



## NEWSLETTER ♦ 56th Edition ♦ Apr. 2018

### Special Limb Loss Awareness Month Edition

## FINDING YOUR REASON

- by Belinda

A few weeks ago, I was driving home from a radiation treatment for my cancer when I heard a commercial on the radio for a local hospital. It said something like, "You don't live your life to be a patient here. You are a patient here so that you can live your life." That really struck home with me that day. Earlier in the day, I had made a trip to receive my chemotherapy treatment. I was definitely feeling like I was living my life to be a patient. I think we can start feeling that way when we are faced with any serious physical illness.

I remember many times after I first lost my right leg below the knee that I felt that way. It can seem as though your life revolves around hospital stays, physical and occupational therapy, doctor's appointments, and countless visits to your prosthetic office. All of this while physically and emotionally dealing with the loss and trying to adapt to doing your daily activities in new ways. On top of all this, many are also burdened with whatever ailment, be it diabetes, cancer, or other illness that caused them to lose the limb/limbs to begin with. It becomes very easy to get caught up in feeling as though your life revolves around the illness and limb loss. You sometimes feel as though you have no life or at least no life as you once knew it. If you continue feeling this way, it can lead to a downward spiral into deep depression. For anyone who has suffered from depression, you know that once you hit rock bottom, it is extremely difficult to recover. This is why it is so important to replace those negative thoughts with positive ones. I realize this is not easy. I live with it every day. We all have days where we have our *pity parties*. After all, we are only human. What I try to do when I begin having all those negative thoughts, is to remind myself that my amputation, my loss of 3 ribs to cancer, my radiation, my chemotherapy, my countless doctor's appointments and prosthetic visits have saved my life and allow me to continue living it. No, it's not the life I imagined I would have, but every time I hold my husband's hand or see my grandsons come through my front door, I am glad that I have it. So whenever I begin feeling overwhelmed by negativity, I close my eyes and imagine what is still good in my life, and I remind myself to cherish it.

I have been asked by amputees during peer visits to give them a reason to keep fighting to recover. I can tell them what gives me the strength to keep going, but each person's reason is unique. Only they can find their reason. Talking to others who have faced a similar situation *can* help. Talking with a psychiatrist *can* certainly help. In order to begin enjoying life again, each person must find that reason to fight on. It *cannot* be found lying in bed or sitting in a dark room

- Continued on Page 2 Column 1 -

## SPECIAL

### ANNOUNCEMENT

The Amputee Coalition has designated the month of April as Limb Loss Awareness Month, April 14th as Support Group Appreciation Day, April 21st as Certified Peer Visitor Appreciation Day, and April 28th as Show Your Mettle Day. On Show Your Mettle Day, amputees are asked to show their mettle (courage or strength of character) by showing their metal (prosthesis or wheelchair). *Moving Forward* will be doing special activities throughout the month of April. Please check the Upcoming Events column and our website for a list. We will also be sending out emails during April regarding additional events.



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## AMPUTEE COALITION

inMotion • Volume 23 • Issue 4 • Jul/Aug 2013

### Ten Tips to Improve Your Prosthetic Outcome

- by Pete Seaman, CP

Successful prosthesis use involves a 50/50 effort between you and your prosthetist. Even longtime prosthesis wearers can experience minor problems, but communication and regular maintenance can usually prevent the little problems from becoming big ones.

Here are 10 tips for improving your outcome as a lower-limb prosthetic user:

**1. See your primary care physician (PCP) at least every six months;** be sure to discuss the condition of your residual limb and the function of your prosthesis. If you have prosthetic needs, such as new liners, socks or shrinkers, or if your socket no longer fits properly, causing discomfort or instability, inform your PCP, who can write a prescription for you.

**2. You need to be informed about the terms of your medical insurance coverage,** whether you're insured by Medicare, Medicaid or other private insurance. You should understand what your deductibles and co-pays are, and that if you only have a primary insurer, you may be able to buy a secondary coverage policy so that more of your prosthetic expenses are covered when you need them.

