



NEWSLETTER ♦ 47th Edition ♦ July 2017

***MOVING FORWARD* FEATURE**

Join Us in Full Swing at the 2017 Amputee Coalition National Conference

– by Belinda



It's hard to believe, but the AC Conference is less than a month away. If you haven't registered, I encourage you to do so. You won't want to miss this wonderful opportunity that is coming right here to Louisville, KY. The conference will be held at the Galt House Hotel from Aug. 3 - 5. If you have already registered, now is the time to start planning what sessions and clinics that you want to attend. Pre-planning is a necessity because of the large number of sessions being offered and many with overlapping times. I am including the latest preliminary conference program, along with a few of my own tips for attending. We will do our best to keep you informed of any further changes to the program. Upon arrival at the conference, you will receive a conference program booklet with times and locations of all clinics and sessions. You will also receive a badge which you will need to keep with you at all times. You can show your badge at many local restaurants, shops, and museums to receive a discount. Be sure and bring your ID card, because you will need it when signing in for the conference. Parking is available in the Galt House Hotel parking lot or at public parking lots near the hotel.

Pre-Conference: (Wed., Aug. 2nd)

8:00 am - 5:00 pm HealthSouth Amputation Rehabilitation Continuing Education Course for healthcare providers

*separate registration & fees apply

8:30 am - 5:00 pm Peer Visitor training *This is for those of you who have pre-registered to take this training session. Lunch & course material will be provided.

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Join Us in Full Swing at the 2017 Amputee Coalition National Conference (cont'd)

1:00 - 5:00 pm A Support Group Leader Summit will be held.

4:00 - 7:00 pm A special event sponsored by Ottobock is being held at the Muhammad Ali Center (pre-registration is required)

*Details are in the **AC National Conference News** section of this newsletter.

Conference Schedule:

Thursday, Aug. 3rd

7:30 - 9:00 am Yoga ~ Certified instructors will lead participants through a yoga sequence with special attention to skill level and level of limb loss/limb difference.

8:00 - 10 am First Swim ~ This is an introductory class to help you learn to swim with your level of limb loss/limb difference. It will be held at the Galt House roof-top pool.

8:30 - 9:30 am First-time Attendee Orientation

10:00 am - Noon Opening Ceremony

Noon - 1:00 pm Lunch Break *There are several restaurants in the hotel and many others within a short distance from the hotel.

1:00 - 3:30 pm Living with Your Level of Limb Loss/Limb Difference ~ There will be eight separate sessions: Below-Knee, Above-Knee, Bilateral Below-Knee, Hemipelvectomy/Hip Disarticulation, Complex Limb Loss, Pediatric Limb Loss, and Non-Prosthetic Users of All Levels. Each session will give an overview of rehabilitation issues and unique considerations for your level of limb loss.

1:00 - 6:15 pm Upper Limb Sessions ~ These sessions will include: Day in a Life of Function, Smarter Control of Your Upper-Limb Prosthesis, Emerging Technologies for Upper-Limb Prosthetics, and Optimal Outcomes for People with Upper-Limb Prosthetics.

2:30 - 5:30 pm Bilateral Above-Knee Mobility Clinic

4:00 - 5:00 pm Other Sessions including: Sepsis & Amputation, School Accommodations for Students With Limb Loss, Traveling with Limb Loss, Centers For Independent Living, Adaptive Recreational & Sport Equipment for Limb Loss, Promoting Amputee Life Skills (PALS)

5:15 - 6:15 pm Other Sessions including: Common Orthopedic Conditions That Can Develop As A Result of Walking with a Prosthesis, How To Be An Informed Patient, Amputee Pain Management, Thrive with Yoga, Home Safety & Security, and What's It Like To Be Pregnant As An Amputee

5:15 - 6:30 pm One Step At A Time Fitness ~ Get a detailed workout plan that you'll be able to do at home with minimal equipment. All activity levels are welcome to attend.

Friday, August 4th

7:30 - 9:00 am Yoga *Here is another chance to give yoga a try.

