



## NEWSLETTER ♦ 63rd Edition ♦ Nov. 2018



– by Elaine Skaggs

Many of you have heard me say quite frequently that I am very thankful to be alive after my motorcycle accident 3 years ago. But in order to really understand the depth of just how grateful I am, it's necessary to know the whole story.

On a beautiful spring day, I was out for a group ride with friends of a friend who wasn't able to make the ride that day. Right after stopping to have lunch in Loretto, KY, I left the group to ride back home and get ready for a meeting with a client early that evening. I was probably 10-12 miles from home, enjoying the ride and the scenery, when I began to round a curve in the road. I realized



immediately that I was not turning to the right enough and was too close to the center line, taking the curve way too wide. A car was approaching from the other direction, and I didn't have time to correct. I knew as soon as I saw it that we were going to collide. Within seconds I felt myself slamming against the

windshield of that car, immediately feeling the sensation of flying through the air. I then felt my head banging against the ground several times, sounds muffled inside my helmet. When I finally landed, 125 feet from the point of impact with the car, I laid still for a few seconds to get my bearings and felt a horrible burning pain, like I had never felt before in my life, in my left leg. My left shoulder was also hurting but I lifted myself to an almost sitting position to look at my leg. It was terribly mangled and bloody, but the thing I noticed more than anything was that my knee was bent in an odd position and my foot was facing the wrong direction. I laid back down and just began to scream from the pain, knowing in the back of my mind that I was going to lose that leg. The next few moments seemed like hours, and between screaming from the pain and silently praying that God would just take me because I couldn't imagine life without my leg, a man and woman came to me from across the street. He knelt beside my head, trying to talk to me and asking questions, while I begged him to just go away and let me go to sleep, thinking I could die that way. I was really getting agitated at him as he kept telling me to stay alert, stay with him, even asking me if I had ever seen any of those medical shows on TV where they try to keep victims of trauma awake, despite my efforts to get them to leave me

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## SPOTLIGHT

– by Belinda Jacobi & Mallori Puchino

Each month in the SPOTLIGHT column, we shine our light upon a group member or a special organization. This month we will be doing both. Our newest group member, Mallori Puchino, will be sharing with you her story of rejoining the workforce and of how she was able to turn a very negative experience into a positive outcome due to the help she received from Vocational Rehabilitation Services. I know you will enjoy hearing Mallori's story and trust that it will bring hope to those of you who are contemplating employment following limb loss.

After my amputation as a left BK in November of 2015, I had a rough time. I had thought I was prepared as mentally and financially as I could. I had notified family, friends, and my employer of my procedure. I'd taken all the appropriate steps for my medical leave from work with expectations to expect me back after my recovery. My schedule would be adjusted to accommodate physical therapy, doctor's visits, and of course, visits with my prosthetist. My supervisor was on board, human resources had filed all the appropriate forms, and I was sent off to have my life-changing procedure.

The surgery went well, and I was exceeding expectations in my recovery, quickly adjusting to my life. Shortly before my return to work, there was a setback. I had an infection which required emergent additional surgeries, and of course, more time off work. I alerted human resources and took care of myself. Staying focused on recovery and meticulous with bandage changing, I was able to return to work only two weeks later. I was excited to get back to it, even though it was only a call center job. Being at a desk, I figured this was the perfect job for me, in my condition, to still show that I could provide for myself, be productive. The feeling was short-lived when I fell in the restroom that was not up to ADA standards. I had requested bars be put into the "accessible" stalls, on multiple occasions, but the company had neglected to follow through.

After the incident and the business's refusal to install bars or make the other accessibility changes that I recommended, my doctor refused to sign a return to work form for me. Left without many options, I gave my two weeks' notice and began to look for other work. Given my experience and connections, I thought it would not be that hard. After all, ADA law prohibited discrimination against me based on my disability, and I was just

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## THANKFUL (cont'd)

alone. The woman then asked me if I would mind if she got something to cover me with, because apparently among the traffic that had been stopped because of the accident, there were onlookers who were trying to take pictures of me with their phone cameras. I agreed, and she disappeared for a few moments, returning & stating that the quickest thing she could grab was a white tablecloth.

