



NEWSLETTER ♦ 89th Edition ♦ Jan 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.



EDITOR'S NOTE

– by Elaine Skaggs

Well, here we are embarking on a new year in our lives, and as I look back over what was a very difficult and trying year, I've forced myself to look for the positive in many negative circumstances. Although many of us had a very different type of holiday, my hope is that the importance of the season was kept in the forefront of our minds. Christmas has become so commercialized and we tend to focus so much on the material things, yet this year with so many people being out of work and having to do without, being with family was once again the important part of our celebrations for those of us that were able to. And thankfully with the technology we have available, many who may not have been able to get together in person, were still able to spend online time with loved ones.

As we move into 2021, I'm hopeful that once again we will see many positive changes taking place. Not so much 'getting back to normal', but moving forward in leaps and bounds to make things even better than normal. With vaccines available, hopefully Covid19 will be under control soon and restrictions will be lifted so that we

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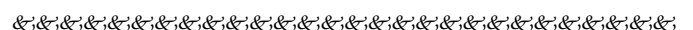
NEW “SPOTLIGHT”

– by Scott Lee

Hi, my name is Scott Lee. I've attended a few *Moving Forward* virtual meetings and I have been asked to share a little bit about myself. Originally, I am from northwest Indiana near Chicago. I graduated from the IUPUI physical therapy school in 2001 where I met my wife, Liz. I moved to the Louisville area in 2002 to get married to her and started working at Frazier Rehab that same year. We have three children, Hannah (12), Rachel (10), and Jonathan (7). Currently, we live in New Albany.

I first became interested in rehabilitation of amputees at Frazier Rehab downtown. It started when I had a particular patient who was an 84 year-old above knee double amputee. She was a red-headed spit-fire who was bound and determined to walk again (and she did!). She had severe arthritis in her hands and just getting the prostheses on was a physical challenge in itself! Her determination to make the best of her particular situation no matter the obstacle really inspired and challenged me personally and professionally.

Since then, I've found people with amputations to be some of the most determined and interesting folks I have run across as a therapist. These people have been focused on the goal of walking, standing, and getting back to fuller function, and I've had the opportunity to help many do just that. I want to get involved in the *Moving Forward* community so that I can learn more about how to better help amputees return to living life to the fullest!



EDITOR'S NOTE (cont'd)

can resume our in person meetings and seasonal activities. Our group has continued to grow even amidst all the difficulties, so once things start moving again, the sky will be our limit.

Speaking of growing, our newest member, Scott Lee, has written a short introduction in this edition. We're so thankful for his interest in our community and look forward to spending more time with him.

We'll be sure to keep everyone posted about plans and events as that time draws nearer. In the meantime, our next virtual meeting will be on Saturday, January 23, 2021, at 2:00 p.m. Please join us for the meeting by going to Zoom.com, download the app, and click on join meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321.

If anyone has suggestions on topics that you would like to see covered in our monthly newsletters, please contact me, Elaine Skaggs, at (502)548-6419, or by email at elaineskaggs@gmail.com. Have a happy and warm January!!

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## NATIONAL LIMB LOSS RESOURCE CENTER

As most of us are already aware, The Amputee Coalition (AC) is the nation's leading non-profit organization on limb loss. The mission of this group is to help enhance the quality of life for amputees and their families through improving patient care in all aspects. With the generous support of the public, they are helping amputees live well with limb loss, raising awareness about limb loss prevention and ensuring amputees have a voice in matters affecting their ability to live full, thriving lives. A large part of this mission is completed through sponsoring the National Limb Loss Resource Center. The Resource Center is an online guide where amputees can find answers to any questions you may have, whether you are preventing, preparing for, or living with limb loss. It's where you can find

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## HOW TO GET THROUGH WINTER WITH A PROSTHETIC LEG

Winter means cold weather, snow, and ice. As much as you may look forward to winter for the holiday season, the weather during this time is less than ideal for amputees, making it hard for them to get around. Using a prosthetic leg in slippery conditions can be downright dangerous. Fortunately, there are a couple of things that you can do to make sure that your prosthetic leg functions at its best – even if weather conditions are brutal. Proper care can make all the difference, so here are some tips for keeping your prosthetic comfortable during the cold weather:

### Add Traction to Your Footwear

Just like you would choose tires that won't skid on the ice, you will want to invest in some good high-traction footwear. Rubber soles and snowshoes will be your best bet. Look into winter boots or even cleats for better traction. If you are in an area that involves harsh winters, you should take a look at gel liners for your prosthetics, which are highly recommended by therapists. Not only will they insulate your prosthetic and allow you to stay warm, but they will also improve overall mobility. Amputees often have a hard time walking through snow due to the texture and the uneven ground. It is not recommended to walk on icy sidewalks or snowy roads. This is why extra traction will be needed as an extra layer of safety.

