



NEWSLETTER ♦ 109th Edition ♦ Sep 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

As is customary, this section of the monthly newsletter usually contains my take on the weather or season of the year. For now, I'll just say it's still too hot and muggy! The end of summer is fast approaching and hopefully, along with the beginning of autumn, we'll soon begin to see cooler temperatures.

But the summer has been very productive. The container garden I wrote about a couple months ago produced an abundant crop of very tasty grape tomatoes and enough pickling cucumbers to yield 4 qts of refrigerator pickles, 3 qts of bread and butter pickles, and 1 qt of sliced dill pickles. They were very easy recipes that I'll be happy to share - just ask.

As for the *MOVING FORWARD* group, we are looking forward to a season of fun activities and growth. We will start having restaurant outings again, the first one scheduled for September 10 at Bubba's 33, located at 4631 Medical Plaza Way, Clarksville, IN 47129. Meet us there at 1:00 pm for a time of socializing and networking, and we will also rate the restaurant based on handicapped accessibility and service.

Plans are also in the works to have speakers at upcoming meetings, so watch for those

~ cont'd on Page 2 Column 1 ~

SPOTLIGHT

on **BRIANNA HEITZMAN**

Hello, my name is Brianna. I'm 42 years old. I'm a bilateral amputee. I work at Down Syndrome of Louisville as an Employment Specialist. I was born and raised in Crestwood, KY, but have spent most of my adult life living in Taylorsville, KY. I enjoy crocheting, coloring, cooking, and caring/helping others. I have 4 Chihuahua's that I consider to be my children. I have one sister that I'm extremely close to. My parents, my sister and her husband live in Crestwood, KY, still. I have lots of nieces and nephews, grandchildren, and great nieces and great nephews.

What are some highlights of your current situation? Married? Children/grandchildren?

I have been married and divorced twice - I have step children from both marriages that I try to keep in contact with. I also have grandchildren from my first marriage that I see occasionally. Currently, I live with my boyfriend Shaun of 3½ years. I have no children of my own and neither does Shaun.

How long have you been an amputee? What was the reason for your amputation?

I have been an amputee for almost 2 years. I became an amputee due to Covid, a result of ECMO and pressures.

What are the biggest challenges you've faced as a result of losing a limb?

Just being able to walk again and do daily activities such as typing, cutting, using a knife, etc.

~ cont'd on Page 2 Column 2 ~

EDITOR'S NOTE (cont'd)

announcements in this newsletter and on our Facebook page.

We will be recognizing our veterans during the October meeting, so plan on attending to honor our members who are veterans for their sacrifice to keep us free.

November is National Family Caregivers Month, and we are planning a special celebration for all our caregivers to show our thanks for their sacrifices as well.

I want to give a shout out to Keri Nifong, Community Liaison at Southern Indiana Rehab Hospital for helping to promote the group. I'd also like to extend an invitation to ALL members of the group who are able to come across the bridge and join us for our next Indiana meeting on September 19, 2022, at 6:00 - 7:30 pm. The hospital is located at 3104 Blackiston Blvd, New Albany, IN 47150.

Thank you also to Mark Nesbit with Neuros Medical for providing our lunch at the August Louisville meeting. We really enjoyed the Chick-fil-A!

The September meeting in Louisville will be held on the 24th, 2:00 - 4:00 pm at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219. Last, but not least, my favorite Autumn quote:

Thanks, Fall, my muffin top is now a pumpkin roll!!

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## RECIPE OF THE MONTH

### HASH BROWN CASSEROLE

2 pounds frozen hash brown potatoes (thawed)  
1/2 c. margarine, melted  
1 tsp. salt  
1/2 tsp. pepper  
1/3 c. onion, finely chopped  
1 can cream of chicken soup  
2 c. Colby Jack cheese, shredded  
Spray 9x13" baking dish with cooking spray.  
Combine soup, margarine, salt, pepper, onions and cheese.  
Mix in potatoes and pour into baking dish.  
Bake, uncovered, at 350 degrees for 35 minutes.

## SPOTLIGHT (cont'd)

*Do you work and, if so, were you able to return to the same job you had prior to amputation?*

I am currently back to work at Down Syndrome of Louisville, where I worked before getting sick. I am only working part-time and not doing the same work I did before.

*What are some of your favorite activities? Are you involved in sports of any kind?*

My favorite activities are hanging out with friends, going to church, and participating in Pioneer events. Our family has dressed up and done 18th century pioneer reenactments for many years now.

*What goals would you like to accomplish that keep you moving forward?*

I would like for this time next year to have been able to be out of my chair full-time, lost weight, and learned to swim again.

*What other things about you would you like for people in the group to know?*

I am on the Board at my Church and used to be the Women's Ministry Director at my church.

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QUOTE OF THE MONTH

"The strongest people are not those who show their strength in front of us, but those who win battles we know nothing about."

-- Author unknown

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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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Labor Day will occur on Mon, September 5. Labor Day pays tribute to the

contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans and is celebrated with parties, street parades, and athletic events.

Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history’s most dismal chapters.

In the late 1800’s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts’ wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Who Created Labor Day?

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President Grover Cleveland signed it into law. More than a century later, the true founder of Labor Day has yet to be identified.

Labor Day Celebrations

Labor Day is still celebrated in cities and towns across the United States with parades, picnics, barbecues, fireworks displays and other public gatherings. For many Americans, particularly children and young adults, it represents the end of the summer and the start of the back-to-school season.

www.history.com



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

AmazonSmile

Go to “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, 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 Loss Network & Social 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”

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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