During this time a Nelson County Sheriff's Deputy had arrived on scene, and I could hear them talking about an ambulance on the way and that someone had called for AirLife and what the ETA of each was. During this time a younger man and woman, Nick and Miranda, had approached, and he proceeded to rip a strip of cloth from the tablecloth. Nick explained to me that he was going to put a tourniquet on my leg, that it was going to be painful but necessary to stop the bleeding. I later found out that my femoral artery had been severed in two places, and I was literally bleeding out. Miranda then took her place near my head, took my hand in hers, and told me to squeeze, offering as much comfort as was possible. The ambulance arrived while Nick was still working on the tourniquet, and immediately the EMT's began assessing my condition. At some point, someone attempting to remove my boot squeezed my big toe, which I felt, and I gasped. I told them I felt it and heard someone said, "Maybe she won't lose this leg after all."

While all this had been happening, I still wasn't convinced that I was going to live and was silently praying and looking for the white light in a beautiful sky. Out of nowhere I noticed a perfectly round cloud that appeared to open up from the center, with part of an arm and hand waving, as if to wave me back. A feeling of peace immediately enveloped me, and I knew without a shadow of doubt that it had been my momma waving me back and letting me know it wasn't my time to join her in Heaven, and that I was going to make it. Time went fast from that point on, the helicopter arrived and in a very short time they had me loaded onboard, and were headed to University of Louisville Hospital ER. During the flight, I remember being so cold, now knowing it was shock settling in, and continuously asking for blankets. The male and female nurses that were on the flight with me seemed to not take notice of that, but were busy doing their jobs. At one point I also remember losing all bodily functions and apologized for not being able to control my body. Again, those statements seemed to be ignored. I know I did not have an out of body experience, no hovering over my body and watching what was going on, but I believe I was very close to death and wasn't really talking, but speaking with my mind only. It's difficult to explain, but I often wonder if I did die for a few moments, only to be brought back. I also remember arriving at the hospital, being rolled from the helipad into the hospital and being in a room with many people frantically moving around me. There was an older doctor who seemed to be asking a lot of questions and barking orders. I remember thinking that they needed to hurry up and get me to surgery, only to remember that this was a teaching hospital and that many of the people in the room were probably residents. The next thing I remember was waking up in a room in ICU with members of my family surrounding me, among them Jerome (my husband), my son, my father, and my sister and her boyfriend.

It was the evening of the following day, and they had just removed the NG tube, and I was finally breathing on my own again. My first statement was made to Jerome, that they had removed my leg, hadn't they? The second question was, "Will I ever be able to ride a motorcycle again?" The doctor who had performed the surgery came in shortly after that and explained that they had to amputate my left leg above the knee because of the damage done, to which I replied, "I understand; just don't expect me to lie here

*– Continued on Page 3 Column 1 –*

## SPOTLIGHT (cont'd)

as qualified as other candidates. But time and time again, I was turned down. I thought I would have more luck when I got into my prosthesis, or when I got off my crutches, or no longer needed a cane that it would get better. But in the meantime, there was nothing I could do to hide it, and I was struggling to make ends meet. Desperate, I turned to apply for disability for the second time, this time employing a lawyer. The lawyer put up even more roadblocks for me. He insisted I try vocational rehab before pursuing my case. If I still did not have a job after a year, then that would show a judge that I had sufficiently tried hard enough to find work I was capable of, and had been denied; therefore, I would be granted my disability award. I was beyond frustrated by this additional hurdle, so it was with much skepticism and trepidation that I reached out to vocational rehabilitation.

