



NEWSLETTER ♦ 66th Edition ♦ Feb. 2019



GETTING SUCKER PUNCHED

- by Belinda

We all have those memories that are etched in our minds forever, those where you can remember every detail so vividly that it seems like only yesterday. Some of those memories are precious like your 1st kiss or the 1st time you held your newborn grandchild. Others are funny; even though they may not have been at the time, they still bring laughter after many years, while others may be painful or traumatic, such as learning of the loss of a loved one. That's how life works. We all have memories of some good, some bad, and hopefully some humorous times. Sometimes a life experience that we think is going to be great can quickly turn in the opposite direction. It is one of those type of memories that I am going to share with you.

It was the day that I was going to be cast for my first prosthetic leg. I remember being a bit apprehensive but also excited at beginning the process of getting my life back. After being misdiagnosed for over a year, finding out that what I had been told was arthritis was instead a rare form of cancer, and losing my right leg below the knee; today was the day that the tide was going to begin turning my way. I had talked to the prosthetist beforehand and was told that due to my young age and the fact that despite my cancer I was in good physical condition, I should be able to get back to doing all the activities that I enjoyed prior to my amputation. He assured me that I would get a prosthesis that would allow me to do all those things that I loved to do. That was until something changed....

I was sitting in the room waiting for the prosthetist to come in, not knowing what to expect, but still feeling confident that things were starting to change for the better. My prosthetist poked his head through the door to say he would be with me shortly, but the office manager would be right in. I didn't think anything of it, just assuming that there were papers in need of signing. She entered the room and said that she needed to discuss my insurance coverage with me. I remember starting to feel a little apprehensive at that point, but told myself that we probably just needed to dot some "i's" and cross some "t's". But then I heard those words, "Did you realize that your insurance coverage has a \$4,000.00 cap on the amount that they will pay for a prosthesis?" I answered, "No, I know that I had a \$4,000.00 out-of-pocket maximum, which I had already paid due to my surgery bills." I then asked what the \$4,000 cap was all about. To my shock, she explained that it meant my insurance company would only pay \$4,000 per year for my prosthetic care. She then questioned me if I had not seen that in my policy. I told her that I had looked and seen that my coverage did include prosthetics, but that when I saw that \$4,000 number beside it, I had thought it

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OUR READERS SPEAK

During the next few months, we will be sharing comments from our readers on the topic of prosthetic parity. Please contact us and share your story or thoughts. We would love to hear from both amputees who have struggled or are currently struggling to receive proper prosthetic care due to their insurance coverage and prosthetic providers who have seen patients denied the prosthetics they need to get back to living their lives.

This month we would like to share the comments from two of our local prosthetists: Aaron Royster with Hanger Clinic and Wayne Luckett with Louisville Prosthetics.

From Aaron:

I have had several patients that have only been able to receive "limited" prosthetic services secondary to a "cap". For example, if you have a high functioning K3 level patient and they have a \$4,000 cap, then they are going to receive an extremely "basic" prosthesis. More than likely this "basic" prosthesis will not allow the patient to return to his/her previous functional mobility due to lack of dynamics in the foot and not being able to have an active vacuum suspension system. In addition, these patients will need new supplies (liners, socks, etc.) every year, which can easily cost \$2,000.

On a different note, KY Medicaid takes SIGNIFICANTLY longer to obtain prosthetic authorizations when compared to Indiana. This lapse in time further hinders the functional mobility of the patient by having to sit in a wheel chair for an extended period of time as well as lose strength.

From Wayne:

The biggest problem we encounter is poor private insurance with very large deductibles and limited coverage on prosthesis; such as a \$1,500 maximum benefit or allowing only one prosthesis per lifetime. The other major obstacle we encounter is no coverage for vacuum assisted suspension or microprocessor controlled knees, feet, hands, elbows, and other high dollar prosthetic items. Parity along the lines of Medicare (Federal) as the standard of care would change the outcomes for many amputees in our state and region. In my opinion, there should be no insurance policy available that does not fully fund prosthetic rehabilitation for a lifetime based on medical necessity at an acceptable level of care without massive out of pocket costs for the patient.

