



## NEWSLETTER ♦ 44th Edition ♦ Apr. 2017

### SPECIAL "LIMB LOSS AWARENESS MONTH" EDITION

## **MOVING FORWARD** FEATURE

### WHAT CANCER HAS TAUGHT ME ABOUT SHOWING MY METTLE

— BY BELINDA

It's April and once again as I have done for the past few years, I will be writing this column about "Show Your Mettle" Day. Each year the Amputee Coalition designates one day in April as a day that amputees are asked to show their mettle in public places to raise awareness of the limb loss community. We are asked to show our **mettle**; meaning our prostheses, wheelchair, walker, or scooter; as a way to show our **mettle**. The word mettle is defined as "showing one's courage or strength of character in the face of adversity".

In the past 8 years, I have had many occasions to show my courage in the face of adversity. For those of you who do not know, I have battled cancer multiple times and endured the loss of both parents. Each time, I would pick myself back up and move forward, determined to show my courage.

I remember at our group picnic last October, I tripped on a wire and fell. One of our members jokingly said to me, "You're our leader; you're not supposed to fall." I answered, "Yes, I did fall, but I got right back up, didn't I?" At that point, I began to think differently about courage. I asked myself, "Does a leader have to be constantly strong and show no weakness?"



During the next few weeks, as I found that my cancer had once again returned and with a vengeance, I came to realize that this time I wasn't going to be able to just pick myself up and get back to my life. I began to feel angry at myself for not being strong enough. For the first time in my life, I felt totally weak and vulnerable. In the past years those feelings would arise, but I would push them to the side. This time I realized, there was no escaping those feelings. I had to learn and am still learning how to deal with them.

What I have begun to accept is that I should not be ashamed to show my weakness, because it is in these times of weakness that I can show my greatest courage. People need to know that they don't have to be strong all the time. Sometimes it's okay to admit that you are afraid. We all have doubts and fears. Walking into the cancer

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## AMPUTEE COALITION

### Limb Loss Awareness Month (LLAM)

The Amputee Coalition has named April as National Limb Loss Awareness Month. By creating events such as Hill Day, securing 42 state proclamations and federal recognition, and celebrating "Show Your Mettle" day, we've brought more awareness to the limb loss and limb difference community.

In 2017, building education and awareness is still important – but we also want to celebrate the community as a whole. The stories we hear every day reflect passion for life as well as determination to face challenges, large and small. (And a good sense of humor!)

With that in mind we want Limb Loss Awareness Month 2017 to be the most powerful yet. You can participate in many ways, helping to turn up the volume and shining a spotlight on the real life issues and accomplishments of the limb loss and limb difference community.

In 2017, we want to expand the stories that are told to reflect the breadth of the community we serve. Moms, dads, grandparents, kids, from all across the country and around the world, we want to hear your voice! Stay in touch with us via newsletter and by checking our website and social communities and explore the following:

1. View details on attending [Hill Day](#), April 25/26, or call [888.267.5669](tel:888.267.5669) for details on attending.
2. Follow and share social media content to spread the LLAM message – [download our toolkit!](#)
3. Consider reaching out to speak at local civic groups, churches, city business associations and schools to speak about limb loss.
4. On April 29, [#ShowYourMettle](#). Share photos (use the hashtag!), order the T shirt, and show your spirit.
5. Let us know what you are doing! Email [AMPLIFY@amputee-coalition.org](mailto:AMPLIFY@amputee-coalition.org).
6. Please [let your elected officials know you support declaring April Limb Loss Awareness Month!](#)

If you can't join us in Washington D.C. on April 26, we'll let you know how to speak up from wherever you are. Be sure to [sign up for our e-newsletter](#), just write "Newsletter" in the question [box](#) list to stay up to date on the policy, legislative, and insurance, education, and tools we are adding to our arsenal!

#### April Is Limb Loss Awareness Month

Each day, more than 500 Americans lose a limb; the Amputee

— Continued on Page 2 Column 2 —

## WHAT CANCER HAS TAUGHT ME ABOUT SHOWING MY METTLE (cont'd)

center each time to get my chemotherapy treatment and knowing how ill and weak that it will make me is probably the most courageous thing that I will ever do. While I sit in the waiting area, I often look around at the other people in the room. Some are younger than I, some are older, some are just beginning their journey with cancer, while others are nearing the end. Sometimes we share our stories. Some stories have happy endings. Others do not. I have a lot of time to contemplate things during these visits. I have learned that physical weakness may sap our strength, but it can build our courage and strength of character. By being willing to let others see not only our strengths but also our weaknesses, we can begin to truly show our mettle.