**3. Know what your K-level is and how it affects the components your prosthetist can use when fabricating your prosthesis.** K-levels are defined by Medicare and are used throughout the medical insurance community to define an amputee's mobility level. They are determined by your PCP and prosthetist and they range from K-0 to K-4, with K-4 being a very active/athletic individual or an active child. You should discuss your K-level with your prosthetist and your

- Continued on Page 2 Column 2 -

## FINDING YOUR REASON (cont'd)

all day feeling sorry for yourself. It *can* be found by staying busy so as not to let your mind wander into those dark thoughts. It *can* be found in spending time with family or friends. It *can* be found in finding new hobbies or interests. It *can* be found in just going outdoors and seeing the beauty of nature. It *can* be found in your faith or spiritual beliefs. It *can* be found in becoming involved with a support group such as ours. I encourage you to come to our next meeting and hear how others have found the strength and courage to *move forward*.

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## QUOTE OF THE MONTH

Accept what is, let go of what was,  
and have faith in what will be.

— Author unknown

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## I'm Moving Forward . . .

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



Krystal, Kelly, Anna, and Sharon *moving forward* and showing a little *leg* at our March Norton Brownsboro meeting! You go girls!!

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

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

To register go to [krogercommunityrewards.com](http://krogercommunityrewards.com) or visit the customer service desk at your local store. *MOVING FORWARD* Limb Loss Support receives a percentage of your purchases & it does not take away from your Kroger points in any way.

## Ten Tips to Improve Your Prosthetic Outcome (cont'd)

PCP and make sure it is documented in their notes.

**4. Even if you think nothing is wrong, you should see your prosthetist at least every three months to have your residual limb and prosthesis checked.** Between scheduled visits to your prosthetist, if you notice something is wrong with your limb or prosthesis, schedule an appointment.

**5. Good hygiene is very important for lower-limb amputees, especially as it relates to your limb and daily cleaning of the inside of your liners.** Pay particular attention to your sound foot and leg to make sure they do not cause you problems down the road. Cracks in dry skin, blisters and ulcers can all lead to infection and possible amputation surgery.

**6. Just wearing your prosthesis all day while sitting around the house or moving about in a wheelchair does not do much good for your overall health.** You should strive to be active, standing and walking around in your prosthesis as much as possible. Blood circulation in the lower limbs is often compromised in the case of diabetics; by moving around on your prosthesis, you are helping to promote increased circulation.

**7. If you are a dialysis patient, understand that the volume of your residual limb will fluctuate from day-to-day and you will have to manage your socket fit by using socks.** Typically, you'll need more socks right after dialysis and then fewer socks as you approach your next session. Also, if you take diuretics, do not skip your medication, as this will also affect your limb volume and socket fit.

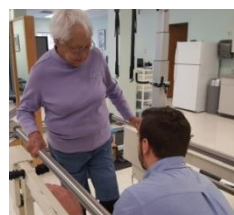
**8. Sock-ply management is critical for lower-limb amputees.** It's natural for your residual limb to change size and shape following your amputation and you can use different sock-ply configurations to help maintain a good socket fit. Combinations of full-length and/or partial length socks may be required to maintain optimal fit. You need to experiment and be willing to make sock adjustments multiple times a day if necessary. Try to maintain consistent body weight, as this can help to maintain comfortable socket fit. However, if, for example, after being fit with your prosthesis you become more active, resulting in weight loss, that's not a bad thing. Just be sure to stay in touch with your PCP and prosthetist in the event you need a smaller socket.

**9. Liners don't last forever.** They can wear out in spots, causing the gel to thin and become less protective, leading to possible skin breakdown. Typically, insurance will cover the expense of two new liners every 12 months.

**10. If you are a diabetic, seriously consider making dramatic lifestyle changes (diet and exercise),** under the oversight of your PCP (Primary Care Physician), to reduce your dependency on multiple medications that can have adverse long-term effects on your body.

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## Thank You to Bellarmine University



We want to express our appreciation to the Bellarmine University Physical Therapy Department for once again offering their Community Partners Project. Many of our members took part and couldn't be more pleased with both the results they achieved and the students and faculty that were involved in the program. Projects such as this benefit both the students and the

amputees in our community. It gives the PT students the opportunity to work one-on-one with amputees, providing them with knowledge that can't be learned from a book. The amputees receive quality individualized physical therapy at no cost, and they also leave with the satisfaction of knowing they have helped the students gain valuable knowledge that will be taken with them into the workforce.







