



**NEWSLETTER ♦ 53rd Edition ♦ Jan. 2018**

***FAILING***

- by Belinda

That's an ugly word, isn't it? Failing is showing weakness or ineffectiveness. It is being unsuccessful in what we attempt to do. Who on earth would want to fail? There is such a negative feeling attached to it. We all remember the fear of failing from our school years. Having to carry home a report card marked with an **F** was enough to cause nightmares in many a child. No one wants to be labeled a failure.

Failing can stir up many emotions. We may feel angry, sad, regretful, confused, or worst of all, ashamed. Shame not only makes us feel bad about our actions, but it also makes us feel bad about who we are. Shame attacks our self-esteem, making it much harder to push ourselves to try again. When we feel shame, we worry that not only have we disappointed ourselves, but more importantly those that we care about. The fear of feeling this shame can be immobilizing. The fear can be so strong that the person believes it is safer not to try than to fail.

The truth is that we have all faced failures in our lives. We have the bumps and bruises to prove it. As a child, we failed many times before we were able to take those first few steps. How many scraped knees did you get while learning to ride your bike? How many times did you strike out when up to bat? When we look back at our childhood, we realize that those failures were part of our learning process. Each bump, each bruise, each strike strengthened our character; even though at the time, we felt the sting of failure. In order to learn and to continue *moving forward*, we are going to continue to fail from time to time. It's just a fact of life. No one is perfect. No one gets through life without some of those bumps and bruises. A very wise man once told me that if I got the feeling that I hadn't messed up in a while, to mess up something on purpose just to remind myself that I am human.

In life, I think that our greatest achievements, the ones that we really take pride in, are those that we had to struggle the most to achieve. They are the ones that we put our heart and soul into. The ones that no matter how many times we failed in trying to reach, we picked ourselves up, dusted ourselves off, and got right back out there. Our greatest regrets come from the times that we gave up or didn't begin to try because we were afraid of failing.

*Life is too short for regrets. Let's learn to laugh at our failures and celebrate our achievements. Let's keep "moving forward" together ...*



**A Look Back at 2017**

- by Belinda

It has been a very busy and productive year for *Moving Forward*, and I think that we should be quite proud of what our group has accomplished. We have gained 25 new members, our newsletter now reaches 318 individuals and businesses, and our Facebook group has grown to 250. We were honored to be the host city for the 2017 Amputee Coalition National Conference. Our group even was featured on TV for winning a national award. Some new endeavors for 2017 included holding a quarterly meeting at Harrison Co. Hospital and a new Facebook page was started for young adults.

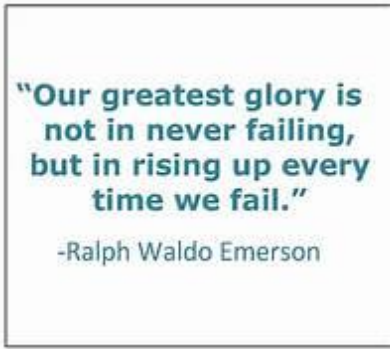
So as we get going on 2018, let's take a look back and enjoy some memories of the past year.

*Moving Forward* kicked off the year with our Jan. meetings and planning for the upcoming year. In February members of the group took part in the Harrison Co. IN Health Fair, and at our Louisville meeting we learned about Project CARAT from guest speaker Sheila Levy. The project collects donated durable medical equipment, cleans & refurbishes it, and then distributes it to people in need of the equipment. Our first scholarships to attend the 2017 Amputee Coalition National Conference were awarded to Carol Patterson, Bill Titus, and Philip & Julie Randolph.

Things really got exciting in March when the group held its March Madness Chili Supper. A record attendance of 72 people enjoyed the food & fun. Wesley Barbour beat out 18 other entries to win the Judge's Choice in the chili cook-off. Sharon Morehead was the fan favorite, winning the People's Choice Award. A basketball trivia game was played and the champions were Mike Barrett and David Skidmore. Members were pleased to be able to donate \$300.00 to the Amputee Coalition Paddy Rossbach Children's Summer Camp with proceeds from the chili supper and a chili pot raffle. The excitement continued when Tabney Dozier and a camera crew showed up at our Louisville meeting to present *Moving Forward* with a check for \$10,000.00. We were one of 12 organizations nationwide to win a grant from TEGNA for our Make a Difference Day Project. Along with presenting the check, Tabney interviewed group members and the group was featured on WHAS-11 as well as the Make a Difference Day



QUOTE OF THE MONTH



website.

