



NEWSLETTER ♦ 41st Edition ♦ Jan. 2017

MOVING FORWARD FEATURE

Accepting Changes In Our Lives

– by Kelly Reitz

What do I know about changes in life? I grew up as an amputee so it was all I had ever known, but most of our members in this group had their amputation later in life. So again I ask, what do I know about changes in life? I know that change is ever-present and continuous for everyone. I know that some change is good, some change is bad, but one common thread is that you get to decide what to do with that change. We're at a New Year and with this New Year comes a lot of change. What are you going to do with your changes? For me I plan to accept the things I cannot change and use that life lesson to help me change myself for the better. Dwelling on a change that you can't control will only cause more heartache. When I come across the difficult changes in my life, I usually spend a little time crying, grieving, stressing, and praying for peace to accept the changes I can't control and to be grateful for the ones that I get to have a say-so in. I'm thankful for most of the changes in our group this last year; several new members and so many new opportunities opening up to our group to help *move forward* so many lives. It's been hard to stomach some of our changes, too ... no one likes letting go of our worldly bodies but, unfortunately, we don't have a say in that matter, and we had to say good bye to some wonderful people. In those trying times we have to be thankful that those loved ones touched our lives in whatever small or large way and keep their memory close. I'm thankful that our group is so wonderful at accepting new changes in our group and their willingness to keep our group growing. We have so much to be thankful for and no matter what changes we are dealt in 2017, I hope to take the difficult ones by the horns and to be thankful for those changes we do have a choice in.

HAPPY NEW YEAR, EVERYONE!

PLEASE NOTE that as Vice President I will be helping out while Belinda is going through her chemo treatments. This is no doubt a difficult time for Belinda and Shelton, so please keep them in your continual thoughts and prayers. If you would like to contact me, you can reach me by the following:

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Email: kjreitz2012@gmail.com

Facebook: Moving Forward Limb Loss Support

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### **TRIBUTE TO GARY CRAWFORD**

– by Belinda



*I would like to dedicate the January issue of this newsletter to the memory of Gary Crawford. Gary passed away on Dec. 10, 2016. He was a man of God, a loving father, brother, uncle, and friend. Gary enjoyed landscaping and was a talented musician. We talked weekly by phone and he would end each call by saying, "Have a blessed day, Belinda." I find comfort in knowing that Gary is now in a place where each and every day will be a blessed day. MOVING FORWARD wishes to extend our deepest sympathy to Gary's family and friends during this time of sorrow. You will be missed and your memory will forever be cherished, dear friend.*

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NOTE FROM BELINDA

With the beginning of a new year, I think it is important to look back at what *MOVING FORWARD* has accomplished in the past year and to begin setting goals for the months to come. 2016 was an exciting year for our group. We gained 20 new members, bringing our total membership to 88 registered members. We hosted several events throughout the year and broke our highest attendance mark at every single event during the year, including our Christmas Party with an attendance of 67. Our newsletter now goes out to 230 individuals and businesses. Our Facebook page has 159 members. Our website at ampmovingforward.com provides up-to-date information to those living with limb loss in our community about not only our group, but also things going on both locally and nationally that may be of benefit to them.

One of our goals for 2016 was to make connections with other community services. We accomplished this goal by networking with many other not-for-profits during the Give Local Louisville campaign. We also held our 2nd Annual Sock Drive for the Salvation Army, took part in the Harrison Co. Health Fair, did a presentation at Brown Mackie College, and took part in a class at Bellarmine College. I volunteered at a program at Rauch Industries, took a tour of New Hope Services, and talked with the Center for Accessible Living about developing a connection there, which we will pursue this month. Kelly also stayed busy making new contacts by volunteering at a Stand Down event which works with at-risk veterans, taking part in Humana's Diversity Day by having a disability booth, volunteering at Habitat for Humanity, taking

– Continued on Page 2 Column 2 –

QUOTE OF THE MONTH



We must let go of the life
we have planned, so as to
accept the one that is
waiting for us.

