



NEWSLETTER ♦ 65th Edition ♦ Jan. 2019

Crushing Life's Barriers

— by Belinda

As you welcome in the New Year and the promise that it brings, it is not uncommon to contemplate the past year. For nearly all of you, I am sure that there were some good as well as some bad things that happened in your life. There were the births of children or grandchildren, special memories with friends or loved ones, new jobs or maybe retirement, and many accomplishments throughout the year which brought you much joy. You also may have experienced the loss of loved ones, financial problems, health issues, unpleasant memories, and problems in life that caused you much sorrow.

This is the time of year that many begin thinking of what goals they have for the future and examine whether the previous year's goals were reached. When thinking back on those goals, how many of them did you achieve? If you are like most people, probably not very many. Why is that? I recently read a quote which I will share with you: "A dream is just a dream. A goal is a dream with a plan & a deadline." — by Harvey MacKay

Many of us have a dream of something that we hope to have, but a goal involves not just hoping, but working to achieve it. So were your goals actually goals, or were they dreams?

If they were truly goals that you made some attempt to obtain, what stopped you from reaching them? I know that I am asking a lot of questions here, but we cannot find an answer if we do not first have a question (You can quote me on that one!). So once again, ask yourself, "What stopped me from reaching my goal? Why am I still not walking on my BK prosthetic leg? Why can I not dress myself with my myoelectric arm? Why can I not keep my blood sugar level under control? Why have I not been able to return to work? Why can I not get over the grief that I feel since losing my leg? These are all very legitimate goals that many people are able to achieve. So what is stopping me?"

Life would be so much easier if we could just reach out and grab what we need or desire, but as we know that's usually not how it happens. Instead we are faced by walls or sometimes mountains that we must climb to get where we want to be. Those walls and mountains are also known as barriers. Instead of having to climb over those barriers, let's learn to knock them down or to crush them out of our way. Imagine you're driving one of those HUGE monster trucks. You are in control! You are going to crush every barrier in your way to reach that object of desire! Oh no, here comes that 1st barrier and it's **putting off my goal until someday**. The problem with this is someday is not listed on the calendar. We only have Sunday through

— Continued on Page 2 Column 1 —



SPOTLIGHT

— by Belinda Jacobi

Each month in the SPOTLIGHT column, we shine our light on a group member or special organization. To kick off 2019, I was privileged to interview KY State Representative Al Gentry and will be sharing his plans for the current legislative session. Many of you had the honor of meeting Rep. Gentry when he spoke at our "Show Your Mettle Day" meeting in April, 2017. He had been newly elected and excited to begin representing District 46 which includes a portion of Jefferson County.

Al shared part of his life story with us at that meeting, including how he became an amputee at the age of 28, losing his right arm above the elbow in a workplace accident. He talked about feeling depressed and uneasy as to what his future might hold until he met another local amputee, Don Fightmaster. Don became his mentor and helped him to realize that he could still accomplish great things with his life. With Don's encouragement, Al picked up his golf clubs once again and became involved in one-armed golf tournaments. He went on to become the founder of the North American One-Armed Golf Association and helped to create the Hands-for-Heroes Program, which teaches our country's permanently disabled veterans the game of golf.



His entry into politics came partially due to the encouragement of another friend, former KY State Rep. Larry Clark. Rep. Clark had served as the representative of District 46 for 32 years and was planning to retire, and he was looking for someone to take over his seat that would be strong and passionate in standing up for the people of his district. He endorsed Al as the person for that job. When Rep. Gentry spoke to our group, he was preparing to go to Frankfort as a freshman legislator. He knew he had a lot to learn about the legislative process and has worked since that time to benefit not only District 46, but also all residents of Kentucky. On his website he states: "I am honored to serve the citizens of the 46th District in the Kentucky House of Representatives. I have been a strong voice for our teachers and schools, working families, small businesses, and disabled workers and veterans. As your State Representative and as a small businessman, my priorities will continue to be economic growth and putting people to work. I will work to improve education, protect teacher pensions, safety in schools, and making sure our future workforce is well prepared to fill our new jobs. I am a champion for the most vulnerable, including our seniors, people with disabilities, and any group vulnerable to discrimination."

