



NEWSLETTER ♦ 34th Edition ♦ June 2016 ♦ Special Father's Day Issue

**MOVING FORWARD FEATURE**

**Memories ....**

– by Beverly Gaylord

With Father's Day being this month, I wanted to share some memories of my daddy with you. This year will be the 4th consecutive year that I have not been able to tell my daddy "Happy Father's Day". It will also be the 4th Fourth of July, 5th Thanksgiving and 5th Christmas without my daddy. Thinking about what we lost in life is so easy....

But, I also know that my dad gave me so much. I am so proud of my dad. He was drafted in the U.S. Army and sent to Vietnam. As a result of the Vietnam War, he suffered some severe wounds. My dad lost one leg above his knee and his other knee was fused. He also had one wrist fused. He lost his spleen and one of his lungs was damaged.

My dad was forced to walk differently and there were things that he could not do. But, he did not allow this to stop him from being an active dad. My brother and I played basketball in elementary school. My mom and dad always came to our ballgames, the home and away games. He did the typical dad things. Even though he had his own way of doing things, my dad even made sure the cars that we drove were in good running condition. This could range from changing oil, filters, belts, etc. He mowed the grass. My dad also was fun. He loved to play cards and dominoes. He was a competitor. When he played cards, he played to win. Being his partner could be a little stressful since he was so intense. But, at the same time, everyone wanted to be on his team. So many members of my family loved being around him.

My daddy was happiest on the lake. Yes, he loved to fish and taking my brother and I waterskiing. He knew the lakes on which he fished, whether it was Lake Cumberland, Kentucky, or Lake Okeechobee, Florida. He drove the boat fast and he knew just how and where to maneuver it to get to a favorite fishing spot. He enjoyed watching me catch fish. I cannot even put into words how much fun it was being around him when he was on the lake.

When it came to his disability, those who knew him did not see any disability. He did not allow anything to stop him from living a "normal" life. All those who knew him respected the wonderful person that he was. I am so proud of the daddy that he was.

For various reasons, I am not able to go visit my daddy at the cemetery as often as I would like. I remind myself that he would understand. So many things in my life remind me of him. He has

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**Lessons of a Lifetime**

inMotion · Volume 19 · Issue 7 · Nov/Dec 2009

– by Marvin Knittel, EdD

*It was 1941. Mom stood in the doorway of the porch peering through the screen watching me slowly tie my shoelaces with one hand. A week earlier, a salesman with one arm had stopped at the farm. I was playing in the yard when he saw me and decided to show me how to tie my shoes.*



Mom watched me, resisting the urge to help, trying to follow the surgeon's advice. He had told Mom and Dad not to do things for me even when they were afraid that I might fail or get hurt – that I would need to learn how to do things on my own because it's a two-handed world.

Mom and Dad followed his advice religiously but worried about my future and how I would make a living. I also worried, but about different issues, such as whether or not people would like me because I looked different. I figured I could do whatever any person with two arms could do, but no matter what, I couldn't hide that empty sleeve. I felt sorry for myself, but I didn't want people to know it because I didn't want to look needy. So, rather than show weakness and vulnerability, I showed the opposite. I tried to be the best at everything I did. I was determined not to be discounted for any reason.



As a result, I went head-to-head with the toughest. As a youth, I was the lead-off hitter and center fielder in junior legion baseball, played more minutes of football than any other player in my senior year in high school, went to the state track meet 3 years in a row in three different events, sang solos and was on the winning debate team. As an adult, I was a university professor and climbed the professional ladder to department chairperson, to dean of instruction, to academic vice president, to interim president and then went back to being a successful professor. Still, that empty sleeve continued to haunt me. Logically, it should have made no difference, but that empty sleeve remained a shadowy presence.

