



NEWSLETTER ♦ 48th Edition ♦ Aug. 2017

MOVING FORWARD FEATURE

– Introduction by Belinda Jacobi

Wow! It's hard to believe, but this is our 48th edition of the newsletter. That is four years of writing countless articles with the hope that something I have written during that time would make a difference for someone living with limb loss. I remember when we first began, I thought maybe I could come up with a few articles but wondered what would happen when I ran out of ideas. I also knew I wasn't a professional writer, but I didn't let that stop me. I told myself if I wrote from my heart, then 'maybe' the readers would forgive the occasional incorrect punctuation or run-on sentence (my apologies to my high school English teacher Mrs. Cole).

The worry that I felt over the lack of ideas for articles was needless, because each and every month the inspiration for an article or story has come to me. That inspiration was given from either a person I have met, a conversation I have had, or by something someone has sent to me. This month is no different. Just when I was contemplating, "What on earth am I going to write about?" and looking at a blank page on my computer screen, I received an email. It was from a new friend who lives in Nashville, Tennessee. Her name is Eliza and, unlike me, she is a very gifted writer. I find myself reading her emails over and over just to hear the beautiful and sometimes quite humorous way that she has with words. Eliza shared with me something that she had written about a topic that as amputees we all will relate to, and after receiving her permission, I would like to share it with you.

Staring....

– by Eliza Northrup

I have always felt the eyes of other people staring at me.

As a child, it was usually a curious but concerned look to

figure out why I was limping

Was it a sprained ankle? A recent fall?

*When a person saw that my gait didn't falter from my
gangling stride, they finally shifted their gaze.*

*Fast forward 40 years, many surgeries, and finally an
amputation of my lower right foot.*

I still notice the feeling of eyes upon me.

*At first, I go to the thought that I have toilet paper on me or
my dress tucked into my drawers.*

– Continued on Page 2 Column 1 –



2017 AC National Conference News

Last minute plans are being made for the conference, and there are many new details that we need to make you aware of. First, just in case you didn't know, the conference will be held on August 3rd - 5th at the Galt House Hotel. The address for the hotel is 140 N. 4th St., Louisville KY 40202. There are some preliminary conference events being held on Aug. 2nd including peer visitor training, a class for health care professionals, and a support group leader's summit. Pre-registration is required for all of these preliminary events. For those of you who were accepted into the Aug. 2nd Peer Visitor Training class, you should arrive by 8:00 am and the class ends at 5:00 pm. Lunch is provided. A 2nd Peer Visitor Training class is being offered on Sun., Aug. 6th. That class will also be from 8:00 am - 5 pm.

There are 2 towers at the Galt House. Registration and most activities will be held in the Suite Tower which is the tower on the right as you face the river. Registration will be open Wed. from 3 - 5:00 pm and Thursday all day beginning at 8:00 am. You will register for the conference at the 2nd floor conference registration desk. You will receive your conference lanyard (ticket) and a conference program at that time. You are asked to bring your ID for registration. If you are staying at the hotel, check-in is at the front lobby in the Suite Tower. **MOVING FORWARD** will have a "Welcome to Louisville" table in the lobby as well.

Great news to report is that lunch will be provided for those who are attending the full conference!! For parking, there will be a \$10.00 daily charge or \$25.00 for valet parking.

To park in the Suite Tower garage, enter the 1st garage on the right. Access to the hotel is just past the garage entrance. The Rivue Tower parking garage is on the left facing the river. There are 23 handicap parking spots in the Suite Tower garage and 28 in the Rivue Tower garage. Since there is limited handicap parking available, you are asked to use it only if it is truly necessary.

Now on to some other important news. You won't want to

– Continued on Page 2 Column 2 –

Staring.... (cont'd)

I do a nonchalant self-check for any informalities and then understand their intent of the prolonged eye contact.

Reading staring faces should be a required course where the experienced should teach the novice.

There are many looks:

Curiosity

Dismay

Perplexed

The processing look

Acceptance

Friendliness

Disgust

Prejudice

Pity

Kindness

Honor

Horror

Respect

The looks can be read clearly after many years of practice.

