

# maaf NEWSLETTER



**Mutual Amputee Aid Foundation**  
EST. 1973 - PROVIDING SUPPORT & UNDERSTANDING TO AMPUTEES

**MAAF MEETING SET FOR SATURDAY, OCTOBER 28,  
NOON-3 P.M.**

**TORRANCE MEMORIAL MEDICAL CENTER**

**3315 SKYPARK DR., TORRANCE, CA**

**AUDITORIUM, ACROSS FROM HEALTH CONFEENCE CENTER (SOUTH  
END OF HOSPITAL, PARKING AVAILABLE IN STRUCTURE)**

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## *PSYCHOLOGICAL & EMOTIONAL ISSUES FOR AMPUTEES*

*A DISCUSSION & PRESENTATION BY*

*DR. CRYSTAL QUARRY, PhD*

Topics of Discussion

- ▶ Limb Loss By The Numbers
- ▶ The Emotions of Limb Loss/Amputation
- ▶ Grief and Loss – The Five Stages
- ▶ Barriers to Coping after Limb Loss
- ▶ Protective Factors
  - Resiliency
  - Adaptability
  - Flexibility
- ▶ The Power of Positivity
  - Instillation of Hope
  - Taking Action

LUNCH (SANDWICHES, SALAD, DESSERT, DRINKS) IS PROVIDED . NO COST AT ALL.

AMPUTEES ARE ENCOURAGED TO INVITE THEIR PROSTHETISTS AND CAREGIVERS TO THIS UNIQUE PROGRAM

QUESTIONS?- CONTACT PHIL TAMOUSH, PRESIDENT OF MAAF AT 310-540-3921 OR BY E-MAIL.