



NEWSLETTER ♦ 32nd Edition ♦ Apr. 2016

Special Limb Loss Awareness Month Edition

MOVING FORWARD FEATURE

Show Your Mettle

— by Belinda

I have been asked countless times during the last few years, just what does "show your mettle" mean. Often times they think that it is a spelling mistake, and that I meant to say "metal" or "medal". That is not the case, however, because the Amputee Coalition designates the 4th Saturday of each April as "Show Your Mettle Day" and asks all amputees to show their mettle by showing their metal. Now how confusing is that?

Until I became involved with the group and the Amputee Coalition, quite honestly I didn't know the meaning of the word "mettle" either. After looking it up in my dictionary, I found that the definition is: showing one's courage or valor in the face of adversity. The quote of the month sums it up beautifully by saying that valor is stability not of arms and legs, but of courage and the soul. A person's valor or mettle isn't a measure of their physical strength; it is a measure of the strength of their mind, heart, and soul. That mettle can carry them through the hardest times in life, even when physical strength is lacking.

During the last few years, I have witnessed many amputees showing their mettle. I have seen them endure countless surgeries, illnesses, dialysis, loss of an additional limb, or the loss of a loved one. I have also witnessed them going back to the workforce or adjusting to living on their own with limb loss. For many people faced with such challenges, they would have just given up. The amputees that I have met have not given up, though. Instead, they continue showing their mettle and striving to make their lives better, not just for themselves but also for their loved ones.

MOVING FORWARD will be showing its mettle in a number of ways during the month of April. There is a complete list in the UPCOMING EVENTS section of this newsletter. We invite you to join us for any or all of these activities. Our group is open to all amputees, their families, friends, and caregivers. We provide emotional support, information, and family-oriented events. We also strive to raise awareness of limb loss by being actively involved in our community.

If you would like more information about **MOVING FORWARD**, you can check out our website at ampmovingforward.com or contact us. Our contact information is listed on Page 6 of this newsletter.



amputee
coalition



April Is Limb Loss Awareness Month

Each day, more than 500 Americans lose a limb; the Amputee Coalition is the leading national organization working to ensure that amputees do not go through this journey alone. April is Limb Loss Awareness Month, and for April 2016 the Amputee Coalition has numerous ways for you to get involved.

This year Show Your Mettle Day will be on Saturday, April 23. We hope that all amputees will proudly wear and show their devices (prosthetic and/or assistive) on this day. The concept is simple – to show your "mettle," the ability to cope well with difficulties or to face a demanding situation in a spirited and resilient way, by showing your "metal" prosthetic device or wheelchair.

We are also encouraging all amputees (who feel comfortable) to post a photo of yourselves wearing your prosthesis(es), in your wheelchair, or just living your lives if you do not use an assistive device, using #ShowYourMettle throughout the month of April on our social media platforms – Facebook ([Facebook.com/AmputeeUSA](https://www.facebook.com/AmputeeUSA)), Instagram ([Instagram.com/AmputeeCoalition](https://www.instagram.com/AmputeeCoalition)), and Twitter ([Twitter.com/AmputeesUSA](https://twitter.com/AmputeesUSA)).

On Wednesday, April 20, 2016, the Amputee Coalition will be holding a Hill Day in Washington, D.C. We encourage everyone to attend so we can share a unified voice on issues affecting the limb loss community. We need you to let us know if you can attend so that we can schedule meetings with your elected officials and talk to them about some key issues including:

- Insurance Fairness for Amputees and improving access to prosthetic and custom orthotic care
- Funding for research and programs that improve the lives of amputees
- Changes to the Local Coverage Determination Process to ensure that we don't see another Medicare LCD like we witnessed in 2015.

For more information about this event, you can visit our Hill Day page.

This April, be sure to "Show Your Mettle" in your own way. Limb Loss Awareness Month is all about raising awareness of the limb loss community and empowering people affected by limb loss to achieve their full potential. Together, with your help, we can make this April a powerful nationwide movement to raise limb loss awareness!





SPOTLIGHT – by Belinda

For this "Show Your Mettle" edition of the newsletter, I would like to introduce you to a very special lady by the name of Elaine Skaggs. Like many amputees, Elaine has endured some setbacks and frustrations along her way, but her positive attitude, determination, and desire to help others is an inspiration to us all. I know that you will enjoy getting to know her a little better.....

