



**NEWSLETTER ♦ 104th Edition ♦ Apr 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

What a joy to look out the window and finally see sunshine and color from all the budding flowers and trees as we say goodbye to Winter, and welcome Spring.

March was a very busy month for our group as we began holding meetings at Southern Indiana Rehab Hospital once again. Our guest for the March meetings was Mr. Lyn Workman with Williams Brothers Healthcare and Pharmacy, who gave a detailed description of all their company can do through their Safe Home Solutions division to make life more comfortable at home for people with mobility issues. We thank Lyn for taking the time to inform us of a very valuable resource for our community.

On March 19 we held our annual March Madness Chili Cook-off at the Okolona Fire House. We had more than 30 people in attendance and raised more than \$340 through entry fees & raffles for the Paddy Rossbach Kids Camp. We were able to hold 4 drawings and winners are as follows: Julie Randolph won the chili pot, Roy Holsclaw won a barber package, Terry Barrett won a wall clock, and Teresa Howard won a \$50 Visa gift card provided by

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**THE MEANING OF METTLE**

With April being **Limb Loss and Limb Difference Awareness Month**, we will be celebrating '**Show Your Mettle Day**' on Apr 23, the 4th Saturday of this month. Until becoming an amputee, I didn't really know what the word mettle meant, but since have discovered there are several ways to describe that one word. And I have seen it displayed in many different ways by many different people in the amputee community. Following I have provided a few slightly different definitions that I found online.

*The Free Dictionary* refers to mettle as an inherent quality of character, fortitude, courage, not to be confused with metal – a hard substance such as gold, silver, or copper.

*Abused, Confused, & Misused Words by Mary Embree*  
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In other words, the ability to meet a challenge or persevere under demanding circumstances; determination or resolve: for example, a race that tested the best runners' mettle. Prepared to accept a challenge and do one's best.

As a variant of the word metal, word history shows that not only do metal and mettle have exactly the same pronunciation, the two terms are—etymologically, at least—exactly the same word. Middle English borrowed metal from Old French in the 1200's; Old French metal, metail, came from Latin metallum, from Greek metallon, "mine, quarry, ore, metal." By the 1500s, English metal had also come to mean "the stuff one is made of, one's character," but there was no difference in spelling between the literal and figurative senses until about 1700, when the spelling mettle, originally just a variant of metal, was fixed for the sense "strength of character."

While the *Merriam-Webster* definition describes

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## EDITOR'S NOTE (cont'd)

Williams Brothers Healthcare. As in years past, we had a team sports trivia contest won by Mike Barrett. And last but certainly not least, the winners of the Chili Cook-off for Judges Choice (judged by 4 of the firefighters on duty that night) was Steve Lawery, and for People's Choice, Kelly Grey. Everyone had a really great time! We also had our regularly scheduled meeting for the Louisville folks on March 26.

In addition to the event and meetings, there was a lot going on during the month, including Amputee Boot Camp, a program run by Scott Lee, a physical therapist who is a member of our group. Attendees Brianna Heitzman, Danielle Ranschaert, and I were able to make great strides in our ability to walk and balance, and I'm sure the others will agree with me that the program is well worth the time and minimal expense! Scott and his wife Elizabeth are passionate about helping the amputee community. So watch for the next session of the boot camp, and come out and join us for a fun learning experience!!

Brianna also attended the Kenney Orthopedics Amputee Walking School that was held at Bellarmine University on March 26. The Bellarmine Prosthetic Gait Training program continues, although I have reached the end of my 8-week program, ending my time with the student therapists. My final evaluation showed improvements in every area, including balance, gait, and endurance. I'm very thankful to Professor Dennis Lesch for putting this program together to serve the amputee community, and highly recommend it. Watch this newsletter for updates on the next Gait Training program.

We are in the process of updating our brochures and business cards, and the officers have agreed that a name change would be more beneficial to growing our group and reaching more people, so we are now officially 'MOVING FORWARD LIMB LOSS NETWORK & SOCIAL GROUP'. Although we still offer support to members of the amputee community,

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## THE MEANING OF METTLE (cont'd)

mettle as courage, spirit, resolution, and tenacity that means mental or moral strength to resist opposition, danger, or hardship. Courage implies firmness of mind and will in the face of danger or extreme difficulty. The courage to support unpopular causes, mettle suggests an ingrained capacity for meeting strain or difficulty with fortitude and resilience. A challenge that will test your mettle spirit also suggests a quality of temperament enabling one to hold one's own or keep up one's morale when opposed or threatened, such as a stubborn persistence and unwillingness to admit defeat.

And finally, *Vocabulary.com* gives what is to me the best way to describe what this word is to people with limb loss/difference. Mettle is the courage to carry on. If someone wants to "test your mettle," they want to see if you have the heart to follow through when the going gets tough. Having the mettle to do something means you have guts. In short, you're a pretty impressive person, and I have yet to meet an amputee who is not impressively inspirational and who possesses the spunk to show it off. Metal and mettle were once used interchangeably meaning a solid material like gold and the "stuff a person is made of" — until everyone got confused and the words went their separate ways.

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## RECIPE OF THE MONTH

Here is a great option for a side dish for  
Easter dinner...

### 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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## EDITOR'S NOTE (cont'd)

calling ourselves a support group often carries a negative connotation to many people that are successfully navigating life as an amputee. Networking allows us to discover resources for education, support, and advocacy as well as raising awareness of limb loss, which is all a part of our mission for the group. And as we all are aware, the social aspect comes through activities and events that we hold throughout the year and the friendships that we develop both within the group and through community involvement. So, welcome to the new 'MOVING FORWARD LIMB LOSS NETWORK & SOCIAL GROUP'!

