



## NEWSLETTER ♦ 61st Edition ♦ Sep. 2018

**2018** **SEPTEMBER**  
**SEPSIS** SAY SEPSIS  
 SAVE LIVES  
 SEPSIS.AWARENESSMONTH.ORG

### Sepsis facts:

Sepsis is the bodies overwhelming and life-threatening response to infection which can lead to tissue damage, organ failure, and death.

270,000 people die from sepsis every year in the U.S. That is 1 every 2 minutes.

Every day there are an average of 38 amputations in the U.S. as the result of sepsis.

Every hour treatment is delayed, the risk of death from sepsis increases as much as 8%.

As many as 80% of sepsis deaths could be prevented with rapid diagnosis and treatment.

### *My Ordeal with Sepsis* - by Brittany Bley

"My name is Brittany Bley. I am a 49-year-old mother of 2. Molly is 20 and Wyatt is 11. In Nov, 2004, I thought I had the flu. I went to Immediate Care Center. Because I was dehydrated, they gave me fluids by IV and told me to come back the next day so they could give me more. While getting fluids, I remember going to the bathroom and seeing myself in the mirror. I was unrecognizable to myself. I had taken on the fluids they were giving me, everywhere on my body. I was taken to Floyd Memorial Hospital & ended up staying in ICU until January, 2005. I had a fever of 105 and my blood pressure plummeted to 40/20. I don't remember going to FMH. All of my organs had shut down except my heart and my brain. The next thing I remember is being in ICU. I was on a ventilator most of the time. My body went into septic shock and sepsis. Septic shock is when an overwhelming infection leads to low blood pressure and low blood flow. Sepsis, also called blood poisoning, is the presence of virulent microorganisms or toxins in the bloodstream.

During most of this ordeal, I was kept in a medically induced coma. The surgeons told me I was going to be a double AK (above knee) and lose my hands. I remember going to surgery and telling Dr. Lindner to please salvage as much of me as he could. I have a little girl who needs me ... I ended up losing my right leg below my knee and half of my left foot. They came to get me for the surgery of my hands. I told them that God and I aren't ready for that yet, so they waited. I constantly prayed and constantly tried keeping circulation to my hands. My black, necrotic fingers started coming back!! I ended up only losing my right index finger! I saw firsthand the miracle of Faith and Prayer. It just so happens, I am left handed! Southern Indiana Rehab Hospital



- Continued on Page 2 Column 1 -

## AMPUTEE COALITION

inMotion • Volume 18 • Issue 3 • April 2008

### Recognizing Late-Life Depression

by Maria D. Llorente, MD, and Julie Malphurs, PhD

**Marc decided Wednesday would be the day. It was the middle of the week, and he figured there wouldn't be too many people around. He waited until 3 a.m., walked the three blocks to the beach, and took his shoes off at the edge of the sand. The sand felt cool and soft, and he started to walk towards the Atlantic Ocean. He was right – there weren't any beachgoers this time of day. As he waded into the warm water, it rocked him back and forth gently. He reflected on the irony that he had come into this world from salty, warm fluid, and would die the same way. He started to swim, and the lights from shore gradually receded into the darkness. His plan was to keep swimming until he reached the point of no return. Then it would all be over; he wouldn't have to worry anymore. He wouldn't wake up at 2 a.m. and just stare at the clock, unable to fall asleep. He wouldn't care about whether he could concentrate on his book or whether he felt hungry, even though he hadn't really eaten anything for a week. Most importantly, he could stop feeling hopeless about his life and his future.**

**He swam for over 2 hours. But nothing happened. Finally, the sun began to rise, and he decided to go home; maybe it just wasn't his time. He was supposed to have surgery on Thursday to amputate three toes because the diabetes had gotten to them. He called his doctor and told him what had happened at the beach. The doctor convinced Marc to see a psychiatrist, and soon, Marc began to understand that he was experiencing a late-life depressive disorder, and that there was hope – and treatment – available.**

Each year, more than 15 million Americans experience a major depressive episode like Marc; about 15 of every 100 persons are age 65 or older. Among amputees, depressive symptoms are a common psychological reaction, and as many as half of all amputees will need some type of mental health services. There are several reasons why amputees are at greater risk for developing depression. The amputation may have resulted from a traumatic injury (gunshot wound, car accident, etc.). The threat of losing one's life or witnessing others' lives in jeopardy can trigger sadness, anxiety and other psychological symptoms. Depression and other psychological conditions may be more common in traumatic amputees, partially because the amputation is usually unexpected, so preparation and pre-operative psychological intervention are not possible.

