



NEWSLETTER ♦ 57th Edition ♦ May 2018 ♦ *Special Mother's Day Edition*

## The Joys of Raising an Amputee

– by Julie Randolph

My son Philip is quite a remarkable young man. After contracting meningitis at the age of 5 weeks and having his right hand, left fingers, and both feet amputated at 10 weeks, Philip has had no recollection of a “normal” life. The Dr. also told us that the meningitis would affect his frontal lobes, which would be his memory & creativity. I am very grateful that Philip has grown up being positive, upbeat, fun-loving, and sociable. He has excellent coordination & balance, which has been such a tremendous asset for a prosthetic wearer. He has roller skated & even ice skated on several occasions & done quite well.



It was evident in Philip's early years that he was bestowed with a gift of music. At an early age before he could even formulate the words, Philip was found quite often humming the songs & hymns he learned at church. He also started drumming the beat with pencils or anything else he could get his hands on. I believe he was made with music built in.

It goes without saying that Philip has had many, many obstacles to overcome and has had to learn how to do seemingly simple tasks in his own way. He has practiced ingenuity and resourcefulness his entire life. At the early age of 2 and 3, I would watch Philip stack blocks meticulously, making sure each corner was lined up perfectly.

One thing that I love about Philip is his indomitable spirit. It has been a treasure to watch him grow up & learn how to cope with life. I decided right from the start that I was going to make the best of this unfortunate situation, and encourage him as much as possible along the way. We have spent many hours talking & reasoning things out. This is the way of it when you are raising & training a child but Philip has needed an extra portion because of his long-term and short-term memory loss.

One of the most memorable experiences I've had while Philip was growing up was when he was around 15 months & I wanted to take him to a children's shoe store & get him a pair of high top walking shoes. I thought they would help stabilize him as he was learning to walk. I decided it would be easier to just take his prosthetic legs with me to get fitted & not take the boy. When I walked into the shoe store, the owner came over to help me. When I told him what I wanted, he replied in the most serious, matter-of-fact manner: “This is the first time I ever fitted a child for shoes without the child!”

Another time when Philip was around 3, his prosthetic legs were suspended only by neoprene sleeves that came up around his thighs. We were shopping and Philip was sitting in a grocery cart.

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## AMPUTEE COALITION

*inMotion* • Volume 1, Issue 1, 2005

### Advocating For Your Child

– by Rick Bowers

When Steffini Vandever's son, Jonah, was born in 1997, it brought back many painful memories. Steffini's first daughter, Ashley, had died more than 14 years earlier after just 11 months of life. Now, doctors were telling her that Jonah would probably not live more than six months.

Jonah was born prematurely with backward knees clubbed feet, and a missing baby toe on each foot; his hands were also malformed, and he had no forehead.

“The doctors didn't think that Jonah was going to make it so their plan was just for me to take him home and let him pass away,” Steffini explains. This time, unlike 14 years earlier, however, Steffini was prepared to advocate for her child.

Because of what had happened with her daughter, she was able to realize when the system was failing and when she needed to be strong. “I knew whose toes to step on, when to back off, and when to push,” she says. “Those are really important things that parents need to know so that they can get adequate care for their child. If you come on too strong, people don't want to work with you. If you come on too weak, they take over.”

Steffini says that whenever doctors would tell her something about her daughter, she would just say, “OK,” because they were medical professionals and she was “just a regular person.”

“With my son, however, I could see other possibilities,” she says. “That's why it's good to find somebody who has a child with a disability who has walked this path before you. They can help you see how to do things differently.”

Once the shock is over, she says, parents only have a short time to start advocating for their child or risk losing control. “If you don't, medical professionals start making decisions for you,” she says. “After Jonah's birth, the medical staff made me feel like I didn't know anything. I was being pushed out of the scene, and they were giving me a lot of misinformation.”

At one point, she decided not to take it anymore. “I said, ‘Look, this is the way it's going to go. If you don't like it, that's fine; let's move him to a different hospital.’ And I started running the show. I really had to fight to get him out of that hospital and into another hospital that I felt could adequately take care of his needs.”

