



NEWSLETTER ♦ 31st Edition ♦ Mar. 2016

***MOVING FORWARD* FEATURE**

Opportunity is Knocking

– by Belinda

As amputees we are confronted with many challenges in life. To endure these challenges and move forward, we must learn to face our fears and take the necessary steps to get back to our lives. When we let our fears consume us, we limit ourselves to accepting our current situation as the best it is going to be; or even more detrimental, we get caught up in thinking that it is only going to get worse and life as we have known it is over. I have heard from many amputees about their fear of walking with their prosthesis. This fear may come from not having confidence in themselves that they can learn to properly use the prosthesis, fear of falling and injuring themselves, and sometimes it may be that they don't fully understand how to use the prosthesis and fear asking questions.

I am very excited to share with those living with limb loss in our community the news of an event that is coming to Louisville that will help amputees to overcome their fears and improve their quality of life. The Orthotic and Prosthetics Activities Foundation (OPAF) will be holding a **First Stride Clinic** in Louisville, KY, at the Norton Neuroscience Center on Saturday, April 9th. OPAF aims primarily to enable individuals served by the orthotics and prosthetics community to enjoy the rewards of personal achievement, physical fitness, and social interaction. They do this by providing adaptive sport programs and clinics throughout the U.S.

We are honored that they are coming to our area and want to send a special thank you to the Center for Orthotics & Prosthetic Care for sponsoring this event.

The First Stride Clinic is a two-part event. In the morning session, local therapists will receive training led by Chris Dourer, a physical therapist and certified prosthetist with years of experience in gait training. In the afternoon session, lower limb amputees will be led through exercises to help them improve their gaits, as well as instruction on falls and recovery. Learning to walk properly with your prosthesis is a key in keeping your remaining joints in good condition. Many amputees have to endure knee or hip replacement at a much earlier age due to the stress they put upon their bodies by walking improperly.

This is an important opportunity not only for each of us individually, but also for the amputees in our community as a whole. We are truly beginning to raise awareness of the amputee population. We are getting not only local but national attention. This can only lead to bigger and better things, including more opportunities to improve our quality of life. This can only happen, though, if we band together and take advantage of the opportunities being given to us. So I am asking you to please consider attending this event. Don't

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AMPUTEE COALITION ADVICE

inMotion · Volume 21 · Issue 1 · January/February 2011

The Importance of Gait Training

– by Scott Cummings, PT, CPO, FAAOP

It is the goal of most every lower-limb amputee to walk “normally” again. In the context of this article, “normal” is defined as a symmetrical gait pattern that falls within the “average” range in terms of posture, step length, rate of speed, limb positioning, etc. But being a lower-limb amputee presents many different challenges when it comes to ambulating safely and without exerting excessive energy.



Generally, the higher the amputation level, the more we can expect to see gait deviations, or what some would call limps. This is



because with each segment of the anatomy that is lost to amputation, more muscle, sensory receptors and leverage are also lost. As a result, the person with a higher amputation level typically has a less stable and less energy-efficient gait pattern compared to a person with a lower amputation level. Almost all lower-limb amputees will benefit from gait training at some point in their recovery to help normalize the gait pattern. It is widely accepted that recent amputees have the most to gain because using a prosthesis is such a new challenge. Aside from pre-amputation exercises done under the supervision of a physical therapist, the initial training is provided by the prosthetist as part of the care during the fitting of the prosthesis.

This care includes aligning the prosthesis to ensure that the components or parts of the prosthesis are positioned in such a way as to optimize the gait pattern. At the same time, initial gait instructions are also provided by the prosthetist so that the person wearing the prosthesis is able to stand and walk with enough stability to ensure safety. This process usually starts in the parallel bars, often using a gait belt just in case the new amputee loses his or her balance.



At this stage, it is best to involve a physical therapist for regular gait training sessions. Once it is determined that stability is consistent, the parallel bars can be traded in for a walker or crutches. Eventually, many prosthetic wearers will progress to a single cane or even no assistive device at all! It should be noted that using some type of assistive device is not a sign of disability; instead, its use indicates that the person can be more functional with the extra stability it provides.



Even amputees who have worn a prosthesis for years can benefit from gait training. This could be in the form of occasional visits to the therapist for a “tune-up” or it could be to learn a new skill such as walking step-over-step up stairs, walking on uneven

– Continued on Page 2 Column 2 –

Opportunity is Knocking (cont'd)

let your fear get in your way. Staying home behind closed doors may seem the safer way to live, but is that truly living? The amputees in our community deserve and want more for themselves. This is a chance to prove it. When this opportunity knocks at our door on April 9th, let's open the door and start **moving forward** together.

