



NEWSLETTER ♦ 45th Edition ♦ May 2017

SPECIAL MOTHER'S DAY EDITION

MOVING FORWARD FEATURE

A Mother's Gift

— by Colleen Hester

As I thought about a topic for this article, I reflected upon my relationship with my son Reid. As the mother to a child with limb loss or deficiency, it is a constant internal battle: when to push, when to comfort, when to stand back. The instinct is most often to comfort, to step in and make the obstacle or pain go away, and this instinct is difficult to push away or delay. However, in many instances, it may be best to step back and let them figure it out on their own, even should they struggle. Many may see this as cruel or unkind from the outside, but this course of action could be one of the best gifts you give your child. You see, the world is a cruel place; it will not always bend and make exceptions for our children, and they must learn to overcome obstacles on their own, to gain the confidence to handle things when we are not around. It is scary, probably more for the parents than the child themselves, but it is only through adversity and perseverance that our children will gain the confidence to take care of things on their own. They are far tougher and more resilient than we give them credit for. When Reid lost his left foot, the advice given to us in the operating waiting room by our orthopedic surgeon was, "treat him like any other child; it will be harder for you to do this than it will be for him. He will be fine." She was right.



Colleen, Reid, & Patrick hiking in the Smoky Mountains

with limb loss, this worry is exponentially multiplied. We worry

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Reid knows that I am here for him should he ever need someone to turn to. He knows that I will move mountains to take care of his medical and prosthetic needs so that he can achieve all that he sets out to conquer. I am with him every bit of the way along this journey; whether it be to dry his tears, to offer a hug or snuggle, to hold his hand, carry him on my back or in my arms, or to fix his broken prosthesis. Of course, as a mother, there is the unending worry. As a mother of a child

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A Love That Conquers All

— by Rick Bowers

Talk about love!

That's what you'll hear in Mike and Sandra Kozloski's voices when they talk about their 7-year-old daughter, Jordan. Sometimes, though, you'll also hear something else — the sound of sorrow, pain and guilt.

When the couple adopted Jordan, she was just 2, and they had great dreams of building a happy family. "We believe that God put her here so that we could love her and nurture her, and we wanted to take care of her," Sandra says.

Indeed, they went to great lengths to do so. "They were building a subdivision behind our house at that time," Sandra explains, "so I had Mike put up a fence to protect her from all of the heavy machinery and the people going through the subdivision."

Unfortunately, like many other parents, the couple soon learned — on May 17, 2003, to be exact — that you just can't protect your child from everything. That morning, as Mike mowed the yard with a riding lawnmower, Sandra and Jordan came outside to go to the store. Before Sandra could stop her, the 2-year-old darted toward Mike to say goodbye.

Unfortunately, at that moment, Mike ran up against the fence and started to back up. "I looked and didn't see anything, and then I backed up," he explains. "And she was there."

"It only took a second," Mike says. "Sandra yelled, but with the lawnmower running, I couldn't hear her. When the mower suddenly quit, I knew I'd hit something, but, at first, I thought it was the raised garden that we had there. Then, I heard Sandy scream." Suddenly, the terrible realization came over him: he had run over Jordan! Saving her life immediately became the first priority, as the couple simultaneously struggled within themselves, wondering how this tragedy happened and what they might have done differently to prevent it.

Sandra, a nurse, went into crisis mode and immediately washed out and applied pressure to Jordan's wound. She was bleeding profusely, and only a piece of bone and some tissue close to her pelvis held her leg to her body.

Though devastated, Mike pulled himself together enough to call 911. "I was on my knees praying most of the time," Mike says, "but I tried to do what I could to help." The ambulance took about 45 minutes to get to the house. While Mike and Sandra waited, prayed and tried to save their daughter from bleeding to death, Jordan grasped Mike's finger. Just before she passed out, she lovingly reassured her distraught father: "I be fine, Daddy. I be fine."

