



NEWSLETTER ♦ 72nd Edition ♦ Aug. 2019

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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### SUMMERTIME SOLUTIONS

– from **amp d** the podcast for people with limb loss, Ep. 27, May 27, 2017

– by Peggy Chenoweth and Dave McGill

#### The Issue

- The summer brings new challenges to wearing/using a prosthesis
- Heat and humidity lead to certain changes in your residual limb
- People tend to engage in more/different activities in warm weather
- We will explore solutions to common hot-weather problems

#### Top 10 Tips

10. Industrial velcro for sandals
9. Mr. Clean Magic eraser for removing stains and smudges
8. Nail polish remover for grass stains on the foot shell.
7. Rainex on top/sides of foot shell when wearing sandals
6. Stuff foam from pool noodle inside foot shell to limit sand inside
5. Water shoes at water parks for traction
4. Multiple coats of Certain Dri to limit sweating
3. Monistat cream for heat bumps
2. Attach surf cord to prosthetic pylon when in ocean
1. Never leave prosthesis uncovered in the sun – use a towel over it

### HEALTHY EATING FOR DIABETICS

*Here are some healthy eating tips and recipes from the American Diabetes Association (shared from the Aug. 2014 newsletter)*

#### Diabetes Superfoods

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? Wonder no more. Your list of the top 10 diabetes superfoods has arrived.

As with all foods, you need to work the diabetes superfoods into your individualized meal plan in appropriate portions.

All of the foods in our list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as:

- calcium
- potassium
- fiber
- magnesium
- vitamins A (as carotenoids), C, and E

There isn't research that clearly points to supplementation, so always think first about getting your nutrients from foods. Below is our list of superfoods to include in your diet.

#### Beans

Whether you prefer kidney, pinto, navy, or black beans, you can't find better nutrition than that provided by beans. They are very high in fiber, giving you about 1/3 of your daily requirement in just a ½ cup, and are also good sources of magnesium and potassium.

They are considered starchy vegetables, but ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

#### Dark Green Leafy Vegetables

Spinach, collards, and kale – these powerhouse foods are so low in calories and carbohydrate. You can't eat too much.

#### Citrus Fruit

Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

#### Sweet Potatoes

A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

#### Berries

Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins, and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert. Try this recipe:

~ cont'd on Page 2 Column 2 ~

## JULY RECAP

The Indiana meeting was held on July 15th at SIRH. We watched a podcast called Summer Solutions, Episode 27, in which they discussed ways to deal with summer heat and activities and suggested hacks for making your summer smooth sailing. The link for this podcast is 'Ampdlife.org', and there are a variety of subjects discussed by the moderators.

The Louisville meeting was held at Norton Brownsboro Medical Plaza I on July 27th & was run by Mike Portman. Billy Parker, Kelly, Abby & Grant Grey, and Elaine & Jerome Skaggs attended the 2019 Amputee Coalition National Conference in San Antonio TX on July 25th - 27th.

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NATIONAL CONFERENCE RECAP

This year's annual Amputee Coalition National Conference held in San Antonio TX on July 25 - 27 was another record breaker with over 1,300 people, amputees, families and caregivers in attendance. As usual, the entire experience can be a little overwhelming. The schedule was filled with so many pertinent and interesting sessions, and for someone like me who wants to know everything about everything, it's a difficult task to choose which sessions to attend. This year's schedule covered a wide variety of subjects from discussions for caregivers only to sessions on health and wellness, everyday life, and dozens of other subjects, although most of the focus this year seemed to be on how to keep an active lifestyle.

The first session I attended was on back pain, which continues to be a significant problem affecting people with limb loss. During the discussion, we were shown the many causes of the different types of back pain, and handouts on exercises that may relieve some of the pain. I also attended a class on K-Levels, how they are determined, ways your level can change over time, and how to improve your level in order to have access to better prosthetic components. We were shown exercises in this class also, and taught how to use biofeedback to determine whether you are doing the exercises correctly. The session on Core Stabilization was also all about moving, doing exercises to strengthen core muscles, improve balance, and reduce back pain, and also used biofeedback to maximize function and get the most results from the exercises. My favorite out of all the sessions I attended was called 'It's All About the Butt' and focused on the importance of the activation of the gluteal region as it improves gait, mobility and functional activities for people with all types of limb loss/difference. These muscles play an important role as an extender of the hip and low back stabilizers. Exercise demonstrations for lying down, sitting in a chair, and standing were given.

In addition to all the classes and breakout sessions, there were over 60 vendors in the exhibition hall, displaying some of the newest technology available, and including 4 universities that were conducting research studies. I had the



~ cont'd on Page 3 Column 1 ~

HEALTHY EATING FOR DIABETICS (cont'd)

Superfood Smoothie Recipe

This Recipe Serves 2

Ingredients

- 1 cup original Almond milk
- 1 cup frozen blueberries
- 2 cups baby spinach
- 1 banana

Instructions

Combine all ingredients in a blender and puree until smooth and thick.

Tomatoes

An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.

Fish High in Omega-3 Fatty Acids

Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety...they don't count in your goal of 6-9 ounces of fish per week.

Whole Grains

It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate.

Pearled barley and oatmeal are a source of fiber and potassium.

Nuts

An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber.

Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

Fat-free Milk and Yogurt

Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Some of the above list can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish.

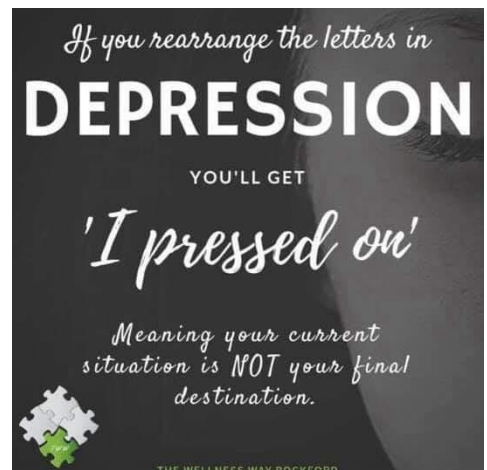
Foods that every budget can live with year round are beans and rolled oats or barley that you cook from scratch.

Of course, you probably don't want to limit yourself to just these items for every meal.

[The American Diabetes Association's book](#) *What Do I Eat Now?* provides a step-by-step guide to eating right.

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## QUOTE OF THE MONTH



## NATIONAL CONFERENCE RECAP (cont'd)

opportunity to meet and have a conversation with Jay Martin, CEO of Martin Bionics, who created the design for the socket I now wear, which is the "socketless socket".

Saturday night's Gala Dinner was a great time of socializing, a delicious meal, and a live band and dancing. Personally, this was the best out of 3 conferences that I have been to. Having lived in San Antonio for several years, it was great to go back and see all the changes to the city, and



enjoy the Riverwalk.

All in all, going to Conference is an experience all of us in the limb loss community should take advantage of at least once – it will change your life! We reconnected with people we have met at other conferences, and made many new friends.

Next year's 2020 Amputee Coalition Conference is scheduled for August 20 - 23 in Washington DC and promises to break records once again!

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Chili Lime Corn on the Cob

Nothing says summer like corn on the cob. It's an American favorite and this recipe puts a nice twist of flavor into it. Remember, corn is a starchy vegetable, so serve it with some lean protein and a low-carb vegetable like green beans, zucchini or a salad.

Prep Time: 10 minutes

This Recipe Serves 4

Ingredients

- 4 medium ears corn on the cob, shucked
- 1 lime, juiced
- 1 teaspoon lime zest
- 2 tablespoons light trans-fat free margarine, softened
- 1 teaspoon chili powder

Instructions

1. Preheat the grill to medium high.
 2. In a small bowl, mix together the lime juice, lime zest, margarine, and chili powder.
 3. Using a spoon and your hands, spread the margarine mixture evenly over the 4 ears of corn.
- Wrap the corn individually in aluminum foil. Grill 20 minutes, turning frequently. Serve hot.

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## REMINDER –

### PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter, dating back to Sep. 2013, are available on our website at:

[ampmovingforward.com](http://ampmovingforward.com)

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

### 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, 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/"](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 will **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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EDITOR'S NOTE

– by Elaine Skaggs

The *MOVING FORWARD* Limb Loss Support Group has suffered a devastating loss with the passing of Belinda Jacobi months ago. It has been a difficult transition for us as a group, and as individuals. We all grieve differently. Some will pass through the process quicker than others, but we all will endure the changes that are to come. Not one of us can imitate Belinda, or do things as passionately or efficiently as she did, but we can strive to become better, to help more people, and to let her legacy live on. There have already been necessary changes, both in leadership and activities, and there will be more to come. However, we will strive to carry on her legacy, to influence our community with positivity and encouragement. This newsletter is one of the ways we can become even better, and as you have probably already noticed, we have endured some changes here also. I will be writing a few more of the articles contained here; however, much help is needed. If you have ideas of subjects you would like to see covered here, please do not hesitate to contact me. If you have a secret desire to be a writer, we all would love to read what is going on in your life!! If there have been past articles published that you would like to see revisited, please make that suggestion. You can submit those suggestions or your articles and pictures to Elaine Skaggs in person or online at my email, elaineskaggs@ymail.com. Let's ALL take part in making this newsletter a way for us to reach out to the community, to be informed, enlightened, and entertained, but most importantly in touch with each other. Thanks, Elaine

UPCOMING EVENTS

MEETINGS:

Aug. 19th, Mon, 6:30 - 8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

Aug. 24th, Sat, from 2:00 - 4:00 pm, at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

EVENTS:

Aug. 4th, Sun., at 2:00 pm Speed Art Museum, 2035 South 3rd Street, Louisville KY 40208, Admission is free. We will meet in the lobby about 20 minutes before we start the tour.

Sept. 7, Sat. - Walk and Roll Picnic at Sam Peden Park, New Albany IN. We will be in Shelter 1 this year.

Sept. 12, Thu. - Give for Good Louisville. This is 1 day of online giving from which we raise most of our operating funds for the year. Please put this on your calendar & consider giving!

We are considering planning a fishing outing to Taylorsville Lake before the end of summer, and a visit to Churchill Downs in the fall. If anyone has any ideas of something fun to do, please let us know.

➤ 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 can feature the restaurants in our newsletter each month!

Information on all of our meetings and events is available on our website at ampmovingforward.com

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