



NEWSLETTER ♦ 92nd Edition ♦ Apr 2021

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.

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### EDITOR'S NOTE

*- by Elaine Skaggs*

April is Limb Loss and Limb Difference Awareness Month, the month designated to honor members of our community and educate others about what it's like to live with limb loss/limb difference. Be sure to check out the Amputee Coalition website to find out some of the activities that will be available this month.

Over the next few months I will be providing information and results of my participation in the QUEST Clinical Research Study that is being conducted locally at U of L Hospital. The study is to prove that the Altius nerve block device when implanted can relieve post-amputation pain, whether physical or phantom nerve pain, improve quality of life, and reduce the use of pain medication. I am currently in the qualification stage, reporting daily on the frequency and severity of pain, and medication used. If all continues to go well, and I meet the qualification, I will have surgery to implant the device by the end of the month. I'm very excited to be a part of this study and will keep everyone updated on my results.

We will continue to hold our virtual meetings,

*~ cont'd on Page 2 Column 1 ~*

### SPRING HOLIDAYS

With all the doom and gloom in our world today, I thought it would be interesting and fun to look for some reasons to celebrate, so here are a few of the holidays we have to look forward to for the month of April. You can find the entire list, a holiday for every day of the month, online at [www.holidayinsights.com/moreholidays/april.htm](http://www.holidayinsights.com/moreholidays/april.htm). Have fun!

#### APRIL 1ST – April Fool's Day

Traditionally, April Fool's Day is an opportunity for playing jokes or tricks on one another. The stranger and the more absurd, the better. The challenge is to carry out a trick that is believable, if only for a little while. Tricks are most successful if played earlier in the day before a person is wise to what is going on. Younger children are also more gullible. Any tricks or jokes must be harmless and in good taste for the unsuspecting "victim". And we suggest you think twice before pulling one on the boss, even if he or she is known to be of good humor. Important: Jokes and gags must be harmless and fun. They must not be dangerous or hurt anyone's feelings. Give your jokes and gags some thought before carrying them out. Then, have fun! We do not know the exact origin of this day. It appears to have a number of possible origins, and may have evolved from any number of them. Some of the origins date back to the days of the Roman Empire.

#### MAR 28TH – Palm Sunday

Palm Sunday begins the Holy week leading to Easter and the resurrection of Jesus Christ from the dead. It commemorates Jesus' triumphant entry into Jerusalem where people put palms down in front of his path. On Palm Sunday, palms are distributed in church and blessed during the mass.

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## EDITOR'S NOTE (cont'd)

the next one being on Saturday, April 24, 2021, at 2:00 p.m. Please join us for the meeting by going to Zoom.com, download the app, and click on Join Meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321. We look forward to seeing you online!!

In addition to that, **WE ARE PLANNING OUR 1ST IN-PERSON OUTING IN OVER A YEAR**, on Sun, May 2, at Sam Peden Park in New Albany IN. We will be having a picnic, and fishing for IN Free Fishing Weekend. How exciting to be able to celebrate each other once again!

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QUOTE OF THE MONTH

Life brings sorrows and joys alike. It is what a man does with them - not what they do to him - that is the true test of his mettle.

– President Theodore Roosevelt

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## Bellarmino Community Partners Amputee Project

Wanted to let you and the organization know that we have resumed our Amputee Project but with a different procedure since we cannot invite the community onto campus. I've contacted Louisville Prosthetics, all the Hanger Clinics, and Kenney Orthopedics to get their approval to come to their clinic to meet and evaluate any candidate for our project. After this initial assessment our plan is to make a series of remote therapy visits with the amputee over an 8 week period. We will send them a video link with pre-recorded exercises, then observe and coach their performance over a Zoom call. An option instead of using Zoom is to set up an office visit with your prosthetist to have the call. The students are available to meet people at the prosthetist's office on Tue and Thur between 11 & 1 and Friday after 12:30.

– Dennis Lesch

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SPRING HOLIDAYS (cont'd)

People take them home and place them around religious pictures, statues or other objects. They remain there for a year until the next Palm Sunday when they are replaced by newly blessed Palms. When discarding old palms, remember it is a blessed religious object and should be burned or buried. Some gardeners bury them in their home garden, believing it will bless the coming year's crop. Did You Know? The ashes you receive on Ash Wednesday are from the prior year's palms.