But I am ahead of myself. It all began on a sunny Tuesday afternoon October 3, 1939, when I was a 5-year-old first grader. My older brother, sister and I were headed home from school. We always rode our pony the final half-mile to our house across the pasture. The pony trotted down the final hill and abruptly turned to the right into the barnyard. We all fell into the grubby barnyard dirt. My left wrist lay twisted and broken with the bone protruding from the skin. At that time, before public use of penicillin, a compound fracture buried in barnyard waste meant gangrene, and gangrene usually meant amputation or death.

Four days later I was in surgery, drifting somewhere between life

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## Memories ... (cont'd)

passed his "green thumb" to me. When I was younger at the house that I grew up in, he had a plant that stretched almost across the entire kitchen wall. I have one now that is starting to do the same. My dad always loved birds. We had birdhouses at our house and he would feed the birds on our deck. Now, I feed birds on my patio and I also feed the geese at the lake that is close to my home. All this nature makes me think of my dad. I know he would enjoy watching the cardinals, doves, wrens, geese, ducks (especially the babies), etc.

I want the cemetery where he is buried to look nice. We have the American Flag waving high, rose bushes and other flowers at the cemetery. There are also a bird feeder and wind chimes. We want to make sure that he is honored. However, I have learned that I do not have to be at the cemetery to honor and feel close to my daddy.

He made such an impact on so many people's lives. My dad was the Disabled American Veterans Department Commander of Kentucky 1991-92. He truly cared for his fellow veterans. I could rave and rave about how much of an impact my daddy has made on my life. If anyone has had their life change in a drastic way and they



are afraid of being around others and "living", don't be. Give others and yourself a break and the benefit of the doubt. How you walk, talk, or physically do something doesn't make you the person that you are. Your heart makes you who you are. Your

heart helps give you the will and passion to live life to the fullest that you can.

I hope each of you fathers have a HAPPY FATHERS DAY! Don't forget to do something special with your father this Father's Day. Make some special memories!!

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## TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parentheses to complete the sentence. You must also unscramble the letters to find the answer to the puzzle on Page 6.

- PBDEDLNEEA ( ) \_\_\_\_\_
- DRNGENAEI ( ) \_\_\_\_\_
- AMRBDIELA ( ) \_\_\_\_\_
- BSERLENOISP ( ) \_\_\_\_\_
- DROLE UTB SREWI ( ) \_\_\_\_\_
- VOLGNI ( ) \_\_\_\_\_
- DDDCATEEI ( ) \_\_\_\_\_
- MIDREETDEN ( ) \_\_\_\_\_
- VATNTEETI ( ) \_\_\_\_\_
- FLLEDHGTUI ( ) \_\_\_\_\_

THESE ARE ALL TRAITS THAT MAY COME TO MIND WHEN WE THINK ABOUT \_\_\_\_\_.

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## JUNE AWARENESS MONTHS / WEEKS

JUNE - MEN'S HEALTH AWARENESS MONTH

June 13 - 19 - Men's Health Week

## Lessons of a Lifetime (cont'd)

and death, and by the grace of God, survived. Later, when I was about 13 years old, I began to seriously wonder if there was a reason I was still alive or if my ruminations were a romanticized version of a random event. No clap of thunder or huge voice from the sky gave me an answer. Nevertheless, my encounter with death forced me to look at the meaning of my life.

After 70 years with one arm, I have developed some insights to share with others who are living with limb loss. Here are a few of them.

**Don't take yourself too seriously.** As a narcissistic 5-year-old, I was concerned more about me than anyone else. When I was a teen-ager, I continued to be far too concerned about me and how I was judged by other teen-agers and adults. I had yet to learn that most people do not judge me by how I look.



They may observe that I have one arm, but then they forget and go on their way. Even when they make a judgment, it is usually more positive than negative. I finally learned that my appearance is far less significant than I thought. I have concentrated on taking myself less seriously and being less self-centered.

**Overcompensation can be costly.**

Most of us, to varying degrees, compensate for perceived deficiencies by emphasizing strengths. We call it a defense mechanism because it helps maintain balance in our lives. My personal efforts to compensate at first seemed like a good thing for my career, but the stress of trying to be the best at everything ultimately compromised my immune system and made me allergic to a large part of my diet. My immune system has only returned to normal after retirement. Trying to deny the reality of the limb loss by overcompensating might come at a high price.