You have to make it clear to them that you are going to be a team member in any decisions made for your child, she explains.

#### Educating Yourself

Steffini strongly encourages parents to educate themselves on what their child has, to learn what options are available, and to learn what his or her rights are. “Go on the Internet and read literature,” she says. “The doctors won't like it, but who cares? It's your child, not theirs.”

Steffini also learned a lot from other parents once she found other families of children with disabilities. “I found out about LifeLine Pilots, for example, a nonprofit organization of pilots who offer free flights to and from hospitals for those with certain healthcare needs.”

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## The Joys of Raising an Amputee (cont'd)

He was wearing his legs as usual, when all of a sudden I heard this "thunk!" – one of his legs had hit the floor. I looked around frantically to see if anyone had noticed and then I hurriedly picked up his leg, checked out, and got out of the store as quickly as possible. The fun things we go through as mothers of amputees!!

All in all, the most endearing experience I can remember was when Philip's preschool class was performing in a little program at the end of the school year. The class was up there singing a little song with actions. Philip was singing with all his heart and doing the actions without missing a beat. He was singing the words: "I love you!" and he was pointing out toward me with his little hand and looking right at me while he sang. It was one of those special moments when you could tangibly **feel** the love! And this is why I do what I do as a



mother and as a caregiver!

*NOTE: To read "Philip's Story" in full, go to the Sep. & Oct. 2013 issues of the newsletter available on our website: [ampmovingforward.com](http://ampmovingforward.com).*

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## QUOTE OF THE MONTH

### *A Mother*

*When you are a child she walks before you to set an example.*

*When you are a teenager she walks behind you to be there should you need her.*

*When you are an adult she walks beside you so that as two friends you can enjoy life together.*



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## ***J'm Moving Forward . . .***

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



Members **moving forward** and "showing their mettle" at our April meeting in Louisville.

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

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## Advocating For Your Child (cont'd)

([www.lifelinepilots.org](http://www.lifelinepilots.org))

### Being Politely Pushy

Nancy Ford Springer and Gary Springer faced the same kind of issues when their son, Nick, contracted meningococcal meningitis when he was 14.

One of Nick's doctors was wrong, Gary says. "He said that there was fresh skin growing under Nick's black infected skin so we became a little complacent."

It turned out, however, that Nick's condition was much worse than the doctor realized. So when another doctor told the Springers that Nick needed more amputations than they expected, the family insisted on getting another doctor and the president of the hospital involved to make sure.

The Springers realized early on that "the squeaky wheel gets the grease." "I always explain to people that you have to be politely pushy," Nancy says. "You need to support these people who are doing what they believe is best for your child, but you also need to question them." Though she says you need to be as polite as possible, she also admits that she can get upset at times. "If I get to the point of steaming, however," she says, "then the system isn't working right, and I need to get another doctor, teacher, prosthetist or physical therapist to work with who will be part of my team." That's a better solution than just yelling, she says. "You don't want to get a reputation as a hothead because then people won't listen to you when you need them."

**"No!"**

"Sometimes, however, you need to be more forceful," Gary argues. He recalls an incident when an intern was changing an IV (intravenous line) in Nick's neck. "He was practicing on Nick," Gary says, "and he was messing up." "Nancy went ballistic," he says, "and we said, 'No more interns.' In that type of situation, you just have to make a point of saying, 'No!'"

"You don't, however, want to get into a conflict about everything," Nancy says. "You need to pick your battles and focus on the things that are integral to your child's well-being."

### Proactive Advocacy

"You also need to be proactive (for example, letting your child's new principal and teachers know about your child's needs)," Nancy says. "Don't wait until there's a problem."

"Advocating in a more global way is especially important," Nancy says, "because it can help your child and other children." For example, when the Springers had to sign papers allowing doctors to amputate Nick's legs, it was devastating, partly because of a lack of information. "That's why I became a co-founding board member of the National Meningitis Association," Nancy says. "I felt that other parents needed to have access to information as quickly as possible." (National Meningitis Association: [www.nmaus.org](http://www.nmaus.org))

"You should also be proactive about finding out what services and benefits are available for your child," Gary says. "Nick can have a note-taker in his classes and extra time for tests, etc., but parents have to advocate such things for their child. They're not automatic."