*NOTE: We are sending out flyers with this month's newsletter about the First Stride Clinic. If you have any questions or want to register, go to [opafonline](#) or call 980-819-9404. For more information, you may contact any of the Center for Orthotic & Prosthetic Care offices in our area. Information is also available on our group website at [ampmovingforward.com](#). Amputees should plan on being there from 1 - 3 p.m. and are asked to wear comfortable clothing and appropriate shoes. Therapists should plan on attending the full day session from 9 a.m. - 3 p.m. There is "no fee" for attending this event and family/friends are also welcome to attend.



QUOTE OF THE MONTH

When Opportunity Knocks,
Don't Let Fear Hold You Back.
Open The Door And
Embrace the Opportunity
That Has Come Forth.

Live Life Fully
AbundanceTapestry.com



SPOTLIGHT - by Belinda

Usually in our Spotlight column, I introduce you to one of our members. This month I have decided to shine our spotlight on a very special organization, and that is the Amputee Coalition Paddy Rossbach Youth Camp. Paddy Rossbach was a past President/CEO of the AC and oversaw the creation and expansion of the AC's summer youth camp. Upon her retirement, the camp was named in her honor. The camp is a 6-day traditional summer camp experience for children ages 10-17 who have limb loss or limb differences. The camp offers fun and exciting activities where campers are challenged to increase independence, test themselves, and build new friendships in a supportive, caring environment. To view a video of the camp go to [amputee-coalition.org/events-programs/youth-camp/](#). It is an amazing and inspirational thing to see these kids in a setting where they can feel free to just be themselves, laugh, play, make new friends, and all the other things kids do at camp without having to worry about the stares and comments of others.

Each camper receives a scholarship which pays for all his/her expenses including transportation. An application for the camp can be downloaded at our website [ampmovingforward.com](#) Our group is a proud sponsor of the Paddy Rossbach Youth Camp. The proceeds from our March Madness Chili Supper are donated to the camp. Giving these children the opportunity to adapt to their limb loss, build confidence, and learn new skills can be a positive life-changing experience for them. They see that they do not have to sit on the sidelines or watch from their window as other children play. They, too, can enjoy their childhood and grow into productive, thriving adults. Please join us at our chili supper and show your support not only for our group, but also for these remarkable children. Let's do what we can to help them begin **moving forward**.



The Importance of Gait Training (cont'd)

terrain, or even running. It is important that the prosthetist and therapist remain in close communication when gait training is occurring since any changes to the prosthesis will affect the gait pattern, and vice versa. This becomes critical when considering the sophistication of today's prosthetic components and their need to be adjusted more carefully. Also, quicker gains can be made if the amputee has at least a basic understanding of how the prosthesis and its components work.

Gait training provided by an experienced physical therapist is available in a variety of settings. For the new amputee, training with the recently fitted prosthesis will probably occur in a rehab hospital or skilled nursing facility (SNF). Here, the basics will be covered, including such things as side-to-side weight shifting, marching in place, balancing on one leg, and side-stepping. These techniques are usually performed with the parallel bars, often with the use of a full-length mirror so that posture and foot position can be observed.

Sometimes, the training will take place in the amputee's home by a visiting physical therapist. Although there is no access to parallel bars and other equipment, some view the opportunity to learn in a familiar environment with real obstacles as a worthwhile trade-off. Another option is to travel to an outpatient physical therapy clinic to receive gait training in a more progressive setting. Here, the focus is usually on more advanced tasks such as walking without an assistive device, climbing stairs, traversing inclines, and walking at varying speeds. Some amputees will eventually master uneven terrain, walk while carrying bulky items, or even learn to run. An exercise program will also be prescribed to increase strength and range of motion. This will improve the chances of reaching the functional goals.

Many different techniques can be incorporated into the gait training sessions, but two seem to stand out. The first involves the teaching of "splinter skills," where the gait pattern is broken down into a sequence of events that are practiced individually before putting them all together to build the gait pattern. The second technique is more of a "whole walking" approach so that the gait pattern is practiced all at once with little concentration on the individual events, instead relying on the body's natural tendency to find the most stable and energy-efficient way to walk. The physical therapist and prosthetist may try either or both of these strategies to get the best outcome.

