



NEWSLETTER ♦ 122nd Edition ♦ Oct 2023

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

Ahh! My favorite time of year is upon us, the leaves just beginning to turn, and hopefully cooler temperatures are closely following. I absolutely love the colorful beauty of the Autumn season. As 2023 begins to wind down, we are just getting started on a fall full of fun activities, listed below in our **UPCOMING EVENTS** section.

During September there was the T.R.A.I.L. Horseback Riding event, with a good turnout and fun time for all who attended.

I, myself, and several others also attended Amputee Boot Camp, which consisted of 3 Saturday sessions of physical therapy and exercise, facilitated by Scott Lee and his wife Liz. Both Scott and Liz are PT's that have a passion for working with amputees. In addition to exercise as a group, they also take time during the sessions for one-on-one with each amputee present to focus on individual abilities and

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UPCOMING EVENTS

Saturday October 14 – 1:00 pm

We'll be having our annual Walk and Roll Picnic at Sam Peden Community Park, 3037 Grantline Road, New Albany, IN. We have reserved Shelter #2. The group will furnish meat, and members are asked to bring your favorite picnic side dish to share. You will be able to walk, skate, ride a bike, or roll in a power or wheelchair along a paved path around the lake, do some fishing, or take a hike along one of the park's trails. There also is plenty of room for outdoor games, so bring your favorite game to play – croquet anyone? Bring your family and come prepared to have a blast!!

Monday October 16 – 6:00 – 7:30 pm

Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd., New Albany IN, in the Conference Room.

Saturday October 28 – 2:00 – 4:00 pm

Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville KY.

Saturday December 9 – 5:00 – 8:00 pm

We'll be having our Annual Christmas Party for members and their families at Okolona Fire District, 8501 Preston Highway, Louisville KY. In addition to food and fun,

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EDITOR'S NOTE (cont'd)

goals. I personally have attended several of the camps and have learned something new about myself and being an amputee at every single event. I highly recommend attending a future Boot Camp. You are sure to walk out full of encouragement and motivation. We will keep you posted on plans for the next Amputee Boot Camp.

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## FINDING THE RIGHT SHOE TO GO WITH YOUR PROSTHETIC LEG

Do you wear a prosthetic leg and do you struggle finding suitable shoes? Rest assured, you're not the only one. Making the wrong choice can usher in all sorts of problems and annoyances, like a wobbly posture or even painful falls. We've found three helpful tips for you.

Which shoes are best for you depends on several factors, such as your amputation level, your artificial limb and your posture and, of course, comfort is most important. Generally speaking, running shoes or sneakers are best for amputees. They're firm and sturdy, usually have a good heel height, and usually feature shock-absorbing soles. However, variety is the spice of life. That's why you'll find three handy tips below. The best recommendation, though, is to take several shoes to your O&P professional and to ask them for advice. Together, you'll be able to find the right shoe!

### Choose the right heel height

Contrary to popular belief, a flat shoe is not necessarily the safest option for prosthesis wearers. In fact, many prosthetic feet are made specifically for a modest heel height of about one centimeter. Shoes with a flatter sole can make you feel like you're

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## UPCOMING EVENTS (cont'd)

Santa will be attending and bringing gifts for the children. More information will be coming soon, and suggestions for other activities for this celebration are very welcome. One thing we all know is, it's going to be great!!

**Note: There will not be a Louisville meeting during the month of December. The Indiana meeting held at Southern Indiana Rehab Hospital will be held on December 18, the third Monday as usual.**

If you have ideas or suggestions for future events we may consider, or subjects for future meetings that you would like to learn more about, please contact and share with one of the officers. Remember, this is your group, and we are here to help you live your best life!

