



**NEWSLETTER ♦ 46th Edition ♦ June 2017**  
**SPECIAL FATHER'S DAY EDITION**

**MOVING FORWARD FEATURE**  
**THAT SPECIAL FATHER**

– Billy P. *The Bilateral Amputee*

Father's day is approaching. I wanted to let you know a little bit about my father. This article is about the things that I experienced in my life as a kid and as an adult. By no means am I passing judgment on any father out there because every father's different and things happen whether it be by choice or not. We may not like it but that's how it is.

There are fathers who stay around and help raise their kids. Even if there is a divorce or separation, they're still there raising their kids. There are fathers who go away and don't have anything to do with their kids. Then there are fathers out there that to me are a little more special because they take on the role of being a father to kids who don't have a father in their life. That special father in my life is a guy named Ronnie.

My mom Judy met my father in 1974. I was seven years old, my brother David was nine, and my sister Rita was five. Mom was single, raising 3 kids. It wasn't easy but she did an awesome job making sure we were taken care of. We lived in a mobile home at the time that had a big window in the living room, the one our couch sat under. Our Mom Judy would get all dolled up and excited because Ronnie was coming to get her. Sometimes we got to go, too. All 3 of us would get excited and jump up on the couch and watch out the window for Ronnie Sames to come down the road behind our house.



He served from 1974 to 1977 as a policeman. He also served in the Air Force from January, 1966, to July, 1973. He hadn't been out of the military too long.

We would nudge and tease each other on that couch and ask, "I wonder what car he's driving. Betcha can't guess." Was it the patrol car or his daily driver, a 1974 Impala? Which come to find out, they were both the same car, but we kids didn't know any better. Gosh! What a memory that is. We, as a family, had some great times in that car. My brother, sister, and I would always ask Ronnie to turn the lights and siren on. Of course, most of the time he wouldn't do it, but every now and again he would. And, man, was it awesome!

A year had gone by. It was July, 1975, the year our Mom was married and became Judy Elizabeth Sames. We now had a man that we called Dad living with us, and we thought the world of him. I

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**AMPUTEE COALITION**

*inMotion* · Volume 19 · Issue 6 · October 2009

**A Life Well-Occupied**

– by Art Heinze

Art Heinze has spent a full professional life overcoming challenges, not disabilities –

**Saturday, December 7, 1957, started as an ordinary day on my parents' farm near Elrosa, Minnesota. At age 19 and 2 years out of high school, I was planning to work on my dad's farm until I could join the Army when my brother Leo returned from Germany. My plan was to go into farming after completing my military obligation. I had a girlfriend and was in the prime of life.**

As usual, I got up at 6 a.m. and did my share of the usual chores and had breakfast. I anticipated working on our 4-H project to saw firewood to heat the old District 127 schoolhouse where the Elrosa Stars 4-H Club held its monthly meetings and activities. My younger twin brothers, Dennis and David, and I left to go to Uncle Paul Heinze's farm to help saw the firewood.

We were joined by other 4-H Club members and our cousin Jerome Heinze and Uncle Paul. Uncle Paul had an old platform lumber mill saw and a smaller 30-inch circular saw used to cut slabs into kindling wood.

It was a snowy, cold December morning. Everything was going along fine. I was feeding the saw. Others were pitching and stacking blocks or bringing slabs to the table to be sawed. We were nearly done when we discovered that some of the piled slabs were frozen together with snow, sawdust and ice.

Jerome used a tractor to loosen the pile. He gave the slab a gentle poke to break it up, which didn't work. A heavier poke sent the entire pile tumbling toward me and the saw. I stumbled while trying to get out of the way and fell into the running 30-inch circular saw. My left arm was cut off through the wrist and my right arm was cut off through the elbow.

It was an accident. No one was at fault. But what a shock to everyone! Fortunately, no one panicked.

I remember the blood spurting out of my arms as my heart pumped. Uncle Paul helped me up and tried to staunch my bleeding arms while Dennis ran to the house to get towels and sheets, which they tightly wrapped around my arms to stop the bleeding.

