



**NEWSLETTER ♦ 105th Edition ♦ May 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

A beautiful May is hopefully in store for us after an April full of storms and rain. We celebrated Limb Loss Awareness Month in April at our regular meeting by showing our mettle, and enjoying a celebratory cake. We have many things on the horizon for the month of May, including the 148th Kentucky Derby Run for the Roses as well as Mother's Day. It's so refreshing to experience this 'renewal' after the last 2 years of restrictions due to the pandemic.

We continue to plan for our 10-year anniversary celebration that will be held on July 9th from 5:00 pm to 9:00 pm at St. Luke's Catholic Church, 4211 Jim Hawkins Drive, Louisville 40229. The celebration will be open to members of our amputee community and their friends and families; however, we will need a firm headcount so that we can provide a catered meal for all in attendance, so if you plan on attending, please contact Kelly Grey, Elaine Skaggs, or Mike Portman. We will be dancing the night away to the music of a DJ; there will be door prizes and mementoes of the occasion available also. If you want to be involved in the planning, making decorations, or give-aways,

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**MOTHER'S DAY 2022**

*Mothers make the world go 'round. Need proof? According to a study released by the Center for Global Development, women took on an additional 173 hours of childcare in 2020, during the height of the COVID-19 pandemic, compared to an extra 59 hours for men in the household. Not to mention, according to Gallup, women already have primary responsibility for laundry, cleaning, and cooking. To the surprise of pretty much no one, moms do it all. And for all they do, they're celebrated just one day out of the year, on Mother's Day.*

*Mother's Day is a chance to be appreciative and to celebrate our moms, even though they should be honored year-round. Whether they be biological moms, adoptive moms, stepmoms, or other mother figures in your life, the tradition is to give gifts or flowers or maybe a nice meal.*

*This year Mother's Day is on Sunday, May 8, 2022. The card- and flower-filled holiday is on a different date each year but always takes place on the second Sunday in May.*

*The history of Mother's Day started with a lady named Ann Maria Reeves Jarvis, a social activist and community organizer during the Civil War era. Before the Civil War, Jarvis, of West Virginia, created the Mother's Day Work Club, with the goal of teaching local ladies how*

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## EDITOR'S NOTE (cont'd)

contact Kelly Grey, Elaine Skaggs, or Mike Portman. Whatever the case, plan on being there and having a blast!!

Our regular monthly meetings will be held on May 16 at Southern Indiana Rehab Hospital at 3104 Blackiston Blvd, New Albany, IN 47150, from 6:00 pm to 7:30 pm, and at the Louisville meeting on Saturday, May 28, at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219.

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## LIFE OF A CAREGIVER

— by Julia Kelly

The following article was written by Julia Kelly, a member of our *Moving Forward* group, who was a caregiver and wife to the late Mike Kelly, a below knee amputee and also a member of our group. Mike passed away last year and Julia has remained active in the group, with a unique perspective on what it's like to care for an amputee. Too often we as amputees are so focused on making our own adjustments, and accepting our new life as an amputee, that we forget the pressures placed on those who care for us. It's important for us to remember that our caregivers need cared for as well, and we should never stop showing them how appreciated they are. Since last month was Limb Loss Awareness Month, maybe May should be the month that we focus our attention on honoring all our caregivers, be it spouses, children, other family members or friends, and take time to say thank you for all their efforts, and most of all their love.

[Life of a Caregiver - Figuring out life skills together](#)

Amputees amaze me with their brave ways to get thru daily life. They inspire me to deal with the small challenges in my life with dignity. I know I have no room to complain.

Being the loving caregiver of an amputee is

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## MOTHERS DAY 2022 (cont'd)

to care for their children. These clubs unified women. And in 1868, Jarvis came up with something called Mothers' Friendship Day, which had moms of Confederate and Union soldiers come together to promote harmony.

Right around the same time, suffragette Julia Ward Howe, in 1870, wrote what's called the Mother's Day Proclamation, to promote world peace and pushed for a Mother's Peace Day to be celebrated in June.

Meanwhile, in the 1900's, Anna Jarvis, daughter of Ann, came up with a fairly genius idea that was ahead of its time: A day to honor mothers and the sacrifices they make for their kids. Thus, Mother's Day was born.

Ironically, Jarvis herself was both unmarried and childless. Go figure. But she pushed to have her holiday added to the calendar by kicking off a letter-writing campaign. In 1914, President Woodrow Wilson signed a measure that officially made the second Sunday in May Mother's Day.