8:00 am - 4:30 pm Gait Analysis Clinic & Fall Prevention Workshop

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Join Us in Full Swing at the 2017 Amputee Coalition National Conference (cont'd)

~ During these 30 minute sessions, physical therapists work one-on-one with participants to evaluate and help to improve their mobility. Registration is available at the information booth at the conference.

8:00 - 10:00 am Advanced Water Skills Workshop

8:00 - 9:00 am Other Sessions including: Life After Amputation, Serving the LGBT members of the Limb Loss Community, and Being Your Own Healthcare Advocate

8:00 - 11:00 am Upper-Limb Loss Sessions

9:00 - 10:30 am Sexuality, Intimacy, and Relationship Panel

9:00 - 11:00 am Exhibit Hall open

9:30 - 10:30 am Other Sessions including: Growing Up With Limb Loss, Secondary Health Conditions Following Limb Loss, Integrating Rehabilitation and Adaptive Sports for Veterans With Amputations

11:00 am - Noon Roundtable Discussions for: Men, Women, Children/Young Adults, Caregivers, and LGBTQTI.

Noon - 1:00 pm Lunch Break

Noon - 4:30 pm Exhibit Hall open

1:00 - 6:30 pm Technology Sessions

1:00 - 2:30 pm First Dance *This is a fun way to learn some new moves for the Gala Dinner Dance.

2:30 - 4:00 pm Upper-Limb Myoelectric Prosthesis Testing

3:00 - 4:30 pm First Fit *Learn how to get fit and stay fit following limb loss.

6:00 - 8:00 pm Exhibit Hall Happy Hour!!

5:30 pm There will be a group outing to a Louisville Bats Baseball Game. *Look for more details in the **AC National Conference News** section in this newsletter.

Saturday, August 5th

7:30 - 9:00 am Yoga *This is your last chance!

8:00 - 9:00 am Other sessions including: Work Performance In Men With Transtibial Amputations, Advocacy

9:00 - 10:30 am Panel Discussions on: Upper-Limb Transplantation Versus Myoelectric and Socket Technology Advancements

9:00 - 10:30 am Adaptive Self-Defense For All Amputation Levels

*This class will be instructed by *MOVING FORWARD* group members Jim Davis and Billy Parker.

9:00 am - 1:00 pm Exhibit Hall open

9:00 am - 3:30 pm Upper-Limb Sessions

9:30 - 10:30 am Other Sessions including: Can Data Really Improve My Rehab Experience, Seating & Mobility Interventions For People With Limb Loss, and Making Real Lemonade

9:30 am - Noon Ossur Walking and Mobility Enhancement Clinic ~ This session includes walking assessment, balance training, and gait instruction.

9:30 am - Noon Pediatric Mobility Clinic

11:00 am - Noon Other Sessions including: How To Tell Your Story, Differentiating Pain And Its Impact on People With Amputations, and Osseointegration

Noon - 1:00 pm Lunch Break

1:00 - 2:00 pm Other Sessions including: Becoming An Active Successful Support Group, Adaptive Golf, Finding & Getting Employment With Limb Loss, and Gateway To Gold

1:30 - 2:30 pm Adaptive Zumba *This class will be taught by *MOVING FORWARD* group member Kelly Reitz.

1:30 - 4:00 pm Ossur Running & High-Level Performance Clinic ~

This clinic is designed to promote running and mobility skills for sports & recreational activities. All levels of ability are welcomed to attend.

2:30 - 3:30 pm Other Sessions including: Treatment of Phantom Limb Pain and Disability Pride/Cultivating The Social Side of Disability.

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2017 AC National Conference News

As you have heard by now, the AC Conference will officially begin on Thurs., August 3rd, at the Galt House Hotel in downtown Louisville, KY. There is a lot going on, so we want to be sure that you are aware of all the opportunities.

The deadline for both the AC's and *MOVING FORWARD*'s scholarships for conference has past, but if you are a member of *MOVING FORWARD* and would like to volunteer during the conference, some day passes are available. Contact Belinda for more info on volunteering.