Scholarships to attend the 2017 AC Conference were awarded in March to Sharon Morehead, Ollie Gentry, Debbie Troutman, and Doris Jones.

With April being Limb Loss Awareness Month, the group planned several activities. At our IN meeting, the guest speaker was group member Bill Titus. He spoke of how his life changed dramatically when he became a quadrilateral amputee due to complications from heart surgery. His motivational message inspired and challenged us all.

At the Louisville meeting, newly elected KY State Representative Al Gentry spoke to the group. Al told of losing his



right arm above the elbow in an industrial accident at the age of 28. He also talked about his work with the North American One-Armed Golf Association and the Hands-for-Heroes Program which teaches permanently disabled veterans the game of golf. Following the meeting, Rep. Gentry joined us for dinner at O'Charley's Restaurant. During the month, group members took part in a health fair in Crawford Co., IN, and attended a documentary movie screening in Elizabethtown, KY. More winners were announced for our scholarships, including: Conni and David Skidmore, Paul Weber, and Pat Arvin.

The month of May began cold and wet, casting a shadow over our Pegasus Parade Picnic and Viewing. Louisville Prosthetics once again hosted the event. Numbers were down due to the weather, but those brave souls in attendance had a fun time with friends. At the IN meeting at SIRH, Mike Couch with the Lost Limbs Foundation spoke to the group. He founded the organization to provide financial assistance to families of children with limb loss. Group members Kelly Reitz and Billy Parker gave a presentation at a wellness luncheon at the Harrison Co., IN, Hospital. AC Conference scholarships were awarded to Katie Flanigan and Chris Nicheols. That brought the total to 14 scholarships that *Moving Forward* was able to provide due to the generosity of our supporters.

In June Kelly and Bill gave presentations at several Lincoln Hills Elderly Care Homes in the Harrison Co. area. Group members Bill Titus, Mike Portman, Elaine Skaggs, and Belinda attended a luncheon at Bridgehaven Mental Health Services. At the IN meeting at SIRH, a special presentation on self-defense was given by Jim Davis and Billy Parker.

We cooled down the hot month of July with our Pie & Ice Cream Social. Members enjoyed delicious homemade ice cream, pie, music, and games. Belinda met with Susan Tharpe from the Center for Accessible Living to learn of the services they provide. The two talked about ways our organizations could work together. Belinda and Mike teamed up for a radio interview with Tara Bassett on WCHQ 100.9 FM to talk about the group and the upcoming AC National Conference.

Finally, the month that we had been eagerly anticipating arrived and with August came the 2017 Amputee Coalition National Conference. A total of 45 members of *Moving Forward* attended the 3-day conference which was held at the Galt House Hotel in downtown Louisville. Several members took part in the



DECEMBER RECAP

Busy, inspiring, and fun would be good descriptive words for the month of December. Group members Sharon Morehead, Bill Titus, and Belinda attended a luncheon at the Salvation Army Center of Hope in downtown Louisville on Dec. 6th. While there, they learned of the vast number of services provided for individuals and families in need. A tour was taken of the facility, including: separate housing for families, men, women, and veterans; the old Male High School gymnasium which is open to area youth; and the kitchen, where meals are prepared daily for both the residents of the facility and anyone else in need of a hot meal. We want to thank David Yarmuth with the Salvation Army for inviting us to attend.



*Moving Forward* held its Christmas party on Dec. 9th. The festivities included beautiful decorations, delicious food, musical entertainment, games, socializing, fun, and laughter. For the 1st time an ornament exchange was held, allowing members to take home a very special decoration for their tree. Santa was welcomed to the

party by the song of children. He didn't disappoint by making sure to bring along each child a gift. Santa spent time visiting with both the children and many of the adults in attendance. It was a wonderful way to begin the Christmas season with family, friends, and good cheer.