**Embrace your differences.**

You've heard the old adage: "When life gives you lemons, make lemonade." Reframe your perception of who you are. Instead of thinking "I am different," think "I am a person (emphasis on person) with one limb." Be gentle in the way you see and talk to yourself. Picture a fully functioning human being as you walk into a room or down the street. The adjustment begins in the mind. I have tried very hard for years to say to myself, "I am first and foremost a person. I am a person who happens to have one arm. I need not apologize for it, and I am satisfied with me."

**Healing must happen before growth.**

During my freshman year in college, I met with a counselor at the university to discuss my fear of dating. I had dated in high school, but I was afraid to ask girls out who didn't know me because I didn't want to be turned down. Most people are afraid of rejection in one form or another, whether fear of asking for a job or a promotion or fear of being alone. Our dreams of moving on with our lives after a severe loss or trauma are tied closely to our psychological health. Physically, we may have healed, but psychologically we may be stuck somewhere in the past, attached to the mental picture of ourselves before the trauma. A legitimate question is: "How do I let go and move on?" You may choose to answer it on your own, but sometimes people need help with this. If you have unresolved issues and fears that are keeping you stuck, you may need to speak about this to a friend or seek counseling from a professional.

**Be willing to accept help, and even ask for it.**

Asking for help when you need it is not a sign of weakness. I have become accustomed to asking for help when I truly need it. For example, when the cashier at the supermarket lays the credit card receipt on the small ledge in front of me, it's difficult to sign without the tiny piece of paper slipping around all over the place. I am comfortable with asking the cashier to hold the paper still for me while I sign my name. I have yet to find a cashier turn me down or

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## MAY RECAP

The month began with the group attending a picnic and viewing the Derby Festival Pegasus Parade. We enjoyed the good food and had a wonderful time watching the parade with friends and family. The clowns all stopped by and visited with "our clown" Albert, and the children in attendance delighted in dancing along with the music by the many bands. It was a fun evening, and *MOVING FORWARD* would like to thank Louisville Prosthetics for once again hosting the event.



Our IN meeting was held on Mon., May 16th, at Southern IN Rehab Hospital. We welcomed Samantha Turner, a therapy student from Spalding University, to the meeting. She had expressed the desire to attend our meeting to learn about how a support group operates for one of her classes. After introductions, Belinda told the group about McKeever's First Ride, a therapeutic horseback riding clinic being held June 20th at Blue Willow Farm in Versailles KY. She also told the group about a treadmill that she had recently tried which uses space-age technology to make you virtually weightless. This allows amputees or anyone with knee or hip problems to be able to exercise comfortably without having to bear weight and strain muscles and joints. Brittany and Belinda then told the group about a socket that they are currently being fitted for. It is called an EMS socket and was developed by Carl Casper (yes, the same Carl Casper from the car shows). Carl is a left BK amputee and has done much research and development on prosthetic devices. The EMS socket allows for more range of motion in the knee and lessens the amount of perspiration on the residual limb. The ladies told the group that their sockets should be completed by the next meeting and that they would give a full report at that time. Belinda will also be discussing both her and Brittany's experience with the EMS socket in upcoming newsletters. The group talked about many other topics including prosthetic feet, K-levels, insurance coverage for prosthetics, and overcoming our fears. Samantha answered questions about her studies at Spalding University, and we thanked her for her interest in our group and for attending the meeting.