For those of you who have been accepted into the Peer Visitor Training, the class is being held at the Galt House on Wed., Aug. 2nd, from 8:30 am - 5:00 pm. Please arrive in time to sign in before the class. Lunch will be provided. There is a second Peer Visitor Training class being held on Sun., Aug. 6th. We will have more information on that at our July meetings.

A Fitness Revolution with David Vobora is being presented by **Ottobock** the evening before the conference, Aug. 2, at the Muhammad Ali Center, 144 N. 6th Street, Louisville, from 4:00 - 7:00 pm. David is a retired NFL player and the founder of the Adaptive Training Foundation. He is bringing his inspirational and motivational training techniques to a fun, three-hour training session designed specifically for the AC National Conference attendees. A light dinner will be served at the conclusion, and you will have free access to the Ali Center exhibits. There is no charge for attending this event, but you do have to pre-register. There is a link to register on our website.

For the 1st time ever, the Amputee Coalition is hosting an outing during the conference. On Fri. evening, Aug. 4th, conference attendees are invited to go to a Louisville Bat's baseball game at Slugger Field in Louisville. This event is being sponsored by **Ossur**. Transportation will be provided. Those attending will leave from the hotel at 5:30. The game begins at 7:05. There are several promotions going on at the ballpark that evening. It will be Star Wars Night, so be prepared to see your favorite Star War's characters. The Chicago Boyz Acrobatic Team will be performing, there will also be craft beer and wine tasting available, and a fireworks show following the game. Tickets are limited, so if you want to attend the game, sign up for them at the conference registration desk.

We will be discussing the conference at our July meetings to make sure we are all ready for this BIG event! We will be posting any new info on our website. You may also contact us by phone or email. *Please see the **CONTACT INFO** page in this newsletter. For more information, visit the Amputee Coalition website at amputee-coalition.org or *MOVING FORWARD*'s website at ampmovingforward.com.

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## INFORMATION FOR AC NATIONAL CONFERENCE:

### Louisville Attractions & Maps and Galt House

#### Hotel Information:

<https://www.gotolouisville.com/2017-national-conference-in-full-swing/>  
<https://www.galthouse.com/louisville/attractions/>

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Join Us in Full Swing at the 2017 Amputee Coalition National Conference (cont'd)

6:00-8:30 pm Gala Dinner *You won't want to miss this chance to enjoy time with all of your friends!!

8:30 - 11:00 pm Dance Party *It's time to get down and show your moves!!

**** Just a few additional tips:** Don't feel that you have to attend the entire day. The conference lasts 3 days and for those attending pre-conference activities, it is 4 days. This is one reason planning which sessions you wish to attend is so important. You don't want to overdo it! There will be a lot of walking, so if you need a walker, wheelchair, or scooter, please use one. To save money on food, eat before you come and bring a small tote with water and snacks. There are going to be many members of *MOVING FORWARD* attending the conference, so if you need assistance, don't be afraid to ask. Let's work together to make this a remarkable experience for everyone involved. We are honored to be the host city for the 2017 Amputee Coalition National Conference, and we hope to see you there!

For further information, visit the Amputee Coalition website at amputee-coalition.org or our website at ampmovingforward.com. You may also call or email us with your questions. ****See the CONTACT INFO page in this newsletter.**



COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 1 MONTH



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

"I want to see all the members of *MOVING FORWARD* getting to experience this great opportunity. Seeing them learning, laughing, making new friends from all over the world, and developing new skills that will improve their daily lives will make this a memorable event for me."

— Belinda Jacobi

Shelton & Belinda at the 2013 AC National Conference



SPOTLIGHT

— by Belinda

Each month in our *SPOTLIGHT* column, we shine our light upon a group member or a special organization. This month, I think it is only fitting that the light be shone on the Amputee Coalition (AC), and that we recognize them for the work they do on behalf of all those living with limb loss or limb difference. As many of you are aware, *MOVING FORWARD* Limb Loss Support Group is a member organization of the Amputee Coalition. I have often been asked, "Why do we want to be a member organization?" The answer to that question is that by being a national organization with many more resources available to them, they can provide things that we have no way of providing for the limb loss community. The AC National Conference is one example of this. There is no way a small organization such as ours could possibly put on such a huge gathering of medical experts and prosthetic manufacturers. Another such example is the Paddy Rossbach Youth Camp which enables children from all over the country with limb loss to enjoy a summer camp experience at no cost to the families.

