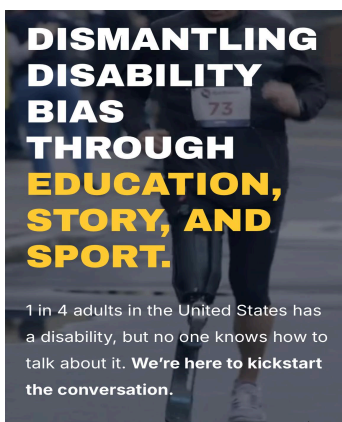




# NEWSLETTER

## OCTOBER

Education, Story, Sport, (Games)



[The Bionic Project](#)



PSI TEAM



Shane - [PSI Team Leader](#)

The Bionic Project is sponsoring a run on October 27th. This event is for **everyone!** Consider it a culminating event to celebrate the victories noted on the **Summer Challenge Board**. Shane will be leading the way as team leader for Team PSI. Sign up today. The Bionic Project is a non-profit organization that seeks to “create transformative experiences through education, story and sport.” We might add “games” to that!

October 27, [San Francisco Bionic 5K Race](#)

## Fitness for Life | Confidence Training

### **Weekly Group Classes**

*Tuesday @ 10 AM:* Join us for Balance/Core exercises, games, and fun

*Thursday @ 12 Noon:* Join us for class to increase your Endurance

We always love to see new and old friends at these group classes. Be careful, you may have to work! All classes and special event days are also found on our [Event/Gym Calendar](#) on our website as well.



**Horseback Riding**



**AOPA Conference in NC**

*Talking Horses:* We had an incredible day at the Hollister Horseback Riding event! For those who haven't attended, it's a truly unique experience. Families enjoyed quality time together, while some came just to watch and interact with the magnificent horses. Others were excited to rekindle their childhood passion for riding. The atmosphere was filled with joyful smiles, and although the afternoon fatigue was real, the excitement of the day left an unforgettable impression on everyone involved! The link above shows video highlights.

*AOPA: American Orthotic & Prosthetic Association* Wade and Susan recently attended the annual meeting in Charlotte, NC, never shying away from games and competitions while learning about new technologies and research in prosthetics. Their focus was on gathering knowledge that could benefit our patients. In the coming months, we may be reaching out for trial participants as we explore new prosthetic solutions (pun intended). Stay tuned for updates on potential opportunities to contribute to our ongoing advancements in patient care. We can all learn together!

### **Advocate for a Second Prosthesis in California, can it happen?**

Legislation in various states now allows a second sports/health-related prosthesis for insured individuals. Shouldn't California be next? Check out [#soeverybodycanmove](#) to get involved.

### **Interested in a particular topic for our Blog?**

**Blog:** Dive into our interactive blog to learn from us and each other. Have a topic you'd like us to cover? Let us know! If you have a story or a win to share, send us a photo and your story, and we might feature it.

All the best to you this October

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# NEWSLETTER

## SEPTEMBER

### Upcoming Opportunities in September!



Getting his Game On



A Gorgeous Day and Gorgeous Horses



Susan/Wade at AOPA Still Completing

### September is a Busy Month at PSI

*September 5* CASCADE DAY @ Santa Clara office

*September 11 - 13*, Wade and Susan @ Industry Meetings in North Carolina

*September 17*, Ottobock Day, 10 AM - 3 PM want to try the X4? RSVP [here](#)

*September 28*, Horseback Riding In Hollister, 10 AM - 1 PM (lunch provided), note: families are welcome but the horses are reserved for amputee guests only. Space is limited RSVP [here](#).

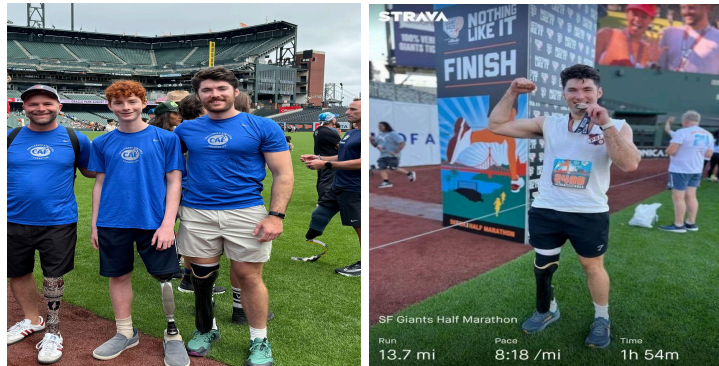
### Fitness for Life | Confidence Training

#### **Weekly Group Classes**

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*Thursday @ 12 Noon:* Join us for class to increase your Endurance, *Canceled September 12 and 17th*

We always love to see new and old friends at these group classes. Be careful, you may have to work! All classes and special event days are also found on our [Event/Gym Calendar](#) on our website as well.



