



NEWSLETTER ♦ 76th Edition ♦ Dec. 2019

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

The Holiday Season is officially upon us now, with the passing of Thanksgiving, and everywhere we look the Christmas preparations are under way. Traffic is heavier, shoppers are crowding all the stores, and everyone is busier than ever. But among all the hustle bustle, it's necessary sometimes to take a step back, take a deep breath, and be still for a moment. It's a time for many that can be very depressing and blue. Let's not forget those that are less fortunate, and struggling.

With that said, our Annual Sock Drive for the Salvation Army has been a huge success, we beat last year's numbers, and exceeded our goal of 1500 pairs of socks by collecting 1882 pieces of clothing, including socks, gloves, hats, scarves, and coats. The collection continues through December 7, 2019, so if you have additional items, please bring them with you to our Christmas Party.

As we continue to evolve and get closer to the New Year, there will continue to be small changes, one of which will be that the previous month's Recap will be included every month in this article. As was mentioned above, the Sock Drive was our main focus for November and David Yarmuth from the Salvation Army attended our Louisville meeting and spoke to us about the organization's focus, not just during this season of giving, but what they do all year round. There is so much more involved in

~ cont'd on Page 2 Column 1 ~

Public Transportation Options Part 1

- by Mallori Puchino

Your friend calls you up, inviting you to join them at the mall, to get that holiday shopping taken care of and you are excited. You get to get out of the house, take care of some important errands, spend some time with your friend, and you know you will have a little extra help if you need it to juggle your purchases. How convenient! Two problems: you are in a wheelchair (whether that's a full-time thing or it's just one of those days), and neither you nor your friend own an accessible vehicle. What do you do?

If you use a folding wheelchair or walker and can safely transfer on your own, you can call a taxi, Lyft, or Uber, just like anyone else. In the world of apps, iPhones, and rideshares, it can be a pretty convenient and somewhat affordable option. Regardless of the service you choose, each of them are required to accommodate you as long as you can manage your transfer independently. The driver is typically there within twenty minutes and, if you are lucky, will fold and load your chair for you.

But, what if you are using a power-chair? Power-chairs don't exactly fold up conveniently, nor are they light-weight. So what are you to do? Any taxi service you call will refer you to TARC 3, a service that is only available after a lengthy application process and you would need to book a ride in advance, from 2 weeks to 4:30pm the day before. We'll get into that next month.

Lyft, while updating the public about their ADA compliance with their user-friendly "accessible" app and service dog acceptance, does rely on independent drivers and their personally-owned vehicles. As stated above, having lift equipment, ramps, trailers all rack up to be pretty expensive, so that's not a main priority for the majority of

~ cont'd on Page 2 Column 2 ~

EDITOR'S NOTE (cont'd)

the function and the services they provide, including rehabilitation services.

Don't miss out on the second installment of a series of articles on Public Transportation Options by Mallori Puchino included in this issue. Hope to see all of you at the Christmas Party this Sat., Dec. 7, 2019, from 5:00 to 8:00 p.m. at the Okolona Firehouse. Merry Christmas and Happy New Year!!

~~~~~

## UPCOMING EVENTS

### MEETINGS:

**December 17** – Monday 6:30 – 8:30 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

Due to the Christmas Holiday, there will be no Louisville meeting this month. Louisville meetings will resume in January, 2020.

### EVENTS

**Annual Christmas Party** – December 7, Sat., 5:00 – 8:00 p.m., at the Okolona Firehouse on Preston Highway (see attached flyer for more details). There will be food, entertainment, games for the kids, and prizes for all, as well as a visit from the Jolly Old Elf himself, Santa Claus!! See you there!!

The Bellarmine University Physical Therapy Amputee Community Partner Project continues. Please Contact Megan Aebersold at 270-980-0521 to participate.

~~~~~

RECIPE FOR DECEMBER

SNOW ICE CREAM II

Prep 20 min. Ready in 20 min.

Recipe by: Lil'MadSavy

"I have fond memories of my mom making this for us as a child. And now I get to make it for my 3 year old."

