



**NEWSLETTER ♦ 126th Edition ♦ Feb 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*

We have made it, well into the year 2024, hopefully to the place where we've established the change in habits (or maybe lost a few pounds), or we've given up and remain the same wonderful people we have always been. Resolutions just don't ever make it very far with me, and that's why I seldom make them. I do better at other times throughout the year, usually when I've messed up something or been late doing a task that needed done and make a conscious effort to do better. Those are the times I have the most success at establishing a new or better habit or achieving some sort of self-improvement. And believe me, personally, there are a lot of self-improvements needed!

We, as a support group, didn't really have a very active January, what with recovering from the holidays and the bad weather we experienced almost the entire month.

The Indiana meeting at Southern Indiana

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**UPCOMING EVENTS**

- Monday February 19** – 6:00 to 7:30pm  
Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany IN, in the Conference Room.
- Saturday February 24** – 2:00 to 4:00pm. Louisville meeting at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220. **PLEASE NOTE THE DIFFERENT LOCATION FOR THIS MEETING!**

The officers will be meeting in 2 weeks to make plans for meetings and events for the spring, including the date and time for our annual March Madness Chili Cook-off. Just a few of the things to look forward to will be a painting class, going bowling, and resuming our restaurant outings. So, watch for next month's newsletter – you won't want to miss out on the fun!



*Happy Valentine's Day!*

## EDITOR'S NOTE (cont'd)

Rehab Hospital was cancelled because of bad weather conditions, but hopefully will be back to the regular schedule for the rest of the year.

The Louisville meeting was held at its regular time at a new location, at St. Mark United Methodist Church on Lowe Road in Louisville. Because of ongoing construction at the Okolona Fire House, we will be holding February's meeting there also. We had a guest speaker, Jonathon Rymer, a local prosthetist, give a very interesting discussion on how to determine the best prosthetics for an individual. Jonathan also gave the best explanation of K-levels that I personally have ever heard. We certainly enjoyed and learned a lot from Jonathan and appreciate his willingness to share his expertise with us!

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## QUOTE OF THE MONTH

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love, and to be greater than our suffering."

– Ben Okri

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## SUPPORT GROUP MISSION

I've been thinking a lot lately about our mission statement and what it means to me personally, and how I can better live it out. Sometimes it doesn't feel like I'm doing enough or the right things to really add value to the life of other people living with limb loss/limb difference. Our mission statement is – "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." To me that means not sitting around waiting for people to come to me for advice or guidance, but reaching out, making an effort to be where amputees are, to be proactive when it comes to meeting and talking with people, and making them aware of our group. Most of the people I meet when I'm out and about have no idea that our group even exists.

But just as important as the 'helping' part of that mission statement is the social aspect. We recently decided to change our name from 'Support Group' to MOVING FORWARD Limb Loss Networking and Social Group. Many times in the course of meeting someone new, their response is often that they are doing fine and not in need of support or help. That may be true, but how do we know there is not someone out there that would benefit from our support or help. As well, we all would benefit from the social interaction – we all need that! This is where being 'actively

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## WHAT IS A LEAP YEAR?

Simply put, a leap year is a year with an extra day—February 29—added nearly every four years to the calendar year. Adding an extra day every four years keeps our calendar aligned correctly with the astronomical seasons, since a year according to the Gregorian calendar (365 days) and a year according to Earth's orbit around the Sun (approximately 365.25 days) are not the same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync. Because of this extra day, a leap year has 366 days instead of 365. Additionally, a leap year does not end and begins on the same day of the week as a non-leap year does.

Generally, a leap year happens every four years, which, thankfully, is a relatively simple pattern to remember. However, there is a little more to it than that.

Here are the rules of leap years:

-A year may be a leap year if it is evenly divisible by 4.

-Years divisible by 100 (century years such as 1900 or 2000) cannot be leap years unless they are also divisible by 400. (For this reason, the years 1700, 1800, and 1900 were not leap years, but the years 1600 and 2000 were.)

If a year satisfies both the rules above, it is a leap year.

The short explanation for why we need leap years is that our calendar needs to stay aligned with the astronomical seasons. One orbit of Earth around the Sun takes approximately 365.25 days—a little more than our Gregorian calendar's nice, round number of 365. Because the calendar does not account for the extra quarter of a day that the Earth requires to complete its orbit around the Sun, it doesn't completely align with the solar year. Because of this .25 difference, our calendar gradually gets out of sync with the seasons. Adding an extra day, aka a "leap day," to the calendar every four years brings the calendar in line and, therefore, realigns it with the seasons.

