



NEWSLETTER ♦ 120th Edition ♦ Aug 2023

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 NOTE

- by Elaine Skaggs

The plan for August this year will undoubtedly be dealing with the sweltering temperatures, but at least for the moment I am sitting in the air conditioned comfort of Frazier Rehabilitation Hospital Brownsboro. For those of you that know me, you know that I will never pass up an opportunity to receive physical or occupational therapy, especially if it is free. So Neil Prescott, one of our members, and I volunteered to participate in the accreditation process for this new facility. Part of that process is that the facility has to see and treat 20 patients that require physical and occupational therapy on an in-patient basis for at least 3 days, at no cost to the patient. So far it has been an outstanding experience, and the first time I have actually had fun and enjoyed hospitalization! Neil and I agree the staff here has been exceptional in their care of patients, the food has been great, and PT and OT have

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UPCOMING EVENTS

Saturday August 12 – 1:00 pm – Join us for a restaurant outing at The Chicken House, 7180 IN-111, Sellersburg, IN 47172.

From The Chicken House:

"We serve delicious fried chicken, and homemade style meals that will have you remembering grandma's kitchen. Under new ownership, The Chicken House is updating and renovating. Come on in and see what's new while having everyone's old favorites, too."

Monday August 21 – 6:00 – 7:30 pm

Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany, IN, in the Conference Room. Jim Davis, one of our members, will be sharing some self-defense tips with us.

Saturday August 26 - 2:00 pm to 4:00pm

Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY. Jim Davis, a member of our Southern Indiana group, will be our guest speaker and will be sharing some tips on self-defense – you won't want to miss it!

We will be having another outing at T.R.A.I.L. Horseback Riding in September, the date still to be determined. We will announce a firm date as soon as possible.

EDITOR'S NOTE (cont'd)

been exhausting, in a very good way. I'm looking forward to going home, with a renewed motivation to increase my strength and endurance.

Our sincere thanks to Dr. Matthew Adamkin and the entire staff of this facility for their dedication to the amputee community. I also had the opportunity to speak to a couple of new amputees who have already joined our Facebook group and are looking forward to becoming involved locally. Helping more people to help more people through providing education, motivation, encouragement, and resources is our mission, and my goal is to live out that mission, and continue the legacy of our founder Belinda Jacobi. I strongly encourage you to take advantage of opportunities like this when they arise, the benefits are not only for you personally, but also for those who follow in your footsteps.

In addition to our regularly scheduled meetings we held our first 'Game Night' on Friday, July 14th. We had a great time eating ice cream and toppings and playing card and board games. We all enjoyed it so much that we're going to continue to plan events like this at least twice a year, so watch for the next one, and come out and have fun with us!

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## QUOTE OF THE MONTH

*"Being challenged in life is inevitable,  
being defeated is optional."*

– Roger Crawford, Motivational Speaker

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SELF-DEFENSE STRATEGIES FOR AMPUTEES

For both of our meetings taking place in August our speaker will be Jim Davis, a below-the-knee amputee who regularly attends the Southern Indiana meetings. Jim is a retired Marine and an expert in Martial Arts and self-defense. He will be sharing some tips on protecting ourselves from the unthinkable, as well as how to lessen the probability of becoming a target for thieves and other assailants. Following are some excerpts from an article in Amplitude Magazine on how not to be a victim:

'According to the FBI's most recent Crime in the United States report, a violent crime—aggravated assault, robbery, rape, murder—occurs every 24.6 seconds in the United States. Although these statistics may be disturbing, there is some good news. The good news is that your chance of experiencing a violent crime is rather low. However, every city and community has its fair share of violent criminals and sexual predators. These heinous people want and need to cause pain, suffering, and violence to others. It can be difficult for some to accept the fact that violent crime exists all around us and violent people live among us. Keep in mind, there is no particular place, type of person, or specific individual that is immune to violence.