The AC also serves as an advocate concerning laws and regulations that govern our ability to receive quality medical and prosthetic care. They provide us with a Limb Loss Resource Center which allows us to get answers to our many questions about living with limb loss. The AC also publishes *InMotion* magazine that can be read online or delivered to your home free of charge to amputees. Another publication, *First Steps*, gives information on surviving the first year of limb loss and answers many of the questions which we all have faced.

The brochures that we have available at our meetings and on our peer visits are provided by the Amputee Coalition. Their peer visitor network helps new amputees to connect with trained peer visitors so they may get needed emotional support. This is just a few of the many things that the Amputee Coalition provides. We, as a small local group, do a great job of reaching out to those with limb loss or limb difference in our area, but with the help of the AC, we can and do reach out all across the country.

I have also been asked if we must pay them dues or fees. Just like our group, the AC offers their services at no cost to amputees. They are a not-for-profit organization, just as we are. Their funding comes from grants, sponsors, and donations. *MOVING FORWARD* proudly donates the proceeds from our annual chili supper to support the AC Paddy Rossbach Summer Youth Camp and also makes an additional donation during the year.

Deciding to become a member organization of the Amputee Coalition was one of the first things that we did when starting our support group. I feel that it was a great decision. They have helped us to grow as a group and have provided us with countless resources. For those of you who are attending the AC National Conference, I ask you to take the time to offer your thanks to the staff of the AC, not only for the help that they give us, but for making the decision to hold this year's conference in Louisville. By doing so, they are shining their light upon us and placing *MOVING FORWARD* in the national spotlight.



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. ****



— by Belinda

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

Yeah, summer is here!!!!!! Bo, here comes all the extra sweating!!!! One question that I am asked constantly is, "Why do I sweat so much more, and what can I do about it?" Sometimes, dealing with the sweating makes us long for the winter months. I did some research and came up with the following answers as to why we, as amputees, sweat more. One of the primary reasons is that the amputee uses more energy to carry out activities. For example, walking with an artificial leg requires more effort and the remaining limb also has to work harder. Using more energy creates more heat in the body, which the body must release as perspiration. Another reason the amputee perspires more is due to the loss of skin surface on the body. The skin helps control body temperature as it is through the skin that perspiration is released, allowing the air to dry it and cool the body. When a person has an amputation, he/she has less skin surface and, therefore, the remaining skin surface makes up for the lost skin surface by perspiring more. We must also remember that our residual limbs were not designed to be enclosed in the socket of an artificial limb all day long. When the stump is enclosed in the socket, air cannot reach it to evaporate perspiration from its skin's surface as it was meant to do. That is why perspiration builds up inside the prosthetic sockets of most amputees.

Problems with perspiration become a bigger issue for amputees with high level amputations or with multiple amputations. Amputees with high level amputations or with two or more amputations naturally use more energy to carry out tasks and thus create more heat in the body that is then released as perspiration. Because of their amputations, they also have much less skin surface through which to dissipate the perspiration.

Now that we know why we are sweating more, what can we do about it? We are including this article from InMotion magazine to address some possible remedies. I, personally, have tried almost every antiperspirant on the market to no avail. The only relief that has worked for me is wearing the Silver Sheath sock under my liner. It absorbs much of the excess sweat. I have had other people tell me, though, that they didn't like the feel of it. In the following article, it mentions Botox injections. I have heard that some people have had success with that, but it is very costly (especially if it is not covered by your insurance). I can see why some would want to try it, especially if they have jobs that require them to work outdoors during the summer or if they play outdoor sports. As always, if you are having any problems with your prosthesis or health issues caused by wearing it, talk to your prosthetist, physical therapist, or physician.



