



NEWSLETTER ♦ 94th Edition ♦ June 2021 ♦ Father's Day Issue

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 Kelly Grey

Welcome to summer! Now that the world is starting to move again from Covid's restraint, I hope all of you are finding ways to connect and yet remain safe. We had a great turnout for the Spring Picnic and we're already thinking of ideas for an in-person summer event. If you have ideas or something specific you'd like to do, please share. We're not quite back to having in-person meetings yet, but hopefully it will be sooner than later.

We will continue to hold our virtual meetings, the next one being on Saturday, June 26, 2021, at 2:00 p.m. Please join us for the meeting by going to Zoom.com, download the app, and click on Join Meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321. We look forward to seeing you online!!

As you know June is the month for celebrating Dad's and Grads. Please share some of your pictures celebrating and we'll share in our July newsletter.

June is also the month we began this group, 9 years ago!! I'm very happy to be part of such an amazing group. I look forward to many more years to come!

FATHER'S DAY

- by Mike Portman (reprinted)

When we think of Father's Day, most of us think back on the events and experiences, good or bad, we had with our fathers. But what do you do when you have had two individuals who, for all intents and purposes, made you into who you are now?

I am not going to even dive into the influence a father has on a daughter, so bear with me as I look at the father-son relationship I had.

My father was George Carl Portman, who was born in 1932. He was reared in Grayson County, Kentucky. His father was descended from Swiss immigrants who arrived in this country around 1830. I never knew my grandfather, but unfortunately, my father inherited some of his more unsavory traits; such as a need to consume alcohol to excess, and a temper fueled by it.

He married my mother in 1953 and I was born in 1954. I have good memories of my early



childhood and learned and still remember some of the things he taught me, how to hunt and fish, and how to work with my hands. I also remember the good things he did for my siblings and me, such as bringing us treats of White Castle burgers on Friday nights after midnight (no meat on Fridays, Catholic you know).

But then the alcohol started to be more important than my mother and we were. And then he taught me how drinking (or any addiction) destroys a family and sows the seeds of dislike and the desire to avoid contact at all costs with the source of the problem.



~ cont'd on Page 2 Column 2 ~

BILLY P THE BILATERAL AMPUTEE

I lost both arms and there were times I often wondered, "Can I still do the things I want?"

Through hard work and determination I know I am **ABLE TO DO WHAT I WANT**. Naturally, I have to do things a bit differently. I wear one or both prosthetic arms and must adapt to every task I used to take for granted.

Here's my perspective:

ABLE to continue doing everything I need and want to do in life. I haven't given up on anything and enjoy life to the fullest.

MENTAL STRENGTH is a necessity. Giving up is easy. Staying mentally strong through adversity can be hard to do. Everyone handles adversity differently. Staying positive faith, family and friends can play a big part in keeping you strong.

PERSISTENCE will get you where you want to be. Stay focused and keep moving forward; never look back. Everyone has dreams and goals in their life. Find them and be persistent so you can achieve.

UNDER ESTIMATED CAN AFFECT YOUR OUTLOOK. People will think you can't do something as good or as fast as they can. Some people are constantly negative. Stay away from the negativity because it can rub off on you. Surround yourself with positive people and keep *moving forward*.

TESTED EVERY DAY. When I lost my arms I had to completely change the way that I do things. Every day was a challenge learning to use prosthetics and finding new ways to Live Again. It can be very hard sometimes. I had to take breaks, regroup and start all over. But I always gave myself an A+ for trying.

END IS NOT AN OPTION. Never ever give up – that road leads to nowhere. Keep your head up. You can't be selfish; you are important to someone, probably many people. Most importantly *Love Yourself*.

ENJOY LIFE! You only have one life to live. While you are here, keep a smile on your face, treat everyone with respect, do what makes you happy and most importantly **ENJOY LIFE!**

Father's Day (cont'd)

Don't misunderstand, I still loved my father but did not want to be like him, especially after he left us for the bottle.

So my parents divorced in 1965, leaving my mother confined to a TB hospital and my brother and sisters and I were placed in an orphanage. I think at that point my mother almost gave up. But then she met the man who would become my step-father, Perry L. Mobley, who was 20 years older than my mother. My mother was released from the hospital and married my step-father in 1968. They then reclaimed us from the orphanage.