— Joseph Campbell



COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 7 MONTHS



WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"I want to go to the conference because I want to
gain more information and I will get to meet a friend
in Florida I've made that's an amputee!!"

— Erin Clifford



..... from Beverly's Kitchen

Recipe for a Peaceful Life

Take a couple of whole months, clean them thoroughly of
Bitterness, Rumors, Hate and Jealousy;
in other words, make them as fresh and as clean as possible.
Now cut each month into 28, 30, or 31 different parts...
But don't make up the whole batch at once...
Instead, prepare it One Day At a Time.
Mix well each day: One part of Faith, One of Patience, One of
Courage, One of Work.
Add one part each of Hope, Faithfulness, Generosity, Kindness;
Blend with: One part Prayer, One part Meditation, One part Good
Deeds.
Season the whole with: a dash of Good Spirit, a sprinkle of Fun, a
pinch of Play and a cupful of Good Humor.
Pour all of this into a Vessel of Love;
Cook thoroughly over Radiant Joy.
Garnish with Smiles.
Serve with Quietness, Unselfishness and Cheerfulness,
And you are bound to have a Peaceful life.

--Author Unknown

"I wish each of you a safe, healthy, and wonderful New Year!!"



NOTE FROM BELINDA (cont'd)

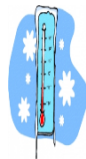
part in an Ampuski event, and modeling poses for Yoga for
Amputees, which is an adaptive yoga program. I would say
that our 2016 goal was accomplished!

Of course one of our main goals for 2017 is to do our part
in making sure that the Amputee Coalition National
Conference which will be held Aug. 3 - 5, 2017, in Louisville is
a huge success. This conference will provide us an
opportunity to connect with other amputees from all over the
world, allow us to attend educational classes and roundtable
discussions, and to receive media attention which will get the
word out not only about our support group but also to the
general public about the needs of the limb loss community.
We will be discussing plans for the Conference as well as
setting our goals for the upcoming year at our January
meetings. You are encouraged to attend and share your
thoughts and ideas to help get us off to a good start in
making 2017 our most successful year yet!!

Now let's take a little time and look back at some of
MOVING FORWARD's highlights from 2016....



HIGHLIGHTS FROM 2016



Despite the cold weather, the group got off to a
great start with good attendance at both the IN and KY
January meetings. Members were excited to catch up with
each other following the holidays and to begin planning for
the upcoming year. At our KY meeting, Colleen Hester gave a
presentation on the Challenged Athlete Foundation. Colleen is
the mother of our youngest member, then six-year-old Reid.
They had traveled to San Diego, CA, where Reid had
participated in a competition sponsored
by the Foundation. Despite having just
received his running leg a few days
earlier, Reid finished in 4th place in the
event. The Challenged Athlete
Foundation provides grants to purchase
adaptive sporting equipment and holds
clinics and events around the country,
allowing challenged athletes to compete
at a high level of competition. Many of
the athletes go on to participate in the
Paralympic Games.



In February, Kelly, Mike, and Belinda set up a booth at the
Harrison Co. IN Health Fair. While there they passed out
group info and brochures from the Amputee Coalition and
networked with healthcare professionals and other not-for-
profit agencies. An open discussion was held at each of our
monthly meetings, covering a wide range of topics. At the KY
meeting, a video about the Amputee Coalition's Paddy
Rossbach Summer Youth Camp was viewed. Members voted
to make a donation to the camp, which provides a wonderful
opportunity to children with limb loss to enjoy attending camp
and to learn skills that will enrich
them throughout adulthood.



MOVING FORWARD's March
Madness Chili Supper was held in
March. With 15 entries in our chili
cook-off, the judges had a difficult
task. They decided upon an entry
by one of our newer members,
Gary Summers. The People's
Choice Award went to Jennifer
Barbour. Both winners received an
apron designed by group member
Mike Portman. Philip Randolph
defended his title as "Best-Dressed
Fan", winning for the 2nd year in a

— Continued on Page 3 Column 1 —

HIGHLIGHTS FROM 2016 (cont'd)

row. He received both an apron and a medal. All the children in attendance were also awarded a medal for being "Our Biggest Fans". A basketball trivia game was played with the winner being Mike Kolb. Denise Bridgman won the "Chili Pot Raffle". The IN and KY meetings were held with the main topic of discussion being handicap accessibility.