inMotion • Volume 25 • Issue 3 • May/June 2015

How to Deal With SWEATING If You Use a Prosthesis

— by Pete Seaman, CP, CTP

If you use a prosthesis, you're probably also applying some type of liner over your residual limb before putting it into your socket. Wearing a gel liner for a few hours, let alone an entire day, can cause your residual limb to sweat, especially during the summer months. Due to the nature of their construction, gel liners do not "breathe," and they

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JUNE RECAP

On June 6th, *MOVING FORWARD* members Kelly Reitz and Billy Parker gave presentations at Lincoln Hills Elderly Care Homes in English, Milltown, and Marengo, Indiana. They told their own personal stories of living with limb loss and shared information about our support group and the upcoming meetings to be held at the Harrison County Hospital beginning in August. This is part of our continuing effort to reach out to more amputees in our communities.

Group members Belinda Jacobi, Mike Portman, Bill Titus, and Elaine Skaggs attended a luncheon at Bridgehaven Mental Health Services on June 14th. The group was invited to attend by Tara Bassett, who is the Facilities Communication & Marketing Manager. While attending, we heard from two of the patients there who told of how Bridgehaven had helped them in their recovery process. We were given a tour and learned of the various treatments and therapies available. We were very impressed by the positive and friendly attitudes of both the staff and those receiving treatment. Bridgehaven provides out-patient services for people suffering with mental illness, including depression. For more information about their services, visit their website at bridgehaven.org or call them at 502-585-9444.

A special presentation on self-defense was given by group members Jim Davis and Billy Parker at our IN meeting. They instructed us on how to break free from various holds and gave tips on protecting oneself in different situations. Jim holds a 1st Degree Black Belt and has instructed many law enforcement agencies on self-defense.

At the group's KY meeting, we discussed possible uses for the grant money we recently were awarded by TEGNA. Belinda told the group about the various non-profit agencies, hospitals, and other medical facilities that she has contacted about projects that we could do to best serve the needs of the amputees in our area. We will be continuing this discussion at upcoming meetings and would welcome ideas on the subject. Plans for upcoming events including the AC National Conference were also discussed.

SPECIAL ANNOUNCEMENT

Our support group has been invited to take part in a project with John Hopkins University School of Medicine. Participants will be asked to take part in an online study to update & improve the PALS program. This is a program developed to help people with limb loss improve their quality of life. Upon completion of the study, we will be meeting with representatives from John Hopkins at the AC Conference for a discussion on the project. If you would like more information about taking part in the study, visit their website at palsamputeeliveskills.org and click on *Learn More*.

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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.

|               |                           |
|---------------|---------------------------|
| NCIGDAN       | _____ ( ) _____           |
| GYAO          | _____ ( ) _____           |
| MMGNWSII      | _____ ( ) _____           |
| KEAM NSFREDI  | _____ ( ) _____ ( ) _____ |
| UNNRIGN       | ( ) _____                 |
| ALRNE         | _____ ( ) _____           |
| TAIG RIANNIGT | _____ ( ) _____ ( ) _____ |
| EEECRSIX      | _____ ( ) _____ ( ) _____ |

THESE ARE SOME THINGS THAT YOU CAN DO AT

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Q & A (cont'd)

tend to keep your limb warm and moist. Excessive moisture can cause issues with the health of your residual limb and potentially your safety, if not properly managed, as your prosthetic suspension may become compromised.

So what can you do to lessen the degree to which your limb sweats or to manage the build-up of sweat inside your liner? There are four basic options:

- Remove and dry the inside of your liner
- Wear a type of stocking under your liner to help absorb perspiration
- Apply an extra-strength antiperspirant to your limb
- Undergo targeted low-dose Botox injections in your residual limb

Sweat Removal

On warm days or days when you are active and perspiring more than usual, you may occasionally need to find the time and place where you can remove your prosthesis and liner. After wiping your residual limb and the inside of your liner dry with a towel, you can put your dry liner and prosthesis back on and get on with what you were doing. Negatives: This is only a temporary remedy, and it is an inconvenient process to have to go through, but if you plan ahead and dress appropriately, it should not take more than a few minutes to accomplish.