My first appointment with my vocational rehabilitation counselor was comforting. During the course of the meeting, we discussed my disabilities and potential accommodations. I was given the option of employment assistance or academic assistance. Employment assistance helps match you with hiring opportunities, a job counselor, resume-building assistance, and on-site job accommodations (adaptive equipment). Academic assistance helps you pursue a college education for career goals by providing some financial assistance. As I was in survival mode at this point, I went with the employment option. At first, there were a few forms I had to get signed by my doctor and some forms that had to be sent by the rehab counselor to Frankfort for approval. I was then assigned to a job counselor with whom I had meetings every other week to go over my resume, practice interview questions, and review potential job listings. It was not a quick process, but it was reassuring that I was making some kind of progress.

This process lasted 10 months before I found a match. Through my job counselor and vocational rehab counselor, I landed several interviews. I had to stay adamant about my personal needs as I suffer from PTSD and anxiety, which limited me more than my amputation. I also had to make some concessions in regards to starting at part-time instead of full-time and accepting a lower rate of pay than I had originally set as a minimum. I also had to move through a couple job coaches in order to be matched with one that could help me find work suitable for me. Finally, I got a part-time job at the YMCA and within 8 months, I got the full-time role I had been searching for. They provided me with a stool and a custom-built stepping stool in order for me to sit at the higher front desk, and even now are working with me to help pay for my prosthesis as my income working for a non-profit doesn't allow for such...extravagance.

Vocational Rehab made my transition back into the work force as an amputee possible. I can say without question, I would not be here today without the confidence reinstated in me through this program. Anyone seeking to pursue a career after limb-loss should give them a call and really work the program. You'll be surprised what you CAN do.

**There are many resources available to assist you in reaching your employment goals. I am providing the contact info for Vocational Rehabilitation Services below, but I will**

*– Continued on Page 3 Column 2 –*



## THANKFUL (cont'd)

and feel sorry for myself; I have too much life yet to live!" I also found out later that when Jerome and our son arrived at the ER, they were told that had it not been for Nick applying the tourniquet at the exact moment he did, I would have bled to death in a matter of minutes. So you see, my thankfulness runs very deep, I'm thankful to Nick and Miranda, the other man and woman, the deputy, EMT's, the pilot, and all of the miracles that happened that day. But most of all I'm thankful for my life, that God chose to let me live. And I'm thankful for every opportunity to tell my story. Being thankful is not just a phrase I say, but is a way of life for me. I may have lost my leg, but I gained a new purpose that day.

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## QUOTE OF THE MONTH

*I am not what happened to me.*

*I am what I choose to become.*



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## I'm Moving Forward . . .

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



Elaine Skaggs moving forward and getting back on the road following her accident.

\*\* If you have a picture that you would like to submit, please send it to Julie or Belinda. \*\*

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In honor of our veterans, *Moving Forward* will be delivering care packages to the Amputee Clinic at the Robley Rex VA Medical Center in November. We wish to thank all who have served our country. It is because of you that we are free. **We will never forget!**

## SPOTLIGHT (cont'd)

be posting a more comprehensive list of resources on our website at [ampmovingforward.com](http://ampmovingforward.com). If you don't have access to a computer, you can contact me and I will be glad to mail the list to you. Next month, we will share more stories of how Vocational Rehab Services have helped other group members to keep *moving forward*.

### Vocational Rehabilitation Services:

Kentucky - <http://www.ovr.ky.gov/> phone - 1-800-372-7172

Jefferson County office 1-800-456-3334

For hearing impaired 502-595-3422

Indiana - <http://www.in.gov/fssa/2328.htm> phone - 1-800-545-7763

Local IN office 1-877-228-1967

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## OCTOBER RECAP

At our IN meeting held at SIRH, special guest Bethaney Curry was there to talk to the group about her desire to bring the sport of Curling to our area. Along with some other individuals, including her husband Brett, they have launched the Derby City Curling Club. The club is an inclusive organization and welcomes people of all ages and abilities. They are currently holding Learn to Curl Classes on Thursday evenings at the Alpine Ice Arena in Louisville. The class provides for 30 minutes of instruction and 90 minutes of ice time. If you have mobility issues, delivery sticks are provided so the stones can be delivered from a standing position or from a wheelchair. Bethaney was born with spina bifida and has been a wheelchair user since childhood. She is an Occupational Therapist and loves to stay active. She is very enthusiastic about the sport and encourages you to come out to learn something new, get some exercise, and make new friends. For more information visit their website at [DerbyCityCurlingClub.com](http://DerbyCityCurlingClub.com) or check them out on Facebook.