### The Ultimate Goal

"The ultimate goal is for children to advocate for themselves," Nancy says. "And we as parents need to model for them how to do it correctly. If you are hotheaded, that's what your child is learning, and that's not what you want them to learn. Being hotheaded would only teach others that people with disabilities have short tempers. We want our children to become educated and to educate others."

Steffini has done that with Jonah. "When people used to stare at Jonah," she says, "I was right there going, 'You want to meet him? His name is Jonah.' Now, if we're out in public and someone is looking at him, Jonah does that. He'll say, 'Hi, I'm Jonah. Wanna be my friend?'" "Nick is also very comfortable speaking up for himself or asking for help," Nancy says. "If Nick was 20 years old and I was still advocating for him, I wouldn't feel that I was totally successful in achieving my goals for him."

"As parents," Nancy says, "she and Gary could have been a tremendous asset to Nick or they could have been his biggest handicap. It's all in how a parent chooses to deal with the situation," she says.

In Steffini's case, her strong advocacy for her son certainly paid off. The child who was only expected to live six months is now 7 years old, is attending a regular school, can ski upright, has been featured in numerous publications, and is an inspiration even to the soldiers who lost limbs in Iraq and Afghanistan and who participate in the same ski

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# SPOTLIGHT - by Belinda & Katie

Each month we shine our light upon a member of our group or a special organization. For the month of May that light will be shining brightly upon group member Katie Flanigan and the Hanger Clinic Bilateral Above-Knee Amputee Boot Camp. This amazing camp is held annually by Hanger Clinic with the goal of challenging these amputees to achieve their highest potential. It is under the direction of Kevin Carroll, MS, CP, FAAPO/D. Yes, that is the same Kevin Carroll who developed the prosthetic tail for Winter the dolphin, and who was featured in the movie "Dolphin Tale". I am going to let Katie tell you in her own words about this amazing experience....

"This past April 19-21 I had the privilege to attend Hanger's bilateral above knee boot camp in Oklahoma City. My boyfriend



Chris attended the boot camp with me. It was filled with encouragement and fellowship, laughter and love, all while we practiced to advance in our walking skills. We had a great time.

Day 1 we did introductions. Meeting our new amputee family for the first time was awesome. Everyone was in a great mood and excited to be there. We then did breakout groups where men, women, children, and caregivers all had their own groups. These

were some of my favorite times. I loved all the women getting together and sharing tips and encouragement. After we joined back as a group we talked about healthy habits and technologies available to us. Then we had a crawfish bowl in the parking lot! By the end of the day I knew these were my people. I'd already made new friends and saw friends I'd met at the AC Conference. The amputees that work with Hanger as spokespersons are also all wonderful.

One thing we did on Day 1 that was very neat was test out their new virtual reality program. You can walk down stairs like you are a double above knee amputee using prosthetics! You get to hang out with and see through the eyes of Cameron Clapp (Google him if you aren't familiar - he's amazing!)

Day 2 we started with another of my favorite activities of boot camp, adaptive yoga! Our instructor was an awesome young lady missing one leg above the knee. She made me feel as though I could do so much in yoga that I never thought I could. Then we went to the mall. Here everyone worked on different things. The mall had steps, ramps, and escalators. I'm not advanced enough so I just worked on walking, but I learned so much watching everyone. The escalator was a beautiful sight, watching people so scared conquer that fear together! The sense of camaraderie was so strong the whole 3 days but was on overdrive at the mall. When we got back to the Hanger Clinic Gold Medalist Stephani Victor talked about the Paralympic experience.