APRIL 2ND – Good Friday

On Good Friday, Jesus Christ died on the cross. He died for us. But he only died in human form. He then arose from the dead on Easter Sunday morning to show us that there is life after death in heaven. Good Friday is a day of solemn prayer and the final day of fasting for the long Lenten season. Christ was nailed to the cross at noon. His death came at three o'clock in the afternoon. During this time, Christians should spend in prayer and silence. Did You Know? Good Friday is also called "Dark Friday".

APRIL 4TH – Easter

The real meaning of Easter is the Resurrection of Jesus Christ from the dead. To Christians it is the most special day of the year. Yes, the birth of Christ is quite important. But, his resurrection offers the hope of everlasting life to everyone! The Lenten season leading up to Easter Sunday is a time of fasting, sacrifice and prayer. It is the Christian way of replicating in a small way what Christ sacrificed for us, both in his fasting and his final death on the cross. The word "Easter" comes from the Saxon pagan festival honoring the goddess "Easter" (also called Oestre). The goddess Easter's symbol is the rabbit. Did You Know? Approximately 1.5 billion "Peeps" are sold for Easter.

Easter also is celebrated with the Easter Bunny, colored eggs, jelly beans, and lots of chocolate. He (or she, as we are never quite sure about this) comes on Saturday night leading to Easter Sunday morning. He brings lots of chocolates and other candies. That's one meaning to Easter, especially if you are a kid or a "Chocoholic". There is a famous Easter game called the Easter Egg Hunt. Early morning kids go outside to find the many colored Easter eggs that the Easter bunny has hidden the night before. The Easter Egg Hunt was the first game ever invented. It is said that the reason this tradition started was because the Easter Bunny

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Ways to Donate to **MOVING FORWARD** Limb Loss Support

AmazonSmile

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

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://www.amazon.com/smile), 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/)

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"

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.

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## **SPRING HOLIDAYS** (cont'd)

dropped the eggs on the way to deliver them and they hide themselves. That is how the Easter Egg Hunt was supposedly invented. Most of us will celebrate both parts of this spring holiday. Upon awakening Easter Sunday morning, the children will hunt for the Easter basket left by the Easter Bunny. Then the family will dress in their finest new spring clothes, and go off to church to celebrate Christ's resurrection. From there, the holiday tradition varies. Some have a big breakfast of brunch feast. Other families will have a big main meal with baked ham being the most common meat. Brightly colored hard boiled eggs will also be popular. It is not a day for high cholesterol diets. It is a day to feast as the long Lenten season is over and Christ has arisen. Easter lilies are a popular flower and sign of Easter. They are great as gifts for mom or grandma, or to decorate your home or office. Garden stores and floral shops force the blooms to peak as Easter arrives, providing a splash of color to the early spring season. They are grown from bulbs and can be transplanted into your home garden after the blooms have died off. Then, they will bloom in your flower garden every spring!

Setting the date: The date for Easter changes every year. It is the first Sunday after the full moon following the spring equinox. Easter Thought to Ponder: The nice thing about being senile is, you can hide your own Easter eggs.

### **ALWAYS THE MONDAY AFTER EASTER – Dyngus Day (Apr 5th)**

Dyngus Day, also spelled Dingus Day, is a fun Polish Holiday. It is very popular in Poland, as well as in Polish communities across America. After the long Lenten holiday, Dyngus Day is a day of fun, and perhaps a little romantic fun. It is always celebrated on the Monday after Easter. The Irish traditions and celebration on Saint Patrick's Day is well known. For those of Polish decent, Dyngus Day is a similar day of fun, parades, drinking and festivities. You do not have to be Polish to enjoy Dyngus Day. Rather, consider yourself Polish for the day and join in on the fun. You'll be glad you did. Dyngus Day Tradition: There are all sorts of ways for boys to meet girls. But, this one takes the cake.

Guys, on this day you get to wet the ladies down. Sprinkling or drenching with water is your goal. Chase after the ladies with squirt guns, buckets, or other containers of water. The more

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## FROZEN FRUIT SALAD

– by Beverly Gaylord

This is an easy and delicious recipe, and it would make a perfect addition to your Spring or Summer picnic.