Among older adults, amputation is usually the result of chronic medical conditions, such as diabetes and vascular disease. Depression is more common in people with diabetes than in the general population, and those who have both depression and diabetes tend to have more medical complications, such as amputations. Amputations in this group of individuals are generally planned, giving the individual more time to think about the loss of the limb, the change in how one sees oneself, and to consider how this changed body will affect social relationships. Older persons who undergo an amputation – either medical or trauma-related – are significantly more likely to be at risk for long-term

- Continued on Page 2 Column 2 -

## My Ordeal with Sepsis (cont'd)

worked very hard with me to get me back to become who I was before all of this happened. All the times I wanted to give up, they reminded me of what all I still need to do in this lifetime. Molly reminded me that she is just a little girl and she still needed her momma. I got stronger every day. I finally headed home after about a month. I had the best of the best helping me overcome what my entire family and I had just endured.

September, 2006, I was getting back into the swing of a normal life. I was registered to play a golf scramble. This would have been my 3rd or 4th scramble since my illness. This one was different. I thought I had pulled a muscle, so I went to see a chiropractor. He said I should be fine. I went to see Dr. Lindner and he had a different opinion. X-rays showed my left hip had fractured and collapsed. I had my hip replaced in January, 2007. I felt so much better after that! I went to the Dr. in Feb for follow up and found out I was pregnant! Yes, I had a total hip replacement in January and gave birth to a healthy, adorable little boy October 16th!! I was afraid it may be a difficult time but it ended up to be a fairly easy pregnancy. Other than morning sickness that lasted all day, every day, it was a piece of cake. When Wyatt turned 2, I had my right hip replaced. My hip replacements were because when I was sick, I had no blood flowing to my hips and they "died".

Even after all that I have been through, I still try to do as much as I can so my children won't think it's okay to have excuses!

I enjoy living in the country with my children, 2 dogs, 14 chickens, a rooster, and Eileen my one-legged turkey. I am glad to be a member of *Moving Forward*. I have met people through this that I may never have known. Some of the best people I know I get to call my friends, because we are a strong, loving group of people who love life and want to help others to see themselves as we do!

### Warning signs of sepsis:

- S**lurred speech
- E**xremely painful muscles
- P**assing no urine (in one day)
- S**evere breathlessness
- I** feel like I might die.
- S**kin mottled or discolored

You may also have a higher or lower temperature than normal and have signs of an infection.

With infants, look for these additional symptoms: a tense or bulging soft spot, refusing to feed, irritable when picked up and with a high pitched or moaning cry, a stiff body with jerky movements or else floppy and lifeless.

In children, they may feel abnormally cold to the touch, look bluish or have very pale skin, have a rash that doesn't fade when pressed, have rapid breathing, have a convulsion, be very lethargic or difficult to wake up.