Thanks Aaron and Wayne for helping us to raise awareness for the need of insurance parity for prosthetic care in Kentucky. We hope to hear from many more of you, our readers, about this important topic. For those of you who have great insurance coverage, that's wonderful. We need to remember, though, that not all are that fortunate. There are individuals who work for small companies that provide only bare bones insurance coverage. There

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Getting Sucker Punched (cont'd)

meant that prosthetics were covered after I had paid my out-of-pocket maximum. This was a logical but incorrect assumption on my part, but who would believe that an insurance company could possibly get away with such a travesty. **Thus began my journey into the world of the lack of insurance parity (equality) for prosthetics.** I recall having the exact same feeling of doom that I had when my oncologist walked into my room rather nonchalantly and announced that it wasn't arthritis after all and that my only hope was to have



my leg amputated. I felt as though I had been **sucker punched** right in the gut. I had to remind myself to breathe. Thoughts began racing through my mind: *"No, this just can't be right. We've paid our insurance premiums all these years. I've barely turned in any claims. Anthem is a huge multi-million dollar company. They can't possibly deny me a leg. There has to be a law against that.*

The office manager apologized for not disclosing this information to me earlier, and she admitted that it was due to an assumption on her part. She said that since I lived in Indiana and their office was in Indiana she assumed my Anthem insurance coverage was governed by Indiana insurance laws. She had not noticed until that day that my insurance was through my husband's employer in Kentucky. You see, Indiana **has** a law protecting amputees against unfair insurance practices. Kentucky **does not have** such a law. There was an attempt to pass one several years ago, but it got stuck in a committee and didn't advance. This is the fate of much worthwhile legislation, especially when there is a big industry lobbying against it. The bills get sent to a committee to die a slow death, never to be heard of again.

The good news is I **did** get a prosthetic leg, but **no** my insurance did not pay for it. A program offered through Vocational Rehabilitation helped me to get my first prosthesis. That was a wonderful blessing to me, but a government program should not have had to help me gain my prosthesis; my insurance company should have. The following year, my husband's employer made sure that our policy provided adequate coverage for prosthetics, something that again should not have had to be done. All policies should provide proper coverage for prosthetic devices. I will share more of my story next month as we continue the discussion of the need for prosthetic parity in insurance coverage.



LOVE

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

LOVE NEVER FAILS.

1 Corinthians 13:4-8



OUR READERS SPEAK (cont'd)

are people faced with the reality of receiving only one prosthesis per lifetime. There are people who are not able to return to work or confined to nursing home facilities due to inadequate prosthetic devices. These people need a voice, and one small voice may not be heard, but the voices of many are harder to ignore. Let's join together and be heard. **Let's get a bill on prosthetic parity moving forward in Kentucky!**



A Special Valentine's Day SPOTLIGHT

- by Belinda Jacobi

Each month in our SPOTLIGHT column, we shine our light on a member of our group or a special organization. For February, "the month of love", we will be brightening the skies by casting our light over many people. For me, Valentine's Day isn't just about romance; it's a special day to celebrate all of those people in our lives that we are fortunate enough to love. I hear so many people condemning the day as materialistic or just a way for retailers to make some money; usually these are men who don't want to dish out 50 bucks on a dozen red roses. While the day does spur the economy by an estimated nearly 20 billion dollars, we don't have to get caught up in all that if we choose not to. Just like all the other days of the year, we can choose what we want to make of it. I must admit, I do feel sorry for all those guys out there who are feeling the pressure to be Mr. Romantic and prove their love by purchasing the perfect gift.



We all enjoy receiving a special gift sometimes, but a little box with a ribbon or a vase full of flowers isn't what love is all about. True love involves commitment and is expressed every day and in many ways; like the husband that has stood beside you each and every day giving you the strength to carry on, the single mother that goes to work in pain knowing she needs to put bread on the table, the friend that you can count on to make you laugh on a day you are feeling down, the brother that has been your protector since you were a little girl, the sister that you may argue with but know she will be there in a heartbeat when you need her, the children that have grown into adults and bring you much pride, the grandchildren that can magically turn a bad day into a good one with a great big hug, the niece that brings you a home cooked meal after a hospital stay, the cousin that sends you an email just to see if you're okay or to offer an encouraging word. The list could go on and on, and I wouldn't exchange any of those things for a box of heart shaped chocolates, would you? If you are lucky enough to have any of these people in your life who share this commitment and love for you, be thankful every day, and on this Valentine's Day let them know just how much they mean to you. Just by saying those 3 special words, "I love you," you have given the greatest gift of all. Well, maybe one of those little boxes of candy hearts would be nice! (Just kidding!!)



