



Newsletter 134th Edition

October 2024

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 maybe, just maybe we'll finally begin having some real Fall weather. A few of the trees are beginning to turn, but until last week's rain, I hope they all have had enough to create some color. Time will tell, but it may take some additional decorations to make our world colorful this year. Our September meeting in Louisville was canceled last week because of expected high winds and heavy rain due to hurricane Helene. Other than a few downed trees and minimal power outages, we were blessed to have missed the worst impact. However, parts of Florida and Carolina were devastated by flooding, leaving countless people homeless. We remember all who suffered devastating loss in our thoughts and prayers.

Over the last couple weeks there is a word that keeps coming to mind, a word that I learned when I was selling life insurance. That word is 'synergy' and to me, it means we are better together than we are individually. You write the lyrics and your friend composes the music. Separately each of you is pretty good, but together you've got a mega-hit song. That's *synergy* — working together to create something greater than either of you could do alone. When one thing magnifies the effect of another, together they have synergy. If your company makes some revolutionary kind of yo-yo, you may decide to acquire a company that distributes toys, as you'd expect there would be a natural synergy: each company will benefit from the other's strengths, and together they'll be stronger than either would be by itself. With our mission statement in mind, our

main goal is to help people, and each other. I get excited just thinking of the possibilities, the things our membership can do if we all pull together and work as a team. We have the opportunity now, with new meeting locations, and all of our active group members, to accomplish great things for the amputee community here in our hometown, our state, maybe even across the country! The possibilities are endless! Let's spread the word about our awesome group!

We have some exciting events coming up in the UPCOMING EVENTS section following.

UPCOMING EVENTS

SATURDAY October 5, 1:00pm - 4:00pm Come join us for our annual Walk and Roll Fall Picnic at Sam Peden Community Park, 3037 Grant Line Rd, Shelter #3, New Albany Indiana. The group will provide fried chicken and drinks. Please bring your favorite picnic dish or a dessert. Fishing will be permitted, but you must have a license, your own equipment and bait.

MONDAY October 21, 6:00pm - 7:30pm Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right. Our speaker for this meeting will be Mike Bolland, host of the "We're Not Stumped" podcast, and will be joining us virtually. Come and be inspired!

THURSDAY October 24, 5:30pm - 7:30pm - Kenny Orthopedics will be holding an Amputee Walking School, hosted by PAM Rehab Hospital, 2101 Broadway Street, Clarksville, IN. There is no charge for amputees and 1 guest, snacks will be provided. You can register online at Kenny Orthopedics website.

SATURDAY October 26, 2:00pm - 4:00pm Louisville meeting at Baptist Health Rehabilitation Hospital, 11800 Bluegrass Parkway, Louisville, KY 40299, in the Day Room. We will post our Moving Forward signs for you to follow. Please note that this is our new meeting location for the Louisville meetings. Our guest speaker for the meeting will be Chris Downs with Mobility City. Chris will be demonstrating some of the power mobility that is available at his store.



“Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.” — Amy Poehler

COWBOY CASSEROLE

TOTAL TIME: Prep: 15 min. Bake: 20 min.

YIELD: 2 servings

Cowboy casserole—made with ground beef, corn, cheese and Tater Tots—is a big, warm hug after a long day and is especially comforting when the weather turns cold.

Ingredients

- 1/2 pound lean ground beef (90% lean)
- 1 can (8-3/4 ounces) whole kernel corn, drained
- 2/3 cup condensed cream of chicken soup, undiluted
- 1/2 cup shredded cheddar cheese, divided
- 1/3 cup 2% milk
- 2 tablespoons sour cream
- 3/4 teaspoon onion powder
- 1/4 teaspoon pepper
- 2 cups frozen Tater Tots



Directions

- 1.) Preheat oven to 375°. In a large skillet, cook beef over medium heat until no longer pink. Stir in the corn, soup, 1/4 cup cheese, milk, sour cream, onion powder and pepper.
- 2.) Place 1 cup Tater Tots in a greased 3-cup baking dish. Layer with beef mixture and remaining 1 cup Tater Tots; sprinkle with remaining 1/4 cup cheese.
- 3.) Bake, uncovered, until bubbly, 20-25 minutes.