### Moving Forward

held its Fall Picnic and Walk & Roll on Sat., Oct. 20th, at Sam Peden Community Park in New Albany, IN. Along with the delicious food, attendees enjoyed the beautiful scenery and socializing with friends.

Door prizes were awarded, and people enjoyed playing corn hole, volley ball, and soccer. Some fun fall relay races were



held, and many took part in the walk & roll around the lake. It was a delightful way to spend a sunny autumn afternoon.

Pharmacist and Diabetes Educator Madeline Moses gave a presentation on the topic of diabetes and its complications at the Louisville meeting. She began by discussing some basic

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## SPECIAL ANNOUNCEMENT



We will be collecting new socks and gloves, and new or gently used coats and winter hats for men, women, and children who are in need in our community. Collecting will take place until Nov. 19th.

### Did you know?

There are approximately **6,300** people in the Kentuckiana area that are either living on the streets or in shelters. Of that amount, nearly **1,000** are children and **3,500** have disabilities. Socks are the most needed but least donated article of clothing in homeless shelters. Every year toes, feet, and fingers are lost to frostbite during the cold winter months. Those with diabetes are at an increased risk. With the availability of warm, clean, and dry socks and gloves, many of those amputations could be prevented.

Last year, our support group collected 1,101 pairs of socks, 59 pairs of gloves, 34 coats, and 32 winter hats. Those numbers will be hard to beat, but we can do it with your help! We have placed collection boxes at these locations:

Harrison County Hospital, 1141 Hospital Dr. N.W., Corydon, IN

Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN

Center for Orthotic & Prosthetic Care, 902 Dupont Rd., Louisville, KY

Hanger Clinic, 1023 E. Broadway, Louisville, KY

Kenney Orthopedics, 2809 N. Hurstbourne Pkwy., Louisville, KY

Louisville Prosthetics, 742 E. Broadway, Louisville, KY

Okolona Fire Station, 8501 Preston Hwy., Louisville, KY

Jim's Barbershop, Middletown, KY

You can also contact one of *Moving Forward's* officers to arrange for pick up. David Yarmuth with the Salvation Army will be attending our Louisville meeting on Nov. 24th to accept the donation.

Let's all come together and give!

**Thanks by Giving!!**



## Workman's Comp Comp Laude Award

Congratulations to Billy Parker for being nominated by Hanger Clinic for the Workman's Comp Comp Laude Award, to which he was one of five recipients!!! The Comp Laude (pronounced Komp Law-dee) Award is a recognition of people going above and beyond in the work place to increase safety awareness.



There are multiple categories. Billy's award was for the injured worker category. Billy uses his story to bring awareness to safety, not only in the work place, but in your everyday life! He reaches out to industrial companies, big and small, local and distant. His passion on the subject really moves others and drives home a reality of how in just a matter of seconds your life can forever change.

**CONGRATULATIONS, BILLY PARKER!!**

## OCTOBER RECAP (cont'd)

facts about diabetes and prediabetes. She talked about the importance of the Four M's, which stand for medications, meal planning, monitoring, and movement. Madeline went on to describe some of the complications of diabetes, including infections and loss of limbs, neuropathy, blindness, kidney disease, & cardiovascular disease. She explained things in a very understandable way and answered many questions from the group. Mathes Pharmacy and Diabetes Center offers classes to teach those with diabetes how to better keep it under control and lead a more healthy and active lifestyle.

If you would like more information about the class, go to: [www.mathespharmacy.com/diabetes-center.html](http://www.mathespharmacy.com/diabetes-center.html) or call them at 812-944-3612. The class is covered by many insurance providers.

