



NEWSLETTER ♦ 69th Edition ♦ May 2019

TRIBUTE TO BELINDA

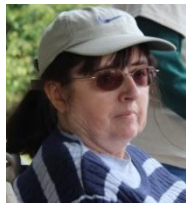
– by Mike Portman

I first met Belinda Jacobi in 2011, during a visit to our prosthetist, where we were both receiving adjustments. Our conversation revolved around the things that most amputees talk about when together; how we lost our limbs, who did the surgery, how do you like your prosthetist, and so on.

But then, the conversation moved to the problems an amputee faces before and after amputation, and realizing that although amputated for different reasons, we had faced shared issues in dealing with amputation. At that point, the genesis of *Moving Forward* was born. With a few others, some still with the group, and the support of Louisville Prosthetics, we started holding meetings. Belinda, contrary to her belief that she was shy, became the de-facto leader and later became our first president.

Somehow or another she pulled me along on her mission to help amputees realize that their life did not end with a surgeon's saw, rather she preached what I called a "Gospel of Life After Amputation," a message she delivered as strongly and fervently as any preacher. She became and is still the driving force behind our group.

I could go on about her but anyone who met her knows what she became and did for us, and those who never met her are less for not having had her in their life. She, along with her husband Shelton



and family, will always be a part of the group. And I know that the drive she placed into organizing and pushing us to help our fellow amputees will continue.

The lump in my throat and the dampness of my eyes are real now because I miss someone who became



more than just a member of the group. She was my friend, and I miss her not calling me or texting me, sometime just to see how I was doing, as she did with every member of the group. And although suffering with her own health issues, she never relented in her desire to advance the cause of amputees, whether she had met them or not.

So, Belinda, if you are looking over my shoulder now (and I know you are), please forgive me for not telling you how much it meant to me and my family that you became a part and will always remain in our hearts.

MY SOCKETLESS SOCKET

– by Elaine Skaggs

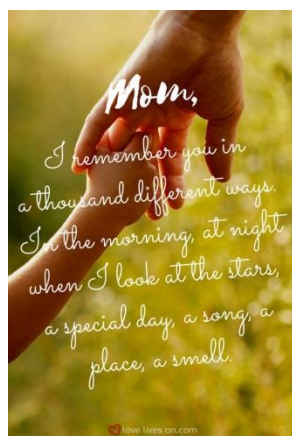
In last month's newsletter I promised some additional details about my new socket-less socket, designed by Martin Bionics, so here goes. After getting used to the shortened time that it takes to put it on, and wearing it for about a month, I'm happy to report that I am loving it! It is much easier to apply, not to mention that there is no need to wear additional prosthetic socks, definitely a plus in my opinion. The biggest difference in this type of socket is that it conforms to the wearer's body, rather than trying to fit your residual limb into a hard socket; therefore, it doesn't require frequent fitting adjustments to match limb changes. I have the ability to micro-adjust for a comfortable fit every time I put it on. I always have full control of how it fits. The hammock-fit brim technology conforms to the body, instead of the body having to conform to a static brim and can be adjusted anytime throughout the day using a ratchet system, for total brim comfort. It's the difference between sitting on a hard chair versus in a soft hammock. In addition to the comfort issues, this open socket provides more muscle control, allowing the muscles in my limb to flex and move as I move. I'm walking better with improved balance and stability.

I've included some pictures below, and invite any questions. You can get more information from the website: www.MartinBionics.com/socket-less-socket-transfemoral/



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## QUOTE OF THE MONTH



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EDITOR'S NOTE:

Belinda wrote a lot of the articles for the newsletter and it just goes to show how much work, dedication, and passion she put into many aspects of the group. Going forward I will update you on events and provide content but I will be looking for a lot of you to contribute stories, pictures, life hacks, and other things to add to this newsletter. This is **YOUR** newsletter!

~ Kelly

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## BELLARMINE FALL RECOVERY RESEARCH PROGRAM

Bellarmine physical therapy students are researching fall recovery and they're looking for volunteers to take part in the study. This is open to anyone who has a history of falls or a neurological condition, such as Parkinson's disease, Multiple Sclerosis, Huntington's disease, etc. Participants will receive a functional health screening, learn proper fall techniques and how to independently rise from the floor, and receive a customized exercise program. You are asked to attend 3-4 sessions that last 1 hour each and take place on Tuesday and Thursday afternoons. The program will continue through May 2019. The location is on the Bellarmine campus at Allen Hall, Room 260. The address is 2120 Newburg Rd., Louisville, KY. If interested, please contact Dr. Carrie Hawkins by email: [CHawkins2@bellarmine.edu](mailto:CHawkins2@bellarmine.edu) or by phone 502-272-7968.