While talking with Rep. Gentry, he discussed with me his plans for the coming year. He is very excited about his work to

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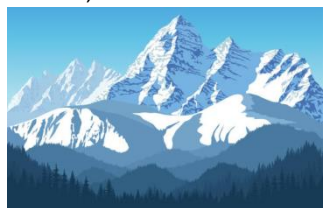
Crushing Life's Barriers (cont'd)

Saturday. I hear this one all the time, especially this time of year. "I'm going to wait until spring." Spring is several months away and there is a lot of muscle atrophy (loss) that is going on during that delay. To crush this first barrier you need to do it **today**.

Okay, Barrier 1 has been destroyed. Now in our way is Barrier #2, the old ***I'll do it when I feel better excuse***. We all have days that we don't feel well, and it is okay to give yourself an occasional free pass, but you know that a free pass every day is going to lead you nowhere. I recently was told by someone that she would start coming to our group meetings once she got things under control. That's entirely missing the point. ***Moving Forward*** is here to help you get those things under control so that you can get back to living your life. We've decided to tear up that free pass and we are on to Barrier 3 which is ***setting unrealistic goals***. "I've been in a hospital bed or wheelchair for 2 years but by this summer I will be out push mowing my yard." This goal might give you some short term hope, but it is highly unlikely that you will be able to achieve it, which will lead to Barrier 4: ***This is too hard and I can't do it***. Let's just crush Barriers 3 and 4 at the same time. For most of us (not including traumatic injuries), it has taken years for us to get into the state of health that we are in. Be honest with yourself and set realistic goals. You will feel much better when you reach them and will be encouraged to take that next step. After all, success breeds success! While I'm thinking of it, let's just go ahead and plow over Barrier #5: ***I'm too old to do this***. That's just not going to fly. I've seen people in their nineties using prosthetics. No, you're not going to do things as quickly or maybe as well as you might want, but the key words here are ***you are able to do things***.

Wow, we are doing great! We have crushed through Barriers 1-5. What's next? I'm starting to feel good about this . . . but what is that in the road ahead? It's Barriers 6 & 7, those enemies of success, ***fear and self-doubt***. "What if I fall and hurt myself?"

"This all seems way too complicated for me. I just can't do it!" For someone who has always had low self-confidence or been a self-doubter, this is a Mt. Everest and it's very hard for others to understand. Sometimes it's hard for me to understand, because I am the type of person who doesn't fear challenges. I always tell myself if someone else can do this, then so can I. For someone who believes that it is more likely



that they will fail than succeed, taking the first step and each following step on that prosthetic leg can be frightening. Sometimes it helps to redefine our definition of ***failure***. If it takes you longer to begin walking than the next person or you're still struggling feeding yourself with your prosthetic hand or you still need help with your transfers, this doesn't make you a failure. It makes you human. We all have things that we struggle with. The only time we fail in life is when we give up on ourselves and stop trying, and then you have failed yourself. So put that leg on, remind yourself that leg is a positive change that is going to allow you to function better. It is not going to hurt you. You can fall just as easily, if not more so, without it. Yes, it is going to take time and practice, but nothing in life worth having comes without a price.

That was a tough one, but we made it through. It should be a smooth ride to the finish now. This is unbelievable!! Up ahead the biggest obstacle of all – it's ***a big setback***. We blew a tire! As an amputee, a fact of life is at some point and maybe even at multiple points, you are going to have a setback. You're finally up and walking or you've learned to button that shirt, and then you look down and there is a sore or open wound, or it may be a problem with your

– Continued on Page 3 Column 1 –

SPOTLIGHT (cont'd)

assemble a bipartisan caucus of legislators to represent people with disabilities throughout the state of Kentucky. He says that he wants to keep politics out of it, and that making sure that people with disabilities receive the services they need and are treated fairly isn't a Democrat or Republican issue, that this is an issue that should matter to everyone. His hope is to open communication between legislators, disability service providers, organizations representing those with disabilities, and the disabled community. By providing a clear pathway of communication, people will know where to get the help they need or to have their questions answered.

Another project that Rep. Gentry is working on is his plan to introduce a bill that will provide insurance parity for prosthetic devices in the State of Kentucky. Many other states have already passed such laws, assuring that insurance companies cannot deny or impose caps on the coverage of prosthetics. Kentucky has no such law, meaning that insurance companies can impose incredibly low caps on the amount that they will pay for prostheses, or they can limit an amputee to one prosthesis per lifetime. The Amputee Coalition is working alongside Rep. Gentry on this matter, and his bill is currently being written to make sure that the wording covers the needs of the amputee population. He stated that before he submits the bill to the legislature, he would like our group to look at it for comments and suggestions. He is also counting on us to get the word out and show our support of this measure. He stated that he is not sure that the bill will be heard during the current legislative session, but he is hoping for later this year or in early 2020. He said that rather than try to rush something through that would probably be rejected, he prefers to make sure that he has it right and gives the bill a better opportunity to pass. He also feels that the formation of the bipartisan caucus for the disabled will alert more people to the needs of those living with limb loss, including the need for appropriate insurance coverage for prosthetic devices.