The meeting ended with the "kicking off" of our Annual Sock & Glove Drive for the Salvation Army. Please see the special announcement about the project in this newsletter.



## New Ways to Support *Moving Forward*

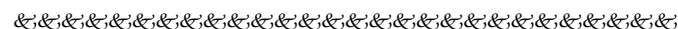


For those of you who may be looking for easy ways to support *Moving Forward*, we have a couple of new options available. If you shop on Amazon you can now go to Amazon Smiles and select our group as your preferred charity. Amazon Smiles is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on [smile.amazon.com](http://smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Many times the employer will match your donation. Please check with your employer to see if this is available, and to see if *Moving Forward* is on their list of charities. If your company uses Frontstream, Truist, or Network for Good to manage their deductions, we are listed.

Our group is also part of the Kroger Community Rewards Program. If you shop at Kroger and would like to support us, just go to [krogercommunityrewards.com](http://krogercommunityrewards.com) and register your Kroger Rewards card with *Moving Forward*. Our organization number is DC476. By doing this, it does not affect your fuel rewards points in any way. A portion of each purchase goes to our group. It will print on the bottom of your receipt. We receive a check each quarter based on the purchases of the families who are enrolled.

**Thank you for your support!**





# What's That Mean

— by Belinda



We've often discussed how not only your everyday life, but also your vocabulary changes following limb loss. We hear words that we have no idea their definition. Usually we just shake our heads "yes" and give an "uh-huh," not wanting to appear too dense. Each month, we will tackle a few of these words so that the next time we shake our heads "yes," we will know **what's that mean???**

We will begin with a few basics. I'm starting with these because I have people that tell me, "I don't know what I am. I'll say, "What do you mean you don't know what you are?" They say, "Am I a BK, and AK, a bilateral, a quadrilateral, or what?" It's important first that we understand that we are the same *person* that we were before we lost the limb or limbs. The BK, AK, or whatever is just a description of our level of limb loss. Now let's cover some of those abbreviations and other descriptive words:

**Amputee:** A person who has had a limb or limbs removed either by surgery or by trauma.

**Limb deficiency:** This is a birth defect where a limb or limbs are partially or totally missing, or the limb or limbs are not formed properly.

**BK** stands for below-the-knee amputation

(also known as a transtibial amputation)

**AK** stands for above-the-knee amputation

(also known as a transfemoral amputation)

**BE** stands for below-the-elbow amputation

(also known as a transradial amputation)

**AE** stands for above-the-elbow amputation

(also known as a transhumeral amputation)

**Bilateral** is used to describe a person who has had either both legs or both arms amputated or was born with either of those deficiencies. An example of this is a person who has had both legs amputated below-the-knee would be a bilateral BK amputee.

**Quadrilateral** or **quadruple** is used to describe a person who has had portions of all 4 limbs amputated or was born with portions of all 4 limbs missing.

**HD** or **Hip disarticulation** is an amputation at the level of the hip, and includes removal of a portion of the hip and the entire leg. The person who has had this procedure may be described as a hip disarticulate amputee or HD amputee.

**HP** or **Hemipelvectomy** (also known as transpelvic) is an amputation of the entire lower leg including the hip and a portion of the pelvis bone. A person who had this procedure may be described as an HP or transpelvic amputee.

There are also people whose amputation is through the knee which is called a knee disarticulation. The amputee would be described as a knee disarticulate.

There are many different words to describe amputations of the foot or parts of the foot. Two of these that you may hear more frequently are Symes or ankle disarticulation amputation, and Chopart or amputation through the midfoot. A person having the Symes procedure would be described as an ankle disarticulate and the person who had the Chopart surgery would be a partial foot amputee.

That's enough for this month. Hopefully, this will help to clear up the question, "What am I?", and will also help to educate the rest of us a little bit on the different levels of limb loss or limb deficiency.