April was an exceptionally busy month for our support group. It began with some members taking part in a Rehab Techniques class for physical therapy students at Bellarmine University. While there we interacted with the students by answering questions about living with limb loss, allowing them to practice wrapping our residual limbs, showing them how we don (put on) and doff (take off) our prostheses, and letting them observe us walking in order to study our gaits. **MOVING FORWARD** welcomes the opportunity to assist in the training of medical students and thanked Professor Dennis Lesch for providing us this opportunity.

Also in April, the Orthotic and Prosthetic Activities Foundation (OPAF) held a First Things First Clinic in Louisville. This was the first time they have held an event in our city and many of our members were in attendance. We were instructed by Physical Therapist / Prosthetist Chris Doeger on balance exercises and on falls and recovery.



our area and we thanked the Center for Orthotic and Prosthetic Care for sponsoring this inaugural event.

The exciting month continued with HealthSouth Lakeview Rehabilitation Hospital sponsoring a

Show Your Mettle night at Slugger Field in Louisville. Amputees and their guests were treated to free admission to the Louisville Bat's game. Several members of the group attended and Philip Randolph won a beautiful handmade quilt designed with the **Show Your Mettle** logo. The event allowed us not only to enjoy the beautiful spring evening watching the game but also gave us the opportunity to raise awareness of



- Continued on Page 3 Column 2 -

HIGHLIGHTS FROM 2016 (cont'd)



limb loss in our community.

MOVING FORWARD

celebrated **Show Your**

Mettle Day at our KY

meeting. We were

honored to have a guest

speaker, Vitalis

Lanshima. Vitalis told the

group about his life,

including losing his arms above the elbow at the age of twelve

due to an electrical accident. He talked of his experiences as an amputee while living in his home country of Nigeria and of how, with the help of his family and his determination for a better way of life, he pursued his dream of becoming a track star. He went on to become a gold medalist and world record holder at the Paralympics games. While competing there he met Jim Varga, the track coach at Bellarmine University, and he was given a scholarship to attend Bellarmine and to join its track team. Since that time, Vitalis has become an educator, teaches middle school, and is working on his doctorate degree. We



were all truly captivated, motivated, and inspired by his

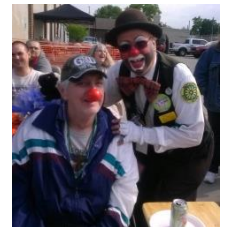


words. Following the meeting, Vitalis and his lovely wife Beth joined us for dinner at O'Charley's Restaurant. We enjoyed good food, laughter, and socializing with friends. It was a wonderful way to wrap up a month devoted to *showing our mettle*.

The group attended the Derby Festival

Pegasus Parade in May. We delighted in watching the

marching bands, floats, horses, and clowns making their way down Broadway. Delicious food was also enjoyed by all. We thanked Louisville Prosthetics for inviting us to attend this fun event. At the IN meeting, we welcomed a guest, Samantha Turner, a student from Spalding University. The group answered many of her questions regarding living with limb loss. She told us of her studies and desires to be a therapist. The KY meeting began with a special Memorial Day weekend luncheon. This was followed by a special presentation given by Belinda on the topic of Men's and Women's Health. Topics covered included the importance of getting regular checkups and screenings, how to prevent some of the secondary conditions caused by limb loss, the warning signs of a stroke, and stroke symptoms and prevention. Everyone received brochures to take home which provided valuable information on protecting and improving their health. Two young ladies who were occupational therapy students at Spalding University, Taylor Desmond and Robyn Schoen, attended the meeting and asked the group a number of questions, including how they could communicate more effectively with their amputee patients. We were glad to answer their questions and thanked them for attending.