In 1957, there was no 911 phone line or ambulance service. Jerome got the car to take me to Sauk Centre Hospital. They bundled me into the back of Uncle Paul's 1952 Plymouth. I was in the back seat with my arms up while my uncle raced the 17 miles to the hospital with the car lights on and honking the horn while passing everything on the road. Cousin Jerome was my nurse en route to the hospital. I never did pass out. My body was in shock. I still remember everything that happened.

I credit the quick thinking and the fast action of those around me and our 4-H first aid training for stopping the bleeding. I thank God, my 4-H friends, Drs. Grant and Neifelt and the staff at St. Michael's Hospital in Sauk Centre for saving my life.

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## THAT SPECIAL FATHER (cont'd)

remember calling him Dad after they married. Dad bought a house for us. We were now a family again. Together Dad and Mom raised and took care of us the best they could. I don't ever remember anytime that we wanted for anything. Dad worked hard to make sure we had everything we needed. We kids knew there were a few times Dad struggled a little to take care of us but he never said a word about it. He just made it happen. But we could tell.

We were happy once again. Not having that father figure in my life at one time was hard, even as a very young kid. I remember Mom struggling a little bit to take care of us. I remember Mom crying every now and again. She wouldn't show it, but we knew. All that stopped once she met Dad. Although we aren't his kids, he took the roll of being our provider; he took the roll of being our mentor; he took the roll of being our rock, someone we could lean on and talk to when we were dealing with our own problems.



of being our mentor; he took the roll of being our rock, someone we could lean on and talk to when we were dealing with our own problems.

My dad Ronnie. A guy that served his country in the Air Force as well as a policeman took on the role of being a provider, a mentor, and a rock, but most importantly he took on the role of being a Father. For that I'm extremely fortunate and very thankful that he wanted to do that.

My mom and dad have now been married for 42 years. To my dad Ronnie. This is weird. I never call him Ronnie. LOL. It's always been Dad. He is that special Father. He's my Father.



## QUOTE OF THE MONTH

"Being a Father never stops; even when the kids grow up, they still need a Father's love, advice, the acceptance of who they are and who they are becoming. The bond made by a lifelong commitment, especially when they themselves become Dads, will live on in them and their children."  
— author unknown



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

Below is an easy, but very cute idea for a child to give to his/her father as a Father's Day gift.

Almost every child loves to play with sidewalk chalk. Using the sidewalk chalk, encourage your child to draw a picture. Then, take a picture of them posing with their artwork. Frame it and let the children give it to their daddy for Father's Day.



## A Life Well-Occupied (cont'd)

Because my accident was considered a "previous injury," it was not until 1983, when insurance laws changed, that my limb repairs and replacements were covered by my health insurance at 80 percent. Since my parents did not have medical accident insurance on me at the time, a neighbor and 4-H Club parent initiated the Art Heinze Trust Fund to help with future medical, prosthetic and educational expenses. Many county and state 4-H Clubs and other organizations contributed to the campaign. By September 1958, a total of \$6,900 had been raised for my future needs. I was amazed and grateful for everyone's financial support, as well as their cards, letters, prayers, encouragement and confidence in my future. I am thankful for the kindness and generosity of the people of Elrosa, Stearns County and Minnesota.

I recuperated at Sauk Centre Hospital for 16 days, then was discharged while arrangements were made for me to enter Gillette Hospital (then called Gillette State Hospital for Crippled Children) in St. Paul for rehabilitation and the fitting of artificial limbs. My parents and family took care of me until I entered Gillette Hospital on January 10, 1958. I was discharged on April 10, after a total of 90 days.

Gillette had a very complete and intensive rehabilitation service team. It consisted of Dr. Grant from Sauk Centre, the Gillette orthopedic surgeon, nurses, aides, orderlies, social workers, a vocational rehab counselor, a prosthetist, and recreational, physical and occupational therapists.

