



NEWSLETTER ♦ 71st Edition ♦ July 2019

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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### Where is Deuce?

Moving Forward Limb Loss Support met Deuce in July 2018 when he joined us for our Annual Ice Cream Social. Wow, what a beautiful spirit! Kelly conducted an interview with Domenick, Deuce's new owner to catch us up on 'All things Deuce.'

How did you come to find out about Deuce?

"I was contacted by Deuce's foster mom, Jean Gibowski of Camp Jean. Jean thought that Deuce would make a wonderful therapy dog, so she did a search for "2-legged therapy dogs" and ... that search led to me. I have two other 2-legged dogs (Cyrus and Lucky) that are certified therapy dogs. Jean asked me if I might be interested in adopting Deuce and training him to be a therapy dog. After watching videos of him and seeing how special he was, I knew that he would be a perfect addition to our family." [The Dodo made a video of this story which you can watch on YouTube here:



<https://www.youtube.com/watch?v=YEbX1djajzo&t=9s> ]

Where is Deuce's new home?

"Deuce now lives in Collegeville, Pennsylvania. I am a professor at Ursinus College, a small liberal arts college. We live across the street from campus. All of the students know Deuce and he is very popular on campus when he goes for walks on campus each day."

Does he have any other brothers and sisters now?

"Yes - Deuce lives with 5 other dogs and 3 cats. Two of the other dogs are 2-legged therapy dogs: Cyrus (a terrier mix who has back legs) and Lucky (a baladi dog from Egypt who has front legs). The other dogs are 4-legged - Trixie (schnoodle), Baxter (Shih Tzu), and Sheba (chihuahua). The cats are Polo and Marco (orange tabbies), and Presto (a tuxedo)."

What are some challenges you have with Deuce's amputations or emotional stature?



"Physically, Deuce is doing extremely well. He is very mobile, steady, and strong. He runs as fast as a 4-legged dog when he is out playing in the dog park. His one challenge is standing still; he must lean on something to balance himself, to get a drink of water, for instance. He is smart and adjusts quickly to most situations. Emotionally, he is happy and full of positive energy. He is a sweet and loving dog, gentle by nature. Jean was right - he makes the perfect therapy dog!"

~ cont'd on Page 2 Column 1 ~

### The Benefits of Play for Adults

- Reprinted from HelpGuide.org

**Just because we're adults, that doesn't mean we have to make life all about work. Learn how play can benefit your relationships, job, and mood.**

**The importance of adult play** - In our hectic, modern lives, many of us focus so heavily on work and family commitments that we never seem to have time for pure fun. Somewhere between childhood and adulthood, we stopped playing. When we carve out some leisure time, we're more likely to zone out in front of the TV or computer than engage in fun, rejuvenating play like we did as children. But play is not just essential for kids; it can be an important source of relaxation and stimulation for adults as well. Playing with your romantic partner, friends, co-workers, pets, and children is a sure (and fun) way to fuel your imagination, creativity, problem-solving abilities, and emotional wellbeing. Adult play is a time to forget about work and commitments, and to be social in an unstructured, creative way. Play could be simply goofing off with friends, sharing jokes with a coworker, throwing a Frisbee on the beach, dressing up on Halloween with your kids, building a snowman in the yard, playing fetch with a dog, acting out charades at a party, or going for a bike ride with your spouse with no destination in mind. There doesn't need to be any point to the activity beyond having fun and enjoying yourself. By giving yourself permission to play with the joyful abandon of childhood, you can reap oodles of health benefits throughout life.

**The benefits of play** - While play is crucial for a child's development, it is also beneficial for people of all ages. Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable. You can play on your own or with a pet, but for greater benefits, play should involve at least one other person, away from the sensory-overload of electronic gadgets.

**Play helps:**

**Relieve stress.** Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Improve brain function.** Playing chess, completing puzzles, or pursuing other fun activities that challenge the brain can help prevent memory problems and improve brain function. The social interaction of playing with family and friends can also help ward off stress and depression.

**Stimulate the mind and boost creativity.** Young children often learn best when they are playing—a principle that applies to adults as well. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems.

**Improve relationships and your connection to others.** Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. Play doesn't have to include a specific activity; it can also be a state of mind. Developing a playful nature can help you loosen up in stressful situations, break the ice with strangers, make new friends, form new business relationships.