Communication and teamwork between prosthetists and physical therapists go a long way in helping amputees reach their goals with a prosthesis. A person's ability to ambulate with a prosthesis partially depends on confidence, and that can be developed with practice. Unfortunately, insurance coverage sometimes tends to limit treatment options, but it is important that a person is willing to advocate for the best care, and then make the most out of the opportunity by working hard and working smart.



TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parenthesis to complete the sentence. You must also unscramble the letters to find the answer to the puzzle on Page 6.

- OGDUNR EBFE _ _ _ _ () () _ _ _ _
- NNIOOS () _ _ _ _ ()
- ICHIL SPPPREE _ () _ _ _ _ () _ _ _ _ _ _
- NACIMORA _ _ () _ _ _ _ ()
- EIDKYN SBNAE _ _ _ _ _ () _ _ _ _ _ _
- OOAMTT IJCUE () _ _ () _ _ _ _ _ _ _ _

SOME PEOPLE LIKE THEIR CHILI _ _ _ _ _
_ _ _ _ _

LET'S GET MOVING! - by Belinda

Flexibility, strength, balance, and agility are all key components for amputees in getting back to their lives following limb loss. We are including this article from the Amputee Coalition which includes some pointers on all four of these components. Losing muscle mass following amputations can lead to many serious consequences including injuries to the sound limb and the remaining joints (knees & hips) in the residual limb. Beginning and maintaining a good exercise routine can make a big difference in our quality of life and greatly improve our mobility. So come on everyone, **let's get moving!!**

Senior Step - Volume 1, 2004

Keep Moving: Exercises for People With Lower-Extremity Amputations

- by Melissa Wolff-Burke, EdD, PT, ATC, and Elizabeth Cole, PT

Getting back to your previous activities may be your objective following amputation. Even if you decide not to use a prosthesis (or are unable to use one), the following exercises are designed to help you reach your goals. Many of these activities can be done with or without a prosthesis while lying on a firm surface, sitting in a straight back chair or on the edge of your bed, or standing at a counter. Very little equipment is needed to keep you and your residual limb in good working order. Exercises are an essential part of maintaining your health and function, and getting back to your hobbies and activities is possible in the near future, if you keep moving!

As always, please be sure to check with your physician or physical therapist before beginning any exercises. Your fitness level, your general health, and the condition of your residual limb will all play a role in how rigorously you can exercise. A qualified health professional can teach you how to stay within your target heart range.

Range of motion

Following your amputation, you will need to decrease the amount of time your leg is bent. Because you will initially spend more time sitting, the remaining joints of your leg, and even your back, will spend more time bent or flexed. Too much of this can cause problems for your muscles and joints because they get used to being in a shortened position and you may develop a contracture. A contracture is when your joints cannot go through the full range of motion. This can cause problems whether you are ready for a prosthesis or not. Often a contracture can be avoided by simply paying attention to the following simple exercises.

- Perform flexibility/range of motion slowly, holding each position for 30 seconds.
- Do not bounce.
- Count aloud slowly (try counting in another language) or use a timer.
- Stretching is a mild sensation of tension - not painful agony. Use your good judgment to find the right amount of stretch.
- Be sure to stretch your knee and hip many times every day.
- Do not hold your breath.

Knee flexibility exercises and positions



Picture 2

To keep the motion in your knee, let your knee rest on a cushioned board or on the leg rest of your wheelchair in its fully extended position. If you don't have a wheelchair leg rest, position your leg on a couch or chair. See if you can devise other ways throughout the day to avoid sitting in the same position. Perhaps you have a cane or stick handy and can do the rotation stretch shown in Picture 2. Lying on your stomach is a great way to stretch out many joints. See Picture 1.

- Continued on Page 4 Column 1 -



FEBRUARY RECAP

At the Feb. 15th meeting at Southern IN Rehab Hospital, a wide range of topics were discussed including transportation issues, adaptive driving devices, Vocational Rehab, and the importance of trying to keep a positive outlook when faced with setbacks. We also talked about plans for the group's upcoming events.

On Sat., Feb. 27th, group members Kelly Reitz, Mike Portman, and Belinda Jacobi set up a booth at the Harrison Co. Hospital Health Fair. They passed out group information and brochures from the Amputee Coalition. The members also talked to many healthcare professionals about doing presentations at our upcoming meetings.