Day 3 was short and bittersweet. We did breakout groups again, now knowing we'd all be parting shortly. It was a rainy day so we went over to Hanger, which was in the parking lot of the Inn, and did different things depending on skill level. A courageous group went outside to the mobility course in the rain and played in the mud! I stayed inside, learned new exercises, and practiced walking. We spent a long time debriefing and saying goodbye. Kevin Carroll, President of Prosthetics for Hanger, leader of our boot camp, and my friend, went around the room and had a lot of us say our advice to the rest. We got sponsors, people we can call or message when we need to, and

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## Advocating For Your Child (cont'd)

program he participates in. In fact, they call him "The Ambassador of Hope."

Was it worth stepping on a few toes to get him to this point? You bet it was! Just ask his mom.

AFTER CONSULTING 43 DOCTORS, STEFFINI VANDEVER HAD HER SON JONAH'S CROOKED LEGS AMPUTATED WHEN HE WAS 18 MONTHS OLD. JONAH NOW WALKS INDEPENDENTLY WITH PROSTHESES AND GOES SKIING EVERY YEAR.

NICK IS NOW A FRESHMAN AT ECKERD COLLEGE AND PLAYS ON A QUAD RUGBY TEAM. THE SPORT IS FEATURED IN THE NEW ACCLAIMED DOCUMENTARY "MURDERBALL."

For more information about specific techniques for advocating for your child, see [Taking Charge: How To Become Your Child's Best Advocate.](#)



## APRIL RECAP

April was designated as Limb Loss Awareness Month and *Moving Forward* did its part to raise awareness throughout our community. In other words, it was a very busy month. It began with several members taking part in a Rehabs Techniques Course at Bellarmine University. We each worked individually with groups of Physical Therapy students answering their questions, talking with them about our experiences as amputees, and allowing them to practice residual limb wrapping and to evaluate our gaits. The class is taught by Professor Dennis Lesch who is a well-known physical therapist with many years of experience working with amputees in our area. The students were very enthusiastic, and it was a pleasure to be able to help them in their studies.

At our IN meeting held at SIRH, a special presentation was given by Dr. Annemarie Heink, who is the inpatient psychologist there. She discussed the emotional challenges faced by individuals following amputation. Dr. Heink explained ways to help recover emotionally and to be able to get back to enjoying life once more. She answered many questions from those in attendance including the importance of realizing that the caregiver for the amputee needs support as well. She offers a Caregiver Support Group the 2nd Tuesday of each month from 1:15 - 2:15 pm at SIRH. It is a place for caregivers to talk about challenges and coping strategies and to learn about resources available in our community. The group is open to anyone interested in attending.

On April 17th, group members Belinda Jacobi, Mike Portman, and Billy Parker gave a presentation at the Veterans Voices of Kentuckiana meeting at the Robley Rex VA Hospital in Louisville. They shared their personal stories of living with limb loss and went on to discuss our support group and the services we provide. We talked with VA representatives on how *Moving Forward* can become more involved in helping the many amputees who seek help there.

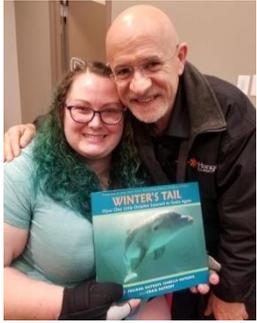
During April 19th - 21st, group member Katie Flanigan accompanied by her boyfriend Chris Nicheols attended the Hanger Clinic Bilateral Above-Knee Amputee Boot Camp in Oklahoma City. Please read about Katie's adventure in the Spotlight column in this newsletter. We are so proud of her!

Our Louisville meeting was held on April 28th, which was *Show Your Mettle Day*. The meeting began with a delicious luncheon and socializing among attendees. This was followed by a touching presentation by Sam Gaylord. He told of his childhood growing up in a large family who were very poor. This influenced his decision to join the U. S. Marine Corp at the age of 18, with the hope of bettering himself and being able to help his family. This was during the Vietnam War, and he knew he would soon be drafted. He joined so that he would have a choice in how he served his country. He was sent into conflict and took part in many bloody battles.

During one such battle, Sam was struck and both of his

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## SPOTLIGHT (cont'd)



accountability partners. Kevin gave me a stuffed Winter, the dolphin from Dolphin Tale and a signed copy of the book about him! We took pictures and hugged; boot camp was over. I left with a new family on my mind and inspiration in my heart.