## CAF Mobility Challenge in SF and Bionic 5K in SF

In August, a group of us went to the CAF Mobility Clinic in San Francisco. It was an intense workout, but we had so much fun, met new people and made new connections in the Bay Area. Special shoutout to Shane, who not only took part but also ran the SF Giants Half Marathon the very next day, achieving a personal best—using his everyday leg, no less! Truly awesome.

### Coming in October ...

Many of you have posted challenges on our **Summer Challenge Board**. The upcoming Bionic 5K in San Francisco is the perfect opportunity to celebrate your hard work and achievements over the summer. **We're excited to announce that Shane has agreed to captain Team PSI for this race.** Consider joining the team or forming a relay group (everyone would need to register), or donating to the cause. This is for you and your families, let's bring a whole crew!

*October 27, Bionic 5K Registration for Team PSI details [here](#)*

### Advocate for a Second Prosthesis in California, can it happen?

Legislation in various states now allows a second sports/health-related prosthesis for insured individuals. Shouldn't California be next? Check out [#soeverybodycanmove](#) to get involved.

### Interested in a particular topic for our Blog?

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All the best to you this September,  
Team Prosthetic Solutions



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# NEWSLETTER

## AUGUST

### PSI Version of the Paralympics!



Javelin Throw



Floor Routine



Synchronized Dancing

### New Website, More Ways to Connect

We've given it a fresh new look and added more resources to support our community.

#### What's New?

- [Event/Gym Calendar](#): Stay updated with our weekly class offerings and special events. Explore new components, plan for outside clinics, and more.
- [Blog](#): Dive into our interactive blog to learn from us and each other. Have a topic you'd like us to cover? Let us know! If you have a story or a win to share, send us a photo and your story, and we might feature it.

Visit our website today and discover all the new features!

### Advocate for a Second Prosthesis in California, can it happen?

Legislation in various states now allows a second sports/health-related prosthesis for insured individuals. Shouldn't California be next? Check out our Instagram and Facebook for updates.

PSI completed our [#soeverybodycanmove](#) journey on 7/28/24. Thank you to all who participated and contributed! Let's keep the momentum going. Urge our state legislators to support this change. Get involved today and help make a difference!

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## Fitness for Life | Confidence Training

Our classes are going strong! We always love to see new and old friends at these group classes. Be careful, you may have to work! All classes and special event days are also found on our [Event/Gym Calendar](#) on our website as well.

### **Weekly Group Classes**

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- August 7 - 11, [CAF Cycling Challenge](#)
- August 17, [CAF Running Clinic in San Francisco](#)
- September 5, Microprocessor Knee Side by Sides, Running Feet, Pivot Foot  
It is Trial Day, Santa Clara Clinic, 10 - 3 PM
- September 17, Ottobock Day, 10 AM - 3 PM want to try the X4? This is your chance.
- September 28, Horseback Riding In Hollister, Time TBD

## **Summer Challenge Goal Achieved!! [Mike and Penny](#)**

Mike has been a patient of ours for the past 10 years.

Read a little of his story about him and his new dog Penny. It is a story of persistence and building new connections.

## **Would you consider a Google Review?**

Now, more than ever, people are googling to find us. We hope to connect to people early on in their journey to bring peer mentors in, and to make sure they are getting good care. If you would like to leave a review, you can do so here.

[Prosthetic Solutions, Inc. Google Reviews](#)

All the best to you this August,  
Team Prosthetic Solutions

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# NEWSLETTER

## JULY

What in the world are we up to?



### Potential Prosthetic Legislation for CA and the US

Have you seen our subtle [Instagram Post?](#) One of the photos above is featured.

Legislation is passing across States that would allow a second sports/health related prosthesis for all who are insured in the state! Shouldn't California be next?

PSI has joined the [#soeverybodycanmove](#) movement. To support this, we and others in the US are further raising money for legislative action and have formed a team committing to move.

#### To join team PSI

- 1) Agree to move 28 minutes/per day in the month of July
- 2) Spread the word to friends and family or anyone who would like to donate to support and help us reach our goal while we meet this challenge
- 3) Join the team and start raising funds by following this [link!](#)

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## Fitness for Life | Confidence Training

### **Weekly Group Classes**

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A ***Fitness Calendar*** has been added to the website! Please click on the “**Calendar**” button to discover:

- When we have weekly classes (hint: Tu/Th)
- When we are having the Horseback Riding Clinic (Tentatively 9/14)
- When we are having “OttoBock Week” (Week of 9/16)
- 5K Fun Run/Walk (TBD)
- Swim Clinic (TBD)

[Letitia's Journey](#) View it and Subscribe to our YouTube Channel. Please share her story as appropriate with anyone who may be interested. She discusses her rehabilitation journey, ongoing today. She and others among you are ACA Mentors and Mentors for PSI. Thank you!

**Please Remember:** Wade is on vacation during the week of July 4! Whoo hoo!  
Susan will be available.

All the best to you this July,  
Team Prosthetic Solutions