Within 3 days of entering Gillette, I was fitted with a crude but functional prosthesis, which was worn over my left residual arm. This allowed me to activate a cable that opened and closed a hook so I could feed myself, brush my teeth and go to the bathroom. My left elbow was not damaged, so I became predominantly left-handed. The temporary prosthesis, operated by shoulder action, gave me some independence. I felt like I had just won the lottery. I will never forget the helplessness and hopelessness I felt when I was dependent on others for my every basic need. But I still could play harmonica. I did not have a disability playing my harmonica, which was held to my mouth via a wooden stand.



As my therapy progressed and my residual arms healed, I was fitted with my permanent left, below-elbow prosthesis, which was more functional and durable than my temporary prosthesis. I was also evaluated by the vocational rehabilitation counselor and found to have interests and aptitudes in various fields, including occupational therapy (OT).

After recovering from two shaping surgeries for my right arm and again enduring physical therapy, I was fitted with my permanent right, above-elbow prosthesis. Now I had two hook hands and was ready to take on the world. After continued intensive training in occupational therapy, I could:

- Type 20-25 words per minute
- Hold a dancing partner
- Drive a car
- Ride a bicycle
- Dress myself
- Tie my shoes
- Feed myself
- Don and doff my prostheses
- Open cans and cook
- Blow my nose
- Clean myself after using the bathroom
- Play cards
- Write
- Turn pages
- Make change
- Wash and iron clothes.

I could do most of the tasks people need to do in life to live independently and comfortably. But when I was discharged back to our farmhouse, I still had a lot to learn.

Since there wasn't much that I was able to do on the farm, my dad thought I might sell fire extinguishers for his farm insurance agent. We

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## 2017 AC National Conference News

There is still plenty of time to register for the upcoming conference. A discounted rate is available through 06/28/17. Rooms are filling up quickly at the Galt House Hotel, so if you plan on reserving a room, you are encouraged to do so soon. Registration for both the AC Conference and the hotel are available on the Amputee Coalition website at <http://www.amputee-coalition.org/events-programs/national-conference/>

You can also check out the preliminary conference schedule at the AC website. The list of sessions is amazing! From the Opening Ceremony to the Grand Gala Dinner Dance, the conference is packed full of informational sessions on every topic imaginable, gait analysis clinics, upper-limb clinics, bilateral above-knee mobility clinics, various exercise and recreational classes, and don't forget the exhibit hall with all the latest in technology. A special treat, our own Kelly Reitz will be instructing an Adaptive Zumba class there! With so much information, technology, and fun available; you really don't want to miss out on this incredible opportunity right here in our own backyard in Louisville KY. Hope to see you there!!

*MOVING FORWARD's* scholarships to conference are also still available. You must be an active member of *MOVING FORWARD* to apply. We will accept applications through June 30, 2017. Applications are available on our website or by contacting Belinda (see **CONTACT INFO** page in this newsletter).

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## INFORMATION FOR AC NATIONAL CONFERENCE: Louisville Attractions & Maps and Galt House Hotel Information:

<https://www.gotolouisville.com/2017-national-conference-in-full-swing/>  
<https://www.galthouse.com/louisville/attractions/>

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## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... **2 MONTHS**

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

"I want to learn new ways to help Paul."

— Mary Jo Kolb

NOTE: Mary Jo is a caregiver for her brother Paul who is an amputee.



## A Life Well-Occupied (cont'd)

visited the agent, made the deal, and I was in business the next day. The sales job got me out of the house and mixing with the public. Most important, it gave me a purpose and an opportunity to do something worthwhile and earn my keep. I kept the job through all 5 years of college. As a salesman, I had no disability.

In September 1958, I enrolled in the Agriculture Education Program (Ag Ed) at the St. Paul campus at the University of Minnesota, but I was also interested in OT. I volunteered at Gillette Hospital and enjoyed working with the patients, and my occupational therapists at Gillette encouraged my interest in OT. Before my sophomore year, I transferred out of Ag Ed and into Pre-OT. In rehabilitation, it is not what you have lost, but what you have left and how you use it. At the end of my 2-year pre-OT program, I applied for OT school. During the summer of 1961, I learned that I was not accepted into the highly competitive University of Minnesota (UM) OT program.

