



Newsletter 131st Edition July 2024

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

As you've probably already noticed, July's newsletter is a little late coming out, please accept my apologies. There is a lot going on in my family including a memorial service for one cousin and a funeral for another. In the midst of the sadness there were some sweet memories shared of some happy times, and lots of tears along with laughter and smiles. But there is plenty of excitement in the air as well as I continue working to gain more newsletter sponsors for the group. I've had the opportunity to meet a few very interesting people along the way which is something I love. Be sure to check out the last page in this edition for information from new sponsors, if it weren't for them, we wouldn't be able to produce this newsletter or hold some of the events we love to do.

Now for my usual weather report - it's HOT!! After all, it is July. My wishes to all that you had a wonderful Independence Day, and were able to find some relief from the heat. You may remember me writing about Peggy, the tree in my backyard that I lost during the worst storm, back in May. She has not yet been replaced, and the yard is still full of limbs that are neatly arranged and wood ready to burn in the fire pit, also neatly stacked. Eventually we'll be back to normal, with a new tree, but for now growing my container garden will have to do. I'll soon be harvesting tomatoes, peppers, cucumbers, and hopefully some beautiful sun flowers.

June was a great month for us, holding a game night on June 14, with sweets and ice cream and some fun games. At our Indiana meeting we had Dr. Annamarie Heinke, a staff psychologist

with PAM Rehab Hospital, who spoke with us about adjusting to the amputee lifestyle. We look forward to having Dr. Heinke return, and possibly be our guest at a Louisville meeting in the near future. We also had 2 other guests, Adrian Durham and B.T. Rose with MedMart, who spoke about their company and what they do, as it pertains to Aging in Place. It was a great evening and we learned a lot. Last but certainly not least, a couple of us attended a local fundraiser benefiting the homeless, put on by the family of Jen Feldkamp, one of our members. This fundraiser is in honor of a family member who was killed 3 years ago, someone who had a passion for helping the unhoused. It was a great time, with outdoor volleyball tournaments, a ton of raffled off baskets, cash and other gifts, and great food. Events like this are a perfect opportunity for us to become involved in our community and make a positive impact. We also got some great ideas for our own fundraiser, thank you Jen Feldkamp and Cedric Griffin, for the invitation to participate.



UPCOMING EVENTS

MONDAY July 15, 6:00pm - 7:30pm Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right. Our guest speaker for this evening will be Chris Downs,, with Mobility City.

SATURDAY July 27, 2:00pm - 4:00pm Louisville meeting at Rivercity United Methodist Church (UMC)/formerly St. Mark UMC, 4611 Lowe Road, Louisville, KY 40220. A caregiver

meeting will take place during the second half of this meeting, and our speakers for this meeting will be Adrian Durham and B.T. Rose with MedMart.

Our next restaurant outing will be planned in August, so let us know your favorite place in Indiana to go for a meal!



TOMATO CUCUMBER FETA SALAD

Ingredients:

- 1 lb Roma tomatoes (4 medium) chopped
- 1 English Cucumber or 4 small garden cucumbers, sliced
- 6 oz feta cheese, large crumbles or diced is best
- 1 small red onion, sliced
- 1/4 cup cilantro (or 1/4 bunch), chopped



Salad Dressing Ingredients:

- 2 Tbsp **extra virgin olive oil**
- 2 Tbsp **fresh lemon juice**, from 1 medium lemon
- 2 garlic cloves, pressed
- 1/4 tsp **sea salt**, or to taste
- 1/4 tsp black pepper
- 1/4 tsp ground cumin
- Instructions

1. In a small bowl, stir together dressing ingredients: 2 Tbsp olive oil, 2 Tbsp lemon juice, pressed garlic cloves, 1/4 tsp salt, 1/4 tsp pepper and 1/4 tsp cumin.
2. In a large mixing bowl, add prepared salad ingredients: chopped tomatoes, sliced cucumber, feta cheese crumbles, sliced red onion and 1/4 cup chopped cilantro.
3. Just before serving, drizzle with dressing and toss to combine. Season to taste with salt if desired.

*If you aren't keen on cilantro, try dill instead. Serving Tip: Add dressing just before serving for a crisp and fresh presentation. Once salt touches cucumbers and tomatoes, they begin to soften and get juicy.

HOW HOT WEATHER AFFECTS BREATHING

- Inhaling hot air can promote airway inflammation and worsen conditions like COPD.
- For people with asthma, hot weather can be a trigger.
- Hot temperatures affect lung function and may increase the risk of death for those with chronic respiratory conditions.
- Hot and humid air can worsen asthma and other lung condition symptoms.
- Warmer weather is linked to higher pollen levels, which can irritate the lungs.

5 Tips to Help You Breathe Easier in Hot or Cold Weather

How to cope with changing air quality, weather factors

Air quality and changing weather can sometimes wreak havoc on your ability to breathe. In particular, rising heat and humidity can make it more difficult to catch your breath. If you have a chronic lung condition, such as asthma or COPD, you may struggle even more with changing weather conditions.

“People who have lung conditions have their own circumstances and triggers that make them feel better or worse,” says pulmonary medicine specialist Sumita Khatri, MD. “For example, some people are more affected in the winter due to the cold temperatures that dry the air passages. Others are more affected in hot, humid weather, due to the heaviness of moisture in the air. And some are more affected when there are rapid changes in temperature and barometric pressure, which can make it difficult to readily adjust,” she says.

1. Adapt to the weather

Although it's true you can't change the weather, you can take steps to adapt.

“Taking measures to keep temperature fluctuations as minimal as possible can help,” says Dr. Khatri. “For instance, if you're going from hot weather into air conditioning, put on a sweater,”

she says. "When going from heated buildings into cold weather, dress warmly and cover your nose and mouth. The cover will help warm and humidify the air as you breathe in."

2. Avoid triggers you can control

In addition to temperature changes, there are other environmental triggers that can make it more difficult to breathe. If you smoke, take steps to quit. If not, do your best to avoid secondhand smoke and other potential irritants, including:

Other types of smoke.	Fumes.	Outdoor allergy triggers.
High humidity and heat.	Aerosol products.	Insecticides.
Cleaning products.	Mold, dust and mildew.	

3. Use medications if needed

If you have a chronic lung condition, your doctor can prescribe medications to help you manage weather-related breathing difficulties. Medications commonly prescribed for chronic lung disease include:

Bronchodilators.	Anti-inflammatory agents.
Oxygen.	Antibiotics.

"In patients with both asthma and COPD, using medications or inhalers regularly that doctors prescribe to control inflammation will render the airways less sensitive to temperature fluctuations," Dr. Khatri says. "The better you control your disease and inflammation, the more resilient your lungs will be."

4. Embrace a healthy lifestyle

Once you've learned to adjust to changing air quality and avoid irritants, there are things you can do every day to help you breathe easier:

Maintain a healthy diet.	Commit to a structured exercise program.
Prevent respiratory infections.	Control stress.

Maintain proper hydration, and drink plenty of water in warm and hot weather.

5. Know when to see your doctor

Even though it may seem normal to have more difficulty breathing when weather conditions are extreme, there are times when you should seek medical help. "In most cases, shortness of

breath is not normal,” says Dr. Khatri. “Any new shortness of breath should be immediately evaluated, as should any shortness of breath that can’t be explained by the cold or flu or by just being ‘out of shape’,” she says. “And if at any point you notice you’re having breathing difficulty that’s interfering with your normal activity, you need to seek medical care to have your symptoms further evaluated.”

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