8 oz. reduced-fat cream cheese (softened)  
1/4 cup sugar  
10 oz. pkg. (frozen sliced) strawberries  
12 oz. can crushed pineapple with juice  
2 bananas (sliced)  
12 oz. carton Light Cool Whip

Mix cream cheese and sugar. Next, add the remaining ingredients. Pour into 2 loaf pans and freeze. Thaw 20 minutes before serving.

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NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available to download or print on our website at:

ampmovingforward.com

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## CONTACT INFO

*MOVING FORWARD* Limb Loss Support Group

Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)

Website: [ampmovingforward.com](http://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](mailto:kjgrey79@gmail.com) • 502-235-3146

Elaine Skaggs, Vice-President / Newsletter Editor  
[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) • 502-548-6419

Julie Randolph, Secretary / Newsletter Producer  
[jbrsweepa@yahoo.com](mailto:jbrsweepa@yahoo.com) • 812-557-3970

Mary Jo Kolb, Treasurer  
[mjk2you@gmail.com](mailto:mjk2you@gmail.com) • 502-727-9566

Mike Portman, Board-Member-at-Large  
[mdportman712@gmail.com](mailto:mdportman712@gmail.com) • 502-262-8344

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SPRING HOLIDAYS (cont'd)

bold and gallant boys may choose to use cologne. Hitting (gently, please) the ladies on the legs with switches or pussy willows is also common. Yes, ladies, you can strike back. Ladies, you get your revenge on Tuesday, when tradition has it that you throw dishes or crockery back at the boys. It has become increasingly popular for the ladies to get their revenge on Monday, tossing water back at the boys. Note: Dyngus Day is also called Wet Easter Monday. Hmmmm, I wonder why!?

THIRD MONDAY IN APRIL – Patriots Day

Happy Patriots Day! It is a huge holiday in the New England area. Sorry football fans, this is not a celebration of the NFL's New England Patriots. Rather, it's a celebration of the American Revolution and the many brave patriots who fought to gain freedom from British rule. The history of this day goes back to the birth of our country and the Revolutionary War. Some people know little or nothing about Patriot's Day. For New Englanders, the birthplace of the American Revolutionary War, it is a big, big day. In the states in New England, it's a holiday with a day off of work for many. Patriot's Day commemorates the Battle of Lexington and Concord on April 19, 1775. This battle began the American Revolutionary War. It also commemorates the "Midnight Ride of Paul Revere". On this evening, patriot Paul Revere rode through town warning the colonists that "The Red Coats are coming!"

ALWAYS THE LAST DAY IN APRIL – National Arbor Day

National Arbor Day is the Tree Planter's holiday and has been celebrated since 1872. It began in Nebraska, a largely treeless plain back in the 1800's. It is a day to plant and dedicate a tree to help nature and the environment. Millions of trees are planted on this day. The National Arbor Day Foundation provides millions of trees for planting. It is estimated that 18 million trees are planted each year on Arbor Day. Did You Know? The Latin word for "Tree" is "Arbor" ... sure you did!!!

APRIL 30TH – National Honesty Day

National Honesty Day encourages us to be honest today and every day. We honestly believe you try your best to be honest all of the time. Honesty is a great virtue. If we want people to believe us when it's important, then we need to be open and honest all of the time. We all know about the boy who cried wolf. When a wolf actually appeared, no one believed him. Celebrate National Honesty Day in a

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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
 llendingahand@gmail.com
 Facebook & YouTube: BillyPAmputee



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
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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
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Web: www.louisvilleprosthetics.com

SPRING HOLIDAYS (cont'd)

completely open and honest way. To be totally honest, there are few rules for this special day just be honest. M. Hirsh Goldberg, former press secretary to a governor of Maryland and author of five books, created National Honesty Day in the early 1990s after spending four years researching and writing *The Book of Lies (Morrow)*. This book has been translated into Japanese, Korean and Chinese. Goldberg created this day because he felt that the month of April, which begins with a big day of lying (April Fool's Day), should end on a higher moral note.



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/PROTHETIST
 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