In June members Kelly Reitz and Elaine and Jerome Skaggs attended the Amputee Coalition National Conference in Greensboro, NC. While there they attended many different clinics and presentations. They also came back with the news that the 2017 Conference would be held in Louisville, KY.

- Continued on Page 4 Column 1 -

HIGHLIGHTS FROM 2016 (cont'd)

Our group was asked to give another presentation to an Occupational Therapy class at Brown Mackie College. Belinda, Kelly, Mike, and Bill Titus shared their individual stories of living with limb loss and talked about many other topics, including the emotional recovery process, insurance coverage of prosthetics, K-levels, and the different types of prosthetic devices. Bill went on to tell how occupational therapy has helped him in regaining his independence. We thanked the students and their instructor Bethany Curry for asking us to attend.

Also during the month of June, members attended a McKeever's First Ride Clinic. This event was presented by OPAF and sponsored by Kenney Orthopedics and Keeneland. It was held at the beautiful Blue Willow Farm in Versailles, KY. Attendees were instructed on the benefits of therapeutic horseback riding. Amputees and family members enjoyed riding horses around the stable, as well as learning to care for and groom the horses. Lunch was provided and everyone enjoyed visiting and making new friends. Some members brought their grandchildren along, making for a truly wonderful memory of spending a lovely summer afternoon together.



At the June KY meeting, a special presentation was given by Ladonna Frantz, a naturopathic doctor and registered pharmacist. She shared with us information on healthy eating, natural supplements, and how to live a healthier lifestyle. Ladonna also answered many questions from those attending on how natural foods and supplements can help them in dealing with a variety of health concerns and diseases. We expressed our gratitude to her for coming and sharing her knowledge with our group.

Immediately following the monthly meeting, *MOVING FORWARD* held its Annual Business meeting and Election of Officers. President Belinda Jacobi provided members with a folder containing financial and group information for 2015 and 2016. She then gave a detailed explanation of the group's income and expenses, and she also discussed the various filings that *MOVING FORWARD* is required to make with both Federal and State agencies. The election was held with members voting unanimously to re-elect the existing officers. A vote was taken and passed on beginning to look at the feasibility of providing scholarships to attend the AC National Conference for group members with financial need.



eating pie & ice cream!! What could be better??

Our Pie & Ice Cream Social was held in July. Mike & Sue Portman once again provided us with delicious homemade ice cream. Musical entertainment was provided by singer/guitarist Frank Curry. The children enjoyed playing a variety of fun summer games. It was a great way to spend a hot summer afternoon, relaxing with friends and

- Continued on Page 4 Column 2 -

HIGHLIGHTS FROM 2016 (cont'd)

At the KY meeting in July we were honored to have Ms. Wheelchair Kentucky, Alena Chesser, as our guest speaker. Alena spoke of her life, including her recovery from a brain tumor, and then later suffering a spinal cord injury that left her paralyzed from below her arms down. She told of how her wheelchair doesn't limit her, but instead empowers her to live her life to the fullest. Her words both inspired and challenged us to not let our disabilities define us or limit us in life.



With the heat of summer upon us and back-to-school time, the hectic pace of the past few months began to slow down a little for our group. At both the IN & KY meetings an open discussion was held with topics ranging from driving following limb loss, possible causes of residual limb pain, the difference between phantom sensations and phantom pain, the different types of prosthetic feet, and the need for a woman to still feel feminine following the loss of a limb/limbs.

In September, *MOVING FORWARD*, along with over 600 other local not-for-profits organizations, took part in Give Local Louisville. This was our 2nd year for participating in this charitable giving day event. Belinda, Kelly, and Mike attended the Give Local Louisville Rally at 4th Street Live where they were able to network with the other participating groups. Donations from this year's event will go a long way in helping us to provide scholarships for those with financial need to attend the 2017 Amputee Coalition National Conference.



Our IN & KY meetings were once again open discussion format. At the IN meeting topics included the physical and emotional recovery process following limb loss and the importance of being able to feel comfortable when asking questions or talking to your physician, therapist, or prosthetist. During the KY meeting, we listened as some members shared their personal stories of living with limb/limbs loss. A discussion was also held on how to help family members or caregivers to realize what we as amputees need from them to aid us in our recovery.

