

SKILLS for Life 6



PAY IT FORWARD

BILATERAL UPPER LIMB LOSS WORKSHOP

October 5-8, 2022 – Houston, Texas

**ENHANCING
SKILLS FOR LIFE**

ORGANIZER

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BILATERAL UPPER LIMB LOSS WORKSHOP

OCTOBER 5-8, 2022 • HOSTED BY ENHANCING SKILLS FOR LIFE

A Unique Experience

The Skills for Life (SFL) workshop is a unique event dedicated to individuals who are missing both of their arms. For 3.5 days, every moment is designed for bilateral upper-limb amputees and quad amputees. A long-lasting sense of community is fostered through social and recreational events along with useful tips, tools, and techniques for healthy day-to-day living. It is the only event in the world that brings together more than 60 people living without both arms, their family members, and experts in the limb-loss rehabilitation field.

"The face-to-face interaction is undeniably the best aspect and leads to life-changing experiences," says Shawn Johnson, SFL 6 co-chair. "The benefits are reflected by its growth from a small, US-based gathering to an event that draws people from all over the world."

"You can't replace learning from everyone in a large group setting like this. I love the problem solving that organically happens at this workshop." Added Kristi Turner, SFL 6 co-chair. "I have worked with this population for almost 20 years and there is nothing in the world like SFL."

How it Began

The concept was developed by Dr. Robert "Skip" Meier and Diane Atkins, OTR/L in 2002. The first three SFL workshops were held in Denver, Colorado. The 2015, 2018 and 2022 events were hosted in Houston in cooperation with Platinum Sponsor TIRR Memorial Hermann. This year is especially meaningful as we celebrate the 20th Anniversary of these workshops!

In addition to organizing the triennial conference, Enhancing Skills for Life sponsors educational webinars, references and resources, and just-for-fun outings such as bowling tournaments. We hope to add events like ski weekends, adaptive golf clinics and a group trip/cruise.

Sustained through Generosity

ESFL was founded in 2017 to focus on expanding access to anyone in need. Since then has raised over \$100,000 for scholarships, program and resource development, and creating peer connections. This year, at least 30 individuals received scholarships to ensure they can experience the exciting, relevant, and comprehensive educational program created by our 20+ amazing sponsors.

Cheers to a truly unique and life changing event!

SHAWN JOHNSON AND KRISTI TURNER, CO-CHAIRS

EnhancingSkillsforLife.org



AGENDA

TUESDAY, OCTOBER 4TH

LOCATION

5:00-7:00 PM REGISTRATION

FOYER

WEDNESDAY, OCTOBER 5TH

LOCATION

9:00AM-12:00PM REGISTRATION

FOYER

11:00AM-1:00PM EXHIBIT HALL

12:00-1:00PM LUNCH

1:00-1:20PM WELCOME: PAYING IT FORWARD THROUGH ADVOCACY AT TIRR MEMORIAL HERMANN
(RHONDA ABBOTT, PT, SENIOR VICE PRESIDENT & CEO)

BALLROOM

1:20-1:45PM ENHANCING SKILLS FOR LIFE RESOURCES, PROGRAMS, EVENTS AND PEER SUPPORT
FOR INDIVIDUALS LIVING WITHOUT BOTH ARMS OR MORE
(CO-CHAIRS: SHAWN JOHNSON, OT AND KRISTI TURNER, OT)

BALLROOM

1:45-2:30PM SKILLS FOR LIFE'S IMPACT & HOW I PAY IT FORWARD
(JULIE DOMBO, CHRISTINE LENTZ, WAYNE MOOREHEAD, ANIA MARECKA, RONNIE HINDSMAN)

BALLROOM

2:00-4:00 PM KIDS ZONE

LAMAR

2:30-3:00PM CHALLENGED ATHLETES FOUNDATION GRANT PROCESS: HEAR FROM RECIPIENTS
(ANNAE JONES, JASON KOGER, PATRICK LAWRENCE, PEGGY TURNER, CTRS)

