



NEWSLETTER ♦ 114th Edition ♦ Feb 2023

Our Mission - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



EDITOR'S NOTE

- by Elaine Skaggs

It's another dark, dreary, and heavily clouded day, and it seems like this season will never come to an end. There have been a few bright and sunny days with decent temperatures that bring a smile to my face.

Another thing that brought smiles was the January meeting last month in Louisville at the Okolona Fire District. It was so exciting to see the new faces attend and join our ranks! We welcome Rose Booth, a friend of mine who attends church with me. She is an RAK amputee, an amazing lady with an amazing story. We also welcome Linda Cissna, a BK amputee, her brother and sister-in-law Rob and Glenda Roby. And our final welcome to Eric Richardson, an AK amputee and his father Rod Richardson. All 6 have officially joined Moving Forward. Be sure to take a few minutes to introduce yourself and get to know our new members. After a time of introduction and some snacks, we discussed upcoming events, including our February Louisville meeting when we will have our yearly 'Business

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UPCOMING EVENTS

February 11 – 1:00 pm - Restaurant outing at Chuy's Tex-Mex Restaurant, 104 Oxmoor Court, Louisville, KY 40222. Come enjoy a great meal and socializing with your favorite people. We will also be rating this location on their handicapped accessibility.

February 20 – 6:00 to 7:30 pm – Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN, in the Conference Room.

February 25 – 2:00 to 4:00 pm – Louisville business meeting and election of officers. Okolona Fire District, 8501 Preston Highway, Louisville, KY

March 11 – 2:00 to 5:00 pm – Annual Chili Cook Off at Okolona Fire District, 8501 Preston Highway, Louisville, KY. Cook a pot of your favorite chili recipe, and maybe win a prize. Judging will be done by firefighters, and there will also be a prize for 'People's Choice'. Be sure to wear your favorite teams swag, and be ready to play some fun games, including sports trivia.



EDITOR'S NOTE (cont'd)

Meeting' and Election of Officers, our next restaurant outing, and this year's Chili Cook-off in March. Details are listed in the **UPCOMING EVENTS** section.

During this dreary time of year with leafless trees, no flowers or grass growing, it's easy to fall into what the experts call 'seasonal depression' or SAD, Seasonal Affective Disorder. Don't miss the article in this edition for more details about this condition.

Last, but not least, I must mention that February is the month of hearts, flowers, and chocolates (hint, hint) and love in the air. One year ago I met an amazing man who turned my dark, dreary, winter days into days of laughter and fun, and I just have to say thank you, Lyn, for being my ray of sunshine for the last year. We may not know what the future holds, but I'm so looking forward to making the best of our next year together. Happy Valentine's Day! And Happy Valentine's Day to all of you as well.

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## **SAD (Seasonal Affective Disorder)**

Seasonal depression is a mood disorder that happens every year at the same time. Seasonal Affective Disorder, or SAD, may affect 11 million people in the U.S. each year, and 25 million more may have a milder form called the winter blues. While we don't know the exact causes of SAD, some scientists think that certain hormones made deep in the brain trigger attitude-related changes at certain times of year. Experts believe that SAD may be related to these hormonal changes. One theory is that less sunlight during fall and winter leads to the brain making less serotonin, a chemical linked to brain pathways that regulate mood. When nerve cell pathways in the brain that

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## **VALENTINE'S DAY**

Some of us love "love," thrilling at the prospect of spending a whole day celebrating it. Others feel like the popular version of love has been commercialized and confused. But regardless of how you feel about Valentine's Day, the "holiday of love" is one of the most popular traditions in Western culture. Throughout the history of Valentine's Day, people have used the holiday as an excuse to celebrate romantic love and passion. These days, it's also a time to celebrate platonic love, with everyone from elementary-aged children to the elderly sharing valentines.