Mr. Lepley, my favorite OT instructor at UM, suggested that I apply to the University of North Dakota (UND) OT program, as they were trying to recruit male students. With Mr. Lepley's aid, I was invited to interview at UND and was accepted. I completed the program, did a pre-clinical internship and three regular internships and graduated with a BS in Occupational Therapy in May 1963.

I was ready for a paying job, but job-seeking was a little stress-provoking. Would anyone hire an occupational therapist with two hook hands? I applied at St. Mary's Hospital in Minneapolis because I did an internship there and they knew of my ability and my disability. I worked there for nearly a year. Then, in 1964, I was recruited to come to Thief Falls River, Minnesota, to establish a new OT department at Northwest Medical Center.

It was scary to start a new OT department as the only occupational therapist in the area and with only 1 year of experience. But I felt that there must be some divine intervention at work because I was a small-town boy at heart and always wanted to work in a smaller rural hospital. Thief River Falls, population 10,000, is now a regional medical center in northwest Minnesota.

In 1966, I supervised the establishment of therapeutic activity programs in eight area nursing homes in five counties. In 1969 and 1971, Rehab Services expanded again when our hospital added a 90-bed nursing home and a comprehensive mental health unit with complete OT services. In 1980, OT services were provided to school students with disabilities. It has been gratifying to be a pioneer in rehab.

In July 2003, I officially retired as director of occupational therapy at Northwest Medical Center, after nearly 40 years of service. I still do consultations with arm amputees, give lectures on disability awareness and train therapists to work with arm amputees. I am still active in my community, church, scouting, and other volunteer organizations. It is my way of paying back. I often say my accident was a blessing in disguise.

During my senior year at UND, I met Joan Linneman. Joan and I were married on April 18, 1964. As of 2009, we have been married 45 years. We have three sons and three grandchildren.

I am happy to say that I have had a very successful 46-year career as a registered occupational therapist. I thank my hometown for helping achieve this success and thank God for giving me a good life. Winston Churchill once said, "You make a living by what you get, but you make a life by what you give."

### Tips for Upper-Extremity Amputees

1. Don or doff prostheses by putting them on and taking them off over your head. This is especially useful for bilateral upper-extremity amputees because it's easier to see what to do, unlike trying to swing your residual limb around like someone trying to put an arm through a sleeve of a shirt.
2. Learn how to master the use of your prostheses to maximize your independence in activities of daily living (ADLs). Prostheses only function when you understand how they work and practice using them. You can't drive a car if you don't know how to steer, shift gears, apply brakes and so forth, and you can't be a good driver if you don't practice driving techniques. Learning to do ADLs with your prostheses is no different.
3. Secure proper adaptive equipment or self-help aids such as slip-on shoes, button hooks, door and sink handles versus knobs, car steering rings, etc.
4. Put your belt into your trousers before donning them or use elastic

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# SPOTLIGHT - by Belinda

Each month we shine our spotlight on a group member or a special organization.

During the last few months I have been honored to shine that light on 12 members of *MOVING FORWARD* who have been awarded scholarships by our group to attend the 2017 Amputee Coalition National Conference. I will continue this month with two more scholarship recipients and their answers to: "Why I want to attend the 2017 AC National Conference."



**KATIE FLANIGAN:** "I would like to attend the AC National Conference for a number of reasons. I'd love to learn more about gait training and the new technologies they have for prosthetics. I'd also like to take the peer visitor training. I think the #1 reason I'd like to go is to be surrounded by other amputees, hear everyone's stories, and not be the minority in the room. I'm looking forward to learning so much in an environment that's inviting."

**CHRIS NICHEOLS:** "I am the caregiver for Katie Flanigan, I understand the rare opportunity it is that the Amputee Coalition is hosting its National Conference in Louisville. Not only is it beneficial to have so many exhibitors, amputees, and caregivers in one place, one of the main spotlights of the conference is the Bilateral-Above-Knee Mobility Clinic which directly focuses on Katie's disability. Attending the conference is a way of supporting Katie, and it's an opportunity to learn about the new technologies and get feedback from other amputees about their use of prosthetics. It is a chance to see how other people are coping with disabilities."