## QUOTE OF THE MONTH

Life brings sorrows and joys alike. It is what a man does with them - not what they do to him - that is the true test of his mettle. — President Theodore Roosevelt

## SPECIAL ANNOUNCEMENT

As part of our Limb Loss Awareness Month activities, we are honored to have two very special guest speakers during the month of April.

Guest speaker at our Sat., April 22nd meeting, which will be held from 2:00 - 4:00 pm at Baptist Health in Louisville, will be newly elected Kentucky State Representative Al Gentry. He is a self-employed businessman and entrepreneur who has deep roots in the community and an extensive non-profit and public service resume. Gentry is 51 years old, and is a graduate of Bishop David High School and the University of Louisville. While in graduate school at the University of Kentucky, Gentry lost

his arm at age 28 in an accident, working as a hydrogeologist for an environmental consulting firm. He did not let his disability stop him, however. He continued with his business career, while dedicating himself to organizing and leading efforts for the disabled. Gentry is a founder of the North American One-Armed Golfer Association and served as the organization's first president for six years. He is a past president of the Pleasure Valley Lions Club and helped to create the Hand-for-Heroes Program, which teaches our country's permanently disabled veterans the game of golf.

You won't want to miss this opportunity to hear his story and to discuss issues of importance to the amputee community. Following the meeting, the group will be dining at O'Charley's Restaurant at 962 Breckenridge Lane for those who would like to attend.

At the Indiana meeting held on Mon., April 17th, from 6:30 - 8:00 pm at Southern IN Rehab Hospital, Bill Titus will be speaking about his life since becoming a quadrilateral amputee. His determination during his recovery and his desire to help others will be an inspiration to all who hear his story. He is a member of *MOVING FORWARD*, is very active with Canaan Christian Church, and holds Bible studies at various rehab facilities in Louisville. A light meal will be served at this meeting.



## Limb Loss Awareness Month (cont'd)

Coalition is the leading [national organization](#) working to ensure that amputees do not go through this journey alone. April is Limb Loss Awareness Month, and for April 2017 the Amputee Coalition has numerous ways for you to get involved.

### View and Download our new infographic and spread the word about limb loss!

This April, be sure to Show Your Mettle in your own way. Limb Loss Awareness Month is all about raising awareness about the limb loss community and empowering people affected by limb loss to achieve their full potential. Together, with your help, we can make this April a powerful nationwide movement to raise limb loss awareness!

If you have any questions regarding organizing a fundraiser like a walk/run/roll, or suggestions for other ways to get involved, please do not hesitate to [contact us](#). Together we can make a difference!

## I'm Moving Forward . . .

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



Bill Titus sporting his myoelectric hands and his new C-legs. He was able to walk 40 feet at his latest physical therapy session!! We are so proud of him for his determination to keep *moving forward!!*

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

## 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. \*\***





## 2017 AC National Conference News

Some members of *MOVING FORWARD* took part in making two videos for the upcoming 2017 Amputee Coalition National Conference. The first video includes scenes from the Galt House Hotel. We wanted to show not only the beauty and features of the hotel, but also its accessibility.



The second video included scenes taken while touring attractions along Main Street, which are all just a short distance from the hotel. A tour included the Kentucky Science Center, the Louisville Slugger Museum, the Frazier History Museum, and the Muhammad Ali Center. Once edited, the video will be posted on both the Amputee Coalition website at [amputee-coalition.org](http://amputee-coalition.org) and on our group website at [ampmovingforward.com](http://ampmovingforward.com). We are hoping to get it completed and posted to the websites in April. A special thanks goes out to Mike Portman for filming the video and his grandson Kaleb Barbour for working on the editing. It was a fun project and we are excitedly waiting to see how it turns out. *MOVING FORWARD* looks forward to being the host city for the conference and is working to encourage attendance and to show off our beautiful city!

**\*\*NOTICE:** The deadline for applying for one of the Amputee Coalition scholarships to attend the conference is April 17th. The AC scholarships include the registration fee, a room at the Galt House Hotel, and some transportation fees. For more information on the available scholarships, please visit their website. Also, if you want to be included in the peer visitor training course, you are encouraged to apply soon. The application is available on the AC website.