Just because you are literate doesn't mean you enjoy reading the looks.

It does still catch me off guard sometimes.

Experience, education, and longevity just fly out the window and violate my soul again.

I am deciding to take a new approach to this constant ritual.

I only have power to change my own thoughts.

I am a woman but never a beauty queen.

Only feminine in a Skipper Barbie kind of way.

So, I have decided that Christy Brinkley and I now have something in common.

We both endure the looks of others.

From now on, I will believe people stare because of my majestic beauty.

Stare on, my friend. Stare away!

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## QUOTE OF THE MONTH

*Be proud of who you are.  
and not ashamed of how  
someone else sees you.*

— author unknown

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2017 AC National Conference News (cont'd)

miss the Opening Ceremony on Thurs. morning at 10 am. Not only will our group be honored, but you will also hear from an amazing motivational speaker John Register.



John won the Paralympic Silver Medal just 6 years after having his left leg amputated. A world class athlete who qualified for two Olympic trials and a prospect for Army Officer School, John was on a successful career path. The injury temporarily halted his career until he found his new normal. He qualified for two Paralympic Games (Olympic Competition for athletes with physical disabilities) and won the Paralympic Long Jump Silver Medal in Sydney, Australia, while setting the American record in the process. John is now a change management expert in strategic communication and was appointed by then Secretary of State Condoleezza Rice as one of 8 members to advise her on disability foreign policy. He founded the United States Olympic Committee Paralympic Military Sport Program, which shows wounded, ill, and injured veterans how to use sports as a tool for their rehabilitation.

For the first time ever, conference attendees will have an opportunity to go on an outing as a group. **Ossur** is sponsoring an evening at Slugger Field to watch a Louisville Bat's baseball game. Accessible transportation will be provided, along with a ticket to the game and a buffet all-you-can-eat meal. Those attending will leave from the hotel at 5:30. The game begins at 7:05. There are several promotions going on at the ballpark that evening. It will be Star Wars Night, so be prepared to see your favorite Star Wars characters. The Chicago Boyz Acrobatic Team will be performing. There will also be craft beer and wine tasting available, and a fireworks show following the game. This will take place on Fri. evening. There are a limited number of tickets for this event, so if you wish to attend, you are encouraged to visit the AC website and register to get your name on the list. The link to the website is:

<http://amputee-coalition.org/wwrg/events-programs/national-conference/play-ball/>

Fitness Revolution Louisville with David Vobora is being presented by **Ottobock** the evening before the conference, Aug. 2, at the Muhammad Ali Center, 144 N. 6th Street, Louisville, from 4:00 - 7:00 pm. David is a retired NFL player and the founder of the Adaptive Training Foundation. He is bringing his inspirational and motivational training techniques to a fun, three-hour training session designed specifically for the AC National Conference attendees. A light dinner will be served at the conclusion, and you will have free access to the Ali Center exhibits. There is no charge for attending this event, but you do have to pre-register.

We hope to see you at the conference. If you have any questions, please contact us. Please see **CONTACT INFO** page in this newsletter. For more information, visit the Amputee Coalition website at amputee-coalition.org or **MOVING FORWARD's** website at ampmovingforward.com.

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## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 1 WEEK

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SPOTLIGHT – by Belinda

Each month we use our SPOTLIGHT column to shine our light upon a group member or a special organization. This month we will be doing a little of both. I want to share some information with you about OPAF which is short for the Orthotics and Prosthetics Activities Foundation. OPAF aims primarily to enable individuals served by the orthotic & prosthetic community to enjoy the rewards of personal achievement, physical fitness, and social interaction. In achieving this goal, OPAF also seeks to:

- Provide adaptive sports programs, clinics, and activities that appeal to those served by the orthotic & prosthetic community.
- To raise public awareness of the benefits that individuals with physical disabilities receive from physical activity, orthotics, and prosthetics.
- To facilitate continuing education programs for allied health professionals who serve as members of the rehabilitation team.

