



NEWSLETTER ♦ 108th Edition ♦ Aug 2022

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

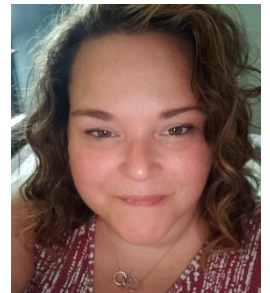
- by Elaine Skaggs

I'll begin this month's edition with a recap on July's events. Everyone who was able to attend our 10th Anniversary Gala for MOVING FORWARD Limb Loss Networking and Social Group experienced a very enjoyable evening. Huge thanks to Mark Nesbit with Neuros Medical as well as Lyn Workman with Williams Brothers Healthcare who both covered the cost of our meal and drinks. We feasted on burgers, hot dogs, and sides from Kingsleys Meats and Catering, and splurged on ice cream with multiple toppings of your choice provided by Valley Dairy Freeze. Some of us danced the night away to a music playlist put together by Johnathan and Bruce Boiney, father and son DJ team. What passion they displayed playing music for us. It was a joy to watch and listen. Big thanks also to Pam Harmon with Hanger Clinic for promoting our party and our group. We will have many pictures displayed on our website in the near future, and want to thank our photographer Katie

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SPOTLIGHT

My name is Danielle Ranschaert, pronounced "Rans-hart". I'm divorced and live alone with my 3 dogs. I have 3 grown kids. My oldest son Brandon is in the Navy currently stationed in Japan. I have 19 year old twins. Autumn is a sophomore at the University of Kentucky studying architecture. Jonas is an electrician apprentice at Columbia Gas in Frankfort, KY. I was born and raised in Louisville, but moved away to Central KY after college and getting married. I returned to Louisville in 2015.



I have been an amputee since December of 2020. I'm a RBKA. I had Charcot foot in the right foot and ankle, an inflammatory process that affects the soft tissues, bones, and joints in the foot or ankle. I had an ankle fusion done which left my right leg an inch and a quarter shorter than the left. After 3 years I started to get ulcers on my toes from the alignment not being correct. So I finally asked my doctor for an amputation. It was the best decision I could have made. I still have no regrets. I also have all my toes on my

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EDITOR'S NOTE (cont'd)

and her partner for capturing all in attendance. The photo booth was busy all night. And I can't fail to recognize our own Member-at-Large Mike Portman for securing our venue, and thanks to St. Luke's Catholic Church for allowing us to use their facilities. Several of the church's parishioners assisted Mike with serving food and drinks for us. We so very much appreciate their gesture of kindness.

After we had our meal, Greg Wesley, an amputee who participated in the Neuros Clinical trial, and Mark Nesbit spoke to us about Greg's experience with the Altius device that blocks phantom nerve pain. It really was a nice evening and a great way to kick off the next 10 years of MOVING FORWARD.

And last but not least, Sue Portman donated a beautiful handmade quilt for our raffle, along with a table top pool table donated by Elaine Skaggs, and (3) \$20 gift cards. Terry Barrett was the winner of the quilt, and Greg Wesley won the pool table, which he donated back to the group. The 2nd drawing was won by Danielle Ranschaert but ended up going home with Kelly's son Grant.

The next regular monthly meeting will be held on Mon, Aug 15, at Southern Indiana Rehab Hospital at 3104 Blackiston Blvd, New Albany, IN 47150, from 6:00 pm to 7:30 pm for our Indiana folks.

The Louisville meeting will be on Sat, Aug 27, at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219, at 2:00.

We hope that you can join us this Sunday, July 31, 2022, for a trip to TRAIL Therapy Horses in Simpsonville, Kentucky, to learn a little about horses, ride horses, and have

~ cont'd on Page 3 Column 1 ~

SPOTLIGHT (cont'd)

left foot amputated.

My biggest challenge after losing a limb was getting my first leg on, the lock and pin system. I couldn't get my liner to line up and get the pin straight in. It was very frustrating.

I was a lab technician for 25 years when I had my amputation. My job let me go. I've applied for my disability. In my spare time I read, do crafts, paint. I also do door dash, I started in April and I really think it has been beneficial to my balance and gait getting much better. My family means the world to me, and I feel like this group is a 2nd family!!