## SPOTLIGHT

— by Belinda

This month our light will shine in memory of a dear friend and member of **Moving Forward**. Carol Patterson passed away on March 4, 2018. Her memorial service was held on Sat., March 31, 2018. I attended the service along with my husband and group members Kelly Reitz and Billy Parker. As I sat there, I remember thinking that Carol would have loved this day, and I know that she was looking down upon us with a smile on her face and clapping her hands. It was a glorious spring day with the sun shining and flowers budding out. The room was filled with her family and friends. Her minister spoke of Carol's loving heart, caring personality, abundant sense of humor, and her tremendous love for her family, friends, and the Lord. A friend of Carol's sang two beautiful songs and Carol's grandnieces and nephew recited the Lord's Prayer. It was a lovely celebration of her life.

The following is the message I wrote in her guestbook on the funeral home's website:

*"There is a saying that goes, 'Laugh with your eyes, hug with your soul, and smile with your heart.' Whenever I hear that saying, I will always think of Carol. Anyone who knew her will understand why. Carol had the brightest of eyes, warmest of souls, and kindest of hearts. She never knew a stranger. The first time we met, we talked and laughed for over 2 hours. I will miss you, dear friend!"*

*On behalf of Moving Forward Limb Loss Support Group, I wish to extend our sympathy to Claudette and all of Carol's nieces and nephews that she loved so much. May the special memories that you shared give you comfort in this time of sorrow.*

— Belinda Jacobi — March 26, 2018

Carol joined our group in May of 2016. I have so many happy memories of her during the short amount of time that I knew her. Probably the best of those memories was having the opportunity to



see her having the time of her life at the 2017 Amputee Coalition National Conference which was held in Louisville. She delighted in learning new skills, spending time with her friends, meeting people from all over the world, and cutting loose on the dance floor. I will miss her smile, her laughter, her big hugs, and her outgoing personality. In our

October 2016 newsletter, I interviewed Carol for the Spotlight column. If you would like to read more about her life, you can download that newsletter on our website at [ampmovingforward.com](http://ampmovingforward.com) or I would be glad to send you a printed copy upon request.

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## FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. To make it just a little more difficult this month, you also must unscramble the letters. Have fun! You can find the answers on Pg. 6.

RNTSHTEG	( ) ( ) _ _ _ _ _
EFURTOITD	_ _ _ _ ( ) _ _ ( ) _
BKCBOAEN	_ ( ) _ _ _ _ _ ( )
LVORA	( ) _ _ _ _
VRRBYEA	_ ( ) _ _ _ _ ( )

YOU CAN'T TRULY SHOW YOUR METTLE UNTIL YOU HAVE FACED \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

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Check out our new Facebook page at  
**"Moving Forward Limb Loss Support Group for  
 Young Adults Ages 18-38"**



## MARCH RECAP

The group held its *March Madness Soup & Chili Supper* on March 10th at the Okolona Fire Station. Once again, we set a new record attendance with 89 people enjoying the amazing food, fun competitions, and spending time with friends! We want to thank members of the Okolona Fire Department for being the judges for our chili and soup cook-offs. They had their hands (and stomachs) full with the 11 entries of chili and 8 of soup. The chili entries ranged from a mild turkey to a hot Texas spice, but after much deliberation the white bean & chicken chili made by Belinda Jacobi was declared the winner by the judges. The People's Choice award went to Jennifer Barbour for her white chicken chili. This was the first year for our soup cook-off. Winning Judge's Choice from the 8 entrants was Terry Barrett with a delicious gnocchi soup. Debbie Troutman's potato soup was the People's Choice winner. Each winner received a special apron designed by group member Mike Portman. The meal was capped off with some scrumptious desserts.



The evening fun continued with a Best-Dressed Fan contest. The winner, who was chosen by receiving the most applause, was Joann Aebersold, who was decked out in UK apparel. Her granddaughter, Kelly Reitz, presented her with awards. The chili pot raffle was won by Lisa Grey. We once again want to thank Stacey White of *Wrap it Up* for putting the chili pot together for us. She did a fabulous job!

A basketball trivia contest was held with 4 teams competing for the title by displaying their knowledge of (or lack of in some cases) basketball facts. The winning team was the father/daughter duo of Paul Christian and Nikki Leavell. Coming in 2nd were



Billy Parker and Larry Pardue. The lively competition brought both cheers and laughter from the crowd. It was a wonderful evening made even better by knowing that the proceeds would be donated to the AC

Summer Youth Camp. Please see the special announcement about that donation in this newsletter.