Moving Forward would like to thank Rep. Al Gentry for his work in support of those with disabilities and/or limb loss. We will be sharing more information about both the bill and insurance parity during the next few months. If you have a story to share about problems that you have faced with your insurance coverage for prosthetics, please contact us. See contact information in this newsletter. For more information on Rep. Al Gentry, visit his website: <https://alentry.com/>



GREAT NEWS!!

Due to an additional donation by Conway Community Church, we have set a new record for our Sock Drive for the Salvation Army. The



2017 totals were 1,101 pairs of socks, 59 pairs of gloves, and 32 hats. With this added donation our 2018 totals are 1,115 pairs of socks, 85 pairs of gloves, and 48 winter hats. ***MOVING FORWARD*** wishes to express our gratitude to the wonderful congregation at Conway Community Church in South Boston, IN. They are a small country church with a big heart! Their giving spirit is an inspiration to us all! Thank you to all who help collect and to those who donated. The homeless in our community will feel the warmth of this blessing during the cold winter months to come.



Crushing Life's Barriers (cont'd)

dialysis port, or poor circulation in your sound leg, or a flair up of a prior disease or a new one. Unless you are extremely fortunate, it is going to happen. Barrier #8 smacks you in the face. I have seen many amputees give up at this point. They abandon the monster truck and head back to that safety net, their bed or wheelchair. Many are forced to by the setback, but they choose to stay there even when the crisis is averted. How do you crush such an insurmountable barrier, especially when it might mean starting all over again? I'm sorry, but I don't have a one size fits all answer to this dilemma. For those of you who know me, you have seen me making my way over many, many barriers. What has helped me through are 2 traits that are normally considered negative. Those traits are anger and stubbornness. It makes me extremely angry that cancer is doing its best to take me away from my loved ones and people who need me. That anger triggers my stubborn streak that makes me do everything in my power to not let it win. You must have a compelling reason to continue the fight. What is your reason? You have young children at home or grandchildren and you want to play an active role in their lives. You have a spouse that you intend to take long walks with as you grow old. You have a fulfilling career that you plan to return to. There are too many things on your bucket list that are left to accomplish. Whatever your reason, now is the time to hold on to it as tightly as you can. Remind yourself constantly why you continue to fight, and then use that reason to garner the strength that you need to keep crushing those barriers and to keep on **moving forward**.

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## QUOTE OF THE MONTH

*You don't always get what you want  
or what you think you deserve.  
Instead you get what you work for,  
what you focus on,  
what you take action upon every single day.*

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KATE'S KITCHEN

Breakfast Muffins

These yummy breakfast muffins will get your morning off to a good start. They're packed full of protein!

- 1 pound breakfast sausage
- 1 medium onion, finely diced
- 15 large eggs
- Dash of Kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon chili powder
- 1 cup freshly grated cheddar cheese
- 1 medium green bell pepper, finely diced



Preheat the oven to 350. Grease muffin pan and set it aside. In a large skillet, crumble and cook your sausage and onions until thoroughly cooked. Set skillet aside to cool. Crack eggs into a bowl and add salt, black pepper, and chili powder. Whisk to combine. Stir in cheddar cheese and bell peppers. Stir sausage and onions into egg mixture. Fill each muffin cup with 1/3 cup of mixture. Bake until puffy, about 20-22 minutes. After they are out of the oven, they will start to flatten a little; this is normal. Cut around edge with a knife and pop out! Enjoy! Try them with mushrooms! Add more cheese! Maybe jalapeño?

PS: These freeze beautifully!

