

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

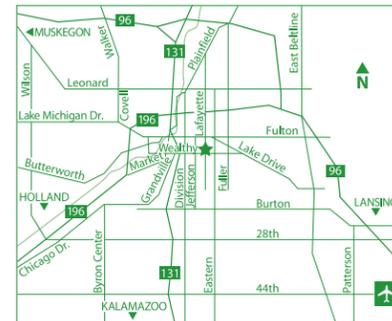
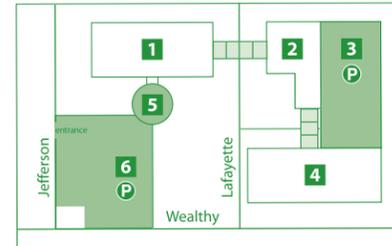
For more information about the Center for Limb Differences please call, e-mail, write or visit our website:

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 #34; Fall Winter 2007

Whitecaps Event

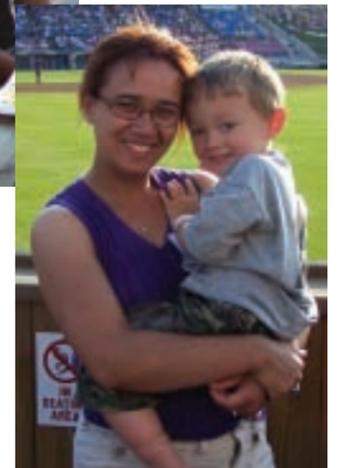


The CLD Whitecaps event was a great success! We had a great attendance this year with over 100 participants in the event. CLD patients and their families, physicians, members of the Variety Club and staff enjoyed an exciting West Michigan Whitecaps game on the MetroHealth deck. Each participant enjoyed a spectacular meal of all-you-can-eat hamburgers, hotdogs, chips, cookies and beverages before the game got underway. Many of the kids were able to enjoy participating in crafts that the staff helped facilitate during the game. An added bonus for the more hardcore baseball fans was the ability to stay for the second game on a double header night. The Variety Club also provided souvenir T-shirts for patients and their siblings.

The MetroHealth deck offered a great opportunity for patients and families to casually watch the game and interact with other patients and their families, as well as the staff and physicians. This was a great atmosphere for meeting new families, sharing experiences and developing new friendships.

The event continues to be a great success in large part due to the generous sponsorship from the Variety Club Children's Charity of Western Michigan and Mary Free Bed. We are very thankful for their commitment in assisting with this event. Without their support this event would not be possible. You can help us show your appreciation to the Variety Club by watching for "Heart Pins" that are for sale at area movie theaters and credit unions. Proceeds go to support great activities for children in our community.

We are planning on returning for a White Caps game Monday, June 9, 2008. Watch your mailbox and our website, www.maryfreebed.com for further details. We hope you can join us!



Center for Limb Differences
 Mary Free Bed Rehabilitation Hospital
 235 Wealthy SE, Grand Rapids, MI 49503-5299

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 operated by the Mary Free Bed Guild of Grand Rapids.

Non-Profit Org
 US Postage
PAID
 Grand Rapids, MI
 Permit No. 1034

Real World Numbers – From the CLD Staff

For the cost of an average below knee prosthesis, you could buy:

- 32 iPod/MP3's; or
- 13 All Terrain bikes; or
- 5 High Definition 42-inch flat screen TVs

For the cost of an average below elbow prosthesis, you could buy:

- 25 digital cameras; or
- 8 Blackberries; or
- 4 widescreen notebook computers

What, you may ask, does this spending spree have to do with treatment at the Center for Limb Differences?

Helping our patients understand the cost and value of their prostheses, and think about who pays those bills now and in the future, is one of the ways the CLD team helps prepare our adolescent patients for their approaching adulthood, independence, and need for self-advocacy regarding their medical care, prosthetics, and equipment.

The Center provides services for patients from birth to 21 years of age. As our patients enter adolescence, the CLD OT, PT, nurse and social worker routinely provide intervention, information, and coping skills to prepare our patients for this transition into self-care and adult responsibilities:

- **Driving** – access, safety, referral to Mary Free Bed's Driver Rehabilitation program for evaluation and training, information and resources
- **Vocation/College Preparation** – scholarships, vocational programs, accessibility/mobility, ADLs, technology, referral to Michigan Rehabilitation Services, ADA and advocacy
- **Insurance coverage** – SSI Disability, Medicaid, Children's Special Health Care Services, commercial carriers, coverage limits and clauses
- **Medical management** – knowledge of diagnosis and medical treatment history, responsibility for medical follow-up, equipment and prosthetic maintenance, peer support

The Center team's goal is to prepare our patients to graduate into the adult world with the perspective, "I'm ready and able to take care of myself."