**If you, your infant, or child are experiencing these symptoms, don't hesitate. Get help quickly.**

Visit the Sepsis Alliance website at [www.sepsis.org](http://www.sepsis.org) for more information.

~~~~~

## QUOTE OF THE MONTH

*Only as high as I reach can I grow.  
Only as far as I seek can I go.  
Only as deep as I look can I see.  
Only as much as I dream can I be.*  
- by Karen Raun



## Recognizing Late-Life Depression (cont'd)

psychiatric complications. This may be related to the increased likelihood of older adults having additional medical illnesses and comorbidities (coexisting diseases) prior to amputation.

*How can I tell if I am depressed?*

The diagnosis of a major depressive disorder is based on physical and psychological symptoms. Figure 1 provides a simple two-question screen for depression. Additional symptoms that strongly suggest depression include:

- Difficulty falling or staying asleep or sleeping too much
- Feeling tired or easily fatigued
- Loss of appetite, or significant increase in appetite
- Feelings of guilt, or that you are a failure, or that you have let yourself or others down
- Trouble concentrating when reading, watching TV, playing cards, etc.
- Feeling fidgety and restless or tense
- Thoughts that you would be better off dead, or of hurting yourself in some way.

Over the past 2 weeks, how often have you been bothered by any of the following problems?

### 1. Feeling down, sad or hopeless

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

### 2. Little interest or pleasure in the things you normally enjoy doing

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

*A score of 3 or higher suggests that one is experiencing significant psychological distress.*

Marc was experiencing many of these symptoms. Like Marc, many people are unaware that they have a medical condition, and that treatments are available and effective. An important first step toward feeling better is letting your doctor know which symptoms you are experiencing and that you are concerned about them. The most common available treatments include counseling, therapy and antidepressant medications. Which type or combination of treatments will work best for you depends on several factors, including the severity of the symptoms and your personal preferences.

What if I am experiencing thoughts of self-harm?

Suicidal thoughts are a frequent symptom of depression, especially among older adults. It is extremely important to recognize that these thoughts are symptoms of a medical disorder, are temporary, and, with treatment, will go away. People are often embarrassed about having these kinds of thoughts, and may not discuss them with others. In other cases, people may mention them to friends or family who may not know what to make of the thoughts or may not take them seriously. Asking for help can be life-saving, because suicide is an extremely preventable cause of death. Contact your doctor or call the National Suicide Prevention Lifeline (800/273-TALK) if you are, or someone you know is, talking or writing about death, feeling hopeless or looking for ways to die.

What can I do to help myself if I am depressed?

Discussing your symptoms and following the recommendations of your healthcare provider are important in managing your depression.

Additional things that you can do to feel better include:

- Staying physically active
- Making a list of things that you enjoy and doing one of these activities each day (even if you don't really feel like doing it)
- Recognizing when you feel worried or anxious, and engaging in activities that help you relax, such as doing a crossword puzzle, meditation or listening to music
- Spending time with people who provide you with emotional support (family, friends, religious group, etc.).

*Five years later, Marc recalls that night at the beach. He looks back and laughs at how silly the whole thing seems to him now. His entire life was certainly not worth the couple of toes that he had been about to lose, and yet, he wasn't able to see that at the time. Since then, he has been able to go fishing every week, has had three more*

- Continued on Page 3 Column 2 -



# AUGUST RECAP

On Aug. 18th, several members of the group took part in the Amputee Walking School which was sponsored by Kenney Orthopedics. The instructors were



Dennis Oehler and Todd Schaffhauser who have over 25 years of experience working with amputees to help them to improve their mobility. Dennis and Todd are both past Paralympic gold medal winners and travel around the world providing the walking schools to motivate amputees to initiate a more active lifestyle and gain their independence.

At the IN meeting held on Aug. 20th at SIRH, Leslie Farhat with Neuros Medical was there to tell us about a clinical study being done to treat amputation pain. She explained how the implantable device works and how an amputee could become involved in the study. She also asked for feedback from those attending on their experience with pain in hopes of gaining firsthand knowledge to help in the research. If you missed this meeting, and would like to learn about the study, Leslie will be attending out Louisville meeting on Sept. 22nd at Norton Brownsboro Medical Plaza 1 from 2:00 - 4:00 pm.

Moving Forward did not hold its Louisville meeting on Aug. 25th to allow members to attend the OPAF First Clinic. OPAF, which stands for Orthotics and Prosthetics Activities Foundation, provides gait training and athletic activities at hundreds of cities throughout the U.S. each year. We are honored that they made a stop in Louisville and hope to see them back soon. The clinic was sponsored by the Center for Orthotic & Prosthetic Care. Participants were instructed on strengthening and gait training exercise by James Scharf PTA. He is a very enthusiastic instructor and has a genuine desire to help amputees reach their full potential. Robin Burton, executive director of OPAF, was also in attendance to cheer us all on!



We want to thank Kenney Orthopedics and the Center for Orthotic & Prosthetic Care for hosting these clinics. The clinics provide us with the opportunity to learn new skills, improve our physical fitness, receive encouragement and motivation, have questions answered, and to make new friends.

Also in August, group members Kelly Reitz and Billy Parker were interviewed on WHAS11 by Rachel Platt. If you would like to see the interview, the link is:

<https://www.whas11.com/video/news/local/seen-on-tv/interview-amputee-shares-story-through-support-group/417-8228347>



Please support **Moving Forward** on **Sept. 13th** by making a donation during Give for Good Louisville. The link to donate is: <https://www.giveforgoodlouisville.org/organizations/moving-forward-limb-loss-support-group-inc>

## Recognizing Late-Life Depression (cont'd)

grandchildren, and doesn't worry anymore about what people might think of his missing toes. And these days, he only goes to the beach for exercise.

### Acknowledgements and Resources

"Depression in men with traumatic lower part amputation: A comparison to men with surgical lower part amputation." Cansever, A. *Military Medicine* 2003; Feb.

*Depression in Late Life: Not a Natural Part of Aging.*

Geriatric Mental Health Foundation

[http://www.gmhfonline.org/gmhf/news/news\\_story.asp?id=41](http://www.gmhfonline.org/gmhf/news/news_story.asp?id=41)

"Psychiatric and emotional sequelae of surgical amputation."

Cavanaugh SR, Shin LM, Karamouz N, Rauch

SL. *Psychosomatics* 2006; 47:6.

MacArthur Initiative on Depression and Primary Care

<http://www.depression-primarycare.org>

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

