



## NEWSLETTER ♦ 30th Edition ♦ Feb. 2016

### **MOVING FORWARD** FEATURE

#### **TAKING CONTROL** – by Belinda

##### Quote of the Month:

*“Moving on is a process; moving forward is a choice. There’s a slight difference between the two. Moving on is letting things happen; moving forward is making things happen.”*

For the feature article this month I am going to ask you to consider this quote and how it would pertain to amputees. When we first come to the understanding that we must lose a limb/limbs or in the case of trauma have lost a limb/limbs, we must **move on**. We have little if any choice in the matter. There is the surgery, hospital stay, rehabilitation, multiple doctor visits, tests, possibly more surgery, and the recovery process. These things are all involved in the process of **moving on**. They are things that we **let happen** because we are just trying to survive. Sometimes even after we recover, we continue just to **move on**, but this is the time that we can choose to begin **moving forward and making things happen**.

I have often been asked, "How can I move forward? I am just too depressed and too tired. I just don't believe that I can do it." Many people become so depressed that giving up just seems so much easier. It would be hard to blame them because life as an amputee is not easy, but is giving up any chance at mobility really the easier route? If you can learn to walk again, is that not worth giving it your best shot.

The most successful amputees that I have met are people who had the mindset that quitting was just not an option.



Someone from our support group comes immediately to mind when I made that last statement and that person is Sharon Morehead. Sharon lost her left leg a few years ago and within a short amount of time was up and walking, but during this past year her right leg also had to be amputated. Within just a few months, there she was walking back into a support group meeting. Sharon has faced many difficult situations in her life. You can read her story in the Sept. 2014 Spotlight section of the newsletter. Sharon had the mindset from the beginning that quitting wasn't an option. From being in the support group and seeing other bilateral amputees, she knew that walking was still possible. She then went about **moving forward and making things happen**.

Not everyone has that much determination. How do you develop that never-give-up mindset?

The first key to that may be accepting the situation and

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### **AMPUTEE COALITION ADVICE**

inMotion · Volume 15 · Issue 6 · November/December 2005

#### **Being a Proactive Patient**

– by Kevin Carroll, MS, CP, FAAOP

##### **What does it take?**

Many situations require us to decide what we want and then figure out how to get it. This process is sometimes called “information gathering” or “problem-solving.” I simply call it “being proactive.”

Being proactive as an amputee means that you take the leading role in your prosthetic care and rehabilitation. Though doctors, prosthetists, therapists and friends can all provide good advice and support, only one person will be there through every phase of your care and rehabilitation, pressing through each challenge and celebrating each achievement. That one person is you. In spite of the fear, depression, pain, frustration, exhaustion, and physical and emotional limitations you may be experiencing, you must be your own best advocate. Asking questions, doing your own research, standing up for what you believe you deserve, expecting a lot from your care team; these are the hallmarks of being proactive.



##### **Getting Started**

If the word proactive doesn't exactly describe you, keep in mind that even “nice” people can learn to be proactive. You can be direct and nice. You can have high expectations and be nice. Clearly, being rude and difficult to deal with are usually not effective ways for people to get what they want. But being proactive is another matter entirely. Being proactive often increases your sense of confidence and can help you feel more optimistic about the future. The more you present yourself in a proactive manner, the easier it gets. When you've “done your homework” on a subject, asking for what you need is not so difficult because you know what you're talking about. When being proactive leads directly to the result you were after, you'll be willing to use this approach again when the situation calls for it. Remember the truth in that old saying, “The squeaky wheel gets the grease.” Being withdrawn or undemanding will not get you closer to what you want. I have repeatedly seen that people who expect more and ask for more tend to get more.

##### **The Youngest and the Oldest**

The importance of being proactive as a patient and consumer is heightened when the person is at either end of the age spectrum. People older than 60 and parents of infants or young

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## TAKING CONTROL (cont'd)

letting go of the past. I think all of us would agree that if we could have our limbs back, we would jump at that offer. We all miss having our fully functioning healthy limbs. All of the wishing and second guessing our decisions in life aren't going to change our current situation, though. Yes, life is sometimes difficult, physical therapy is hard, and sometimes wearing a prosthesis isn't the most comfortable thing in the world. The alternative of giving up and using that prosthetic device as a doorstop may sound like the easier route, but the longer an amputee stays in a wheelchair, the harder it becomes to leave it. The sedentary lifestyle often leads to weight gain, further complications from diabetes, heart disease, depression, and many more problems.