I have learned from going on many peer visits that some are not so fortunate. They may have lost a spouse or parents, never had children or siblings, and have lost contact with old friends. They feel alone and unloved. Next month, we will discuss this topic and offer encouragement and ideas on how to begin filling that void.



February is American Heart Month COMMON HEART ATTACK WARNING SIGNS

- ♥ PAIN OR DISCOMFORT IN THE CHEST
- ♥ LIGHTEADNESS, NAUSEA, OR VOMITTING
- ♥ JAW, NECK, OR BACK PAIN
- ♥ DISCOMFORT OR PAIN IN ARM OR SHOULDER
- ♥ SHORTNESS OF BREATH

DON'T WAIT TO GET HELP IF YOU EXPERIENCE ANY OF THESE WARNING SIGNS.

CALL 911

SOME HEART ATTACKS ARE SUDDEN AND INTENSE, BUT OTHERS START SLOWLY WITH MILD PAIN AND DISCOMFORT.

FOR MORE INFORMATION VISIT THE AMERICAN HEART ASSOCIATION WEBSITE - WWW.HEART.ORG



Amputee Coalition News

The 2019 Amputee Coalition National Conference will be held in San Antonio, TX, July 25 - 27th. People affected by limb loss from around the world will be gathering at the Marriott River Center located on the famous River Walk. They will be there to take part in hundreds of educational sessions, hands-on clinics, and adaptive sports. While there, they will have the opportunity to see the latest in technology and to meet with doctors, therapists, prosthetic manufacturers, and prosthetists. They will get to hear and share stories with others living with limb loss. The conference provides a life-changing opportunity for amputees by providing them with education, motivation, inspiration, and the chance to make new friends. To register or to find out more about the AC National Conference, visit their website at:

<https://www.amputee-coalition.org/events-programs/national-conference/>. You can also find out about how to apply for a scholarship to attend the conference, peer visitor training offered there, and hotel information. We will provide the links to these sites on our website at ampmovingforward.com.

The Paddy Rossbach Summer Youth Camp will be taking place on July 8-13th at Camp Joy in Clarksville, OH. It is free for children ages 10-17 who are living with limb loss or limb difference. There is also a leadership camp provided for young adults ages 18-19 held during that week at the camp. In addition, applications are being accepted for camp counselors 20 years and older who have limb loss/difference. **Moving Forward** is proud to be a sponsor of the Paddy Rossbach Youth Camp. For additional information and applications go to:



<https://www.amputee-coalition.org/events-programs/youth-camp/>. This link will also be provided on our website.



JANUARY RECAP

The month of January got off to a blustery, cold start, but that didn't keep members of *Moving Forward* from gathering at SIRH on Jan. 21st to kick off the New Year. We enjoyed catching up following the holidays and making plans for the coming year. One of the many topics discussed was, "How to stay happy and avoid feeling blue?" While it was agreed that it is pretty much impossible to feel happiness all the time, there are many different ways to cope with negative emotions. At the Louisville meeting held on Jan. 26th, the main topic of discussion was the pros and cons of living with limb loss. Many shared some of their experiences both good and bad and told of how they learned to face the challenges and adapt along the way. Announcements were made at each meeting about the group's March Madness Soup and Chili Supper and the Bellarmine University Community Partners Physical Therapy Program.



KATE'S KITCHEN

Dark Chocolate & Strawberry Smoothie

This delicious but deceptively healthy smoothie makes the perfect replacement for a sinful dessert. It's the smoothie version of strawberries dipped in decadent chocolate, and who doesn't love that idea on Valentine's Day? It is no mere indulgence though; with dark chocolate, cocoa, Greek yogurt and berries, it's packed full of antioxidants, protein and fiber.

