



NEWSLETTER ♦ 36th Edition ♦ Aug. 2016

MOVING FORWARD FEATURE WHO IS THE AMPUTEE COALITION?

- by *Belinda*



**amputee
coalition**

I am going to take this opportunity to introduce you to a very special organization, The Amputee Coalition, also known as the AC. It began in 1986

when a few amputee support group leaders recognized the need for an organization dedicated to the needs of people with limb loss. They laid the foundation for what the Amputee Coalition is today, and that is the leading national non-profit organization that empowers individuals with limb loss through **education, support, and advocacy**. They are dedicated to ensuring that no amputee feels alone and that amputees and their families have the resources they need to recover, readjust and to live life fully. How do they accomplish this? The answer would be "in many ways".

They provide **education** through their Limb Loss Resource Center where you have access to information both online and in print or you can speak to an information specialist. Much of the information that you read each month in this newsletter comes from their resources. The AC also provides our group with brochures on a wide range of topics which we distribute to amputees in our community. In Motion is a bimonthly magazine which is published by the Amputee Coalition and is available free of charge to amputees either to read online or they may receive it in the mail. Another way that they provide education is through their Limb Loss Education Days that are held each year around the country. These are day long events that provide information sessions and adaptive recreational opportunities. Their largest event of the year is the Amputee Coalition National Conference. It is the nation's premier educational event for the limb loss community. The conference brings together hundreds of people with limb loss/difference, family members, and healthcare professionals for learning, interaction, and networking for the 3-day event. While at the conference you can attend many different information sessions, take part in gait training analysis or an OPAF First Clinic, see firsthand all the prosthetic technology in the exhibit hall, meet other amputee from around the world, and that is just naming a few of the multitude of opportunities that are offered. We are delighted that the 2017 Amputee Coalition National Conference will be held in Louisville, Kentucky giving the limb loss population in our region the opportunity to attend.

The AC was built upon the foundation that **support** is critical to an amputee's recovery and readjustment. They have a network of

- Continued on Page 2 Column 1 -

AC NATIONAL CONFERENCE

Join us in Louisville, Kentucky for the Amputee Coalition 2017 National Conference!

Who is the Conference For?

- ✓ individuals with limb loss and limb difference of all ages and levels of limb loss and limb difference
- ✓ family members, spouses, and friends of someone with limb loss
- ✓ healthcare professionals who work with individuals with limb loss

What is the National Conference?

The National Conference is the premier event for the limb loss community. It is the only event that gathers a thousand people who have lost a limb or were born with limb difference and their family and friends in one location for education, support, fun, and networking. Our conference program is packed with education sessions from leading experts on limb loss and prosthetic devices, workshops to help attendees be active in their community, and clinics to improve functional ability.

The event features an exhibit hall with many exhibiting companies representing the leading manufacturers of prosthetic components and assistive technology, and organizations serving the limb loss community.

COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 12 MONTHS

WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"I want to meet more amputees & make new friends!"

- Philip Randolph



WHO IS THE AMPUTEE COALITION? (cont'd)

over 300 support groups across the country. *MOVING FORWARD* is proud to be a member of the Amputee Coalition Support Group Network. In 1991, the AC began their Certified Peer Visitor Program which trains amputees to meet with new amputees to give them inspiration, hope and information about living with limb loss. Today there are more than 1,000 certified peer visitors. Another wonderful program that is offered by the AC is the Paddy Rossbach Summer Youth Camp for children ages 10 - 17 who have limb loss/difference. The camp offers fun and exciting activities where campers are challenged to increase independence, test themselves, and build new friendships. Moving Forward is honored to be one of the many sponsors of this truly rewarding camp.



The Amputee Coalition works tirelessly to **advocate** for those affected by limb loss. They provide us with a voice on a broad range of issues including adequate and affordable prosthetic coverage with insurance, Medicare/Medicaid, and other programs. They also partner with agencies such as the Center for Disease Control, the Veteran's Administration, and the Department of Defense. They work for us making sure that the issues facing amputees aren't swept under a rug, but are acknowledged and understood. Many of the things that the Amputee Coalition accomplishes would be unattainable by a lone amputee or a small group such as ours. A single voice may not be heard, but thousands of voices coming together can and does make a difference. This was witnessed last year when over 100,000 people signed the online petition helping to block proposed changes in Medicare funding for prosthetics. The AC's fight to stop those changes continued and on April 20th



thousands of amputees gathered in Washington D.C. for Hill Day where they met and discussed many important issues facing the limb loss community with our elected officials.

