



NEWSLETTER ♦ 93rd Edition ♦ May 2021 ♦ *Mother's Day Issue*

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 Kelly Grey

Mother's day is right around the corner. We hope you enjoy this month's story of motherly love! As we reflect on the beautiful mothers who are a part of us, even if they're just in spirit, let's take a moment to think of one of your fondest memories with your mom.

We're looking forward to seeing everyone at the picnic this upcoming Sunday, May 2nd, where we will enjoy eating, playing, and FISHING with our dear friends for the first time post-Covid. Please see the flyer attached to this month's newsletter for details. Everyone please follow all CDC guidelines and precautions.

We will continue to hold our virtual meetings, the next one being on Saturday, May 22, 2021, at 2:00 p.m. Please join us for the meeting by going to Zoom.com, download the app, and click on Join Meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321. We look forward to seeing you online!!

We hope you enjoy the newsletter this month. Please know that if you have a story, picture, recipe, craft to contribute to the newsletter, we'd love for you to submit it.

- Kelly

HOW I RAISED AN AMPUTEE

- by Lisa Grey

Being a young mother and having a one-year-old that is a new amputee was frightening and challenging at the same time. What do I do, how do I start, where do I go for help? I started with her plastic surgeon and he told me pretty much all that I needed to know: treat her as normal as



possible. How do I do that when I want to do everything for her? I take it one day at a time and let her teach me. She didn't know she had anything wrong with her. "I" was the one who saw her differently. Boy, did she ever teach me something!

The first day she got her new prosthesis and went to physical therapy, she never looked back. Onward and upward was her goal even at such a young age. I watched her overcome pretty much every obstacle she encountered, and each one made her stronger and more determined than ever. On the days when she felt defeated, I would sit down with her and we would both have a good cry and then I would tell her: "If I could change everything, I would. But I can't, so we have to play the cards we've been dealt and learn to take each day at a time." I told her that I would be with her every step of her life to help her any way that I can.

Now that she is an adult, I continue to be there for her when she needs me, even if it's just a phone call to say she needs to hear my voice. Sometimes that's all any of us needs is a voice to tell us we can do it. She continues to teach me how to deal with challenges in life and I hope that I am still teaching her. I don't think a mother ever stops teaching her children.

~ cont'd on Page 2 Column 2 ~

A Mother's Love
- by Helen Steiner Rice

A Mother's love is something
that no one can explain;
It is made of deep devotion
and of sacrifice and pain.

It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away.

It is patient and forgiving
when all others are forsaking,
And it never fails or falters
even though the heart is breaking.

It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems.

It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation.

A many splendor miracle
man cannot understand
And another wondrous evidence
of God's tender guiding hand.



BEREAVEMENT ANNOUNCEMENT

Tribute to Jerome Skaggs

Jerome Skaggs was a fun and very sweet man who loved his wife, family and friends. He had been a part of our group since 2015 when his wife Elaine joined our group after her amputation. Jerome always had a smile and was willing to help out in any way he could. He will be extremely missed, but never forgotten.



HOW I RAISED AN AMPUTEE (cont'd)

I questioned her decision when she decided to have her legs amputated a second time at the age of 30 and I listened and supported her when she explained why. I held her in my arms when she cried in pain and reassured her that she made the right decision and that the pain would be temporary.

I watch with pride as I see her raising her children and instilling in them the values that I taught her. She continues to inspire me and I look at her in amazement when I see how well she's handled life. I love the look on her face when I see her lovingly look into her children's eyes and I know that she understands the pain I felt as a young mother. But I also hope she knows that just like her wounds have healed and made her stronger, my pain has also healed and *she* has made me stronger.



A Path to Peace

Today in an auditorium
full of parents, my child
scanned the room looking
for me. When our eyes met,
her face lit up... She wasn't
looking for the perfect parent,
just looking for Mom.
Don't ever forget the power
of just being
A Mom.



NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available to download or print on our website at: ampmovingforward.com.

Bellarmino Community Partners Amputee Project

Wanted to let you and the organization know that we have resumed our Amputee Project but with a different procedure since we cannot invite the community onto campus. I've contacted Louisville Prosthetics, all the Hanger Clinics, and Kenney Orthopedics to get their approval to come to their clinic to meet and evaluate any candidate for our project. After this initial assessment our plan is to make a series of remote therapy visits with the amputee over an 8 week period. We will send them a video link with pre-recorded exercises, then observe and coach their performance over a Zoom call. An option instead of using Zoom is to set up an office visit with your prosthetist to have the call. The students are available to meet people at the prosthetist's office on Tue and Thur between 11 & 1 and Friday after 12:30.

– Dennis Lesch

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## 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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Just a Little Mother's Day Humor



Ways to Donate to *MOVING FORWARD* Limb Loss Support

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 AmazonSmile Foundation 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 Support Group, Inc."

Kroger Community Rewards Program

Go to:

"<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"

Search for "Moving Fwd Limb Loss Support"

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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.



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