So back to the ?, "How do I develop the mindset that quitting isn't an option?" Acceptance is the first step and the second step is looking at where you are and where you want to be. It may sound silly, but write it down. This is where I am today and this is where I want to be in the future. Do not set unrealistic goals for yourself. That will only lead to failure. You just need to paint a picture in your mind of what you are striving for. Then, each and every day do something to help yourself move a little closer to that goal. Again, write it down. That way you are holding yourself accountable.

This is another key, realizing that only you are accountable for your life. Other people may help us along the way, but all of their help and hope for us isn't going to get us where we want to go unless we hold ourselves accountable. By keeping a written record, you are acknowledging that you are accountable and are taking back control of your life. You are no longer going to **let things happen**. You are going to start **making things happen**.

Where do you start? Coming to a support group meeting or requesting a peer visit from an experienced amputee may be a good place to begin. Also, talking to a physical therapist who is knowledgeable in working with amputees and having him help you to set reasonable goals and keeping track of your progress.

Another important key is staying in contact with your prosthetist. He/she doesn't know that you are having a problem with your prosthesis if you do not tell him. Sometimes a small adjustment can make a world of difference. This is another time when writing something down can really help. It isn't going to do much good just to tell your prosthetist that your prosthesis makes your leg hurt. You need to be able to communicate to him/her where it hurts and when it hurts. Does it only hurt in the morning? Does it hurt at the bottom of your residual limb after you're more active later in the day? Does it feel like it's pinching in the back where your knee bends? These are all things that will guide your prosthetist to finding the solution to the problem.

I will close by saying that I realize walking again may not be possible for all amputees. Sometimes other health issues get in the way. This doesn't mean that you can't still move forward. There are many people who live very fulfilling lives without the ability to walk.

With that being said, it is still important to take control of your health. That means eating right, exercising, and finding things in life that you enjoy doing. Remember that depression can be your worst enemy. If you are feeling hopeless, please talk to your physician, minister, or even a trusted friend. They can help you to find ways to get back in control of your life and to begin **moving forward**.

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## Being a Proactive Patient (cont'd)

children with prosthetic needs may find that they are not being encouraged by their healthcare providers in the same way as young, active adults. Unfortunately, recovery expectations are sometimes lower for older adults because of their age and/or other health-related issues. Yet I have worked with hundreds of people in their 70s, 80s and 90s who have been very successful prosthesis users. Still, older adults and their healthcare providers may have to stand up and argue to get insurance companies to pay for the components they believe will help them the most. Regarding children, some physicians and prosthetists believe that it is not necessary to rush babies and younger children into prosthetic care; however, there are still several reasons to begin consulting with a prosthetist as soon as possible, even if you ultimately decide that you will not pursue prosthetic care for your child. Being proactive means believing that whether the person is very young or very old, he or she deserves every opportunity to be successful.

### Proactive Relationships

A good place to start being proactive is in your interactions with healthcare providers, beginning with your doctors. People who are facing amputation need to know every option that is available to them before undergoing surgery. Ask your doctors to explain various surgical options, what you can expect after surgery, and what their recommendations are for prosthetic care, including the use of



Immediate Post-Operative Protheses (IPOP's). Ask for information resources, and then follow up with your own research on the internet and in medical and prosthetic journals. Always seek a second medical opinion before undergoing surgery. And if your physician does not refer you to a prosthetist for a preoperative consultation, take the initiative to schedule one on your own. Remember: Once you have recovered from surgery, you will have little or no contact with the surgeon, but you will require the services of a prosthetist for the rest of your life. The sooner you begin building this relationship, the better. You have every right to request a preoperative consultation that includes you, the surgeon and the prosthetist. If you have had an emergency amputation without the benefit of a preoperative consultation, you are entitled to a detailed postoperative discussion with the surgeon, and you should also request a meeting with a prosthetist as soon as possible. In addition, you might benefit from talking to an Amputee Coalition-certified peer visitor who has experienced the same or similar surgery and recovery. Don't wait for the doctor, prosthetist or anyone else to suggest this; be proactive. Contact the Amputee Coalition of America at 888/267-5669 to help you locate a certified peer visitor in your area.

