



## NEWSLETTER ♦ 98th Edition ♦ Oct 2021

**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.

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### EDITOR'S NOTE

*- by Elaine Skaggs*

Fall is upon us - colors are just beginning to change, and I don't know about you, but I am so happy the temperatures are beginning to cool down a bit. I'm sure we will have warm days left to endure, but it soon will be so much easier to move around.

We had a very successful September meeting at Mike Linnig's Restaurant with around 25 people in attendance. It was such a pleasure to finally meet our newest members, Bobby, Danielle, and Tim as our group continues to grow. We had a great time of fellowship, accompanied by great food! If you would like to provide your personal review of the restaurant, please contact Kelly Grey or Elaine Skaggs and we will provide you the form to fill out and submit.

The October meeting will take place on Sat, October 23, from 2:00 - 4:00 pm at the Okolona Fire House at 8501 Preston Highway, Louisville, KY 40219. Immediately following the meeting we will be going to St. Luke Catholic Church to attend their Fall Festival. For \$10 per plate there will be all you can eat barbeque and lots of fun activities, including games, a hayride,

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### QUEST STUDY UPDATE

*- by Elaine Skaggs*

I am currently participating in a clinical trial involving the use of the Altius System device designed by Neuros Medical, to reduce or eliminate post-amputation/ phantom pain, and have been writing monthly updates for the newsletter. I completed my first 90 days since the device was implanted and activated, and if you have followed the updates, you will know that the study group I had been placed in was the one that did not receive the full force of the electrical impulses that are generated to block nerve pain. On September 7, I was switched to a different study group, and my device was truly activated to administer the true electrical impulses. It was a completely different sensation than the impulses I have previously felt, much stronger, almost to the point of pain. I had a follow up appointment to make further adjustments, and the intensity of the impulses was reduced, so that they weren't painful. So far, every time I have activated the device, it has worked to reduce the phantom sensations that I have had. I am currently using it as a prevented measure, taking a treatment every evening, and it is working well. My next follow up will be at the 6 month mark, on December 7. At this point I don't suspect any changes will need to be made, as I'm hoping it continues to work, even further reducing the phantom sensations. There probably will not be too much information to update over the next couple of months, but I will continue to do so as things change. They are no longer accepting additional study participants, and hopefully by October 2022, will be close to getting FDA approval for the device.

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## EDITOR'S NOTE (cont'd)

bouncies, face painting, and more! St Luke's is located at 4211 Jim Hawkins Drive, Louisville, KY 40229.

In the meantime, on October 10 we are planning a group event also at St. Luke's. They are providing a \$10 per plate all you can eat fried chicken dinner. We will meet there at 12 noon, for anyone who wants to participate as a group. If you plan on attending or have questions, please contact Kelly Grey, Elaine Skaggs, or Mike Portman.

We are in the process of trying to contact the Salvation Army concerning our annual Sock Drive and whether or not we'll be having that event this year. I'm sure the need is there, as much if not more this year, but we would appreciate your input if you would like to participate.

The Amputee Coalition is now holding the 2021 National Conference virtually, beginning September 29 through October 2. If you have registered and are participating in this event, the virtual content will now be available for your viewing through December 31, 2021. In addition they have added 4 additional days in October to participate in roundtable support sessions, adaptive recreation sessions, networking/community building activities, educational breakout sessions, and the exhibit hall.

And finally, as always, I would like to remind everyone that this is your newsletter, and my hope is that you are finding it full of useful information and keeping everyone up to date with current activities. I urge you to reach out with ideas and suggestions for content, or if you are a writer and would like to submit an article for printing, I would be delighted! Contact me, Elaine Skaggs, at (502) 548-6419.

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## NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available to download or print on our website at: [ampmovingforward.com](http://ampmovingforward.com).

## Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. It is a disease in which malignant (cancer) cells form in the tissues of the breast.

Here are some facts about breast cancer in the United States.