'Just because violent crime is prevalent, it doesn't mean that you'll actually be attacked. It just means that it's possible. It means that you certainly can't rule it out. So, you may be thinking, "Okay, great, violence is everywhere. We got it. What should I do to protect myself?" One critical step in being able to defend yourself against violent criminals is to analyze them. The best way to defeat attackers is to understand their motives, tendencies, and the psychology responsible for their behavior. Think of competitive sports. Teams analyze each other to develop strategies to defeat the

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DOG DAYS OF SUMMER

Dog Days bright and clear

Indicate a happy year;

But when accompanied by rain,

For better times, our hopes are vain.

The “Dog Days” of summer last from July 3 to August 11. What are the Dog Days of Summer, exactly? What do they have to do with dogs?

The term “Dog Days” traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn’t conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer’s peak temperatures and humidity.

This period of sweltering weather coincides with the year’s heliacal (meaning “at sunrise”) rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the “Greater Dog”—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid-to-late summer contributed to the extreme weather of the season. In other words, the “combined heat” of super-bright Sirius and our Sun was thought to be the cause of summer’s sweltering temperatures. The name “Sirius” even stems from the Ancient Greek seírios, meaning “scorching.” And so, stay cool in whatever way you can; don’t get scorched by the dog days!

– *Information from Farmers Almanac*

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## SELF-DEFENSE STRATEGIES FOR AMPUTEES (cont’d)

other. My goal is to help you analyze typical violent criminals and create a strategy to stay safe and protect your loved ones.

Violent criminals often select their victims based on criteria similar to those of lions hunting a buffalo. When given the option, bad guys will often also choose the prey of least resistance. From the perspective of violent criminals, it makes more sense to victimize people they perceive to be easy targets, such as those with disabilities. So, what can you do to ensure you are not seen as an easy target? Your primary goal is to show potential criminals and predators that you are aware of them and convince them that you are prepared to take action and fight back if necessary.

There are three important things that bad guys want to avoid when targeting a victim that you can exploit. Bad guys don’t want to get hurt, they don’t want to get caught, and they don’t want the encounter to last long. If you can pose any of these risks to a potential bad guy, it makes you less of a victim and more of a problem to them.

### FIVE KEY CRIME DETERRENTS

If a violent criminal has perceived you as an easy target or you just happen to have found yourself in the wrong place at the wrong time, here are some self-defense strategies to improve your personal safety and security:

1. Stay alert, aware, and prepared. Know your environment, notice people or things that are out of the ordinary, and be prepared to take action.
2. Be able to display assertive and confident body language. Your posture and body language will often send a message to your adversary. Make sure you send the right message.
3. Be capable of setting strong verbal boundaries. Use your voice to attract witnesses and establish boundaries. Your tone and

~ cont’d on Page 4 Column 2 ~

# RECIPE OF THE MONTH

## Garbanzo Bean Salad with Red Wine

### Vinaigrette

**Course:** Salad, Side Dish

**Cuisine:** American

**Prep Time:** 15 minutes

**Total Time:** 15 minutes

**Servings:** 12

**Calories:** 152k cal

**Author:** Brandie @ The Country Cook

#### *Ingredients for the salad:*

- 2 ears fresh corn
- 2 15 oz cans BUSH'S Organic Garbanzo, drained and rinsed
- 2 English cucumbers, diced
- 3 Roma tomatoes, diced
- 1/2 red onion, peeled and diced
- 1 cup Feta cheese, crumbled
- 2 green onions (optional), sliced

#### *Ingredients for the dressing:*

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tbsp honey
- 1 tbsp Dijon mustard
- 1 tsp Italian Seasoning
- 2 cloves garlic, minced
- salt and pepper to taste

#### *Instructions:*

1. Arrange both ears of corn, un-shucked, in the microwave. If you prefer, you can set them on a microwavable plate or tray. Cook for 5 minutes. Allow to cool: set the ears on a cooling rack or cutting board to cool. When the silks and top leaves are cool enough to handle, quickly shuck the husks off the cobs.
2. Then cut the corn off the cob.
3. In a large bowl, combine corn, BUSH'S Organic Garbanzo Beans, diced cucumbers, diced tomatoes, diced onion and Feta cheese crumbles.
4. In a jar, add in all the dressing ingredients. Pop the lid on nice & tight. Then give it a really vigorous shake.
5. Pour dressing over salad and stir well. Then serve!