Also in September, Kelly attended a meeting at the Harrison County Hospital in Corydon, IN, where she told those in attendance about *MOVING FORWARD* and what we provide for the amputees in our area. She discussed with them ways that our group can become involved with the hospital, including providing peer visits to new amputees there.

In October, *MOVING FORWARD* hosted its Fall Picnic and Walk & Roll at Community Park in New Albany. It was an



absolutely perfect fall afternoon, and we had a wonderful time

- Continued on Page 5 Column 1 -

HIGHLIGHTS FROM 2016 (cont'd)

enjoying the beautiful scenery, socializing, and eating the delicious assortment of food. Many of those in attendance took part in the 1-mile walk & roll around the lake. We couldn't have asked for a nicer or more enjoyable day!

At the IN meeting that month, Sarah Lundy and Susan Goke gave us a presentation on the many uses of essential oils. We learned that they could be used for pain relief, sanitizing, detoxing, the healing of scars and bruises, boosting the immune system, relaxation, as well as many other uses. It was a very informative presentation and we thanked the ladies for sharing their time with us.

We did not hold our KY meeting in order for our members to attend an Amputee Walking School at the Masonic Home in Louisville which was sponsored by Kenney Orthopedics. The



instructors for the school were Dennis Oehler and Todd Schaffhauser, both of whom are past gold medal winners at the Paralympic Games. These gentlemen have spent over 20 years going around the country helping amputees to achieve a more active lifestyle with increased independence by improving strength, balance, and gait.



MOVING FORWARD held its 2nd Annual Sock Drive for the Salvation Army in conjunction with Make a Difference Day in October. We were very proud to announce that we collected a grand total of 854 pairs of socks to be distributed to men,

women, and children in need in our community. A very special thank you was given to Cook Memorial Methodist Church, Conway Community Church, the Okolona Fire Department, and the Harrison Co. Hospital for helping to make this donation possible.

During the month of November, some members met with representatives from the Amputee Coalition at the Galt House Hotel in Louisville to help with the planning of the 2017 AC National Conference to be held Aug. 3-5, 2017. We toured the hotel checking for handicapped accessibility and discussed ways in which **MOVING FORWARD**



can be involved in both the planning of and participation in the Conference. We were asked to provide a Welcome to Louisville booth to greet guests as

they arrive at the hotel, as well as to help to assemble the centerpieces for the Grand Gala. We are also planning for door prizes and a scavenger hunt as part of the festivities.

At our IN meeting in Nov., we discussed how to adapt to the loss of a 2nd limb, with members giving tips on things that they have learned along the way that has helped them in adapting. We also talked about the importance of our caregivers in our healing process. In honor of Caregiver Appreciation Month, all caregivers in attendance at both the

— Continued on Page 5 Column 2 —

HIGHLIGHTS FROM 2016 (cont'd)

IN & KY meetings were given a gift bag full of winter care items. At the KY meeting, one of our newest members, Billy Parker, spoke to the group. He told of how he became a bilateral above-the-elbow amputee due to a workplace accident. He now gives presentations on workplace safety, telling how one bad decision almost cost him his life. Billy also talked about how he enjoys his life and how important it is to not let limb loss keep you from living life to the fullest. We also talked about the importance of our caregivers in our healing process.

The month of December brought our annual Christmas party. The large crowd in attendance was greeted by beautiful decorations provided by the Ladies' Auxiliary at the Okolona Fire Station. They really outdid themselves this year! Everyone enjoyed pizza, appetizers, and yummy



desserts of all types. Dinner music was provided by our good friend, Frank Curry. Following the meal, the children were thrilled to be visited by Santa and some of his elves. Each child got to pose for a picture and visit with Jolly Old Saint



Nick, and then they each chose a special gift from Santa!