On May 28th, the KY meeting was held at Baptist East Hospital. The afternoon began with a special Memorial Day weekend luncheon. Two students from Spalding University, Taylor Desmond and Robyn Schoen, who are studying occupational therapy, joined us for the meeting. A presentation was given on Men's and Women's Health. Topics covered included the importance of getting regular checkups and tests, which test we should have and at what age, how to prevent secondary conditions caused by limb loss, the warning signs of a stroke, stroke symptoms and prevention. Everyone received brochures to take home which included valuable information on protecting and improving their health. Following the presentation, an open discussion was held. The group discussed the need to feel independent and capable of doing the things that they once did, and how sometimes well-meaning family or friends can make us feel helpless and treat us differently. We talked about the need for good communication and how to let people know that we want to be treated like everyone else. We may not be able to do everything that we once did, but unless we are allowed to try, we will never know what we are capable of. The group also discussed driving an automobile with limb loss and how they have adapted and the techniques they use to drive. This is an activity where we once again are sometimes dissuaded by others, but with practice and use of common sense, many amputees drive quite safely and effectively. Driving allows an amputee to feel a tremendous sense of independence and can aid in his/her recovery. If we are able to drive, we are

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## Lessons of a Lifetime (cont'd)

even sigh while doing it. Asking for help is an inescapable and normal thing to do.

**Author's Note:** *This article is offered as food for thought. I have no illusions that I have answered all the questions. Space prohibits me from sharing more lessons. Please share your lessons with me by e-mail. I will treasure your thoughts.*

*Photos courtesy of Marvin Knittel.*

Marvin Knittel, EdD, is a retired professor of counseling psychology, has an upper-limb loss and lives in Tucson, Arizona. He can be contacted at [mdknittel@gmail.com](mailto:mdknittel@gmail.com). His autobiography, *Life Is Not Random*, is available from the same e-mail address for \$14.95.



## SPOTLIGHT - by Belinda

Last month, our SPOTLIGHT shone on the women of *MOVING FORWARD*. This month in honor of Father's Day, the men will get their time to shine. Being a father is a tough job. It always has been, but I think even more so in today's society. In years past, earning the title of "good father" included providing financial support and being the one that provided the discipline. The mother typically took care of the children and the household. Times have changed drastically, and now fathers are called upon to be much more. Many fathers now share in the caregiving, the household chores, the helping with homework, and all the other day-to-day things involved in raising a child. One thing that has not changed is that the father should be the most significant and positive male role model in the child's life. I have often wondered why some fathers rise up to that challenge while others fail miserably. Sometimes we may think that it comes from how they were raised by their fathers, but this is not always the case. I have seen men who had a less than favorable childhood go on to be great dads, while others who had a good father as a role model turn out to be not so great in their role as a father. I have come to believe that maybe it is in the way they feel about being a dad. Some fathers seem to think of their child as their property, while others think of them as a wonderful gift. Some think that being a father is just another job, while others think that being a father is a tremendous opportunity.

So, to the men of *MOVING FORWARD*, we thank you for being positive role models. You have shown your children and grandchildren that you do not quit when faced with adversity, the importance of learning to be independent, and that a man's character should be judged not by his physical abilities but by his heart and his soul.



## 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.



## MAY RECAP (cont'd)

encouraged to get out and do more activities, which in turn get us up and moving more and helps to ward off depression. Driving allows us to feel like we are getting back in control of our lives and "moving forward." The meeting came to a close with announcements of upcoming events and with the group answering questions from our guests, Taylor and Robyn, about our experiences with occupational therapy and any suggestions that we had to help them communicate more effectively with amputee patients. We thanked the young ladies for attending the meeting and wished them well as they continue their studies.

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## Q & A

- 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!**

For the next few months, I will be using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this, I will try to answer questions that I receive on a weekly basis such as:

- Will I be able to drive again?
- I want to rejoin the workforce, but where do I begin?
- Is there any help for amputees who have insurance, but can't afford the high deductible or copayments?
- My apartment isn't handicap accessible. How am I going to manage when I get home?
- Where do I go for help in paying my rent, utilities, or receiving food assistance?