### About the Authors

**Dr. Lorente** is Professor of Geriatric Psychiatry, Miller School of Medicine at the University of Miami, and Chief of Psychiatry at the Miami VA Healthcare System. She is Board certified with Added Qualifications in Geriatric Psychiatry and is listed in Best Doctors in America.

**Julie Malphurs** coordinates research of the Mental Health Service at the Miami VA Healthcare System and is an Assistant Professor of Psychiatry, Miller School of Medicine at the University of Miami. She received her doctorate in Aging Studies and focuses her research on chronic conditions of older adults, especially diabetes and depression.



### Important Phone Numbers:

**National Suicide Prevention Lifeline:**

**1-800-273-8255**

**For Veterans:**

**1-800-273-8255 Press #1 or text 838255**

**For The Deaf Or Hearing Impaired:**

**1-800-799-4889**

**Locally Centerstone offers 24/7 telephone**

**counseling for persons in emotional crisis:**

**1-800-221-0446 or 502-589-4313**

<https://www.amputee-coalition.org/resources/recognizing-late-life-depression/>



## FUN WITH WORD SCRAMBLES

I'm making it a little more difficult this time! Unscramble these words and then use the letters in parentheses, which aren't in order, to finish the sentence. You can find the answers on Pg. 7.

- LFGOIAE      \_\_\_\_\_ ( ) \_
- LDWI OLEFRW    \_ ( ) \_\_\_\_\_
- NARILCDA      \_\_\_\_\_ ( ) \_\_\_\_\_
- PNHMCIKU      \_ ( ) \_\_\_\_\_ ( )
- RFWLLTAEA     \_\_\_\_\_
- NCSRAO        \_\_\_\_\_ ( ) \_

THESE ARE THINGS YOU MAY SEE WHILE \_\_\_\_\_ THIS AUTUMN.



# SPOTLIGHT

- by Belinda



Each month in the Spotlight column we shine our light on a special individual or organization. This month I will be doing something a little bit different by sharing with you details of our group's participation in the Give for Good Louisville. On **Sept. 13th**, *Moving Forward*, along with over 500 other not-for-profits in the Louisville and Southern IN area will be accepting donations during 24 hours of on-line giving hosted by the Community Foundation of Louisville. This event provides us with an opportunity to raise needed funds in a way that a small group such as ours would normally not have access to. It also helps to get the word out about our organization and allows us to connect with other not-for-profits in our area.



While it is never easy to ask for donations, it is something that we must do in order to provide the services that we offer to those affected by limb loss in our community. Our participation in Give for Good Louisville is the only fundraising activity that we do to benefit our group during the year. The donations that we receive are used for many things; including care packages for new amputees and for veterans with limb loss at the VA Hospital, special care packages for children with limb loss or who have a relative that has lost a limb, food boxes and food gift cards given to amputees returning home following a hospital stay, and hosting family-oriented events to allow amputees to socialize among their peers. A new initiative which we plan to begin in 2019 is to provide one scholarship every year to allow an amputee to attend the Amputee Coalition National Conference. This can be a life changing experience for someone with limb loss. It provides them the opportunity to attend classes, receive special training, be connected with resources, and to make new friends. It will also ensure that *Moving Forward* is represented at the conference each year.

We will be taking part in 2 events on Sept. 13th as part of Give for Good Louisville. Kelly Reitz will be representing our group at the **Midday Rally at 4th Street Live** from 11:30 am - 1:00 pm. She will be sharing information about *Moving Forward* at a booth and talking with other not-for-profit organizations. We will also be going live on Facebook from 9:00 am - 6:00 pm. ***Moving Forward on Facebook Live*** will be hosted by Bill Titus and myself and will be held at the Okolona Fire Station at 8501 Preston Hwy in Louisville. Our cameraman and technician for the day will be Mike Portman. Bill and I will be interviewing group members, as well as both local and state government officials throughout the day. Councilwoman Madonna Flood and KY State Representative Al Gentry are both scheduled to appear. We will also be featuring musical entertainment by group members. Anyone who would like to be interviewed or who would just like to come in for a visit is welcome to attend. We will be providing both a light breakfast and lunch. Group members are encouraged to stop in and help with preparing some of our care packages. You are also invited to call or send us a text during the program with questions or comments. If you would like to make your donation "In memory of" or "In honor of someone", please contact us after submitting the donation and we will announce it on the broadcast.



- Continued on Page 5 Column 1 -

# J'm Moving Forward . . .

Each month we are including a picture of our members *moving forward* after limb loss.



Members of the group *Moving Forward* taking part in the OPAF 1st Clinic.

\*\* If you have a picture that you would like to submit, please send it to Julie or Belinda. \*\*



## LIFE HACKS FOR MOVING FORWARD

- by Belinda



You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day tasks or activity done more easily. As an amputee, you know that once simple tasks can now become a frustrating battle of the wills. So we have decided that we will begin sharing **Life Hacks** in this new column. We ask that you send us your tips and tricks to daily living so that we can pass them along. Remember, this is not advice from a medical professional, but ideas from people just like you who are dealing with limb loss.

This month's hack comes from my dear friend who just passed away, Jeff Coffman. I had planned to include it this month, and I decided to go ahead with it. You see, Jeff loved flowers and had spent much time during the past few years planting flowering bulbs throughout his yard. Jeff didn't believe in letting things stop him from doing what needed to be done and often used creative ways to accomplish task. He found this rolling work seat at Harbor Freight, and it was just what he needed to be able to roll around his yard while planting. It also has a handy tool tray. He said that it worked like a charm. I saw the results when I drove past his house last spring. There were flowers blooming everywhere. It was breathtaking!!



It's about the time of year to plant bulbs for next spring's bloom, so you may want to check out this rolling work seat at harborfreight.com. It will make your gardening much easier. We'll be back next month with another **Life Hack**.



## SPOTLIGHT (cont'd)

Normally, our Facebook groups are closed groups, but on Sept. 13th it will be open allowing more people access. Just look for *Moving Forward Limb Loss Support* on Facebook.

\* Please do not make your donation on our Facebook page.

\*\* If you do, it will not count towards our total for the Give for Good Louisville event. For donations to be counted they must be submitted at:

<https://www.giveforgoodlouisville.org/organizations/moving-forward-limb-loss-support-group-inc>

Our goal this year is to receive **75 individual donations**. If we can hit that target, we will be awarded with the maximum additional prize money. That means that if 75 different people would donate at least the minimum online donation of \$10.00, our goal would be met. Only one donation is counted per person, so multiple donations from the same person would only count as 1 donation. One way to get the individual donation total up is if you are planning to donate for example \$20.00, you could donate \$10.00 and your spouse could donate the other \$10.00. This would then count as 2 donations. There are all kinds of special prizes being given out by company sponsors of the event during the 24 hour period. There are several \$1,000 bonus prizes being given to donations submitted during the Midday Rally hours of 11:30 am - 1:00 pm, so if you are able to donate during that timeframe, you may help us to win one of those. **Wouldn't that be great!!**

If you have any questions about this event or how to donate, please contact me. If you would like to call me or send me a text during *Moving Forward on Facebook Live*, my number is 812-620-3694.

We would appreciate your support on **Sept. 13th**, so that we can continue reaching out to even more individuals affected by limb loss in our community and helping them to keep *moving forward*.

