



NEWSLETTER ♦ 90th Edition ♦ Feb 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

While many of us probably expected and hoped for things to magically improve at 12:01 on January 1, 2021, after a very difficult year, making things better is going to be an uphill battle this year, just as in years past. I don't know how it's been for each of you, but not much has changed for me as of yet. However, I realize it's up to me to make positive changes in my own life that hopefully will spill over to touch the lives of my friends and family and even the people I may come into contact with on a daily basis.

The year has started off mixed for me. I've lost 2 dear friends, one of them to Covid19, and as many of you know, Debbie Troutman from our group. Our **Spotlight** column in this issue is going to feature a tribute to Debbie written by a couple of our members. Another of our members, Valerie Cardwell, has been in the hospital also with Covid19 and is finally making some improvements after having been on a ventilator for awhile. Please keep her and Ron in your thoughts and prayers.

In the January newsletter we featured one of

~ cont'd on Page 2 Column 1 ~

### NEW “SPOTLIGHT”

Debbie Troutman, a member of *Moving Forward* Support group, passed away on January 13, 2021. She was one of the most positive people I have known, despite all the health issues she had to deal with in her life. She always had an encouraging word, and always was looking for ways to help other people. She never let her disabilities slow her down, or keep her from doing what she wanted to do. Debbie was a woman of great faith, and very compassionate. If she hadn't heard from you for a while, she would call to make sure you were okay. She was very involved with *Moving Forward* Support Group and attended meetings and events faithfully. Because the group was so important to Debbie, in her passing her family has suggested that anyone wanting to honor her memory do so by making a donation to *Moving Forward* Limb Loss Support Group. We are going to miss her smiling face among us and look forward to the day we meet again. Following are a couple more tributes to Debbie from other members of our group.

– by Elaine Skaggs

*Debbie Troutman was a beautiful and loving soul. She had been with our group since we started in Indiana. Debbie loved to laugh and cut up with everyone. She always dressed to impress, especially with her contagious smile. We're so blessed to have had her as part of our group for so long. Prior to Debbie's health issues and amputations she was a nurse. She will be extremely missed by all of us.*

– by Kelly Grey

Debbie was a wonderful person and a valuable member of the group. We kidded around a lot and an outsider might have gotten

~ cont'd on Page 2 Column 2 ~

## EDITOR'S NOTE (cont'd)

our newer members, Scott Lee, who is a local Physical Therapist often working with lower limb amputees. Scott has developed a program for new amputees looking to learn the basics of self-care, how to exercise, as well as ambulate on a prosthesis. The program is also open to experienced amputees who want to improve on their current level of function. If you are interested in joining the program, or just want to get more information, you can check it out on Facebook at "Amputee Boot Camp", or you can contact Scott at (502)409-3201 (see enclosed flier).

We're still not sure when we are going to be able and feel safe enough to start having in person meetings again. The time of year for our annual March Madness Chili Cook-Off is drawing near very quickly, and if at all possible, I know many of us would love to be able to see each other again, even if we have to mask up and social distance. Of course, everyone's health and safety is our priority, so as it gets closer, we'll keep everyone informed. Until then, the next best thing is to join our next virtual meeting on Saturday, February 27, 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@ymail.com](mailto:elaineskaggs@ymail.com). Happy Valentine's Day!

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LOVE, RELATIONSHIPS, AND AMPUTEES

With Valentine's Day only a couple weeks away, and hearts, chocolates and roses on everyone's mind, now seemed the perfect time to discuss how love and relationships affect those of us in the Limb Loss community. When someone loses a limb while already in a relationship, he or she often fears that his or her

~ cont'd on Page 3 Column 1 ~

NEW "SPOTLIGHT" (cont'd)

the wrong impression if in the middle of our conversations, but Debbie always gave as good as she got (and then some!). She will be missed but not forgotten.