This month I will be sharing some information with you on one of our most basic needs, and that is housing. For many of us, we never had to question where we would live following our limb loss. We knew that once we were able, we would be going back to our homes. We may need to make some adaptations here and there, and finances may be tight, but we knew that we had a place to call home. For some amputees, quite sadly, that is not the reality that they face. I have met amputees during the past few years that are confined to nursing home facilities because they have nowhere else to go. For some of these individuals, the nursing home may be the best place for them. Especially if they have serious health issues and need around-the-clock care. I have talked to others, though, who, with some in-home services or housing assistance, could indeed live on their own. Many times these amputees are single adults, including those who are widowed. Sometimes they have children, but those children may not have the resources to help them. At other times, an amputee may have a home to go back to but it is not accessible to them. For example, they live in an upper floor apartment or a home with too many stairs or an inaccessible bathroom. I have also spoken to amputees who had rented an apartment or owned a home, but because of their illness and loss of income, they could not keep up their rent or mortgage payment and lost that home. I can't even begin to imagine the additional emotional trauma that they must face.

In this issue, I will try to help address some of these issues. An amputee cannot **move forward** if they have no place to go. There

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## LET'S GET MOVING! - by Belinda

For many people during the winter season, they become less active. While this is not beneficial for anyone, it can be especially problematic for amputees. The loss of limb/limbs can lead to muscle atrophy and those two terrible words "weight gain." During the summer months, we begin thinking of spending more time outdoors and remembering activities that we once enjoyed. For me, one of those summer activities was bike riding. As a young girl growing up in the country, I would ride for miles on my bike. As I became older, I still enjoyed riding. Shelton and I enjoyed leisurely riding our bikes around the neighborhood or along the countryside. When I lost my leg, I truly thought that I wouldn't be able to ride again. My grandson had just begun riding his bike, and I had been enjoying riding along with him. I remember the disappointment that I felt a few months after my amputation when I got up enough nerve to try riding and couldn't keep my foot on the pedal to make it go around. Shelton suggested that I look at the adult trikes, so we went to a local bike shop. While talking to the salesman and telling him of my plight, he suggested that I try riding a bike there that had the pedals set differently. Once again I got up my nerve and took the bike out in the parking lot to give it a try. To my great joy, it worked!! I felt the same thrill that I did as a little girl when my training wheels came off and I was able to ride on my own. Needless to say, I purchased that bicycle on the spot! We put it in the back of the truck, and on the way home, I called Carter and told him that Nana bought a bike and that I could ride with him again. He said, "I'll be right over!" I felt as though I had gained part of my life back. We rode our bikes all evening.

Bicycling is great exercise. It increases muscle strength, and the aerobic aspect of it is good for the heart. It also helps amputees to develop balance and coordination. If you haven't ridden for a while, a good start may be on a stationary bike just to get those muscles working again. As always, before starting any new exercise program, check with your doctor to make sure that you are physically ready to begin. It is also important to talk to your prosthetist, so he/she can advise you of any changes that would need to be made to your prosthesis. As for myself, my prosthetist had to make a modification in my socket behind my knee to allow me to pedal more easily. Also, some types of feet may not be good for pedaling or the toe may have to be turned in a little bit. Choosing the right bike is also very important. There are many websites that offer advice on biking, and also those that sell adaptive bicycles and equipment. You can also go to local bike shops and talk to the salesmen. Their advice can be of great help. Of course you can purchase a bike at a department store or sports shop, but they may not be able to give you the sound advice that you would receive from a bike specialty shop. Whether you choose a conventional bicycle, an adult trike, or a recumbent bike, safety should always come first. A bike helmet is a must, and until you feel comfortable riding, practice away from traffic or other riding hazards. Common sense also comes into play here. If you are just beginning, a 20-mile bike tour shouldn't be one of your first rides, but it can be a goal that you work up to. Many amputees mountain bike or ride competitively. For me, just riding around the neighborhood with my grandsons brings a smile to my face.