~~~~~



## Krafty Kids by Katie

### Apple Print Lunch Bags

Perfect for fieldtrips!

What you need:

Paper lunch bags, white shows up best but brown would look more like Fall

Brown Marker or Crayon

Green Construction paper & Glue

Apples

Kid Safe Paint, red (green & yellow too if you want a variety of apples)

1. Lay your lunch bag on some old paper or drop cloth to avoid a paint mess!
2. Squirt some paint onto paper plates, one color per plate
3. Cut your apples in half to use for stamping
4. Invite children to use the apple halves to stamp a pattern onto their papers bags
5. Be sure to hold the apple from top to bottom rather than on the sides - you get a better grip!
6. Once the apple prints have dried, use a brown marker or crayon to draw a little stem on your apples. Cut out some little green leaves and glue them next to the stem.



There's no wrong design, all ages can have fun with this!



## LET'S GET MOVING — by Belinda

Sept. 22nd, the first day of fall marks National Fall Prevention Day. This year's theme, *Take a Stand to Prevent Falls*, seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population. Falls are the leading cause of injury and accidental death in adults over the age of 65 and are also a major concern of the amputee population. Some people

become so afraid of falling that they stop doing activities they used to enjoy. Many amputees fear falling to such an extent that they give up walking entirely and rely on a wheelchair or scooter for mobility. This can lead to additional problems including loss of muscle strength, weakened bones, and obesity. It can also contribute to anxiety and depression.