If you are an active member of *MOVING FORWARD*, the group is providing scholarships to cover the registration fee for group members with financial need. The application is available on our website or you may call Belinda for additional information (see **CONTACT INFO** page in this newsletter).

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## SPOTLIGHT – by Belinda

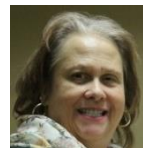
Each month, we shine our **SPOTLIGHT** on a group member or a special organization. *MOVING FORWARD* is proudly providing scholarships to active group members with financial need to attend the 2017 Amputee Coalition National Conference. This will give them a wonderful opportunity to gain knowledge and to meet others with limb loss from all over the world. I am excited to announce the next 4 winners and share with you their answers to "Why I want to attend the 2017 Amputee Coalition National Conference."

*Sharon Morehead* - "I would like to attend the conference to gain knowledge of living with limb loss and to meet other amputees. I also want to take part in the peer visitor training."



*Ollie Gentry* - "I would like to learn more about above-the-knee amputation and to find ways to make things that I do on an everyday basis easier. I want to visit the exhibits to learn about new products and what's available in physical therapy. I'm interested in finding ways to stay mentally strong and more positive. I look forward to meeting wonderful people from other cities and states."

*Debbie Troutman* - "I would like to meet people both locally and nationally to get their suggestions on improvements with newer technologies and techniques. Advancements in limb loss can be limitless and achievable with the right knowledge base. Finding the right support is key to living a more productive life. I am a retired nursing instructor and was very passionate about teaching nursing, as I will be very passionate about teaching others what I learn at the conference."



*Doris Jones* - "After losing my right leg to MRSA, I thought my life was over and wanted to give up. I started coming to the *MOVING FORWARD* group and it has been wonderful meeting other amputees and learning from them. I want to go to the conference to learn even more and to see what other amputees are doing in their lives."

Be sure and check out our **SPOTLIGHT** column next month for more scholarship winners!!

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## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 4 MONTHS

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

"I think it would be cool to meet new people and learn more about prosthetics."

– Chuck Messer





— by Belinda

This month, I am going to discuss **anxiety**. According to the Oxford dictionary, the definition of anxiety is: a feeling of worry, nervousness, or unease. Honestly, with the fast paced world that we live in, we all deal with anxiety on a daily basis. Sometimes, though, anxiety can become overwhelming and begin to cause us to limit the way we live, and this is when it goes from being a normal response to a problem that we need to contend with. As you know, I am not a doctor or a psychiatrist, but by doing some research, I have found some effective ways that may help on those occasions when you feel your anxiety is spinning out of control. To me, I think that those three words "out of control" are the key. If we can find a way to feel as though we are regaining that control, the symptoms that we fear may be lessened.

Many of the worst anxiety symptoms, such as dizziness, shortness of breath, or nausea, are triggered by a CO<sub>2</sub> imbalance due to improper breathing. We begin feeling a little anxious and start feeling as though we are not getting enough air, so we start taking deeper and quicker breaths. This actually makes the problem worse by causing us to hyperventilate. Instead, try "4/7/8 breathing". With this technique, you begin by inhaling through your nose for 4 counts, hold for 7 counts, then exhale through the mouth for 8 counts. Repeat this breathing cycle 3-4 times, and you should begin feeling more relaxed.

During periods of anxiety, your body is filled with adrenaline which makes us feel jumpy or restless. If you begin feeling this way and you are somewhere that you can get up and move, try walking around to use up some of that energy. If you are in a confined space, try just tensing and releasing some of your muscle groups; such as your hands, your feet, your shoulders, etc. Some people have found a certain scent provides a calming effect, and they carry a bottle of essential oil (ex: lavender) with them. You may try sprinkling a little of the oil on your hand or arm while you do the breathing technique.

Other individuals have had success by using affirmations when feeling anxious. An affirmation is a phrase that you say to yourself to make yourself feel better. It could be something like repeating: "I am okay," or "I won't let my anxiety control me," or "Stay calm; this will pass." Visualization also works for some. You close your eyes for a few moments and visualize yourself in a calming place. For me, this always includes the sound of water. I visualize myself sitting beside a waterfall or by the ocean with lapping waves. These are all ways to find some relief when you are already in an anxious setting. They are ways to help you to relax and to begin feeling that you are regaining control. They help you to resist the need to get up and run away from the situation, which only tends to make it more difficult to cope with the next time it happens.