1. Have you always lived in the Louisville area? If not, where else have you lived? I was born and raised in Louisville, out in the Valley Station area. I left Louisville in 1981 to accompany my husband when he joined the Army. We have lived in Ft. Campbell, KY, San Antonio, TX, Stuttgart, Germany, and Columbus, OH, before returning to Louisville in 2008.

2. What is your spouse's name and how many years have you been married? Any children, grandchildren? My husband's name is Jerome. We have been married 39 years come June 25 of this year. We have 2 sons: Nate, who is a Major in the Air Force, married and living in FL. Our oldest son Robert is an LMPD officer, is married, and has 3 little girls, our granddaughters, who are the sunshine of Jerome's and my days.

3. I know that you plan to go back to work. Would you tell us about your job and any previous jobs that you would like to share? I've done many different types of work, including 18 years as an accounts payable clerk for Defense Commissary Agency. I've also worked retail for the corporation that owns Kay Jewelers. The work I will be returning to as of April this year will be Senior Sales Agent for Transamerica Life Insurance Co. I love meeting people and feel that I am providing a very valuable service in teaching and preparing people for a more secure financial future by protecting their families. The end of life is devastating enough for families. Not being prepared for it can make it even worse.

4. What are your hobbies or things that you enjoy doing in your free time? In my free time I really enjoy sewing, crocheting, and other types of needle crafts. And a few times have even used that as a source of income. I'm not really all that creative, but give me instructions and I can make just about anything. I also enjoy outdoor activities and find so much peace and enjoyment working in my gardens. We also love to swim, boat, and fish, and enjoy camping, though that has become more of a challenge for both Jerome and I, considering our disabilities. And last but not least, for the last 4 years I really enjoy riding a motorcycle. Despite losing my leg in an accident while riding, I have been on 2 rides as a passenger and can't wait to get back in the saddle again, this time on 3 wheels!

5. If you are comfortable doing so, would you talk about what led to your amputation and about your recovery process? On April 11, 2015, I accompanied a small group of new friends on a ride to Bardstown, KY. After stopping for a late lunch, I left the group to ride home to prepare for an early evening appointment. About halfway home, rounding a curve in the road, I met an approaching car head on. The resulting injuries included a broken collar bone, 4 broken ribs, my femoral artery severed in 2 places, and my left leg damaged beyond repair. Another rider following the car I collided with was able to apply a tourniquet, which saved my life. I was transported to University of Louisville Hospital by helicopter, where I remained for 17 days. I was transferred to Frazier Rehab for 10 days after that. When I woke up the day following my amputation, my husband, my son, my father and sister in my room in ICU, the surgeon visited me to explain the results of surgery and my condition. I decided then and there that I was not going to lay in the bed and feel sorry for myself. I have too much life left to enjoy and committed myself at that moment to work hard, to walk again, and

– Continued on Page 3 Column 1 –



MARCH RECAP

On Sat., Mar. 5th, our March Madness Chili Supper was held at the Okolona Fire Station. We had one of our largest crowds yet with over 70 people in attendance. With 15 entries in the chili cook-off, the judges had a wide range of delicious chili to choose from. In the end, the judges decided on a chili prepared by one of our newest members, Gary Summers. The People's Choice Award went to Jennifer Barbour. Both winners received a special apron designed by group member Mike Portman. The Best Dressed Fan Contest had a repeat winner. Philip Randolph won for the 2nd year in a row, this year sporting a unique hat. Philip



narrowly beat out UK fans Steve Barbour and Albert Howard. He was awarded with an apron and a medal. All children in attendance received a medal for being "our" biggest fans, and we were entertained by 2 young cheerleaders, Abby Reitz and Maggie Barbour. A basketball trivia game was played and the winner was Mike Kolb, with 2nd place going to Lou Grey and 3rd place to Cathy Adams. Denise Bridgman won the chili pot raffle. She took home a chili pot full of useful items. We want to thank Stacey White of "Wrap It Up" for once again putting the chili pot together for us. The group welcomed several first time attendees. We all enjoyed the great food, fun



atmosphere, and socializing with friends.

Our IN meeting was held on Mon., Mar. 21st, at Southern IN Rehab Hospital. We discussed a variety of topics including our many upcoming events.

On Sat., Mar. 26th, the KY meeting was held at Baptist East. We talked about our restaurant accessibility survey which will begin in April, and members told of problems they had encountered while dining out and ways that we could help encourage businesses to become more handicap accessible. We closed with discussing plans for future meetings and events.