Your home may be your haven, your castle, and your favorite place in the world. It can also be safe for you after your amputation, if you are willing to make the necessary changes to lessen your chance of falling. Here are a few tips to make your home a safer place:

- 1) Remove throw rugs and secure large area rugs with carpet tape, carpet tacks, or non-slip rug pads.
- 2) Rearrange furniture to allow enough room to navigate (even if it means getting rid of some furniture).
- 3) Position heavy furniture so that there is something to grab if you begin to fall.
- 4) Leave a light on at night or use nightlights.
- 5) Wipe spills immediately. One inexpensive and handy cleaning tool for cleaning up spills is a Swiffer wet/dry sweeper.
- 6) Reduce clutter. A good rule of thumb is, "If you haven't used it in a year, you don't really need it." Donate the items to a charity or have a yard sale.
- 7) If thresholds cause problems, have them lowered or removed.
- 8) Move any furniture that has sharp edges away from main pathways.



- 9) Use a shower chair with arms.
- 10) Have handrails and grab bars installed in bathrooms.
- 11) Use nonskid strips or mats for inclines, stairs, tubs and showers. Do not throw a towel on the floor to walk over and bathroom rugs can easily get caught up in a walker.
- 12) Adjust doors with automatic closures so that they do not bump you from behind.
- 13) Move telephone and extension cords from the traffic areas.
- 14) Put your prosthesis on when you get up to use the bathroom at night. It may take a little longer, but it is much safer than hopping with your walker. If you have to get up several times during the night, consider placing a potty chair beside your bed.

Other things you can do to prevent falls include: Review your medications with your doctor or pharmacist; some medications can make you dizzy or sleepy or affect your balance. Have your vision checked every year. Rise slowly after sitting or lying down. **Exercise regularly to increase your strength and improve your balance.** For many people, that's the hard one. If exercise wasn't a part of your daily routine before limb loss, it may be very difficult to find the willpower that you need to start exercising now. As I have said before, I am a firm believer that a little exercise is better than no exercise, so if you can motivate yourself to get up and move for as little as 5 minutes at a time, a few times per day, you will begin seeing a difference.

In last month's issue, I gave a few basic ideas and exercises to help get you up and going again. Next month, we will continue with those and add in some good balance

— Continued on Page 6 Column 2 —



# KATE'S KITCHEN

It's Apple Season! What's better than some homemade applesauce!!

## INGREDIENTS

- 6 pounds apples, peeled, cored, and cut into 8 slices (pick your favorite apple, or apples!)
- 1 cup apple juice or water
- juice of 1 lemon
- 1/2 cup brown sugar, packed
- 1 teaspoon cinnamon, more or less to taste

## INSTRUCTIONS

Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes. Use a potato masher (or forks or whisks) to break up the apples by hand. The longer you do this the smoother the consistency. I like mine chunky!

Store in the fridge and serve by itself, over pork chops, over ice cream, over pancakes, or any place where applesauce is needed! Like in your new apple lunch bags!!



## Condolences

*We wish to express our sympathy to the family of group member Jeff Coffman. Jeff was one of the most interesting people that I have ever met. He was never afraid to let you know exactly how he felt about matters. His quick wit and delightfully sarcastic sense of humor will be greatly missed at our Indiana meetings. May you rest in peace, dear friend.*

*Belinda & the members of Moving Forward  
Limb Loss Support Group*

**Note:** Jeff Coffman was also a proud member of the Falls Cities Sertoma Club. That group is working on a project which was very important to Jeff. They are developing a plan to reconstruct Sertoma Park in New Albany, IN, to make it totally handicapped accessible. It would be the 1st park in Floyd County to be accessible to all children and adults as well. If you would like to make a donation to this cause, you can do so during Give for Good Louisville on Sept. 13th. A donation as small as \$10.00 can go a long way in helping them to secure the financing they need for this worthwhile project. Every child should be able to play on a playground. No child should have to sit and watch as others play. We ask that you please consider making a donation. Just go to this link on Sept. 13th to make sure that all children are included:



<https://www.giveforgoodlouisville.org/organizations/falls-cities-sertoma-club>

You can also go to [www.giveforgoodlouisville.org](http://www.giveforgoodlouisville.org) and enter Sertoma Club in the Search Box.



Don't forget to join us on Facebook Live Sept. 13th. We will be broadcasting from 9:00 am - 6:00 pm at the Okolona Fire Station as part of Give for Good Louisville. Just look for **Moving Forward Limb Loss Support on Facebook.**

## LET'S GET MOVING! (cont'd)

exercises. Until then, let's work on making our homes a safer place so that we can *get moving!*



### References:

The American Occupational Therapy Association

[www.aota.org/fallsday](http://www.aota.org/fallsday)

The National Council on Aging - [www.ncoa.org/search-results/?q=fall prevention](http://www.ncoa.org/search-results/?q=fall%20prevention)



## UPCOMING EVENTS

### MEETINGS:

Sept. 5th, Wed., from 6:30-8:00 pm at Harrison Co. Hospital, 1141 Hospital Dr. N.W., Corydon, IN, in the Baumgart Room (in the basement near the cafeteria).