I have had the pleasure to attend several of the OPAF First Clinics. These clinics provide an opportunity to experience activities which you may never have tried before, or maybe some that you used to enjoy but are unsure how to take part in since you lost a limb or limbs. There are First Clinics for many different activities including swimming, golfing, tennis, rock climbing, scuba diving, kayaking, horseback riding, soccer, and dancing.



There is also one called First Stride & First Things First which works on balance, strength, gait, and fall recovery. Many from our group attended one of these which was held in Louisville and sponsored by The Center for Orthotics & Prosthetics.

Several members also traveled to Lexington, KY, to take part in a First Ride Clinic sponsored by Kenney Orthopedics.

While attending the 2013 Amputee Coalition National Conference in Orlando, FL, I enjoyed a First Swim and a First Dance Clinic.

With the 2017 AC National Conference coming to Louisville, we will get many other opportunities to take part in these clinics and to challenge ourselves to learn new things. OPAF will be offering 2 swim clinics, a First Swim and an Advanced Water Skills. They will also provide us with a chance to learn some new dance skills at a First Dance Clinic, and to get into shape at a First Fit Clinic. You won't want to miss these opportunities to try new things in a safe, fun environment, all while making many new friends. If you get the chance to meet Robin Burton, the Executive Director of OPAF, please stop and introduce yourself and give her a "thank you" for bringing these activities to Louisville. We hope to see her in our area many more times in the near future.



INFORMATION FOR AC NATIONAL CONFERENCE: Louisville Attractions & Maps and Galt House Hotel Information:

<https://www.gotolouisville.com/2017-national-conference-in-full-swing/>
<https://www.galthouse.com/louisville/attractions/>

A SPECIAL THANK YOU!!

We want to take this time to express our gratitude to everyone who made a donation to **MOVING FORWARD** during the 2016 Give Local Louisville Day of Giving. Due to your generosity, 15 members of our group with financial need will be attending the 2017 Amputee Coalition National Conference. While there, they will gain knowledge to assist them in their daily lives, learn about new prosthetic technology, receive training to help them improve their mobility, and make new friends from all over the world. This is an amazing gift that you have given to these individuals. For most, if not all of them, this is a once in a lifetime opportunity to attend such a life-changing event, and your donation made that possible!



FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answers on Page 7.



RLVNIATGE _ _ _ _ (_) _ _ _ _
TAEWR SPRKA _ (_) _ _ _ _ _ _ _ _
GIACPNM (_) (_) _ _ _ _
NNTOAAIL KSARP _ _ _ (_) (_) _ _ _ _ _ _
GIHSTNEEINSG _ _ _ _ _ _ _ _ _ _ (_) _
MMSSEUU _ _ _ _ _ _ _ (_)

THESE ARE ALL THINGS PEOPLE MAY ENJOY DOING OR
GOING TO ON THEIR _ _ _ _ _ _ _ _ _ _.



– by Belinda

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 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!**

If you wear a prosthesis, then more than likely you will one day be faced with the problem of your socket not fitting as it should, or worse yet, not being able to get it on at all. If it is too loose, that is fairly easily (but sometimes annoyingly) fixed by the addition of socks of different ply until the socket feels comfortable again. Once you consistently begin adding several socks each day, your prosthetist will probably suggest making a new socket to better fit your residual limb. This is something that we all go through in the first months after losing a limb. Our limb has to heal and while doing so, it tends to lose a lot of volume. Much of this comes from the loss of muscle mass following amputation surgery. I am often asked how long this process takes. That is a question to ask your prosthetist, but from my experience, for most amputees it may take from a few months to a year. This is when that dreaded word "**PATIENCE**" comes into play. My advice to you is to take a few deep breaths and repeat this phrase, "I will get through this." It also helps to visualize

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JULY RECAP

The month of July was a busy one for members of **MOVING FORWARD**. Our Pie & Ice Cream Social was held Sunday afternoon, July 9th. Members enjoyed the many delicious pies and ice cream. We want to thank Mike & Sue Portman for providing the homemade ice cream once again. Door prizes were won by David Skidmore, Carter Jacobi, Paul Weber, and Roy Holsclaw. Musical entertainment was provided by Frank Curry & Jolene Foley. The couple played guitar and sang several songs for



the enjoyment of those attending. Group member Philip Randolph gave an outstanding performance on drums. The children and some adults had a wonderful time playing a variety of games and winning prizes. It was a delightful way to spend a hot summer afternoon.