Ingredients

1 gal. snow 1 Tbs. vanilla extract
1 cup white sugar 2 cups milk

Directions

When it starts to snow, place a large, clean bowl outside to collect the flakes. When full, stir in sugar and vanilla to taste, then stir in just enough milk for the desired consistency. Serve at once.

~~~~~

## Public Transportation Options Part 1 (cont'd)

the public. I've used Lyft; I've driven for Lyft; I have never seen a Lyft vehicle with power-chair accommodations. When reviewing Lyft's website, I was directed to their "Accessibility Services" which provided me with a list of services available in my area: TARC 3.

Uber touts UberWAV, a new fleet and completely independent app for wheelchair users. Forget searching around for different options and figuring out how to add your special requests on the original app. Now there is an independent app that allows you to order exactly what you need, guaranteed to provide you accessible service at the convenience and price expected of other ride-share experiences. Sounds perfect right? Unfortunately, this is a pilot program, so it is only available in a few cities. Our area is not one of them. In the future, we can hope this program becomes available in our city or that other services will model similar programs. But for now, enjoy these services while visiting Chicago, DC, New York City, Philadelphia, Boston, Los Angeles, San Francisco, Portland, Phoenix, Houston, Austin, Toronto, the UK, Bangalore, Paris, and Newcastle (Australia).

Next month, we'll explore TARC and TARC 3 and how to use their services. If you have any personal experiences to share on public transport in the area, send me an email at [mallorina.mp@gmail.com](mailto:mallorina.mp@gmail.com).

~~~~~

QUOTE OF THE MONTH

- | | |
|-------------------|----------------------|
| DON'T JUST | 1. Generosity |
| TEACH | 2. Politeness |
| KIDS | 3. Integrity |
| HOW TO | 4. Effort |
| COUNT, | 5. Courage |
| TEACH | 6. Resilience |
| THEM | 7. Gratitude |
| WHAT | 8. Faith |
| COUNTS | 9. Kindness |
| THE MOST. | 10. Love |



~~~~~

## PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at:

[ampmovingforward.com](http://ampmovingforward.com)

~~~~~

Ways to Donate to *Moving Forward* Limb Loss Support

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 AmazonSmile Foundation 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 Support Group, Inc."

Kroger Community Rewards Program

Go to

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

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)

Enter our organization number: DC476 or, Search for "Moving Fwd Limb Loss Support"

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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, ***Moving Forward*** is listed.



CONTACT INFO



MOVING FORWARD Limb Loss Support Group

Email: moving4wdamputeegroup@gmail.com

Website: ampmovingforward.com

502-509-6780

Facebook: *Moving Forward* Limb Loss Support and *Moving Forward* Limb Loss Support Group for Young Adults Ages 18-38

Kelly Grey, President / Facebook Editor / Newsletter Staff

kjgrey79@gmail.com • 502-235-3146

Elaine Skaggs, Vice-President / Newsletter Staff

elaineskaggs@ymail.com • 502-548-6419

Julie Randolph, Secretary / Newsletter Editor

jbrsweepea@yahoo.com • 812-557-3970

Mary Jo Kolb, Treasurer

mjk2you@gmail.com • 502-727-9566

Mike Portman, Board Member-at-Large

mdportman712@gmail.com • 502-262-8344

Katie Flanigan, Writer / Young Adult Facebook Editor • katiemovingforward@gmail.com

812-987-5329



MOVING FORWARD Limb Loss Support Group
Newsletter CORPORATE SPONSORS:



Chris Luckett, C.P.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



Bruce Luckett, L.P.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C
Louisville, KY 40207
Phone: 502.895.8050
Fax: 502.895.8056

742 East Broadway
Louisville, KY 40202
Phone: 502.584.2959
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com

MOVING FORWARD Limb Loss Support Group
Newsletter CORPORATE SPONSORS:



DONNA HINNANT CP, LPO
DHINNANT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM



BRYAN SWINT, CPO/L
ORTHOTIST/PROSTHETIST
BSWINT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM

Kentucky Prosthetics & Orthotics

1169 Eastern Parkway Ste. 4423
Louisville KY 40217

502-585-4228

Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

lendingahand@gmail.com

Facebook & YouTube: BillyPAmputee

