



**NEWSLETTER ♦ 84th Edition ♦ Aug 2020**

**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*

Greetings, my Amputee Family, here we are already nearing the end of our summer. And what a confusing few months we have had! I have certainly missed seeing each of you in person and not being able to participate in the activities we normally have during the summer.

It's also been increasingly difficult to know what topics to include in this newsletter every month. Considering all the recent controversy surrounding history and the cancel culture, I thought it would be interesting to learn more about the history of prosthetics, so I decided to do some research. I hope you will enjoy the brief history lesson included this month. If you have any suggestions about subjects you would like to see included, please contact me at [elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com), or at (502) 548-6419.

We are continuing our NEW SPOTLIGHT column, this month featuring our fearless leader Kelly Grey. It's my hope that our group will continue to thrive and grow in these dark times, being a beacon of light for amputees in our area. One thing is for certain, change will continue as our lives go on, and we must continue to take

*~ cont'd on Page 2 Column 1 ~*

**NEW “SPOTLIGHT”  
What You Need to Know to Be You**

*– by Kelly Grey*

It has taken me a long time to fully accept who I am. I am a quadrilateral amputee. I have scars on most of my body – some from the sepsis caused by the meningitis itself and some from the many surgeries to repair the damage done by the disease, repair the tip of my nose, reduce some of the scarring, remove bone spurs; there are not many places on my body that have not been touched by a blade.



I have lived a complicated life as a 'normal' handicapped person, which I define as someone who is indeed handicapped & yet lives a very normal life. I have had plenty of instances where I was made fun of, taunting & teasing from people – kids & adults alike. I learned to make my weird prosthetic moments or limitations with my hands as moments to laugh about. Not so much that it was funny, but sometimes because there was nothing else to do with it except to cry. And sometimes I would laugh to help others be at ease with what was going on. I have learned that people stare because they are curious and they want to ask, but they are scared. So, I started talking to them & showing them my scars or amputations. It was not because I wanted them to accept me so much as I wanted them to understand that it's okay for me to look different & yet be just as normal as they are. When I started doing this, it made me more comfortable in my own skin.

I have many pivotal moments of understanding myself but one of the biggest ones was when a complete stranger told me that some people wear their scars on the outside & some wear theirs on the inside. I just happened to

*~ cont'd on Page 2 Column 2 ~*

## EDITOR'S NOTE (cont'd)

care of ourselves and those close to us. And in the midst of all the chaos and confusion, we have to continue to move forward and live our best life, with love, care and compassion, and respect.

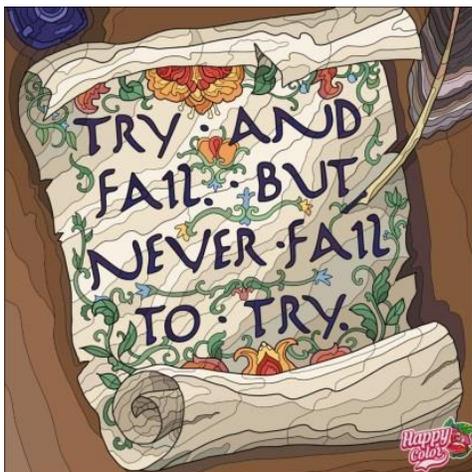
As part of that change, the National Conference of the Amputee Coalition, which was previously scheduled to be held in Washington DC in August, will now be held virtually August 19 - 22. This will enable many of us to be involved that normally wouldn't be able to attend because of travel and expense, among other reasons. The theme of this year's conference is "The Power of You".

You will need to register online at the AC website, and there is a \$20.00 fee to sign up, which will grant you access all three days to information sessions on health and wellness, work and career, and daily living, as well as access to the virtual Exhibit Hall where the latest in technological advances in prosthetics will be on display.

MOVING FORWARD's next virtual meeting will be on August 22 at 2:00 p.m. To join the meeting go to Zoom.com and download the app, then click 'Join a Meeting', enter the Meeting ID# 577 001 8098, then the password 4321. If you have any problem getting connected, call me (502-548-6419) and I will try to assist. I look forward to connecting with everyone there.

~~~~~

## QUOTE OF THE MONTH



## What You Need to Know to Be You (cont'd)

have mine on the outside.

I wish it was as simple as you reading this article about body image & self-esteem for it to all make sense. But it does not work like that. It takes time to understand & learn yourself. It takes stubbornness to do the things that everyone tells you that you should not do. It takes determination to do the things that YOU do not think you can do. It takes acceptance of yourself. It takes finding comfort within yourself.

Body or self image comes from within. You have to build your mind to accept things you cannot change. Build confidence by focusing on the parts of you that you find attractive about yourself. If you build a mindset of strength & confidence (even on days when you do not feel like it), then it will shine through – without much effort. How you carry yourself & how big of a smile you have on your face can make a huge impact on how people see you. Find ways to build yourself up. Build on your strengths & learn to overlook or accept your faults.

Normal should not be the way you look on the outside but inner peace you carry within.

~~~~~

## The History of Prosthetics

While researching prosthetic devices throughout history, I came across the following timeline from the University of Pittsburgh Medical Center.

- 950–710 B.C. – The earliest-known prosthetic toe made from wood and leather was discovered in the 1800's attached to an Egyptian mummy.
- 600 B.C. – The Greville Chester toe, created by the Egyptians and discovered in 2000 near present-day Luxor, is made of cartonnage — a paper maché material made out of linen, glue, and plaster.
- 300 B.C. – The oldest known prosthetic leg — the Capua leg — was crafted by Romans from bronze and iron with a wooden core. It was once housed in the Royal College of Surgeons, but was destroyed during World War II bombings. A replica is now at the Science Museum in London.
- 476–1000 A.D. (Middle Ages) – Peg legs and hand hooks were common for those who could afford to have them fitted. Knights were often fitted with prostheses designed to hold a shield or fit in stirrups, but functionality was not a focus. An increasing number of tradesmen crafted prosthetics during this time. For example, those who made watches often used gears and springs to give limbs more detailed functionality.