Wear Stockings Under Your Liner

Multiple companies manufacture "specialized" stockings that can be worn under your liner to help absorb some or all of the sweat that builds up. These socks can be pulled onto your dry residual limb before donning your liner and prosthesis. They need to fit so that they are not loose on your limb and they need to be the proper length. Some amputees wear socks shorter than their liners so that some of their residual limb is still in direct contact with the inside of the liner. Others wear the sock long enough so it can be rolled down over the outside of the liner to act as a wick and to help hold it in place. Negatives: The presence of a sock between your residual limb and the inside of the liner can reduce the adhesion of the liner to your residual limb, thus compromising prosthetic suspension, which can be hazardous.

Apply Extra-Strength Antiperspirant

There are several types of antiperspirant products available that can be applied directly to your residual limb, from natural crystal alum to other over-the-counter roll-on or spray products. It is sometimes recommended that these products be applied in the evening so that they have time to absorb into your skin. Negatives: These products may not work for everyone and you might develop some skin irritation by using them, but it never hurts to try, after consulting your physician.

Low-Dose Botox Injections

This alternative should be considered as a last resort to the three non-invasive options listed above. Botox injections, if deemed appropriate, are administered by a qualified physician. You would need to determine if these types of injections would be covered by your medical insurance provider. Negatives: As with the antiperspirant applications, there is no guarantee that these injections directly into your residual limb will be effective. You could also incur significant out-of-pocket expenditures if they are not covered by your insurer. However, if you have a serious sweating problem and no other options have helped, this is one you might want to investigate.

As a prosthesis user, at some point, you will most likely have to deal with an excessively sweaty residual limb. Understand that you have some options and you should be willing to experiment to see if any of the ones outlined above work for you.

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## LET'S GET MOVING! – by Belinda

With school being out for summer break, now is the time that many of us plan special outings with our children and grandchildren. Many times, these outings include amusement



or water parks. Whether it be to nearby attractions such as Kentucky Kingdom, Holiday World, or Kings Island, or to destinations further away such as Disney World or Six Flags; as amputees, it's important to do some research before we go. Imagine your disappointment arriving at the park only to find out that you aren't going to be allowed on some of the rides. With the cost of tickets and travel, it would be far better to know ahead of time. By doing some research, you can find out the park's policies before you go. This can help you decide which park to attend and save you time and frustrations upon arriving. I am including the following fact sheet from the Amputee Coalition on Amusement Park Accessibility.

## Amusement Park Accessibility

Created 04/2015

### INTRODUCTION

As spring and summer approach, many families begin to talk about their vacation plans. Often, these plans include a visit to one of the more than 400 amusement parks and attractions in the United States.

Although designed for fun and excitement, a trip to an amusement park can be challenging and frustrating for someone with limb loss. Each year, the Amputee Coalition's National Limb Loss Resource Center receives reports from people with limb loss about parks denying them access to rides and other attractions. Some individuals have reported that they have been ordered off a ride even after being seated.

It is best to be informed about the park's ride rules and regulations before you arrive at an amusement park. You have spent your hard-earned vacation time and money to get there and the last thing you want is to be disappointed. This fact sheet will provide you with information on what to consider, as a person with limb loss, before including an amusement park as part of your vacation plans.

### KNOW BEFORE YOU GO

All recreation facilities in the United States are mandated by the Americans with Disabilities Act. The Americans with Disabilities Act (ADA) is a comprehensive civil rights law that prohibits discrimination on the basis of disability. The ADA requires that newly constructed and altered state and local government facilities, places of public accommodation and commercial facilities are readily accessible to and functional for individuals with disabilities. The ADA Accessibility Guidelines (ADAAG) is the standard applied to buildings and facilities. Recreational facilities, including amusement park rides, are required to comply with the ADA.