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## QUOTE OF THE MONTH

Valor is stability not of arms and legs,  
but of courage and the soul.

– by Michael Montaigne, philosopher

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SPOTLIGHT (cont'd)

to be even better and do more than I did before the accident. God allowed me to continue living for a reason, and I believe at that point my purpose for remaining on this earth was renewed. And I intend to live out that purpose.

6. What have been some of the hardest challenges for you since losing your leg? The most challenging thing I've faced is something we have talked about in group before, and that is patience. Patience during recovery is very difficult for a person who has always been active. I've been in such a hurry to learn to walk on my prosthetic leg, and given my age, it has taken longer than I had hoped. I don't want to miss out on being able to do the things I used to be able to do. I also think that I have had difficulty allowing myself time to grieve my missing body part. The down days and depression are natural occurrences, but not being able to go get on the bike and ride, trying to find another outlet has been hard.

7. You have talked to me about your son being a police officer and the support that his coworkers have given you. Would you like to share anything about that or about anyone else who has given you support thru your healing process? My son Robert's coworkers offered him so much support when this happened to me, allowing him to take additional time off to transport Jerome back and forth to the hospital. Kevin Trees, also an officer with LMPD, is an above the knee amputee also and has visited with me, given me advice, and answered many questions. My husband Jerome has been with me every step of the way, encouragement and pride on the good days, and a strong shoulder to cry on during the bad days. But the greatest encouragement has come from my granddaughters. The youngest, age 2, will only always remember Grammy with one leg, but the 2 oldest, age 8 and 11, have been my loudest cheerleaders. From the first visit in the hospital when they both asked to see my stump and wanted to touch it and couldn't stop hugging me, both on either side of me in the bed, to the first time seeing me stand wearing my prosthesis and taking a few steps, they have urged me on and cheered for me. That alone motivates me to continue to strive to be the best I can be.

8. What is some advice that you would give to a new amputee or someone who is facing the loss of a limb? I think the most important thing to remember is the loss of a limb is not the loss of a life. My left leg didn't make me the person I am – that has not changed. Yes, in my case where the decision was not mine to make, I could have become bitter and given in to the depression and grief, but you can't let that overwhelm you. In past jobs I've had and challenges I've faced, I've always had a 'never give up' attitude, and faced with overcoming an amputation, that has been a standard for me. I won't give up on doing anything I want to accomplish in life!!

9. You have a deep desire to help others and want to become an AC Certified Peer Visitor. Can you tell about why that is important to you? Because of my spiritual upbringing and beliefs, I've always felt that our purpose here is to be a help to others. I believe that everything God allows us to experience in life is preparation for that purpose. How can we help others going through difficult circumstances if we haven't been through something similar in our own life. Maybe my accident was God's way of answering my own 'prayer of Jabez' found in I Chronicles 4:9-10. That he enlarge my territory to reach more people for Him. Whatever the reason, overcoming the struggles and challenges of being an amputee means nothing if you can't share and help others to achieve the same success.

10. What do you enjoy about the support group? I enjoy the group because I am among people who understand. I've learned so many things, about being an amputee, how to deal with struggles and the multitude of issues facing us, and resources that are available to help us live a normal life. I've made some wonderful

– Continued on Page 4 Column 1 –

LET'S GET MOVING! - by Belinda

Improving strength in our hips and stomach muscles is important to all lower limb amputees. This becomes even more crucial to an above-the-knee amputee. The following exercises were specifically developed for AK amputees, but would also be beneficial for those who are BK. So come on everyone work those hips and abs, and **let's get moving!!**

Strengthening Exercises – Above Knee Amputation

These exercises will help you strengthen your muscles to best use your prosthetic leg.

- Do these exercises as directed by your therapist or doctor.
- Do the exercises slowly and with smooth motions to avoid injury.
- Be sure to keep breathing while you exercise. Do not hold your breath because it could cause your blood pressure to rise.

*Advanced Hip Extension on Back:

1. Lie on your back. Place a rolled towel under the end of your amputated limb. Lift your other leg up.
2. Push down into the towel, and lift your hips off the floor or table. Hold and then lower your hips down.

*Hip Extension:

1. Get up on your hands and knee and find your balance.
2. Slowly lift your amputated leg out behind you. Control the motion and tighten the buttock muscles as you lift. Keep your hips and back still and level to the ground.
3. Hold and slowly return to the starting position, then repeat.

