



Newsletter 133rd Edition

September 2024

OUR MISSION

To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.

~~~~~

### **EDITOR'S NOTE** – by Elaine Skaggs

Summer continues to hang on, with hot muggy days, even though we had a bit of a teaser a couple of weeks ago. I don't know about you, but I certainly enjoyed those cooler days and even cooler nights. Autumn will officially arrive on September 22 this year, and along with the seasons changing, our group will be entering a new season as well. A season of possibilities, for growth, for more community involvement, and most importantly an opportunity to touch more lives and help more people to live their lives to the fullest despite their disabilities. As our mission statement says, that is the reason this group exists. With the recent changes we have made to our meeting locations, I believe the possibilities are endless, and will be more advantageous to fulfilling that mission.

At our Indiana meeting at PAM Rehab Hospital last month we had Steve Lee with CareFirst Rehab in Sellersburg IN as our guest speaker. Steve talked to us about back health, causes of back pain, things we can do to prevent pain and reduce symptoms, treatments for back pain, and lifestyle changes that will affect back health.

Our Kentucky meeting was held at Encompass Baptist Rehab Hospital, the first held at this new location. It is a beautiful facility with a large open space in the Day Room that we utilize for our meetings. Mary Dean, a Physical Therapist there at Encompass, was our guest speaker at

this meeting, and spoke to us about her experience working with amputees, and about some of the new equipment in the gym there at the facility. We look forward to having her again at a future meeting.

Both of the facilities we are now meeting and are in the process of entering the Hospital Partnership Program with the Amputee Coalition. The journey of a person who has or will face amputation begins with the hospital where the patient undergoes their initial amputation. The Coalition will provide partners with educational materials, support through the Certified Peer Visitor Program, and connection with other amputees, to their patients. Additionally, the Coalition can provide an opportunity to have a CPV training at their specific facility, or to have a staff member of their choice trained as a CPV trainer. So if you are interested in becoming a CPV, stay tuned for more information.

We have some exciting events coming up in the Upcoming Event section following.



## **UPCOMING EVENTS**

**MONDAY September 16, 6:00pm - 7:30pm** Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right.

**SATURDAY September 28, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehabilitation Hospital, 11800 Bluegrass Parkway, Louisville KY 40299, in the Day Room. We will post our Moving Forward signs for you to follow. Please note that this is our new meeting location for the Louisville meetings. Our guest speaker for the meeting will be Dr. Annamarie Heink, a psychologist who works with patients at Southern Indiana Rehab Hospital and at PAM Rehab Hospital.

**WEDNESDAY September 18, 5:30 - 7:30pm** Kenney Orthopedics will be holding an Amputee Walking School at Bellarmine University, 2001 Newburg Road, Louisville KY 40205. There is no charge for amputees + a guest, snacks will be provided. You can register for this event online at Kenney Orthopedics.

**SATURDAY October 5, 1:00pm - 3:00pm** - Walk and Roll Fall Picnic at Sam Peden Park in New Albany IN. The group will supply fried chicken and drinks, members are asked to bring your favorite picnic side dish or dessert. We will have corn hole, croquet, and some other yard :games. And for those interested we will take a walk or a roll around the lake! Pray for good weather.

**THURSDAY October 24, 5:30 - 7:30** - Kenny Orthopedics will be holding an Amputee Walking School, hosted by PAM Rehab Hospital, 2101 Broadway Street, Clarksville IN. No charge for amputees + a guest, snacks will be provided. Register online.

~~~~~

“You don’t need to have it all figured out to move forward.” – **Amara Honeck.**

~~~~~

# MISSISSIPPI POT ROAST

## Ingredients:

- 1 (3-4 pounds) boneless beef chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- 8 tablespoons unsalted butter
- 6-8 pepperoncini peppers (plus a bit of the juice from the jar)

## Instructions:

1. Place the roast in the bottom of your slow cooker.
2. Sprinkle the ranch dressing mix and au jus gravy mix over the top of the roast.
3. Add the butter on top of the roast.
4. Place the pepperoncini peppers around the roast and pour a little bit of the juice over the top.
5. Cover and cook on low for 8 hours, or until the meat is tender and easily shredded.

This dish is great served over mashed potatoes, rice, or even on sandwiches. Enjoy your cooking! 🍴



## **THE UNOFFICIAL DISCIPLINE**

Living with a disability takes many shapes and forms. While we adapt to society as best we can, society does not always adapt to us. Every day, people with physical and non-physical disabilities encounter numerous accessibility barriers and limitations that significantly impact their ability to navigate daily life with ease and independence.

The Paralympics, a global stage for athletes with disabilities, is a powerful testament to their incredible athleticism, with athletes competing in 23 official disciplines. Supported by the International Paralympic Committee, Ottobock introduces a symbolic 24th discipline: the Unofficial Discipline. This metaphorical discipline represents the daily challenges that people



with disabilities face—often invisible to non-disabled people. It serves as a reminder that even Paralympian athletes, often labeled as superhuman, encounter the same everyday hurdles as the 1.8 billion disabled people worldwide.

During the Paralympics, Ottobock will place posters, billboards, and video projections around tourist hotspots in Paris to highlight inaccessible places such as stairs, metro stations, and attractions. It is time for us to unite, start conversations, and make our voices heard—showcasing to the world how challenging it is for people with disabilities to navigate cities and feel included in accessing events like the Paralympic Games! These daily barriers encompass difficulties in travel, social activities, entertainment, and daily living. While there are too many accessibility issues to list comprehensively, common problems include airlines and public transport, broken escalators or elevators, inadequate disabled access or facilities, and a general lack of venue accessibility.

The magnitude of these obstacles shows that our society is still far from achieving total inclusivity for people with disabilities. However, this is our chance to advocate for societal transformation through our united global voices. By raising awareness and bringing these issues to the attention of world leaders, now is the time to build a more inclusive society worldwide. Your voice matters in this global movement for change.

**What can YOU do?** Get involved and **share your Unofficial Discipline on Instagram and TikTok**. Using the hashtag **#UnofficialDiscipline** - uniting our voices via social media, we will raise awareness and show the world the real, everyday challenges faced by people with disabilities.

**It's a chance to make your voice heard and contribute to a more inclusive society.**

Movao Community Magazine