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LOCAL FALL FESTIVALS

Looking for something fun for the family this fall? There are all kinds of festivals, big and small, in the Kentuckiana area. Though some have already taken place, there are numerous places to go and things to do. Below is a list of some of the things going on in and around Louisville:

Pumpkins at Kentucky Kingdom | Weekends Sept. 30 - Oct. 29 Back for its second year, discover more than 1,000 illuminated pumpkins at Kentucky Kingdom amusement park. By day, fly through the crisp fall air on world-class rides, savor tasty autumn treats, and discover new seasonal fun around every corner. Wait until night falls to see expertly carved towering pumpkin sculptures that light up the night with special effects and pops of color, in addition to family-friendly entertainment, mazes, special fall photo opportunities, trick-or-treating, and limited-

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FINDING THE RIGHT SHOE TO GO WITH YOUR PROSTHETIC LEG (cont'd)

falling backwards and can lead to a sub-optimal socket angle. With a lower leg prosthesis, this can put pressure on the area just below your knee cap. Your O&P professional might recommend that you use a small insole in the shoe you wear on your prosthesis.

Do you wear different types of shoes? Nowadays, you can even get a prosthetic foot with an adjustable heel height. This will allow you to adjust your prosthetic foot based on whatever shoe you would like to wear. More recently, Ottobock also launched its Quickchange adapter which lets you easily swap out different prosthetic feet without having to adjust the alignment of your prosthesis.

Be careful with high heels

Many women prefer wearing high heels for special occasions. If you have a prosthetic limb, it's very important for your own safety to pick a shoe with the right heel height. If the heel is too high, you may feel as if you are leaning forward, which is especially risky if you've had an upper leg amputation. If your heel is too high, you will automatically shift your weight to the toes of your prosthetic foot, which can trigger your prosthetic knee joint to bend and may result in nasty falls.

Opt for dress shoes with a good sole

Many men wear dress shoes for business meetings or special occasions. If you're looking to buy a good pair of dress shoes, don't just look at the heel height, but the sole too. It's very important that the sole provides proper support, as your healthy leg will also endure quite some shocks while walking. Thin soles will not provide proper support and will not absorb these shocks, so if you do opt for a thin-soled shoe, it's

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LOCAL FALL FESTIVALS (cont'd)

time seasonal bites.

Boo at the Zoo | Sept. 30 – Oct. 29, Thursdays – Sundays A tradition for over 40 years, Boo at the Zoo transforms the Louisville Zoo into a living storybook, complete with some of your favorite characters brought to life, fun music, and a safe place for trick-or-treating for kids 11 and under. Celebrate with an all-inclusive party experience designed to give all the kooky you love with less of the spooky. A Spooktacular Carousel, "not-so-itsy-bitsy" Spider House and a Headless Horseman of Sleepy Hollow experience are all included with admission.

Louisville Jack O' Lantern Spectacular | October 3 - 31 Fall favorite Jack O'Lantern Spectacular is back at Louisville Iroquois Park for another season of Halloween fun. Visitors can stroll along a 1/3-mile path to enjoy over 5,000 carved pumpkins illuminated every evening as a part of the nightly art show. This family-friendly Fall Celebration is the perfect ending to a day of exploration and has become one of Louisville's most popular October traditions. This year's theme is Wanderlust: The World Is Your Pumpkin.

Venardos Circus | October 5 - 15 Venardos' classic red-and-white striped circus tent will return to Waterfront Park this October with over a dozen shows to choose from. Founded by former Ringling Bros. Ringmaster Kevin Venardos, this new-age circus brings a modern-day twist to the classic tradition. Adults and children alike will enjoy trapeze artists, aerial stunts, dance numbers, jugglers, and more.

St. James Court Art Show | October 6 - 8 | FREE Celebrating its 67th anniversary in 2023, the St. James Court Art Show is a juried fine art, and contemporary crafts show that brings over 600 artists to the city every first

~ cont'd on Page 4 Column 2 ~

FINDING THE RIGHT SHOE TO GO WITH YOUR PROSTHETIC LEG (cont'd)
important to use an insole for extra support.
Information in this article from MOVAO COMMUNITY.