\* In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.

\* 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.

\* This year, an estimated 42,170 women will die from breast cancer in the U.S.

\* Although rare, men get breast cancer too. In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die. All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

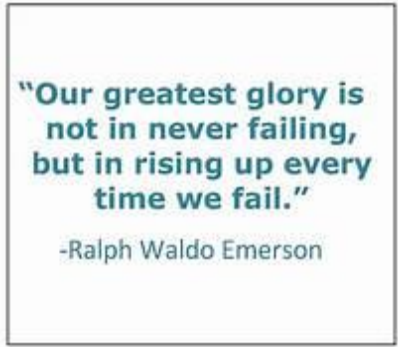
\* 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime

\* Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new women cancer diagnoses will be breast cancer.

\* There are over 3.5 million breast cancer survivors in the United States.

\* On average, every 2 minutes a woman is  
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## QUOTE OF THE MONTH



## RECIPE OF THE MONTH

### Apple Upside Down Spice Cake

- 2 large cooking apples, peeled, cored, and thinly sliced (about 2-3/4 cups)
- 1/2 cup chopped nuts (I used pecans)
- 3 tablespoons butter
- 3 tablespoons packed brown sugar
- 1 package 2-layer size spice cake mix
- 3 tablespoons molasses (I used maple syrup)
- 1/2 cup whipping cream (optional)

1. Preheat oven to 350F. Grease 13x9x2" baking pan, set aside.
2. In a large skillet cook and stir apple and nuts in hot butter over medium heat about 5 minutes or until apple is tender. Remove from heat; stir in brown sugar. Spread mixture in the bottom of the prepared pan.
3. Prepare cake mix according to package directions, reducing the water called for to 1 cup. Stir molasses(syrup) into batter. Pour batter evenly over apple mixture.
4. Bake for 40 to 45 minutes or until a wooden toothpick inserted near center comes out clean. Cool in pan on wire rack for 10 minutes. Loosen sides of cake from pan with knife; invert cake onto serving plate.
5. If desired, in a chilled small mixing bowl beat whipping cream with an electric mixer on medium speed until soft peaks form. Serve cake warm with whipped cream. (A scoop of vanilla ice cream is yummy too!)

This is a delicious fall dessert, my family absolutely loved it!!



**Breast Cancer Awareness Month (cont'd)**  
 diagnosed with breast cancer in the United States. Some common risk factors in both men and women include radiation exposure, high levels of the hormone estrogen, and family history of breast cancer, especially breast cancer that is related to the BRCA2 gene.

But there is some good news. In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, especially through this annual campaign, and continual research and improvement of treatment options.



## 2 EVENTS AT ST. LUKE'S



**October 10**

Mass at 10AM

**St Luke's**

**ALL YOU CAN EAT CHICKEN DINNER**

Adults \$10  
kids 5-12 \$6

with all the fixins'

**Sunday**  
**October 10, 2021**  
**11AM until 2PM**

Join us October 23  
4PM til 10PM  
for our Fall festival  
and car show  
[info stlukelouisville.org](http://info.stlukelouisville.org)

**4211 Jim Hawkins Dr**  
**Okolona**

www.stlukelouisville.org  
info: stlukelouisville@gmail.com  
or 969-3291

Directions from I265& Preston  
turn N to South Park Rd, turn left  
to Blue Lick Rd turn left to  
Kurtz (3rd street past overpass)  
turn right on Normie

lic 0457

AD sponsored by

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4895 N Preston Hwy  
Shepherdsville 957-5200

# Ways to Donate to **MOVING FORWARD** Limb Loss Support

## AmazonSmile

Go to "[Smile.Amazon.com](http://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 [smile.amazon.com](http://smile.amazon.com), the AmazonSmile 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 Support 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"

Search for "Moving Fwd Limb Loss Support"

### 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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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## CONTACT INFO

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502-509-6780

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