



NEWSLETTER ♦ 113th Edition ♦ Jan 2023

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

Welcome to 2023! My hope is that this will be a new beginning for many of us, and that we'll have the motivation to create a better life for ourselves and those close to us. As a group we made some great memories in 2022, and some great strides in growing our group and helping even more people discover that there is abundant life after amputation.

The Christmas party was a raging success, with 47 people in attendance, including Santa Claus himself. The kids made beautiful ornaments, and played games, and each was able to sit on Santa's knee and give him their requests. There was pizza, lasagna, salad, and a host of sweet goodies for all to enjoy. We also had raffle drawings for a beautiful handmade afghan and a few gift cards, which raised a total of \$121.00 for the group. We received a generous donation from the daughter of Debbie Troutman, a former member of the group. Kelly gave a beautiful tribute to Debbie at the party. All in all, everyone really enjoyed the evening.

Although this is usually the time for most people to attempt to make positive changes in their lives by making resolutions, either doing away with bad habits or developing new better

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STAYING SAFE IN WINTER FOR LOWER LIMB AMPUTEES

Following these tips will help you navigate winter with greater ease, confidence, and safety:

#1 Invest in Shoes with Good-Traction

As we previously mentioned, investing in high-traction prosthetic shoes that provide a good grip will get you around safely. Rubber-soled amputee shoes or a variation thereof are best. We recommend selecting a size that fits your prosthetic leg comfortably but still has enough room for socks and foot warmers. If you live in a particularly cold state, you can also add gel liners for additional warmth.

#2 Stay Warm at All Times

When your body is in a cold environment, it redistributes blood to your torso to protect and maintain the heat of your vital organs. Consequently, it becomes more challenging to maintain a normal body temperature, and your limbs become colder. Therefore, it's crucial to keep yourself warm and insulated. Wearing multiple layers of wool, fleece, thermal garments, and waterproof outer clothing is a must. Keeping your whole body warm decreases stiffness and potential joint pain and makes it easier to go about your daily activities.

#3 Take Care When Walking

Fall prevention for an amputee starts with environmental awareness. Some of the most dangerous surfaces in winter are stairways, wheelchair ramps, balconies, porches, parking lots, and sidewalks. Try not to walk on or rush through slippery areas without stabilizing yourself. On that note, you also want to make

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EDITOR'S NOTE (cont'd)

habits, I chose not to make resolutions because mine always get broken along the way. When I make plans, inevitably life happens, and things go by the wayside. But I think it's important to pick up where we left off when our plans get interrupted, and use every morning as a time to start anew. If you are a person who makes New Year's Resolutions, here is a list of the top 5 for 2023:

- Exercise more - 52% Brace yourself for a busier gym — at least for the first few weeks of the year ...
- Eat healthier - 50% Exercise alone can only do so much ...
- Lose weight - 40% ...
- Save more money - 39% ...
- Spend more time with family/friends - 37%...

Whether or not you've chosen one or more of the above, the question is how do we stick to our goals? Accepting our own limitations is essential to setting realistic, obtainable goals. Additionally, don't make resolutions with an 'all-or-nothing' approach. It's helpful for resolutions to be resilient—ones that you're going to be able to stick with even when life doesn't run as perfectly as you planned. I do have some goals I'd like to accomplish this year, and so far I'm on track for success. Whatever your resolution, whatever your hope, just remember that we can accomplish anything we set our mind to. May 2023 be a year so full of good things for all of us!

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## UPCOMING EVENTS

January 16 - 6:00 - 7:30pm - Meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN, in the Conference Room.

January 28 - 2:00 - 4:00pm - Meeting at Okolona Firehouse, 8501 Preston Highway, Louisville, KY

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STAYING SAFE IN WINTER FOR LOWER LIMB AMPUTEES (cont'd)

sure your prosthetic limb is working properly. If something feels wrong, or you begin experiencing sudden pain or complications, make an appointment with your prosthetist rather than try to fix it yourself. It's also important to learn how to get up after a fall. Amputees do occasionally fall. If you do, don't panic. Check your residual stump and seek appropriate medical attention.