QUOTE OF THE MONTH



NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: ampmovingforward.com



LOCAL FALL ESTIVALS (cont'd)
full weekend in October. The event spans 4 square blocks and is set in the Old Louisville neighborhood, home to the country's most extensive collection of Victorian-era homes.
Garvin Gates Blues Festival | October 13 & 14 | FREE Set in Old Louisville, Louisville's largest free street music festival makes a triumphant two-day return in 2023. This annual tradition is celebrating its 28th year of arts and blues music featuring local and regional performers, including Ray Fuller & The Bluesrockers, Walnut Street Rhythm & Blue Band, and the Hole Shot Blues Band. In addition to continuous live entertainment, the festival will feature an array of food and drink vendors. The festival takes place on Oak Street between 4th & 6th. You can find the full musical lineup and schedule on their website.

Louisville's Great Chili Cook Off | Oct. 14 & 15 Taking place on the 800 block of East Market Street in the NuLu neighborhood, this annual event brings together chili enthusiasts, food lovers, and families from across the city. Happening from noon to 6 pm on Saturday and Sunday, the event will feature delicious chili tastings, live music, family-friendly activities, and friendly competition among participating teams.

Victorian Ghost Walk | October 20 – 22 Visit one of "America's most haunted neighborhoods" during this annual ghost tour in Old Louisville. Created by Louisville local and New York Times-reviewed author David Domine, this limited-time event will bring spirits to life with actors portraying the figures that allegedly roam some of the neighborhood's most haunted buildings. If you can't make it this weekend, Louisville Historic Tours offers nightly ghost tours through the Fall, though if you spot a ghost

~ cont'd on Page 5 Column 2 ~

RECIPE OF THE MONTH

PUMPKIN PIE CAKE

Ingredients:

- 1 – 18oz can pumpkin (or fresh equivalent)
- 1 box yellow cake mix (2 layer size)
- 1 cup sugar
- 1/2 c. melted margarine or butter
- 1 – 13oz can evaporated milk (not sweetened condensed)
- 3/4 c. chopped pecans or walnuts
- 3 eggs
- 3 tsp cinnamon

Instructions:

Beat eggs and milk together; add pumpkin, sugar and cinnamon.
Mix until well blended. Pour into a 9x13 greased pan.
Sprinkle dry cake mix over mixture. Drizzle with melted margarine.
Sprinkle with chopped nuts. Bake at 350 degrees for 50 - 60 min or until done.
Serve (warm or cold) with topping or whipped cream. Enjoy

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LOCAL FALL FESTIVALS (cont'd)

during one of those, it may be the real thing.

Louisville Beer Week | October 20 - 27

Though referred to as Bourbon City, Louisville's Beer scene holds its own with dozens of top-tier breweries located around the city. Louisville Beer Week will kick off with the return of Louisville Beer Fest at the German-American Club and fill the following week with brewery collabs, interactive panel discussions, and more. This year's theme is Around The World in 8 Days with participating breweries partnering with each other as well as some of Louisville's international restaurants to create some genuinely unique tasting experiences.

Hot Brown Showdown | October 22

Celebrating the official sandwich of the state of Kentucky, this popular edible event returns to Louisville's Waterfront Park to highlight local professional and amateur chefs and their spin on the iconic dish. The event will kick off the annual Louisville Hot Brown Week, which takes place October 23 - 29 and offers \$9 Hot Browns or Hot Brown-inspired dishes at select restaurants around the city. Use the Hot Brown Week app to be in the running for a free weekend stay at the iconic Brown Hotel.

Louisville Ultimate Halloween Parade & Festival | Oct. 26 – 29

One of the region's largest Halloween celebrations will take place in Butchertown this Fall with over a dozen events to attend to get you in the Halloween spirit. Mostly taking place at Lynn Family Stadium, events include musical performances by Molly's Midnight Villains, The Dead Speak, and the Blue Brothers, among others, as well as a two-night Balloon Glow, costume contests, car show, trick-or-treating, and of course, the annual Halloween Parade, which will kick off at Louisville Slugger Field on Oct. 28.

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