But this holiday didn't just magically appear out of nowhere, and contrary to popular belief, it wasn't invented by greeting card companies. Valentine's Day has a rich (and slightly morbid) history that you may not know about.

First, the simple answer: Valentine's Day is named for St. Valentine. But it gets more complicated from here. As it turns out, at least three Valentines were sainted by the Catholic Church, and each one has his own group of supporters claiming he's behind the holiday.

The first St. Valentine was a rebel, defying a decree from the Roman Emperor Claudius II, which said young men were not allowed to be married and had to serve in the military instead. (The Romans believed single men made better soldiers.) St. Valentine continued to marry lovers in secret.

The second St. Valentine helped Christian prisoners escape Roman jails—until he was caught and imprisoned himself. His last act before death was to miraculously heal the daughter of his jailer, thereby converting the whole family to Christianity. In some versions of the story, St. Valentine II was even in love with the daughter, but their love was tragically cut short.

The third St. Valentine was a Catholic bishop in Terni. History hasn't remembered much about him, and the stories of all three saints

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## SAD (cont'd)

regulate mood don't work the way they should, the result can be feelings of depression, along with symptoms of fatigue and weight gain.

SAD usually starts in young adulthood and is more common in women than men. Some people with SAD have mild symptoms and feel out of sorts or cranky. Others have worse symptoms that interfere with relationships and work.

People with SAD typically sleep much more than usual and crave carbohydrates. They also have many of the normal warning signs of depression, including:

- Feeling sad, cranky, or hopeless
- Less energy
- Trouble concentrating
- Fatigue
- Greater appetite
- More desire to be alone
- Thoughts of suicide
- Weight gain

Treatments differ, depending on how severe your symptoms are. The type of treatment you get also depends on whether you have another type of depression or bipolar disorder.

Many doctors recommend that people with SAD get outside early in the morning to get more natural light. If this is impossible because of the dark winter months, antidepressant medications or light therapy (phototherapy) may help.

Low levels of vitamin D, caused by low dietary intake of the vitamin or not enough exposure to sunshine, have been found in people with SAD. However, it's unclear whether vitamin D supplementation can help to relieve SAD symptoms. Very little research has been done on dietary supplements other than vitamin D for SAD.

Some researchers link seasonal depression to the natural hormone melatonin, which causes drowsiness. Light affects the biological clock in our brains that regulates circadian rhythms, a physiological function that may include mood changes when there's

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## VALENTINE'S DAY (cont'd)

have become entwined over the centuries. The story became so murky and confusing that, in 1969, the Catholic Church removed the St. Valentine's feast day from the Christian liturgical calendar.

But there was one unfortunate thing all three men had in common besides their name, and it'll give you pause before uttering your next "Happy Valentine's Day." In a very unromantic twist, all three were martyred by beheading by different Roman emperors. In some versions of the stories, the men were all executed on or near Feb. 14 (in different years), but historians have been unable to verify that detail.

Christian settlers brought the holiday with them to the New World, where it became one of the most popular holidays during the Victorian era. In the 1900's, people began giving one another Valentine's Day cards—and Hallmark began offering them in 1913. The tradition grew from there, and today Hallmark estimates 145 million Valentine's Day cards are exchanged each year.

Valentine's Day was never named an official national holiday in the United States, but it remains the 13th most popular holiday in the country, coming in just after St. Patrick's Day.

Want to celebrate Valentine's Day with your loved ones? A few of the traditional ways are decorating with hearts, and making sure everything is red and pink colors. Beautiful red roses, a heart shaped box of chocolates, or a romantic dinner with that special someone make a wonderful gift. And don't forget the candy conversation hearts!



## QUOTE OF THE MONTH

"If you are always trying to be normal, you will never know how amazing you can be."

*– Dr. Maya Angelou*

## SAD (cont'd)

less sunlight in winter. Natural or "full-spectrum" light can have an antidepressant effect.