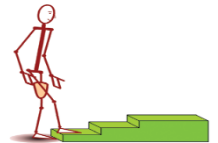
While researching for this article, I did find some ways to help to alleviate your overall anxiety level. Of course, we have heard many of them before; such as getting plenty of sleep, eating healthier, avoiding caffeine, exercising regularly, or finding a hobby that you enjoy. All of these are great ways to improve your health, but I did run into a few other suggestions that I found interesting. One of these was to listen to good "mood" music. Not just music that you enjoy, but music that makes you feel more relaxed. This could also work in those situations where your anxiety is getting the best of you. You could sing the song in your head to trigger a relaxation response. Another one that I found of interest was practicing desensitizing yourself to the unwanted symptoms of anxiety. With this method, you practice by making yourself dizzy by spinning around in a chair or raise your heart rate while running in place, and then use some of the relaxation techniques to try to calm yourself.

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## LET'S GET MOVING! — by Belinda

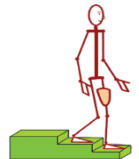
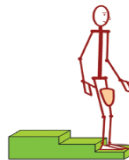
After the cold winter months and with spring in the air, it's a wonderful time to start venturing out into the world again. You may want to visit the zoo or a park with your grandchild, go to one of our many museums in the area, or maybe a vacation is in your future. Whatever you fancy this spring and summer, as an amputee, we sometimes face obstacles. In a perfect world there would be no obstacles, but as we have discovered in the real world, there are. The words handicap accessible don't always mean totally handicap accessible. Sometimes that elevator, escalator, or ramp is nowhere in sight. This is when we are confronted with the dilemma to not do something that we want to do or to face that staircase. I have included the following information from the International Committee of the Red Cross ([www.icrc.org](http://www.icrc.org)) on how to ascend and descend a staircase. Remember, safety always comes first. If you are having difficulty with stairs, it may benefit you to schedule an appointment with a physical therapist for some additional training. So come on everybody, let's venture outdoors and **let's get moving!!**

When climbing a staircase, start with the sound leg.



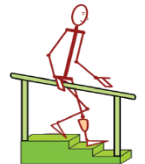
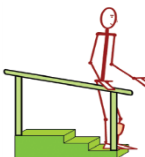
Follow with the prosthetic leg.

When descending, start with the prosthesis.



Follow with the sound leg, which comes to rest next to the prosthesis.

Descend the stairs by placing the heel of the prosthesis on the edge of the first step down.



Step through onto the next step with the sound leg coming to rest next to the prosthesis.



## 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 6.

LDDFISFOA    \_\_\_\_ ( ) \_\_\_\_\_  
 USPILT    \_\_\_\_ ( ) \_\_\_\_\_  
 RUCCOS    \_\_\_\_ ( ) \_\_\_\_\_  
 OOGWDDSO    \_\_\_\_ ( ) \_\_\_\_\_  
 ENAISSP    \_\_\_\_ ( ) \_\_\_\_\_  
 SDEDUBR    ( ) \_\_\_\_\_  
 YTHASNCI    \_\_\_\_\_ ( )

SPRING \_\_\_\_\_ ARE LIKE A FRESH BEGINNING.



## Q & A (cont'd)

I will end on the "Let It All Out" approach. On a day that you feel like your anxiety is just too much to handle, you find a way to let it out. Try punching or screaming into a pillow, or throwing stuffed animals (or something else that isn't breakable or will cause damage), or if you are in a private place, try actually screaming at the top of your lungs. Sometimes we need to release those pent up emotions. You may feel silly when you're done and you may even end up laughing, which is another good way to relieve day-to-day stress. With all the seriousness of the world today, and all the physical and emotional battles we must fight in our recovery process, laughter is one of the first things that becomes missing in our lives. Laughter is a great gift, and one that we should strive to keep. After all, it's pretty hard to feel anxious when you're laughing!

References: webmd.com calmclinic.com

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## JUST A TOUCH OF HUMOR



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## GREAT NEWS!!