– by Mike Portman

(The following article is reprinted from our Sep 2015 newsletter)

Each month in our **Spotlight** column, we introduce you to one of our group members. This month the light shines on a very lovely lady, Debbie Troutman. I visited her in her home for the interview, and she took me on a tour showing me all the ways that she has made her home accessible to her special needs. We had a wonderful conversation that included both serious discussion and a lot of laughter. Debbie is a very compassionate lady with a delightful sense of humor. Let's get to know her a little better

Debbie has lived in Clarksville, Indiana, almost her entire life. She has one daughter Jessica and 3 grandchildren: Nicole 14, Jaxton 3-1/2, and Lylah 14 months. Debbie shares her home with her adorable papillon dog named Chilly Willy. She enjoys spending time with her grandchildren and recently spent an afternoon at Silver Street Park playing with them in the splash park.

Debbie shared a story about when she first began losing her toes due to diabetes. Debbie had lost 3 toes on one foot and 2 on the other. Her granddaughter told her that her one foot looked like a 2-toed dragon and the other with 3 toes looked like a Ninja Turtle foot. She always encourages children she meets to ask her questions about her limb loss because, as we know, the more comfortable we are with our limb loss, the more comfortable they will be as well.

Debbie's compassion for others led her in to the career of nursing. She graduated with a BS in Nursing from Spalding University. She practiced nursing for 20 years working in home health and as a clinical instructor for Spencerian College. As part of the training in community health, she would take her students to the Wayside Christian Mission.

In the **Spotlight** column last month, I quoted Albert as saying, "When you get knocked down seven times, get up eight times." Debbie could be the poster person for that saying. In 1992, she was

~ cont'd on Page 3 Column 2 ~

LOVE, RELATIONSHIPS, AND AMPUTEES (cont'd)

partner will leave. Someone who is in a romantic relationship with a person who suffers an amputation is far less likely to abandon the relationship than the new amputee might expect. In many instances partners often assume additional responsibility as well as care giving for their loved one. This can be a situation that draws the couple closer together, or the stress of it can drive a wedge between them if they allow it. As in any situation, communication is key. But having the discussion first and having both people just say how they feel helps start the conversation. Most partners aren't aware of one another's post-amputation emotional struggles. Mutual feelings of guilt, inadequacy, and anger erode the relationship until one partner makes the first move toward honesty. For anyone supporting someone new to the limb loss journey, the first few years can be hard. Life does get easier in time, and with love you can find a different path together.

If a new amputee is not already in a relationship, a common fear is not being able to attract a romantic partner because of the amputation, and new amputees who are not already in a relationship are far more likely to find a partner than they might expect. Finding true love is one of the most challenging things a person can do. In this day and age when everything is consumable – people included – opening yourself up to someone and allowing yourself to be vulnerable in front of them takes some serious guts.

Add limb loss into the equation certainly doesn't make things easier, but it is very much possible. That sense of belonging to someone else, letting go of your inhibitions and expectations, and surrendering to your loved one is worth the trouble. To rebuild confidence, focus on the things that matter. Work on being a positive person that people want to be around, a person who inspires others, a person whose values and outlooks on life are ones that others aspire to have. The essential parts of you are still there – your heart, soul and your brain. You can love someone who's missing a limb, but you can't love someone who's missing a heart. That confidence should also shine through when you are able to talk openly and comfortably

~ cont'd on Page 4 Column 1 ~

NEW “SPOTLIGHT” (cont'd)

diagnosed with Multiple Sclerosis. She explained to me that there are different types of MS and the type that she has is called relapsing-remitting. She has flare-ups of the disease followed by periods of remission. MS is an auto-immune disease. That means that the systems designed to keep your body healthy mistakenly attack parts of the body that are needed for everyday function. The protective covering of nerve cells are damaged, which leads to diminished function in the brain and spinal column.

On Sept. 11th, 2003, Debbie's husband passed away, and as I had mentioned earlier, in 2005 she had to have 5 toes amputated. About 5 years ago, she began losing her vision due to her diabetes and MS. She has very limited vision now. Her health problems took another turn for the worst 3 years ago when she suffered a heart attack while home alone and lost consciousness. When she came to and was able to get help, it was found that she had lost blood flow to her left foot during that time. Her left foot had to be amputated. One year later she lost her right foot to osteomyelitis.