Ingredients

- 1/2 cup fat free or low fat Greek yogurt
- 3/4 cup frozen strawberries or 1/2 cup fresh strawberries

- 1 cup milk
- 1 Tbsp. unsweetened dark cocoa powder
- 1/2 cup ice if you're using fresh berries
- 1) Blend all the ingredients until smooth.
- 2) Pour into a serving glass and drink straight away.



You can top the smoothie with slices of strawberry – don't forget it is heart-shaped!
Enjoy!!



FUN WITH WORD SCRAMBLES

I'm making it a little more difficult this time! Unscramble these words and then use the letters in parentheses, which aren't in order, to finish the sentence. You can find the answers on Pg. 6.

- LCEADSN ___ () ___
- HOLACCTEOS () _____
- YGWATEA ___ () ___
- NEDNRI _____ ()
- QEBUOTU ___ () _____
- EGNILEIR _____ ()
- VOEMI TNHIG () _____

THESE THINGS CAN ALL PUT SOME _____ INTO YOUR VALENTINE'S DAY.



I'm Moving Forward . . .

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



Group member Paul Christian and daughter Nikki Leavell sharing a special moment by winning the Basketball Trivia Contest at the 2018 March Madness Soup & Chili Supper!!

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

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## What's That Mean

– by Belinda



We've often discussed how not only your everyday life, but also your vocabulary changes following limb loss. We hear words that we have no idea their definition. Usually we just shake our heads "yes" and give an "uh-huh," not wanting to appear too dense. Each month, we will tackle a few of these words so that the next time we shake our heads "yes," we will know **what's that mean???**

Two terms that I hear quite often when describing the overall health of someone with limb loss are **comorbidity** and **secondary conditions**. Neither term sounds like anything that we would want to have, but I would have to say of the two that *comorbidity* sounds more problematic than a *secondary condition*. Since we know that *sounds like* doesn't always prove true, let's look at their definitions and see what we can find out.

A **comorbidity** refers to one or more diseases or conditions that occur along with another condition in the same person at the same time. An example of this would be: up to 75 percent of adults with diabetes also have hypertension. Other common comorbidities of diabetes are hyperlipidemia, cardiovascular disease, kidney disease, nonalcoholic fatty liver disease, obstructive sleep apnea, and obesity. Mental illnesses such as depression and anxiety are also common comorbidities. So for an amputee, a comorbidity would be an additional disease or illness that they would be dealing with along with the loss of a limb or limbs. Many times a comorbidity has led to the amputation; such as with diabetes or coronary artery disease.

A **secondary (or related) condition** is one that is a complication of, and/or occurring as a result of, the primary condition. For amputees, common secondary conditions relating to their limb loss are skin irritation and breakdown, back and hip problems, bone density and muscle loss, obesity, depression, and anxiety. The good news is that whereas a comorbidity is something that they already have, secondary conditions can be prevented. If new amputees are made aware of the profound complications of these secondary conditions and are given proper prosthetic care, rehabilitation, and access to resources and information from the beginning; many, if not all, can be avoided. Special care and consideration also needs to be given to comorbidities following limb loss. The additional stress of walking with a prosthesis can exacerbate a pre-existing heart problem. Someone who has hip or knee problems prior to amputation will also need extra care, as will a person with depression or anxiety issues.

The importance of looking at the whole picture can't be stressed enough. No two amputees are the same, and our recoveries following limb loss aren't going to follow the exact same path. Admittedly, for those with one or more comorbidities, their paths will be rockier. This is why it is crucial for the amputee and his/her rehabilitative team to be proactive instead of waiting until a problem has occurred and then reacting to it. These problems can delay the amputee's recovery which often leads to the development of more secondary conditions. It can quickly turn into a chain reaction. That small wound left untreated turns into a non-healing wound, which leads to weeks without wearing the prosthesis, which leads to depression, which leads to weight gain. You get the point. Once that ball gets rolling, it's hard to stop it. So what should you do? A good place to start is by keeping your comorbidities under control and avoiding secondary conditions by scheduling regular appointments with your doctor and prosthetist, taking your prescribed medications, getting some exercise, eating a healthy diet, keeping your mind active, and developing a pro-active approach to your healthcare.