Jordan was first rushed to a nearby hospital, but was later flown to

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A Mother's Gift (cont'd)

about their limb, the skin, the prosthesis, medical insurance, doctor and prosthetist appointments, how they cope and function in school and with their peers, whether they see themselves as different or not equal to their counterparts. We worry for their future, and their dreams and goals. We worry about what will happen to them when we are no longer here. I worry about my health, so that I can be strong enough and healthy enough to physically assist Reid for as long as I can. These thoughts and feelings are unique to those parents of children with limb loss. This connection is why I feel such a bond to our amputee families we have met over the last 5 years. Only we truly understand that underneath all of the love and support and determined exterior is the constant worry. However, in the back of my mind, I must always remember that my goal is to prepare him for life without me, to not need me, and to confidently handle his life on his own. This is my gift to my son.

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## QUOTE OF THE MONTH

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2017 AC National Conference News

There is still plenty of time to register for the upcoming conference. A discounted rate is available through 06/28/17. Rooms are filling up quickly at the Galt House Hotel, so if you plan on reserving a room, you are encouraged to do so soon. Registration for both the AC Conference and the hotel are available on the Amputee Coalition website at <http://www.amputee-coalition.org/events-programs/national-conference/>

Cindy Hinrichs with HealthSouth Lakeview Rehabilitation Hospital has informed us of an "Essay Contest" being held in conjunction with the AC National Conference. They are awarding 2 full-day and 5 one-day scholarships to attend which will cover the conference registration fee. The deadline for submitting your essay is May 14, 2017. For more information, visit this website: healthsouthlakeviewamputeescholarship.blogspot.com/2017/04/essay-contest-announcement.html or call Cindy at 270-769-3100 ext. 396.

MOVING FORWARD's scholarships to conference are also still available. You must be an active member of MOVING FORWARD to apply. We will accept applications through June 30, 2017. Applications are available on our website or by contacting Belinda (see CONTACT INFO page in this newsletter).

A complete list of the conference schedule will be available soon, and we will keep you informed. Stay tuned!!

A Love That Conquers All (cont'd)

Children's Healthcare of Atlanta. Later that evening, the distraught Mike and Sandra got the heartbreaking news from the doctor: Jordan's left leg had to be amputated.

Though happy that Jordan was alive, Sandra struggled with intense feelings of guilt, blaming herself for doing the very thing she had done to protect Jordan: putting up the fence. She reasoned that since she had told Mike to put up the fence and since the fence made it necessary for Mike to back up the mower, the accident was her fault. "I feel guilty every day of my life," she says, her voice cracking with emotion.

Mike, too, struggles with guilt. "We have faith that God doesn't put more on us than we can handle and that everything is for a purpose," he explains, "but when it's that severe, it's hard to keep it in perspective and not feel guilty."

Over the years, however, the intense guilt that the couple felt in the beginning has lessened. "I feel guilty," Mike says, "but, at the same time, I don't, because I see some good from the accident."

Both Mike and Sandra take some comfort in knowing that their story benefits others.

"People say, 'Well, you know, I've ridden my kid around on a lawnmower or they've been outside playing catch while I cut the lawn,'" Mike says. "They just don't think about the risk until they hear our story."

The couple also take comfort in knowing that they didn't really "destroy" Jordan's life.

"She's thriving," Mike says, proudly. "She's amazing. She participates in the Challenged Athletes Foundation event every year in San Diego, and she just excels. She touches people's hearts, she shares herself, and she's just so outgoing and lovely! She's a great golfer too. She's been playing in the U.S. Kids tour in Atlanta. She took third place last year!"

"I feel that God gave her to us so that we could help her achieve her goal in life, which is working with these challenged athletes," Sandra says. "I really think that's where she's supposed to be."

The couple have also talked to others who've had a similar accident. They try to help other parents realize that their children, whatever their disability, can excel if their parents encourage and love them and don't treat them differently from others.

When Jordan lost her leg, Mike and Sandra had no one to talk to who had been in the same situation. Today, they believe that the most beneficial help they might have had early on would have been meeting other people in the same situation.

"I'd like to see more support groups out there for families," says Sandra. "I think that would really help parents know that their children can really survive this, that they themselves can survive this, and that their children can thrive."

Logically, Mike and Sandra know the accident was not their fault, but then something can happen to bring back the feelings of guilt. "We had a situation last year when we overheard some parents saying, 'Look at that kid. How could the parents let them be in the yard when they were cutting the lawn?'" Mike says. "They didn't realize that we were the parents."

