



NEWSLETTER

107th Edition July 2022

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 NOTES

- by Elaine Skaggs

HOT! HOT! HOT! I know that it's summer, but I can't remember it being this hot this early in the season in recent memory. I hope everyone is making do with some of the remedies for sweating in the issue last month. However, the weather is not the only HOT thing going presently. The Moving Forward Limb Loss Networking and Social Group is moving and shaking as we finalize preparations for our 10 Year Anniversary Celebration. If you've missed the news, we will be holding the party at St. Luke Catholic Church, 4211 Jim Hawkins Drive, Louisville, 40229 on July 9th from 5 pm to 9 pm, and the cost to attend is \$10 per person. The caterer is secured, the DJ has been hired, and the decorations purchased and ready to put up. We'll have a raffle, and a photo station set up so that you can capture your own memories of this momentous occasion. The event is open to all amputees, caregivers, family and friends, but please be sure to RSVP by calling Kelly Grey-Parker, Elaine Skaggs, or Mike Portman, so that we can be sure to have food for everyone. And don't forget your dancing shoes!!

Our regular monthly meetings were held at SIRH on June 20, and at the Okolona Firehouse on June 25. We had a time of introduction at the Louisville meeting, and met 2 of our new members, James Johnson and his caregiver Monica Able. We are so happy to welcome these 2 into our group and look forward to getting to

know them.

One of our members, Scott Lee, who is a PT in southern Indiana, is holding Amputee Boot Camp once again, beginning on July 9 and running through July 30. The sessions will take place at 10:00 am at 2303 State Street, New Albany, IN. The sessions run about an hour, the regular cost for each is \$25.00, however if you are a first timer, your first session is FREE! If you have questions about the boot camp, you can check out the Facebook page, or contact Scott by phone or text at (502) 409-3201, or by email at amputeebootcamp@gmail.com. I highly recommend Scott's classes if you want to improve your gait or balance, strengthen your core, or just feel better, he and his wife Liz are experts in the field of physical therapy.

Catalyst Sports will be holding the Adaptive Climbing Tour on July 9 in Louisville, at Rocksport Climbing, 10901 Plantside Drive, Louisville, 40299. This will be a great opportunity to learn more about adaptive rock climbing. You must register by going to the website www.catalystsports.org/adaptive-climbing-tour to attend. If this is your first time registering for an event you will need to first create an account once you are at their website.

We are looking forward to new events that are still in the planning stages, one of which is having restaurant

outings again. If you have suggestions about where to go, or ideas for any other events we might do as a group, please don't hesitate to make suggestions to the officers, we are always looking for new ideas.

Please join us on Sunday, July 31, 2022, for a trip to TRAIL Therapy Horses in Simpsonville, Kentucky, to learn a little about horses, ride horses, and have some lunch together. If you plan on attending this FREE event you will HAVE to RSVP!!!! Transportation is NOT provided. Contact Kelly, 502-235-3146, or Elaine, 502548-6419, to RSVP or on Facebook via the events link within our group.

Address to TRAIL Therapy Horses, 4090 Webb Rd, Simpsonville, KY 40067.

Here is a little more info about Nathalie Green and her farm, TRAIL Therapy Horses. Therapeutic horseback riding located in a peaceful 43 acres farm with an indoor arena and miles of trails just minutes from Louisville.

Nathalie Green Director 502-876-7844

The program develops horsemanship by providing lessons in caring for the horses and their equipment before moving on to the activities on horseback. The care of and relationships established with horses inspire confidence and responsibility. Riders learn balance and coordination while receiving deep muscle stimulation not reached through conventional therapy. Other benefits of this educational and enjoyable experience include improved risk taking, development of patience, emotional control, and self-discipline.

Our regular monthly meetings will be held on July 18 at Southern Indiana Rehab Hospital at 3104 Blackiston Blvd, New Albany, IN 47150, from 6:00 pm to 7:30 pm; and since the elevator repairs have been completed, we will once again hold the Louisville meeting on Sat, July 23, at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219.