### Stay Warm During Cold Season

Wind, cold temperatures, and moisture can build up pain if precautions aren't taken. You want to wear your prosthesis anytime you leave the house and go into cold conditions. It's crucial to keep your body warm and insulated in this kind of weather, which means that you should wear multiple layers, waterproof clothing, wool or fleece, and proper footwear. Exposing yourself to the cold is painful and can cause sickness, so bundle up! Keeping your whole body warm will also decrease stiffness in the other parts of your body, making it easier to move around.

### Be Careful When Walking

It's important to walk slowly and be careful while you are navigating through snow and ice. There are so many falling hazards in these weather

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## NATIONAL LIMB LOSS RESOURCE CENTER (cont'd)

support in the form of medical professionals, support groups, or individuals. It's a place where you can research specific situations, or get involved in advocacy programs, and it's all provided at no cost.

These programs and services are operated by the AC through a collaborative agreement with the Administration for Community Living (ACL) and works through a grant within the ACL to provide services including the Resource Center, the Peer Support Network, which we are very involved in within our group, the Youth Camp, as well as some of the Publications and events put on by the AC. No ACL funding is ever used for lobbying purposes. This funding is imperative to providing these resources and services to ensure people affected by limb loss are able to live well and live successfully and independently in their communities. In addition, they are also working with members of Congress, the National Institute of Health (NIH), the National Center for Medical Research and Rehabilitation (NCMRR), the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), the Veterans Administration (VA), the Department of Defense (DOD), and other agencies, to encourage investments in funding and research to help support the limb loss community and improve patient outcomes. The AC is also working with the Medical Research and Material Command (MRMC) and Telemedicine and Advanced Technology Research Center (TATRC) to look at bringing technological advancements forward for members of the military and the general population. In order to accomplish and provide all these services, the AC's request for funding this year was \$4 million, and was approved by Congress so that these programs can continue. Because of this the future of the amputee community looks very bright, and for that we are thankful!! If you have not yet looked at all that is available, you can get much more information on the Amputee Coalition website at:

[www.amputee-coalition.org](http://www.amputee-coalition.org)

I highly recommend it, and guarantee you will learn something new every visit.

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HOW TO GET THROUGH WINTER WITH A PROSTHETIC LEG (cont'd)

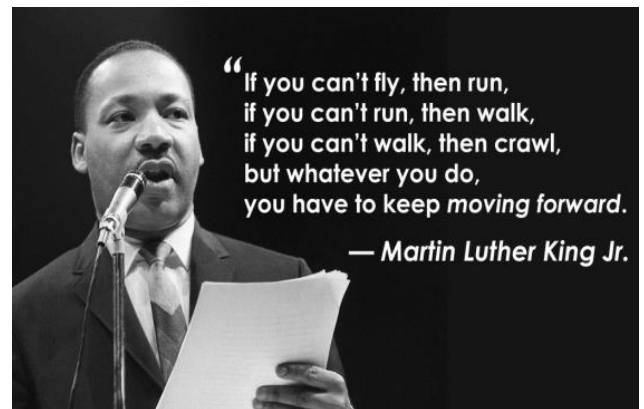
conditions. Do not try to run or hurry through this weather, and take it easy by being steady. Another option for amputees is to use a walker, a cane, or a pair of crutches for slippery surfaces. You want a walker that has grips on the bottom of it so that you can minimize your risk of slipping. Walkers can be terrific tools to help you get through the winter.

[Find Out What Specialized Prosthetic Technology is Available](#)

There are tons of new advances in technology for amputees in order to make sure that they are comfortable and safe throughout all conditions, especially the winter. Did you know that there are now prosthetics with heat regulation and of course bionic ankles that bend, which make navigating winter conditions a little easier. Even still, doing the bare minimum can be hard for amputees during inclement weather. So be sure to stay up to date on the latest technologies targeted toward amputees in order to make it easier for them. When the winter time comes around, this is when amputees will need it most.

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## QUOTE OF THE MONTH



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NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available on our website at:

ampmovingforward.com

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

## AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

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, 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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CROCKPOT CHICKEN

— by Katie Flanigan

This easy chicken recipe makes a delicious family meal, especially on a cold winter night.

4-6 Chicken Breasts

14 oz. can whole-berry cranberry sauce

1 cup of orange juice

2 Tbsp. flour

1 cup water



Cook chicken with orange juice and cranberry sauce for about 3 hrs in crockpot on high temperature. Mix flour with water. Remove chicken and add flour mixture to pot. Stir until blended. Put chicken back in crockpot 30 mins on low.

NOTE: I have cooked turkey and pork chops with this sauce. Great with rice!

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502-509-6780

Facebook: **Moving Forward Limb Loss Support and Moving Forward Limb Loss Support Group for Young Adults Ages 18-38**

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