As you move into the rehabilitation phase of your recovery, you will be working closely with a prosthetist, a physical therapist, and possibly an occupational therapist. All of these professionals will provide you with information and options to consider. Again, be proactive; be prepared to tell them your rehabilitation goals and ask plenty of questions about techniques and products. Supplement this by using the search engine on your computer to tap into an array of information to help guide you through the process of selecting and fitting a prosthesis and to help you learn how to get the most from your rehabilitation. If at any point you feel you are not being heard by your prosthetist or therapist, it is your right to seek a consultation with a different provider and decide if he or she can better meet your needs.

Unfortunately, it is necessary for some prosthesis users to

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# WINNER OF THE 2015 PICTURE OF THE YEAR CONTEST

The votes are in and our 2015 "Picture of the Year" is "Christmas Wishes". It beat "Pie Face" by only one vote. The voting was close all the way around. We hope that you enjoyed the contest and the pictures as much as we did! Now we will just have to see what 2016 will bring!



CHRISTMAS WISHES

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## TEST YOUR KNOWLEDGE

Unscramble these words and use the letters in parentheses to complete the sentence. You can find the answers on Page 7.

- NHYEO ( ) \_\_\_\_\_
- LEEJYWR ( ) \_\_\_\_\_
- ADNYC ( ) \_\_\_\_\_
- SSERO ( ) \_\_\_\_\_
- UETR OELV ( ) \_\_\_\_\_
- TRWHEASTE ( ) \_\_\_\_\_

TWO \_\_\_\_\_ BECOME ONE.

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## LET'S GET MOVING! - by Belinda

Having good hip strength is a very important factor in a lower limb amputee's ability to become mobile following surgery and continuing throughout his/her life. As we age, our body begins to succumb to the strain we have placed on it, leaving many of us with the need for joint replacement. We can lessen the need for or at least delay hip replacement by maintaining or developing strength in our hips. If you are experiencing hip pain, you may want to schedule an appointment with your prosthetist to see if you have proper alignment. Don't make the mistake of just attributing your hip pain to "old age". Talk to your prosthetist and your physician to see if there is an underlying problem. Once you have done this and are ready to begin exercising, the following article from the Amputee Coalition on hip strength training will be a great place to start. So come on everyone, **let's get moving!!**

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## Being a Proactive Patient (cont'd)

have revision surgery to achieve better fit and function of their prosthesis. If you are ever advised to have revision surgery, approach the situation proactively by:

- Seeking at least two medical opinions
- Seeking at least two prosthetic opinions
- Requesting to meet with one or more people who have had similar revision surgeries
- Doing some independent research on revision surgery procedures and options and subsequent prosthetic options
- Educating Yourself

Every person with a limb difference can benefit from the wealth of information that is available through the Amputee Coalition. Amputee Coalition publications and the Amputee Coalition website ([www.amputee-coalition.org](http://www.amputee-coalition.org)) are some of the best resources for educating yourself about amputation, prosthetics, rehabilitation and lifestyle recovery. The website also offers an online support group, an online library catalog of amputation related materials, and links to other key sites, publications and journals.

In recent years, the market for prosthetic components has exploded with choices. There are hundreds of socket designs, feet, hands, knees, and accessories to select from. It can be overwhelming to try to determine what is best for your specific situation so educate yourself as much as you can and allow your prosthetist to help guide the decision-making process. Learn about the components you are interested in, and, whenever possible, talk directly with others who are using them. Remember, however, that just because a certain item works great for someone else, it does not mean that the item will be exactly right for you. Fortunately, some manufacturers will allow a trial period for their components so be sure to ask if this is an option. Look at what is important in your life, what activities you wish to pursue, and use this to guide your questions, research efforts, and your choice of components. Also keep in mind that product marketing and advertising are methods for increasing the sales of specific items. Balance the fabulous claims you may read about in ads with the input of your prosthetist, the experiences of other users of the products, and the more objective information you are able to gather on your own.

Ultimately, your choice of components may be dictated by your managed-care organization or Medicare. If you are in sharp disagreement about the components your plan will cover, you will have to be prepared to stand up and argue your case. Your doctor and prosthetist can be very helpful in this process. If you cannot get authorization on certain items, these healthcare providers can help you get authorization or determine the next best choice. If nothing else works, you have the option of paying for the item out-of-pocket. Still, that's something you'd probably like to avoid.

### Be Proactive!

Remember: Being proactive is your choice. Make it happen by asking questions, doing research, standing up for what you deserve, and setting high expectations for your healthcare team.