On February 27th, the meeting at Baptist Hospital East was held. We discussed the need to feel independent and how sometimes it is hard for well-meaning family members or friends to stand back and watch. We also discussed dealing with public perception and that if we are comfortable with ourselves, it becomes easier for others to be comfortable with us as well. We viewed a video about the Amputee Coalition Summer Youth Camp and talked about our continued support for the camp. The meeting ended with making plans for our many upcoming events.



The Adventures of Mike the Bear

- by Lynn & Belinda

We are introducing a new column this month that we will share with you from time-to-time, but first I need to give you a little introduction to Lynn and Mike the Bear. Many of our newer members have never met Lynn. She came to her first meeting about 3 years ago. Since that time, she has had a multitude of health issues. About 2 years ago, I was contacted and told that Lynn was given only 3 months to live due to kidney failure. Lynn has been battling ever since. She has endured dialysis, strokes, seizures, and falls, just to name a few. I visit Lynn quite often and on one of those visits decided to take her one of our bears. Sue Portman and some friends make the bears for us to include in our Care Packages. Lynn immediately named the bear Mike after Mike Portman, Sue's husband. Mike the Bear accompanies Lynn on her daily activities and has brought her much comfort. Lynn loves to share the newsletter with the other residents where she is staying. I thought that they and our readers would enjoy sharing in the Adventures of Mike the Bear.

For the first time in a long while, Lynn was able to take part in a recreational activity. She and Mike the Bear enjoyed a game of Bingo this month. Apparently Mike is quite the player, because they won \$1.50. I wonder, "Where will he show up next???"



Disability Awareness Month

The 2016 Disability Awareness Month campaign theme is:



which reminds us that our lives are so much richer when we open our minds and hearts to those who have different perspectives and experiences.

LET'S GET MOVING! (cont'd)

Q & A - by Belinda



Picture 1

Hip and back flexibility exercises and positions

By resting flat on your stomach or on your elbows, as shown in the picture, you can maintain or improve the flexibility (extension) of your knees, hips and lower back. It is recommended that you lie on your stomach twice a day for 10-20 minutes. If your breathing is impeded or it's uncomfortable for you, use pillows under your chest for support or ask the advice of a physical therapist.

Strength

Now that you are on the way to being more flexible, let's look at some ways to make you stronger. You will need to rely on your non-amputated limb heavily now. Therefore, strengthening exercises will involve both your amputated limb and your non-amputated limb. The exercises shown below can be performed with either leg.



Picture 3

- If you are adding weights as shown in Picture 3, the non-amputated leg may be able to manage heavier weights.

- You can begin with no weights on your limb and try to move it in all

directions as many times as possible. As you add weights, keep the repetitions to a maximum 25 and then move on to a heavier weight or a more challenging exercise (Picture 4).



Picture 4

- Don't forget your stomach muscles and your arms as you will need a lot of help from them to get moving (Picture 5 and Picture 6).



Picture 5

- Try playing "tug of war" with an elastic band tied to a sturdy object or held by your foot or a friend (Picture



Picture 6

7). Pull the band in all directions. Begin in a sitting position, and then try it kneeling and standing.

Strengthening does not need to be done every day. It is best if you do it every other day and alternate it with a different activity. On your days off from strengthening, you can work on balance and agility skills.



Picture 7

Balance

Whether you are sitting up, lying down, standing or walking, your balance will be different following your amputation. You will need to retrain your brain, and that takes practice. Many people with amputations have risen in the night, tried to take a step and found themselves



Picture 8

on the floor. Their brain forgot to remind them that the limb was no longer there, and the balance center did not figure it out soon enough.

- Help your brain by practicing very simple activities such as sitting and reaching for objects (Picture 8), kneeling



Picture 9

(Picture 9) and standing on one leg.

- Stand up and turn from side to side, with or without a prosthesis. Hold on to a counter and reach forward, sideways, and back to exercise the balance center in your brain. (Picture 10, Picture 11)

If you are going to use a prosthesis, you will need to work on basic balance activities before you become an accomplished walker.

- Continued on Page 5 Column 1 -

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

For the next few months, I will be using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this I will try to answer questions that I receive on a weekly basis such as: Will I be able to drive again? I want to rejoin the workforce, but where do I begin? Is there any help for amputees who have insurance, but can't afford the high deductible or co-payments? My apartment isn't handicap accessible. How am I going to manage when I get home? Where do I go for help in paying my rent, utilities, or receiving food assistance?

The loss of limb/limbs is a life changing event, but as I have said many times it does not have to be a life ending one. With proper medical and prosthetic care, a positive attitude and determination, and sometimes a little help along the way by others, most amputees can get back to living an active lifestyle once again.