#4 Don't Shy Away from Support

Another amputee fall prevention strategy is to use a walker, a cane, or a pair of crutches for slippery surfaces. What you choose depends on particular conditions, like knowing whether you need rubber or spiked tips. Some cane and crutch tips are interchangeable, so it's good to shop around. As always, the best option is to avoid potentially dangerous walkways, although this isn't always possible.

#5 Search for Specialized Prosthetic Technology

Today's cutting-edge prosthetic technology offers greater safety and comfort. From heat regulation to bionic ankles that bend, there are many prosthetic leg options designed to make life easier. The more clued-up you are about what's out there, the better you can plan for all winter conditions. Consult your therapist for recommendations based on your personal needs.

#6 Charge the Phone

Keep a charged phone on you at all times. That way, if you do fall and can't get back up, you can easily call for help.

#7 Wear Comfortable Clothes

Don't wear restrictive clothing that inhibits movement or garments that can get caught on things. Moreover, make sure your pants are the right length, so you don't trip over them.

#8 Keep Your Hands Free

Another part of fall safety for lower limb amputees is keeping their hands as free as possible when walking. If you do slip, your hands will break your fall. Use a bag to store and carry valuable belongings like keys etc.

#9 Keep the Areas Around Your House Clear of Snow and Ice

A great fall safety tip for lower limb amputees is to keep your yard and driveway free of snow and ice. If you can't do it yourself, then hire a snow control company to de-ice surfaces outside your home.

#10 Inspect Steps, Hills, and Ramps

Another tip for fall prevention for patients with below-knee amputations includes inspecting steps, hills, and ramps. Rather use alternative routes or ask for help if they look unsafe.

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BEREAVEMENT ANNOUNCEMENT

As we begin a new year, with hopes of growth, and increased opportunities for service, it's with a very heavy heart that we bear the grief of the loss of Anna Holsclaw. Anna brought such a positive outlook to all members of our group. It's really hard to put into words the impact she had on all of our lives. Anna had a thirst for knowledge, and a genuine concern for those we call our caregivers. She loved meeting other amputees, and getting to know them. She had a unique ability to see good, even in the midst of all her health challenges, overcoming a multitude of issues. And where most of us struggle to deal with the limitations presented by our amputations, Anna knew without a doubt that the loss of her leg improved her life.

My thoughts go to a diamond, and how the placement of facets make for exquisite sparkle, and Anna's placement in our group gave us a shine that is not easily matched. We will miss her sorely, and to her family and close friends, our deepest sympathy.

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## QUOTE OF THE MONTH

"Write it on your heart that every day is the best day in the year."

—Ralph Waldo Emerson

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RECIPE OF THE MONTH

BACON, BROCCOLI, CAULIFLOWER SALAD

Fry 1 lb. bacon crisp, break into pieces
Cut cauliflower, broccoli into flowerets. (Can also use some chopped tomatoes & onions.)

SAUCE:

1 c. Miracle Whip
2/3 c. sugar
1/2 c. vinegar
1/2 c. oil

Bring sauce to boil. Let cool. Pour over vegetables & bacon.

(You may substitute low-fat mayo & turkey bacon.)

STAYING SAFE IN WINTER FOR LOWER LIMB AMPUTEES (cont'd)

#11 Plan Your Getting Out

Colder seasons entail a little more planning. Allow enough time to get to where you are going, so you don't rush. If possible, plan routes with the least amount of risk. For example, if you usually walk somewhere, but there's a lot of snow, it might be safer to drive, even if it's a short distance away.

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## Ways to Donate to *MOVING FORWARD* Limb Loss Network & Social Group

### AmazonSmile

Go to "[Smile.Amazon.com](https://www.smile.amazon.com)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](https://www.smile.amazon.com), the AmazonSmileFoundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to **Moving Forward**. You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Network & Social Group, Inc."

### Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)

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Sign in, Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Search for "Moving Fwd Limb Loss Network & Social Group"

### **If you do not have internet access:**

Register at the Service Desk of your local

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## 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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## Ways to Donate to **MOVING FORWARD** (cont'd)

Kroger. Once you have registered, the bottom of your receipt will say that your "Community" Rewards are going to **Moving Forward** Limb Loss Network & Social Group. You can check the amount of your community rewards on their website for each quarter.

### Employer Deductions

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If you Enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.



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