### About the Author

Kevin Carroll, MS, CP, FAAOP, has been a practicing prosthetist for 28 years. He is the vice-president of prosthetics for Hanger Prosthetics & Orthotics in Bethesda, Maryland. He presents scientific symposiums to healthcare professionals both nationally and internationally and manages one-day prosthetic clinics for patients with complex cases.



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## LET'S GET MOVING! (cont'd)

### Hip Strength Training for Amputees

by Cindy Asch-Martin

Learning how to walk with a smooth gait can be challenging at first. Your hips will be tight, so learning and practicing how to focus on keeping your hips limber and strong is where we will begin.

As amputees, we already know that our body is no longer in balance; we tend to favor our sound leg over our prosthetic leg. We tend to walk gingerly, as it can hurt or feel very uncomfortable; this is especially true for new amputees who are just learning how to walk with a prosthesis. At first, try using either crutches or a walker to help you maintain your balance; it will also minimize the discomfort of your residual limb.

As we age, we tend to sit for extended periods of time, in a car, at work, watching TV or at the computer. In the sitting position, your hip flexors shorten and will begin to get tighter as time passes. When you stand up, you can feel a tight or painful sensation either in your back or in the front portion of your upper leg. You need to learn how to correctly execute the movements of your hips so you can get the best possible results. The following exercises can be done at home on a daily basis; no equipment is needed.

#### EXERCISE ONE

The starting position for this exercise is lying on your stomach on a flat surface. If you find lying on your stomach too difficult or uncomfortable, you may choose to lie on your side. Just make sure you are only moving your leg/residual limb back without moving the top half of your body forward. Bearing in mind that your leg must stay straight, hold your leg back for a count of two, and then bring it back over your lower leg.



#### EXERCISE TWO

This standing position can be done as an alternative for those who may find it too difficult or uncomfortable to lie down. Holding on to the back of a chair will help you keep your body in good form. This exercise works your hip flexors as well as your buttock muscles.

Keep in mind that you are only pushing your leg backward and leaving your upper body straight up. Do your best to avoid leaning your upper body forward or you will not feel your hip flexors. Think of your leg as a pendulum – push your leg backward without bending your knee, hold for a count of two, then slowly bring it back down to meet your standing leg. Try not to touch the ground with it, as you need to keep the tension on your working leg.

Equipment is optional; once you have mastered this movement, you can add an elastic band for increased resistance.

#### EXERCISE THREE

In this exercise you will be lying on your side on a flat surface. Lift your leg straight up; this movement is called hip abduction. Hold for a count of two, then lower it back down slowly. Do not rest your upper leg/limb on your lower leg/limb; you need to keep the tension on the muscle during the exercise. It can be helpful to put a finger on your hip so you know where the target zone is. Do three sets with 10 repetitions per leg.



**You need to learn how to correctly execute the movements of your hips.**

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## Q & A

– by Belinda

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response.

From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

The question that I have chosen for this month is: "I am terrified to get out when it snows. I am so afraid that I am going to fall or get stranded in my car; do you have any suggestions?" Even a person with 4 sound limbs can get anxious about the winter weather. With some preparation, caution, and common sense we can all survive what winter throws at us. First, if you are going to be walking in the snow, make sure that your shoes have good tread on them. You can also purchase rubber straps with spikes in them to slide over your shoes for added traction (I purchased mine at Lowes). Always be sure to dress warmly even if you only plan to be outside a few minutes. If you do fall, you don't want to suffer frostbite while waiting for help. In order to get that help, you should always carry your cell phone. Be more cautious and don't take chances. If a sidewalk looks like a sheet of ice, find another route or go back another day. If you aren't in good physical condition, hire someone to shovel your driveway. Each year lives are lost to heart attacks from people shoveling their sidewalks. It isn't worth it.

When driving in bad weather give yourself extra time to get to your destination. Leave more room between your car and the one in front of you. Be extra careful traveling over bridges and overpasses. They freeze more quickly. Take the time to clean the snow off of your windshield, windows, and head and brake lights. You don't want to drive with an obstructed view, and you want other drivers to be able to see your vehicle. Keep a box with emergency items somewhere within reach, especially if you are going to be out alone. A blanket, dry socks, gloves, a flashlight, extra batteries, a few bottles of water, and some snacks. In your trunk, carry a shovel and some kitty litter (for traction). Do not put yourself in a dangerous situation. If you are stranded, call for help! It is a good idea to go ahead and fill up your gas tank if bad weather is expected. If you do become stranded, you will be able to keep the car running to stay warm. Have a mechanic test your battery. You don't want to get into your car in a cold parking lot only to have it not start. Also, have your tires checked. Having a flat tire or running on slick tires is never a good thing, but can be especially hazardous this time of year. If you haven't changed your windshield wipers in the last 6 months, now is a good time to change them and to be sure that your windshield wiper fluid is topped off. Good visibility is crucial in winter driving conditions.