Some parents also no longer let their kids play with Jordan. "That bothers me," Mike says, "but you don't need people who are that shallow in your life. I'd rather deal with the guilt than deal with some people."

The parents are also worried about the future. Though they have good health insurance and have had a lot of support from the



community and from Children's Healthcare of Atlanta, they don't know what the future holds for Jordan when a single prosthesis can cost tens of thousands of dollars and a growing child will need many of them.

"That's the guilt that I feel right now," Mike says. "As she gets older, how is she going to pay for the legs and the equipment she needs?"

"But," he says, "some things are better left to God."

This was just planned for this child, and the only place she could survive or thrive with it is in our family. Call it fate, call it ironic, call it whatever you want. She came here for a reason. We got the adoption call out of the blue, and she's here. We loved her before we met her, saw her, or knew her, and she's been loved ever since."

— Continued on Page 3 Column 2 —

SPECIAL ANNOUNCEMENT

We are proud to announce that **MOVING FORWARD** was recently honored by winning one of ten national awards for our "Make a Difference Day" project. As many of you know, WHAS-11 reporter Tabnie Dozier came to our April meeting at Baptist Health to surprise us with a check for winning the award. This was shown on the WHAS-11 news on April 27th. There is also a story about our group on the "Make a Difference Day" website. We will be showing the news clip at our May meetings. You can also view both clips online at:

<http://on.whas11.com/2qn9uqv>

<http://www.makeadifferenceday.com/#1302-2017-award-winners/1346-difference-maker-11>



SPOTLIGHT – by Belinda

Each month, we shine our **SPOTLIGHT** on a group member or a special organization. **MOVING FORWARD** is proudly providing scholarships to active group members with financial need to attend the 2017 Amputee Coalition National Conference. This will give them a wonderful opportunity to gain knowledge and to meet others with limb loss from all over the world. I am pleased to introduce our next 4 winners and to share with you their answers to: "Why I want to attend the 2017 Amputee Coalition National Conference."

Conni Skidmore: "I want to attend the conference to meet other amputees and to become more knowledgeable about how to better cope emotionally with limb loss. I think meeting other amputees and sharing our stories will help to inspire and motivate me."



David Skidmore: "We always get so much encouragement at the monthly meetings from the other members. I want to be able to extend my knowledge in becoming a better caregiver."

Paul Weber: "I want to learn more about what is available for me and to meet people from all over the country. I also hope to gain more confidence."



Pat Arvin: While Pat will only be able to attend one day of the conference, he says that he is very interested in going to the exhibition hall to see all the new ideas and technology. He also is excited to meet other amputees.

So far **MOVING FORWARD** has awarded 12 scholarships for the AC National Conference. We will continue taking applications through June 30th. The application forms are available on our website at ampmovingforward.com or you may contact Belinda (see **CONTACT INFO** page) if you would like to apply. *Please don't miss out on this wonderful opportunity!!* Be sure and check out our **SPOTLIGHT** column next month for more scholarship winners!!

A Love That Conquers All (cont'd)

Their love for Jordan and knowing that Jordan doesn't blame them for the accident helps them tremendously.

"Sometimes," Mike says, "when we ask her if she misses her leg, she'll look at me and say, 'Don't worry, Daddy. I've got two legs.' She loves us, and she just hates to hurt Daddy's feelings."

Each year, more than 9,000 youths go to the emergency room due to power mower injuries. (Source: American Academy of Pediatrics) For more information on preventing childhood injuries, visit the following Web sites:

American Academy of Pediatrics – Parenting Corner

<http://www.aap.org/parents.html>

American Trauma Society

<http://www.amtrauma.org>

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## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 3 MONTHS

## WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"I want to learn more about the Peer Visitor program."

– Marcia Evans



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FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answers on Page 7.

EGNER SAEBN	() _____
AMTTOSEO	_____ () _____
BLOROCIC	_____ () _____
SSIADHRE	_____ () _____
BCURCUMES	_____ () _____
SIOONN	_____ () _____

IT'S TIME TO START YOUR SUMMER _____.