Debbie says that the vision loss is the most detrimental to her. She can no longer drive or continue her nursing career. She hopes that one day she can find a way to get back into the field of nursing. Before her limb loss, she loved to dance and would love to be able to hit the dance floor again sometime in the future. She includes cooking and gardening as her hobbies. The gardening is a new pursuit, because she says that she suddenly has developed a green thumb.

When asked about the support group, she mentioned meeting new people and learning from each other as reasons that she enjoys taking part in it. As for things that she would like to see *MOVING FORWARD* work towards are encouraging businesses to become more handicapped accessible and working with TARC to improve its TARC 3 service. She also wanted me to let anyone who has vision problems know that she would be glad to speak with them about ways to make their homes more accessible.

Debbie's advice for new amputees is: “Amputation can cause a big loss in mental self-

~ cont'd on Page 4 Column 2 ~

LOVE, RELATIONSHIPS, AND AMPUTEES (cont'd)

about your amputation. Instead of focusing on the negative aspects of being an amputee, talk about the positive sides, too. When you're comfortable talking about your life, your date will feel relaxed about it too. For those of us in relationships, may your love continue to grow. If you aren't in a relationship, may you find true love!



NEW "SPOTLIGHT" (cont'd)

esteem and sometimes people can be cruel, so it has helped me through many tough times to remember that God is always with me and he loves me no matter what I look like."

Debbie is a remarkable woman who indeed keeps getting up each time she has been knocked down. Where many people would have given up, she keeps planning ahead, and **moving forward**....

P.S. We will be holding a dance in the near future and Debbie has promised to teach me the Electric Slide. So have those cameras ready – this is one shot that I am sure you won't want to miss!!!

- by Belinda



Debbie Troutman **moving forward** and spending a fun afternoon at the Pie & Ice Cream Social with her 3-year-old granddaughter Lylah in Aug 2017

1/22/21

"This given from Debbie Troutman's brother Steve Popp in memory of her courageous journey that, without your support, she'd never have made it through. We thank you for support you gave her along the way. She encouraged others as she was dealing with her own. She never forgot others."



**Bellarmino Community Partners
Amputee Project**

Wanted to let you and the organization know that we have resumed our Amputee Project but with a different procedure since we cannot invite the community onto campus. I've contacted Louisville Prosthetics, all the Hanger Clinics, and Kenney Orthopedics to get their approval to come to their clinic to meet and evaluate any candidate for our project. After this initial assessment our plan is to make a series of remote therapy visits with the amputee over an 8 week period. We will send them a video link with pre-recorded exercises, then observe and coach their performance over a Zoom call. I've attached a summary of the project and an advertisement flyer which I shared with the prosthetic firms. An option instead of using Zoom is to set up an office visit with your prosthetist to have the call. The students are available to meet people at the prosthetist's office on Tue and Thur between 11 & 1 and Friday after 12:30.

- Dennis Lesch

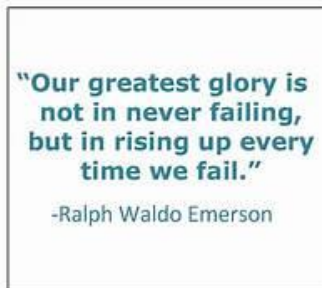


**Heart-Shaped Cake
without a
Heart-Shaped Pan!!**

Use any cake mix, even boxed mix. Use 1 square & 1 round pan. Cut your circle in half and arrange on the square to make a heart. Spread on your favorite icing. There you have it!! An easy heart-shaped cake without a heart-shaped pan!!



Perfect for your valentine! Try red velvet!! Or even brownies!!



**QUOTE OF THE
MONTH**

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

AmazonSmile

Go to "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, 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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## 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)

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