Amputee Coalition News



The 2019 Amputee Coalition National Conference will be held in San Antonio, TX, July 25-27th. People affected by limb loss from around the world will be gathering at the Marriott Rivercenter located on the famous River Walk. They will be there to take part in hundreds of educational sessions, hands-on clinics, and adaptive sports. While there, they will have the opportunity to see the latest in technology and to meet with doctors, therapists, prosthetic manufacturers, and prosthetists. They will get to hear and share stories with others living with limb loss. The conference provides a life-changing opportunity for amputees by providing them with education, motivation, inspiration, and the chance to make new friends. To register or to find out more about the AC National Conference, visit their website at:

<https://www.amputee-coalition.org/events-programs/national-conference/>. You can also find out about how to apply for a scholarship to attend the conference, peer visitor training offered there, and hotel information. We will provide the links to these sites on our website at ampmovingforward.com.



The Paddy Rossbach Summer Youth Camp will be taking place on July 8-13th at Camp Joy in Clarksville, OH. It is free for children ages 10-17 who are living with limb loss or limb difference. There is also a leadership camp provided for young adults ages 18-19 held during that week at the camp. In addition, applications are being accepted for camp counselors 20 years and older who have limb loss/difference. **Moving Forward** is proud to be a sponsor of the Paddy Rossbach Youth Camp. For additional information and applications go to:

<https://www.amputee-coalition.org/events-programs/youth-camp/>. This link will also be provided on our website.

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## Krafty Kids by Katie

### Two Ingredient Snow!

You will need:

- 1 lb. Baking soda
  - Shaving cream (I suggest using unscented and organic if possible)
1. Let the kids pour 1 lb. of baking soda.
  2. Spray shaving cream. Use a handful of it but you should experiment with it by starting to spray some and then adding as needed.



3. Let the kids 'knead the snow'. 'The snow' will start forming almost immediately. Probably best to throw down a big towel and set the bowl on it, then let the kids go in hands first! This can be messy!
4. Play! Build a little snowman! Use sand molds! Have fun but

**DO NOT EAT!** 😊

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DECEMBER RECAP

Moving Forward held its Christmas Party on Dec. 8th at the Okolona Fire Station. It provided us with a delightful way to get into the Christmas spirit. The fire station was beautifully decorated by the fire station's ladies auxiliary. The decorations included many lighted trees and a festive village scene. We began the evening with a delicious meal of pasta, pizza, breadsticks, salad, and desserts. After the meal, the children were overjoyed by the arrival of Santa Claus! Each child got to spend time visiting with Santa and received a gift. The room was filled with the



sounds of music provided by Frank & Jolene Curry and their newly formed band *Slago*. We also enjoyed music by some of our younger members including Abby Grey on the piano, Maggie Barbour singing, and Hannah and Kaelyn Skaggs on violins. Group members once again joined in on their unique rendition of *The Twelve Days of Christmas*. Our ornament exchange was held with those participating receiving a special memory for their tree. The night continued

with door prizes, games, pictures, socializing, and laughter. It was a very special night shared by some very special friends.

Our final activity for 2018 was the IN meeting held at SIRH on Dec. 17th. A short meeting was held, followed by attendees sharing in Christmas cheer. Some yummy holiday treats were served and we joined in playing a Christmas Movie Trivia game. After much laughter and a little friendly rivalry, the winning team consisted of Paul and Mindy Christian and their granddaughter, Madison Suell. The year ended the way it began, with a group of people joining together to help both themselves and others to continue *moving forward*. We encourage you to join us in 2019!

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## BELLARMINE UNIVERSITY COMMUNITY PARTNER PROJECT

The Bellarmine University Physical Therapy Dept. is once again offering a Community Partner Project for amputees. They have offered this program during the past few years and it provides a great opportunity for amputees to receive quality, individualized physical therapy at no cost to them. The project is under the direction of Professor Dennis Lesch, PT. Participants go in for an initial screening where they meet the students who are taking part and are given an assessment to see what their particular needs are for gait training. The goal of the program is to help amputees restore range of motion, strength, balance, and overall gait performance to improve their quality of movement. After the initial assessment, the students develop a rehabilitation program specifically for the amputee. You then go to Bellarmine once a week for 8 weeks to work with the students. After the 8-week program, the participants are reassessed to determine their progress. The program benefits both the amputees and students who participate. The first session will begin right away, but they will be accepting more participants throughout the next few months. If you would like more information about the project or would like to take part, please contact Abby Biggs by phone: 314-723-1796 or by email: [abiggs01@bellarmine.edu](mailto:abiggs01@bellarmine.edu).

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J'm Moving Forward . . .

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



Group member Wilma Jackson and her grandsons *moving forward* and having a great time at our Christmas party!

