



Newsletter 132nd Edition August 2024

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

Happy August! The excitement continues as we near the end of summer. The kiddos will be returning to school in a matter of days. This month brings the end of a chapter and the beginning of a new year of life for me personally, and with every year that I grow older time seems to fly by more swiftly. Someday all these years of my life will be the legacy I leave behind, and I want it to inspire and uplift people to live their own lives to the fullest.

Speaking of legacies brings to mind Belinda Jacobi, the founder of our group. She was a lady with a passion to help people experiencing limb loss. I so very much admired her strong will to keep on even in the midst of her own health challenges, to the very end. When she passed I vowed to do everything in my power to keep this group alive and well. Since the pandemic we have suffered much loss of membership, through death and sickness as well as fear. But things are changing, and I believe we are coming back even stronger than before. We are in the process of entering a partnership with Baptist Rehabilitation Hospital in Jeffersontown KY. We will be having our monthly Louisville meetings at this location beginning on August 24. They are very interested in our Certified Peer Visitor Program (CPV). CPV's are trained volunteers who provide information and support for individuals about to undergo an amputation or who currently have limb loss/difference. No one is potentially in a better position to understand about living life with an amputation or supporting a person with limb loss/difference than someone who has been there. An experienced, well-trained peer can offer encouragement and

information from a place, and at a pace that an individual in this circumstance can better absorb. We are currently in the process of making arrangements for several of our members to receive this training. Anyone who is interested in participating in the training or becoming a CPV should contact one of the officers. As the amputee population grows, this is a perfect opportunity to help more people and make new friends.

UPCOMING EVENTS

MONDAY August 19, 6:00pm - 7:30pm Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right. Our guest speaker for this evening will be Steve Lee with Care First in Sellersburg IN.

SATURDAY August 24, 2:00pm - 4:00pm Louisville meeting at Baptist Health Rehabilitation Hospital, 11800 Bluegrass Parkway, Louisville KY 40299, in the Day Room. We will post our Moving Forward signs for you to follow. Please note that this is our new meeting location for the Louisville meetings. Our guest speaker for the afternoon meeting will be Mary Dean, a physical therapist at Encompass.

SATURDAY August 31, 1:00pm - Restaurant outing at Sleepy Rooster Morning Kitchen, 2204 State Street, New Albany IN. This is a breakfast/brunch restaurant and therefore closes at 3:00pm, so plan on arriving by 12:45 for a 1:00 seating, and plenty of time for socializing!

SATURDAY October 5, 1:00pm - 3:00pm - Walk and Roll Fall Picnic at Sam Peden Park in New Albany IN. Stay tuned for more information!!

THURSDAY October 24, 5:30 - 7:30 - Kenny Orthopedics will be holding an Amputee Walking School, hosted by PAM Rehab Hospital, 2101 Broadway Street, Clarksville IN. More details to come.



Life is a rollercoaster--ups and downs, highs and lows. But it's struggling against those downs that gives you [the resilience you need to succeed](#). You wouldn't have a story to share, a path to teach others if it were easy.



Strawberry Trifle

Ingredients

1 (5.1 ounce) package instant vanilla pudding mix
3 cups cold milk
1 (9 inch) angel food cake, cut in cubes
4 medium bananas, sliced
1 (16 ounce) package frozen strawberries, thawed
1 (12 ounce) container frozen whipped topping, thawed

Directions

Place pudding mix into a bowl. Add cold milk and whisk together for 2 minutes. Let rest for 5 minutes.

Layer 1/2 of the cake cubes in a trifle bowl or other glass serving dish.

Layer 1/2 of the pudding, 1/2 of the bananas, 1/2 of the strawberries, and

1/2 of the whipped topping over top. Repeat all layers once more.

Cover trifle and chill in the refrigerator for at least 4 hours before serving.



4 TIPS TO PREPARE YOU FOR HOT SUMMER DAYS

Summer is officially in full swing as we enter what is usually the hottest month of the year, August. When you consider all the things summer brings, endless outdoor activities, vacations to the beach, not to mention all the yard work and landscaping, sweat is never far away. It seems that we approach this issue every year during the summer, simply because it can be

incredibly uncomfortable, and can cause skin issues including nasty wounds and blisters. That's what makes sweat an amputee's public enemy number one! I also want to keep looking for the latest research and developments that may help us deal with this issue. But in the meantime, below are 4 tips that may help you enjoy your summer despite the sweat.

1. Bring extra socks

If you wear a sock over your residual limb, be sure to carry spare socks with you, along with a towel for when you need to freshen up. This emergency bag will also come in handy if all your sweating causes your residual limb to shrink during the day, causing your socket not to fit properly. Putting on an extra sock will keep your socket from budging and help to prevent wounds or blisters.

2. Dry and clean your residual limb regularly

Remove your artificial limb several times a day and dry off your residual limb, liner, and suspension system with a dry towel. If you don't have a spare liner that you were able to bring with you, clean your liner and dry it completely before putting it back on. Sweat isn't just uncomfortable, it's also the perfect breeding ground for bacteria, and that's the last thing you want!

3. Use an antiperspirant to prevent sweat

Before taking this tip to heart, it's best to consult your doctor first. If you are a recent amputee you may be more at risk of developing skin damage. Antiperspirants can help reduce sweat and thus prevent skin damage. There are many over the counter choices to try, with of course your doctor's recommendation. Also be sure to follow directions for usage, as some need to be used at night in order to work properly. I've learned how important this is from personal experience. Additionally, it's a good idea to ask your prosthetist which antiperspirants can be used without causing damage to your liner.

4. Wash your liner thoroughly and often

Your prosthetist has probably told you this a million times, with good reason! Summer is the perfect time to start listening. Your liner can become a breeding ground for all kinds of bacteria, causing a multitude of skin issues. A clean liner will also stay in place without slipping, another tidbit I've learned from personal experience! So wash and dry those liners carefully everyday!



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