*Leg to Side (Quadruped hip abduction):

1. Get on your hands and knees without your prosthesis.
2. Lift your amputated leg to the side in a slow and controlled way. Tighten your buttocks while you lift the leg and keep your back and hips level to the ground.

*Abdominal:

1. Lay on your back on a pad or mat, knees bent and feet flat on the floor. You can use a pillow under your head for comfort.
2. Tighten your stomach muscles by pulling your belly button in and up slightly to tip your pelvis down and push your back to the floor.

*Shoulder Push Ups:

1. Lay on your stomach on a mat. You may want to place a towel or pillow under your amputated leg. Get up on your elbows and be sure your elbows are under your shoulders.
2. Keep your hips on the mat and press your elbows down into the mat.

** These exercises are part of a program developed by the Ohio State Wexner Medical Center.

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## TEST YOUR KNOWLEDGE

Unscramble these words and use the letters in parenthesis to complete the sentence. You must also unscramble the letters to find the answer to the puzzle on Page 5.

|             |                       |
|-------------|-----------------------|
| NFSIIGH     | GO ____ ( ) ____      |
| SSPNAIE     | PLANT SOME ( ) ____   |
| EUNATR KIEH | TAKE A ____ ( ) ____  |
| YFL EKTI    | ____ A ____ ( ) ____  |
| ICICNP      | HAVE A ____ ( ) ____  |
| GLABMELA    | GO TO A ____ ( ) ____ |

THESE ARE ALL FUN THINGS TO DO THIS \_\_\_\_ !

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SPOTLIGHT (cont'd)

new friends. The social activities that we have only prove that life as an amputee can be fun and exciting too!

11. Anything else that you would like to share? Just want to thank Belinda, Kelly, and Mike for a great job leading the group. Thank you for the flyers you place in all the prosthetic offices. That's how I found you. I hope that by becoming a peer visitor I can help our group grow, make more friends, and help many more people!

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## Q & A

— by Belinda

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

For the next few months, I will be using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this, I will try to answer questions that I receive on a weekly basis such as:

Will I be able to drive again?

I want to rejoin the workforce, but where do I begin?

Is there any help for amputees who have insurance, but can't afford the high deductible or copayments?

My apartment isn't handicap accessible. How am I going to manage when I get home?

Where do I go for help in paying my rent, utilities, or receiving food assistance?

In this month's issue we will be discussing where to find help in paying for your prosthesis. In the March issue, we talked about the Vocational Rehabilitation program offered in each state and how they will help to finance a prosthetic device in order to help an amputee return to the workforce. Many amputees receive their prosthesis through Medicaid, Medicare, the VA, Tricare, or private insurance. If you feel that your private insurance company is treating you unfairly in denying coverage for your prosthesis, you can contact your state department of insurance. To contact that agency in Kentucky go to [insurance.ky.gov](http://insurance.ky.gov) or call 1-800-595-6053 and in Indiana go to [in.gov](http://in.gov) and then click on consumer services or call 1-800-622-4461.

The following is a list of non-profit organizations that provide funding for prosthetic devices:

Barr Foundation: [foundation@t-barr.com](mailto:foundation@t-barr.com) or phone 561-391-7601 (They provide assistance to amputees with no other sources of funding.)

Challenged Athlete Foundation: [challengedathletes.org](http://challengedathletes.org) or phone 858-866-0959 (They provide help in obtaining prosthetic devices to assist amputees to pursue an active lifestyle. It is not only for athletes. If you would like a running leg or a knee that would allow you to run, this is a great place to check out.)

Limb for Life Foundation: [limbsforlife.org](http://limbsforlife.org) or phone 405-605-5462 (They assist qualified applicants in partial or complete funding of an advanced prosthesis.)

Life Without Limitations Foundation:

[lifewithoutlimitations.org](http://lifewithoutlimitations.org) or phone 847-946-8306 (They assist individuals, principally children, who cannot

— Continued on Page 5 Column 1 —

## I'm Moving Forward . . .

Each month we are including a picture of our members *moving forward* after limb loss.



coloringspage.eu



Belinda, Deklan, and Carter Jacobi *moving forward* and planting some pansies!!

