

NEWSLETTER ♦ 125th Edition ♦ Jan 2024

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

Each year seems to pass a little faster than the last, and 2023 was no exception. Another 365 days have passed; we have aged another year and hopefully have grown wiser from our experiences. We have managed through another year, met new challenges, made new acquaintances, and possibly have lost people dear to us. C.S Lewis asks us to consider the following question; "Isn't it funny how day by day nothing changes, but when you look back, everything is different." When we look at our lives on a day-to-day basis, we hardly notice some of the changes that are taking place to us and to those who interact with us. New Year's 2023 is probably the one time during the past year that we will take a minute to look back, not only on the past year but on the experiences that impacted us during the last 365 days. It's true that we are the sum total of all of our life experiences, good or bad; and these life experiences have contributed to who we

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UPCOMING EVENTS

Monday January 15 – 6:00 to 7:30pm Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany IN, in the Conference Room.

Saturday January 27 – 2:00 to 4:00pm Louisville meeting at Okolona Fire House, 8501 Preston Highway, Louisville KY. There will be a separate meeting for Caregivers during this meeting.

The officers will be planning some new events for the coming year, and we are looking for suggestions of things you would like to participate in. We hope to resume the Restaurant outings soon, so tell us where you'd like to go.



EDITOR'S NOTE (cont'd)

are today. While we are impacted by these changes, we do have a choice in the path that we take into the future year. I believe that Alex Morrith states it well when he writes, "New year, new chapter, new verse, or just the same old story. Ultimately, the choice is ours, we write our own story."

As 2023 comes to a close, let's give some thought to those things we can truly impact: actions that will not only better serve our needs but the needs of those around us so that next December 31, we can look back on our year, see how we have changed, and feel proud that we might have possibly touched a life in a positive way. Happy New Year!

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## RECIPE OF THE MONTH SLOW COOKER TERIYAKI CHICKEN

*By: Alyssa Rivers*

Slow Cooker Teriyaki Chicken is a simple saucy, sweet and tangy chicken served over tender long grain rice that truly satisfies. The aroma that will fill your kitchen will make your mouth water all day, the hardest part of this will be waiting till it's done. It's so simple and so flavorful, it'll become a standard in your recipe rotation.

PREP TIME: 10 minutes

COOK TIME: 4 hours

TOTAL TIME: 4 hours 10 minutes

SERVINGS: 6 people

### Ingredients

12 boneless skinless chicken thighs about 3 pounds (I used 4 boneless skinless chicken breasts)

- 3/4 cup sugar
- 3/4 cup soy sauce
- 6 tablespoons cider vinegar

~ cont'd on Page 3 Column 1 ~

## 3 TIPS TO BOOST YOUR SELF-ESTEEM

An amputation is a major event with profound implications for your body, your social life and your emotions. With all these changes happening around you, your self-esteem can take a blow. That's why we've lined up three tips to help you boost your self-esteem.

If you can't find a solution yourself, don't hesitate to reach out to your GP or treating physician to discuss whatever you're dealing with. Professional help is absolutely nothing to be ashamed of and can make a huge difference in your life!

### 1. Become aware of your thoughts

"You can't change what you don't acknowledge."

Have you come across this famous quote from Dr. Phil before? It might be a cliché, but like every cliché, there is a grain of truth in it. Simply put: you can't change anything if you don't realize that something has to change. That's why it's important to become aware of your negative thoughts first, as you can only start distancing yourself from them once you know what they are. When you're aware of your negative thoughts, you'll be much less likely to believe them!

When you find yourself thinking a negative thought about yourself, calmly acknowledge what's happening and remind you that it isn't a fact, but just a thought. Mindfulness is a good way to become aware of your thoughts without judging them.