Perry was a WWII veteran who had been married before but did not have any children of his own. And although I did not think of it then, I always wondered what would make him marry a woman with four children, who because her ex-husband was a deadbeat, he would have to support. But he was good to my mother and ensured that we had food, clothing, and shelter. We went to school each day and were expected to do our chores and to help out as needed.

As a teenager I was rebellious and did not appreciate the lessons he taught me at that time. In fact, I did not think he liked me very much because of how strict he was on me. He never attended school activities and did not appear to have any interest in me at all. Later though, I found out that he had kept track of my activities but did not attend due to working multiple jobs to make ends meet.

As I grew to manhood, he was the one I turned to when I had a problem and needed advice. And as I got older I found that I was not my father's son, but his. Having been without him now for some time, he died in 1999, I wish that I could talk to him and get his opinion on things which bother me or just call him and see if he wanted to go fishing.



On the night he died, my sisters and I were with him; and when he passed, we thanked him for marrying our mother and for being our father. I asked my mother once, not long before she died, why Perry would have married a woman with four kids and take on that responsibility. She told

~ cont'd on Page 3 Column 2 ~

"What Is A Dad?"

A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.

A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.

A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail ..."

– Unknown

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## "Footprints"

"Walk a little slower, daddy,"  
said a child so small.

"I'm following in your footsteps  
and I don't want to fall.

Sometimes your steps are very fast,  
Sometimes they're hard to see;  
So walk a little slower, Daddy,  
For you are leading me.

Someday when I'm all grown up,  
You're what I want to be;  
Then I will have a little child  
Who'll want to follow me.

And I would want to lead just right,  
And know that I was true;  
So, walk a little slower, Daddy,  
For I must follow you."

*Author: unknown*

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QUOTE OF THE MONTH



A father is neither an
anchor to hold us back,
nor a sail to take us there,
but a guiding light whose
love shows us the way.

Father's Day (cont'd)

me that she always felt that he needed us as much
as we needed him, and that we just came together
at the right time.

Perry would have been 103-years old this year.
There are not many days that go by that I don't
think of him and wish that I could just say to him
that I loved him for the father he became, and for
the father he made me.

~ That is how I think of Father's Day. ~

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## JUNE RECIPE

– by Beverly Gaylord

This is a delicious recipe to make during this summer  
grilling season.

### Grilled Bruschetta Chicken

| Prep Time | Total Time | Servings   |
|-----------|------------|------------|
| 25 min.   | 35 min.    | 4 servings |

#### What You Need

4 small boneless skinless chicken breasts (1 lb.)  
¼ cup KRAFT Sun Dried Tomato Vinaigrette Dressing,  
divided  
1 tomato, finely chopped  
½ cup KRAFT Shredded  
Low-Moisture Part-Skim  
Mozzarella Cheese  
¼ cup chopped fresh basil

#### Make It

Heat grill to medium heat.

Place chicken in large resealable plastic bag. Add 2  
Tbsp. dressing; seal bag. Turn bag over several times  
to evenly coat chicken with dressing. Refrigerate 10  
min. Remove chicken from bag; discard bag &  
dressing.

Cover half the grill grate with sheet of heavy-duty foil.  
Place chicken on uncovered side of grill grate; grill 6  
min. Meanwhile, combine remaining dressing,  
tomatoes, cheese & basil.

Turn chicken over; place on foil. Top with tomato  
mixture. Grill 8 min. or until chicken is done (165  
degrees F).



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NEWSLETTER ISSUES

MOVING FORWARD has been publishing
newsletters since Sep 2013. For your convenience,
all previous issues are available to download or
print on our website at: ampmovingforward.com.

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# JUST A TOUCH OF HUMOR

A father carries pictures where his money used to be.

- Anonymous

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.

- Mark Twain

Fatherhood is pretending the present you love most is soap-on-a-rope.

- Bill Cosby

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

- Charles Wadsworth

It is admirable for a man to take his son fishing, but there is a special place in heaven for the father who takes his daughter shopping.

- John Sinor

When I was a kid, I said to my father one afternoon, 'Daddy, will you take me to the zoo?' He answered, 'If the zoo wants you, let them come and get you.'

- Jerry Lewis



# Ways to Donate to *MOVING FORWARD* Limb Loss Support

## AmazonSmile

Go to "[Smile.Amazon.com](https://www.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](https://www.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/)

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.





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