~ cont'd on Page 3 Column 2 ~

# RECIPE OF THE MONTH

## PEAR CRISP

### TOPPING

1/4 cup SPLENDA® No Calorie Sweetener,  
granulated

3 graham crackers

1/4 cup light butter

1 teaspoon cinnamon

2 tablespoons all-purpose flour

### FILLING

3 cups peeled and sliced Bartlett pears

2 tablespoons all-purpose flour

1/4 cup SPLENDA®

1 tablespoon lemon juice 3

tablespoons water

1/2 teaspoon cinnamon

Preheat oven to 350 degrees F. Spray an 8x8 inch baking dish with cooking spray. Set aside.

Place all topping ingredients in the bowl of a food processor. Blend until crumbly. Set aside.

Toss together all filling ingredients. Place in prepared baking pan. Cover with topping.

Bake in preheated oven 40-45 minutes or until bubbling around the edges.

### NUTRITION INFO PER SERVING - 6 servings

Serving Size: 1 (2-2/3 x 4 inch) slice

Calories – 120                      Calories from Fat – 45

Total Fat – 5g                      Saturated Fat – 2.5g

Cholesterol – 15mg               Sodium – 70mg

Total Carbs – 20g                Dietary Fiber – 3g

Sugars – 10g                        Protein – 2g

~~~~~

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

### AmazonSmile

Go to "[Smile.Amazon.com](https://www.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, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

~ cont'd on Page 4 Column 1 ~

## The History of Prosthetics (cont'd)

- 1400's–1800's (The Renaissance) – Copper, iron, steel, and wood were the most common materials used for prosthetics during this period.

- 1863 – During the American Civil War, the U.S. started to see advancements in the field of prosthetics. The cosmetic rubber hand was introduced with fingers that could move and various attachments, such as brushes and hooks.

- 1945 – Following World War II, most limbs were made of a combination of wood and leather. While these materials provided the wearer with several benefits, the prosthetics were heavy and leather can be difficult to keep clean, especially since it absorbs perspiration.

- 1970's–1990's – Plastics, polycarbonates, resins, and laminates were introduced as light, easy-to-clean alternatives to wood and leather models. Prosthetics also started being made from lightweight materials such as carbon fiber. Synthetic sockets were custom fitted for each patient to provide an individualized, comfortable, and hygienic fit.

- 2000-2014 – Prosthetic design has advanced to highly specialized prosthetics, including high-performance, lightweight running blades, responsive legs and feet for navigating varying terrain, and motorized hand prosthetics controlled by sensors and microprocessors.

I, for one, am very thankful for living in a time of new technologies and improved materials used to design prosthetics that allow for more comfort and functionality. Can you even imagine having a wooden toe, attached to your foot with leather straps? Not to mention carrying the weight of an iron or steel, or wooden arm or hand, or leg. One has to consider the advancements in surgical procedures for amputations as well, and preparation of the residual limb to accommodate prosthesis. Without a doubt we have come a long way since the first known wooden toe. Today the work continues as developments in technologies such as robotics, brain-computer interfaces, and 3-D printing have the potential to lead to future advancements in the field of prosthetics. Who knows, someday in the future maybe I'll be able to flex my left ankle!

~~~~~

## PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at:  
[ampmovingforward.com](https://www.ampmovingforward.com)

## Ways to Donate to *Moving Forward* Limb Loss Support (cont'd)

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/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

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

Enter our organization number: DC476 or, Sign in or Create your account under box "I'm a Customer"

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.

~~~~~

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

## CONTACT INFO



*MOVING FORWARD* Limb Loss Support Group  
Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)  
Website: [ampmovingforward.com](http://ampmovingforward.com)  
502-509-6780  
Facebook: *Moving Forward* Limb Loss Support  
and *Moving Forward* Limb Loss Support Group  
for Young Adults Ages 18-38  
Kelly Grey, President / Facebook Editor /  
Newsletter Staff  
[kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) • 502-235-3146  
Elaine Skaggs, Vice-President / Newsletter Editor  
[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) • 502-548-6419  
Julie Randolph, Secretary / Newsletter Producer  
[jbrsweepa@yahoo.com](mailto:jbrsweepa@yahoo.com) • 812-557-3970  
Mary Jo Kolb, Treasurer  
[mjk2you@gmail.com](mailto:mjk2you@gmail.com) • 502-727-9566  
Mike Portman, Board-Member-at-Large  
[mdportman712@gmail.com](mailto:mdportman712@gmail.com) • 502-262-8344  
Katie Flanigan, Young Adult Facebook Editor  
[katiemovingforward@gmail.com](mailto:katiemovingforward@gmail.com)  
812-987-5329

~~~~~

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



### **R. Wayne Lockett, L.P., L.Ped.**

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---

Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

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



### **Bruce Lockett, L.P.**

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---

Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)



### **Chris Lockett, C.P.**

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---

Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

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



DONNA HINNANT CP, LPO  
DHINNANT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM



BRYAN SWINT, CPO/L  
ORTHOTIST/PROSTHETIST  
BSWINT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM

**Kentucky Prosthetics & Orthotics**

1169 Eastern Parkway Ste. 4423  
Louisville KY 40217

502-585-4228

**Lending A Hand LLC**

Keeping Limbs And Lives Safe In The Workplace

**Billy Parker**

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

rlendingahand@gmail.com

Facebook & YouTube: BillyPAmputee