BALLROOM

3:00-3:30PM BREAK

EXHIBIT HALL

3:30-4:00PM HOME ADAPTATIONS/MODIFICATIONS AND SMART HOMES
(VICTORIA POWELL, RN)

BALLROOM

4:00-4:30PM RETURN TO WORK
(MIESHA SMITH, HAMIDI MORROW, CHRISTINE LENTZ)

BALLROOM

4:30-5:00PM AMPUTATIONS AND PAIN MANAGEMENT
(DANIELLE MELTON, MD)

BALLROOM

4:30-5:00PM JOINT PRESERVATION TECHNIQUES FOR CONGENITAL LIMB DIFFERENCE
(INGER BRUEKNER, PT, JULIE KLARICH, OT AND JESSICA COX)

BEXAR, TRAVIS, NUECES

5:00-5:30PM MAKERSPACE: SOLUTIONS FOR DAILY LIFE SKILL CHALLENGES
(LEVIN SLIKER, PHD)

BALLROOM

SPECIAL EVENT HAPPY HOUR SOCIAL
5:30-7:30PM (DRINKS & HEAVY HORS D'OEUVRE)

EXHIBIT HALL

SPECIAL EVENT ICEBREAKER EVENT
7:30PM SIT VOLLEYBALL

BALLROOM



AGENDA

THURSDAY, OCTOBER 6TH

LOCATION

8:30AM-12:00PM	HEALTH CARE PROFESSIONALS WORKSHOP	<i>BALLROOM</i>
8:30-10:00AM	MULTI-LIMB LOSS/ABSENCE: WHERE TO BEGIN FOR THERAPISTS & PROSTHETISTS (INGER BRUEKNER, PT JULIE KLARICH, OT, VIVIAN YIP, OT AND ZACH HARVEY, CP)	
9:00 -11:00AM	KIDS ZONE	<i>LAMAR</i>
10:00-10:30AM	EXPECTED FUNCTIONAL OUTCOMES (DANIELLE MELTON, MD)	<i>BALLROOM</i>
10:30-11:00AM	BREAK	<i>EXHIBIT HALL</i>
11:00-12:00PM	RELEVANT CLINICAL TOPICS FOR HEALTHCARE PROFESSIONALS DRESSING TREES AND ADAPTIVE EQUIPMENT (SHAWN JOHNSON, OT & KRISTI TURNER, OT) UKRAINE OUTREACH (GERALD STARK, CP) LIMB LOSS PRESERVATION REGISTRY (DANIELLE MELTON, MD) REALITIES OF BILATERAL UPPER LIMB PROSTHESIS USE (HAROLD SEARS, PHD) PROSTHETIC CONTROL NEEDS ASSESSMENT (MEGAN HODGSON, CP)	<i>BALLROOM</i>
9:00AM-12:00PM	LIMB LOSS AND LIMB DIFFERENT BREAKOUTS	<i>BALLROOM</i>
	LIMB LOSS AND FAMILY BREAKOUT SESSIONS	<i>BEXAR, TRAVIS, NUECES</i>
9:00-10:30AM	WHAT TO EXPECT FROM A COUNSELOR: LIMB LOSS INDIVIDUALS ONLY (TERESA DEL CASTILLO, LMSW)	
10:30AM-12:00PM	WHAT TO EXPECT FROM A COUNSELOR: SPOUSES, FAMILY MEMBERS, CAREGIVERS ONLY (TERESA DEL CASTILLO, LMSW)	
	CONGENITAL LIMB DIFFERENCE AND FAMILY BREAKOUT SESSIONS	<i>SAM HOUSTON</i>
9:00-10:30AM	CONGENITAL AND PEDIATRIC LIMB DIFFERENCE ROUNDTABLE (ANNAE JONES, JESSICA COX, ANIA MARECKA)	
10:30AM-12:00PM	GUIDED DISCUSSION FOR FAMILIES OF CHILDREN WITH LIMB DIFFERENCE (BECKY SIEKIERSKI, PHD)	
12:00-1:00PM	LUNCH – PLEASE BE READY AT 1:45PM FOR THE LIMB LOSS/LIMB DIFFERENCE GROUP PHOTO	
1:00-4:00PM	SOCIAL OUTING OR GROUP DISCUSSION FOR FAMILY/SPOUSES/CAREGIVERS	
1:00-2:30PM	ACTIVITIES OF DAILY LIVING (ADL'S) PART 1: MEAL PREP, EATING, BATHING, TOILETING, DRESSING, GROOMING	
	MEN BREAKOUT GROUP	<i>BALLROOM</i>
	(MIKE ST ONGE, WAYNE MOOREHEAD, RONNIE HINDSMAN, ERIC NELSON, JASON KOGER, SAM MATAGI)	
	WOMEN BREAKOUT GROUP	<i>BEXAR, TRAVIS, NUECES</i>
	(ELIZABETH ZWEIGEL, KAREN CRESPO, CHRISTINE LENTZ, ERICA TAMBRINI, ANNAE JONES, ANIA MARECKA, AND AMANDA BORDOY)	
2:00 - 4:00 PM	KIDS ZONE	<i>LAMAR</i>
2:30-3:00PM	BREAK	<i>EXHIBIT HALL</i>
2:30-3:00PM	SIPS WITH SEARS: JOIN HAROLD FOR REFRESHMENTS AND LEARN MORE ABOUT HIS PUBLICATION WHICH IMPACTS THE SKILLS FOR LIFE COMMUNITY	<i>SAM HOUSTON</i>
3:00-4:30PM	ACTIVITIES OF DAILY LIVING (ADL'S) PART 2: MEAL PREP, EATING, BATHING, TOILETING, DRESSING, GROOMING ADAPTIVE EQUIPMENT SHARE, DRESSING TREE (ELIZABETH ZWEIGEL, KAREN CRESPO, CHRISTINE LENTZ, ERICA TAMBRINI, MIKE ST ONGE, WAYNE, MOOREHEAD, ANNAE JONES, ANIA MARECKA, RONNIE HINDSMAN, ERIC NELSON, JASON KOGER, SAM MATAGI AND AMANDA BORDOY)	<i>BALLROOM</i>
SPECIAL EVENT	OPAF FIRST SWING ADAPTIVE GOLF CLINIC	<i>MEMORIAL PARK</i>
5:00-8:00PM	*PRE-REGISTERED ATTENDEES ONLY	