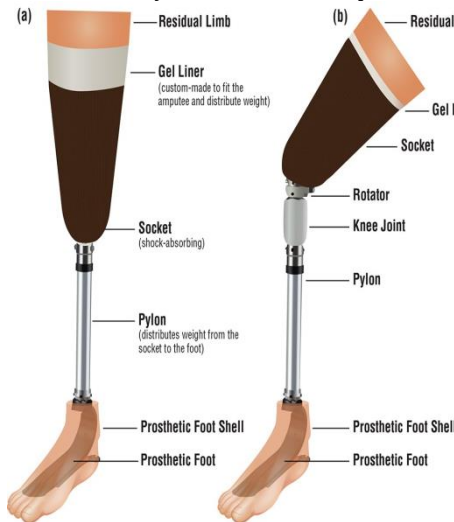
Three meetings were held during the month of March, as we continue in our attempt to reach out to more people affected by limb loss in our surrounding communities. Kelly Reitz gave a presentation on the grief process that amputees face following limb loss at both the HCH and SIRH meetings. At the Louisville meeting, George Bey and Roosevelt Smith III with Veterans Voices of Kentuckiana talked to the group about the services available to veterans and their families. We want to thank these two gentlemen for all that they do for veterans in our area and for their support of our group. It is very much appreciated!



– 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!**

The questions that I have chosen to answer this month really get down to the basics, but I hear them quite often. This is very understandable, because as we have discussed many times before, when you become an amputee, it seems as though you



must learn another language. The terminology can be very confusing. It is important that amputees learn as much as we can so that we can be more knowledgeable when talking to our prosthetist. For the best prosthetic outcome, good communication is a must. So

let's start. One question I hear is, "Is my leg called a *prosthetic* or *prosthesis*?" We will go back to school days on this one. *Prosthetic* is an adjective or descriptive word, so it should have a noun with it; such as prosthetic leg, prosthetic limb, or prosthetic device. *Prosthetics* is a noun and refers to the evaluation, fabrication, and custom fitting of prostheses. *Prosthesis* is a noun, so when speaking about your prosthetic arm or prosthetic leg, you could just say my prosthesis. The plural for prosthesis is prostheses. I can just see my high school English teacher, Mrs. Cole, applauding me on that one.

Next question, "What is the part called that my leg goes down in?" That part of the prosthesis is called a *socket*. A socket is usually made of plastic or composite materials. There is also what is called a socket-less socket which we will discuss in a later issue. The metal pole or internal frame of a prosthetic leg is called the *pylon*. It has traditionally been formed of metal rods, as it must provide structural support. Recently, however, the pylons have been formed from lighter carbon-fiber composites. Sometimes the pylons are enclosed by a cosmetic cover, which typically is made from a foam-like material. This cover can be shaped and colored to match the skin tone of the recipient to make the prosthetic limb look more lifelike. For an above-the-knee prosthesis (AK), some type of prosthetic knee would go between the socket and the pylon. The pylon is also where you would find special attachments called *components*, like a rotator or a shock absorber.

At the bottom of the pylon, is the *prosthetic foot*. The outer covering that looks like a foot is called the *cosmetic shell*. That shell covers the actual prosthetic foot, making it look more natural and adding to its stability. For upper limb amputees, the prosthesis consists of the socket, and then



– Continued on Page 5 Column 1 –

## LET'S GET MOVING! – by Belinda

For the 1st months of 2018, we have concentrated on aerobic or cardio exercises. Now we are going to move onto our next subject, which is core strengthening. When I think of my core, I usually think of just my stomach and back, but your core includes much more than that. Your core is made up of all the muscles in your abdomen, back, hips, and pelvis. Almost every movement that we make is generated from our core. If the core muscles are weak, the other muscles have to work much harder. For an amputee, strong core muscles are crucial for our mobility. This is especially true for above-knee amputees or those with the loss of multiple limbs. For these individuals to be mobile, a tremendous amount of strength must be generated in their core muscles.

So how do we build strength in our core? I was shocked when I began research for this article when I read that one of the most recognized exercises for building core strength should not be performed by many of us. This is the dreaded exercise done in PE classes around the world, the *abdominal crunch*. While crunches are good for developing that so called *six pack*, they can also put a lot of stress on the spine. For this reason, I am going to offer you some alternative exercises which will help you to achieve core strength without the risk of injury to your back. Here are a few to get you started and in next month's issue we will add a few more:

**Seated side bend** – Sit in a chair with your feet flat on the floor, keeping one hand behind your head and the other reaching towards the floor. Lean over as though you're going to touch the floor, tightening the oblique muscles (those running along your sides) as you reach. Don't bounce, just reach. Return to your original position and repeat on the other side. Alternate sides for 8 repetitions.