On Mon., July 10th, group President Belinda Jacobi met with Susan Tharpe, who is a Coordinator of Services for the Center for Accessible Living. While there, she learned of the services they provide for individuals with disabilities in our community. She and Susan also discussed ways in which the center and **MOVING FORWARD** could work together to assist those with limb loss in our area. Susan has agreed to speak at the group's Sept. meeting in Louisville to tell more about the Center for Accessible Living services.

Later that same day, Belinda teamed up with Mike Portman to be interviewed by Tara Bassett on WCHQ 100.9 FM. They discussed their personal stories of limb loss, our support group, and the upcoming 2017 AC National Conference. Tara was a great host, and we had a fun time doing the show. It was also broadcast live on Facebook.



The IN & KY meetings were both mostly dedicated to preparations for the AC Conference and the Peer Visitor Training classes. We also discussed our many other upcoming events and projects. During open discussion time, topics discussed included the difficulty that some amputees incur when trying to get additional physical therapy sessions, and the need to get over the fear of walking with your prosthesis in order to *move forward*. A discussion was also held on what you have to provide to your insurance company in order to qualify to receive a prosthesis with advanced technology.

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## DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM

Register or re-enroll online, if you have not done so, at: [krogercommunityrewards.com](http://krogercommunityrewards.com). **MOVING FORWARD** Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.

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Q & A (cont'd)

stuffing all those socks in a trash bag and heaving it out the back door. At least that worked for me. Sometimes it is hard, but it does help to find humor in these situations.

The more difficult problem is when the socket becomes too tight. If you find that you have this problem only in the morning, then wearing a shrinker at night may help. If it's due to weight gain, then the alternatives are trying to lose weight (which is hard to do when your socket is too tight) or having a new larger socket made. It is amazing to me that gaining as little as 5 pounds can affect the fit of the socket. I am like, "Give me a break! Did I gain those 5 pounds only in my residual limb?"

Sometimes the cause of the tight socket may be fluid retention which may be caused by many different things from heart or kidney disease to a poor diet. I am including the following article from the Amputee Coalition Resource Center on how to fight water retention.

Fighting Water Retention

inMotion • Volume 23 • Issue 3 • May/June 2013

by Chris Weintrob

Feeling swollen, bloated and downright puffy? Socket too tight? You're not alone. The good news is there are simple remedies to fight the bloat and even prevent it in the first place.

What is Water Retention?

DRINK PLENTY OF WATER. THIS MAY SEEM COUNTERINTUITIVE; AFTER ALL, YOU'RE TRYING TO GET RID OF EXCESS WATER!

Water retention, also known as edema, is swelling caused by an abnormal build-up of fluid in your body's tissues. People most often see swelling in their feet, ankles and legs, but it can also be seen in the hands, face and abdomen.

Causes of Water Retention, mild cases of edema can result from:

- Sitting in one position for too long
- Too much salty food
- Not drinking enough water
- Lack of potassium or magnesium
- Poor nutrition in general
- PMS
- Pregnancy
- Certain drugs, including some blood pressure medications, anti-inflammatory drugs (NSAIDs), estrogen, steroids, some antidepressants, and certain Type 2 diabetes medications (thiazolidinediones).

More serious causes of edema include:

- Congestive heart failure
- Liver disease
- Kidney disease
- Weak or damaged leg veins
- Inadequate lymphatic system.

Kidney, liver or heart disease can be manifested to some extent by water retention. Since edema can be symptomatic of a serious illness, it's important to determine the underlying cause. If you suspect that you have a more serious underlying medical condition, don't hesitate to consult your physician.

How to Fight Water Retention

If the cause of your water retention is relatively benign, you can take simple steps to reduce the swelling. In a nutshell, you should decrease your consumption of bad foods and increase your intake of good foods.