For road conditions in KY, you may call **511**. You can also go to [511.ky.gov](http://511.ky.gov) to download the 511 app to your Smartphone. In Indiana the number to call for road conditions is **1-800-261-7623**. Indiana provides the Hoosier Helper service which patrols main interstates looking for disabled vehicles. The local weather channels also have apps for your Smartphone to keep you connected to weather conditions.

I hope these tips will help and remember – **NEVER TEXT WHILE DRIVING!** This is even more important during hazardous driving conditions. So enjoy the winter months! Stay warm and stay safe!

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## Hip Strength Training for Amputees (cont'd)

(Photos provided by Jason T Kahle, CPO and M. Jason Highsmith, DPT, CP, FAA)

When we exercise, we need to be mindful and control our movements. Do not use momentum to carry you from one movement to the next. Stop with a pause between each movement or your muscles will not benefit from the exercises.

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## J'm Moving Forward . . .

Each month we are including a picture of one of our members *moving forward* after limb loss.



Paul Weber *moving forward* and making new friends.

\*\* If you would like to submit a picture of you *moving forward*, send it to Belinda or Julie. \*\*

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**SORRY, SON... THERE'S NO APP FOR THAT**



## SPOTLIGHT - by Belinda

Each month in our Spotlight column, we introduce you to one of our members. This month the spotlight shines on Paul Weber. Paul joined our group last February after moving here from California, and in the beginning he wasn't too keen on our winter weather. When he first came to the group he was very quiet, but during this past year I have seen him becoming much more self-confident. He even joined some other members in

talking in front of a group of school children when we met the Haitian Amputee Soccer Team. Paul



and his sister Mary Jo Kolb wrote the following story. I know that you will enjoy reading it and getting to know Paul a little better.

Paul David Weber

Born May 11, 1961

"I was born in Beeville, Texas, to a large Military family. I moved 8 times before I was 11. My dad retired from the Marine Corp and bought a house in Irvine, California. I lived there until I came to Kentucky. I have 6 sisters and 1 brother. Mary Jo is the oldest. I am in the middle. Since I lived in southern California I was able to attend many music concerts. My first was Journey and my favorite was Ozzy at Oz fest.

I like to build model cars and airplanes. I had to sell a lot of them when I moved to Kentucky. I am a baseball fan and follow the Angels. I was able to attend many of their games. I was diagnosed with Type 1 diabetes at 9 years old. It was hard for me, having so many siblings who were not diabetic. I had many trips to the hospital.

I love fast cars, motorcycles, and anything with a wheel on it. At age 21 I had a wreck on my motorcycle and had a traumatic brain injury. I also broke my pelvis and both legs. I was in a body cast for 6 months. One leg was longer than the other after all the healing was done.

I attended a program called High Hopes which was for TBI patients. Due to my head injury I could not live on my own so I stayed with my parents.

In 1999 I had kidney failure and went on dialysis for 5 years. I got on a transplant list since none of my family could donate a kidney for me. I had to receive a kidney and pancreas from the same person. I got my transplant in 2005.

Everything seemed to be going well and then I had a small blister on my foot and let it go. I had to have my right leg amputated below the knee because I had such bad circulation. I had the amputation in October, 2013. Then my mom died in April, 2014, and we had to sell my mom's house and move to Kentucky.

I had one pet for 30 years. Her name was Babe and she was a Red Tail Boa Constrictor.

I am looking forward to meeting everyone in the group and doing more activities."



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## JANUARY RECAP

The IN meeting was held on Mon., Jan. 18<sup>th</sup>, at Southern Indiana Rehab Hospital. Despite the extremely cold weather, members turned out to catch up after the holidays and discuss a wide range of topics. We ended the meeting by talking about plans for the upcoming year.