**Keep you feeling young and energetic.** In the words of George

~ cont'd on Page 2 Column 2 ~

## Where is Deuce? (cont'd)

Any additional information you'd want to share about Deuce?

"Deuce is now a trained therapy dog, certified with Comfort Caring Canines Therapy Dogs, Inc. He makes weekly visits to Bryn Mawr Rehab Hospital, which has an amputee clinic. He meets with fellow amputees, often in the gym area where the patients are working to adjust to walking with prosthetics. This summer Deuce will start weekly visits at the Children's Hospital of Philadelphia as well. Because so many people are interested in Deuce's progress, he has an active online presence (and quite a few fans!). If you would like to watch videos or see photos of his progress online, you can find him @2legdogs on Instagram, Twitter, Facebook, and TikTok."

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EDITOR'S NOTE

— by Elaine Skaggs

The *Moving Forward* Limb Loss Support Group has suffered a devastating loss with the passing of Belinda Jacobi months ago. It has been a difficult transition for us as a group, and as individuals. We all grieve differently. Some will pass through the process quicker than others, but we all will endure the changes that are to come. Not one of us can imitate Belinda, or do things as passionately or efficiently as she did, but we can strive to become better, to help more people, and to let her legacy live on. There have already been necessary changes, both in leadership and activities, and there will be more to come. However, we will strive to carry on her legacy, to influence our community with positivity and encouragement. This newsletter is one of the ways we can become even better, and as you have probably already noticed, we have endured some changes here also. I will be writing a few more of the articles contained here; however, much help is needed. If you have ideas of subjects you would like to see covered here, please do not hesitate to contact me. If you have a secret desire to be a writer, we all would love to read what is going on in your life!! If there have been past articles published that you would like to see revisited, please make that suggestion. You can submit those suggestions or your articles and pictures to Elaine Skaggs in person or online at my email, elaineskaggs@gmail.com. Let's ALL take part in making this newsletter a way for us to reach out to the community, to be informed, enlightened, and entertained, but most importantly in touch with each other. Thanks, Elaine

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## EXCESSIVE SWEATING

With summer in full swing and temperatures rising and outdoor activities increasing, an issue all amputees face is excessive sweating. There are a couple of ways we can prevent losing a prosthesis and reduce sweating, but different things work for different people. Sweating can be reduced by using a strong antiperspirant gel on the residual limb, such as Certain Dri. This is something that works well for me, but it must be used according to directions to work properly. Also, it has a tendency to dry out the skin, so care must be taken to prevent drying out too much. Apply nightly until sweating is reduced, then as often as necessary to control sweating. Do not use this if there are any breaks in skin integrity. A stronger preparation, Drysol, is also available by prescription. Silver Sheath Anti-Microbial Liners have also been recommended and may work well for some below knee amputees. Quick dry clothing, as well as Botox injections are also alternatives. It's important to find what works best for you; just remember to always keep close watch on your skin. And if all else fails, remove your prosthesis when sweating occurs, allow your limb to dry as well as drying out your prosthesis, and reapply it. Get out there, and get active!! Happy Summer!!

## The Benefits of Play for Adults (cont'd)

Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Play can boost your energy and vitality and even improve your resistance to disease, helping you function at your best.

**Play and Relationships** – Play is one of the most effective tools for keeping relationships fresh and exciting. Playing together brings joy, vitality, and resilience to relationships. Play can also heal resentments, disagreements, and hurts. Through regular play, we learn to trust one another and feel safe. Trust enables us to work together, open ourselves to intimacy, and try new things. Making a conscious effort to incorporate more humor and play into your daily interactions, you can improve the quality of your love relationships — as well as your connections with coworkers, family members, and friends.

*Play helps develop and improve social skills.* Social skills are learned as part of the give and take of play. During childhood play, kids learn about verbal communication, body language, boundaries, cooperation, and teamwork. As adults, you continue to refine these skills through play and playful communication.

*Play teaches cooperation with others.* Play is a powerful catalyst for positive socialization. Through play, children learn how to "play nicely" with others — to work together, follow mutually agreed upon rules, and socialize in groups. As adults, you can continue to use play to break down barriers and improve your relationships with others.