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

Register or re-enroll online, if you have not done so, at: [krogercommunityrewards.com](http://krogercommunityrewards.com). **MOVING FORWARD** Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.



— by Belinda

With the month of May being designated National Stroke Awareness Month, and the week of May 14th as Women's Health Week, I decided to share with you some valuable information from the Office on Women's Health., U.S. Dept. of Human Services.

#### Stroke and Women:

A stroke, sometimes called a "brain attack," happens when blood flow to a part of the brain stops or is blocked and brain cells begin to die. Stroke is the 4th leading cause of death for women. Stroke also kills more women than men each year. Women have some unique risk factors for stroke; including hormonal birth control use, menopause, and certain pregnancy problems like preeclampsia. A stroke can leave you permanently disabled, but many strokes are preventable or treatable.

**Q:** How does stroke affect women differently than men?

**A:** Stroke affects women differently than men in several ways: More women than men die from stroke. This is because women have strokes later in life and women live longer than men, but women between the 45 and 54 years of age are also more likely to have a stroke than men of that same age. More women than men have another stroke within 5 years of the 1st stroke.

**Q:** What are the symptoms of stroke in women?

**A:** Stroke symptoms come on suddenly. The most common symptoms are: 1) Numbness or weakness of the face, arm, or leg; especially on only one side of the body; 2) Confusion or trouble speaking or understanding; 3) Trouble seeing in one or both eyes; 4) Trouble walking, dizziness, or loss of balance or coordination; 5) Severe headache with no known cause.

**Q:** What do I need to know about my risk for stroke?

**A:** Certain habits and health problems raise your risk for stroke. You can control many of the risk factors for stroke. Habits you can control include not smoking, eating healthy, getting physical activity, limiting alcohol, and reducing stress. Health problems that you can improve include high blood pressure (the leading risk factor for stroke), high cholesterol, overweight or obesity, and diabetes. If you have one or more of these health problems, work with your doctor to make healthy changes to lower your risk. Your doctor may prescribe medications to help control your blood pressure and cholesterol. Risk factors that you can't control include your age, family history, and menopause. Knowing about risk factors that you can't control can help you and your doctor decide on a plan to reduce any other risk factors for stroke.

**Q:** What risk factors for stroke are unique to women?

**A:** Some risk factors for stroke that are unique to women are: 1) Having a history of problems during pregnancy, such as gestational diabetes or preeclampsia; 2) Using hormonal birth control; including certain types of combination pills, patches, and vaginal rings; 3) Using menopausal hormone therapy during or after menopause; 4) Having a waist size larger than 35 inches, with a triglyceride level greater than 128 milligrams/deciliter. Other risk factors that can affect men but are more common in women include migraines with aura, atrial fibrillation (irregular heartbeat), and diabetes.

**Q:** Why does pregnancy affect my stroke risk?

**A:** During and soon after pregnancy, your risk for stroke is higher. Although pregnancy related stroke is not common, the number of women who have a stroke during or soon after pregnancy is going up. African American women, women older than 35, and women who have lupus or migraines are more at risk for pregnancy related strokes.

**Q:** How does menopause affect stroke risk?

**A:** Menopause raises your risk of stroke because your ovaries stop making estrogen. Estrogen is a hormone that may help keep blood vessels relaxed and open and help the body maintain a healthy balance of good and bad cholesterol.

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## LET'S GET MOVING! — by Belinda

We have all heard countless times that the more active we are, the better it is for our overall health. During the spring and summer months it is so much easier to be active, because we tend to venture outdoors. An activity that I enjoy this time of year is gardening, and if you include your children or grandchildren, it's twice as fun and rewarding. All you need is a little plot of land or a few containers. We took the plunge last summer and invested in a raised bed kit. These kits are available at most of your local retail stores this time of year in the lawn & garden section. They are easy to assemble and can be connected to make them expandable. The kids can help with the assembly. It's like giant Lincoln logs. The next thing that you will need is garden soil. This too can be purchased at the garden center, but if you have access to a truck, it is more economical to get it at a place such as Earth First where you can buy it in bulk. Our grandsons thoroughly enjoyed shoveling the dirt. Okay, that was the hard part and now the fun begins – choosing what to plant. If you are planting in a raised bed or containers your space is limited, so



you have to be choosy as to what plants to purchase. There are many new varieties that are more compact. Since our 10-year-old grandson Carter loves vegetables, we chose two tomato plants, two bell peppers, a cucumber vine (which can

grow on a trellis), some lettuce seed, and onion bulbs. For 6-year old Deklan who doesn't eat vegetables (unless licking the butter off of corn-on-the-cob counts), we chose strawberries. He was amazed when they started flowering, and I told him that each of those flowers would turn into a strawberry. Last summer's strawberry crop didn't produce much, but this summer's crop is promising to be much better.