Although all amusement parks are mandated to comply with ADA, it is important to note that individual state laws and the manufacturers of each ride provide regulations for a ride's accessibility standards. These guidelines are what amusement parks use to determine who may ride the rides. You can see examples of the varying restrictions as you make your way through the park. Ride restrictions are based on height and size requirements (as often displayed by the "You must be this tall to ride this ride" sign). Amusement parks may also use these guidelines to require riders to remove medical devices, including prosthetic devices. These devices may prevent safety restraints from working as designed, which can keep the rider from maintaining proper riding posture and present a hazard to the individual or other riders.

Amusement park customers with limb loss have the extra

– Continued on Page 6 Column 2 –

The capacity to learn is  
a *gift*; the ability to  
learn is a *skill*; the  
willingness to learn is a  
*choice*.

Brian Herbert

## QUOTE OF THE MONTH



## I'm Moving Forward . . .

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



Reid Hester *moving forward* & winning the Gold at the Endeavor Games.

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

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... from Beverly's Kitchen

Below is a delicious chicken recipe that I made last night. I am all about tasty, easy, and convenient. This was just that! I modified the following recipe just a little. I only used about 2.5 lb. whole chicken, but still baked it the directed time and actually added about 5 extra min. to get the skin nice and crispy. I used lemon juice instead of the lemon zest. I didn't have any thyme, so I left it out. I also did not use the onion or radishes. So often we buy the pre-made roasted chickens that are in the deli of the local grocery store. We love those. When I told my husband that I was baking a chicken, he said that I should've just bought one that was already baked and he stated that those are better. But when dinner was served, he requested seconds. He said that he was happily surprised how good it was! He was even happy that we had leftovers for the next day!

A classic roast chicken recipe gets a subtle upgrade with accompanying notes of citrus and thyme.

Total Time: 1:20 Prep: 0:15 Cook: 1:05 Level: Easy
Yield: 6 servings

Ingredients:

Roast Chicken

2 tsp. finely grated lemon zest
2 cloves garlic, crushed with press
1 tsp. fresh thyme, chopped
4 Tbs. butter, softened
1 whole chicken (4 to 5 lbs.), patted dry
Roasted Onion and Radishes

1 medium onion, thinly sliced
1 bunch radishes, trimmed, quartered

Directions:

Preheat oven to 350 degrees F.

In bowl, mash zest, garlic, thyme, 2 tablespoons butter & ½ tsp.

– Continued on Page 7 Column 1 –



LET'S GET MOVING! (cont'd)

responsibility of gathering as much information as possible about the park's rules for riders before committing a great deal of time and money to attend. The best way to avoid any frustration or discomfort at the park is to do some research on the park's policies before you plan your trip. You will find that most amusement parks have detailed information about park policies and the accessibility of their rides available on their websites. Parks will outline the restrictions (if any) of wearing prosthetics on each ride. You will often find this type of information in the "Plan Your Visit," "Accessibility," "Guests with Disabilities" or "Frequently Asked Questions" sections of their websites. Consider calling the park's Guest Services department with any additional questions you might have.

WHAT YOU CAN DO

As a customer, you should be treated with respect and discretion. If, after doing the necessary research into an amusement park's ride and accessibility policies, you feel you are or have been discriminated against, there are both federal and state organizations designed to assist you.

The U.S. Department of Justice operates a toll-free ADA information line. This line is staffed with ADA specialists who can assist you in understanding if the ADA standards fit your particular situation. This hotline is available on Mondays, Tuesdays, Wednesdays and Fridays from 9:30am-5:30pm and on Thursdays from 12:30pm-5:30pm Eastern Standard Time. You can reach them via the following ways:

- ADA Information Line
800/514-0301 (voice)
800/514-0383 (TTY)
ADA.gov

The National Disability Rights Network is the nonprofit membership organization for the federally mandated Protection and Advocacy (sometimes known as Disability Rights) systems in each state. This network is the largest provider of legally based advocacy services to people with disabilities in the United States. They may be contacted at 202/408-9514 (voice) or 202/408-9521 (TTY). You may look up your state's P&A system at NDRN.org/en/NDRN-member-agencies.html.