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## TIPS FOR CARING FOR THE CAREGIVER OF AN AMPUTEE (YOU)

As a caregiver you have to care for yourself to be able to care for others. These are a few simple tips from my experience to care for yourself:

1. Do the following to help maintain your immunity system:
  - + Get good nutrition
  - + Have proper sleep
2. Get emotional help for yourself from a professional if possible. This is a big life changing event for the caregiver too. I personally had three sessions with a psychiatrist which helped me adjust to the new normal.
3. Maintain any chronic illness you have by:
  - + Keeping your doctor appointments.
  - + Take your medications as prescribed.
  - + Take vitamins as recommended by your doctor.
  - + Keep current on vaccinations as advised by your doctor
4. Treat yourself to things that rejuvenate your soul. Make your life include things you truly enjoy.
5. Make time to exercise. I count lifting a

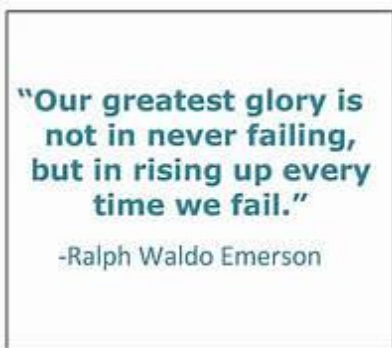
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## EDITOR'S NOTE (cont'd)

some lunch together. If you plan on attending this FREE event you will HAVE to RSVP!!!! Transportation is NOT provided. Contact Kelly, 502-235-3146, or Elaine, 502-548-6419, to RSVP or on Facebook via the events link within our group.

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QUOTE OF THE MONTH



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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.)*

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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

CARING FOR THE CAREGIVER (cont'd)

wheelchair out of the car for my husband as exercise. Those runs to the store to get something are exercise too. In a nutshell, leading an active lifestyle will help to keep you balanced and build the strength you need to care for your loved one.

6. Accept help from family and friends. Do not be proud, ask for help. Get advice from other caregivers in our network & social group.
7. Get professional medical help from:
 - + Doctor/Surgeon
 - + Prosthetist
 - + Rehabilitation Facility
 - + Physical Therapist
 - + Home Healthcare
 - + Paid help as you are able to afford.

Now you are ready to care for your beloved amputee. What a blessing to have them in your life!

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## CONTACT INFO



MOVING FORWARD Limb Loss Network & Social Group

- Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)
- Website: [ampmovingforward.com](http://ampmovingforward.com)
- Phone: 502-509-6780
- Facebook: Moving Forward Limb Loss Network & Social Group

- Kelly Grey, President / Facebook Editor / Newsletter Staff  
[kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) ● 502-235-3146
- Elaine Skaggs, Vice-President / Newsletter Editor  
[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) ● 502-548-6419
- Julie Randolph, Secretary/ Newsletter Producer  
[jbrsweepea@yahoo.com](mailto:jbrsweepea@yahoo.com) ● 812-557-3970
- Mary Jo Kolb, Treasurer  
[mjk2you@gmail.com](mailto:mjk2you@gmail.com) ● 502-727-9566
- Mike Portman, Board-Member-at-Large  
[mdportman712@gmail.com](mailto:mdportman712@gmail.com) ● 502-262-8344

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

AmazonSmile

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

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.amazon.com/smile), 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)

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)

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

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

If you do not have internet access:

Register at the Service Desk of your local 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.

MOVING FORWARD Limb Loss Network & Social Group Newsletter CORPORATE SPONSORS:



R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



Chris Luckett, C.P.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



Bruce Luckett, L.P.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



Lyn Workman
Safe Home Solutions Sales
lynw@wbhpc.com
Cell: (812) 259-9452

Williams Bros.
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2560 Eastbrook Plaza
Columbus, IN 47201
(812) 376-7903
Fax: (812) 376-8128

574 S. Landmark Avenue
Bloomington, IN 47403
(812) 335-0000
Fax: (812) 335-6311

MOVING FORWARD Limb Loss Network &
Social Group Newsletter CORPORATE
SPONSORS:



DONNA HINNANT CP, LPO
DHINNANT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM



BRYAN SWINT, CPO/L
ORTHOTIST/PROSTHETIST
BSWINT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM

Kentucky Prosthetics & Orthotics
1169 Eastern Ste. 4423
Louisville KY 40217

502-585-4228

Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

rlendingahand@gmail.com

Facebook & YouTube: BillyPAmputee