If biking isn't your thing, maybe you want to pick up that golf club once again, or swing that tennis racket, or shoot some hoops, or plant a garden, or go fishing, or maybe just take a walk after dinner. Becoming an amputee doesn't mean that we have to give up everything that we once enjoyed, but you won't know what you are capable of doing until you give it a try. So come on everyone, **"Let's Get Moving!"**

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## Q & A (cont'd)

is a wealth of information online, but many times the people who need the help do not have access to the internet. This is the time when a family member or friend can really lend a hand. With a few clicks on a keyboard, you can help them to find resources that can make a tremendous difference for them. You can help them to get started on the path to independence and getting back to living again.

The following is a list of resources with a small description of what they provide:

➤ **Metro United Way:** Visit their website at [metrounitedway.org](http://metrounitedway.org) and click on [Get Help Now](#).

You can search their database to find the services you need including: adequate food, clothing, or shelter, job-training, childcare, and utility & rent assistance, just to name a few. They can also be reached by phone by dialing 2-1-1. A trusted and caring call specialist will listen to your problem and then immediately connect you with the appropriate services. An alternate number to call is 502-753-2201.

➤ **Disability.gov** is the federal government website for providing information about disability-related programs: Visit the website at [disability.gov](http://disability.gov) and click on [housing](#) to find information on rental and housing assistance programs, help in finding a home or apartment, and programs for homeless veterans.

➤ **Center for Accessible Living** assists individuals with disabilities achieve their goal of living independently. They provide many services including housing assistance and transitioning from a nursing home, job training, personal care attendant program, independent living skills training, and a ramp-builders program.

Visit their website at [cal.ky.org](http://cal.ky.org) and then click on [services](#). Their phone number is 502-589-6620 or toll-free 888-813-8497. They also offer video phone at 502-413-2689.

There are many other agencies which provide housing assistance. The three that I have listed provide assistance in connecting you to the services that you need. They can save you time and frustration by pointing you in the right direction. If you know of any other agencies in our area that provide services to the disabled, please contact me.

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### *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. \*\**

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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.



..... from *Beverly's Kitchen*

Hope everyone had a wonderful Memorial Day! Below is a delicious recipe to make during this summer grilling season.

### LEMON-GARLIC CHICKEN

1/4 cup confectioners' sugar  
3 tablespoons honey  
grated peel and juice of 1 lemon  
1 tablespoon extra-virgin olive oil  
8 cloves garlic, grated  
4 large chicken legs, patted dry  
salt and pepper

1. You may use your grill. But, if you prefer to bake, preheat the oven to 450 degrees.
2. In a small bowl, whisk together confectioner's sugar, the honey, lemon juice and olive oil.
3. In another bowl, stir together the garlic and lemon peel.
4. Place the chicken in a greased 9x13 inch baking dish. Using your fingers, spread the garlic mixture underneath the chicken skin. Rub the chicken all over with the honey mixture. Season with salt and pepper and arrange in a single layer.
5. Cover the pan with foil and bake for 15 minutes. Then, turn the chicken, cover the pan, and roast for 10 minutes more.
6. Uncover and roast until golden, 10 to 12 minutes.

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*Krafty Kids* ..... by *Beverly*

Below is a great gift for young children to give their dad for Father's Day:

**"DAD ROCKS" PAPERWEIGHT: FATHER'S DAY CRAFT**  
2 hrs. 40 mins.

### SUPPLIES

- ¼ cup salt
- ½ cup flour
- ¼ cup water
- bowl
- cookie sheet
- ½ cup pea gravel



### DIRECTIONS

1. Preheat oven to 250 degrees F.
2. Mix flour, salt and water together in a bowl. If dough is too sticky, add small amounts of flour until it is doughy and pliable. Be careful not to add too much as the dough will dry out and your creation will crack.
3. Shape a piece of the dough into a ball in your hands. Place the ball on the cookie sheet and flatten to about ½" thickness.
4. Carefully select pieces of pea gravel to spell out "DAD ROCKS". Press them firmly but gently into the salt dough.
5. Bake your paperweight for 2-2.5 hours until completely dry.
6. Remove from oven and allow to cool before handling or removing from cookie sheet.
7. Optional: You can spray your creation with acrylic sealer or paint it with a clear coat seal.

