

Gold Country Amputee Support Group  
March 30 2017 Meeting Minutes  
Black Bear Diner, Auburn  
Email- [gcamputeesg@gmail.com](mailto:gcamputeesg@gmail.com)  
Web Site- [goldcountryamputees.com](http://goldcountryamputees.com)

Present: Carlos & Cathy Lopez, Dan Wheat Sr and Karen, Paula Mosqueda, Jude Kempinnen, Sharon Roberts, Diane Wilson, Paul May, Sammy Findlay, Melissa and Mike Horvath Kristen Fisher, Eric Montague, Steve Bond, Nick Temple

The meeting was called to order at 6:00 p.m.

Introductions: New member Kristen was introduced to the group by Carlos. Kristen shared her experience of losing her leg below the knee while riding a lawn mower and the mower tip over and landed on her leg. A hardy welcome to Kristen and hope you enjoy this group as everyone else has.

Guest speaker: No Speaker

Meeting Minutes: Minutes were approved as read via e-mail with no corrections and deletions Motion made by Jude and 2d by Sammy vote was made and approved by members.

The Treasurer's Report:

Old Business: Golf registration flyers are ready to be distributed

New Business: Rays motion from a previous meeting was discussed and an amendment was made by Dan to raise the donation amount to \$2500.00 for the Shriners Hospital. Dates for our visit was put on hold until Ray and Irene can attend the meeting. Motion was made by Diane and 2d by Sammy to raise the amount of the donation to \$2500.00 vote was made and motion carried by group members.

Paula brought up the annual PIRS dinner and that in the past we had supported this function by purchasing 10 tickets for group members that would like to attend. Jude made a motion to purchase 10 tickets at \$15.00 per ticket Sammy 2d vote was made and motion carried by group members. Bring \$\$\$\$ if you plan on the auction after the dinner.

Round Table discussion:

Diane brought up the support group at Sutter Roseville Flyer is attached.

Steve talked about the Physical Therapy program that was given at Sac state and he has been using the exercises he was taught therefore his residual limb has more muscle and growing.

Nick told of his sister having to go see the vascular surgeon about her leg she may attend our next meeting with Nick.

Paula and Sharon talked about the Sac State Physical Therapy student coming to their homes for a follow-up. It was very much appreciated by both of them.

Melissa and Mike talked about them losing weight as a matter of health.

Paul May talked about losing his disability insurance and his Lawyer dropping his case.

Diane talked about National Nutrition Month and to start dropping on white food at a time also there will be adaptive dance classes coming to Sac State more information to come.

Dates to Remember: Next Meeting April 13 2017

Meeting adjourned at 7:15 Motion to adjourn 1<sup>st</sup> Jude 2<sup>d</sup> Sammy

These Minutes were submitted by Carlos Lopez on April 4, 2017

## HEALING THROUGH LOSS AND GRIEF SUPPORT GROUP

Marilyn Beckwith, Founder  
[www.lossandgrief.org](http://www.lossandgrief.org)

*If you have experienced an emotional loss, current or past, whether caused by death, divorce, illness, vocation, disability, or other reason, this is an opportunity for you to meet with other grievers, both men and women, in a safe, caring and supportive environment. Our goal is to assist each other in the grief recovery journey. This is a structured process with weekly meetings and assignments, which provides an opportunity to take personal responsibility for your recovery.*

**WHEN:** Wednesday, April 19, 2017  
Wednesday, April 26, 2017

**TIME:** 6:00 p.m. to 8:00 p.m.

**WHERE:** 1 Medical Plaza, Room 6  
Roseville, California

**DIRECTIONS:** Hwy 80 to Bureka Rd. Left on N Sunrise. Continue onto Medical Plaza Dr. Park and enter through 3 Medical Plaza at the covered entrance (entrance to Sutter Roseville Trauma Clinic). Ask directions to Room 6 at the Reception Desk.

This group will meet for 14 consecutive *Wednesdays*. The group will only be open for the first two weeks and then will be closed for those wishing to continue the process. The 20<sup>th</sup> Anniversary Expanded Edition of The Grief Recovery Handbook – The Action Program For Moving Beyond Death, Divorce, and Other Losses, which is available at local book stores and online, will be used as part of the process. If you plan to attend, please purchase the book and read the first five chapters only. **THIS IS NOT A THERAPY GROUP AND THERE IS NO CHARGE TO PARTICIPATE. DONATIONS, HOWEVER, ARE ACCEPTED.**

Note: In order to provide access to persons who are chemically sensitive, we request that you do not wear perfume or scented products to our meetings. Thank you.

**For more information please visit [www.lossandgrief.org](http://www.lossandgrief.org)  
Another group will begin in the Fall 2017.**

This group is not associated with the Grief Recovery Institute  
*Please leave this flyer posted through Wednesday April 26, 2017.*