**The Bridge** – Lie flat on your back, keeping your knee bent and feet flat against the ground. Tighten your core, raising your hips until a straight line is formed between your knees and chest. Do not arch your back. Hold for 3 breaths and then lower back down. Do 8 repetitions.

**The Superman** – Lie face down on the floor with arms outstretched in front of you. Raise your head, right arm, and left leg in tandem about 2 inches off the floor. Hold for 5 seconds and then repeat on the other side. Do 8 repetitions.

**Leg Lifts** – While lying on the floor with legs and feet relaxed, contract your abs while raising one leg about 5 inches off the floor. Hold this pose for 5 seconds, and then repeat with the other leg. Do 8 repetitions on each side.

**\*NOTE:** Some of these exercises can be more easily done while wearing your prosthesis, while others can be done without your prosthesis (substitute the word residual limb where it says leg and foot). Most can be adapted for various levels of limb loss. If you are unable to do one, try the next one. If an exercise causes you pain, **do not** continue doing it. Be sure and check back next month, we will learn to do the dead bug, bird dog, and wood chop! Now come on everybody, **let's get moving!!**

References: Silversneakers.com ascseniorcare.com

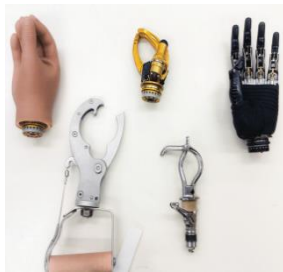


### Thank You to the Amputee Coalition!

**\*\* 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. \*\***



## Q & A (cont'd)



depending upon if he/she is an above elbow (AE) or below elbow (BE) amputee, an elbow component, a wrist component, and a terminal device which is a prosthetic hand, hook, or a specialized device (allows to perform a specific function or activity).

All prosthetics also have some sort of *suspension system*. This may consist of a harness or belt, a pin lock, suction, or vacuum suspension.

Most prostheses require the use of a *liner*. The liner goes over the residual limb (stump), and its function is to reduce movement and chafing between the skin and the socket. Liners are made of cushioning, flexible material. I do get a lot of questions about liners.

A common one is, "What is the thing called that I have to roll on over my stump?" An easy way to remember is: The liner *lines* the residual limb (stump).

If you have a suction or vacuum suspension system, a *sealing sleeve* is needed. This sleeve goes over top of the socket and up onto the residual limb, helping to provide the seal needed to keep the prosthesis in place.

One of the most common prosthetic supplies is the *sock*. Prosthetic socks come in different plies (thicknesses). The sock goes on over the liner when needed to maintain a good fit within the socket.

This is just a quick overview of prostheses and it is meant to give you some basic information. In the next few issues, I will delve a little further into each part of a prosthesis, components, and supplies. As always, if you have questions about your prosthesis or your prosthetic care, bring them up to your prosthetist. Sometimes it helps to have a small notepad where you write down questions as you think of them. Take that notepad along on your next visit to help you to remember. If you have a question that you would like me to cover in a future issue, please contact me.

### References:

Oxford American Dictionary  
sharecare.com/health/physical-disabilities/parts-of-prosthetic-limbs  
merckmanuals.com/professional/special-subjects/limb-prosthetics/prosthetic-parts

## DONATION to AMPUTEE COALITION SUMMER YOUTH CAMP

*Moving Forward* is pleased to announce that it raised \$500.00 at our March Madness Soup & Chili Supper. That money will be donated to the Amputee Coalition Paddy Rossbach Summer Youth Camp. We wish to say, "Thank you to all who attended for making this donation possible!" The camp allows children with limb loss to experience the thrill of attending summer camp, but in a safe environment and among their peers. They get to swim, fish, canoe, rock climb, and participate in team sports without the stares and whispers. They gain confidence and knowledge that will last a lifetime.



## Krafty Kids by Katie

### April Showers Bring May Flowers

A rainstick is a tube-like instrument that makes the sound of rain when tipped back and forth.