What Caregiving Is All About

By Julia Kelly

We think we are in control of everything that happens in our lives, of when and how we do things. Not so much. The truth is we are not in control. Something can happen that can instantly change our schedule, our whole life. When you are given the opportunity to do something kind, or given a task that is necessary for another person, do it immediately! I have a friend I had not been able to contact for a couple of weeks even with repeated tries. I got so frustrated with her. I contacted a mutual friend and she, as well, could reach her with no response. Both of us became so offended that she would not respond. But we were so wrong for jumping to conclusions. Finally she called, and I instantly heard the pain in her voice. As it turned out she had been in a serious car accident 15 days prior. She had broken bones in both a foot and her arm. She had spent 15 days in a trauma hospital and rehabilitation facility. I stand totally corrected about being in control of life events for myself and my friends. I have learned a valuable life lesson. Always act immediately to encourage and do for others. I am so NOT in control of whether or not I will be given another opportunity.



Six 3D-Printed Limbs Advancing The Future of Prosthetic Design

We take a look at the history of prosthetics and why, thanks to technology, prosthetic design is challenging the definition of disability. Prosthetic design is nothing new but in the last 20 years, artificial limbs have moved forward at an electric pace.



Here is a little bit of history for you:

The world's earliest functional prosthetic body parts are not arms or legs but toes. A big wooden toe, belonging to a noblewoman, was found in Egypt and dated to between 950-710 B.C.E. Later examples include iron hands for knights and movable legs made from barrel staves and metal featuring hinged joints at the knee and ankle. Following those early designs, prosthetic limbs have improved by leaps and bounds.

Intertwined with conflict, World Wars and other large-scale conflicts unfortunately increased demand for prosthetics, which led to improvements.



Fast forward to today and replacement limbs are made out of state-of-the-art materials and designed especially for different applications. The most expensive limbs can even be controlled by thought, similar to a real limb—that’s a long way to come since wooden toes. 3D printing in particular is helping to change the face of prosthetics enabling engineers and physicians to develop prosthetics that are fully customized to the wearer. New 3D scanning and body modeling technology are enabling people to have prosthetics modeled after their limbs, with a more natural fitting and appearance, and at a more affordable price. The contemporary approach to prosthesis design is also working to address the gap between function and appearance, with some companies and designers producing what is known as “expressive prostheses”. These are prosthetic limbs where the design focuses on the appearance, with the aim of highlighting the user’s identity. The hope is that by transforming prostheses into accessories, expressive versions, such as those with patterned or textured surfaces, might help users make positive statements about themselves. It also challenges the idea of “disability” and the definition of beauty.

Following is a selection of 3D-printed and personalized prosthetic replacements and the companies behind them that are advancing modern medicine.

1- Unlimited Tomorrow - Founded by inventor Easton LaChapelle, Unlimited Tomorrow is a company that designs low-cost, 3D printed prosthetic limbs that are extremely life-like and can



be operated with the mind. The company uses a technology it calls TrueLimb, which captures a mirror image of your opposing limb, right down to the fingertips. 3D printing enables the company to create a lightweight prosthesis with an incredible level of personalization. The prosthetic is customized to match the user’s shape, size and skin tone. The limb feels like skin, and the fingers fold the way a

human hand does. It even features veins, wrinkles and fingernails that can be painted. Using a series of sensors, the prosthetic is controlled using muscles within the residual limb. What is amazing about TrueLimb is that it can be ordered without an in-person fitting. Unlimited Tomorrow sends clients a 3D scanner, which they use to scan their limbs. Within weeks, they receive a number of customized test sockets before ordering the final device.

2- William Root Exo Prosthetic Leg - This one is incredible! Using a 3D printer, 3D scanner, and complex 3D modeling software, industrial designer William Root has reduced the amount of labor needed to produce prostheses. Molded from laser-sintered titanium, Root has created a lightweight structure, which offers a more bespoke approach to prosthetics. Meanwhile, the designer has utilized the automated process of 3D scanning and printing to drastically reduce the cost of producing and fitting replacement limbs. The result is a low-poly geometric composition of the limb, which is ultra-efficient in terms of material usage, structural integrity and lightness. What a striking design!



3- UNYQ - Understanding the power of personalization, UNYQ's main product line is a range of Prosthetic Wears for upper and lower limb amputees that come in various colors and designs. It creates seasonal lookbooks to show off its collection of "cover", which gives users the ability to change the conversation around their prosthetic device. UNYQ is also developing what it calls a 'total leg' solution including a printed socket and foot to compliment the covers. The UNYQ Socket offers several unique benefits to the user doing away with much of the metal found in a traditional prosthetic leg. It also contains sensors that record the individuals' activity, including the number of steps and calories burnt.

