

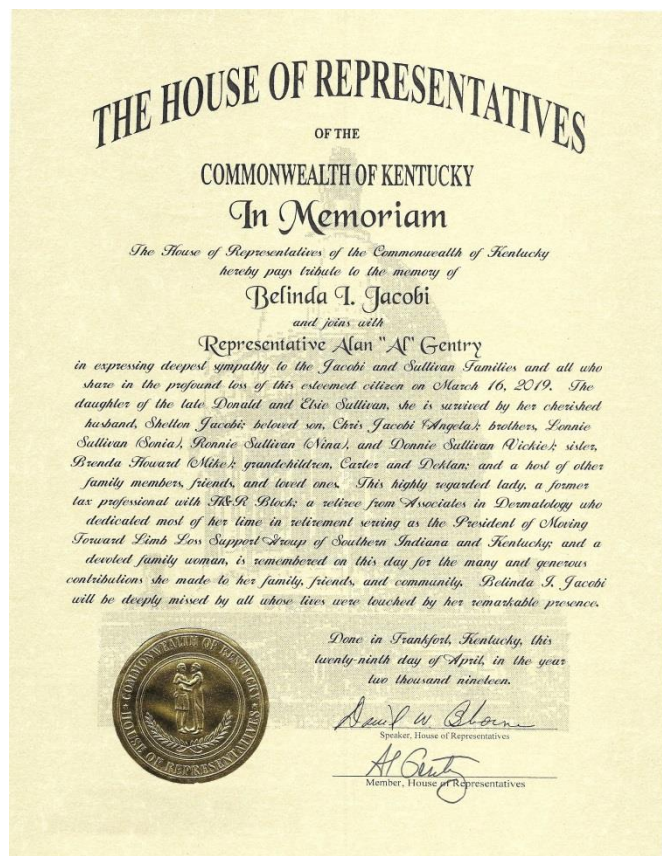


NEWSLETTER ♦ 70th Edition ♦ June 2019

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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### TRIBUTE TO BELINDA



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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@gmail.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

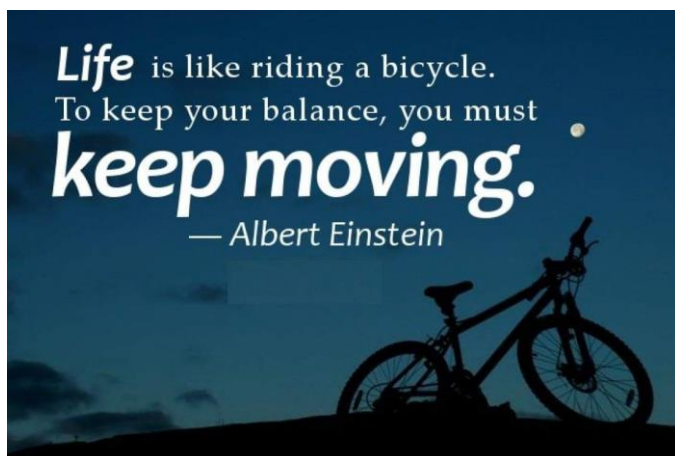
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### MAY RECAP

Our monthly meeting at SIRH was held on May 20, with 11 members in attendance. The Louisville meeting was held on May 25 at NB and had 18 people in attendance. We welcomed 2 new members, Dennis Lange and Mario Sanchez. Discussions included possible future events, new technology, and a presentation by Elaine Skaggs sharing the features and demonstrating the application of Martin Bionics Socketless Socket.

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QUOTE OF THE MONTH



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

### AmazonSmile

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

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 with **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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JUNE'S RECIPE

— by Kelly Grey

5 INGREDIENT PEANUT BUTTER ENERGY BITES



PREP TIME: 10 MINUTES ~ TOTAL TIME: 10 MINUTES ~

SERVINGS: 12 BITES

No Bake 5-Ingredient Peanut Butter Energy Bites. Loaded with old fashioned oats, peanut butter and flax seeds. A healthy protein packed breakfast or snack!

INGREDIENTS

2/3 cup creamy peanut butter

1/2 cup semi-sweet chocolate chips

1 cup old fashioned oats

1/2 cup ground flax seeds

2 tablespoons honey

INSTRUCTIONS

Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to a week.

RECIPE NOTES

Original recipe from chefsavvy.com. Please do not publish my recipe or pictures without linking back to the original post. Thank you!

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## UPCOMING EVENTS

### MEETINGS:

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

**June 22nd**, Sat., from 2:00 - 4:00 pm, at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

### EVENTS:

After checking into it, we have decided not to do a Belle of Louisville Cruise because of the lack of accessibility on board the boat. As of the present moment, 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](https://ampmovingforward.com)*

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CALL OUT !!

❖ *Please submit articles, testimonials, recipes, Life Hacks, crafts to contribute to our monthly newsletters.*

❖ *Do you like to be creative? Do you like planning things? If so, let us know of your interest in being part of our planning committee!! We're looking for those members who would like to help in planning events and outings, planning for the food, decorations, etc.*

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## CONTACT INFO



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