Children can learn a lot from gardening; from what depth to plant seeds, to the proper spacing of plants, to caring for the growing plants. Of course, the best part is when they get to pick the produce for our dinner. They come in the kitchen with big smiles on their faces carrying their harvest. Some of my fondest childhood memories are of the times I spent in the garden with my dad. I think it's important to pass these traditions along to our children and grandchildren. Not only are you spending quality time with them, but you are teaching them skills that they too can pass along to the next generation. So come on, everybody, let's get those hands dirty and **let's get moving!**



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Krafty Kids by Beverly

GIVE 'EM THE BOOT!!!

Looking for a Mother's Day gift for your favorite gardening mama? These adorable herb garden boots featured are sure to put your little green thumbs to work creating a fun garden addition for Mom!

Start by poking several drainage holes in the bottom of a pair of old or outgrown rain boots, and use the inside of the boot to pot Mom's favorite herbs, like peppermint, sage or parsley. Then the family will have fresh herbs on hand whenever needed!



Happy Mother's Day to each of the mothers out there.... Hope you have a wonderful day! :)

Q & A (cont'd)

Without estrogen, cholesterol may start building up on artery walls. This can lead to stroke and other types of heart disease.

For more information about stroke and women, call the Office on Women's Health helpline at 1-800-994-9662 or visit their website at www.womenshealth.gov. More information can also be found at the American Stroke Association 1-888-478-7653 or www.strokeassociation.org.

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## OUR READERS SPEAK

**NOTE FROM BELINDA:** I was contacted several months ago by Nathan Smith who is a physical therapy grad student at Bellarmine University. Nathan and fellow students Brian Lawrence and Chad Simmons were planning a Community Partner Project as part of their studies. Nathan wanted to know if any of our support group members would like to take part. After hearing the details of the project, I contacted several members who I thought would benefit from participating. The class project recently concluded and by the responses that I received from those who took part, it was very successful.



**MOVING FORWARD** would like to thank these students, along with Professor Dennis Lesch, for their dedication to helping those with limb loss. Some of our members wrote to me telling how the program benefited them and wanting to thank the students and Professor Lesch. I would like to share those with you now .....

**From Shawn Vega Velez:** "As amputees, we want to feel we can both contribute and get the help we need. Recently I had the opportunity to work with students at Bellarmine University working towards their rehab therapy degrees.

The main part of the program I assisted with was a Community Partner Project with Brian Lawrence, Chad Simmons and Nathan Smith. I was also fortunate to be involved with other students in a one day program called Rehab Techniques. The Community Partner Project gave me the opportunity to work on my walking, standing and stair climbing which have all been an issue for me. My participation also gave the students hands on experience working with a double amputee. I wasn't the only amputee that participated with this program. There were others with a variety of amputations participating, one leg, both legs, above the knee, below the knee and hands. This showed the students there's a variety of amputations they may have to work with and being able to adapt to the situation is vital. The one day program for rehab techniques had each participating amputee work with groups of several students.

In my two different groups, I was asked a variety of questions, such as, what caused my amputations and who is my support base (family and friends). They also asked to see my amputations, which was my biggest concern. I wasn't worried about my right leg, but I was concerned about showing my left foot, which is missing all the toes. I know that may be a strange thing to think, but I see it this way.