Sept. 17th, Mon., from 6:30-8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

Sept. 22nd, Sat., from 2:00-4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, Room 301B. Leslie Farhat, a Field Clinical Specialist with Neuros Medical will be there to tell us about a clinical study being done to treat chronic amputation pain. The study involves an implantable device that blocks nerve pain. They are seeking patients to take part in the study. Moving Forward does not endorse any particular companies or products, but does welcome the opportunity to provide information on products and services that may be of benefit to the amputee population.

**\*\*Special Note:** We will be holding our Annual Meeting and Election of Officers immediately following the Sept. 22nd meeting. You are asked to please arrive at the meeting on time, so that we can get started at 2:00 pm. We will try to start the business meeting at 3:30 and be finished up by 4:30. If you are riding TARC 3, you are asked to adjust your schedule so that you can stay for the business meeting. In addition to electing officers, we will discuss our financial records for the past year and make plans for the coming year. You are encouraged to attend to help with planning and to voice any ideas or concerns that you may have relating to our organization.

### EVENTS:

Sept. 13th, Thurs., Moving Forward will be taking part in *Give for Good Louisville*. This event is hosted by the Community Foundation of Louisville and is one day of online giving to Not-for-Profit's in Louisville and Southern IN. We will be holding our **Moving Forward on Facebook Live** at the Okolona Fire Station from 9:00 am-6:00 pm in conjunction with the event. We will also be taking part in the Midday Rally at 4th Street Live. This is the only fundraiser that we hold to financially support our group's projects throughout the year. Your donation would be greatly appreciated! For more information on our participation in this event, please see the Spotlight article in the Sept. newsletter. There is also information on the group website, and we will be sending out emails to keep you updated.

**Save the Date:** Moving Forward will hosts its Fall Picnic and Walk & Roll on Oct. 20th at Sam Peden Community Park in New Albany, IN. Watch for details in the Oct. newsletter. We will also be sending out flyers for this event.



## Thank You to the Amputee Coalition

We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care.

~~~~~

### FUN WITH WORD SCRAMBLES ANSWERS (from Page 3)

FOILAGE, WILD FLOWERS,  
CARDINAL, CHIPMUNK, WATERFALL,  
ACORNS



THESE ARE THINGS YOU MAY SEE  
WHILE HIKING THIS AUTUMN.

~~~~~



## CONTACT INFO

**MOVING FORWARD Limb Loss Support Group**  
[moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)  
[ampmovingforward.com](http://ampmovingforward.com) • 502-509-6780  
 Facebook: **Moving Forward Limb Loss Support & Moving Forward Limb Loss Support Group for Young Adults Ages 18-38**

Belinda Jacobi, President / Newsletter Staff  
[belindajacobi@yahoo.com](mailto:belindajacobi@yahoo.com) • 812-620-3694

Kelly Reitz, Vice-President / Facebook Editor  
[Kireitz2012@gmail.com](mailto:Kireitz2012@gmail.com) • 502-235-3146

Elaine Skaggs, Secretary  
[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) • 502-548-6419

Julie Randolph, Treasurer / Newsletter Editor  
[jbrsweepa@yahoo.com](mailto:jbrsweepa@yahoo.com) • 812-557-3970

Mike Portman, Board Member-at-Large  
[mdportman712@gmail.com](mailto:mdportman712@gmail.com) • 502-262-8344