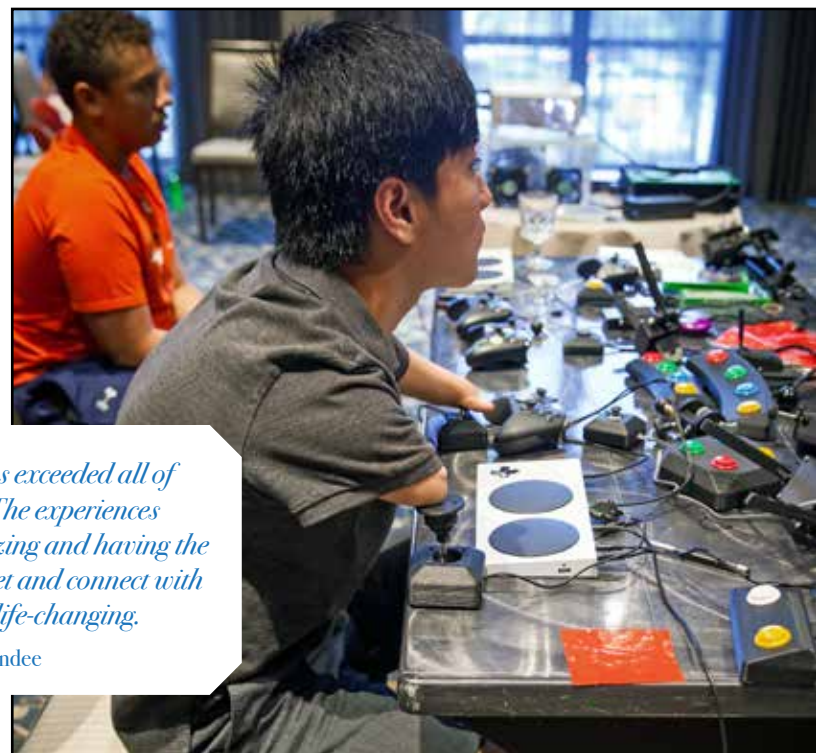
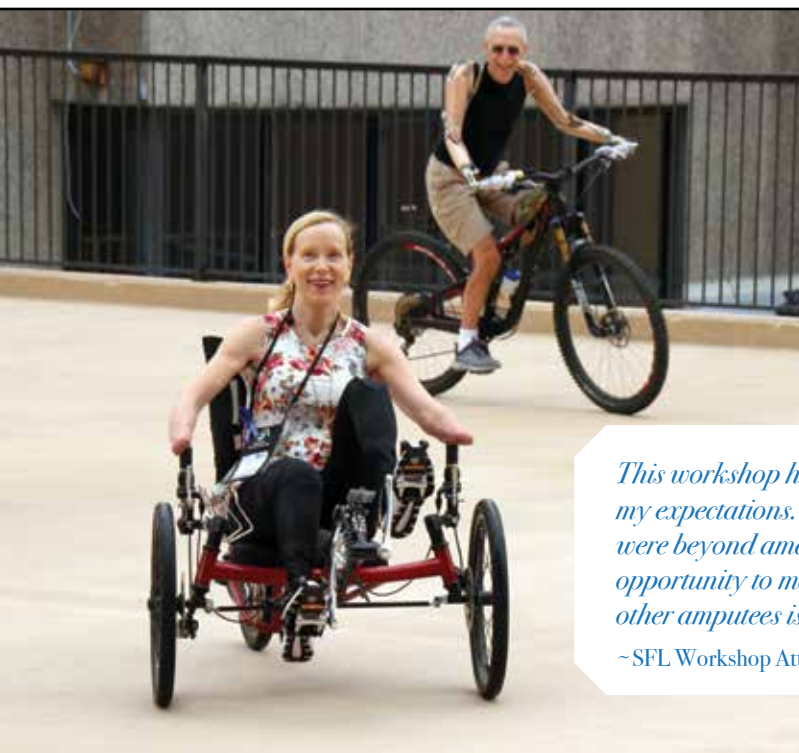


