



Newsletter 130th Edition June 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.



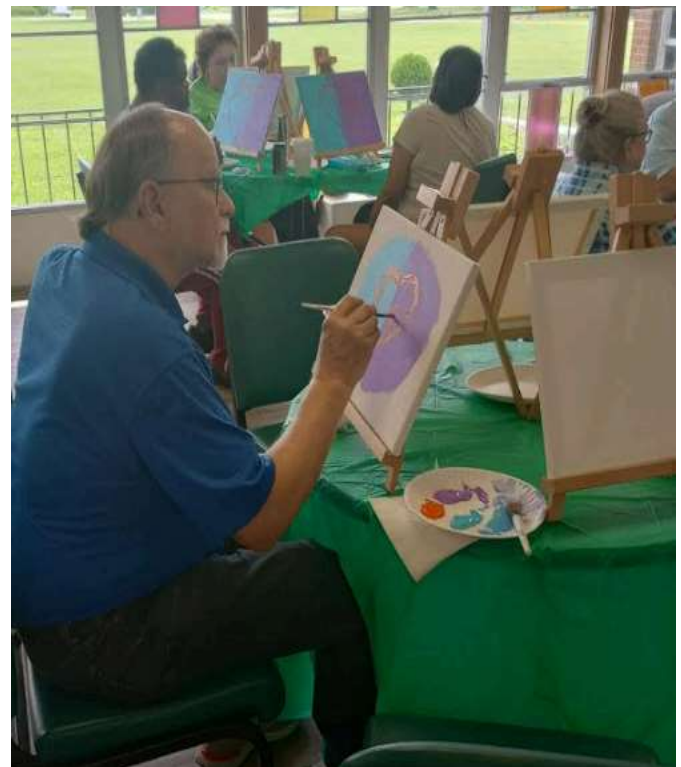
EDITOR'S NOTE – by Elaine Skaggs

Did May come in like a lion? I don't remember what the weather was like at the beginning of the month, but it seems that the entire month was like a lion on a warpath! It was cold then hot, raining and storming, or quite beautiful and comfortable. At my house the last storm took down my favorite tree in the backyard, named Peggy by my late husband Jerome, after the lady who gave us the tree when it was only five feet tall. One day soon I'll replace it with another tree, I'm thinking maybe a weeping willow.

But besides all the weather issues May was a fantastic month for us! Our Indiana meeting was the first held at our new location, PAM Rehabilitation Hospital, in Clarksville. Our meeting space there is in the cafeteria, a very comfortable space with plenty of room for growth. The staff there provided a meat and cheese tray, and always offer free drinks. Leah Reed-Kruer, Director of Rehabilitation at PAM spoke to us about their mission and all the services they provide. Dr. Robert Thompson, Attending Rehab Physician and Medical Director and Dr. Josh Hill, Director of Wound Care also spoke briefly. Also in attendance from PAM was Alesia, LPN Wound Care Nurse and Bailey, Rehab Tech, along with 15 attendees... the highest attendance we've had in the Indiana group for over 2 years, and that included 2 new members who joined that evening. Please keep your calendar open on the third Monday of every month at 6 p.m., we would love to have you come join us. The Louisville meeting was attended by 13 of our members, where we did something a little out of the ordinary, and as a result have

discovered some hidden talents among us. James Myers, a friend of Kelly's, is an artist who teaches painting, in addition to his day job with Humana. James supplied the canvas, the acrylic paint, and instruction, resulting in a beautiful amputee ribbon on an orange heart... well, beautiful for most of the group. I discovered I definitely have a lack of talent when it comes to drawing and painting. But we all had a great time! Thank you James for the fantastic lesson.

We hope you enjoy our pictures from the meeting!



UPCOMING EVENTS

FRIDAY June 14, 6:00pm - 9:00pm Attention all gamers!! We will be hosting a game night at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220. Bring your favorite game and a pie, surprise cake, or cookies to share, and the group will supply ice cream to go with it. Come join us for some fun!!

MONDAY June 17, 6:00pm - 7:30pm Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right. Our guest speaker for this evening is pending.

SATURDAY June 22, 2:00pm - 4:00pm Louisville meeting at Rivercity United Methodist Church (UMC)/formerly St. Mark UMC, 4611 Lowe Road, Louisville, KY 40220.