Foods to avoid

When you consume salty foods, you upset the sodium balance in your bloodstream. Your body then tries to dilute the salt by retaining water – thus the bloating. But refraining from salt is only one (and probably the least effective) way to avoid over-consumption of salt. More importantly, you should limit your intake of processed, packaged foods, which are usually loaded with sodium.

Foods to add to your diet

Nature provides the perfect antidote to water retention: fresh, whole

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LET'S GET MOVING! — by Belinda

We all know the importance of having a proper diet and doing both aerobic and weight bearing exercise. We also know that "knowing" and "doing" are two separate things. It was difficult enough in our often hectic lives to watch what we ate and find the time to exercise before we lost a limb/limbs. Now, living with limb loss, that becomes even more of a challenge. We may be dealing with other health issues, multiple doctor appointments, leg wounds, dialysis, problems with our prosthesis, or caring for an aging parent or other family member. Finding the time and feeling capable of exercising may seem impossible to us now. So, how do we do it?



The first step might be finding the motivation to make a change in our lives. That motivation could be us wishing to return to work, being able to play with our children or grandchildren, the desire to return to a sport that we once enjoyed, or maybe just wanting to be able to get out and start enjoying life again.

Once you have found that motivation, the next step is to start making short term attainable goals. Losing 50 pounds in one month while eating only salads is not an attainable goal. Eating smaller portions and beginning to exercise 15 minutes a day 5 days per week is both a short term goal and attainable. If you haven't exercised for quite some time, this may be a good starting point for you. The 15 minutes a day can just be walking around your home if you aren't comfortable walking outdoors. If you can't walk 15 minutes without becoming winded or feeling pain, try doing it in 5-minute sessions. While you are watching television, try doing some light weight lifting. Using soup cans as weights is a good start. Then each week try adding a few more minutes to your exercise routine.



Okay, you have your motivation and have set an attainable goal; now you must become accountable. The best way I have found to do this is to make a chart (nothing fancy) and just put a checkmark by each day that you reached your goal.

In the beginning, don't worry about how much weight you are losing. Instead, concentrate on feeling healthier. Exercise has been proven to not only improve our physical health, but also our emotional health. It is a wonderful way to fight both anxiety and depression. The smaller portions of food will help with weight loss. Eating more slowly also helps.



If you are gulping down your food, you will eat more and then when it does hit your stomach, you will feel too full. How many times do we find ourselves eating out of boredom? How about instead of a box of cookies, we pick up an apple and a good book. Your mind will be occupied and you will be enjoying a healthy snack.

I haven't been eating properly for several months now due to my chemo treatments. I am very limited on what I can eat because of the nausea and the bad taste that the chemo drugs leave in my mouth. I also haven't been exercising very much at all. Chemo tends to leave you feeling exhausted and aching all over. I used to love to exercise. It has always been my stress release. I vow to take my own advice and find my motivation, set a short term attainable goal, and make an accountability chart. To increase that accountability, I will keep you up-to-date on how I am progressing. How many of you will join me? If I can do it, so can you! So come on everyone, **let's get moving!!**

Q & A - Fighting Water Retention (cont'd)

foods. Not only do they reduce your risk of bloating, they are a boon to your health. Along with sodium and other electrolytes, potassium and magnesium are required to maintain the body's fluid balance. If you consume too much sodium, foods rich in potassium and magnesium can help restore the balance. Magnesium is also important for calcium metabolism and maintaining normal muscle and nerve function.

WATER. Drink plenty of water. This may seem counterintuitive; after all, you're trying to get rid of excess water! But dehydration actually makes your body retain water. So drink, drink, and drink some more to flush out excess sodium and water retention. Throw in a slice of lemon, lime or orange to jazz things up.

AVOCADOS. Avocados are rich in potassium and vitamins B-complex, E, and K. Avocados get a bad rap for being high in fat and calories, but they are actually nutritional powerhouses. Yes, there are 21g of fat in a medium-sized avocado, but the majority of these fats are monounsaturated (the "heart-healthy" kind that helps reduce bad cholesterol).

BANANAS, MELONS AND CITRUS FRUITS. Try a fruit salad or smoothie for breakfast (better yet, toss in some leafy greens for a green smoothie) or grab a banana for an afternoon snack.

