



**NEWSLETTER ♦ 111th Edition ♦ Nov 2022**

**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

I sit here at the dining table looking out the window at still a hint of green from the trees, amidst the yellow, orange, and red leaves that are still left hanging, but will soon create a carpet covering the brown grass in my yard. November will soon arrive, a month of remembering veterans who have sacrificed so much for our freedom, and a time to give thanks for all we have. Even in difficult times, we all can find something to be thankful for.

November is also National Family Caregiver Month, a time to honor family members or paid helpers who regularly look after a child or a sick, elderly, or disabled person. There are more than 65 million Americans who care for their aging or disabled loved ones. Unpaid care provided by family caregivers makes up 90% of long-term care in America. Although care giving can include any number of duties or responsibilities from medical procedures to administering medications or assisting with activities of daily living, the care from our loved ones is essential to our existence. I personally

have lived on both sides of the fence, being a caregiver for my late spouse and later for a few years after amputation being the recipient of

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**VETERANS DAY HISTORY**

Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with Memorial Day, according to the Department of Veterans Affairs.

What's more, some Americans don't know why we commemorate our veterans on Nov. 11. It's imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on Nov. 11, 1918. In legislation that was passed in 1938, Nov. 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress – at the urging of veteran’s service organizations – amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniform Holiday Monday Act ensured three-day weekends for Federal employees by celebrating four national holidays on

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## EDITOR'S NOTE (cont'd)

his care as I learned how to navigate living with amputation. Regardless of what stage you are in, care giving is a tough job.

National Family Caregiver Month provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is "Care Giving Around the Clock." Resources include tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will? Seeing someone change drastically due to amputation can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed. I've included in this edition of the newsletter a self-assessment which is a great way to monitor your own health and wellbeing from time to time.

There are also many resources on the Amputee Coalition's website, including a Virtual Support Group just for care givers that meets the 2nd Wednesday of every month.

So, to all the caregivers involved in our group, I'd just like to say "Thank You!" Yet even that doesn't seem enough, for all the sacrifices you make and all the things you do for us.

Please come join us for our November meetings, Mon, November 21, from 6:00 - 7:30 p.m. at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN 47150; or the Louisville meeting on Sat, November 26, from 2:00 - 4:00 pm at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219.



## VETERANS DAY HISTORY (cont'd)

Mondays: Washington's Birthday, Memorial Day, Columbus Day, and Veterans Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on Sept. 20, 1975, President Gerald R. Ford signed a law that returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

If the Nov. 11 holiday falls on a non-workday – Saturday or Sunday – the holiday is observed by the federal government on Monday (if the holiday falls on Sunday) or on Friday (if the holiday falls on Saturday). Federal government closings are established by the U.S. Office of Personnel Management. State and local government closings are determined locally, and non-government businesses can close or remain open as they see fit, regardless of federal, state or local government operation determinations.

United States Senate Resolution 143, which was passed on Aug. 4, 2001, designated the week of Nov. 11 through Nov. 17, 2001, as "National Veterans Awareness Week." The resolution calls for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

Memorial Day honors service members who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day, but the day is set aside to thank and honor living veterans who served honorably in the military – in wartime or peacetime.

Military.com | By Ho Lin



## Just For Today . . .

I will be thankful.  
I will focus on one thing at a time.  
I will take time for myself.  
I will accept who I am right now.  
I will not give up.  
I will be nice to myself.  
I will accept my feelings.  
I will celebrate each step forward.  
I will not give up!

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## ALL IN A WORD

T for time to be together, turkey, talk, and tangy weather.  
H for harvest stored away, home, and hearth, and holiday.  
A for autumn's frosty art, and abundance in the heart.  
N for neighbors, and November, nice things, new things to remember.  
K for kitchen, kettles' croon, kith and kin expected soon.  
S for sizzles, sights, and sounds, and something special that abounds.  
That spells ~~~ THANKS ~~~ for joy in living and a jolly good Thanksgiving!  
— Aileen Fisher

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## RECIPE OF THE MONTH

### HASH BROWN CASSEROLE

— by Beverly Gaylord

2 pounds frozen hash brown potatoes (thawed)  
1/2 c. margarine, melted  
1 tsp. salt  
1/2 tsp. pepper  
1/3 c. onion, finely chopped  
1 can cream of chicken soup  
2 c. Colby Jack cheese, shredded  
Spray 9x13" baking dish with cooking spray.  
Combine soup, margarine, salt, pepper, onions and cheese. Mix in potatoes and pour into baking dish. Bake, uncovered, at 350 degrees for 35 minutes.

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## Ways to Donate to *MOVING FORWARD* Limb Loss Network & Social Group

### **AmazonSmile**

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](https://www.amazon.com/smile), the AmazonSmileFoundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to **Moving Forward**. You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Network & Social Group, Inc."

### **Kroger Community Rewards Program**

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)  
w screen to select our group)

Sign in, Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Search for "Moving Fwd Limb Loss Network & Social Group"

### **If you do not have internet access:**

Register at the Service Desk of your local Kroger. Once you have registered, the bottom of your receipt will say that your "Community" Rewards are going to **Moving Forward** Limb Loss Network & Social Group. You can check the amount of your community rewards on their website for each quarter.

### **Employer Deductions**

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If you Enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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