- Continued on Page 6 Column 1 -



## APRIL RECAP

**MOVING FORWARD** stayed quite busy during the month of April. With April being designated Limb Loss Awareness Month, we wanted to do our part in raising awareness of those living with limb loss in our community. The month began with some members taking part in a Rehab Techniques course at Bellarmine University under the direction of Professor Dennis Lesch. This allowed the physical therapy students to gain valuable knowledge while practicing the skills that they have studied on an actual amputee. They practiced stump wrapping, exercises, gait analysis, as well as just interacting and sharing thoughts and knowledge. Our group is always glad to help in the training of students in the medical field. We want to thank Professor Lesch for inviting us to participate and thank the students for being so enthusiastic and dedicated to their chosen profession.

**MOVING FORWARD** held its 1st meeting at Harrison Co. Hospital in Corydon, IN. This was a planning meeting to get things started and to make contacts in the area. We will begin holding a quarterly meeting at this location in August.

At the SIRH meeting, our guest speaker was Bill Titus. He spoke of how his life changed quickly and dramatically when he became a quadrilateral amputee due to complications from heart surgery. Bill told of his time in the hospital and rehab facility during his recovery and of his relentless desire to get back to his life. He explained that his life has changed, but that he has become a more compassionate person and now has a new purpose in life. His motivational message inspired us all and challenged us to find our own purpose and to find the courage to *move forward* even when faced with what seems like insurmountable odds.

Group members Kelly Reitz and Billy Parker took part in the Crawford Co. Health Fair in Marengo, IN. They shared information about our group and distributed brochures and other publications. While there, they met with the general public, other organizations, and members of the health care field.

Newly elected KY State Representative Al Gentry was the speaker at the Louisville meeting. Al told of how he became an amputee at the age of 28 because of an industrial accident. He said that he could have lost his life that day, but instead, lost his right arm above the elbow. Al said that following his amputation, he felt depressed and uneasy as to what the future would now hold for him. He credits meeting another local amputee, Don Fightmaster, who became his mentor and helped him to realize that he could still



accomplish great things with his life. With Don's encouragement, Al picked up his golf clubs once again and became involved in one-armed golf tournaments. He is the founder of the North American One-Armed Golf Association and helped to create the Hands-for-Heroes Program which teaches our country's permanently disabled veterans the game of golf. Discussing his first time role in politics, Al said that he looks forward to representing his district, but also to working to make sure that people with disabilities are treated fairly.

We enjoyed meeting Representative Gentry and look forward to seeing his future accomplishments in serving the people of Kentucky. Following the meeting, group members

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## OUR READERS SPEAK (cont'd)

People who are missing a leg or an arm or hand aren't unusual, but rarely do we hear of a person that is missing just toes. By speaking with these two groups I was able to overcome one of my major fears. But, what really stood out to me, was they didn't look at me as if I was some type of oddity. They were sitting and listening intently, as well as asking very good questions.

What I gained from both the project and the class is that as an amputee I have something to contribute and learn. My contribution was giving the students the opportunity to work with an actual amputee and I was also able to share my extensive health story. When you share your situation with the rehab therapists, they come up with a plan of attack. This is also beneficial because it can help you speak about something that you may not feel comfortable talking about.

I would like to say a heartfelt and sincere "Thank You" to Brian, Chad and Nathan for being patient and so helpful and encouraging. Thank You to Professor Lesch for instructing these students. I feel they will be very successful, and it's due to your teaching. I would also like to thank the two groups I spoke with for listening and making me comfortable enough to share my story. Thank You, Belinda, for making all of us aware of this great opportunity that we were able to participate in."

**From Elaine Skaggs:** "Participating in this program was the best decision I've made in a long time. I went into the program with little confidence in my prosthesis, if only because I wasn't aware of exactly how it worked. Working under the guidance of Professor Lesch, the students put together an exercise plan and taught me so many things about how my leg works. That built my confidence to the point that I am using only one cane most of the time now. It's very gratifying to be able to help someone while they are helping you. That's why I would highly recommend participation in this program."

**From Sharon Morehead:** "I really appreciated how the students really listened to us and developed an exercise program for our specific needs. Being a bilateral below knee amputee, I have struggled with climbing up and down stairs. They worked with me on that, and I am doing much better. The exercises that they gave me have helped me to increase my endurance and overall strength. I feel that the program benefited the students as well. They got to put into practice what they have been studying. I really enjoyed working with them and want to thank them for inviting us to participate."