A full-spectrum bright light shines indirectly into your eyes. You sit about 2 feet away from a bright light -- about 20 times brighter than normal room lighting. The therapy starts with one 10- to 15-minute session per day. Then the times increase to 30 to 45 minutes a day, depending on your response.

Don't look directly at the light source of any light box for long times, to avoid possible damage to your eyes.

Some people with SAD recover within days of using light therapy. Others take much longer. If the SAD symptoms don't go away, your doctor may increase the light therapy sessions to twice daily.

People who respond to light therapy are encouraged to continue it until they can be out in the sunshine again in the springtime. While side effects are minimal, be cautious if you have sensitive skin or a history of bipolar disorder.

To prevent the onset of SAD spend some time outside every day, even when it's cloudy. The effects of daylight still help. If it's too cold out, open your blinds and sit by a sunny window.

Begin using a 10,000-lux light box when fall starts, even before you feel the effects of winter SAD.

Eat a well-balanced diet. This will help you have more energy, even if you're craving starchy and sweet foods.

Exercise for 30 minutes a day, five times a week.

Stay involved with your social circle and regular activities. Social support is very important.

If you feel depressed, fatigued, and cranky the same time each year, and these feelings seem to be seasonal in nature, you may have a form of SAD. Talk openly with your doctor about your feelings. Follow their recommendations for lifestyle changes and treatment.

## RECIPE OF THE MONTH

### GRANNY'S RED VELVET CAKE

#### INGREDIENTS:

1/2 cup shortening  
1 1/2 cups sugar  
2 eggs  
1 tsp vanilla  
1 tsp baking soda  
1 Tbsp vinegar  
2 1/2 cups flour  
2 Tbsp cocoa  
1 tsp salt  
1 cup buttermilk  
2 oz. red food coloring, \*see all natural recipe below



#### DIRECTIONS:

Preheat oven to 350 degrees F. Grease and flour two 9 inch round cake pans or a 9x13 baking dish.

In a large mixing bowl cream together shortening and sugar. Beat in eggs and vanilla.

In a small bowl add vinegar and sprinkle baking soda on top; set aside.

Sift together flour, cocoa and salt; add alternately with buttermilk, beat after each addition. Stir in baking soda and vinegar mixture. Mix in food coloring. Pour into prepared baking pans.

Bake 30 minutes, or until knife inserted into center comes out clean. Remove from oven, set aside to cool.

#### Frosting:

1 cup milk  
1/4 cup flour  
1 1/2 cups granulated sugar  
3/4 cup butter = 1 1/2 sticks, room temperature  
1 tsp vanilla

Over medium low heat cook milk and flour until thick, stirring constantly. Remove from heat, set aside; let cool.

Cream together sugar and butter until light and fluffy. Add vanilla and blend in well.

Add cooled milk sauce; beat until stiff.

Frost cooled cake....enjoy!

\*Red Beet Juice is an all natural red food coloring....here is how you make it:

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# Ways to Donate to *MOVING FORWARD* Limb Loss Network & Social Group

## AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](https://www.amazon.com/smile), the AmazonSmileFoundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to **Moving Forward**. You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Network & Social Group, Inc."

## Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)  
w screen to select our group)

Sign in, Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Search for "Moving Fwd Limb Loss Network & Social Group"

## **If you do not have internet access:**

Register at the Service Desk of your local Kroger. Once you have registered, the bottom of your receipt will say that your "Community" Rewards are going to **Moving Forward** Limb Loss Network & Social Group. You can check the amount of your community rewards on their website for each quarter.

## Employer Deductions

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If you Enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

## RECIPE (cont'd)

Use a few large red beets, remove greens and roots; slice them up. Cover with water in sauce pan; bring to a boil; reduce heat and simmer until tender only a small amount of water remains, about 1/4 cup. Eat the beets and bottle up the red beet juice; you now have all natural red beet juice.

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## NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: [ampmovingforward.com](http://ampmovingforward.com)

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