Well folks, that brings the total to 14 scholarships that *MOVING FORWARD* has been able to present due to the generosity of our supporters during the 2016 Give Local Louisville Day of Giving. Will there be more?? You will have to wait until next month to see...

Remember the scholarship applications must be received by June 30th, and you must be an active member of *MOVING FORWARD* to apply.



## J'm Moving Forward . . .



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

Elaine Skaggs **moving forward** and walking unassisted since taking part in the Bellarmine University Physical Therapy Community Partner Project.

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

## A Life Well-Occupied (cont'd)

- waistbands.
- 5. Purchase "hook-friendly" products such as toothpaste tubes with flip-top lids, liquid soap in pump bottles, thick flat handles for eating or cooking utensils, lever door handles, or push or chin-touch switches. Use a wrist flexion unit while wiping, and use flushable hygiene wet wipes over toilet paper after toileting.
- 6. Tuck your shirttails between your legs to hold your shirt down while pulling up your trousers.
- 7. With your prostheses, consider putting half of a rubber band on at a time to build tolerance and increase hook grasp.
- 8. Initially, using prostheses takes lots of practice. If you don't succeed the first 25 or 50 tries, try and try again.

The above techniques can be seen demonstrated by Art Heinze in a teaching DVD entitled "The Use Of Upper-Extremity Prostheses." For more information, visit [armamputee.com](http://armamputee.com).



- 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!**

This month I am going to address a question that came up at both of our May meetings. That question was, "How do I know what type of prosthesis to choose and if my insurance will cover it?" This is definitely a question to discuss openly with your prosthetist and your physiatrist or physician. The three of you must become a team working together to get the best possible outcome. In order for you to be a valuable part of that team, you need to be able to communicate your goals both long and short term and learn as much as you can about the world of prosthetics. I describe it that way, because that is how I felt when I first became an amputee and began the process of getting my first prosthesis; that I had entered another world with a strange new language and technology that I knew nothing about. Dennis Oehler, who is an instructor of the Amputee Walking School, tells us that we need to become professional amputees. I continually strive to do just that, not only for myself, but so that I can share information with others. That is what this newsletter is about; sharing information from various sources to help those with limb loss to reach their full potential.

Now back to the first part of the question, "How do I know what type of prosthesis I should choose?" Of course, your prosthetist will guide you in this decision, but it is still important to educate yourself as to what is available. You can do this by researching on the internet or reading articles in magazines dedicated to the limb loss population, such as *InMotion* which is published by the Amputee Coalition and is delivered bimonthly free of charge. You can view this magazine online or subscribe to it at their website [amputee-coalition.org](http://amputee-coalition.org) or by phone 888-267-5669. Another opportunity to learn about the latest in technology is to visit the exhibit hall at the Amputee Coalition National Conference to be held in Louisville, KY, Aug. 3-5, 2017. Talking to other amputees and asking questions about their prosthesis can also provide some good feedback.

The second part of the question is, "How do I know if my insurance will cover it?" This will also involve some research on your part, although the office staff at your prosthetist's office will

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# MAY RECAP

The month of May started off cold and wet, but that didn't stop a few brave souls from attending the Kentucky Derby Pegasus Parade and Picnic. Attendance was very low due to the weather conditions, but those that did attend enjoyed the delicious food and viewing the parade together. The children in attendance were delighted by the big balloons and costumed characters. We want to thank Louisville Prosthetics for hosting the event, and next year we will all hope for sunny skies and warm temperatures!



At our IN meeting held at SIRH, Mike Couch gave a presentation on the Lost Limbs Foundation. He founded the organization to assist families with children who have lost their limbs by providing financial assistance for medical and prosthetic care. We were proud to make a donation to this cause and asked Mike to keep us informed of ways in which we can help in the future. The group discussed the hardships that many do face when trying to receive prosthetics due to inadequate or no insurance coverage and high deductible plans.