Due to the success of our "March Madness" Chili Supper, *MOVING FORWARD* was able to make a donation of \$300.00 to the Amputee Coalition Paddy

Rossbach Summer Youth Camp!! This camp provides an opportunity for children ages 10 - 17 with limb loss or limb difference to learn new skills, gain confidence, make new friends. They get to enjoy swimming, fishing, hiking, canoeing, rope courses, zip lining, and so much more. Most importantly, they get to be around others who are like themselves. They see that they are not alone. The benefits that they receive from attending the camp will last a lifetime!

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..... from Beverly's Kitchen

Here is a great option for a side dish for Easter dinner...

### HASH BROWN CASSEROLE

2 pounds frozen hash brown potatoes (thawed)

1/2 c. margarine, melted

1 tsp. salt

1/2 tsp. pepper

1/3 c. onion, finely chopped

1 can cream of chicken soup

2 c. Colby Jack cheese, shredded

Spray 9x13" baking dish with cooking spray. Combine soup, margarine, salt, pepper, onions and cheese. Mix in potatoes and pour into baking dish. Bake, uncovered, at 350 degrees for 35 minutes.



## MARCH RECAP

March was a busy and exciting time for *MOVING FORWARD*. We kicked off the month with our "March Madness" Chili Supper. We broke yet another attendance record with 72 people enjoying the fun event. Our judges, who were 3 Okolona firefighters, had a difficult task choosing the best from 19 pots of chili. The winner of the **Judge's Choice** was Wesley Barbour. Wesley kept the winning streak going for his family. His wife Jennifer was last year's Judges Choice Winner. The **People's Choice Award** went to Sharon Morehead. Both winners were awarded an apron which was made by group member Mike Portman. The meal of chili, hotdogs, and an endless choice of different desserts was enjoyed by all. A raffle was held for a chili pot full of useful items which was designed by Stacey White of "Wrap It Up". The winner was Mindy Christian.

All the children in attendance received a special prize for being "Our Biggest Fans". The "Best Dressed Fan" award this year went to 7-year-old Reid Hester who was decked out in Kentucky Wildcat gear. He received a medal and an apron, which was way too large for him. He said that he would give it to his mom. A sports trivia game was played with 3 players being drafted to play in the game and then they in turn got to draft a partner. The teams consisted of Lisa and Lou Grey, Mike Barrett and David Skidmore, and Billy Parker and his brother David Parker. It was an extremely close contest, but the winning team was Mike Barrett and David Skidmore. They won by a narrow 1 point margin. The winners, along with bragging rights, got to choose their prize from a number of team items. The night concluded with Belinda playing some basketball games with the children in attendance while the adults socialized and made new friends.

At the IN meeting at SIRH, group members discussed how sometimes it is difficult to communicate our needs to our family members and caregivers. Belinda talked to the group about the need for listening by both the amputee and the caregiver. She told of how we as amputees are not always looking for an answer to our problems, but sometimes just need someone to truly listen when we voice our concerns or frustrations. We must remember, though, that our caregivers are going through this process with us, so we must be willing to listen to them as well. We also talked about the advancements in 3-D imaging and how this is allowing individuals to design and make their own prosthetic devices. This provides an economical way for amputees in third-world countries, as well as for people with no insurance or limited coverage policies, to be able to receive a prosthetic device to help them to better function in their daily lives.

The KY meeting held at Baptist Health was a very memorable meeting for those in attendance. A special guest was on hand to present an award to the group. More details will be released later this month, so be sure and visit our website and check your emails. You won't want to miss it!! The full story will be covered in our May issue.

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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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## UPCOMING EVENTS FOR LIMB LOSS AWARENESS MONTH

### MEETINGS:

Wed., April 12th, from 6:30 - 8:30 at Harrison Co. Hospital, 1141 Hospital Drive N.W., Corydon, IN, in the Baumgart Room near the cafeteria. This will be our first meeting at this location and is going to be an introductory meeting including members of our group, staff members from the hospital, and amputees from the community. We plan to discuss with them what our group has to offer, including our Peer Visitor Program, events, monthly newsletter, Facebook, website, and Amputee Coalition information. **MOVING FORWARD** will hold quarterly meetings at HCH beginning on August 16th. We look forward to beginning this new endeavor and reaching out to more individuals living with limb loss in our area. Snacks will be provided.