With July 4th, commonly called Independence Day by Americans, only a few days away, I discovered a brief timeline of events leading up to the day that the American colonies gained their freedom from British rule. Although most of us learned about these historical events in school, I'm sure a lot of us have forgotten about a few of them, or at least the details involved in them. We oftentimes get so caught up in the celebration, we forget what we're celebrating, and take our freedom for granted. So let's take a quick history lesson, and following that we'll look at some

traditions that are the basis of our celebrations.

Independence Day timeline

1763–1773 - A Taxing Time Britain's King George III subjects colonial America to harsh taxes and laws, which benefits the Crown, not the colonists.

1765 - Stamp Act British Parliament's so-called Stamp Act taxes the colonists on any piece of printed paper including newspapers, legal documents, ships' papers, and even playing cards.

1770 - Shots Heard British soldiers fire shots that kill 47-year-old Crispus Attucks, the first American and black man to die along with three other colonists in the Boston Massacre.

1773 - Boston Tea Party Disguised colonists take over a British ship and dump all the British tea overboard to avoid paying the taxes for it.

July 4, 1776 - Declaration of Independence After spending two days on revisions, the Continental Congress approves the historical document's final wording.

1941 - Declaration of a Holiday Independence Day becomes a federal holiday.

1950 - Establishing Independence Day Traditions Barbecues, parades, flag-raising ceremonies, and fireworks become the norm on Independence Day.

1976 – Bicentennial Americans celebrate the country's 200th birthday — the U.S. Mint issues a special Bicentennial quarter — with new designs featuring all 50 states.

INDEPENDENCE DAY TRADITIONS

I have discovered that American Independence Day parades are as old as the Declaration of Independence itself. By the summer of 1776, Americans celebrated the 'death' of British rule with mock funerals, revelry, and feasting. Americans still love to celebrate — and if you're seeking a truly authentic experience, there is a town called Bristol, in Rhode Island, that is the home of America's oldest Independence Day parade since 1785. You can watch fife and drum corps marching bands, cartoon characters, and celebrities in vintage cars in their holiday parade.

We all love to celebrate the day with food, breaking out the family recipes for barbecue chicken, ribs, and even tofu, as well as chili, zesty potato salads, and roasted corn on the

cob. It really just depends on what part of the country you are from, that determines what your traditional food choices might be. Anything from Louisiana gumbo to Maine lobster boils. And of course, we can't forget the pies and cakes, my own personal weakness. Independence Day is a day to get your patriotic grub on, no matter what's on the menu!

Fireworks originated with the ancient Chinese, spread to Europe, and later added colorful displays to early American Independence Day events. Both Boston and Philadelphia launched fireworks on July 4, 1777. John Adams told his wife, Abigail, that Independence Day

"ought to be solemnized with pomp and parade, bonfires and illumination." This year, among the chirps, whizzes, bangs, and booms, be safe and enjoy your Independence Day finale with a phantasmagorical fireworks display!

Bab's Bread and Butter Refrigerator Pickles

Ingredients

Original recipe yields 50 servings

- 9 cups 1/4-inch thick cucumber slices
- 6 (1 pint) canning jars with lids and rings
- 1 tablespoon pickling spice
- 1 tablespoon ground turmeric
- 3 cups distilled white vinegar
- 3 cups water
- 1 1/2 cups sugar
- 4 teaspoons sea salt

Directions

Step 1 - Divide cucumber slices among canning jars. Add 1/2 teaspoon pickling spice and 1/2 teaspoon turmeric to each jar.

Step 2 - Stir vinegar, water, sugar, and sea salt together in a large saucepan and bring to a boil. Cook and stir until the sugar and salt dissolve; cook at a boil for 2 minutes.

Step 3 - Carefully fill jars with brine to within 1/2 inch of the rim, covering the cucumbers completely. Discard any leftover brine.

Step 4 - Place the lids on the jars. Refrigerate at least 24 hours before serving. Store in the refrigerator for up to 6 months.

NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at:

ampmovingforward.com.

Ways to Donate to *MOVING FORWARD* Limb Loss Network & Social Group

AmazonSmile

Go to "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 at smile.amazon.com, the Amazon Smile 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 Network & Social 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"

Click on "View Details" (this will take you to a new screen to select our group)

Sign in or Create your account under box "I'm a Customer"

Search for "Moving Fwd Limb Loss Network & Social Group"

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 Network & Social 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 you Enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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