



## Give Hope – Give a Hand

Providing functional prosthetic hands at no cost to recipients.

### Greetings

The LN-4 team has been working, as always, to improve and expand the LN-4 prosthetic hand program, including LN-4 upgrades, assembly events, and shipping. We are extending and expanding our outreach, delivery, fitting, and training, to existing and to new Rotary club projects, and other groups. We are in partnerships with more organizations which are interested in taking the LN-4 to new places with us and for us.

Don't forget to look for LN-4 news and information at [www.LN-4.org](http://www.LN-4.org), and on YOUTUBE.COM. The LN-4 project is global; please read this newsletter with that in mind.

This newsletter describes some of the recent and upcoming LN-4 activities - there are so many changes, so much exciting news, so many success stories - we want to share with those supporting this work and those working with us on the LN-4 projects. Things are growing and changing so rapidly that it is hard to keep up.

If you are interested in something mentioned here please contact us; if you know of something you want to see mentioned in the newsletters, please write us a note with more details and photos so we can add your story to the next LN-4 News report. You can always contact us through the web site at [www.LN-4.org](http://www.LN-4.org); you are welcome to phone and email too.

In this letter:

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### **A Few Words from the President**



The Ellen Meadows Prosthetic Hand Foundation is going so strong it's tough to keep up with all of the happenings. Volunteers are stepping forward every day asking to donate, build hands, go on trips and organize events – thank you all so very much.

The foundation is extremely excited to report that through a private and restricted donation, we have received funding designated to provide 10 hours / week of administrative support through the end of the year – at least. I am pleased to introduce Michelle Sullivan – our Administrative Assistant. Michelle is entering in all of the distribution of hands and information on registration forms of recipients – we will be able to provide a very exciting report by the end of the year as a result of her data entry.

We were represented at the Rotary International Convention for the 3rd time - Salt Lake City, Los Angeles and Birmingham England. We saved a bunch of money by NOT shipping the entire booth but had a nice display of hands, video, literature and banner hanging from the top of the booth – the booth is beautiful but our display certainly didn't detract from a full set of visitors virtually every moment of the day. We met with literally hundreds of Rotarians over the few days that we were there. Probably our most exciting story was from Jaya Shah from Nepal whom I had met 3 Conventions ago in Salt Lake City. She took a hand and some literature back with her in 2007. I didn't see her last year and then this year she came up to our booth and said she had identified 500 recipients in her area who needed a hand. Then, at about the same moment in time – Silvio Piccioni of Italy came to our booth and asked how his club could provide support to the hand project – our response – "Let us introduce you to Jaya!" We're now on track for a matching grant for 500 hands to Nepal!

Awww...the magic of Rotary.

The other exciting thing about the RI Convention was in The Rotary Foundation session, a Rotarian in the audience asked how they can do something in Rotary that they can really touch and feel – while of course there are many things in Rotary that someone can do, the facilitator's response was "for \$50 you can put a hand on someone." We love that sort of press!

Special thanks to the following people who volunteered at the RI convention – and especially to Melanie Prole of the Danville / Sycamore Club who coordinated all of the Volunteers for the third year in a row. Also to Jim Bonato of the Pleasant Hill Club who spent hours – literally, in arranging for the shipping of the booth contents BACK to the U.S. The volunteers were Jon & Bonnie Dwyer of the Benicia Club; John & Cathy Van Vesseem of the Vacaville Club, Debbie Roessler & Vickie Devlin of the Moraga Club...and my loving wife, Janet!

Our newly revised website is up and running – take a look at it.

Where are we – over 2,500 hands in 37 countries – name a country with a potential need – we're probably already there!

Our goal is to have distributed 10,000 hands in 2010. We can do it!

More news to come out soon.

Sincerely,  
Michael Mendonca  
President, Ellen Meadows Prosthetic Hand Foundation  
Rotary Club of Pleasant Hill

[LN-4 web site](#)



## **LN-4 Trip, Central and Eastern Africa – Spring 2009**

News from Dr. Carol Fellows and PDG Tim Bewley, in Ashland, D5110...long time supporters of the LN-4 project and founding directors...another journey to carry LN-4 work to Africa.

