glad I’m Me: Poems About You* by J. Prelutsky published by Scholastic in 2006

- *Blue Cheese Breath and Stinky Feet: How to Deal With Bullies* by C. Depino, published by Magination Press in 2004
- *Teasing Trouble* by V. Tripp, a Hopscotch Hill book, published by Pleasant Hill Publication, American Girl, LLC in 2004

Teens

- *Mean Chicks, Cliques, and Dirty Tricks – a Real Girl’s Guide to Getting Through a Day with Smarts and Style* by E.V. Shearin Karres, published by Adams Media in 2004

assist in problem solving or giving ideas for these and other activities. Also we’d like to hear about adaptations that you have made so we can share with other families.

Events Calendar

• Adapted Golf Clinic

Date: June 19, 2007

• Adapted Water Ski Clinic

Date: July 13 and August 10, 2007

• Adapted Canoe and Kayak Clinic

Date: August – day to be determined

These events are being sponsored by Mary Free Bed Rehabilitation Hospital and BlazeSports: Kentwood

For more information on any of these programs, please contact MFB’s Recreation Therapy Dept. at 616.242.0380 or visit www.maryfreebed.com.