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LIFE HACKS FOR MOVING FORWARD

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 each month we will be sharing **LIFE HACKS** in this 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.

Debbie Troutman says that when she goes out to eat she asks for a To-Go box and a bag. She puts the To-Go box inside of the bag to make it easier to hold while she's in her wheelchair.

5 Best Hip Flexor Stretches for Tight Hip Relief

The Best Stretches for Tight Hip Flexors Your hip flexors are a group of muscles near the top of your thighs that are key players in moving your lower body. They let you walk, kick, bend, and swivel your hips. But if your muscles are too tight or if you make a sudden movement, your hip flexors can stretch or tear. A hip flexor strain can be mildly uncomfortable or so serious that you have trouble walking and have muscle spasms and lot of pain. Regular stretches can help keep your hip flexors loose and prevent injuries.

Standing Stretch

1. Stand with your feet hip-width apart and toes forward.
2. Bend your right knee, and bring your right heel up toward your butt.
3. Hold your right foot with the right hand, and gently pull to point your knee toward the floor. You can hold on to a counter or chair with your left hand for balance.
4. Hold for 30 seconds. Repeat on your other leg.

Active Stretch

1. Stand on your left foot with the toes slightly turned inward. Put your right foot on the seat of a chair in front of you.
2. Hold your arms straight out in front of you at chest level.
3. Slowly raise your arms straight up as you squeeze your butt and gently push your pelvis forward. That will straighten your left leg and deepen the bend in your right knee. You'll feel the stretch in the front of your left hip.
4. Return to the starting position and repeat on the other leg.

Kneeling Stretch

1. Kneel with your left knee on the floor and your right leg at a 90-degree angle in front of you.
2. Put your hands on your right knee and keep your back straight.
3. Keeping your left knee pressed to the floor, lean forward into your right hip while squeezing the muscles in your left buttocks.

<https://www.webmd.com/fitness-exercise/fitness-hip-flexor-stretches?print=true> 2/2

4. Hold for 30 seconds. Repeat on the other side.

Supine Stretch

1. Lie on your back on the floor with your legs straight, toes pointing toward the ceiling.
2. Keep your right leg straight on the floor, bend your left knee so your foot is flat on the floor, and lace your fingers behind your left knee.
3. Pull your left knee toward your chest. Keep your back, hips, and right leg on the floor.
4. Exhale and pull your left knee closer toward your chest.
5. Hold for 30 seconds. Repeat on the other side.

Seated Stretch

1. Sit slightly sideways on the edge of a bench or a chair with your back straight, both feet on the floor, and your knees bent.
2. Slide your right foot back and lower your right knee close to the floor. The leg should be bent at a 90-degree angle with your right knee straight below your right hip. Keep your left foot on the floor.
3. Tighten your buttocks and hold for 30 seconds. Switch to the other leg.

<https://www.webmd.com/fitness-exercise/fitness-hip-flexor-stretches?print=true> 1/2

WebMD Medical Reference | Reviewed by Tyler Wheeler, MD on January 01, 2018 Sources

SOURCES: American Heart Association: "Hip strengthening might ease pain of clogged leg arteries." University of Iowa Stead Family Children's Hospital: "Hip Flexor Strain." American Academy of Orthopaedic Surgeons: "Hip Strains." American College of Sports Medicine: "Improving Your Flexibility and Balance." American Council on Exercise: "Supine Hip Flexor Stretch." Arthritis Foundation: "Seated Hip Flexors and Quadriceps Stretch." MedlinePlus: "Hip flexor strain -- aftercare." © 2018 WebMD, LLC. All rights reserved.

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## AMPUTEE COALITION PADDY ROSSBACH YOUTH CAMP



The Amputee Coalition Paddy Rossbach Youth Camp is a six-day, traditional summer camp experience for youth ages 10-17 with limb loss/limb difference to be taking place on July 8-13th at Camp Joy in Clarksville, OH. Campers are challenged to increase their independence, test themselves, and build new friendships through fun and exciting activities in a caring and supportive environment. We recommend applying early, since in past years there has been a waiting list to attend camp. All camp costs are covered, including transportation.