*Play can heal emotional wounds.* As adults, when you play together, you are engaging in exactly the same patterns of behavior that positively shape the brains of children. These same playful behaviors that predict emotional health in children can also lead to positive changes in adults. If an emotionally-insecure individual plays with a secure partner, for example, it can help replace negative beliefs and behaviors with positive assumptions and actions.

**Fixing relationship problems with humor and play** – Play and laughter perform an essential role in building strong, healthy relationships by bringing people closer together, creating a positive bond, and resolving conflict and disagreements. In new relationships, play and humor can be an effective tool not just for attracting the other person but also for overcoming any awkwardness or embarrassment that arises during the dating and getting-to-know-you process. Flirting is a prime example of how play and humor are used in adult interactions. In longer-term relationships, play can keep your connection exciting, fresh and vibrant, while also deepening intimacy. It can also help you overcome differences and the tiny aggravations that may build up over time.

**Play at work** – Many dot-com companies have long recognized the link between productivity and a fun work environment. Some encourage play and creativity by offering art or yoga classes, throwing regular parties, providing games such as foosball or ping pong, or encouraging recess-like breaks during the workday for employees to play and let off steam. These companies know that more play at work results in more productivity, higher job satisfaction, greater workplace morale, and a decrease in employees skipping work and staff turnover. If you're fortunate enough to work for such a company, embrace the culture; if your company lacks the play ethic, you can still inject your own sense of play into breaks and lunch hours. Keep a camera or sketch pad on hand and take creative breaks when you can. Joke with coworkers during coffee breaks, relieve stress at lunch by shooting hoops, playing cards, or completing word puzzles together. It can strengthen the bond you have with your coworkers as well as improve your job performance. For people with mundane jobs, maintaining a sense of play can make a real difference to the work day by helping to relieve boredom.

**Using play to boost productivity and innovation** – Success at work doesn't depend on the amount of time you work; it depends upon the quality of your work. And the quality of your work is highly dependent on your well-being. Taking the time to replenish yourself through play is one of the best ways you can help your career. When the project you're working on hits a serious glitch,

~ cont'd on Page 3 Column 2 ~

## IN MEMORY OF . . .

### Jerry L. Solomon

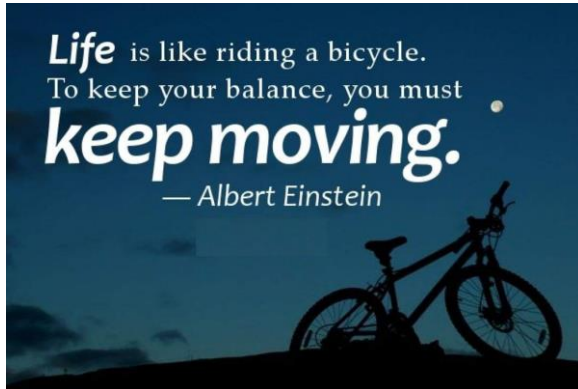
JERRY L. SOLOMON, 81, of New Albany, IN, passed away unexpectedly at his home on Tuesday May 21, 2019.

### Larry Hobert Bodner

Lawrence "Larry" Hobert Bodner, 54, of Louisville, Kentucky, passed away on Saturday, June 15, 2019.

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QUOTE OF THE MONTH



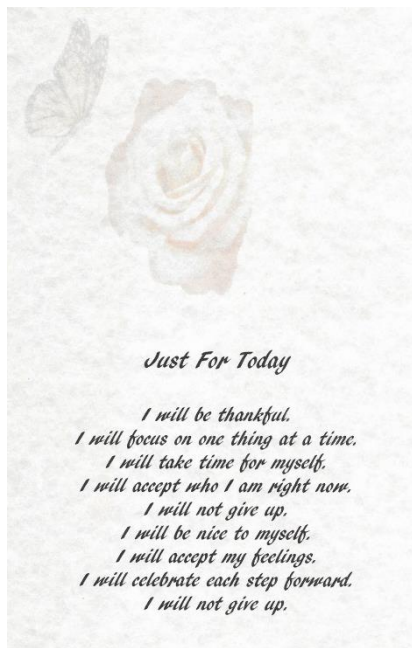
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## JUNE RECAP

The Indiana meeting was held on June 17 at Southern IN Rehab Hospital with 13 members in attendance, during which we held open discussion and watched a short video on military amputees.