AGENDA

FRIDAY, OCTOBER 7TH

LOCATION

SPECIAL EVENT 8:00AM-12:00PM	QUAD BOOTCAMP, SPONSORED BY HANGER CLINIC (KEVIN CARROLL, CP AND CAMERON CLAPP)	BEXAR, TRAVIS, NUECES
9:00-11:00AM	KIDS ZONE	LAMAR
9:00-11:00AM	HOW TO'S OF MOTIVATIONAL SPEAKING, SECRETS OF SOCIAL MEDIA AND PROTECTING YOUR ONLINE IDENTITY (KATY GRAINGER, JESSICA COX, JASON KOGER, SAMOANA MATAGI)	BALLROOM
11:00-11:30AM	CONGENITAL LIMB DIFFERENCE: WHAT I WISH I KNEW THEN THAT I KNOW NOW (ANNAE JONES, JESSICA COX, ANIA MARECKA)	BALLROOM
11:30AM-12:00PM	BREAK	EXHIBIT HALL
11:30AM-6:00PM	PURE ROMANCE PRODUCT DISPLAY ROOM (18 & OVER ONLY)	SAM HOUSTON
12:00-1:00PM	LUNCH	
1:00-1:30PM	POST SEPSIS SYNDROME (KATY GRAINGER, CHRISTINE LENTZ)	BALLROOM
1:30-1:45PM	SEXUAL HEALTH VALUES & LIMB LOSS (JEN PIATT, PHD, LIZA CRISWELL, OT, MONIQUE MCGUIRE) 18 & OVER ONLY	BALLROOM
2:00-3:30PM	SEXUAL HEALTH & INTIMACY BREAKOUT (JEN PIATT, PHD, MONIQUE MCGUIRE, LIZA CRISWELL, OT) LIMB LOSS INDIVIDUALS & PARTNERS ONLY, 18 & OVER ONLY	BEXAR, TRAVIS, NUECES
2:00-4:00PM	BREAK	EXHIBIT HALL
2:00-4:00PM	KIDS ZONE	LAMAR
SPECIAL EVENT 3:30-5:00PM	HANGER RUNNING CLINIC (KEVIN CARROLL, CP AND CAMERON CLAPP)	SAM HOUSTON
4:00-6:00PM	RETURN TO DRIVING, SHOW & TELL - 6 ADAPTED VEHICLES (CHAD STROWMATT, OT, WAYNE MOOREHEAD, RONNIE HINDSMAN, ANA CALVO)	BALLROOM & VALET AREA
SPECIAL EVENT 5:30-8:00PM	AMPUTEE COALITION CERTIFIED PEER VISITOR TRAINING (CPV) *PRE-REGISTERED ATTENDEES ONLY	SAM HOUSTON