Toys at Christmas

Do you have a child on your list this year with special needs? With Christmas around the corner, we have compiled some helpful resources that might make toy selection easier for that special child on your list.

For general guidance, Toys"R"Us has an all inclusive catalog of toys, and a "Differently-abled Toy Guide" that includes tips for buying toys for children, and a complete guide to the various toys, their benefit and how to use. It is intended to ease the selection of toys for children with differing abilities. There is also a section on frequently asked questions by parents that is helpful. This is available at all Toys"R"Us stores or online at www.toysrus.com.

For a more expansive view of adapted toys and assistance in selecting toys or play activities for children with disabilities visit lekotek.org. Fisher-price has a nice website that includes some tips for play and toys at fisher-price.com/us/specialneeds/. Other good resources include www.enablingdevices.com (adapted toys and switch operated devices), www.ablenetinc.com (adapted games, switches, communication devices, etc)

Mary Free Bed has a toy library called the "Toy & Technology Library". It is located near the waiting area in the Mary Ives Hunting Center lobby. Hours are 8:30 am – 5:00 pm. Check it out if you are in the area, and ask if you have questions.

Events Calendar

• Bikes for the Rest of Us

Date: Saturday, April 26, 2008

This is an event that families register in advance, to try different types of adapted bikes with trained staff and different bike vendors present.

• White Caps Game/CLD picnic

Date: Monday, June 9, 2008

It is not too early to begin thinking about Spring sports and recreational activities and if any adapted equipment will be needed. We do have some funding through a DeVos grant to assist with providing adapted sports or recreational devices or equipment that is not covered by insurance. Bike adaptations and ski pole adaptations for a prosthesis are examples of items that the grant has helped pay for. Be sure to discuss any needs with a CLD staff member.

Special Guest – Mary Williams Clark, MD

Mary Williams Clark, MD spoke at the Mary Free Bed Medical Staff Meeting on 10-1-07. She is well known to the staff at Center for Limb Differences for her many years of work as an orthopedic surgeon working with children with limb differences and their families. Supported by a traveling fellowship grant she has been interviewing and evaluating adults with bilateral high upper limb loss from birth or acquired in childhood. She has been compiling information to help identify what works to maximize independence in daily life and what treatment, training or experiences were helpful. As of August 2007 Dr. Clark has interviewed and evaluated 21 adults. The videos and information that she is gathering will be so helpful to our staff and other professionals in looking at the bigger picture of what are the long range outcomes for being independent and what works. There is a lack of written materials on what techniques, adaptive equipment or treatment works as everyone is so unique. The videos she shared had some techniques that we have been using but there were other great ideas that will help in our care of children and families. Sharing a video with a family or new staff member is often more helpful than seeing a photo or reading about how to teach a task. I will continue to follow her study and hopefully the end result will be a collection of videos and photos we can all learn from.

Barbara Kaniewski, OTC

Book Spot – Topic: Picture Books

Ages 3-8

- *Thomas the Tortoise* by Graham Jeffery, published in 1988 by Methuen Children's Books LTD. Feeling sad about being the slowest animal in the garden, Thomas the tortoise decides to go into his shell and never come out.
- *The Cherry Blossom Kids and the Three-Legged Dog*, written and illustrated by Yvette C. Rosee Hebron, MD and Harold H. Hebron, published in 2006, www.thecherryblossomkids.com. The Cherry Blossom Kids represent the everyday lives of many children with impairments and how they participate in everyday activities.

Teasing Happens: What to Do



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. Try not to be angry or upset if others aren't sure how to react at first.
4. Say something nice to someone else and to introduce yourself to others. Practice being modest and friendly to everyone.
5. 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 another adult you trust.
6. Know that other kids may just be curious about your disability. 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:

- Count to 5 before saying anything back to the person, especially something mean.
- Look the other child in the eye and say firmly and with emphasis, "Please stop," or "That's not funny."
- Walk away. It is important to practice doing these things so that when a situation comes up, you are ready to handle it.



- *Tibby Tried It* by Sharon and Ernie Useman, published in 1999 by Magination Press. A story that shows children with physical disabilities don't have to slow anyone down, and that trying is what matters most.

- *It's Okay To Be Different* by Todd Parr, published in 2001 by Little, Brown and Company. A story that highlights the many differences kids might experience.