Overall, boot camp was a success! I've made friends for life and I have a fabulous accountability partner named Nancy that works for Hanger. I'm so grateful Chris went with me. I

feel so capable and surrounded by positivity! If you are a bilateral above knee amputee, please consider this opportunity! I'm definitely going next year!!"

For more information on the boot camp and to see stories from some very inspirational amputees visit this site: <http://www.hangerclinic.com/limb-loss/adult-lower-extremity/pages/bootcamp.aspx>



- by Belinda

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

In the Q&A for the month of April, I talked about the different parts of a prosthesis and answered some typical questions that I often hear. During the next few months, I will talk more in depth about these parts and how each plays a crucial role in your mobility. We will begin from the bottom up, which means this month the prosthetic foot will be discussed. Like most new amputees, in the beginning I had absolutely no idea how a prosthetic foot worked or what its capability was. I didn't have a clue the difference that one type had over the other in helping to improve my ability to get back to living an active lifestyle. I learned by trial and error and sometimes wasn't satisfied with the results. One thing that I did learn during this time was that although my prosthetist could advise me as to what he/she felt was the right foot for me, that it was ultimately up to me to do the research and ask the questions to find the foot that "I" was comfortable with. Sadly, there is no foot out there that will ever feel and function as well as a real human foot, but prosthetic manufacturers are constantly coming up with new innovations that can greatly enhance an amputee's mobility.



I vividly remember the frustration that I had due to my first prosthetic foot. Like most new amputees, I was given a basic foot meant to help me be stable as I learned to walk with my prosthesis. It served that purpose quite well, but once I recovered enough to want to get outdoors, it failed miserably. I remember the first time that I attempted to go with my grandson to the park

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## APRIL RECAP (cont'd)

feet were torn from his body. He told of how with so many casualties that the ones that the medical staff thought wouldn't survive were left outside the walls of the hospital. Sam was left outside. When they finally got to him, no one thought he would recover; but miraculously he did. He told of his time at Walter Reed Hospital and the wonderful care that he received there. With their help, he was able to begin to walk again. He was sent back home where his family and community didn't know quite what to do with him. He spiraled into depression. He was angry at his country for how they treated the returning Vietnam vets and the government for how little help they were offering him. He channeled that anger and used it to motivate himself to find a better life. He went to college and earned a business degree. He has written two books and is working on a third. He and his wife Beverly have worked to help veterans receive the benefits that they deserve. Sam has been faced with other life challenges, including stomach cancer and a debilitating stroke. He is currently recovering from a recent surgery. He has and continues to work diligently to improve his quality of life and provides motivation to many others along the way. We are indeed proud to have both he and Beverly as members of *Moving Forward*. You can visit Sam's website and purchase his books at [www.fightingforourveterans.com](http://www.fightingforourveterans.com). A portion of the proceeds will go to helping veterans and their families.

The month came to an end with a large donation of prosthetic feet, knees, components, sleeves, liners, and socks which the group had collected being shipped to Operation Go Quickly. This organization, which is under the direction of Dr. Fred Sorrels, provides prosthetic services to people in underprivileged countries who have lost limbs. They will be going on a mission trip to Haiti this summer, providing prostheses to many Haitians who are still awaiting prosthetic care following the devastating 2010 earthquake. There are still hundreds of men, women, and children living in the backrooms of slums and begging on the streets while waiting for prosthetic limbs. They are hoping that they can have at least some chance at a better quality of life. For more information visit their website at: <http://goquickly.org/project/prosthetics-ministry/>.

Dr. Sorrels is also the coach of the National Haitian Amputee Soccer Team. They have visited with our group twice while traveling through our area. *Moving Forward* is honored to be able to provide needed assistance to this wonderful organization. We wish to thank Wayne Lockett and Louisville Prosthetics for their donation to this project.



## FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. Just a little hint, the words all have something to do with mothers. Have fun! You can find the answers on Page 7.