Katie Flanigan, Writer / Young Adult Facebook Editor  
[katiemovingforward@gmail.com](mailto:katiemovingforward@gmail.com) • 812-987-5329

~~~~~

**MOVING FORWARD Limb Loss Support Group**  
 Newsletter **CORPORATE SPONSORS:**



**BRYAN SWINT, CPO/L**  
 ORTHOTIST/PROSTHETIST  
[BSWINT@KENNEYORTHOPEDICS.COM](mailto:BSWINT@KENNEYORTHOPEDICS.COM)

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
 PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)



**KENNEY**  
**ORTHOPEDICS**  
 PROSTHETICS & ORTHOTICS

DONNA HINNANT CP, LPO  
[DHINNANT@KENNEYORTHOPEDICS.COM](mailto:DHINNANT@KENNEYORTHOPEDICS.COM)

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
 PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)



**KENTUCKY**  
 PROSTHETICS & ORTHOTICS

**Matthew Hayden, LP, CP**  
[mehayden@kyprosthetics.com](mailto:mehayden@kyprosthetics.com)

552 East Market  
 Suite 102  
 Louisville, KY 40202  
 [p] 502.585.4228  
 [f] 502.585.4476  
 [c] 502.314.4228

*Innovative Solutions For Extraordinary Success!*



**Hilbert Potter, PT**  
 Physical Therapist  
[HPotter@kort.com](mailto:HPotter@kort.com)

**KORT**  
 TYLER CENTER PHYSICAL THERAPY

12613 Taylorsville Rd, Suite 118  
 Louisville, Kentucky 40299  
 Phone (502) 267-1480  
 Fax (502) 267-1982  
[www.kort.com](http://www.kort.com)



**LOUISVILLE**  
**PROSTHETICS**  
 Quality. Comfort. Commitment.

### Chris Luckett, C.P.

1404 Browns Lane, Suite C  
 Louisville, KY 40207  
 Phone: 502.895.8050  
 Fax: 502.895.8056  
 Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
 Louisville, KY 40202  
 Phone: 502.584.2959  
 Fax: 502.582.3605



**LOUISVILLE**  
**PROSTHETICS**  
 Quality. Comfort. Commitment.

### Bruce Luckett, L.P.

1404 Browns Lane, Suite C  
 Louisville, KY 40207  
 Phone: 502.895.8050  
 Fax: 502.895.8056  
 Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
 Louisville, KY 40202  
 Phone: 502.584.2959  
 Fax: 502.582.3605



**LOUISVILLE**  
**PROSTHETICS**  
 Quality. Comfort. Commitment.

### R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C  
 Louisville, KY 40207  
 Phone: 502.895.8050  
 Fax: 502.895.8056  
 Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
 Louisville, KY 40202  
 Phone: 502.584.2959  
 Fax: 502.582.3605



## Center for Orthotic & Prosthetic Care

**Tim Nutgrass, BOCP**  
*Prosthetic Director*

Kosair Charities Center  
982 Eastern Parkway  
Louisville, KY 40217

Tel: (502) 637-7717  
Fax: (502) 637-9299



## Center for Orthotic & Prosthetic Care

**Tim Skorupa, CPA**  
*Certified Prosthetic Assistant*

Norton Healthcare Pavilion  
315 E. Broadway, Ste. 1400  
Louisville, KY 40202

Tel: (502) 629-8640  
Fax: (502) 629-5527



## Center for Orthotic & Prosthetic Care

**Jason Ala, CPO, LPO**  
*Certified/Licensed Prosthetist Orthotist*

Norton Healthcare Pavilion  
315 E. Broadway, Ste. 1400  
Louisville, KY 40202

Tel: (502) 629-8640  
Fax: (502) 629-5527



## Center for Orthotic & Prosthetic Care

**Tom Caldwell, BOCP, LP**  
*Certified and Licensed Prosthetist*

315 E. Broadway, Suite 1400  
Louisville, KY 40202  
www.centeropcare.com

Phone: 502.629.8640  
Fax: 502.629.5527  
Cell: 502.377.4415  
Tcaldwell@centeropcare.com



## Center for Orthotic & Prosthetic Care

**Steve Frick, MS, CPO/LPO**  
*Certified and Licensed Prosthetist/Orthotist*

902 Dupont Road, Suite 100  
Louisville, KY 40207

Tel: (502) 899-9221  
Fax: (502) 899-9468



## Center for Orthotic & Prosthetic Care

**Mike Mattingly, CPO**  
*Director of Orthotics*

1931 West Street  
Suite A  
New Albany, IN 47150

Tel: (812) 941-0966  
Fax: (812) 941-0958



1023 East Broadway  
Louisville, KY 40204

1726 State Street  
New Albany, IN 47150  
T 812-949-2641  
F 812-949-2669

**Carlos Garcia**  
LPO, LCPed, CPO, CPed  
Certified Orthotist/Prosthetist  
Certified Pedorthotist

T 502-585-2139  
F 502-589-1329  
cagarcia@hanger.com  
HangerClinic.com

Hanger Prosthetics & Orthotics, Inc.



1023 East Broadway  
Louisville, KY 40204

100 Executive Park  
Louisville, KY 40207  
T 502-899-3770  
F 502-899-5170

1726 State Street  
New Albany, IN 47150  
T 812-949-2641  
F 812-949-2669

**Aaron Royster**  
LPO, CPO  
Licensed Prosthetist/Orthotist  
Certified Prosthetist/Orthotist

T 502-585-2139  
F 502-589-1329  
cagarcia@hanger.com  
HangerClinic.com

Hanger Prosthetics & Orthotics, Inc.