The holiday cheer continued with the group's donation of boxes of oranges at the New Hope Services Christmas party. Belinda delivered the oranges and helped to serve lunch. New Hope provides services for adults with developmental disabilities. Group members Philip Randolph, Jeff Coffman, and Belinda volunteered at the Rauch Industries Christmas Party by serving lunch and sharing in the joy of those attending. Rauch provides services for disabled individuals in the Southern IN & Louisville areas.

December meetings were held at HCH and SIRH. At the Harrison Co. Hospital meeting, LaDonna Franz, a board certified naturopathic doctor, talked about stress and natural ways to relieve it. She answered questions about health & well-being, nutrition, and herbal supplements. We wish to thank LaDonna for sharing her time and knowledge with us.

At the SIRH meeting an open-discussion was held on a variety of topics. Members then enjoyed some holiday treats and playing a gift-swapping game. Sharon Morehead brought each of the ladies in attendance a beautiful holiday table runner which she had made. It was a gift that we will always cherish. Thank you, Sharon!! Group members surprised Belinda with a birthday cake and balloons. It was a wonderful

- Continued on Page 3 Column 1 -

- Continued on Page 3 Column 2 -

## DECEMBER RECAP (cont'd)

way to close out another year of *Moving Forward!*



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- 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 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!**

It seems as though this winter is going to be a rough one. With the frigid temperatures already here and snow surely to follow, we need to be prepared for this arctic blast. Of course, one option is hibernating until spring, but for many of us that isn't realistic and even if it was, staying cooped up for too long leads to depression and less physical activity. Please read this month's *LET'S GET MOVING* for ideas to stay active during the winter months. I have already begun hearing questions about winter survival, so here are a few tips to make the wintertime a little more bearable.



If you are going outdoors:

1. Make sure that your shoes have good traction. You can purchase rubber straps with spikes on them to slide over your shoes. I purchased mine at Lowe's, and they really help in snow and ice.
2. Be more cautious. Watch out for black ice in parking lots. Even in a parking lot that has been cleared, there are always those few patches of ice left behind.
3. If you use a cane, make sure that the rubber end isn't worn out. If so, replace it, or better yet purchase an end with an ice-pick attachment. If your cane has been retired to your closet, a snowy day may be a good time to bring it out of retirement for a short while.
4. Keep a bag of ice melt near your door so that you can easily reach out and sprinkle some on your front steps or ramp.
5. If you are going outside alone, always carry your cell phone.
6. Even if you plan to be outside for only a few minutes (to get your mail, pick up your newspaper, fill a bird feeder, etc.), take the time to dress warmly. If you do fall, you may have to lie on the cold ground until help arrives. It doesn't take long for hypothermia and frostbite to take hold.
7. Don't be too proud to ask for help. Each year there are heart

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## A Look Back at 2017 (cont'd)



Peer Visitor Certification Training classes, which were held the day before & the day after the conference.

From the Opening Ceremony to the Grand Gala Dinner Dance, group members enjoyed meeting amputees from around the world, taking part in informative sessions and clinics, and viewing the latest in prosthetic technology. We were honored to be the host city and thrilled to find out that a record attendance of 1,245 had been set. It was a wonderful time that none of us will ever forget. Special memories and friendships were made that will last a lifetime.



August wasn't finished yet; there was more excitement to come. Kelly held the 1st official meeting at HCH in Corydon, IN. The group was surprised at the IN meeting at SIRH when Fred Sorrels and members of the Haitian National Amputee Soccer team stopped in for a visit. They were traveling throughout the U.S. as part of their goodwill tour following winning the Cup of the Americas which was held in Los Angeles, CA. Fred is coach for the team and the founder of



Operation Go Quickly. Our group decided to start donating used prosthetic equipment to that organization, which provides prosthetic devices and services to 3rd world countries. At our Louisville meeting,

our good friend Tara Bassett spoke to the group. Tara is Communications and Marketing Director for Bridgehaven Mental Health Services.

You would think that after all the activities in August we would have taken a long deserved break in September, but that didn't happen. *Moving Forward*, along with over 500 area non-profit organizations, took part in Give for Good Louisville.