On June 22 the Louisville meeting was held at Norton Brownsboro Medical Plaza I. Kelly Grey read a very interesting article about the importance of play, which is included in this newsletter, followed by a time of discussion. We also set dates for some of our future events (see **UPCOMING EVENTS** section).

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The Benefits of Play for Adults (cont'd)

take some time out to play and have a few laughs. Taking a pause for play does a lot more than take your mind off the problem. When you play, you engage the creative side of your brain and silence your "inner editor," that psychological barrier that censors your thoughts and ideas. This can often help you see the problem in a new light and think up fresh, creative solutions.

Playing at work:

- keeps you functional when under stress,
- refreshes your mind and body,
- encourages teamwork,
- increases energy and prevents burnout,
- triggers creativity and innovation,
- helps you see problems in new ways.

Tips for managers and employers – It's tempting to think that the best way to cope with an ever-increasing workload is to push your employees to work longer and harder. However, without some recreation time, it's more likely that the work will suffer and your workers will become chronically overwhelmed and burned out. Encouraging play, on the other hand, creates a more lighthearted work atmosphere that in turn encourages employees to take more creative risks.

- *Provide opportunities for social interaction among employees.* Throw parties, put a basketball hoop in the parking lot, arrange a miniature golf tournament, stage an office treasure hunt.
- *Encourage creative thinking* or just lighten the mood of meetings by keeping tactile puzzles on the conference room table.
- *Encourage workers to take regular breaks from their desks,* and spend a few minutes engaged in a fun activity, such as a word or number game.

Playing with your children – Rolling on the floor with your baby or getting down on your knees to play with a young child is vitally important — both to your child's development and to your own health. Play is essential for developing social, emotional, cognitive, and physical skills in children. In fact, far from being a waste of time or just a fun distraction, play is a time when your child is often learning the most. Whether it's an infant playing "peek-a-boo," a toddler playing make-believe, or an older child playing a board game, play develops social skills, stimulates a child's imagination and makes kids better adjusted, smarter, and less stressed. As well as aiding your child's development, play can also bring you closer together and strengthen the parent-child bond that will last a lifetime.

How to play with your child – While children need time to play alone and with other children, playing with their parents is also important. Here are some helpful tips to encourage play:

Establish regular play times. It may be for twenty minutes before dinner every night or every Saturday morning, for example. Remember, this time spent playing together is benefiting both of you.

Give your child your undivided attention. Turn off the TV and your cell phone and make time to play with your child without distraction. Having your undivided attention makes your child feel special.

Get down to your child's level. That may mean getting down on your knees or sitting on the floor. Match your child's intensity during play — if your child is loud and energetic, be loud and energetic, too.

Embrace repetition. It may be boring to you, but it's not to your child. Children learn through repetition. Let your child play the same game over and over. Your child will move on when he or she is ready.

Let your children take the lead. Become part of their game rather than trying to dictate the play. In pretend play, let your child call the shots, make the rules, and determine the pace of play. Ask questions and follow along — you'll likely get drawn into imaginative new worlds that are fun for you, too.

Don't force play or try to prolong a game. The best way to teach a new skill is to show children how something works, then step back and give them a chance to try it. When your child grows tired of an activity, it's time to move on to something new.

~ cont'd on Page 4 Column 2 ~



HEALTHY BITES

– by Beverly Gaylord (shared from the July 2014 newsletter)

During the summer, this is a fun and cool treat that the kids can make, with just a little help from an older sibling or an adult.

HOMEMADE "ICE-CREAM-IN-A-BAG"

What you'll need:

- Ice cubes (enough to fill each gallon-size bag about half full)
- 1 cup half & half
- 1/2 cup salt (The bigger the granules, the better. Kosher or rock salt works best, but table salt is fine.)
- 2 tablespoons sugar or sugar substitute (such as Splenda or Stevia)
- 1/2 teaspoon vanilla extract
- 1 pint-size Ziploc bag
- 1 gallon-size Ziploc bag
- Your favorite mix-in's such as chocolate chips, cereal pieces, or fresh fruit

How to make it:

Combine the sugar, half and half, and vanilla extract in the pint-size bag and seal it tightly.

Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag. Now shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done.