### References:

[verywellhealth.com/comorbidity-disease-diabetes-1087365](https://www.verywellhealth.com/comorbidity-disease-diabetes-1087365)

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## LOW VISION AWARENESS MONTH

Low vision is a visual impairment, not correctable by standard glasses, contact lenses, medicine, or surgery, that interferes with a person's ability to perform everyday activities. Some of the most common causes of low vision include age-related macular degeneration, diabetes, and glaucoma. Low vision may also result from cancer of the eye, albinism, brain injury, or inherited disorders of the eye including retinitis pigmentosa. A stroke may cause low vision and problems with vision are one of the most common symptoms of Multiple Sclerosis or MS.

Low vision often times cannot be restored, but it can be managed with proper treatment and vision rehabilitation. Vision rehabilitation helps people adapt to vision loss and maintain their current lifestyle. A vision rehabilitation program offers a wide range of services, including training in the use of magnifiers and other adaptive devices, ways to complete daily living skills safely and independently, guidance on modifying residences, and information on where to locate resources and support. These programs typically include a team of professionals consisting of a primary eye care professional and an optometrist or ophthalmologist specializing in low vision. Occupational therapists, orientation and mobility specialists, certified low vision therapists, counselors, and social workers may also be a part of this team.

If you are experiencing vision problems, the first step to regaining your independence and ability to enjoy activities again, is to visit an ophthalmologist for a thorough eye examination. If your vision can't be corrected, you should ask to be referred to a low vision specialist and vision rehabilitation services. For more information visit the National Eye Health Education Program website at:

<https://nei.nih.gov/nehep/programs/lowvision/learn-about>

or the American Academy of Ophthalmology:

<https://www.aao.org/eye-health/diseases/low-vision>

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LIFE HACKS FOR MOVING FORWARD

- by Belinda



You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day task or activity done more easily. As an amputee, you know that once-simple tasks can now become a frustrating battle of the wills. You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day tasks or activity done more easily. As an amputee, you know that once simple tasks can now become a frustrating battle of the wills. So each month we will be sharing **LIFE HACKS** in this column. We ask that you send us your tips and tricks to daily living so that we can pass them along. Remember, this is not advice from a medical professional, but ideas from people just like you who are dealing with limb loss.

Skin problems are a common issue faced by many amputees. These can range from simple issues that we can usually treat ourselves, to pressure sores or non-healing wounds that require prompt medical attention. According to the Amputee Coalition, 75% of all lower limb amputees experience skin conditions and amputees have 65% more skin conditions than the general public. That is why it is important for amputees to have a dermatologist on their list of medical doctors.

But what if it is just a small skin issue, one that will clear up in a few days with a little self-treatment? I am going to share with you a couple of over-the-counter products that I keep in the basket beside my bedroom chair where I get dressed. I have found that basket to be a life saver. You know the frustration of putting on your leg only to realize that something doesn't feel right, so then you have to take off the leg and figure out the problem, and then put it back on to go get whatever you need to take care of it, followed by taking the leg back off, fixing the problem, and then putting the leg back on, hoping the problem is solved so that you don't have to repeat the process. The simple step of keeping a basket or small tote by your dressing area can save a world of frustration. In my basket, I keep a few pairs of socks, some of my silver sheath liners, a small hand mirror for checking my residual limb (stump), scissors, medical tape, a small bottle of lotion, a metal shoe spoon (shoe horn), and 2 other items that I am going to tell you about. Using these 2 items has allowed me to comfortably wear my prosthesis on days when I otherwise wouldn't have been able to.



The 1st item is a small bottle of mineral oil. I use a vacuum suspension system to hold on my prosthetic leg. One issue that I occasionally have is some welts developing on my leg along the top of the liner. For me, what helps this is applying a very thin coat of mineral oil on the welts. This provides a barrier between my skin and the liner and keeps the liner from pulling on the skin. Some people who frequently experience this problem, apply a thin coat of the mineral oil all around the leg daily, but just at the very top of the liner and then about an inch down. If you have a constant problem with welts forming, you need to discuss it with your prosthetist. A liner and sleeve made of a different material may help.