**References:** The Amputee Coalition,

[www.amputee-coalition.org](http://www.amputee-coalition.org),

Ottobock [www.ottobock.com](http://www.ottobock.com)

Kenney Orthopedics [www.kenneyorthopedics.com](http://www.kenneyorthopedics.com),

American Orthopaedic Foot and Ankle Society

[www.aofas.org](http://www.aofas.org)



## KATE'S KITCHEN

### Cranberry/Orange Relish

Perfect add-on for Thanksgiving!!

#### Ingredients

1 Orange

1 12 oz package of  
cranberries; thawed if  
frozen

1 Gala, Fuji, or Red

Delicious apple; cored,  
peeled & chopped

1/3 cup sugar

1/4 teaspoon ground allspice

#### Directions

Peel orange, cut orange segments free from the membrane, discard any seeds.

In food processor, pulse orange segments, cranberries, apple, sugar, & the allspice until coarsely chopped. Transfer mixture into bowl, cover, and chill up to 1 week.

Makes 10-12 servings



## Krafty Kids by Katie

### Thanksgiving Pie Spinner Craft

Here is a cute way for your kiddos to think about and share what they are thankful for!

You will need:

3 paper plates

brown paper

orange paper

1 brad (to hold the plates together)

glue



Begin by cutting a large circle out of your brown paper. I traced my plate on the back of my paper. You should end up with a big letter "O". Glue that down well to one of your paper plates.

Cut the middle out of a paper plate to create a template for the filling of your pie. Using your template you made, trace a circle and cut it out of the orange paper. Glue it on top of the brown. This will be your pie filling.

Take your last paper plate and have your child write what they are thankful for. Leave a little space between. May be a good idea if your kids are young to take a ruler and draw lines for each "slice" so they know where to write. Then have them write "I am thankful for" on top of the pie or use letter stickers or stamps to spell it out!

When they are done writing what they are thankful for, help them poke a hole through the CENTER of both paper plates. If it isn't directly in the center it will not rotate correctly. Now cut out a slice from the top plate only. Make sure you don't cut too far and go through your hole you made in the center. Now simply line them up and secure your brad through both of them. Rotate to see what all your little one is thankful for!



# Feelin' Good About Gettin' Out

By: Katie Flanigan



We, as handicapped people, have learned to overcome and adapt because the world is not always fully accessible. Yet knowing ahead of time the accessibility of a place can help with planning and alleviate anxiety, freeing you up to enjoy whatever it is you're doing! I am starting this new column so that we can share information on the accessibility of area restaurants and attractions. Today I want to take a look at Cricket's Café.

Cricket's Café is one of my favorite brunch spots in Southern Indiana, located in Sellersburg on Hwy. 60. But there are good, and bad, things about this restaurant when it comes to accessibility. First, there is parking. They are usually pretty busy and at this establishment they only have one handicap parking space. There is also only one ramp to get on the sidewalk and it's in a spot that I have seen blocked before when there's a large vehicle in the handicap spot, though there are lines indicating not to park or block. There are two doors that open at the front so if you have a wide wheelchair, this will accommodate you well. They aren't automatic, but there has always been someone, sometimes an employee, sometimes customers, who are happy to help without even being asked. When we first entered we had to move a sign that was making the passage too tight for my wheelchair but this was not that much of an inconvenience. We ordered at the counter, as we always do, and turned to find a table. The restaurant inside is pretty tight so we always just grab the nearest empty table with help from an employee. During our meal, I went to use the restroom across the restaurant. I had to ask several parties to excuse me, and most of the time they had to actually get up from their seat to let me pass. But as I've come to expect here, everyone was very friendly and helpful, even offering to get the door for me and come back in a few minutes if I'd like to get it for me on the way out. I thanked her but I wanted to see how accessible the bathroom would be on my own. Entering proved quite difficult as the door was very heavy. Once inside I noted two stalls, one handicap and one regular. There's a bookcase that seems too big for the bathroom which made the opening between it and the first stall 34", which I fit through in my wide wheelchair but felt unnecessarily tight. The handicap stall was nice and large, had a little dresser you could sit your purse on and a fold down baby changing station. I had no issues washing my hands & getting out the door was easier.