Our group held our 1st Facebook Live Event at the Okolona Fire Station where hosts Belinda and Mike Portman interviewed group members and local officials throughout the day. Kelly and Billy represented the group at the 4th Street Live Rally. While there, they were interviewed by WDRB-41. Thanks to our many supporters, we were able to raise over \$2,000.00!! At our IN meeting at SIRH, Kelly gave a presentation on adaptive exercise and Zumba. Some special guests from the Bellarmine University PT Dept. were at our Louisville meeting to inform us about their Community Partner Project. Our Annual Business meeting and election of officers was held following the monthly meeting. Elected officers are:

- President - Belinda Jacobi
- Vice-President - Kelly Reitz
- Treasurer - Julie Randolph
- Secretary - Elaine Skaggs
- Board Member-at-Large - Mike Portman

October was a month of fun, education, and charitable giving for the group. Members gathered at Sam Peden Community Park in New Albany, IN, for our Fall Picnic and Walk & Roll. We enjoyed a wonderful meal, followed by games, relay races, and a

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## Q & A (cont'd)

attacks and injuries due to shoveling snow. Asking a family member, friend, or neighbor to clear a path for you is the smart thing to do. Repay them with a hot cup of coffee or a warm plate of chocolate chip cookies. Many times there are neighborhood kids looking to make a few extra dollars by shoveling driveways.



If you plan to drive:

1. Give yourself extra time to arrive at your destination.
2. Take the time to clean off your windshield, windows, head lights and brake lights. Having good visibility is crucial during winter driving conditions.
3. Keep a box of emergency supplies within reach, especially if you are going out alone. It should include a blanket, a flashlight, extra batteries, dry socks and gloves, a few bottles of water, and some snacks. It is also a good idea to have a phone charger in your car.
4. In your trunk, carry some ice melt or kitty litter for traction, and a shovel.
5. It's a good idea to go ahead and fill up your gas tank if bad weather is expected.
6. Have a mechanic check your battery and your tires. If you haven't changed your wipers in the last 6 months, now is a good time to change them and to have your windshield wiper fluid topped off.
7. When driving, leave more room between your car and the car in front of you.
8. Be especially cautious on bridges and overpasses. They freeze more quickly.



I hope these tips will help and remember to **NEVER TEXT WHILE DRIVING!** This is even more crucial during hazardous driving conditions. So, enjoy the winter months, and stay safe and warm!!

For road conditions in KY, [www.goky.ky.gov](http://www.goky.ky.gov) has replaced the 511 system for traffic information. People calling 511 will be directed to this new system. A free community-based traffic app called Waze is also available there.

In Indiana, traffic and road condition info are available by calling **1-800-261-7623 (ROAD)** or by going to [www.in.gov/indot](http://www.in.gov/indot) and using the **TrafficWise** application. Indiana provides the Hoosier Helper service, which patrols main interstates looking for disabled vehicles. The local weather channels also provide apps for your cell phone to keep you connected to weather conditions.

## FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answers on Page 7.

CGEEANRUO      \_\_\_\_\_ ( ) \_\_\_\_\_  
 YJNOE            ( ) \_\_\_\_\_  
 LENITS            \_\_\_ ( ) \_\_\_\_\_  
 PSCNAMOOIS    \_\_\_ ( ) \_\_\_\_\_  
 NERLA            ( ) \_\_\_\_\_  
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 NTUDNRAESD    \_\_\_ ( ) \_\_\_\_\_  
 EMSLI            ( ) \_\_\_\_\_

THESE \_\_\_\_\_ FOR 2018 CAN GIVE YOUR LIFE MORE MEANING AND MAKE IT MUCH BRIGHTER. STRIVE TO INCLUDE THEM EACH DAY.

## A Look Back at 2017 (cont'd)



walk around the beautiful lake. Dr. Kyle Young with Commonwealth Pain & Spine gave a very informative presentation during our IN meeting at SIRH. We learned about the causes of pain and new

treatments available; including a treatment developed by St. Jude Medical/Abbott called Dorsal Root Ganglion Stimulation or DRG. Our Louisville meeting was held at our new location at Norton Brownsboro Hospital Medical Plaza 1. The group was excited about the new location and how it is so much more handicapped-accessible than our old meeting location. David Yarmuth with the



Salvation Army was on hand to accept our donation from our Make a Difference Day Sock Drive. In total, we donated 1,001 pairs of socks, 34 coats, 59 pairs of gloves, and 32 winter hats! We

want to thank everyone who helped us to make a difference in the lives of men, women, and children in need in our community. Also in Oct. we welcomed Katie Flanigan to our newsletter staff. Katie is now writing the recipe and kid's craft sections. Katie also took on the responsibility of starting a young adult's Facebook page for **Moving Forward** in hopes of reaching out to young adults with limb loss in our area. Thanks, Katie!!