For those amputees who were in the workforce before losing a limb, the loss of income and loss of being able to work can come as a hard blow. They are faced with recovering physically and emotionally while all along the bills still keep arriving daily in the mailbox. They hope to be able to return to work, but they aren't sure if they can do their old job and don't know how to gain the skills needed for a new one.

For this month's issue, I will talk about the Office of Vocational Rehabilitation or Voc Rehab as many call it. Most states have vocational rehab programs that provide assistance to people with limb loss or other disabilities in obtaining and keeping employment. They do this by providing a long list of services including job training, employment services, funding for prosthetic care, assistive devices, and adaptive driving equipment.

I have first-hand knowledge about Voc Rehab, because they provided me with assistance when I became an amputee. My health insurance at that time was not only a high-deductible plan, but it also had one of those ridiculous caps on how much they would pay for a prosthetic device. The most that they would pay was \$4,000.00, which we know does not even come close to paying for even the most basic prosthesis. So here I was recovering from surgery, unable to work, bills coming in, and not knowing if I was going to be able to even get a prosthetic leg without putting a tremendous financial burden upon my family. Luckily, I found out about Voc Rehab. I called my local office and set up an appointment with one of their counselors. When I met with her, we discussed what my goals were as to rejoining the workforce. I filled out an application, and within a short amount of time it was approved and they provided me with funding to help purchase my prosthesis. At no time did they push me to get back to work before I was physically ready, and they were very understanding of my delays due to additional surgeries. When I was ready, I went for another appointment with my counselor and told her of my desire to get a job in the medical field. Once again, they provided me with assistance which allowed me to take a short medical training course. Upon completion of that course, I obtained the job where I currently work in medical records for a large dermatology practice. Had I not been able to

- Continued on Page 5 Column 2 -

LET'S GET MOVING! (cont'd)



Picture 10

Being able to balance on your prosthetic leg with full weight is necessary for a smooth walk. With every step, there is a moment when you have only one leg on the ground. That leg, whether prosthetic or natural, will have to be able to hold all your weight. Practice accepting



Picture 11



Picture 12

weight on your prosthesis by leaning over the prosthetic leg (Picture 12). Then kick a ball to someone using your non-prosthetic leg to do the kicking (Picture 13). Hold on to a rail and lift your non-prosthetic leg up to the step and then bring it back to the



Picture 13

floor (Pictures 14 & 15). If both of your legs have been amputated, step up with either leg.

Agility

In addition to good balance, you will want to practice your agility. Agility is what lets you move confidently from place to place and gets you out of the way of a fast-moving object.

- Sit or stand and play catch (Picture 16). Begin by having your partner throw the ball directly to you, then make this more



Picture 14

Picture 15

challenging by having the ball tossed out to the side. This should be done in a place where you cannot fall into anything that can injure you.



Picture 16

- Sit in a chair and throw or kick a ball against a wall.

- Dancing with or without a partner is a great way to work on your balance and

agility. Even if you just stand in one spot and rock back and forth, you are working on your strength, balance, agility and togetherness! (Picture 17)

Conclusion

Range of motion, strength, balance and agility all play a part in your plans to get back to what you like to do. By following these exercises or those prescribed by your health professional, you will reap the rewards when you are ready to get moving!

A special "thank you" to the members of the Winchester Amputee Support Group for being models and reviewers of this article.



Picture 17

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*\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. \*\**

## Q & A (cont'd)

find a job on my own, Voc Rehab would have also provided me with employment assistance services. I will forever be grateful for their assistance in my recovery process. This was the first time that I had ever had to ask for assistance, and that, at first, was an uncomfortable feeling for me. I then began to realize that what they were providing me was a "hand-up" not a "hand-out". They gave me a helping hand to allow me to *move forward*.

To contact Vocational Rehabilitation in Jefferson County, Kentucky, call 502-595-4173 or toll-free 1-800-456-3334. For those with a hearing impairment, you may call 502-595-3422. In Southern Indiana the number to call is 812-288-8261 or toll-free 1-877-228-1967. You can also access information at [ky.gov](http://ky.gov) and [in.gov](http://in.gov).

If you have received help from an agency since becoming an amputee or the caregiver of an amputee, and you would like to share your story with others, please contact me.

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J'm Moving Forward . . .

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



Elaine Skaggs *moving forward* and "walking" into our Feb. meeting.