Okay, now on to some more skin issues and those are ingrown hairs and blisters. I am not going to delve into how to treat them here, but I will share with you a product that may allow you to wear your prosthesis while they heal. If you

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What's That Mean? (cont'd)

amputee-coalition.org/resources/preventing-and-caring-for/nami.org/Blogs/NAMI-Blog/January-2018/The-Comorbidity-of-Anxiety-and-Depression



Feelin' Good About Gettin' Out

- by: Katie Flanigan



We, as handicapped people, have learned to overcome and adapt because the world is not always fully accessible. Yet knowing ahead of time the accessibility of a place can help with planning and alleviate anxiety, freeing you up to enjoy whatever it is you're doing! I am starting this new column so that we can share information on the accessibility of area restaurants and attractions. Today we check out The Old Spaghetti Factory in Louisville, KY, built in 1985.

We parked on the street across from YUM Center for free. It was a 1 block walk (or roll!) to the restaurant. There's also a parking garage a little past the restaurant. They have 2 sets of huge double doors that aren't too hard to open and open so wide! We went late on a Saturday night and did not have a wait. But if you plan to go on a holiday, it can get busy. They always accommodate my wheelchair and me when seating us. We never have a problem.

One whimsical feature this chain restaurant has is a trolley car in every restaurant that you can dine in. Unfortunately, it was not accessible for my wheelchair but it was still very cool to see!

When I went to visit the restroom I had to have Chris accompany me halfway. There was a large threshold and a door you had to get over and through at the same time. Then you see the doors for the Women's and Men's restrooms. Inside the Women's room I found a large stall with room to move but the restroom in general was very dirty and disorderly. The experience otherwise at this restaurant was so nice, it was very irritating that the restroom was so bad.

Overall, The Old Spaghetti Factory was a pretty good experience. The restrooms were hard to get to without a little help. I'm very disappointed in the state of the restroom, too, but this is an easy fix that I hope they will recognize and make. But otherwise I was very pleased with the accessibility. Plus the staff is kind, the atmosphere and food are wonderful, and you get free Spumoni ice cream after your meal! Mmm. I will be visiting here again. I hope to see you there!

I'd love to hear about your experience with the accessibility of some of the places in Kentuckiana! For more information or to submit your accessibility review, please contact Katie Flanigan. See the contact info in this newsletter.



Hey Guys and Gals!!

Just to shake things up and to encourage participation, anyone submitting an article, Life Hack, recipe, or photo that is chosen to be in our newsletter during the months of March or April will receive a \$15.00 Kroger Gift Card.



Please send your submissions to our group email address: moving4wdamputee@gmail.com



LIFE HACKS FOR MOVING FORWARD (cont'd)

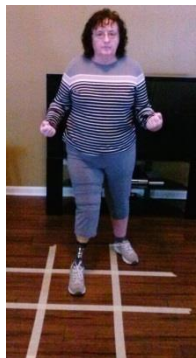
have tried to wear your prosthesis with either one of these problems, you know how excruciatingly painful it can be. What has helped me is to apply a section of moleskin over the affected area to keep the pressure and friction of the prosthesis off of it. Moleskin is usually found in the foot care aisle of a store. Just follow the directions on the label to apply.

So there you have it, two simple and inexpensive ways to help alleviate minor skin issues that could keep you from wearing your prosthesis for days. Remember, skin conditions can go from minor to serious in just a short amount of time. It is very important to routinely check your skin and to talk to your prosthetist, doctor, and dermatologist about any skin problems that you are experiencing. It is also imperative to clean both your skin and anything that touches it every day, including your prosthetic liner and sleeve. The inside of a prosthesis and those sleeves and liners provide a breeding ground for bacteria. Leaving that bacteria unchecked can lead to some serious and even deadly complications.



LET'S GET MOVING — by Belinda

We have been working together during the past few months on some basic balance and strengthening exercises. In the November issue, we did an exercise using a paper towel. In December, various size cans were used to improve our gaits. For February, I will ask you to use an item that we all usually have stashed away in a drawer, and that is a roll of painter's tape or masking tape. Begin by taking the tape and



making a tic-tac-toe pattern on your floor. Each square should be a little larger than your shoe, so about 12 inches long and wide is about right. That's all there is to it! Now just stand anywhere you wish to begin and step forward, side-to-side, diagonally, or backwards. Just keep stepping from one square to the next in random patterns. You can do this while watching TV or if you want to add some zing to it, step to music. Once you get used to the foot movements, try adding some arm movement. This is an easy and fun exercise that will improve your balance

and gait while providing you with some cardio-exercise. When you're finished, just pull up the tape. If you want a more permanent exercise mat, just cut open a large heavyweight cardboard box and make the tic-tac-toe pattern on it. So let's find that roll of tape, turn on our favorite dance music, and **let's get moving!**



FUN WITH WORD SCRAMBLES ANSWERS (from Pg. 3)

CANDLES, CHOCOLATES, GETAWAY, DINNER, BOUQUET, LINGERIE, MOVIE NIGHT

THESE THINGS CAN ALL PUT SOME R O M A N C E INTO YOUR VALENTINE'S DAY.