In the month of November some members attended a Family, Food, and Fellowship Dinner sponsored by Veteran's Voices of Kentuckiana. At our IN meeting at SIRH, we had a Google Hangout presentation by Amira Idris. Amira has developed a medical device called the ELIX-TM which provides relief from both phantom and residual limb pain. Several members attended the Bridge Builder Breakfast at the Mellwood Art Center. Also in November, 50 care packages were delivered by the group to the amputee clinic at the Robley Rex VA Medical Center in Louisville.

The group celebrated the holiday season with a Christmas party. It was our largest event ever with 74 in attendance. The festivities included good food, beautiful music, and games for the children. To the delight of the children, Santa made an



appearance, bringing each child a special gift. It was a joyous evening among family and friends. LaDonna Frantz, a board certified naturopathic doctor, gave a presentation at the IN meeting in Corydon. At the IN meeting at SIRH, the holiday fun continued with Christmas treats and games. The year came to an end with some group members volunteering at the New Hope

Services and Rauch Industries Christmas parties.

2017 has been another great year for **Moving Forward**. We encourage you to join us in the coming year as we continue reaching out to those affected by limb loss in our community, providing them with support and information. Most importantly,

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# LET'S GET MOVING! – by Belinda

Okay, here we go..... The New Year has begun. As promised in the December newsletter, together we will begin exploring some exercise options. The holidays are over, there's no yard work to be done, things tend to slow down a little bit this time of year, so let's use that time to find an exercise program that we can stick with. In order to stick with it, it has to be something that we can actually do. This means something that in our current physical condition we can accomplish. It also means something that we can financially manage. Equally important is, it needs to be something that we enjoy doing. It needs to be something that we look forward to instead of dreading. Another decision to be made is whether you prefer exercising by yourself or if you would prefer to be accompanied by a friend or possibly exercise in a group setting. Some people are more motivated in a group and enjoy the social interaction, while others prefer the solitude and peacefulness that accompanies exercising alone. There are a multitude of different cardio (aerobic) exercise options out there.

Some involve the use of machines: stationary bikes, rowers, treadmills, elliptical machines, stair steppers, etc. Some just require some equipment: stability or balance balls, stretch bands, mats, free weights, videos or CDs, etc. While others require athletic equipment: tennis rackets, golf clubs, bowling balls, etc.

Some may require the purchase of a gym membership or annual pass: such as fitness centers, the YMCA, or local pools.

The choice may seem overwhelming. Purchasing a machine or equipment or buying a membership may be financially out of reach for many. So how do we start?

Here are a few no-cost or low-cost options, along with some pros & cons and suggestions:

1) There are numerous exercise programs available on TV either on channels such as PBS or On Demand. \*Pros:



inexpensive, little or no equipment required, can do in the comfort of your own home, can pause if you need a break or rewind if you need to see a particular move again.

\*Cons: no instructor present to let you know if you're doing a movement incorrectly, no socializing or motivation; it's just you and the TV.

\*Suggestions: This is a great way to try different types of exercise programs just to see which you may enjoy. You don't have to worry about what you're wearing or who is looking at you. If you don't like to exercise alone, invite a family member or friend over to join you. Make it fun!

2) Visit your public library and check out some exercise DVDs. Again, it's a great way to try different types of exercise.

3) If you have access to the internet, the available exercise programs and advice are limitless. Remember, though, you can't believe everything you read online. Make sure it is from a reputable source.

4) Senior Centers and hospitals often offer free or low-cost exercise programs.



\*Pros: There is an instructor present to assist and motivate you. There are others taking part, so you can socialize.