But here's where things get interesting. All those cards and carnations and candy you buy for mom today? Jarvis was having none of it. She wanted moms celebrated, not commercialized. And in the 1920's, she slammed the modern incarnation of the holiday as a materialistic free-for-all. She might be a party pooper. Then, again, she might have a point. According to the National Retail Federation, it's estimated that Americans will spend a mind-boggling \$28.1 billion on Mother's Day alone. That includes cards, flowers, and dinner outings, with 68 percent of moms expecting to get bouquets on May 8.

This year after multiple years of the pandemic and all the stress it's placed on moms of school aged kids, they are especially deserving of an

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## LIFE OF A CAREGIVER (cont'd)

both rewarding and challenging. You are there in the trenches of frustration and anger when the amputee is learning how to deal with everyday life. In addition, you have your own frustration and anger, not knowing how to help get a life skill accomplished.

The first thing I always say when a problem comes up is "We will figure this out together".

You as a caregiver have a suggestion, but many things can happen with a suggestion:

- + Sometimes your suggestion is not wanted.
- + Sometimes your suggestion is rejected as not workable.
- + Sometimes your suggestion is thought about and accepted a day or two later.
- + Sometimes your suggestion is charmed and golden. It is accepted immediately and works, amputee and caregiver are both so very happy.

### WE DID FIGURE THIS OUT TOGETHER!



## PLANT A GARDEN

Many of us who have limitations due to our amputations are always looking for life hacks to help us accomplish things that may have been easy tasks pre-amputation. I have discovered a way to enjoy my love of gardening that proves to be much easier than preparing a garden plot in the middle of my yard on one leg. Whether it's on a porch, a deck, or in the yard, there are many ways to create a



container garden, which can provide plants, beautiful flowers, or even edible fresh produce. Containers can take the form of a pot, box, tub, basket, tin, barrel or hanging basket. You can also use a variety of sizes, preferably something not too large that can be moved around easily. I've also discovered that if you are using a large or extra large pot, like two that I'm using for tomato plants, you can fill them half full of packing peanuts, then add your garden

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## MOTHERS DAY 2022 (cont'd)

*official day to honor their contributions to their families and to society and to acknowledge the hard work and sacrifices they've made to raise their kids.*

*And here's one last fun fact according to the Society of American Florists: Some of the most popular Mother's Day flowers aren't red roses, but in fact, callas, freesias, and gerbera daisies.*

*So regardless of whether or not you ARE one, we all HAVE one – celebrate and honor her on May 8!!*



## QUOTE OF THE MONTH

"A hundred years from now...it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove ... but the world may be different because I was important in the life of a child."

*-- by Kathy Davis, artist and greeting card designer*



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

### AmazonSmile

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

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://smile.amazon.com), 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

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## PLANT A GARDEN (cont'd)

soil, to prevent the containers from being so heavy that they cannot be moved. By the way, the packing peanuts I use can be purchased at any office supply store. This will also allow you to rotate your containers so that the growing conditions for each type of plant can be achieved. Almost any plant that can be grown in a garden, can be grown in a container, so your options are nearly limitless. Although container gardening can be a viable option for anyone, it is the perfect solution for amputees, because of the ease of planting, maintenance, and harvesting.

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## RECIPE OF THE MONTH

### Old Fashioned Apple Crisp

*yield: 12 servings ~ prep time: 30 minutes*

*cook time: 45 minutes ~ total time: 1 hour 15 mins*

*Old Fashioned Apple Crisp is a classic for a reason!*

*Sweet and spiced apples topped with a crispy oat*

*crumble topping – every family should have a version of this recipe on hand!*

### Ingredients

- 10 cups peeled, cored and sliced apples
- 1 cup granulated sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 1/2 cup water

### For the topping

- 1 cup quick-cooking oats
- 1 cup flour
- 1 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup unsalted butter, melted

### Instructions

1. Preheat oven to 350 degrees F.
2. Place the sliced apples in a 9x13-inch pan. Mix the granulated sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over the apples. Pour the water evenly over the mixture.
3. Combine the topping ingredients together. Crumble evenly over the apple mixture.
4. Bake for about 45 minutes, until the apples are soft and the crumble is golden brown.

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## Ways to Donate to **MOVING FORWARD**

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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.

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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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