



NEWSLETTER

JANUARY 2025

New Year, New Goals, New Gym Option



Fitness for Life | Confidence Training

"Exercise is a Medical Necessity"

Great news! As of January 1, 2025, both our Santa Clara and Hollister offices are participating providers under **Renew Active, One Pass, One Pass Select, and Aaptiv Gym Networks.**

Eligibility and Coverage for free Gym Membership

- Medicare Advantage Plan members: Eligible for free gym membership through Renew Active or One Pass
- One Pass Select is a program for members under the age of 64
- Straight Medicare: Contact Flora or Alejandra for eligibility
- Anthem, Blue Shield, Aetna, or Cigna: You can nominate us to be part of your gym network. The more requests made, the quicker they respond to the application.
- You can belong to more than one gym, not just Prosthetic Solutions!

Pricing Structure for Confidence Training Gym @ Prosthetic Solutions

- Yearly Membership Dues: \$60
- Monthly Dues: \$30
- Discount: \$10 for clients over 65
- Free for those eligible for Renew Active, Aaptiv, and One Pass programs

Weekly Group Classes

Santa Clara Location

Tuesday @ 10 AM: Balance/Core exercises, games, and fun
Thursday @ 12 Noon: Endurance class

Hollister Location

Friday @ 10 AM

For individual/drop-in use of our spaces, including work on parallel bars, exercise equipment, and mat work, please contact the office to schedule an exercise slot. Join us in embracing exercise and training as a medical necessity and take advantage of these opportunities to improve your health and confidence!

Peer Community and Storytelling

"Where in the world is PSI?"



Check out our [Social Media Reels](#) with us and all of you in your PSI swag! If you have a photo you want to share, add it in the comments section of the post!

We always appreciate your enthusiasm!

** Holiday Schedule at PSI **

12/31 Office Closed at Noon (Group Class held if desired)

1/1/25 - 1/3/25 HAPPY NEW YEAR: Emergencies Appointments Only for the 2nd and 3rd

If you are interested in taking advantage of any snowfall that we get in the Sierras there are many programs available both in the Tahoe and Mammoth area resorts. If the snow is for you, but you haven't tried it yet in your prostheses, check out the program at [Achieve Tahoe](#) and Disabled [Sports Eastern Sierras](#). Let us know if you want to be connected to a peer mentor.

[Google](#) and [Yelp](#) reviews are always appreciated and a special thank you to those who have posted new reviews!

Happy New Year!
Team Prosthetic Solutions

DECEMBER 2024

Tis the season for Cookies, Fitness News,
and Giving Thanks!



Join us for the fun! Some of past hits include Wade's **Potato Chip Cookies**. Come see what the fuss is about and enjoy time spent together celebrating all of the upcoming Holidays!

*****Fitness for Life | Confidence Training*** Announcing Changes to these programs for 2025**

We will continue to hold weekly classes and drop-in sessions for everyone. Excitingly, we are now recognized as a participating gym for certain insurance plans, including Renew Active and One Pass Select. To ensure your insurance benefits cover our gym, please nominate us as a participating provider.

We will offer a yearly membership with monthly dues, most, if not all should be covered by your insurance. This will enable us to bring in more training experts and enhance our training programs.

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.

Peer Community and Storytelling

Many of you met our client Nik during his time in California as he was fit with a prosthesis for the first time and trained with us and the VA in Palo Alto. He shares his amputation story in our YouTube and Instagram accounts, offering insights into his experience before receiving a prosthesis and showing what is possible in 90 days. We hope his story impacts you as it did us.

You can read his story on our website: [Nik's Story of Resilience](#)



What would you like to share?

We use storytelling to help inspire and support this community. If you want to share your story, write about an experience on our blog, or give a testimonial for our website, please let us know! Send an email, give us a call. We can work with you to edit and make sure that what is written or told in video format is the story you want to tell.

**** Holiday Schedule at PSI ****

12/24 Office Closed at Noon (Group Class held if desired)

12/25 - 12/27 Happy Holiday's. No appointments for Thursday and Friday / Emergencies Only

12/31 Office Closed at Noon (Group Class held if desired)

1/1/25 - 1/3/25 HAPPY NEW YEAR: No appointments for Thursday and Friday / Emergencies Onl

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.

And as always, [Google](#) and [Yelp](#) reviews are always appreciated.