If not serving right away, cover with plastic wrap and put in the refrigerator. Serve within 24 hours.

#### **Nutrition Facts**

##### **Amount Per Serving**

**Calories** 152 Calories from Fat 108

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## SELF-DEFENSE STRATEGIES FOR AMPUTEES (cont'd)

volume should project that you are not to be messed with. The closer the threat, the louder the voice.

4. Know your line in the sand. Pre-emptively decide what you are willing to tolerate and what you are willing to fight for. Once your line in the sand has been crossed, it's time to respond quickly and aggressively.

5. Be prepared to cause physical harm. We know that criminals don't want to get caught or injured. Scratches, bruises, and injuries increase their chances of being caught, and injured predators can't hunt.

Probably the most significant crime deterrent of the five is awareness. The main objective of awareness is to develop a proactive rather than reactive approach to personal security.'

#### 'AWARENESS IS EVERYTHING

Astute awareness is an essential and universal self-defense skill that you must develop, practice, and implement in your daily life. It is defined as having or showing the ability to accurately assess situations and people and turn this to one's advantage. This concept of using awareness to create an advantage is very important, especially for those who may be perceived as easy targets. The very nature of self-defense implies a disadvantage. Consider the fact that the criminals will control the fight—they will choose the time, place, duration, and level of aggression. They know what they want to do and how they intend to do it. If you ever have to defend yourself, you will likely be reactive rather than proactive. Being reactive in a self-defense situation means that you will be starting from a position of disadvantage. So what are some things you can do to improve your awareness in self-defense situations? *First*, practice awareness in your everyday life. Keep your head on a swivel, analyze your environment for threats, and live

~ cont'd on Page 5 Column 2 ~

## RECIPE OF THE MONTH (cont'd)

### % Daily Value\*

**Total Fat** 12g **18%**  
**Saturated Fat** 3g **15%**  
**Cholesterol** 11mg **4%**  
**Sodium** 159mg **7%**  
**Potassium** 169mg **5%**  
**Total Carbohydrates** 9g **3%**  
Sugars 5g  
**Protein** 2g **4%**  
Vitamin A 5.2%  
Vitamin C 6.1%  
Calcium 7.6%  
Iron 2.8%

\* Percent Daily Values are based on a 2000 calorie diet.

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NEWSLETTER ISSUES

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

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SELF-DEFENSE STRATEGIES FOR AMPUTEES (cont'd)

in the present moment. *Second*, allow your environment to dictate your level of awareness. Be able to rapidly modify your awareness level based on your environment. The more dangerous the situation, the more aware you should become. *Third*, know what to look for. Think like a criminal. How, where, and why would you attack or ambush someone else? Look for aggressive body language and pre-assault cues that you can use to create defensive advantages for yourself.'

'THE BEST DEFENSE IS NO DEFENSE

Awareness is a skill that you can and should practice, develop, and refine. Being aware of your environment is relatively easy, requires little effort, and will be your most valuable self-defense tool. The better your awareness, the better your chances are of avoiding and preventing violent situations. If mobility and strength is a concern for you, it would be wise to master awareness, avoidance, and prevention. You may not have the capability to quickly escape and flee from a violent situation or you may not have the physical strength to go toe-to-toe with an aggressive attacker. But you can leverage your mind. You can leverage your understanding of criminal psychology, crime deterrents, and astute awareness to create defensive advantages for yourself and those you care about.

The primary message I'd like to convey about self-defense is to avoid having to use it. The best self-defense is no defense. Physical altercations are a worst-case scenario and should be avoided if at all possible. Learn to trust your instincts and gut feelings. Your intuition is a powerful survival mechanism that you must cultivate, listen to, and respect. Keep in mind, you won't be able to rely on instincts and intuition if you are completely unaware of what's going on around you.'

Stay Aware. Be Prepared. Defend Yourself.

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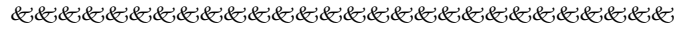
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**SELF-DEFENSE STRATEGIES
FOR AMPUTEES (cont'd)**

*Excerpts from this article written by Stewart Edmiston,
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