**From Julie & Philip Randolph:** "Philip was enriched by his experience in working with the PT grad students from Bellarmine, Nathan, Chad and Brian, overseen by Professor Dennis Lesch. They were attentive to Philip's needs, and spent a lot of time working with his gait over the 9-week period. Philip was evaluated at the beginning and also at the end of the sessions. He was able to walk straighter, stand up taller, and walk farther in the same amount of time than he was at the beginning. We want to thank Professor Lesch and his students for giving Philip the opportunity to improve his posture & his gait!"



*We love hearing from our readers! If you have a story to share, a comment, or a suggestion, please contact us or just send it to Belinda or Julie.*

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APRIL RECAP (cont'd)

dined at O'Charley's Restaurant. We enjoyed the good food and sharing the time with friends.

Our last activity of the month was on **SHOW YOUR METTLE DAY**, Apr. 29. We were invited by New Life, an amputee support group from Elizabethtown, KY, to attend a movie screening at Elizabethtown Community Technical College. The movie was **Travis: A Soldier's Story**, a documentary about U.S. Army Staff Sgt. Travis Mills. It tells the story of a young man who joins the military and serves several tours in Afghanistan. During his last tour, he is hit by an IED and critically wounded. He then goes home to his wife and young daughter who give him the desire and courage to heal and to begin his life as a quadrilateral amputee. We witnessed his emotional and physical struggles on his road to recovery. We also saw his love and commitment for both his fellow soldiers and his family. It was an inspiring movie and a tribute to this young man who truly exemplifies the meaning of **showing your mettle**.



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## I'm Moving Forward . . .

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

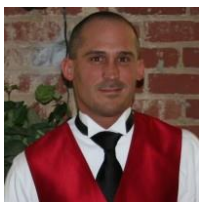


Shawn Vega Velez **moving forward** by taking part in the Bellarmine University Physical Therapy Community Partner Project.

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

## MAY UPCOMING EVENTS

### MEETINGS:



Mon., May 15th, 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room. Guest speaker at this meeting will be Mike Couch. Mike is an AK amputee due to blood clots from a venous malformation he has had since birth. He is the founder of the Lost Limbs Foundation

which provides monetary support to families of amputee children to help provide them with medical and prosthetic assistance.

Sat., May 27th, 2:00 - 4:00 pm, at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2G. A special presentation will be given by Marsha Therese Danzig. Marsha is a below knee amputee, the first amputee yoga teacher in the US, an avid dancer, energy healer, spiritual teacher, author and speaker. She believes yoga is a healing medicine that helps amputees feel whole, energized and inspired.



**You won't want to miss the opportunity to meet and hear from both of these inspirational individuals. We encourage you to attend!**

**MOVING FORWARD's** monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

## JUST A TOUCH OF HUMOR



### FUN WITH WORD SCRAMBLES (from Page 3)

GREEN BEANS, TOMATOES, BROCCOLI, RADISHES, CUCUMBERS, ONIONS

IT'S TIME TO START YOUR SUMMER GARDEN.



### ... from Beverly's Kitchen

This month's recipe is for all those White Castle addicts. Remember ... you can always make this recipe healthier by using extra lean ground beef, low fat crescent rolls and low fat cheese. ENJOY!

### WHITE CASTLE CASSEROLE FROM SCRATCH

1hr - 8 Servings

- 1-3/4 oz. pkg. onion soup mix (dry)
- 2 - 12 oz. cans refrigerated crescent rolls
- 1-1/2 lb. hamburger
- 8 slices American cheese
- 1 large dill pickle, sliced in small round pieces
- 3 Tbs. mustard, more or less

1. First I prebake the bottom crescent rolls. Do not break them apart. I found that it helps the bottom not to become soggy.
2. Brown hamburger with onion soup mix. Dry extremely well.
3. Layer hamburger mixture, cheese, pickles, & squirt mustard up & down pan & across the sides. Too much mustard may make it salty.
4. Put whole can of crescent rolls on top. Do not break apart. I found that the top browns very nicely. That's why I prebake the bottom crescent rolls.
5. Bake at 350 degrees or until golden brown. Let it set for a few minutes, then cut into squares.



### 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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