WATER CRESS AND PARSLEY. These often-overlooked leafy greens are natural diuretics that are also high in potassium and antioxidants, respectively. Other bloat-fighting vegetables include other leafy greens, celery, tomatoes, carrots, onions and peppers.

ALMONDS. Almonds are rich in potassium and magnesium, as well as an excellent source of good-for-you fats, fiber and protein.

HERBS. There is an entire class of herbs known for their diuretic properties, such as dandelion root tea, which is also a rich source of potassium and aids in cleansing the liver and kidneys. Talk to a naturopath or herbalist for more information.

Shift your Mindset

Even if the cause of your swelling is congestive heart failure, kidney or liver disease, or some other serious illness, improving your diet can make a tremendous difference. Rather than thinking of food simply as a source of calories, consider food as a source of special ingredients that can prevent and heal disease, and transform your health. As Hippocrates said, "Let food be thy medicine and medicine be thy food."

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## I'm Moving Forward . . .

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



Debbie Troutman **moving forward** and spending a fun afternoon at the Pie & Ice Cream Social with her 3-year-old granddaughter Lylah.

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





## Krafty Kids ..... by Beverly

### How to be a Fun Parent This Summer

Summer is all about making memories with your kids -- whether it's those annual family rituals or the out-of-the-ordinary things that make a lasting impression. Instead of suggesting a particular craft for the "kiddo" to make during this month, I thought I'd suggest some ideas of free or almost free activities to do with the child or children in your life. So often the simple things can make some long lasting memories. I hope each of you are enjoying your summer and have had an opportunity to have some fun times with the little ones in your life!

#### 1. Have a picnic

Make some quick PB & J's, grab fruit, cookies and drinks - toss it all in a bag, cooler or basket. Then grab a blanket or beach towel and head for the backyard.

#### 2. Race Hot Wheels cars

Get some chalk, draw a cool track on the sidewalk or driveway and see who wins the race. Bonus if you have a driveway with a downward slope :)

#### 3. Catch Bugs with Them!

Fireflies, butterflies and large bugs are really cool :) Worms rank pretty high too (even if they aren't bugs). Wondering where to put the bugs? Try an old coffee can or jar.

#### 4. Play Flashlight Tag (at night)!

Kids always think you're cool when you say 'Hey, let's go run around the yard in the dark with flashlights!'

#### 5. Find a New Park to Visit

Check your city's website for the 'Parks & Rec' section and they will probably have all city parks listed.

#### 6. If they don't have one, get your Kids a Library Card.

You can also get them a wallet or small purse to carry it in. Then visit the library - free books, free movies, free programs.

#### 7. Give them 3 or 4 quarters and tell them they can use it at the next gumball or toy machine they find while you're running errands.

They may buy junk but kids love those small surprises!

#### 8. Go on a Surprise Ice Cream Run

Get them all ready for bed one night - pj's on, teeth brushed, lights turned out - and then go back in the room and yell "Ice Cream Time"! Have everyone pile in the car and go out for a quick ice cream - find a drive thru if they're too embarrassed to be seen in their pj's :)

#### 9. Freeze Something!

Kids love to try this - try frozen blueberries, grapes, watermelon - they all taste great!

#### 10. Have a Camp-Out

Pitch a tent at home. Or spend the night in sleeping bags in your living room one night.



## Thank You to the Amputee Coalition!

**\*\* 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. \*\***



.... from Beverly's Kitchen

## Grilled New Potato Packet

Enjoy this savory side dish. New potatoes are infused with tangy dressing & Parmesan.

#### Prep Time

10 min.

#### Total Time

30 min.

#### Servings

4 servings

#### Ingredients

½ lb. each red & white new potatoes  
2 Tbs. water  
2 tsp. oil  
3 Tbs. Kraft Sun Dried Tomato Vinaigrette Dressing  
2 Tbs. Kraft Grated Parmesan Cheese  
1 Tbs. chopped fresh parsley

#### Directions

Heat grill to medium heat.

Place potatoes on center of large sheet of heavy-duty foil; drizzle with water & oil. Fold foil to make packet.

Grill 18 – 20 min. or until potatoes are tender.