What you will need: a paper towel roll, a sheet of colored paper, a piece of aluminum foil, a piece of plastic wrap, some popcorn kernels or dried beans, tape, markers, stickers

*How to make it:*

1. Draw pictures on one side of a colored piece of paper (note: only about 1/3 of the end of the page will show once wrapped around the paper towel tube.)
2. Crumple up a long, thin piece of aluminum foil and insert it into the paper towel tube. The aluminum foil will act as the barrier to keep the beans or popcorn kernels moving through the tube at a slow rate making the rainfall sound.
3. Put a doubled-up piece of plastic wrap over one end of the paper towel tube and then tape it in place.
4. Pour 1/4 cup of popcorn kernels or beans into the open end of the paper towel tube, and then seal that end with a double up piece of plastic wrap and tape it into place.
5. Wrap your colored piece of paper around the tube and secure with tape. Add additional stickers for more decoration.



Now just tip it back and forth to hear the sound of rainfall!



## KATE'S KITCHEN BROWNIE MUFFINS

There are just two ingredients in these moist and yummy treats.

To Make: In a large bowl, mix 1 box moist-style devil's food cake mix with one 15-oz can pure pumpkin until completely smooth and uniform. (Batter will be thick.) Evenly distribute into a 12-cup muffin pan lined with foil baking cups (for miniature muffins, pour into two 24-cup mini-muffin pans). Bake at 400 degrees F until a toothpick inserted into the center of a muffin comes out mostly clean, about 20 minutes. Enjoy!



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# UPCOMING EVENTS

## MEETINGS:

April 16th, Mon., from 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. Guest speaker for this meeting will be Dr. Annemarie Heink who is the inpatient psychologist at SIRH. She will be speaking about the emotional healing process following limb loss. Dr. Heink received her doctorate in psychology from Spalding University. She completed her internship in Neuropsychology at the Bay Pines VA Medical Center in Bay Pines, FL, with specific training in neuropsychology, primary care, and addiction. She also has focused training in brain injury, rehabilitation, and geriatric/memory care. This will provide an excellent opportunity to find answers to questions that you may have about the emotional aspects of limb loss. Amputees, family members, and caregivers are encouraged to attend.

April 28th, Sat., from 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Community Room 301B. You are invited to come and join *Moving Forward* in celebrating "Show Your Mettle" Day. A luncheon will be served from 2:00 - 3:00 pm followed by our guest speaker Sam Gaylord. Sam is a member of *Moving Forward*, served in the Marines during the Vietnam war, has authored 2 books, and along with his wife Beverly, works to ensure that veterans receive the services that they deserve. From very humble beginnings, Sam has worked diligently to improve his quality of life and has helped many others along the way. Please join us for this special day. See the special flyer for more details about this meeting.



## EVENTS:

April 4th, Wed., members of *Moving Forward* will take part in a Rehab Techniques Course at Bellarmine University. We will be working with groups of PT students, answering their questions, talking with them about our experiences as amputees, and allowing them to practice stump wrapping and evaluate our gaits.

April 17th, Tues., at the Robley Rex VA Hospital, 800 Zorn Ave., Louisville, KY, members of *Moving Forward* will be speaking at the Veterans Voices of Kentuckiana meeting which begins at noon. We will be discussing the services that our group provides for those with limb loss, and expressing our desire to extend those services to the veterans in our area.



May 3rd, Thurs., Louisville Prosthetics will be hosting a Pegasus Parade Picnic and viewing at their office at 742 E. Broadway, Louisville, KY. They have invited our group to attend this fun event! Plan on arriving between 3:30 - 4:30 pm. 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 begins at 5:00 pm.

## Other Events:

**April 16th - 17th:** Amputee Coalition Hill Days will be held in Washington, D.C. Join the AC as they visit with members of Congress and the Senate to address issues of importance to those living with limb loss. To register or for further information, go to: [amputee-coalition.org/events-programs/limb-loss-awareness-month/hill-day/](http://amputee-coalition.org/events-programs/limb-loss-awareness-month/hill-day/)

**April 19th - 21st:** The Hanger Clinic Bilateral Above-Knee Amputee Bootcamp will be held in Oklahoma City. *Moving Forward* group member Katie Flanigan plans to take part in the bootcamp this year. Registration is closed for this event, but you can still contact them to get on a waiting list. Information is available at: [hangerclinic.com/limb-loss/adult-lower-extremity/Pages/bootcamp.aspx?refer=bootcamp](http://hangerclinic.com/limb-loss/adult-lower-extremity/Pages/bootcamp.aspx?refer=bootcamp)

**FUN WITH WORD SCRAMBLES ANSWERS** (from Page 3)  
STRENGTH, FORTITUDE, BACKBONE, VALOR, BRAVERY

YOU CAN'T TRULY SHOW YOUR METTLE UNTIL YOU HAVE FACED ADVERSITY.

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