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# UPCOMING EVENTS

## MEETINGS:

**June 20th, Mon.** – 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN in the Conference Room.

**June 25th, Sat.** – 2:00 - 4:00 pm at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2B. We will have a guest speaker at this meeting. LaDonna Frantz, a Board Certified Naturopathic Doctor and Registered Pharmacist, will be talking to the group about building better health through the use of natural foods, herbs, and lifestyle. This is a wonderful opportunity for you to learn more on these subjects and to have your questions answered. Amputees, family, friends, caregivers, and healthcare professionals are encouraged to attend this informative meeting.

**ANNOUNCEMENT – Our Annual Meeting and Election of Officers will immediately follow the June 25th meeting. Please plan on attending and having your voice heard. Our financial statements, minutes of past meetings, and other documents will be available. We will begin at approximately 3:30 and should be finished by 4:30 pm.**

## EVENTS:



**June 20th, Mon.** – McKeever's First Ride will be held from 10:00 am - 1:00 pm at Blue Willow Farm, 4400 Delaney Ferry Rd., Versailles, KY. This is a therapeutic horseback riding clinic for amputees and their families. The clinic is being sponsored by Kenney Orthopedics and Keeneland. This event is free of charge and to register please call Alex Barnhart, Director of Marketing for Kenney Orthopedics at **859-509-8032** or register online at [opafonline.org](http://opafonline.org). For more information, contact Alex or visit our website at [ampmovingforward.com](http://ampmovingforward.com).

There are many other events being planned, including:



**July 10th, Sun.** – MOVING FORWARD will host a Pie & Ice Cream Social at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY, from 2:00 - 5:00 pm. Mike and Sue Portman will once again be making some of their delicious homemade ice cream and there will also be entertainment and games. We will be on the 2nd Floor and an elevator is available. Parking and the entrance are in the rear of the building. There is no admission for this event, but if you would bring a pie or your favorite ice cream topping, it would be appreciated. More information will be in the July newsletter and on our website.

- ❖ A Belle of Louisville Cruise
- ❖ A trip to Churchill Downs and the Kentucky Derby Museum
- ❖ A Fall picnic

MOVING FORWARD's monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

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## TEST YOUR KNOWLEDGE ANSWERS (from Page 2)

DEPENDABLE, ENDEARING, ADMIRABLE, RESPONSIBLE, OLDER BUT WISER, LOVING, DEDICATED, DETERMINED, ATTENTIVE, DELIGHTFUL

THESE ARE ALL TRAITS THAT MAY COME TO MIND WHEN WE THINK ABOUT DEAR OLD DAD.

# J'm Moving Forward . . .

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

Philip Randolph "moving forward" by helping to take care of his niece Scarlett & by being the best uncle he can be.



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

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## June is Men's Health Month!

### The Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis. Research shows that:

- men do not see physicians for a physical exam nearly as often as women
- men are dying of the top causes of death at higher rates than women
- men are more likely to be uninsured than women
- approximately 30,000 men in the US die each year from prostate cancer

Find events in your area by checking the Men's Health Calendar at: [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

Want some interesting and fun things to do during Men's Health Month? Visit us at: [www.menshealthmonth.org](http://www.menshealthmonth.org)

**Men's Health Network**  
 Men's Health Network (MHN) is a non-profit educational organization made up of physicians, researchers, public health workers, individuals and other health professionals.

MHN was founded in 1992 by a group of health professionals and key thought leaders interested in improving the health and well-being of men, boys and families.

IN HONOR OF OUR FATHERS . . .

Father's Day Humor



Donald Sullivan,  
Belinda's father



Albert Brewer,  
Julie's father &  
Philip's grandfather



CONTACT INFO



Call for meeting times & locations!  
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Wallace Napier,  
Beverly's father

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