- TEACIFFNO    \_ ( ) \_ \_ \_ \_ \_ \_ \_ \_
- GHERTALU    ( ) \_ \_ \_ \_ \_ \_ \_ \_
- OKIOCES     \_ \_ ( ) \_ \_ \_ \_ \_
- WTESE       \_ ( ) \_ \_ \_ \_
- VEOL         \_ \_ \_ \_ ( )
- MEARDI      \_ \_ \_ \_ \_ ( ) \_
- SSKSIE      \_ \_ ( ) \_ \_ \_ \_

\_\_\_\_\_ ARE A LOVELY GIFT FOR MOM!



## Q & A (cont'd)

following my limb loss. It took all of 2 steps onto that thickly mulched play area for me to realize that this was not going to work. I ended up having to sit on a bench and watch him play.

That day was a turning point for me. I began to research prosthetic feet both online and in print. I talked to my prosthetist about what I wanted and needed to be able to do. I learned through this process that prosthetic manufacturers give you a trial period (typically 60 - 90 days) to try out the foot, and that if you aren't satisfied with it, that it can be returned. I also learned that a foot that might be a perfect match for another person might not work best for me. Although technology has improved vastly over the last decade, there is still no one foot that offers everything. It is up to you to decide what is most important to you and then to choose the foot that most closely matches your needs. Each person's needs are uniquely his/her own. For an elderly person confined to a nursing home, stability would be a strong need. For someone who enjoys spending time outdoors, a more responsive foot is a must have. An individual who is returning to a physically demanding job needs a foot that can hold up to the stress. A runner or a young child needs a foot that will allow them to participate to the best of his/her ability. So as you can see, there is no "one fits all" answer to choosing the prosthetic foot that is right for you. It may seem overwhelming, but by doing your research, talking to other amputees, and having a good discussion with your prosthetist; you can find a foot that is right for you.



Prosthetic feet are categorized into the following groups:

1) Solid Ankle Cushioned Heel (called the SACH foot) and the Elastic Keel Foot: These are the most basic of prosthetic feet and are generally prescribed for amputees who do a limited amount of walking with little variation in speed. These feet offer cushioning and energy absorption but do not store and return energy. They are the least expensive, are durable, and virtually maintenance free.

2) The next step up would be a Single or Multi-Axis Foot. The Single-Axis Foot contains an ankle joint that allows the foot to move up and down, which enhances knee stability. This is particularly important to above-knee amputees because it can help to keep their prosthetic knee from buckling. The Multi-Axis Foot provides for both up and down and side to side movement.

3) The Dynamic-Response Foot stores and releases energy during the walking cycle and provides a more normal range of motion and a more symmetric gait. It provides a more natural feel of walking. This type of foot is ideal for amputees with a more active lifestyle. It allows you to vary your walking speed, change directions quickly, or walk longer distances.

4) In the last few years, Microprocessor Feet have been developed. These foot/ankle systems have small computer-controlled sensors that process information from both the individual's limb and the surrounding environment to adjust to various needs. Some models include software as well as options for connectivity to mobile devices. The largest potential benefit of this type of foot is the enhanced ability to react to varying environmental situations, allowing for improved balance and mobility. Some of the cons are: due to the electronic parts, the Microprocessor Foot is not as durable as the other types of feet, and should not be used in wet or dusty environments. With the increased technology, they are also more expensive to purchase and to repair.



With each of these categories of feet, there are different manufacturers producing their own versions. Just like with

- Continued on Page 6 Column 1 -

## LET'S GET MOVING! — by Belinda

In the April issue, we began the discussion of core strength. Your core is made up of your abdominal muscles and back muscles, including the muscles along the spine, as well as your hips and pelvis muscles. Having a strong core is an essential part of your overall health; without a strong core, you are more at risk for injuries from falls due to poor balance and limited mobility. In fact, most movements you make are generated from your core, which means if your core is weakened, other muscles need to work harder to pick up the slack. As amputees, much of our mobility is generated in our core muscles.