At the KY meeting which was held on Sat., Jan. 23<sup>rd</sup>, at Baptist Hospital East, Colleen Hester gave a presentation on the Challenged Athlete Foundation. Colleen is the mother of *MOVING FORWARD*'s youngest member, 6-year-old Reid. Colleen and Reid attended the 2015 Amputee Coalition National Convention which was in Tucson, Arizona. While attending the convention, they met representatives from the Challenged Athlete Foundation and were invited to attend an event in San Diego, CA. The San Diego Triathlon Challenge combines 10 miles of running, 44 miles of bicycling, and a 1-mile swim. While there, Reid was presented with a running leg courtesy of Ossur and participated in a race only a few days later and finished 4th overall. The Challenged Athlete Foundation provides grants to purchase adaptive sporting equipment for challenged athletes. They also hold clinics and events all around the country to allow challenged athletes to gain skills and compete. Another highlight for Reid while attending was learning to surf. Since returning from the event, Reid has participated in a 5K race and is considering participating in the Endeavor Games this summer with one day hoping to participate in the Paralympics. For more info on the organization and to see pictures of the event go to their website at [challengedathletes.org](http://challengedathletes.org). To learn more about the Endeavor Games, go to [ucoendeavorgames.com](http://ucoendeavorgames.com). We want to thank Colleen for this inspirational and informational presentation, and we would also like to thank Bryan Swint, a prosthetist from Kenney Orthopedics, for answering questions from the group. Following the presentation an open discussion was held on many topics. We concluded by making plans for the upcoming March Madness Chili Supper and talking about a long list of ideas for possible future events, meetings, and activities.



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*\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the Coalition to provide advice but rather to provide information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. \*\**



### DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM

Register or re-enroll online, if you have not done so, at: [krogercommunityrewards.com](http://krogercommunityrewards.com). *MOVING FORWARD* Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.



## Krafty Kids ... by Beverly

This fun and easy handprint heart craft for Valentine's Day is perfect for young children. Many just love to get their hands dirty, so this handprint heart craft is perfect for them, as they get to do just that: Paint their hands. So this craft is not just quick and simple, but also fun and very personal. Whether you want to make cards for the family or your child's first crush, you can't go wrong with this.

### What you need:

Paint – red or pink are perfect for Valentine's Day  
Paper or cardstock  
Paintbrush

### Instructions:

First, paint one hand only. Keep the fingers together and press the hand firmly on to a sheet of paper or cardstock. Make sure you don't move the hand around when you pick it back up.



Now paint the second hand. Repeat Step #2, but make sure that the fingers are overlapping and the thumbs barely touching. That is how you create the heart shape.

To finish this craft and personalize it even more, we wrote a sweet little message all the way around the heart. Then we cut out the heart and glued it onto a piece of cardstock, folded in half to make a card out of it.

*Extra Tip #1:* You can use this same craft idea for gift ideas for grandparents or other family members. Instead of using paper or cardstock, try using a canvas and add the date and your child's name to make a great piece of art out of it.

*Extra Tip #2:* Another great gift idea is to put the handprint on fabric, like a pillow case. You can print straight on to the fabric easier, or you can do it on paper and scan it. Then print it out on special iron on transfer paper and simply iron it on to a fabric of your choice, like a pillow case or a shirt.

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## CONTACT INFO



*Call for meeting times & locations!*  
*MOVING FORWARD Support Group*  
[moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)  
502-509-6780 - [ampmovingforward.com](http://ampmovingforward.com)  
Facebook: Moving Forward Limb Loss Support

- Belinda Jacobi, President  
[belindajacobi@yahoo.com](mailto:belindajacobi@yahoo.com)  
812-620-3694
- Kelly Reitz, Vice-President / Facebook Editor  
[Kireitz2012@gmail.com](mailto:Kireitz2012@gmail.com)  
812-572-7955
- Mary Jo Kolb, Secretary  
[mjk2you@gmail.com](mailto:mjk2you@gmail.com)  
502-727-9566
- Julie Randolph, Treasurer / Newsletter Editor  
[jbrsweepea@yahoo.com](mailto:jbrsweepea@yahoo.com)  
812-557-3970
- Mike Portman, Board Member-at-Large  
[mdportman712@gmail.com](mailto:mdportman712@gmail.com)  
502-262-8344

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### TEST YOUR KNOWLEDGE ANSWERS (from Page 3)

HONEY, JEWELRY, CANDY, ROSES, TRUE LOVE, SWEETHEART

TWO HEARTS BECOME ONE.



## ..... from Beverly's Kitchen

In honor of the cold month of February, below is a heart healthy, low sodium soup to enjoy.