** If you would like to submit a picture of you *moving forward*, send it to Belinda or Julie. **

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## NATIONAL KIDNEY MONTH

Diabetes is a major risk factor for kidney disease. People with diabetes should be tested for kidney disease every year and control blood sugar and blood pressure. These steps will also help those who already have diabetic kidney disease to stay healthier and avoid complications. Go to [kidney.org](http://kidney.org) to find additional steps you can take to protect your kidneys.

**Mar. 24th, American Diabetes Alert! Day** – See if you are at a higher risk of having Type 2 diabetes by going to [diabetes.org/are-you-at-risk](http://diabetes.org/are-you-at-risk) and taking the diabetes risk test.



## Krafty Kids ... by Beverly

Someone in your household is probably interested in a big basketball game during March Madness. Below are some activities to help the "little ones" also have fun during this time:

- **Set up a mini basketball game.** Using Nerf balls (so younger kids won't hurt each other) and lower hoops, create a court just the right size for the littlest basketball fans. If they're too young to understand playing a full game, try a game like HORSE, where each time a tot scores a basket she gets a letter until she spells out the word horse. Better yet, choose a word that is associated with your favorite team for them to spell out.
- **Put the kids in training camp.** During half time, arrange a series of dribbling and shooting drills, silly obstacle courses, and ultimately a piñata for tots to develop their hoops skills.

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..... from Beverly's Kitchen

In the spirit of March Madness, below is an easy recipe that could be a big hit during your March Madness parties. Here's hoping your team wins!

"March Madness" Party Dip

TOTAL TIME: Prep: 15 min. Cook: 1-1/2 hours. **MAKES:** 64 servings

Ingredients

- 1-1/2 pounds ground beef
- 1 pound Johnsonville® Hot Italian Ground Sausage
- 1 cup chopped onion
- 1 pkg. (8.8 oz.) ready-to-serve Spanish rice
- 1 can (16 oz.) refried beans
- 1 can (10 oz.) enchilada sauce
- 1 pound processed cheese (Velveeta), cubed
- 1 pkg. tortilla chip scoops

Directions

1. In a Dutch oven, cook the beef, sausage & onion over medium heat until meat is no longer pink; drain. Heat rice according to package directions.
2. In a 3-qt. slow cooker, combine the meat mixture, rice, beans, enchilada sauce & cheese. Cover & cook on low for 1-1/2 to 2 hrs. or until cheese is melted. Serve with tortilla scoops. **Yield:** 8 cups.

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## Colorectal Cancer Awareness Month

Colon cancer is the 3rd leading cause of cancer deaths among men and women in the U.S., but many colon cancers can be prevented with regular testing. There is no better time to learn the facts about colon cancer and to get tested. It could save your life. For more information go to [cancer.org](http://cancer.org) or [cdc.gov/cancer](http://cdc.gov/cancer).

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TEST YOUR KNOWLEDGE ANSWERS (from Page 2)

GROUND BEEF, ONIONS, CHILI PEPPERS, MACARONI, KIDNEY BEANS, TOMATO JUICE

SOME PEOPLE LIKE THEIR CHILI HOT AND SPICY.

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## UPCOMING EVENTS

### Meetings:

Mon., Mar. 21st, from 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

Sat., Mar. 26th, from 2:00 - 4:00 p.m. at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center.

### Events:



**Sat., Mar. 5th** – our March Madness Chili Supper from 5:00 - 8:00 p.m. at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. Admission will be \$5.00 (no charge for children 12 & under). Anyone bringing a pot of chili will be entered into our Chili Cook-Off. Prizes will be

awarded to Judge's Choice and People's Choice.

We will also have our Best-Dressed Fan Contest, so you are encouraged to wear your favorite team apparel. This is a pitch-in, so if you could please bring a pot of chili or a dessert, it would be appreciated.



**Sat., Apr. 9th** – OPAF First Stride Clinic sponsored by Center for Orthotics & Prosthetic Care at Norton Neuroscience Rehabilitation Center, 315 E. Broadway, Suite 90, Louisville, KY. Training for therapists is from 9 a.m. – 3 p.m. and gait training for amputees from 1 p.m. – 3 p.m.

April is Limb Loss Awareness Month and special activities are being planned for the month of April including speakers for both meetings and the group dining out together on Sat., April 23rd, following the meeting to commemorate "Show Your Mettle Day".

Many other events are being planned. Check out our website at [ampmovingforward.com](http://ampmovingforward.com) or our Facebook page for updates.

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CONTACT INFO



Call for meeting times & locations!

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