

**ALL EDITIONS**

**FOR Immediate Release**

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**SUPPORT AND RESOURCES FOR THOSE AFFECTED BY LIMB LOSS**

More than 2 million Americans live with limb loss, and that number grows by 185,000 each year. Each day 507 people lose a limb, largely due to vascular-related diseases, and 60 percent are preventable according to the Knoxville-based Amputee Coalition. If you or someone you care about is one of these individuals, peer support, information and other resources are available locally through the Mid-Hudson Limb Loss Group which is a member of the Amputee Coalition.

Many people are unaware of the causes of amputation and often see limb loss in just a few categories, such as the wounded warrior or the accomplished athlete. The fact is limb loss affects every generation from young to old and people from all walks of life. While 60 percent of amputations are preventable, traumatic limb loss can happen to anyone, from lawn mower and farm equipment accidents to motorcycle and car accidents.

The Mid-Hudson Limb Loss Support Group formed eight years ago at the hands of cancer survivor and advocate John Vacca. Since its inception in 2003, the group has upheld its mission to support individuals both directly and indirectly affected by Limb Loss. The group also fosters community support through efforts to spread awareness about Limb Loss prevention and by serving as an informative resource center for individuals eager to learn more.

Individuals with or affected by Limb Loss who are looking to benefit from the group's supportive resources may be interested in two regular monthly meetings: The first takes place on the 2<sup>nd</sup> Thursday of the month at Taconic Resources for Independence (TRI) at 82 Washington Street in Poughkeepsie and then on the last Monday of the month at the Resource Center for Accessible Living (RCAL) at 727 Ulster Avenue in Kingston. Both meetings begin at 6:00 PM.

To learn more about the Mid-Hudson Limb Loss Group, call the group's facilitators:

John Vacca in Poughkeepsie at (845) 485-7709 or  
Hal Grunenwald in Kingston at (845) 338-5507.