Without leap days, the calendar would be off by 5 hours, 48 minutes, and 45 seconds more each year. After 100 years, the seasons would be off by 25 days! Eventually, the months we call February and March would feel like summer in the Northern Hemisphere. The

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## SUPPORT GROUP MISSION (cont'd)

involved in the community' comes in. I am still an amputee; no matter where I go, or with whom I may interact, I'm still missing my left leg. However, that doesn't restrict me to being only places amputees would be. Rather I should look for opportunities everywhere I go, while I'm living my life. Oftentimes, I may strike up a conversation with someone at the grocery store or in the doctor's office who has a family member or a friend that is an amputee. More than 2.7 million people live with limb loss or limb difference in the United States. Hundreds of people lose a limb every day. More than likely everyone you meet knows someone living with limb loss, and I believe that is what should motivate us to live out our mission statement!

As a support group, we are one of over 400 groups registered with the Amputee Coalition whose mission is the same, to educate and empower people affected by limb loss/limb difference. We provide a safe and supportive environment for individuals and their families to connect with others who have overcome similar challenges and setbacks. Participation in support groups provides members the opportunity to express their feelings, learn helpful information, improve social skills, and realize they are not alone.

### **Certified Peer Visitor (CPV) Program**

At the heart of the Amputee Coalition's mission as well as our own mission is the peer support program. The goal of the Certified Peer Visitor (CPV) Program is to make sure that no one goes through this journey alone. Support comes in many forms and can make an incredible difference in recovery and rehabilitation. No one is potentially in a better position to understand about living life with an amputation or supporting a person with limb loss/difference than someone who has been there. An experienced, well-trained peer can offer encouragement and information from a

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## WHAT IS A LEAP YEAR? (cont'd)

extra leap day adjusts this drift, but it's not a perfect match: adding a leap day every four years overcompensates by a few extra seconds each leap year, adding up to about three extra days every 10,000 years.

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## RECIPE OF THE MONTH SURPRISE TACO PIE



The surprise is the crust!!!! DELICIOUS!!!!

### **Crust:**

1/4 cup butter (I used coconut oil)

2/3 cup milk

2 Tbs taco seasoning \*

2 1/2 cups mashed potato flakes

### **Filling:**

1 lb low fat ground beef or turkey (I used venison)

1/2 cup chopped onion

1 can fire roasted tomatoes (Ro-Tel type), do not drain

2 Tbs taco seasoning\*

1 tsp chili powder (optional)

Dash of hot sauce (optional)

1 cup shredded cheese of your choice (I like the Fiesta blend)

**Preheat oven to 350F**

In a medium pan melt butter (oil), then add milk and 2Tbs taco seasoning, mixing well. Remove from heat, add potato flakes, mixing until well combined.

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## SUPPORT GROUP MISSION (cont'd)

place, and at a pace, that an individual in this circumstance can better understand and absorb.

The Amputee Coalition offers training for volunteers who want to provide information and support for individuals about to undergo an amputation or who currently have limb loss/difference. There is a Code of Ethics that has to be followed by a trained CPV, and should be followed by any member of a support group interacting with persons with limb loss. Regardless of whether you are with an individual or in a group setting such as a meeting, the following list is a guideline of ethics that need to be followed:

- Respect for the individual and their beliefs
- Privacy of information
- Keep your own beliefs private
- Do not give advice
- Do not suggest surgery, treatments, medicine, healthcare provider or product, prosthetic company or prosthetist
- No branded clothing
- Be professional and honest
- Never handle or accept money or valuables
- Identify yourself
- Remember you are not a paid counselor

If you are interested in becoming a CPV, you can submit an application on the Amputee Coalition website.

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## PAST NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at:

[ampmovingforward.com](http://ampmovingforward.com)

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**SURPRISE TACO PIE (cont'd)**  
 Press mixture in the bottom and sides of a pie plate, then par-bake the crust for 7-10 minutes. While crust is baking, cook meat and onions until done, drain. Return to pan, add tomatoes, taco seasoning, and spices. After mixture starts to bubble, pour in crust, top with cheese, and bake for 15 minutes.

Either top entire pie with shredded lettuce, chopped tomatoes, olives, jalapeno slices or have available for everyone to top their own. Don't forget sour cream and avocado.

*\* One taco seasoning packet has 4Tbs of seasoning. So this recipe takes one packet of seasoning.*

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