### Best Lasagna Soup Recipe

TOTAL TIME: Prep/Total Time: 30 min. MAKES: 8 servings

#### Ingredients

- 1 pound lean ground beef (90% lean)
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- 1 can (8 ounces) tomato sauce
- 1 cup frozen corn
- 1/4 cup tomato paste
- 2 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 2-1/2 cups uncooked spiral pasta
- 1/2 cup shredded Parmesan cheese



#### Nutritional Facts

1-1/3 cups soup with 1 tablespoon cheese equals 280 calories, 7 g fat (3 g saturated fat), 41 mg cholesterol, 572 mg sodium, 35 g carbohydrate, 4 g fiber, 20 g protein. Diabetic Exchanges: 2 lean meat, 2 vegetable, 1-1/2 starch.

#### Directions

In a large saucepan, cook beef, green pepper and onion over medium heat 6-8 minutes or until meat is no longer pink, breaking up beef into crumbles. Add garlic; cook 1 minute longer. Drain. Stir in tomatoes, broth, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat; simmer, covered, 10-12 minutes or until pasta is tender. Sprinkle with cheese. Yield: 8 servings (2-3/4 quarts).

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## UPCOMING EVENTS

### Meetings:

Feb. 15th, Monday, from 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

Feb. 27th, Saturday, from 2:00 - 4:00 p.m. at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center.

### Events:

Feb. 27th, Saturday, from 9:00 - 11:00 a.m. at the Harrison County Hospital in Corydon, IN, *MOVING FORWARD* will be taking part in a Community Health Fair. There will be booths from various agencies and free health screenings. Contact Kelly or Belinda for more details.



Mar. 5th, Saturday, from 5:00 - 8:00 p.m., *MOVING FORWARD* will host its "March Madness" Chili Supper at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. Admission will be \$5.00 and that will include all the chili, hot dogs, and deserts that you can eat (there is no charge for children under 12 years of age). We will once again be holding our "Chili Cook-Off" with awards for Judge's Choice and People's Choice.

Anyone bringing a pot of chili may enter the competition at no charge. We will also be having our Best-Dressed Fan Competition so you are encouraged to wear your favorite team's apparel. There will be games for both adults and children. This is a pitch-in, so we would appreciate it if you would bring chili and/or a dessert. The group will be providing hot dogs, chips, crackers, drinks, and utensils. This is always a fun event and you are encouraged to attend!!!

There are many other events in the planning stages. Future events will be posted on our website at [ampmovingforward.com](http://ampmovingforward.com), our Facebook page, and in the UPCOMING EVENTS section of our newsletter.

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## FEBRUARY – AMERICAN HEART MONTH

We would like to share with you this information from the U.S. Department of Health & Human Services at [hhs.org](http://hhs.org). Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 of every 4 deaths in the country. For some groups, such as African Americans, the burden is even greater. As a nation, we can—and must—change these numbers. The good news is that heart disease and stroke can be prevented, and February—American Heart Month—is a great time to refresh your memory on the small but important actions you can take.

The national Million Hearts® initiative is working to prevent 1 million heart attacks and strokes by 2017. How can you reduce your risk? One way is to know your ABC'S:

Ask your health care provider about taking **A**spirin.

Make control your goal: if you have high **B**lood Pressure, work with your health care provider to get it under control.

Find out how to best manage high **C**holesterol.

**S**top Smoking—or don't start.

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## FEBRUARY – LOW VISION AWARENESS MONTH

The following information is from the Glaucoma Research Foundation. To find out more about low vision, visit their website at [glaucoma.org](http://glaucoma.org).

### What is Low Vision?

Low vision is when even with regular glasses, contact lenses, medicine, or surgery, people have difficulty seeing, which makes everyday tasks difficult to do. Activities that used to be simple like reading the mail, shopping, cooking, and writing can become challenging.

Most people with low vision are age 65 or older. The leading causes of vision loss in older adults are age related macular degeneration, diabetic retinopathy, cataract, and glaucoma. Among younger people, vision loss is most often caused by inherited eye conditions, infectious and autoimmune eye diseases, or trauma. For people with low vision, maximizing their remaining sight is key to helping them continue to live safe, productive, and rewarding lives.

The first step is to seek help.

"I encourage anyone with low vision to seek guidance about vision rehabilitation from a low vision specialist," advises Paul A. Sieving, MD, PhD, director of the National Eye Institute (NEI), one of the National Institutes of Health (NIH) & the federal government's principal agency for vision research.



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