At our KY meeting held at Baptist Health, we welcomed some new members and welcomed back some returning members. We discussed some of the different types of prosthetic suspension systems that are available and some pros and cons of each. Belinda talked about the LimbLogic vacuum suspension that she uses and showed how she dons (puts on) and doffs (takes off) her prosthesis. An explanation was also given on K-levels and the important part that your K-level plays in determining what type of prosthetic device that you will be eligible to receive through your medical insurance coverage. The importance of being able to talk about your prosthetic needs and your goals with your prosthetist was also discussed. The meeting closed with plans being made for our upcoming Pie & Ice Cream Social and the Amputee Coalition National Conference.

Group members Kelly Reitz and Billy Parker gave a presentation at a wellness luncheon on May 24th which was held at the Harrison County Hospital in Corydon, IN. They shared information about our support group including our mission, goals, events, and community involvement. Billy even provided a little comic relief. *MOVING FORWARD* will hold its next Harrison County Hospital meeting on August 16th from 6:30 - 8 pm. We want to thank the hostess of the event Patti Mangin for inviting us to attend.



## 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.

- THFFIALU ( ) \_\_\_\_\_
- RDAAIMLEB ( ) \_\_\_\_\_
- RTCAEEH ( ) \_\_\_\_\_
- SONTEH ( ) \_\_\_\_\_
- EESNTRA ( ) \_\_\_\_\_
- SEPRTCLEUF ( ) \_\_\_\_\_

THESE ARE SOME TRAITS OF A GOOD \_\_\_\_\_.



### Happy Father's Day



## Q & A (cont'd)

be very helpful in checking your coverage and filing your claims for you; it is a good idea to check your insurance policy to see what your coverage is for prosthetics. With high deductible plans and coinsurance you may be in for an unpleasant surprise. Just know that there is help out there if this is the case in your situation. Once you know this, the next step is finding out what type of prosthetic components (e.g., foot or knee) your insurance plan will cover. This is where your K-Level comes into play. K-Levels as defined by Medicare are based on the ability or potential of the individual to ambulate and navigate their environment. Most insurance companies follow the lead of Medicare, so knowing you K-Level is important. This is a time when that team approach really needs to kick in and communication between your prosthetist and physiatrist/doctor is crucial. You also need to be actively involved in this process, letting them know what type of activities you want to be able to do. An amputee's K-Level can change over time. It may go up as the person becomes increasingly active or go down if other serious health issues arise. This is one reason that it is important to keep regular appointments with both your physiatrist/doctor and prosthetist.

I am including the following information on K-levels. The higher the K-level, the more advanced prosthetic components that will be covered by insurance. At K-level 0, the amputee wouldn't be eligible for any prosthesis.

**K-Level 0:** This patient does not have the ability or potential to ambulate or transfer safely with or without assistance and prosthesis does not enhance their quality of life or mobility.

**K-Level 1:** This patient has the ability or potential to use prosthesis for transfers or ambulation on level surfaces at fixed cadences. This is someone who typically just has the ability to walk around their home or care facility.

**K-Level 2:** This patient had the ability or potential for ambulation with the ability to transverse low-level environmental barriers such as curbs, stairs, or uneven surfaces. This person would be able to get out and walk in their community (e.g., stores, parks).

**K-Level 3:** This patient has the ability or potential for ambulation with variable cadence and can traverse most environmental barriers. They may also have a vocational, therapeutic, or exercise activity that demands a prosthetic use beyond simple locomotion. This might be someone who plays golf or tennis, or who has a physically demanding job.

**K-Level 4:** This patient has the ability or potential for prosthetic ambulation that exceed basic ambulation skills, exhibiting high impact, stress, or energy levels. This would be a child, highly active adult, an athlete, or someone who has a strenuous vocation.