Happy December!
Team Prosthetic Solutions

NEWSLETTER

NOVEMBER 2024

GOA, Bionic Education, and the Movies



Source: GAO analysis of Centers for Medicare & Medicaid Services data; Departments of Defense, Health and Human Services, and Veterans Affairs information; GAO (illustrations). | GAO-25-106406

[U.S Government Accountability Study on Limb Loss for Medicare Beneficiaries](#)

The graphic from the report highlights a troubling reality: only 30% of eligible beneficiaries receive a prosthetic limb, and many are not referred to Physical Medicine & Rehabilitation doctors. How many people are falling through the cracks of the system?

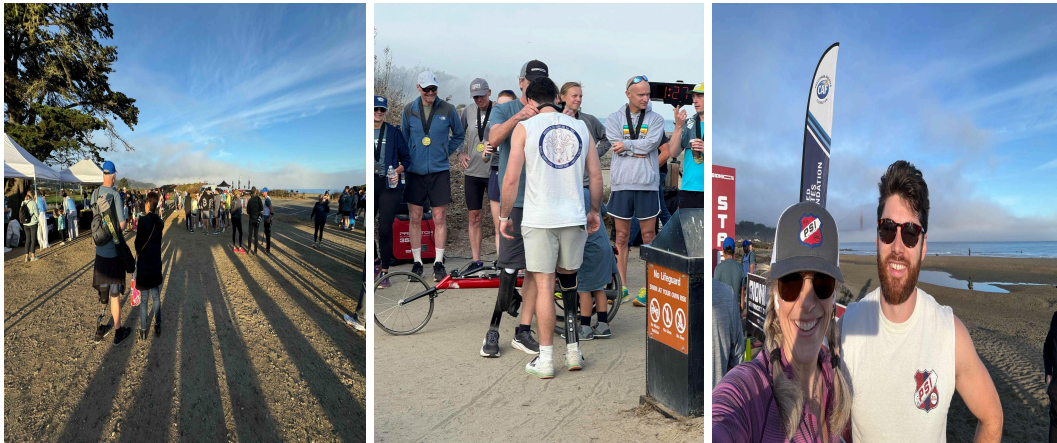
We understand that regaining mobility goes beyond simply receiving a prosthesis and that education, peer engagement, and training are so important. Please share this report with your providers and, if applicable, discuss how ongoing mobility and confidence training has benefited you personally.

For further insights on how this report impacts prosthetic care, check out our [November blog post](#).

If you did not see it, great interview with Anthony Robles, in this month's "Living with Amplitude"

["How Unstoppable Got to the Big Screen"](#)





[The Bionic Project 5K/1 Mile Event](#)

The day was stunning, Susan made it to the finish line, Shane crushed it, and people of all abilities were celebrated and supported! The Bionic Project team is happy to come out to your schools and workplaces to discuss and dismantle Disability Bias. Let us know if you are interested and we can help set it up!

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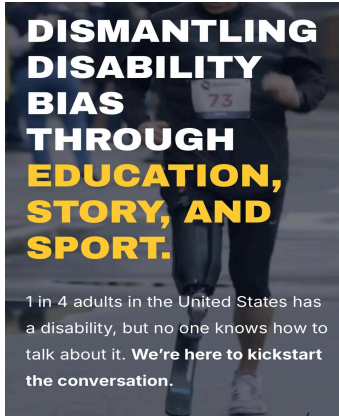
Happy Thanksgiving month!

Team Prosthetic Solutions

NEWSLETTER

OCTOBER 2024

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](#)

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[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?

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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

NEWSLETTER

SEPTEMBER 2024

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](#).

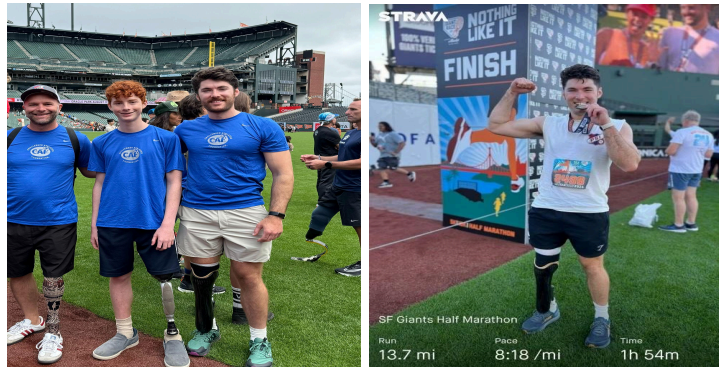
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CAF Mobility Challenge in SF and Bionic 5K in SF

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](#)

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NEWSLETTER

AUGUST 2024

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!

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.

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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

NEWSLETTER

JULY 2024

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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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