\*Cons: You have to provide transportation to get there. Some people are uncomfortable exercising in front of others. \*Suggestions: This is another time when it would be fun to invite along a friend or family member. Don't worry that others are watching. Remember, they are there for the same reason as you. Cut loose and enjoy!

5) If you are interested in purchasing a piece of exercise equipment or a machine, it is best to try before you buy. Some of this stuff is quite expensive, and you don't want

– Continued on Page 6 Column 1 –

## A Look Back at 2017 (cont'd)

we want them to know that they are not alone. Several members of our group are Amputee Coalition Certified Peer Visitors. A visit by a peer can mean a great deal to someone who is facing or who has recently had an amputation. It gives them the opportunity to talk to someone who has lost a limb or limbs and has been able to recover and get back to living a full and productive life. We offer caregiver peer visits as well. Caregivers play a crucial role in the recovery process, and they, too, need support and information.

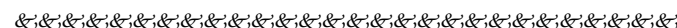
One of *Moving Forward's* main goals for 2018 is to expand our peer visitor program by connecting with more hospitals, rehabilitation centers, and physical therapy facilities. If you or someone you know would like to set up a peer visit, please contact us. We are just a phone call or email away.



## SPECIAL ANNOUNCEMENT

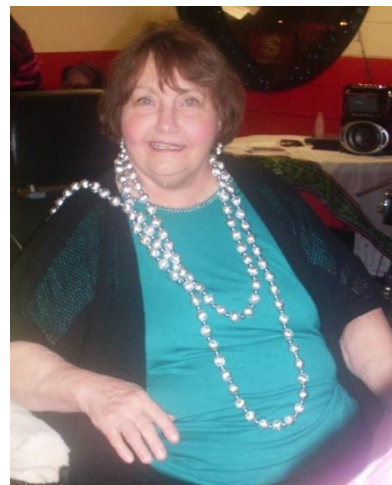
A story about our sock drive was recently included in an issue of the Southern Spirit, which is a publication of the Salvation Army. To view the story online, click on this link:

<http://www.southernspiritonline.org/blog/louisville-group-helps-army-keep-citys-homeless-people-warm/>



## J'm Moving Forward . . .

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



Doris Jones *moving forward* and having a wonderful time at the Christmas party!

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



## 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. \*\*



## LET'S GET MOVING! (cont'd)

space in your bedroom. How do you try before you buy? Some stores will allow you to get on the machine and try it out before purchasing, especially those that specialize in selling such equipment. They can also offer you expert advice on what machine may be best for you. Does a friend or family member have an exercise machine that you could try out? Some gyms offer trial memberships or have low-cost monthly fees. This option allows you to try several types of machines to see which suits your needs and abilities. Going on a trip? Many hotels have exercise facilities. That's a great time to give some a try.



- 6) You've decided on what type of equipment/machine to purchase, but now how do you pay for it? Sometimes you can find great deals at thrift stores or online. \*Con: There is no warranty. If it's broke, you're probably stuck with it. Check to see if your FSA, HSA, or Medicare Advantage plan can be used for the purchase of exercise equipment or an exercise class (this topic will be covered in the Q&A section of the February newsletter). Stores that specialize in selling exercise machines usually have some sort of financing available, but as with any financial contract, "buyer beware".
- 7) Be very cautious when purchasing that latest and greatest piece of equipment "As Seen on TV". Anything that promises you the body of a swimsuit model in 6 short weeks more than likely isn't worth a dollar, much less those 4 easy payments of \$19.95.

Next month we will discuss some of the exercise machines/equipment available, and the following month various types of exercise programs and classes will be described. There is something out there for all of us, and it is up to each of us to find what best meets our needs. So here's to better health for all in 2018!! Now, **Let's Get Moving!!**



## Krafty Kids by Katie

### Winter Stained Glass Window

Here is a beautiful and creative winter craft to do with your child or grandchild.