Last month, I shared with you some basic core strengthening exercises. If you have been doing them, you should be ready to step it up a notch with a few more. The 3 exercises that I am including this month have unusual names, but they are all fairly easy to do. Some may be done more easily without wearing your prosthesis. Most can be adapted for various levels of limb loss. If you are unable to do one, try the next one. If an exercise causes you pain, do not continue doing it.

### **Dead Bug**

Lie on your back with knees bent and feet flat on the floor. Brace your abs, and raise your bent legs up so that your knees are stacked over your hips, keeping a 90-degree bend in your knees. With palms facing each other, bring arms up to point toward the ceiling. Straighten your left leg and bring it toward the floor (try not to let it touch). At the same time, bring your right arm back toward the floor (try not to let it touch). Bring arm and leg back to the starting position. Repeat with your right leg and left arm to complete one rep. Alternate sides for eight reps total.

### **Bird Dog**

Start on all fours with your hands below shoulders and knees below hips. Engage your abs, keep your spine neutral, and gaze down or slightly forward. Lift your left arm and extend your right leg until they are in line with the rest of your body. Lower back down, and repeat for five reps total. Switch sides to lift your right arm and extend your left leg.

Make it easier: Keep your hands on the floor, and only extend your leg.

### **Wood Chop**

Just like it sounds, this rotational move is the same motion that a lumberjack would use to chop wood. You do it more often than you may realize while performing everyday tasks. Start in a squatting position, with your feet hip-width apart. Clasp your hands together in front of you (like you're holding an ax). Inhale as you twist to the left so your hands are outside of your left leg. As you exhale, lift arms diagonally across your body, ending twisted to the right with arms above your head. Pivot on your left foot as needed. Try to move with control rather than momentum. Do three sets of 10 reps on both sides. This exercise can also be performed while sitting in a chair or on an exercise ball.

Yoga is also a great way to improve overall core strength and many places offer chair yoga classes. Pilates is another great exercise for core strength, and many of the movements can be modified based on your ability.

So now that we know how important core strength is for our mobility, come on everybody, **let's get moving!!**

References: Silversneakers.com ascseniorcare.com

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## **DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM**

To register go to [krogercommunityrewards.com](http://krogercommunityrewards.com) or visit the customer service desk at your local store. **MOVING FORWARD** Limb Loss Support receives a percentage of your purchases & it does not take away from your Kroger points in any way.

## Q & A (cont'd)

sporting shoe companies, they add their own bells and whistles to make theirs different from the others.

If you are a new amputee seeking information on your first prosthetic foot or are an amputee looking to improve your mobility, I encourage you to do the research and ask the questions in order to find the proper foot for you. You can begin by searching "prosthetic feet" on the internet. All the different manufacturers will pop up and from there you can visit their websites and explore the options. You can also subscribe to *InMotion* magazine, published by the Amputee Coalition, or *Amplitude*, published by the Amplitude Media Group, to read articles and see advertisements for the latest in technology. Both of these publications are free of charge for amputees and are published bimonthly. Once you have done your research and narrowed your options, discuss this information with your prosthetist. They can help you to decide which of these options may be best for you, and help you to find out if your insurance would cover the cost. Don't forget the trial period. If you get the foot and find that it isn't what you thought it would be, then send it back to the manufacturer and try another.

When we go to buy a pair of shoes, we typically don't just pick up a pair and buy them without trying them on and seeing how they feel. We need to realize the importance of our prosthetic choices. That choice affects our mobility and our lifestyle. It can determine whether we are going to spend our time sitting on a bench watching others, or if we are going to be able to take part in the activities that we enjoy.

With that being said, please don't get the notion that having a certain foot is going to suddenly allow you to jump up and run a marathon. We have to be realistic regarding the expectations. Our current physical condition, health issues, age, and level of amputation must be taken into account. On the other hand, your prosthesis should not limit you from doing the things that you are physically capable of doing. So if you feel that you are capable of being more active than you currently are, maybe it's time to start looking at some of that new prosthetic technology.

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## KATE'S KITCHEN

### Lavender Lemonade

A wonderful way to spend Mother's Day

afternoon, relaxing with a refreshing glass of lavender lemonade.