There is also a leadership camp provided for young adults ages 18-19 held during that week at the camp. In addition, applications are being accepted for camp counselors 20 years and older who have limb loss/difference. **Moving Forward** is proud to be a sponsor of the Paddy Rossbach Youth Camp. For additional information and applications go to <https://www.amputee-coalition.org/events-programs/youth-camp/>. This link is also provided on our website.

Every March we have a Chili Supper and the last few years we have used the money we collect from the admissions and raffle and donate the money to Paddy Rossbach Youth Camp. This year we raised \$347 from the chili supper and we are adding some additional money for a total of \$500. We are donating the money this year in honor of Belinda!

Since 2000, the Amputee Coalition has provided a safe place for kids to learn more about living with limb loss and limb difference. Today, it has evolved to traditional summer camp, complete with canoes and campfires. Most importantly, the focus is on the campers. For the Paddy Rossbach Youth Camp, that means kids living with limb loss and limb difference, ages 10-17. For Leadership Camp, we've developed a curriculum that combines a camp experience with leadership development, perfect for those poised on the edge of college or a career. For young adults ages 18-19, the experience is unique and fulfilling.

Our counselors are all living with limb loss and limb difference and must be at least 20 years old. Many of them attended an Amputee Coalition camp when they were younger and are excited to be able to pass the experience along to the next generation.

The feedback from our campers is that they get to be normal here. They get to talk to other kids (and counselors) who share their similar experiences. They can learn and challenge themselves and have a great time while they do it.

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APRIL RECAP

April was Limb Loss Awareness month. **Moving Forward** celebrated "Show Your Mettle" Day during our Louisville meeting on April 27 by having a catered meal brought in good food, great fellowship, & friends being supported by friends. The different possibilities for having a Belle of Louisville Cruise during the latter part of June were discussed. Also discussed were the upcoming Pegasus Parade Party to be held at Louisville Prosthetics on May 2, the AC National Conference, and various other future events.



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## Ways to Donate to *Moving Forward* Limb Loss Support 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, 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/enrollCommunityRewardsNow/>

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 with **MATCH** your donation. If your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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KATE'S KITCHEN

Spinach and Potato Frittata

Make Mom a Mother's Day Brunch everyone will enjoy!

Ingredients:

2 tbsp. olive oil
6 small red potatoes, sliced
1 cup torn fresh spinach
2 tbsp. sliced green onions
1 tbsp. crushed garlic
Salt and pepper to taste
6 eggs
1/3 cup milk
1/2 cup shredded Cheddar cheese



Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm. Get creative! Add grape tomatoes or bacon.

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## Krafty Kids by Katie

### Placemat for Mom!

(or anyone you love!)

#### You will need:

A sheet of any colored paper (card stock is nice and sturdy)

A different color paper (what's your mom's favorite color?)

#### Instructions:

Fold the card in half lengthways. Cut long lines in the card about 1 inch apart and about 1 inch from the edge of the card.

Cut the paper into strips about 1 inch wide. Take a strip of paper and pass it under the card and then up through the first slit, down through the second and back up through the third and so on until you reach the other side of the card. Push it up so it sits as close to the top as it can reach. Repeat with a second strip of paper, starting the other way, down through the first slit and up through the second and so on. Keep weaving until the card is full.

In the pictures they chose to decorate their strips with glitter tape to make them sparkly. You can also add stickers after you weave and/or write Happy Mother's Day! Decorate any way you want!

If you have a laminator this will help protect your mat ☺



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## UPCOMING EVENTS

#### MEETINGS:

**May 20th**, Mon, 6:30 - 8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

**May 25th**, Sat., from 2:00 - 4:00 pm, at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

#### EVENTS:

➤ We will be planning a Belle of Louisville tour in the latter part of June. More details to come. If you would like to attend, please let Kelly know so reservations can be made, 502-235-3146

➤ RESTAURANT SURVEY

Are you a foodie?! Want to be a food critic? We are asking our members to take a restaurant survey with you at our next meeting. We'd like to evaluate local businesses on how accessible their restaurants are! We'll feature the restaurants in our newsletter each month!

*Information on all of our meetings and events is available on our website at [ampmovingforward.com](http://ampmovingforward.com)*

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CALL OUT !!

❖ Please submit articles, testimonials, recipes, Life Hacks, crafts to contribute to our monthly newsletters.

❖ Do you like to be creative? Do you like planning things? If so, let us know of your interest in being part of our planning committee!! We're looking for those members who would like to help in planning events and outings, planning for the food, decorations, etc.

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