#### Supplies Needed:

- 1 black construction paper frame per student (mine was 11x7.75" and 0.5" thick)
- 2 sheets of clear contact paper per student, cut 2" taller and wider than the black frame
- 1 black construction paper snowflake cutout per student (I used the school die-cut machine to punch mine)
- LOTS of pre-cut tissue paper squares in wintry colors (approximately 1" in size)

Peel 1 sheet of clear contact paper and place the paper STICKY SIDE UP. Place the black frame so you can faintly see the border of the contact paper around the black frame lines. Take one paper snowflake and place the snowflake near the top of the sticky paper, but in a way so it does not touch the frame. Use 1 piece of tissue paper at a time to fill the inside of the frame. It's ok to cover up the snowflake and the frame edge. The work side is actually the back of the project. Keep adding tissue paper til the frame is full. Peel the second piece of contact paper and place this STICKY SIDE DOWN on top of the tissue paper pieces. This seals all of those little papers firmly in place so they can't escape. Then flip the window over to reveal the newly-created masterpiece!



## KATE'S KITCHEN

### Crockpot Chicken

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

- 4-6 Chicken Breasts
- 14 oz. can whole-berry cranberry sauce
- 1 cup of orange juice
- 2 Tbsp. flour
- 1 cup water



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

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



## FIND OUR NEW YOUNG ADULTS GROUP ON FACEBOOK

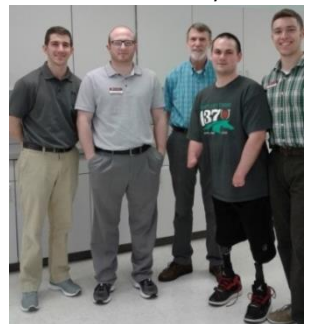
**Moving Forward** Limb Loss Support Group wants to welcome our newest sub-group for young adults! If you are an amputee or a supportive family/friend of an amputee in the age group 18-38, this is for you! Currently we have a Facebook group, which is "Moving Forward Limb Loss Support Group for Young Adults Ages 18-38" (just type that into the search bar and we'll pop up!), but as interest grows we'd love to start having our own events geared to the interests of people in this age group! Katie Flanigan has agreed to take on this project, including the Facebook page. If you have any ideas or questions, please reach out to Belinda or Katie at [katiemovingforward@gmail.com](mailto:katiemovingforward@gmail.com).



## REMINDER:

### Bellarmino Community Partners Project

There is still time to register for the Bellarmine Community Partners Project. This program is under the direction of Professor Dennis Lesch. As many of you know, Dennis is a well-known physical therapist and has years of experience working with the amputee population. It involves going for an initial consultation where your current mobility level is assessed and your goals are defined. A program is then developed for you by students in the physical therapy program at Bellarmine. You return to the university once a week for 8 weeks for individualized training. After that time, another assessment is made to see how your mobility has improved and to determine if your goals have been reached. You are then given a plan to continue on your own. **This is a wonderful opportunity to receive top-notch physical therapy for free.** You will not only be helping yourself, but you will also be helping to train future physical therapists. Several members of *Moving Forward* took part in last year's program and were extremely pleased with the results. If you would like to register or have further questions, contact PT student Josh Bynum at 502-292-9365 or [jbynum@bellarmine.edu](mailto:jbynum@bellarmine.edu).



# JANUARY UPCOMING EVENTS

## MEETINGS:

Jan. 15th, Mon., 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. Guest speaker will be Roosevelt Nicholson with Veteran's Voices of Kentuckiana. This organization's goal is to make sure that veterans receive the high quality services they deserve.

Jan. 27th, Sat., 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Community Room 301B. A special presentation will be given by Shannon Seidt, a health and well-being consultant with Humana, on the topic of Diabetes Prevention.

## EVENTS:

Look for details about our March Madness Chili Supper in the February newsletter.



## Condolences

*Moving Forward wishes to extend its sympathy to the family and friends of group member Danny Spayd. Danny passed away on December 26th following a battle with cancer. His courage and sense of humor will be missed by all. May he rest in peace.*



## CONTACT INFO



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**JUST A TOUCH OF WINTER HUMOR**

## FUN WITH WORD SCRAMBLES ANSWERS (from Page 4)

ENCOURAGE, ENJOY, LISTEN, COMPASSION, LEARN, TRUST, RESPECT, BELIEVE, LOVE, UNDERSTAND, SMILE



THESE RESOLUTIONS FOR 2018 CAN GIVE YOUR LIFE MORE MEANING AND MAKE IT MUCH BRIGHTER. STRIVE TO INCLUDE THEM EACH DAY.



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