****REMINDER**** June has 5 Saturdays, our meeting is on the 22nd which is the 4th Saturday of the month. A **caregiver meeting** will take place at the July Louisville meeting, and our next restaurant outing will take place in August. The board will be taking suggestions on where to go, so let us know what your favorite place is!



RUEBEN CASSEROLE

Ingredients

6 slices rye bread, cubed
1 (16 ounce) can sauerkraut, drained and rinsed
1 pound deli sliced corned beef, cut into strips
 $\frac{3}{4}$ cup Russian-style salad dressing
cooking spray
2 cups shredded Swiss cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C).
Spray a 9x13-inch baking dish with cooking spray. Spray one sheet of aluminum foil with cooking spray. Spread bread cubes in the bottom of the prepared baking dish. Layer bread cubes with sauerkraut and beef strips, then pour dressing over top. Cover with the aluminum foil, sprayed-side down. Bake in the preheated oven for 20 minutes. Remove and discard foil; sprinkle Swiss cheese over the casserole. Continue baking until the cheese is melted and bubbly, about 10 more minutes.



AGING IN PLACE

As the years pass, and my age continues to grow, I've thought a lot about my future, and the question surfaces about where I will spend the rest of my life often comes to mind. There are a lot of factors that may determine the answer to that question, mental and physical condition being on top of the list. I love my home and have every intention of spending the rest of my life here. Hence, my interest in aging in place. What is aging in place? It's the ability of older adults to live in their own homes or communities safely, independently and comfortably, regardless of age, income or ability. It involves making adaptations to the home environment, while being able to access support services and resources as needed, in order to maintain a high quality of life.

This approach to aging is becoming increasingly popular as people desire to remain in familiar surroundings (or, at least the home of their choice), maintain their autonomy, create more safety in their residence and avoid the institutionalization often associated with aging.

Here are some benefits of aging in place:

1. **Familiar Environment:** Staying in one's own home provides comfort and familiarity. Familiar surroundings can positively impact mental and emotional well-being.
2. **Independence:** Aging in place allows seniors to maintain their independence. They can continue to make their own decisions and manage daily activities without relying heavily on others.
3. **Community Connection:** Seniors who age in place often have stronger connections to their local community. They can participate in social activities, interact with neighbors, and engage in community events.
4. **Cost-Effective:** In many cases, aging in place can be more cost-effective than moving to an assisted living facility or nursing home. Home modifications and support services can be tailored to individual needs.
5. **Health Benefits:** Being in a familiar environment can positively impact physical health. Reduced stress and anxiety may lead to better overall health outcomes.
6. **Customized Care:** Seniors can receive personalized care at home. Whether it's through home health aides, family members, or community services, the care can be tailored to their specific needs.
7. **Emotional Well-Being:** Staying connected to memories, possessions, and routines can contribute to emotional well-being. Seniors can maintain a sense of purpose and identity.

Remember that aging in place requires planning and support. Assessing home safety, considering necessary modifications, and having a support network are essential for successful aging in place.

Planning for successful aging in place is essential to maintain independence and comfort as you get older. Here are some key steps to help you prepare:

1. Complete a Home Safety Check:
 - Ensure your home is a safe haven. Evaluate potential hazards, such as loose rugs, uneven flooring, or poor lighting. Consider modifications like grab bars, nonslip surfaces, and wider doorways for wheelchair accessibility¹.
2. Prioritize Your Health:
 - Regular exercise, a balanced diet, and preventive healthcare are crucial. Stay physically active to maintain strength and flexibility. Prioritize mental health as well by staying socially engaged and mentally stimulated.
3. Make a Plan for Transportation:
 - Consider how you'll get around as you age. Explore public transportation options, rideshare services, or arrange for family and friends to assist with transportation needs.
4. Befriend Technology:
 - Embrace technology that can enhance your safety and well-being. Smart home devices, medical alert systems, and communication tools can be valuable.
5. Look Into Long-Term Care Insurance:
 - Investigate long-term care insurance options. These policies can cover costs related to home-based care, assisted living, or nursing homes.
6. Make a Plan for Care:
 - Discuss your preferences with family members and caregivers. Consider who will provide support, whether it's family, friends, or professional caregivers. Create a care plan that outlines responsibilities and expectations.

Remember that planning ahead allows you to make informed decisions while you're still able. Revisit your plan periodically as your needs change over time.



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