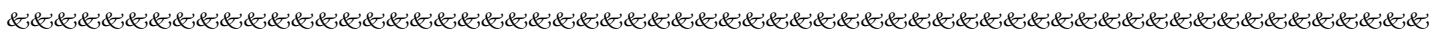




NEWSLETTER ♦ 115th Edition ♦ Mar 2023

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

We are marching into this month with much excitement, a fully staffed Board of Officers, and several new members to our group. Our February Louisville meeting was held on the 25th, and after the meeting President Kelly Grey-Parker gave an overview of our finances for the last year. We also had election of officers as follows:

- | | |
|---------------------|-----------------|
| Kelly Grey-Parker | President |
| Elaine Skaggs | Vice President |
| Brianna Heitzman | Secretary |
| Danielle Ranschaert | Treasurer |
| Mike Portman | Member-at-Large |

Congratulations to those who remain for another year and to our new officers. I think I speak for all of us that we hope to continue to grow as we add new members, and most of all, we hope to expand our resources to help even more people within the amputee community. As we move forward with plans for 2023 and beyond, please keep in mind that this is your group. The Board values your input, and welcomes

~ cont'd on Page 2 Column 1 ~

UPCOMING EVENTS

Saturday, March 11 – 2:00 to 5:00 pm – Annual Chili Cook-Off at Okolona Fire District, 8501 Preston Highway, Louisville KY. Cook a pot of your favorite chili recipe for a chance to win a prize. Judging will be done by firefighters, and there will also be a prize for ‘people’s choice’. Be sure to wear your favorite team’s swag, and be ready to play some fun games, including sports trivia.

Monday, March 20 – 6:00 to 7:30 pm – Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany IN, in the Conference Room.

Saturday, March 25 – 2:00 to 4:00 pm – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville KY.

Saturday, April 1 – 1:00 pm – we'll have our next restaurant outing at Kansai, 1370 Veterans Pkwy #700, Clarksville IN, 47129.



QUOTE OF THE MONTH

“There is no greater disability in society than the inability to see a person as more.”

– Robert M. Hensel

EDITOR'S NOTE (cont'd)

any ideas or suggestions you may have.

In February we had new members join both on the Indiana side of the river, as well as in Kentucky, and would like to extend a big WELCOME to the following:

Hadyn Warman and her parents, Steven and Tiffany

Katie and Jim Amburgey and their niece Euna Moore

Shannon and Robert Richard

Byron Flowers

It was truly inspiring to meet you and hear your stories, and a great honor to have you as part of the MOVING FORWARD Limb Loss Networking and Social Group.

The board will be meeting later this month to get acquainted and make some plans for activities throughout the year, but we have several opportunities for events coming this month and in the next few weeks. So be sure to check out the UPCOMING EVENTS list in this issue.

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## RECIPE OF THE MONTH CHICKEN AND GNOCCHI

### Ingredients:

- 6 thighs, bone-in, skin-on chicken
- 1 tablespoon Italian seasoning
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, divided
- 2 cups baby spinach, roughly chopped
- 17.6 oz (500g) gnocchi
- Chopped fresh parsley leaves

### Garlic Asiago Cream Sauce:

- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 1 cup (240ml) chicken broth, or more, as needed
- 1 tablespoon Italian seasoning

~ cont'd on Page 3 Column 1 ~

## MARTIN BIONICS

I've been asked to include some information on Martin Bionics sockets, and having had 2 of them in the past, I'm going to take a look at some of the features of this type of socket. I will say that at the times I've used this type of setup, it was the right thing at the right time for me. However, when it comes to amputation, each person is unique and the type of prosthesis you need may be totally different than what another person needs. It is so important to research the many different types that are available, and to work closely with your prosthetist to determine what will be best in your situation.

The socket is a precise mold of your residual limb that fits snugly over the limb. It helps attach the prosthetic leg to your body. Most sockets are made with rigid carbon fiber all the way up to the rim. With the Martin Bionics Socket-less Socket, the residual limb is not totally encapsulated, and this unique open socket design dissipates heat and helps keep the limb cool, which eliminates sweating issues for most users. Unfortunately, in my case, the sweating issues were not eliminated because of the configuration of the socket. The lower half of my residual limb was totally encapsulated to give me more stability. There are limitless possibilities as far as configuration of the socket, and each is custom fitted to meet the person's specific and varying needs. Another feature that the Socket-less Socket boasts is the fabric-based SwingBrim™ technology that allows the socket to perfectly conform to the user, providing a soft cushioned seat and eliminating point specific brim pressures. I think this was the thing I liked best about the Martin Bionics socket, the soft flexible brim made sitting so much more comfortable, as opposed to sitting on a rigid brim. Last but not least, the Martin Bionics sockets are adjustable with a ratchet system at the brim. They are very easy to put on and totally adjustable, conforming to the unique shape of your limb. Many times our limbs change throughout the day, so this eliminates

~ cont'd on Page 3 Column 2 ~

## RECIPE (cont'd)

- 1/2 cup (125ml) half and half
- 1/2 cup freshly grated Asiago cheese
- Kosher salt and freshly ground black pepper, to taste

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SIX THINGS YOU SHOULD KNOW ABOUT ST. PATRICK'S DAY

The St. Patrick's Day holiday dominates the month of March. Here's what you should know about before the celebration begins:

1. Three leaf clovers are symbolic. It is said that St. Patrick used shamrocks to explain the Holy Trinity. The three leaves can also symbolize love, hope, and faith. If there's a fourth leaf, it symbolizes luck.
2. The traditional meal isn't actually Irish. Corned Beef and Cabbage is a typical St. Patrick's Day meal, but it isn't traditional Irish cuisine at all. Pork was actually the preferred meat of Ireland but early Irish immigrants in America found that beef was cheaper.
3. The first St. Patrick's Day parade wasn't in Ireland. It actually took place in Boston in 1737. This was followed by a New York parade in 1766. Ireland eventually got its own celebration which took place in Waterford in 1903. Dublin established their parade in 1931.
4. Boston hosts one of the biggest parades. Many Irish immigrants settled in Boston. The Irish spirit is still alive and well in the city. Around 1 million people attend Boston's parade. The route is usually around 3 miles long.
5. Global landmarks go Green. St. Patrick's Day is celebrated internationally. Several landmarks around the world are lit up with green lights. This includes The Coliseum in Rome and the London Eye. The Empire State Building also turns green on March 17. In Dublin, buildings and bridges are illuminated green, too.
6. Chicago dyes their river green every year. The tradition originated in 1962. The city dyes the river green with 40 lbs. of powder. The powder reacts with the water to produce a green color.

Now you're ready to don your green, and have a Happy St. Patrick's Day!!

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## MARTIN BIONICS (cont'd)

the need to add or remove socks, and allows you to maintain a comfortable fit all day.

All in all, I think the most important thing to remember is we are all different, and we all need a design that is unique to us, our needs, and our specific situation. My best advice is to do your research and allow your doctor and prosthetist to help you decide what setup is best for you. For more information on Martin Bionics and the Socket-less Socket designs available, visit their website at [www.martinbionics.com](http://www.martinbionics.com).

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

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)
w screen to select our group)

Sign in, 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)

Search for "**Moving Forward** 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.

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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](http://ampmovingforward.com)



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