



NEWSLETTER ♦ 112th Edition ♦ Dec 2022

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

The holiday season is here as we enter the early days of December. It's the beginning of the busiest time of the year, but my hope is that we all took a little time to reflect on all that we have to be thankful for. Even in the midst of difficult days, whether you are experiencing health issues, or the state of the economy, we all can find something to be grateful for.

November was an exciting month as I finally took delivery of my new Willowood One socket and new Blatchford ankle. After almost a year of compensating an ill-fitting prosthetic which was very difficult to even wear, let alone try to walk in, I am once again ambulating without a limp and walking more closely to the way I should be. I've been asked to include here some details about the setup, and have done so in a separate article called "New Prosthetic" in this edition.

Last month was also National Caregivers Month, which we observed at the Louisville meeting where Kelly distributed gifts to all the caregivers that were present. Julia Kelly also led a separate meeting for the caregivers, a safe place for caregivers to speak openly about the challenges they face taking care of their loved ones. Kelly also presented the veterans who

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NEW PROSTHETIC

As anyone who wears a prosthesis knows, our bodies are fluid and are constantly changing, regardless of whether you lose or gain weight. And as those changes occur it is more often than not necessary to have new prosthetic devices made, so that we can continue to function. After a few years in my second Martin Bionics socket, which was great in the first couple of years, due to some weight gain and a severe case of sweating which caused that socket to twist, making it very difficult to walk, it became increasingly necessary for me to find a better fitting socket, and a solution to the twisting. Upon the recommendation of my prosthetist, who suggested I look at the Willowood One system, I decided to give it a try. Although I've only had it for about a month, I am very satisfied with its comfort and fit, and how easy it has made for me to transition from sitting to standing to walking. This system includes an airtight seal which prevents loss of vacuum, even if I perspire some, and I haven't yet experienced any movement or twisting of the socket. The fabricless Alpha SmartTemp Liner is a new material that actually draws heat away from the limb, and along with the One Gel Sock, allows any perspiration to be wicked away from the skin. The flexible inner liner that is usually attached to a carbon fiber outer socket is removable with this system and makes donning and removal

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EDITOR'S NOTE (cont'd)

were present with a small token of appreciation for their service to our country.

At the Southern Indiana Rehab meeting, we had a visit from Jamie Burlington with Caregiver Homes, a Seniorlink Company. Jamie talked to us about how their company can assist caregivers in keeping their loved ones at home with financial support, training, and emotional support, among other things. At this time they only operate in the southern Indiana area, but hopefully will be expanding soon to include the entire Kentuckiana area.

In the midst of all the hustle and bustle, don't forget to take time to remember the reason we celebrate. Wishing each and every one of you a very Merry Christmas and a Happy New Year!

UPCOMING EVENTS

December 10 - Annual Christmas Party - 5:00 - 8:00 pm

Okolona Firehouse 8501 Preston Hwy,
Louisville KY 40219 (see enclosed flyer)

December 19 - Indiana monthly meeting - 6:00 - 7:30 pm

Southern Indiana Rehab Hospital
3104 Blackiston Blvd. New Albany IN
47150

REMEMBER: THERE WILL NOT BE A
LOUISVILLE MEETING IN DECEMBER !!!

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## QUOTE OF THE MONTH

"In all of living, have much fun and laughter. Life is to be enjoyed, not just endured."

— Gordon B. Hinckley

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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

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## NEW PROSTHETIC (cont'd)

very easy. I also have the Limb Logic Vacuum pump which is optional with this setup, but in my situation is a huge improvement and reduces the likelihood of losing vacuum. The development of the One system was initiated through a grant from the Veterans Administration. The purpose was to develop a new socket system for transfemoral amputees that was comfortable, had controlled pistoning, reduced sweating, and allowed for a comfortable walking gait for transfemoral amputees of all activity levels. In my humble opinion they have covered all these bases, and I'm looking forward to enjoying life with my One system for many years.

Along with my new socket system, my prosthetist and I decided to move from a manual ankle with only 12 degrees of flexion, to a microprocessor hydraulic ankle with Microprocessor Active Resistance Control, the ElanIC from Blatchford (formerly Endolite). That means the Elan ankle automatically adjusts the plantar flexion and dorsiflexion resistance levels to provide greater stability for standing and down slopes and greater assistance for walking fast or uphill. In the simplest of terms, the Elan mimics the natural function of the foot and ankle, giving you much more stability on slopes, step and uneven terrain. Already I have seen a huge difference in how I navigate ramps, and have been able to go both up and down without using my cane. By enabling you to distribute weight evenly when standing and walking, the result is a smoother, safer more natural walking experience. In a nutshell, benefits of the ElanIC include:

- Increased ground clearance reducing risk of trips and falls
- Improved balance through hydraulic self-alignment and microprocessor standing support
- Improved control and safety on slope negotiation
- Improved kinetic gait symmetry
- Reduced loading on the residual limb
- Increased walking speed

The fact that now I'm spending more time plugging in 3 devices for one leg is a small price to pay for all the features I've received in my new

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## CAREGIVERS CORNER

– by Julia Kelly

November was National Caregiver Appreciation Month, and for the first time, members of MOVING FORWARD who are family, friends, or caregivers to amputees broke off from the rest of the group and held a separate meeting. During the meeting they were able to brainstorm some ideas about being a caregiver. Each person in this group was given a self-assessment questionnaire distributed by the American Medical Association that helps determine the physical, mental, and emotional health of a person who is a caregiver.

We are planning to hold caregivers meetings once a quarter, the next will be held during the March 2023 Louisville meeting. If you have a topic that you would like to discuss please contact Julia Kelly at 502-609-1184.

Thanks to everyone who cares for someone, and thank you for attending.

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RECIPE OF THE MONTH

GERMAN CHOCOLATE CHIP COOKIES

– by Elaine Skaggs

- 2 eggs
- 1 cup dark brown sugar (packed)
- 1/2 tsp salt
- 1 tsp baking powder
- 1 cup flour
- 1/4 tsp cinnamon
- 2 tbsp grated lemon peel
- 1-1/3 cup chopped almonds
- 1 pkg semi-sweet chocolate chips, chopped

Beat eggs and sugar together until well blended. In a separate bowl, sift together dry ingredients, then add to egg mixture. Once mixed, add remaining ingredients and mix well. Bake 375 degrees for 12 minutes. Makes 4 dozen cookies.

This is an original recipe from Monika Skaggs, Jerome's mother. I make it a little different substituting orange zest for the lemon peel, and chopped pecans for the almonds. These were Jerome's favorite holiday cookie!



NEW PROSTHETIC (cont'd)

and improved prosthesis. If you would like more information on either of these items, you can read more about them at www.willowwood.com or www.blatchfordmobility.com.

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

### **AmazonSmile**

Go to "[Smile.Amazon.com](http://Smile.Amazon.com)"

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](http://smile.amazon.com), 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/>

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

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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.

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# CONTACT INFO



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## Ways to Donate to MOVING FORWARD (cont'd)

### 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.



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