***Additional tips:** Please take precautions if you go on a hot summer day. Drink plenty of water (free unlimited soft drinks may sound like a good deal, but they can do more harm than good); wear sunscreen; take breaks throughout the day in an air-conditioned area such as a restaurant or to see a show; stop and check it out if you feel a blister or sore on your residual limb (wheelchair rentals are available); and if you do experience a health issue, go to the park's medical facility. You don't want a day of fun to turn into a medical emergency. With a little research and a few extra precautions, we too can enjoy a day at an amusement park. So all aboard that roller coaster, and **let's get moving!!**



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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.

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... from Beverly's Kitchen (cont'd)

each salt & pepper until combined. With fingers, gently separate skin from breast & thighs of chicken. Place butter mixture under skin; spread evenly. Tie drumsticks together & tuck wings behind breast.

Place chicken on rack fitted into medium roasting pan. Arrange onion & radishes around chicken. Melt remaining 2 Tbs. butter; brush all over chicken; then sprinkle with ½ tsp. each salt & pepper. Pour ¼ cup water into bottom of roasting pan.

Roast chicken 50 mins. Reset oven temperature to 425 degrees F; roast, checking to make sure water has not completely evaporated (add another ¼ cup if necessary), 15 to 20 mins. or until thermometer inserted into thickest part of thigh registers 165 degrees F.

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## JULY UPCOMING EVENTS

### Meetings:

July 17th, Mon., from 6:30-8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

July 22nd, Sat., from 2:00-4:00 pm at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd floor Education Center, Room 2G.

### Events:

July 9th, Sun., from 2:00-4:00 pm **MOVING FORWARD** will host a Pie & Ice Cream Social at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. Mike & Sue Portman will once again be making some of their delicious homemade ice cream. Besides the delicious desserts, there will be musical entertainment, games, and fun for all! Parking and the entrance are located in the rear of the building. We will be on the 2nd floor, and an elevator is available. This is a free event, but if you could bring along a pie or your favorite ice cream topping, it would be appreciated. Please plan to join us for a fun summer afternoon!!



Ice Cream Social

July 10th, Mon., from 4:00-5:00 pm Group members Belinda Jacobi & Mike Portman will be interviewed by Tara Bassett on radio station WCHQ 100.9 FM. You can also hear the program by going to their website at [crescenthillradio.com](http://crescenthillradio.com). They will be discussing the support group and the upcoming AC National Conference.

July 15th, Sat., from 9:00 am - 5:00 pm an Ampuski event is being held 5501 Penn Rd. Ostrander, OH. Ampuski is a basic waterski clinic for amputees and others with disabilities. This clinic is offered free of charge, and families are encouraged to attend. Registration is held on the day of the event and lunch and a t-shirt are provided. For more info visit our website or contact Kelly Reitz. \*Please see CONTACT INFO page in this newsletter.



For 2017 Amputee Coalition National Conference events, please see the **AC National Conference News** section of this newsletter.

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Krafty Kids by Beverly

Puffy Paint USA Flag

Have you been looking for some cute USA crafts to do with your kiddos? You'll love this puffy paint USA Flag. This is the perfect quick and easy craft for any age! Ideal crafts for the 4th of July, Memorial Day, or any other USA Holiday!

You will find the materials needed as follows: glue, paint brushes, shaving cream, cardstock paper, and I used paper plates to mix them on but you could very easily use a bowl and spoon. I would use about half and half on the glue and shaving cream.

After you mix the paint, go ahead and add some food coloring to make the colors you want! - I used blue and red (the red takes LOTS of food coloring).

After you have your colors made up, find a white piece of paper and start with your blue corner, then add the stripes, then the stars (AKA blobs) and let it dry! Would be beautiful to add some glitter!

~~~~~

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~~~~~

FUN WITH WORD SCRAMBLES ANSWERS (from Page 4)

DANCING, YOGA, SWIMMING, MAKE FRIENDS, LEARN, RUNNING, GAIT TRAINING, EXERCISE

THESE ARE SOME THINGS THAT YOU CAN DO AT

C O N F E R E N C E .

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