References:

- The Amputee Coalition
- American Academy of Orthotists and Prosthetists



### 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. \*\**

# JUNE UPCOMING EVENTS

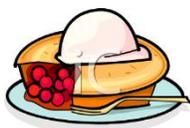
## MEETINGS:

June 19th, Mon., 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room. Jim Davis will be giving a special presentation on self-defense at this meeting. This is a topic that we all need to become more familiar with. We need to feel safe whether out in public or in our own homes. Jim has been awarded a Black Belt 1st Degree by the U.S. Judo Federation as well as a Black Belt in Self-Defense. He has taught self-defense classes for many law enforcement offices and has just been asked to give a presentation at the upcoming AC National Conference. You are encouraged to attend the June 19th meeting and it is open to family members and caregivers as well.

June 24th, Sat., 2:00 - 4:00 pm at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2G.

*MOVING FORWARD* will hold its next Harrison County Hospital meeting on Aug. 16th from 6:30 - 8 pm.

**EVENTS:** *MOVING FORWARD* will host a Pie & Ice Cream Social on July 9th, Sun., 2:00 - 4:00 pm at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. Watch for more details on our website and in the July newsletter.



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... from Beverly's Kitchen

This is a delicious recipe to make during this summer grilling season.

## Grilled Bruschetta Chicken

| Prep Time | Total Time | Servings   |
|-----------|------------|------------|
| 25 min.   | 35 min.    | 4 servings |

### What You Need

- 4 small boneless skinless chicken breasts (1 lb.)
- ¼ cup KRAFT Sun Dried Tomato Vinaigrette Dressing, divided
- 1 tomato, finely chopped
- ½ cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- ¼ cup chopped fresh basil



### Make It

- Heat grill to medium heat.
- Place chicken in large resealable plastic bag. Add 2 Tbsp. dressing; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 10 min. Remove chicken from bag; discard bag & dressing.
- Cover half the grill grate with sheet of heavy-duty foil. Place chicken on uncovered side of grill grate; grill 6 min. Meanwhile, combine remaining dressing, tomatoes, cheese & basil.
- Turn chicken over; place on foil. Top with tomato mixture. Grill 8 min. or until chicken is done (165 degrees F).

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## FUN WITH WORD SCRAMBLES (from Page 5)

FAITHFUL, ADMIRABLE, TEACHER, HONEST, EARNEST, RESPECTFUL

THESE ARE SOME TRAITS OF A GOOD FATHER.

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# LET'S GET MOVING! – by Belinda

Summertime is nearly here! One problem that arises for amputees wanting to stay in shape during the summer months or just to enjoy an outdoor activity with family and friends is the heat. A great way to get some exercise while staying cool is swimming.



I know that strikes a fear in many amputees. While we may have enjoyed swimming before limb loss, the thought of attempting it now may be overwhelming. The questions are endless: Will people stare? How do I get to and in the pool? What do I do with my prosthesis? Will I be able to float or will I sink like a ton of bricks? What if I can't get out of the pool?



I am pleased to tell you that these questions can be answered when the 2017 Amputee Coalition National Conference comes to Louisville. On Thursday, Aug. 3rd, from 8 - 10 AM a First Swim Class will be held and on Friday, Aug. 4th, from 8 - 10 AM an Advanced Skills Water Workshop. Trained instructors will be available to answer your questions and get you safely back in the water once again.

In the meantime, I am including these tips from the Amputee Coalition on swimming safety: Amputees can minimize injury by using common sense & the following safety tips:

- Never swim alone.
- One-legged amputees should not hop. Hopping cannot only lead to falls, but also can damage remaining knee and hip joints.
- Protect a remaining foot with an aqua shoe to prevent scrapes and fungal infections. Sock liners can protect residual limbs from hard surfaces.
- Use sunscreen, especially on residual limbs, when swimming outdoors.
- When using crutches near a pool, make sure tips won't slide on slick surfaces. Consider wooden crutches when at the beach since sand and salt can corrode metal crutches.
- Use assistive flotation devices as needed to create stability, balance, and comfort in different depths of water.

To read the entire article, go to:

<http://www.amputee-coalition.org/resources/get-ready-to-swim/#.WSWjcbj9xNs>

So come on everybody, let's take the plunge and **let's get moving!!**

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