

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.

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EDITOR'S NOTE

– by Elaine Skaggs

Fall has finally arrived, the trees are turning, and winter will be on its way soon. Halloween is over and we're looking forward to Thanksgiving. We are in the midst of our Sock Drive for The Salvation Army, and planning is underway for our Christmas Party.

The Moving Forward Limb Loss Support Group held its annual business meeting in October, and during that meeting those in attendance reviewed last year's finances, a tentative calendar of events for 2020, and voted to add/replace a couple events. We plan on trying to start a by-monthly restaurant outing, which will help create a record of reviews of the handicap accessibility of local businesses. We also plan on replacing our yearly Ice Cream Social with a softball outing.

During the meeting we had election of officers as follows:

President	Kelly Grey
Vice President	Elaine Skaggs
Secretary	Julie Randolph
Treasurer	Mary Jo Kolb
Member-at-Large	Mike Portman
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Congratulations to those folks, and I'm sure I speak for all of us when I say that we are ~ cont'd on Page 2 Column 1 ~

Public Transportation Options Intro

- by Mallori Puchino Transportation is a struggle for our

community. Whether you were born with limb differences or experienced amputation later in life, you are likely to have gone through a time where you needed a ride somewhere. For the purposes of this series, I'll be focusing on the options, or lack thereof, for lower limb mobility issues.

For the general public in the Greater Metro Louisville area, we have TARC, Lyft, Uber, and taxi services. These services, while publicly claiming to comply with ADA, do not always provide adequate services for those that are wheelchair bound or use other assistive devices, such as crutches, walkers, and knee scooters. Most vehicles are not compatible for power chair users; limiting your options when it comes to needing to errands, qo to work, doctor run appointments or physical therapy, or visit family and friends. Unless you have your own accessible vehicle, (which I plan to discuss those options as well), the few options available require extensive planning, long wait times, and can be exorbitantly expensive, not to mention a lack of reliability.

In this series, I will be rating services by the following criteria; cost, required time windows, availability, and accessibility. I will attempt to utilize each service to give you first-hand experience.

The next article in this series will focus on ride-share services and taxis. If you have

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EDITOR'S NOTE (cont'd)

committed to work to keep Belinda's legacy alive and well. Though there have been some difficult times, we are at a point where most of the necessary changes have taken place. We are ready to grow again, but we need the help of all our members to do so. Even if it's only making suggestions for newsletter articles or helping out with the planned events, we need each and every one of you! If you do have a suggestion or want to show off your writing skills with an article, please contact me at:

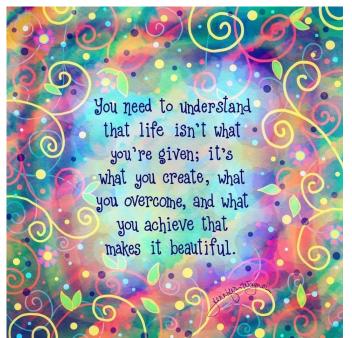
<u>elaineskaggs@ymail.com</u> or give me a call at (502) 548-6419.

Don't miss out on the beginning of a series of articles covering Public Transportation Options by Mallori Puchino included in this issue.

Happy Thanksgiving! and don't forget to give thanks for all we've been given!

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QUOTE OF THE MONTH



AMPUTEE WALKING SCHOOL Kenney Walking School – Nov 16 Louisville (Masonic Homes) 9am - 3pm

Public Transportation Options Intro

(cont'd) experience using a transportation service in the Louisville-Clarksville-New Albany areas, please email me about your experience at mallorina.mp@gmail.com

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MOVING FORWARD Salutes Our Veterans



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OCTOBER RECAP

We began the Sock Drive for The Salvation Army on October 1 and collection boxes have been placed in many places for donations, including local prosthetist offices.

The Indiana meeting was held on October 21 at Southern Indiana Rehab Hospital. After a time of introductions, we had open discussion and welcomed new members Joseph and Tracy Meng.

The Louisville meeting was held on October 26 at Norton Brownsboro. The annual business meeting was held following a time of introductions and announcements. Details of that meeting are included in the Editors Note in this issue.

UPCOMING EVENTS

MEETINGS:

November 18 – Monday 6:30 – 8:30 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

November 23 – Saturday 2:00 – 4:00 p.m. at Norton Brownsboro.

BUILDING/ROOM CHANGE: Effective for our November 23rd meeting ONLY, they are moving us to the MAIN HOSPITAL at Norton Brownsboro *(not in Medical Plaza 1, Room 301B).* Go into the main entrance of the main hospital, go to the dining room (toward the left of the main lobby). There is a hall toward the back of the building with a half glass door (glass is decorated). The room is 1 WEST CLASSROOM. Someone will have to let you into the hallway since it is a badged area. Please call Kelly if you have any trouble! 502-235-3146

* Our usual room in Medical Plaza 1 Room 301B will be a control center for the hospital since they are going to be shutting off the electric to the hospital (but not while we are there).*

EVENTS

October 1 – November 23 We will be holding our Annual Sock Drive for the Salvation Army, during which we will place collection boxes in local Prosthetic offices, and other businesses to collect new socks, and new or gently used coats, gloves, scarves, and hats, which will be donated to the Salvation Army to be distributed to those in need.

The BellarmineUniversityPhysicalTherapyAmputeeCommunityPartnerProjectwill again begin this fall.ContactMeganAebersoldat270-980-0521toparticipate.DescriptionDescriptionDescription

Annual Christmas Party – December 7, Sat., from 5 - 8pm at the Okolona Fire House on Preston Highway (see attached flyer for details).

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BEREAVEMENT ANNOUNCEMENT

Ted Rose passed away October 10th, 2019.

Ways to Donate to *Moving Forward* Limb Loss Support AmazonSmile

Go to "<u>Smile.Amazon.com</u>"

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, the AmazonSmile Foundation 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 Support Group, Inc."

Kroger Community Rewards Program Go to

"https://www.kroger.com/account/enrollCommunity RewardsNow/"

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)

Enter our organization number: DC476 or,

Search for "Moving Fwd Limb Loss Support" 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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

Soutact info

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