\*\* If you have a picture of you and your children or grandchildren that you would like to submit, please send it to Julie or Belinda. \*\*

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Krafty Kids Birds in Nest Craft

This is a cute spring craft that can be used as a Mother's Day gift with three- to five-year-old children. It is easy for them to create and the mothers always love it!

What you'll need:

10 Popsicle sticks

White paint

Shredded brown paper (can be bought or shredded through paper shredder)

Liquid glue

Glue stick

Paint brush

Glitter eggs

Cut out of birdhouse and bird

Google eye

How to make your birdhouse craft:

Paint 10 Popsicle sticks white (can also leave wood color).

When dry, glue two sticks on each side of birdhouse shape.

Glue brown paper on bottom of birdhouse to make nest, then glue egg on top of nest and then glue bird on birdhouse.

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## Q & A (cont'd)

otherwise afford prosthetic care.)

National Amputee Foundation: [nationalamputation.org](http://nationalamputation.org) or phone 512-887-3600 (They started over 80 years ago assisting veterans, but now also provide assistance to civilians in obtaining a prosthesis.)

Many local service clubs such as the Lions, Rotary, Elks, or Shriners offer assistance in fundraising. Also, something that is increasingly popular is the GoFundMe website at [gofundme.com](http://gofundme.com) which helps you to set up a personal fundraising website to raise money online. Please note that there is a fee for this.

These are just a few of the organizations that provide assistance for prosthetic care. I have mentioned these because they are some of the better known organizations and members of our group have received assistance from some of them, so I know that they are trustworthy. In the next few months, I will talk about a few more such organizations. The Amputee Coalition is also a great place to contact when seeking assistance funding your prosthesis. Their website is [amputee-coalition.org](http://amputee-coalition.org) or phone 888-267-5669.

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..... from Beverly's Kitchen

Here is a recipe that is both light and tasty.

FRITO CORN SALAD

Ingredients

2 (15 oz. cans whole kernel corn, drained)
2 cups grated cheddar cheese
1 cup mayonnaise
1 cup green pepper, chopped
½ cup red onion, chopped
1 (10-1/2 oz.) bag coarsely crushed Fritos chili cheese corn chips (I could not find these so I mixed ½ regular & ½ barbeque corn chips)
Combine all ingredients in a large bowl.
Makes 8 servings.



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### *Thank You to the Amputee Coalition*

**\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. \*\***

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TEST YOUR KNOWLEDGE ANSWERS (from Page 3)

GO FISHING, PLANT SOME PANSIES, TAKE A NATURE HIKE,
FLY A KITE, HAVE A PICNIC, GO TO A BALLGAME

THESE ARE ALL FUN THINGS TO DO THIS SPRING!

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## OUR MEMBERS SPEAK

– by Julie

The following “special moment” is being shared by one of our members in the hopes that it might encourage other members. We, as amputees & caregivers, have our own unique set of experiences, struggles & triumphs. Sometimes, if we take the time to share, our experience might be the very key that would help someone else through something with which they are struggling. I would like to encourage you to jot down & send me or give me a call with any experience or “special moment” you have had that might encourage the rest of us.

### *Out of My Comfort Zone* – by Julie Randolph

Philip & I were eating dinner at a restaurant a few Saturdays ago. We were seated at a table near the window. While we were eating, a middle-aged man walked up to our table & asked what happened to Philip – was he in the military? We told him about Philip having meningitis when he was 5 weeks old. He was so supportive & complimentary. He commended Philip for doing so well with his disability. We talked for a few minutes; then he returned to the booth where his wife was waiting. Philip & I talked about that for a few minutes, how good that made us feel for a complete stranger to go out of his way to be so kind & supportive.

Throughout our meal I couldn't shake the feeling that I should go over & give the couple one of our support group business cards. I'm not a very assertive person & it is hard for me to talk to someone I don't know. Finally, the strong urge to go talk to the couple won out, & I stepped out of my comfort zone. I went over to their booth, gave them the business card & explained about our support group. I told them how rewarding it is, how the group has become like a second family to me, & that we learn so much & have so much fun! We also talked about some more of Philip's limitations. The man told me how his wife had a disability due to polio & that she was sometimes stared at because of the way she walked. We talked about Philip's fears of being stared at. The man & his wife were so warm & understanding. I was richly rewarded for having stepped out to go talk to them.