Overall, even with the issues at Cricket's Café, I've found I'd rather try to find ways to adapt than to not visit this busy, happy restaurant. But I definitely see room for improvement.

I'd love to hear about your experience with the accessibility of some of the places in Kentuckiana! For more information or to submit your accessibility review, please contact Katie Flanigan. Please see the contact info in this newsletter.

## LET'S GET MOVING — by Belinda

We have been working together during the past few months on some basic balance and strengthening exercises. After all, if you don't have the strength to get up or the balance to remain standing, walking is going to be impossible. I hope that you have been doing these exercises on a regular basis. If so, then you should be ready to take it up a notch.

This month I will show you an exercise that is easy to do in your home and you don't need any fancy equipment. All you need is a paper plate or paper towel. This exercise is a strengthening exercise that will improve your range of motion. It can be done with a small ball (tennis ball), but I prefer to do it with a paper plate or towel. The main reason is that I don't have to continually chase after the ball if it slips from under my foot. You begin by standing by a solid surface; such as your kitchen counter. Place the paper towel (or paper plate) on the floor. Step onto it with your prosthetic foot, and then just slide your foot to the side away from your body and then back towards your body. Repeat this 10 times. Now, step on that towel again, but this time move your foot to the front and then to the back. Again, repeat this motion 10 times. You then will do a clockwise pattern with your foot, moving it around in a circle pattern. Follow that with moving it in a counterclockwise pattern. After doing each of those 10 times, switch to your other foot and repeat the exercises. If you get tired, sit down for a few minutes and then complete the sets of exercises. Range of motion exercises will both build strength and help to improve your balance. This particular exercise will also help you to gain better control of your prosthetic foot (or feet).



We did these sets of exercises at the OPAF 1st Stride Clinic that was held in Louisville this past summer. It seems so simple that you wouldn't think that it would do a lot of good. I had several people to call me and say how sore they were the next day. You're using muscles that you may not use often, and by doing so your moving one step closer to becoming more mobile and improving your overall health. So come on everybody, grab a paper towel and **LET'S GET MOVING !!**

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## FUN WITH WORD SCRAMBLES

I'm making it a little more difficult this time! Unscramble these words and then use the letters in parentheses, which aren't in order, to finish the sentence. You can find the answers on Pg. 7.

CAVIEPTERPIA    \_ \_ \_ \_ \_ ( ) \_ \_ \_ \_ ( ) \_  
 LRTAGUEF        ( ) ( ) \_ \_ \_ \_ \_  
 DDGTEIEHL      \_ ( ) \_ ( ) \_ \_ \_ \_ \_  
 LSEPADE         \_ \_ \_ ( ) \_ \_ \_ \_  
 TTRUAFEON      \_ \_ ( ) \_ \_ \_ \_ \_ ( )

BE SURE AND SAY THANK YOU TO YOUR  
 \_ \_ \_ \_ \_ .

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You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk of diabetes. To learn about diabetes and to

take a short diabetes risk test go to:

<http://www.diabetes.org/are-you-at-risk/>

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## LIFE HACKS FOR MOVING FORWARD



– by Belinda

You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day task or activity done more easily. As an amputee, you know that once simple tasks can now become a frustrating battle of the wills. So we have decided that we will begin sharing **Life Hacks** in this new column. We ask that you send us your tips and tricks to daily living so that we can pass them along. Remember, this is not advice from a medical professional, but ideas from people just like you who are dealing with limb loss.

The month of November is designated as **Diabetic Eye Disease Month**. Many individuals develop vision problems for a variety of reasons, and when you are an amputee, the loss of vision dramatically adds to the struggles that you are already facing. This month I have chosen to share some *life hacks* from Debbie Troutman. Debbie is a bilateral BK amputee and is also legally blind. Being the very independent and innovative person that she is, Debbie has made many modifications to her home to make it more accessible to her needs.