January 25-February 27 – Kenya(Nairobi, Gilgil), Uganda(Kampala, Bulaba, Gulu, Kubale, Lira), Rwanda(Kigali, Butare).

In Butare, fit 101 hands during five days of clinics, trained all staff in fitting, training, and repair of hands. Hands were also distributed to four regional centers for fitting at a later date.

This is Carol and Tim's latest of several trips to eastern and central African countries, for the LN-4 foundation. In addition to fitting LN-4 hands and training volunteers, they are able to

strengthen their Rotary connections, continue and increase the delivery of LN-4 hands in this area of the globe.

[LN-4 web site](#)

## **Clear Path International and LN-4 Hands**

Missy Malkush and Rachel Clagett recently carried 10 LN-4 hands to the remote area between Burma and Thailand, to a house run by Clear Path International(CPI



). The people living there have been damaged by the fighting in the border area and some were qualified to receive an LN-4 hand. Missy and Rachel provide days of supervision and training to help people learn how to use their new LN-4 prosthetic. The photos and narrative are on the CPI web site under blogs and you should go there to read their wonderful report. <http://www.cpi.org/cpi/blog/>

A gentle warning - we may get emotional reading these stories of the people who recently received an LN-4 hand from CPI.

We expect to do more work with CPI, as they focus on the people who are hurt by fighting and by landmines especially, and many of these people can benefit from the LN-4 prosthetic we offer.

[Clear Path website and blog](#)

## **LN-4 Upgraded**

We have had great success with the LN-4 that we have produced since September 2007. With the experience we have gained assembling, distributing and fitting this LN-4 we have now put in place a "hand-full" of upgrades. Technically this would be Revision 6 to the LN-4 – maybe we should call it the LN-4-6! These upgrades will be put in place with our existing

inventory and future production runs – we expect that over the course of our lifetimes, we will make many upgrades and in fact as new technology emerges, perhaps even complete changes to the hand will occur over the years. In addition, we are also moving forward with the LN-4A – a larger sized version of the LN-4 for larger people, a wrist extension which enables people with even shorter residual limbs to have their hand extend out to the same degree as their other hand, and finally, an above elbow device is in the works which will enable us to fit those individuals who are missing more than just their hand. We're planning to use the resources of an upcoming District Conference to "change-over" these existing LN-4 hands and put in place the new upgrades. The upgrades will make the hand hold better, open better and increase the range of motion of the moveable digits. The changes we are making to the LN-4 will begin to be introduced to recipients after October 2009.

[LN-4 web site](#)

## **Ecuador LN-4 trip**

This project is really a partnership between the Rotary Club of Davis, D5160, and the Rotary Club of Guayaquil, D4400, working together to deliver LN-4 hands for us to people in the State of Guayaquil, who want and will benefit from using the LN-4 prosthetic.

The current plan is to hold the fitting and training event in January 2010, with the team from Davis,CA traveling to Ecuador and carrying the LN-4 prosthetics and training materials, to train the volunteers in Guayaquil and to fit the LN-4 prosthetics for the recipients the Guayaquil Rotarians have pre-qualified. If the project goes as planned it will be continued and expanded, as is occurring in parts of Colombia already.

It is a big undertaking for the Guayaquil Rotarians to publicize and organize an LN-4 fitting event; it is an important commitment for the Davis Rotarians, lead by Dean Labadie, to recruit the Guayaquil Rotarians, then to assemble the team, plan the trip, learn the fitting and training process. This is how a new LN-4 project develops from the beginning; it can be a very exciting and wonderful Rotary project.

[Rotary Club of Guayaquil \(in English and Spanish\)](#)

[Rotary Club of Davis](#)

We use these "Build a Hand" stickers at many of our LN-4 assembly events. Build a hand - get a sticker...



The LN-4 Team sends out periodic newsletters to report on the activities, developments and

progress of the LN-4 projects.

We are appreciative and grateful for the support and encouragement of Rotarians, especially in our home District 5160, also from many parts of the global family of Rotary, and from our many other LN-4 friends. We are grateful for the willingness of our recipients to trust us; recipients in so many places, in so many different circumstances. We feel gratitude to be involved in this project - understanding it takes tremendous trust and the cooperation of many people to make all of these LN-4 stories happen. You are welcome to join with us and begin to create an LN-4 story of your own...

Your LN-4 Team