Cut slits in foil to release steam before opening packet. Top potatoes with remaining ingredients.



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Note from Kelly

HARRISON CO. HOSPITAL SUPPORT GROUP MEETING

Hello Everyone! We're gearing up for the first official Harrison County Support Group meeting on Wed., August 16th! Please spread the word! I plan on sharing my story as the speaker and really hope we can get some new members for the group and help bring more support to Indiana. We'll be at the Harrison County Hospital, in the Baumgart room down in the basement at 6:30 pm. Refreshments will be provided.

Speaker: Kelly Reitz

When: August 16th, 2017

Time: 6:30 pm

Where: Harrison County Hospital, 1141 Hospital Dr. N W, Corydon, IN 47112



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## OUR READERS SPEAK

### BUILDING NETWORKS

It's Kelly again, and I would like to share with you how we are building relationships with Humana on the internal side of things. I work for Humana and have been involved on the ground level of building a new Network Resource Group for Disabilities. The Network Resource Groups, or NRG's for short, are internal groups within Humana that provide support and education for different cultural/diversity groups. There are currently seven NRG's: Veteran, Women, Caregiver, Pride, Hispanic, African-American, and Asian/Pacific Culture. The Disability NRG will be the 8th and will help provide resources and education to employees and their families. The NRG will launch in October, which is also Disability Awareness month. Stay tuned for more exciting developments on this group!

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AUGUST UPCOMING EVENTS

MEETINGS:

Aug. 16th, Wed., from 6:30 - 8:00 pm, at Harrison Co. Hospital, 1141 Hospital Drive NW, Corydon, IN, in the Baumgart Room (near cafeteria). For more info, contact Kelly Reitz.

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

Aug. 26th, Sat., from 2:00 - 4:00 pm, at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center. Room may change, so watch for signs in the Education Center lobby. We will have a guest speaker at this meeting.



Tara Bassett who is the Communications & Marketing Director for Bridgehaven Mental Health Services will be talking to the group about the many services that Bridgehaven provides to those with mental health problems, including depression. They are unique in that they provide these services through

day programs instead of hospitalization. Some members of our group recently attended a luncheon and a tour there and were all very impressed with the facility and the staff. Tara also hosts a radio program on 100.9 FM.

EVENTS:

AC Peer Visitor Training class will be held on Wed., Aug. 2nd, from 8:00 - 5:00 at the Galt House. You must have pre-registered and been accepted into this class to attend. A second session will be held on Sun, Aug. 6th, during the same hours.

Also on Wed., Aug. 2nd, a special event, Fitness Revolution Louisville with David Vobora, is being held at the Muhammad Ali Center from 4:00 - 7:00 pm. This event is being sponsored by Ottobock. There is no charge to attend but you do have to pre-register, and a light dinner will be provided.

2017 Amputee Coalition National Conference will be held Aug. 3rd - 5th at the Galt House Hotel, 140 North 4th Street in Louisville KY.

On Aug. 26th, Sat., from 9 am - 3 pm, The Center for Orthotics & Prosthetics will be hosting an OPAF 1st Stride Clinic at Norton Neurosciences & Spine Ctr., 315 E. Broadway, Ste. 90, Louisville. It's free of charge and to register call 980-819-9404 or online at opafonline.org.

MORE UPCOMING EVENTS:

MOVING FORWARD will be taking part in "Give for Good Louisville" on Sept. 14th. This is a day of online charitable giving to support local not-for-profit organizations in our area. More information will be provided in our September newsletter as well as on our website.

We will be hosting our Fall Picnic and Walk & Roll in October. More details to come.

In October the group will also be holding our annual sock drive for the Salvation Army as part of "Make a Difference Day".

MOVING FORWARD's monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

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## CONTACT INFO



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~~~~~

FUN WITH WORD SCRAMBLES ANSWERS (from Page 3)

TRAVELING, WATER PARKS, CAMPING, NATIONAL PARKS, SIGHTSEEING, MUSEUMS

THESE ARE ALL THINGS PEOPLE MAY ENJOY DOING OR GOING TO ON THEIR VACATIONS.

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