We are still in the planning stages of our 10 Year Anniversary Celebration that will be held on Sat, July 9, from 5:00 to 9:00 pm at St. Luke's Catholic Church, 4211 Jim Hawkins Drive, Louisville KY 40229. The celebration will be open to members of our amputee community and their friends and families; however, we will need a firm headcount so that we can provide a catered meal for all in attendance. We plan on having a DJ so there will be some "boogying" going on, and who knows, maybe even a dance contest!! There may be door prizes or mementos of the occasion available, so if you want to be involved in the planning, making decorations, or give-away's, contact Kelly Grey, Elaine Skaggs, or Mike Portman. Whatever the case, plan on being there and having a blast!!

A final reminder that April is Limb Loss and Limb Difference Awareness Month (LLDAM), and you can join in the celebration by visiting the Amputee Coalition website at [www.amputee-coalition.org/events-programs/limb-loss-awareness-month](http://www.amputee-coalition.org/events-programs/limb-loss-awareness-month). There you will find the reason we have a month devoted to limb loss / difference and ways you can participate in bringing awareness to your community, city, and state. There is also a list of 30 activities for the 30 days of April, as well as merchandise you can purchase to commemorate the month. We will also be celebrating LLDAM by participating in 'Show Your Mettle Day' at our regular meetings

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## HAPPY EASTER 2022

Have you ever wondered how the traditions of Easter, the bunny and the dyed eggs came about? As many of us will be celebrating this Christian holiday later this month, here are some fun facts about those traditions that I found on [www.holidappy.com](http://www.holidappy.com).

### Who Is the Easter Bunny?

We've all heard of the Easter Bunny. He's the happy rabbit who brings us eggs at Easter time. He's normally depicted in a human-like way—walking upright, wearing human clothes, and carrying baskets of colored eggs, candy, and toys. He visits our homes and either leaves baskets of treats or hides eggs around the garden in preparation for a joyous egg hunt on Easter morning. In a way, he's a bit like the Santa Claus of Easter as he brings gifts to children on the night before a holiday.

### Origins of the Easter Bunny

Most historians point to a German origin for the Easter Bunny. In the early 1600's, many German publications mentioned an Easter Bunny as being the symbol of Easter and mention a tradition in which a hare delivers Easter eggs. In the early 1800's, the first edible Easter bunnies were produced; they were not made of chocolate like the Easter bunny sweets of today, but instead were more like pastries. The Easter Bunny reached the shores of the USA in the early 1700's. Early German settlers brought the tradition with them and also instigated the tradition of giving and receiving colored eggs. This evolved into the tradition of hiding colored eggs around the garden.

Others maintain that the concepts of Easter and the Easter bunny can be traced back to pre-Christian, Anglo-Saxon history. Like many Christian holidays, it is believed that Easter is a Christian incarnation of a pagan celebration of the Goddess Eostre (or Eastre). The rabbit may be seen as the earthly incarnation of the Goddess. Eastre was the goddess of fertility and springtime, and her symbol was the rabbit. When the Anglo-Saxons converted to Christianity, the pagan holiday was combined with the Christian memorial of Jesus' resurrection.

### The Symbolism of the Easter Egg

Eggs are often seen as a sign of fertility, and this combined with the colors of spring just before Easter seems to indicate that the ritual of coloring eggs is tied to both the onset of spring and the fertility associated with it. Some early Christians dyed their eggs red to symbolize the blood of Jesus and honor His sacrifice. The colored egg tradition was combined with the myth of the Easter Bunny in the early 18th century by German immigrants.

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## EDITOR'S NOTE (cont'd)

this month, both at the Southern Indiana Rehab Hospital at 3104 Blackiston Blvd, New Albany IN 47150, from 6:00 to 7:30 pm on Mon, Apr 18, and at the Louisville meeting on Saturday, April 23, from 2 - 4:00 pm at the Okolona Fire House, 8501 Preston Hwy, Louisville KY 40219. Be courageous and let your mettle (metal) show!!

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## QUOTE OF THE MONTH

*Life brings sorrows and joys alike. It is what a man does with them – not what they do to him – that is the true test of his mettle.*

– President Theodore Roosevelt

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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)

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## HAPPY EASTER 2022 (cont'd)

In other religions, the hard-boiled egg is often dipped in saltwater to signify new life and the Passover. The link of new life being celebrated is a common theme among many religions. In Medieval Europe, for instance, eggs were often forbidden during Lent, and this led to the tradition of Pancake Day. Once Lent was over, eggs were again consumed and thus became part of Easter celebrations.

### The Tradition of Coloring Eggs

Egg-dyeing is a common practice worldwide, and several explanations for the conception of this tradition have been proposed. Like many longstanding traditions, the origins of coloring eggs at Easter time are somewhat vague. Many different origins for the tradition have been proposed, and no one knows for sure which is true. Ancient Egyptians, Persians, and Romans all used eggs during their spring festivals, and this common theme combined with the renewal of spring may also have played a part in the spread of the egg-coloring tradition.

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## NEWSLETTER ISSUES

**MOVING FORWARD** has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: [ampmovingforward.com](https://ampmovingforward.com).



## Ways to Donate to **MOVING FORWARD**

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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)

Enter our organization number: DC476 or,  
Sign in or Create your account under box "I'm a  
Customer"

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 your  
employer uses Frontstream, Truist, or Network for  
Good to manage their deductions, **Moving  
Forward** is listed.

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