This workshop has exceeded all of my expectations. The experiences were beyond amazing and having the opportunity to meet and connect with other amputees is life-changing.

~SFL Workshop Attendee

AGENDA

SATURDAY, OCTOBER 8TH

LOCATION

9:00-10:00AM	<p>LATEST TECHNOLOGY & UPDATES FROM OUR SPONSORS ADVANCES IN ACTIVITY SPECIFIC PROSTHESES: FILLAUER, BOB RADOCY THE ZEUS HAND, MAKING BIONICS ACCESSIBLE FOR ALL: AETHER BIOMEDICAL, SARRA MULLEN, CP OPTIMIZING WELL-BEING FOLLOWING UPPER LIMB AMPUTATION: INSIGHTS FROM RECENT PUBLICATIONS - HANGER CLINIC, KEITH SARDO, CP CASE STUDY: 1 MAN'S JOURNEY: HOLMES PROSTHETIC CENTER, JON HOLMES, CP UPDATES FROM OSSUR: OSSUR, KEVIN ZIMMERMAN, OT & JASON KOGER TIRR'S AMPLITUDE TO INCREASE LIFE SKILLS: TIRR MEMORIAL HERMANN, KRISTIN REEVES, PT</p>	BALLROOM
10:00-10:30AM	BREAK	EXHIBIT HALL
10:30-11:15AM	<p>LATEST TECHNOLOGY & UPDATES FROM OUR SPONSORS CONTINUED NO WHITE FLAGS PROJECT: ART BROWNSTEIN & JESSICA COX THERAPEUTIC RIDING: COWBOY UP THERAPIES, KELLEY WARREN, SLP HERO ARM, THE FUTURE IS HERE: OPEN BIONICS, ELISE GRISET, CP THE POWER OF COLLABORATION: THE CERTIFIED PROSTHETIST AND THERAPIST WORKING SIDE BY SIDE FOR THE BILATERAL UPPER LIMB DIFFERENT PATIENTS / CARINA GERALDEZ, OT</p>	BALLROOM
11:15AM-11:30AM	ACTIVITY DAY OVERVIEW / MIKE ST ONGE, SHAWN JOHNSON, KRISTI TURNER	
11:30AM-12:30PM	LUNCH	
12:30-5:30PM	<p>ACTIVITY DAY ADAPTED BIKING, GLORIA SUAREZ PAINTING WITH CHRISSY KAESTLE KIDS ZONE WHEELCHAIR RUGBY (18+ UP) OR WHEELCHAIR BASKETBALL PEGGY TURNER, CTRS HORSE CARE WITH KABOOM, KELLEY WARREN, SLP SCUBA VIDEO PRESENTATION, ERIC NELSON AND AMY GINSBURG, CP ADAPTED GAMING, ERIK JOHNSON, OT & KAITLYN JONES, OT CHALLENGED ATHLETES FOUNDATION SWIM CLINIC, ALAN VOISARD & ALISON TERRY RIGHT FOOTED DEFENSE: THE ART OF TAEKWONDO, JESSICA COX</p>	