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

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## **FUN WITH WORD SCRAMBLES**

I'm making it a little more difficult this time! Unscramble these words and then use the letters in parentheses, which aren't in order, to finish the sentence. You can find the answers on Pg. 6.

|           |                     |
|-----------|---------------------|
| NYOME     | ___ _ _ _ ( )       |
| XCSEIERE  | ( ) ___ _ _ _ _ ( ) |
| TVICOANA  | ___ _ _ _ _ ( )     |
| HLUGATRE  | ___ _ _ _ _ ( )     |
| GKELEWDON | ___ _ _ ( )         |
| ANIHPPSES | ___ ( ) ___ _ _ _ _ |

THESE ARE ALL THINGS THAT WE COULD USE MORE OF DURING THE

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What's That Mean

– by Belinda



We've often discussed how not only your everyday life, but also your vocabulary changes following limb loss. We hear words that we have no idea their definition. Usually we just shake our heads yes and give an "uh-huh," not wanting to appear too dense. Each month we will tackle a few of these words so that the next time we shake our heads yes, we will know **what's that mean???**

It seems as though in the news media and through advertisements, we are hearing more each day about alternative and complementary medicine or therapy. So what are they? Is it something that might be beneficial to me? Are they dangerous? If it would help me, why doesn't my healthcare professional tell me about it? This month, I will do my best to answer a few of these questions for you.

Let's begin with the definition. Alternative and complementary medicine generally refers to medical practices and products that are not presently considered to be part of conventional Western medicine (drugs, surgery, and radiation). Sometimes the words are used interchangeably, but they are actually separate concepts. Alternative medicine is a non-mainstream approach used **instead** of conventional medicine. Complementary medicine involves using a non-mainstream approach **together** with conventional medicine. The boundary between these medicines changes over time, and things once considered alternative or complementary, are now used regularly in some hospitals to help with pain management or stress. I have experienced this myself in recent hospital stays or even during my chemo treatments; with offerings of music therapy, massage, or meditation, just to mention a few. I believe that much of this has come into play because of the opioid crisis that we hear about daily on the news. It has become increasingly important to find alternative ways to help relieve pain. Also in the last few decades, we have seen more and more exercise facilities opening up with all sorts of classes and many workplaces are offering these as well. There is more of a trend toward health and wellness, and those doctors and hospitals providing conventional medicine are seeing the benefits; including pain relief, less stress, less depression, and increased motivation to take part in the recovery process.

I am going to concentrate on the complementary medicine in this article since it works together with conventional medicine. The largest percentage of amputations are caused by disease, such as diabetes, vascular disease, or cancer. We are in need of conventional medicine to treat these diseases while learning to live as an amputee. But while we are receiving this conventional treatment, there may be some complementary treatments that can make our lives more pleasant and aid us in our recovery. I had this very conversation with my oncologist this week when we were discussing the next steps to take in my treatment. He said that while his number one goal is to keep me alive, he also wants to do everything in his power to make that life worth living. Hearing those words meant a lot to me.

So what are some of these complementary therapies? I mentioned a few earlier, including massage, music, and meditation, but there are so many more. Some of the newer ones are aquatic gait therapy, virtual reality gait training, video game training for upper limb prosthetic users, and various recreational therapies (basketball, tennis, rock climbing, and horseback riding). There is an excellent article about some of these newer therapies in the March issue of the O&P Edge magazine. The website to read it is listed below under references.

Other types of complementary medicine include: mirror therapy, acupuncture, dry needling, Tai Chi, yoga, art therapy, and many, many more. I have heard people say, "How can painting a daisy or making a bowl out of a lump of clay help

– Continued on Page 6 Column 1 –

LIFE HACKS FOR MOVING FORWARD



– by Belinda

You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day task or activity done more easily. As an amputee, you know that once-simple tasks can now become a frustrating battle of the wills. So we have decided that we will begin sharing **Life HACKS** in this new column. We ask that you send us your tips and tricks to daily living so that we can pass them along. Remember, this is not advice from a medical professional but ideas from people just like you who are dealing with limb loss.

As an amputee, you know how tricky it can be to get around on ice and snow. For those of you who use mobility scooters or wheelchairs, snow fall, freezing rain, and icy sidewalks can turn into a serious or even life-threatening situation very quickly. So this month I have done some research and asked some friends for tips or *life hacks* to help you to prepare and be safe during the winter season.