#### INGREDIENTS

*For the Lavender Mixture*

- 2 cups water
- ½ cup sugar
- ¼ cup agave nectar (or honey)
- 3 Tbsp. dried lavender

*For the Lemonade*

- 2 cups freshly squeezed lemon juice
- 4 cups water
- 1 lemon, sliced (for garnish)

#### INSTRUCTIONS

To make the simple syrup, combine two cups of water and sugar in a small saucepan over medium high heat, bringing to a boil and whisking until sugar is dissolved. Remove from heat and stir in agave nectar (honey) and dried lavender.

Cover for about 15 minutes, allowing mixture to steep. Strain lavender, making sure to release all juices and syrup.

In a large pitcher, combine freshly squeezed lemon juice, lavender mixture and water. Feel free to add a drop of blue coloring and a drop of red to mixture to give it a lovely purple color. Chill for at least 2 hours and serve over ice. Enjoy!



## UPCOMING EVENTS

### MEETINGS:

May 21st, Mon., from 6:30 - 8:30 at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

May 26th, Sat., from 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Community Room 301B.

### EVENTS:

May 12th, *Moving Forward* along with *HealthSouth* from Elizabethtown, KY, will be holding an Amputee Coalition Certified Peer Visitor Class at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. It will be held from 8:00 am - 5:00 pm. A peer visit can mean a lot to a new amputee. It provides them with emotional support, information, and resources. It allows them to talk to someone who has lost a limb or limbs and has been able to recover and get back to living a full and productive life. It gives them hope and can help to relieve some of their fear of the unknown. If you know of someone who is facing an amputation or who has recently had one, please contact us. *Moving Forward* has several members who are AC Certified Peer Visitors.

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## Krafty Kids by Katie

### Tissue Paper Flowers

Let's make flowers for mom for Mother's Day!

You will need the following materials to make your tissue paper flowers:

Tissue paper sheets (pink and red make beautiful flowers, but choose whatever colors you prefer)

Green card stock paper or construction paper (to make leaves)

Scissors

Green chenille stems/pipe cleaners

Take your tissue paper and cut them into 12-by-6-inch sheets. (For larger flowers, use bigger sheets). Lay multiple sheets on top of each other (at least 6 to 10 sheets is ideal). Once they're stacked and lined up, begin folding your tissue paper. Start with the shorter side (in this case, the 6-inch side) and make a 1-inch fold. Turn your tissue paper over for the next fold, then turn it back for the fold after that. Keep folding and turning over the paper until you have an accordion-style narrow strip of tissue paper. Take your scissors and trim the ends of the tissue paper strip so that you have a rounded edge. This will help your tissue paper petals have a rounded appearance like a real flower later. Take a pipe cleaner and loop it around the middle of the folded tissue paper strip. Starting on one side, begin opening the tissue paper folds. Gently separate the tissue paper sheets to unfold the petals of your flower. It will quickly begin to look like a beautiful blossom. Cut leaves from construction paper and glue to stem if you want.



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**National Women's Health Week is May 13th - 19th.**

Visit this website:

<https://www.womenshealth.gov> to learn what steps you can take at any age to improve your health.

Prioritize your health for #NWHW19



# NATIONAL NEUROPATHY AWARENESS WEEK IS MAY 6TH - 12TH

Neuropathy is damage to nerves, and diabetic neuropathy is damage to nerves that occurs as a result of diabetes. Diabetes is thought to damage nerves as a result of prolonged elevated levels of blood glucose. Diabetic neuropathy can affect different parts of the body, and symptoms can range from mild to severe. Diabetic neuropathy is the most common complication of diabetes. To find out more about neuropathy go to:



<https://www.foundationforprn.org>



## FUN WITH WORD SCRAMBLES ANSWERS

(from Page 4)  
AFFECTION, LAUGHTER, COOKIES, SWEET,  
LOVE, ADMIRE, KISSES



F L O W E R S ARE A LOVELY GIFT FOR MOM!



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



Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health

conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible. To take a free on-line screening visit:

<http://screening.mentalhealthamerica.net/screening-tools>



### *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. \*\**



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