### 2. Remember: you are not your circumstances

Every human being is born equal, regardless of their circumstances. Yet many people believe that their circumstances in life determine who they are and what they are worth. If their circumstances are negative, their self-esteem will drop, accompanied by

~ cont'd on Page 3 Column 2 ~

## SLOW COOKER TERIYAKI CHICKEN (cont'd)

- 3/4 teaspoon ground ginger
- 3/4 teaspoon minced garlic
- 1/4 teaspoon pepper
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- Hot cooked long grain rice

### Instructions

- Place chicken in a 4 quart slow cooker.
- In a large bowl, combine the sugar, soy sauce, cider vinegar, ginger, garlic and pepper. Pour over chicken.
- Cover and cook on low for 4 to 5 hours or until chicken is tender.
- Remove chicken to a serving platter; keep warm.
- Skim fat from cooking liquid. Place liquid in a saucepan and bring to a boil. Combine cornstarch and water until smooth. Gradually stir into liquid and stir until sauce is thickened. Serve with chicken and rice.

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3 TIPS TO BOOST YOUR SELF-ESTEEM (cont'd)

thoughts like:

- I lost my job; I'm such a loser.
- I'm on a diet and still ate a chocolate bar; I have zero willpower.
- I had an amputation, so I'm incomplete.

Do you recognize any of these thoughts? If you do, stop thinking them immediately!

Regardless of your circumstances, you're worth exactly the same as everyone around you.

The idea that we're worth less than other people is a false belief that we teach ourselves over the years. Teach yourself to get rid of this dangerous belief by looking closely at yourself. What have you been through? And how do these events affect how you feel about yourself? From now on, treat yourself like a good friend and have compassion for yourself. Some things in life are beyond our control. Do not let your self-esteem depend on what happens to you. Remember that you are worth no less than you were yesterday and will not suddenly be worth more tomorrow.

3. Get the very, very best out of yourself!

"Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

This apocryphal quote is often attributed to Albert Einstein, but whoever did say it was entirely right! We all have our strengths and weaknesses. Whatever qualities you have, they say nothing about your core value.

Find out what your strengths are and what sense of self-esteem they inspire. People tend to be excellent at bringing themselves down by stressing their weaknesses, but it makes much more sense to remind yourself of why you're so great! This will help you paint a much more realistic picture of yourself. So: what makes you fantastic and unique?

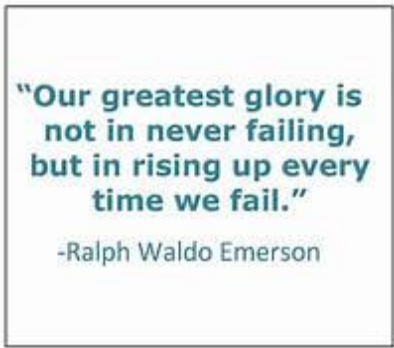
From MOVAO – Tips and Tricks

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# Drinking from My Saucer

– by John Paul Moore

I've never made a fortune  
 and it's probably too late now.  
 But I don't worry about that much,  
 I'm happy anyhow.  
 And as I go along life's way,  
 I'm reaping better than I sowed.  
 I'm drinking from my saucer,  
 'Cause my cup has overflowed.  
 I don't have a lot of riches,  
 and sometimes the going's tough.  
 But I've got loved ones around me,  
 and that makes me rich enough.  
 I thank God for his blessings,  
 and the mercies He's bestowed.  
 I'm drinking from my saucer,  
 'Cause my cup has overflowed.  
 I remember times when things went wrong,  
 my faith wore somewhat thin.  
 But all at once the dark clouds broke,  
 and the sun peeped through again.  
 So God, help me not to gripe  
 about the tough rows that I've hoed.  
 I'm drinking from my saucer,  
 'Cause my cup has overflowed.  
 If God gives me strength and courage,  
 when the way grows steep and rough.  
 I'll not ask for other blessings,  
 I'm already blessed enough.  
 And may I never be too busy,  
 to help others bear their loads.  
 Then I'll keep drinking from my saucer,  
 'Cause my cup has overflowed.



## QUOTE OF THE MONTH



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### PAST 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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