Take the smaller bag out of the larger one, add mix-ins, and eat the ice cream right out of the bag. Easy cleanup too!

Notes: Serves 1



Ways to Donate to *Moving Forward* Limb Loss Support Group

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](https://www.amazon.com/smile), 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/>"

Sign in or Create your account

Under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Enter our organization number: DC476 or,

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.

The Benefits of Play for Adults (cont'd)

Make play age-appropriate and consider safety. If a game is too hard or too easy, it loses its sense of pleasure and fun. Help your child find age-appropriate activities and understand any safety rules for play. Nothing ruins a fun game faster than a child getting hurt.

How to play more – Incorporating more fun and play into your daily life can improve the quality of your relationships, as well as your mood and outlook. Even in the most difficult of times, taking time away from your troubles to play or laugh can go a long way toward making you feel better. It's true what they say: laughter really is the best medicine. Laughter makes you feel good. And the positive feeling that comes from laughter and having fun remains with you even after the giggles subside. Play and laughter help you retain a positive, optimistic outlook through difficult situations, disappointments, and loss.

Develop your playful side – It's never too late to develop your playful, humorous side. If you find yourself limiting your playfulness, it's possible that you're self-conscious and concerned about how you'll look and sound to others when attempting to be lighthearted. Fearing rejection, embarrassment or ridicule when trying to be playful is understandable. Adults often worry that being playful will get them labeled as childish. But what is so wrong with that? Children are incredibly creative, inventive and are constantly learning. Wouldn't you want to be childish if that is the definition? Remember that as a child, you were naturally playful; you didn't worry about the reactions of other people. You can reclaim your inner child by setting aside regular, quality playtime. The more you play, joke, and laugh — the easier it becomes. Try to clear your schedule for an afternoon or evening, for example, and then turn off your phone, TV, computer, and other devices. Give yourself permission to do whatever you want for the time you've allotted. Be spontaneous, set aside your inhibitions and try something fun, something you haven't done since you were a kid, perhaps. And enjoy the change of pace.

Creating opportunities to play –

Host a regular game night with friends or family.

Arrange nights out with work colleagues: bowling, playing pool, miniature golf, or singing karaoke.

Schedule time in a park or at the beach to throw a Frisbee or fly a kite with friends.

Play with a pet. Puppies, especially, make very willing playmates. If you don't have your own, borrow one from your local animal shelter.

Surround yourself with playful people. They'll help loosen you up and are more likely to support your efforts to play and have fun.

Joke with strangers at a bus stop or in a checkout line. It'll make the time pass quicker and you may even spark up new friendships.

Visit a magic store and learn some tricks or invest in art supplies, construction toys, or science kits and create something new.

Play with children. Goofing around with kids helps you experience the joy of play from their perspective. If you don't have young children, arrange a play date with your grandkids, nephews, nieces, or other young relatives.

Other Resources:

5 ways to bring play back into your life – Tips on being more playful as an adult. (Mayo Clinic)

Playing with Your Child – Tips on games to play with your children. (Child Development Institute)

Authors: Lawrence Robinson, Melinda Smith, M.A., Jeanne Segal, Ph.D., and Jennifer Shubin. Last updated: June 2019.

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UPCOMING EVENTS

MEETINGS:

July 15th, Mon, 6:30 - 8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

July 27nd, Sat, from 2:00 - 4:00 pm, at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

EVENTS:

Speed Art Museum – Sun, August 4, from 2 pm – 5 pm. We will meet in the lobby about 20 minutes before we start the tour.

Walk and Roll Picnic at Sam Peden Park – Sat, Sept 7

Give for Good Louisville – Thu, Sept 12

After checking into it, we have decided not to do a Belle of Louisville Cruise because of the lack of accessibility on board the boat. As of the present moment, we are considering planning a fishing outing to Taylorsville Lake before the end of summer, and a visit to Churchill Downs in the fall. If anyone has any ideas of something fun to do, please let us know.

➤ RESTAURANT SURVEY

Are you a foodie?! Want to be a food critic? We are asking our members to take a restaurant survey with you at our next meeting. We'd like to evaluate local businesses on how accessible their restaurants are! We can feature the restaurants in our newsletter each month!

Information on all of our meetings and events is available on our website at ampmovingforward.com

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