~~~~~

Fall Festivals In Kentucky

If you are a person who enjoys getting out and about, maybe doing a little open air early Christmas shopping, fall festivals are a great time to explore a place you've never been, enjoy some traditional eats or drinks, as well as find some unique products. Below is a list of some of the craft shows and festivals happening in Kentucky in September 2024:

1. Berea Fall Market (September 1, 2024) at Churchill Weavers: This market will feature a wide range of handmade goods from local crafters. 🛒

2. Grand Rivers Labor Day Weekend Arts & Crafts Festival (August 31 - September 2, 2024) at Little Lake Park: Enjoy a variety of arts and crafts, food vendors, and live entertainment. 🎨
3. Lawrence County Septemberfest (September 6-7, 2024) in Downtown Louisa: This festival includes arts and crafts, food, and live music. 🎵
4. Festival of the Horse (September 6-8, 2024) in Downtown Georgetown: Celebrate the horse heritage with arts and crafts, parades, and more. 🐎
5. Big Four Arts Festival (September 7-8, 2024) at Big Four Bridge Lawn, Waterfront Park, Louisville: Featuring over 175 juried artists, this festival is a must-visit for art lovers. 🖼️
6. Trimble County Apple Festival (September 7-8, 2024) at Courthouse Square, Bedford: Enjoy apple-themed crafts, food, and activities. 🍏
7. Kentucky Kids Consignment Elizabethtown Fall (September 12-14, 2024) at Bluegrass Sportsplex, Elizabethtown: Find great deals on kids' items and handmade crafts. 🧸
8. St. James Court Art Show (September 27-29, 2024) in Old Louisville: One of the largest and most prestigious art shows in the country, featuring hundreds of artists. 🎨

These events offer a great opportunity to explore local crafts, enjoy live entertainment, and support local artisans.

CONTACT INFO

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

CORPORATE SPONSORS

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



**LOUISVILLE
PROSTHETICS**
Quality. Comfort. Commitment.

Bruce Luckett, L.P.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2939 Fax: 502.582.3605
--	---



**LOUISVILLE
PROSTHETICS**
Quality. Comfort. Commitment.

Chris Luckett, C.P.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2939 Fax: 502.582.3605
--	---

Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker

Owner/Keynote Speaker


PO Box 94721

Louisville, KY 40291

502-415-2504

ilendingahand@gmail.com


Facebook & YouTube: BillyPAmputee

**LOUISVILLE
PROSTHETICS**
Quality. Comfort. Commitment.

R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C Louisville, KY 40207 Phone: 502.895.8050 Fax: 502.895.8056 Web: www.louisvilleprosthetics.com	742 East Broadway Louisville, KY 40202 Phone: 502.584.2939 Fax: 502.582.3605
--	---



**Hanger[®]
CLINIC**
Empowering Human Potential

David Kaufer
CPOA, COF
Clinic Manager
1931 West Street, Suite A
New Albany, IN 47150

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



MauriPRINT
DESIGN | PRINT | PROMO

☎ **502-536-8899**
✉ sales@mauriprint.com
🌐 www.mauriprint.com
📍 **3411 Bardstown Rd #9
Louisville, KY 40218**



MARKETING PRODUCTS
SIGNS & BANNERS
PROMOTIONAL PRODUCTS
GRAPHIC DESIGNS

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

6504 Bardstown Rd
Louisville, KY 40291



MOBILITY CITY
WE FIX WHEELCHAIRS & SCOOTERS

Chris Downs - Owner
Brad Thomas - Technician, Safety Officer