They finished eating & got up to leave the restaurant & waved their “goodbyes” as they left. We didn't know their names & they hadn't gotten ours. It was one of those spur of the moment meetings, those “special moments” that felt like it was meant to be. When we finally finished our meal & conversation & were ready to leave, our server came over to tell us that we didn't have a check, that it had been taken care of. The couple had wanted to remain anonymous but we guessed who had paid our bill. The realization of what a rewarding experience you can have when you just step out of your comfort zone will stay with Philip & me for a long time!

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DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM



Register or re-enroll online, if you have not done so, at: krogercommunityrewards.com. **MOVING FORWARD** Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.

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Check us out on Facebook at  
**Moving Forward Limb Loss Support**

## UPCOMING EVENTS

### MEETINGS:

April 18th, Mon., we will have our IN meeting at Southern IN Rehab Hospital, 3104 Blackiston Mill Rd, New Albany, IN, from 6:30 - 8 p.m. in the conference room.

April 23rd, Sat., the KY meeting will be from 2 - 4 p.m. at Baptist East Hospital, 4000 Kresge Way, Louisville, in the 2nd Floor Education Center, Room 2B. We will have a guest speaker, Vitalis Lanshima. Vitalis lost his arms in an electrical accident when he was 12 years old in his home country of Nigeria. His childhood dream was to become a world class runner, and he accomplished that during the 2000 Paralympic games when he broke 2 world records. Following the games, he was recruited by Bellarmine University and became the 1st International Paralympic athlete to be recruited by a U.S. college. Please plan to attend the meeting and hear Vitalis share his inspirational story. Following the meeting, the group will be dining out at the O'Charley's Restaurant at 962 Breckinridge Lane in Louisville.



### EVENTS:

Apr. 9th, Sat., OPAF, the Orthotics and Prosthetics Activities Foundation, will hold a First Strides Clinic at The Norton Neuroscience/Rehab facility at 315 E. Broadway in Louisville. The clinic is being sponsored by the Center for Orthotic & Prosthetic Care. From 9 a.m. - 1 p.m. there will be a training session for physical therapists to help them learn skills to better assist their amputee patients, and then from 1-3 p.m. a clinic will be held for amputees to learn strengthening exercises and receive gait training.

Apr. 22nd, Fri., HealthSouth is sponsoring a "Show Your Mettle" night at the Louisville Bats baseball game. There will be booths from various healthcare services including our support group, *MOVING FORWARD*, and a group from Elizabethtown, NewLife Amputee Support Group. Amputees and one guest will get free admission into the game and there will be other fun activities going on throughout the evening. If you would like to attend, please contact either Belinda at 812-620-3694 or Gary at 270-307-1494. Game time is 7:05 p.m. and the address for Slugger Field is 401 E. Main St., Louisville. Watch our website at [ampmovingforward.com](http://ampmovingforward.com) for details as they become available.

Apr. 25th, Mon., NewLife Support Group from Elizabethtown has invited us to a picnic at Freeman Lake Park. The hours are from 4 - 8 p.m., with the meal starting at 5 p.m. If you are attending, please bring one side dish or 2 liter soft drink / 2 people. The group is providing hot dogs and there will be lots of fun and games. Look for a flyer about the event on our website or for more info, contact Gary Summers at 270-307-1494.

May 5th, Thurs., Louisville Prosthetics will be hosting a Pegasus Parade picnic and viewing at their office at 742 E. Broadway. They have once again invited our group to attend this fun event. Plan on arriving between 3:30 - 4:30 p.m. (Broadway closes to traffic around 4:30.) There is plenty of free parking in their lot. The picnic will begin at 4:30. Drinks and sandwiches will be provided. If you would bring a covered dish, it would be appreciated. The parade starts at 5:00.

*MOVING FORWARD's* monthly meetings . . . . . provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

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APRIL IS . . . Occupational Therapy Month

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## CONTACT INFO

*Call for meeting times & locations!*

*MOVING FORWARD* Support Group

[moving4wdamputeeegroup@gmail.com](mailto:moving4wdamputeeegroup@gmail.com)

502-509-6780 - [ampmovingforward.com](http://ampmovingforward.com)

Facebook: Moving Forward Limb Loss Support

Belinda Jacobi, President

[belindajacobi@yahoo.com](mailto:belindajacobi@yahoo.com)

812-620-3694

Kelly Reitz, Vice-President / Facebook Editor

[Kjreitz2012@gmail.com](mailto:Kjreitz2012@gmail.com)

812-572-7955

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