Door prizes of gift cards were awarded and the winners were Julie Randolph, Colette Titus, Billy Parker, and Chuck Messer. The evening included lovely seasonal musical entertainment provided by Kelly and Philip, accompanied by Frank Curry. One of the highlights of the evening was a performance of the Twelve Days of Christmas by some of our group



members. No one will ever forget the *partridge in a pear tree* belted out by Mike Portman, the bass voice of Bill Titus with *two French hens*, or the melodious Elaine Skaggs singing *five golden rings*. The evening concluded with our children entertaining us with karaoke. It was a delightful night and a wonderful way to start the holiday season.

At the IN meeting in Dec., members talked about a wide range of topics, and Billy Parker spoke to the group. The KY meeting wasn't held due to the Christmas holiday.

It is hard to believe that another year has come and gone. Once again it has been an extremely busy and rewarding year for **MOVING FORWARD**. During 2017, we will strive to reach out to even more individuals affected by limb loss. We will provide them with emotional support, information, and the encouragement to know that their lives are not over because of their amputation. As always and most importantly, we will let them know that **they do not have to face it alone**.

As many of you know, I am facing a health crisis right now. My cancer has once again returned and I am currently receiving chemo treatments. I will be counting on the other officers of **MOVING FORWARD** along with the group members more than ever to help me to be sure that our mission is accomplished. I will close by stating the same message that I did at the close of 2016. I hope to see you soon at a meeting or event, and remember – we are only a phone call or email away. Whether you are a new amputee or someone who has

— Continued on Page 6 Column 1 —



HIGHLIGHTS FROM 2016 (cont'd)

been an amputee for some time but is having problems adapting to living with limb loss, we encourage you to contact us. **Let 2017 be the year that you decide to move forward.**

Happy New Year and Best Wishes for a Truly Wonderful 2017!!

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## UPCOMING EVENTS

### MEETINGS:

Jan. 16th, Mon., 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

Jan. 28th, Sat., 2:00 - 4:00 p.m. at Baptist Health (Baptist Hospital East), 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center. Room to be announced. Watch for a sign in the lobby announcing the room no.

### EVENTS:

March 4th, Sat., 5:00 - 8:00 p.m. Our March Madness Chili Supper will be held at the Okolona Fire Station, 8501 Preston Hwy. in Louisville. Watch for details in the Feb. newsletter, on Facebook, and on our website at [ampmovingforward.com](http://ampmovingforward.com).

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Krafty Kids by Beverly

During this cold winter season, this is a fun, creative activity that your young ones can do in the warm indoors...

RICE KRISPY SNOWMEN

Makes: 5 snowmen

3 tablespoons butter

1 package (10 ounces) marshmallows (about 40)

6 cups crispy rice cereal

You can decorate with ANYTHING – the Treats in photo uses:

5 round red peppermint candies

8 red jelly beans

10 semisweet chocolate chips

25 miniature semisweet chocolate chips

1 fruit roll-up, cut into 3/4-inch strips

15 red-hot cinnamon candies & 10 pretzel sticks

1. Line a baking sheet with waxed paper and coat with nonstick cooking spray.

2. Melt the butter in a soup pot over low heat. Add the marshmallows and stir until melted. Remove from the heat and add the cereal; stir until completely coated.

3. Using a 3/4-cup measure of the mixture for each, form five balls and place on the baking sheet. Using a 1/3-cup measure for each, form five more balls. Place the smaller balls on top of the larger ones, forming snowmen. Decorate with the candies, chips, and pretzels as shown.

4. Serve, or cover loosely with plastic wrap until ready to serve.

TIP: Coat your hands with nonstick cooking spray or butter to keep the marshmallow mixture from sticking to them when forming the cereal balls.



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We are saddened by the news that group member Steve Barbour passed away on Jan. 3, 2017. A memorial service will be held on Sat., Jan 14th, at 11:30 a.m. at St. Luke Catholic Church in Louisville. We send our sympathy to his family and friends; especially to his brother and sister-in-law Wesley and Jennifer Barbour and to his niece and nephews who adored him, Maggie, Cameron, Collin, and Kaleb Barbour.



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Call for meeting times & locations!

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