One of the first things that you notice when entering her home are the ribbons hanging from her ceiling fan. They're not there as home décor, even though they are attractive. The ribbons are made of different fabrics. This allows her to know by feel which one turns on the ceiling fan and which is for the lights. Another thing she has done is to add stick-on buttons of varying sizes to her appliances; such as her washer, dryer, and stove. This provides her with the ability to know, for example, at what temperature she is baking, or the heat setting for her dryer, or the water level for her washer. You can purchase these buttons at a hardware or department store.

Debbie uses a wheelchair not because of her limb loss, but because of her loss of vision. She has found many ways to help her to safely maneuver around her home. She has pull ropes installed on the gate to her ramp on her handicapped accessible deck, as well as on all of her entry doors. This allows her to safely close them without the risk of having to lean from her chair to pull them closed. She has a bedrail



installed on the side of her bed which helps her to roll over and to get out of bed. Debbie has a bariatric sized toilet chair, not because of her size, but because it makes it easier for her transfers in getting on and off the toilet. She prefers a shower chair with an arm. This provides her with something to hold on to while showering and transferring in

and out of the shower.

I have mentioned only a few of the innovative ways that she has found to safely live in her home. Debbie's motto could definitely be: ***If there is a will, there is a way.*** She is not one that is going to helplessly sit by and let people take care of her, and instead is always one of the first to offer assistance to others. As you can tell, she serves as an inspiration to me personally as well as being a dear friend. I want to thank her for sharing these **Life Hacks** with us, and I want to encourage others to send theirs to me as well. It can be a huge help to amputees out there looking for ways to become more independent.

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## UPCOMING EVENTS

### MEETINGS for the rest of 2019:

Nov. 19th, Mon., 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. We will be honoring our Caregivers at this meeting, and each will receive a gift. We will be discussing both the good and the bad of being a caregiver, and ways that caregivers can protect their own health and sanity while taking care of a loved one. The meeting will conclude with some role playing exercises to help to improve our communication skills.

Nov. 24th, Sat., 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza One, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B. Bill Titus will be speaking to us about how to be thankful even during difficult times. David Yarmuth with the Salvation Army will be coming in during the last 30 minutes of the meeting to accept our Sock & Glove Drive donation. He will also be sharing with us some of his experiences while helping in Florida following the devastating hurricane and talking about some of the services offered by the Salvation Army not only nationally, but also right here in our own community.

Dec. 5th, Wed., 6:30 - 8:30 pm at Harrison County Hospital, 1141 Hospital Dr. N.W., Corydon, IN, in the Baumgart Room (in the basement near the cafeteria).

Dec. 17th, Mon., from 6:30 - 8:30 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. This will be an open discussion meeting, and we will be having a small Christmas party during the last part of the meeting with holiday snacks and games.

There will be no Louisville meeting during the month of December due to the Christmas holiday.

### EVENT:

On Dec. 8th, Sat., 5:00 - 8:00 pm, *Moving Forward* will be hosting its Christmas Party at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. We will be in the 2nd Floor dining room. Parking and the entrance are in the rear of the building. An elevator is available. We will be serving pizza, pasta, salad, and breadsticks. You are asked to bring an appetizer or a dessert if possible. Santa will be there to give each child in attendance a gift. There will be music, games, and door prizes. Once again, we will be having our ornament exchange. If you bring in a wrapped Christmas ornament (or in a gift bag), you will be able to pick one from another group member to decorate your tree this year. It's fun and it makes for a beautiful Christmas memory year after year.

We hope that you have enjoyed our meetings and events during 2018, and we can't wait to get going in 2019!!

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### FUN WITH WORD SCRAMBLES ANSWERS (from Page 6)

APPRECIATIVE, GRATEFUL, DELIGHTED, PLEASED, FORTUNATE

BE SURE AND SAY THANK  
YOU TO YOUR CAREGIVER.

To find tips and resources for  
caregivers, visit:

<https://caregiveraction.org/>



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