		3/4 Sage Parking Lot	Pool/Pool Deck	Lamar	Sam Houston	1/4 Sage Parking Lot	Bexar	Travis & Nueces	Ballroom			
12:30								Painting 12:30-1:30				
1:00	Activity Day	Biking 12:30-2:30pm		Kids Zone/ Break Room Arts & Crafts, Games, Toys 1-5pm	SCUBA Presentation Eric & Amy 2-2:30pm	* Horse Care with Kaboom 1:30-4:30pm	Adaptive Gaming 2-5pm		Wheelchair Rugby or Basketball 1-4pm (18+ up or with parent consent/waiver)			
1:30	-Swim, Gaming, Biking, Painting, WC											
2:00												
2:30												
3:00			CAF Swim Clinic 2:30-5:30pm									
3:30	Rugby, Self-Defense, Horse Care											
4:00												
4:30												
5:00								Self-Defense 4:30-5:30pm				

*Kaboom will need 15-20 min rest/potty break every hour and potential other unplanned breaks as needed)

SPECIAL EVENT

LET'S GLOW CRAZY! FUNDRAISER DINNER

- 6:15PM DOORS OPEN
- 7:00PM DINNER BEGINS
- 8:00PM DJ, SILENT AUCTION/RAFFLE, SPEAKERS
- 10:00PM END OF EVENT



BALLROOM

SCHOLARSHIP DONORS

HERO DONATION LEVELS

SIX MILLION DOLLAR MAN - \$10,000+

Ronnie Hindsman Bowling Tournament
John & Julie Dombo

LUKE SKYWALKER/STAR WARS - \$5,000

Beryl Ann Owen

I, ROBOT - \$1,001-2,500

H&H Consulting Medical Center O&P
Hanger Clinic

WINTER SOLDIER/CAPTAIN AMERICA - \$1,000

Jason Stoneback Prosthetic Innovations
Anonymous Baylor College of Medicine
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Anonymous

FACEBOOK FUNDRAISERS

Sharon Orsak \$205.00
Victoria Powell \$300.00
Kimberly Emanuel \$330.00
Aimee Bernadette \$555.00
ESFL Fundraiser \$600.00

GIVING DONATION LEVELS

MAD MAX FURY ROAD - \$251-\$500

FRED OUELLETTE GERALD & SANDY BENNETT
ZEBULON SCOVILLE BARBARA & BUDDY NICHOLS

TERMINATOR - \$101-250

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KATHY DOOLEY ROSS & ALICE JOHNSON MARY LEIGHTON MARYANN GRIFFITH
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KIM BELL HO ALICIA CORTEZ JIM & JOYCE TURNER CINDY POTTER

THE FUGITIVE - \$26-50

TAKASHI NAKAMURA JOHN JOHNSON ROBYN MENDEZ JOE FLANAGAN
KIM DOOLAN CHRISTINE LENTZ CAROLE MINYARD ERIC PRATT

EDWARD SCISSORHANDS - \$11-25

KEVIN BRENNAN MELODY KELLAR TRICIA HAYES MELISSA PATRONELLA
GREYSON BISH ROWAN BISH DIANE DAVIS SUSAN SMITH

CAPTAIN HOOK - \$1-10

EMILY ABBOTT KATIE ABBOTT STEPHEN ABBOTT AUSTIN HAYWOOD
NICOLE LENORT JULIA MACGREGOR PAIGE GARCIA DREW GARCIA
GRAYCE CHOI FAITH CHOI CASE JOHNSON SKYLAR JOHNSON
CAMILLA CHAN TESSA CHAN REESE LENORT OLIVIA HAMILTON
REID HAMILTON AVERY HAAS NELLIE HAAS MATTHEW MACGREGOR



ACKNOWLEDGMENTS

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SPECIAL THANKS

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CONTINUING EDUCATION



AMERICAN BOARD FOR CERTIFICATION
IN ORTHOTICS AND PROSTHETICS (ABC)
16.25 PCE'S PLUS EXHIBIT HALL TIME



TEXAS OCCUPATIONAL THERAPY ASSOCIATION (TOTA)
27 HOURS OF OT EDUCATION.

GLOBAL OUTREACH



ENHANCING SKILLS FOR LIFE

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