Mon., April 17th, from 6:30 - 8:00 p.m., at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room. Guest speaker at this meeting will be Bill Titus. You won't want to miss Bill's inspirational message about living with quadrilateral limb loss. Please see **SPECIAL ANNOUNCEMENT** pertaining to our April meetings in this newsletter. A light meal will be served at this meeting.

Sat., April 22nd, from 2:00 - 4:00 p.m., at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2G. Newly elected KY State Representative Al Gentry will be the featured speaker at this meeting. Group members will be dining at O'Charley's Restaurant following the meeting. Please see **SPECIAL ANNOUNCEMENT** pertaining to our April meetings in this newsletter.

### APRIL EVENTS:



Fri., April 21st, **MOVING FORWARD** will be taking part in a Health/Info/Fun Fair at the Crawford Co. 4-H Fairgrounds in Marengo, IN (on Hwy. 66 across from the high school). The event lasts from 8:30 am - 1:00 pm.

Sat., April 29th, "Show Your Mettle Day," **HealthSouth** is sponsoring a very special event at Elizabethtown Community Technical College, 600 College Street Road in Elizabethtown, KY. They will be showing a free screening of the documentary movie **Travis: A Soldier's Story**. This is the story of U.S. Army Staff Sergeant Travis Mills of the 82nd Airborne and how he was critically injured on his 3rd tour of duty in Afghanistan by an IED while on patrol, losing portions of both legs and both arms. Travis's story sheds light on the daily inward and outward struggles of our wounded veterans and the difficult rehabilitation that they face. Travis's openness and incredible perseverance will challenge us to look at the way we deal with our own personal trials in life. The film will begin at 1:00 p.m. Prior to the film, there will be informational booths available. Popcorn and soft drinks will be provided. We encourage you to attend this inspiring event. We will post driving instructions on our website at [ampmovingforward.com](http://ampmovingforward.com) and have them available at our April meetings. If you are interested in "ride sharing" to the event, please contact us.

### MAY EVENT:



Thu., May 4th, Louisville Prosthetics has once again invited our group to attend a picnic and Kentucky Derby Pegasus Parade viewing at their office at 742 E. Broadway. Plan on arriving between 3:30 - 4:30 p.m. (Broadway closes to traffic around 4:30). There is plenty of parking available in their lot. The picnic will begin at 4:30 and the parade starts at 5:00. Drinks and sandwiches will be provided. If you could bring a covered dish, it would be appreciated.

## ZUMBA CLASS

Kelly Reitz will be offering a Zumba class on Sat., April 22nd, from 6:00 - 7:00 pm at St. Luke Catholic Church in Louisville. This first class is free and you may contact Kelly for further details.



## Krafty Kids .... by Beverly

This is a cute and fun Easter craft for the little ones to create. Have fun!

### Easy Easter Peeps Bird Nests

The ingredients are simply mini marshmallows, butter, vanilla extract and dry chow mein noodles. You can fill the nests with any type of candy your heart desires.

The nests were super simple to make. Yield: 10 nests

### Ingredients:

- 3 cups mini marshmallows
- 3 tablespoons unsalted butter
- 1/2 teaspoon vanilla extract
- 4 cups dry chow mein noodles
- small decorative candies (Peeps chicks, jelly beans, chocolate eggs, etc.)



### Instructions:

1. In a medium saucepan over low heat, melt the marshmallows and butter. When melted together, stir in the vanilla extract and chow mein noodles.
2. Line a cookie sheet with parchment paper or a silicone baking mat.
3. Let the mix cool slightly, and then coat your hands with cooking spray or a little butter.
4. Grab a small handful of the chow mein mixture and form it into a ball. Then press your thumbs into the center to hollow it out and create a nest shape. I found that forming the balls fairly tightly to start and then hollowing out the center was the easiest way to achieve a bird's nest look.
5. Allow the nests to cool and then have fun decorating with the candy of your choice!



## CONTACT INFO



**MOVING FORWARD Support Group**

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502-509-6780 • [ampmovingforward.com](http://ampmovingforward.com)

Facebook: **Moving Forward Limb Loss Support**

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### FUN WITH WORD SCRAMBLES (from Page 4)

DAFFODILS, TULIPS, CROCUS, DOGWOODS, PANSIES, REDBUDS, HYACINTHS

SPRING FLOWERS ARE LIKE A FRESH BEGINNING.

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