4- e-Nable - Great prosthesis design depends on a community of passionate designers and technologists which is pretty much what e-NABLE is. This online community from all over the world uses their 3D printers to make free and low-cost prosthetic upper limb devices for children and adults in need. By creating open-source designs e-NABLE Volunteers help those who were born missing limbs or who have lost them due to war, natural disaster, illness or accidents. That includes various kinetic hands that are shared globally in a bid to make the world of prosthetics more democratic.



5- Limbitless Solutions - Limbitless is a research lab that uses Adobe and Autodesk software to create bionic arms that are inclusive, accessible, and most of all, creative. Fusing art and

engineering, the company encourages children to help personalize their designs online, tweaking the themes and picking out colors. The idea behind Limbitless is that the arms are not supposed to look natural. Instead, they are intended to encourage the child wearing them to express themselves. Each arm has at least two interchangeable designs so a kid can be a princess in the morning and a superhero at night.

6- I'AM - Last on our list I'AM, which makes state-of-the-art prosthetic limbs but in a completely new and innovative way. The company promotes its app more than anything else—an upper limb clinic in one app. This isn't a bad thing considering the whole market around prosthesis needs a redesign too. The app features a digital workflow that is supposed to empower the customer by making the experience of acquiring a limb like shopping online. The process is no less personable and users can choose from an array of colors. They can also detail

their measurements at every possible point before uploading a scan of their inner socket to ensure the perfect fit. Beyond all the cool features of modern-day prosthetics, what I'AM also does is capture the individual's



data in an easy to access profile with a process that is intuitive, time saving and simple.

CONTACT INFORMATION

- **Email:** moving4wdamputeegroup@gmail.com
 - **Website:** www.ampmovingforward.com
 - **Phone:** 502-208-2629
 - **Facebook:** Moving Forward Limb Loss Network & Social Group
 - **Kelly Grey-Parker**, Co-President / Facebook Editor, kjgrey79@gmail.com 502-235-3146
 - **Elaine Skaggs**, Co-President / Newsletter Editor, elaineskaggs@ymail.com 502-548-6419
 - **Brianna Heitzman**, Secretary, briannaheitzman@yahoo.com 502-650-6085
 - **Danielle Ranschaert**, Treasurer, daniran1974@gmail.com 502-403-3920
 - **Rose Booth**, Board Member-at-Large, rosebooth@bellsouth.net 502-296-1162
 - **Julie Randolph**, Newsletter/Calendar Proofreader, jbrsweepeer@yahoo.com 812-557-3970
-

CORPORATE SPONSORS

Special THANKS to our corporate sponsors —
without you this newsletter would not be possible!!



LOUISVILLE PROSTHETICS
Quality. Comfort. Commitment.

Bruce Lockett, L.P.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---



LOUISVILLE PROSTHETICS
Quality. Comfort. Commitment.


Chris Lockett, C.P.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---

Lending A Hand LLC
Keeping Limbs And Lives Safe In The Workplace

Billy Parker
Owner/Keynote Speaker


PO Box 91721
Louisville, KY 40091
502-415-2504
lendingahand@gmail.com
Facebook & YouTube: BillyPAmputee

LOUISVILLE PROSTHETICS
Quality. Comfort. Commitment.

R. Wayne Lockett, L.P., L.Ped.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2959 Fax: 502.582.3605
---	---



Hanger CLINIC
Empowering Human Potential

David Kaufer
CPOA, COF
Clinic Manager

1931 West Street, Suite A
New Albany, IN 47150

Tel: (812) 941-0966
Fax: (812) 941-0958
Cell: (812) 786-5350
dkaufer@hanger.com
HangerClinic.com



MauriPRINT
DESIGN | PRINT | PROMO

502-536-8899
sales@mauriprint.com
www.mauriprint.com
3411 Bardstown Rd #9
Louisville, KY 40218



BUSINESS CARDS | FLYERS | BROCHURES | MENUS
POSTERS | BANNERS | FLAGS | YARD SIGNS | A-FRAMES
TABLE COVERS | STICKERS | WALL DECALS | CANVAS

6504 Bardstown Rd
Louisville, KY 40291



MOBILITY CITY
WE FIX WHEELCHAIRS & SCOOTERS

Chris Downs - Owner
Brad Thomas - Technician, Safety Officer