- 1) Just like with a car, your power chair needs to be serviced to make sure it is ready for winter weather.
- 2) Mobility devices need snow tires. Pneumatic tires or those made from soft rubber can give wheelchairs better traction. An alternative is to use mountain bike tires that have knobby treads.
- 3) Always make sure that your scooter's battery is fully charged when going out in bad weather. In cold weather you will not get the same mileage as you do during the summer months. Batteries can lose up to 60% of their charge when the temperature is cold.
- 4) Always carry your cell phone even if you are only planning to be outside for a short time. Make sure to have emergency numbers programmed into your phone.
- 5) Let someone know when you are leaving your home, where you are going, and when you expect to return. If they don't hear from you by that expected time, ask them to call you. This can be a life saver if you do get stranded somewhere in the snow.
- 6) Purchase an all-weather poncho that is spacious enough to fit over both you and your chair. This will help to protect your chair components from getting wet, and possibly save you from a costly repair.
- 7) Have an emergency kit in case you become stuck in hazardous conditions. Some items to have are a small bag of kitty litter for traction, hand warmers, an extra pair of gloves and socks, a bottle of water, and a protein bar.
- 8) When you return home, immediately contact your friend or family member to let them know that you have arrived safely, and then wipe down your scooter/wheelchair to prevent rusting.

I am also including a couple of helpful websites for you to check out. The first is for battery care:

<https://www.spinlife.com/en/mobility-scooter-battery-maintenance.cfm> guide to battery care and the second is for weather tips for accessible vans:

<http://www.nmeda.com/cold-weather-tips-for-your-van/>.

Be safe this winter, and remember that spring is only a few months away!

References: <https://wsrsolutions.com/wheelchair-and-mobility-scooter-winter-weather-tips/>
<http://www.easterseals.com/explore-resources/living-with-disability/winter-safety-tips-for-people-with-disabilities.html>



What's That Mean? (cont'd)

me? I lost my leg; my life is over, and I'm in pain."

The answer for me personally is: It takes my mind off all the negativity in my life if even only for a few minutes. It gets my creative juices flowing again. And most importantly, it helps me to realize that my life is not over, because I can still find some happiness in it if I am willing to look for it. These things can help in the recovery process both emotionally and physically.

If you feel that complementary therapy could benefit you, talk to your primary care doctor, psychiatrist, social worker, or prosthetist about it. That leads to a very important topic. Always let your medical team know when you are taking part in alternative or complementary medicine. They need to make sure that you are physically ready to take part and will want to reassess you occasionally to track your progress. It is also critically important that you let them know if you are taking any herbal or over-the-counter medications. Your pharmacist needs this information as well. Many of these interfere with your prescription medications and can cause unwanted or deadly results. This also is true with many of the fad diets that people go on. Your medical team needs to know. Yes, most of us want and need to lose weight, but if you have health issues or are taking certain medications, some of these weight loss plans can lead to serious complications. Just because it worked for your best friend or co-worker doesn't mean that it is the best choice for you.

To end on some great news, many complementary therapy programs are offered absolutely free to you at local hospitals, medical facilities, and senior centers. Others are often covered by your medical insurance plan. So why not do a little research, ask a few questions, and see if complementary medicine could help you to be healthier, have less pain, and just to get some enjoyment back into your life.

References:

www.amputee-coalition.org/wp-content/.../inmotion-23-04-web.pdf
<https://opedge.com/Articles/ViewArticle/2018-02-19/alternative-and-complementary-rehabilitation-therapies>

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## UPCOMING EVENTS

### MEETINGS:

Mon., January 21st, from 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. The meeting will be an open discussion.

Sat., January 26th, from 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, Room 301B. This will be an open discussion meeting and we will be making plans for the coming year. If you have ideas for speakers, events, or activities, we would love to hear them.

### EVENTS:



We will be holding our March Madness Soup & Chili Supper and Cook-Off on Sat., March 9th, from 5:00 - 8:00 pm at the Okolona Fire Station. Look for more details in our February newsletter and coming soon on our website. Flyers will be available at our Jan. meetings.

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FUN WITH WORD SCRAMBLES ANSWERS (from Pg. 4)

MONEY, EXERCISE, VACATION, LAUGHTER, KNOWLEDGE, HAPPINESS

THESE ARE ALL THINGS THAT WE COULD USE MORE OF DURING THE NEW YEAR.

CONTACT INFO



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