BELLARMINE UNIVERSITY COMMUNITY PARTNER PROJECT

The Bellarmine University Physical Therapy Dept. is once again offering a Community Partner Project for amputees. They have offered this program during the past few years and it provides a great opportunity for amputees to receive quality, individualized physical therapy at no cost to them. The project is under the direction of Professor Dennis Lesch, PT. Participants go in for an initial screening where they meet the students who are taking part and are given an assessment to see what their particular needs are for gait training. The goal of the program is to help amputees restore range of motion, strength, balance, and overall gait performance to improve their quality of movement. After the initial assessment, the students develop a rehabilitation program specifically for the amputee. You then go to Bellarmine once a week for 8 weeks to work with the students. After the 8-week program, the participants are reassessed to determine their progress. The program benefits both the amputees and students who participate. The first session will begin right away, but they will be accepting more participants throughout the next few months. If you would like more information about the project or would like to take part, please contact Abby Biggs by phone: 314-723-1796 or by email: abiggs01@bellarmine.edu.



Krafty Kids by Katie

HOW TO MAKE MELTED CRAYON HEARTS

Here's a fun craft to recycle all those old used or broken crayons! But no worries, new crayons work just as well!

1. Preheat the oven to 250 degrees.
2. Unwrap your crayons, making sure you get all of the paper off. If you're making a solid color crayon separate your colors into piles. If not you can just make one big pile.
3. Next break or cut the crayons into small pieces. The smaller the pieces the quicker they will melt.
4. Now place these crayons into the silicone mold of your choice (found in many designs very cheap at Walmart and on Amazon) and fill up each about 3/4, depending on how big of crayon you want. This mold was pretty big so we only filled it up 1/2 way.



5. Bake the crayons in the oven at 250 degrees for about 20 minutes.
6. After they are done, take them out of the oven and let them cool COMPLETELY before attempting to take them out of the molds. If you take them out too soon, they will break.

Use them or hand them out as Valentines!



UPCOMING EVENTS

MEETINGS:

Feb. 18th, Mon, 6:30 - 8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. This will be an open discussion meeting, and we will be having a short Valentine's Day party with special treats and games.

Feb. 23rd, from 2:00 - 4:00 pm, at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B. Guest speaker will be Hilbert Potter, a physical therapist with KORT. He will be discussing many topics about rehabilitation following limb loss; including the benefits of physical therapy throughout your lifetime, fall prevention and recovery, and how to overcome the fear of using a prosthesis. This is a great opportunity to learn some new skills and to have your questions answered.



EVENTS:

March 9th, Moving Forward will host its **March Madness Soup and Chili Supper**, from 5:00 - 8:00 pm, at the Okolona Fire Station, 8501 Preston Hwy, Louisville, KY. Everyone bringing soup or chili will be entered into our cook-off. Prizes will be awarded for Judge's Choice and People's Choice in the Soup & Chili categories. We will also be awarding a prize for The Best Dressed Fan, so be sure and wear your favorite team apparel. Admission will be \$5.00 and includes all the soup, chili, hot dogs, and dessert you can eat. All proceeds will be donated to the Amputee Coalition Paddy Rossbach Summer Youth Camp. We encourage you to attend and invite your family and friends to help support this worthy cause. Parking and the entrance are in the back of the building. We will be on the 2nd floor and an elevator is provided. You are asked to bring a soup, chili, or dessert if you can. The group will provide the rest. Hope to see you there!

Information on all of these meetings and events is available on our website at ampmovingforward.com



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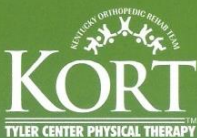


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