So now that you know who the Amputee Coalition is and the tremendous role that they play in educating, supporting, and advocating for all amputees, I ask you to help Moving Forward Limb Loss Support Group in welcoming them to our city for the 2017 Amputee Coalition National Conference to be held at the Galt House Hotel in downtown Louisville August 3-5, 2017. We not only want to welcome the AC, but also the hundreds of amputees, caregivers, and health care professional who will be coming to Louisville to attend the event. If you would like to become involved in our efforts, we ask that you attend one or both of our August meetings or contact us. To learn more about the Amputee Coalition, visit their website at amputee-coalition.org or contact them by phone toll-free at 1-888-267-5669.



AUGUST is NATIONAL IMMUNIZATION AWARENESS Month

To find out what vaccines are recommended for you, your child or grandchild, visit the Center for Disease Control's website at cdc.gov/vaccines.



SPOTLIGHT - by *Belinda*

Our SPOTLIGHT column is typically used each month to introduce you to one of our members. From time to time, I also use it to spotlight a special organization. For the month of August, I will be doing both, introducing you to the Endeavor Games and to one of our members who recently competed in the games.

The Endeavor Games are held annually at the University of Central Oklahoma. The Games provide children, adults, and military service members with disabilities an opportunity to display their talents in a proper and competitive setting against individuals with similar disabilities. Hundreds of athletes from all over the country compete in the Games with many of the adult competitors going on to take part in the Paralympics. The sports include power lifting, table tennis, wheelchair basketball, swimming, sitting volleyball, cycling, archery, and track & field. The talent that these athletes possess is amazing and their stories are inspiring. One of the athletes competing in the Games was our own group member, Reid Hester. Reid celebrated his 7th birthday in June shortly after competing in the Endeavor Games. While at the Games, he participated in 6 events including swimming and running. We are very proud to say that he won a gold medal in all 6 events. What makes this even more amazing is that it was his first time competing at the Games. As his mother Colleen said, "Reid continues to inspire and amaze us, and as all those who participated in the Games, shows us that life does go on. This is the beauty of the human spirit." Reid's family accompanied him to the Games, including his biggest fan, his older brother Patrick. Colleen said that it was a wonderful experience for the entire family and they plan to go back again to future events. We want to congratulate Reid on winning the gold, and to thank both him and his family for representing *MOVING FORWARD* at the Games. We look forward to seeing him win many more medals and continuing to inspire both other children and adults along his way.



This year's Paralympic Games will be held Sept. 7th - 18th in Rio, Brazil. For more information about the Endeavor Games, visit their website at: uco.edu/wellness/sr/endeavor/. For information about the Paralympic Games go to: rio2016.com/en/paralympics.

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TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parentheses. Then unscramble the letters in parentheses to find the answer to the puzzle on Page 5.

- DUTSY () _ _ _ _ _
- OOCMLASRS () _ _ _ _ _
- EMKHROWO () _ _ _ _ _
- SNETO _ () _ _ _
- KBOSO _ () _ _ _
- NAIGLENR () _ _ _ _ _

WITH THE MONTH OF AUGUST, COMES BACK TO _ _ _ _ _ TIME.

LET'S GET MOVING! - by Belinda

Our Fall Walk & Roll is rapidly approaching. If you would like to participate this year, now is the time to start preparing. The type of preparation depends upon how you plan to participate. Are you going to walk or are you going to roll? For you rollers out there, if you are going to use a scooter make sure that it is in good working order. The same goes for those planning to use a manual wheelchair, but those individuals need to start working on upper body strength. Range of motion and strengthening exercises use light weights (cans of soup work well if you don't own any weights). It would be a



good idea to start going outside and increasing your endurance a small amount at a time. Mornings or evenings are best, when it's not as hot outdoors. For those planning to ride a bike or walk, you, too, need to start building your endurance. A great place to practice is at a school parking lot or at a public park. We are including this column from the Amputee Coalition about cardiovascular exercise for amputees. Details about the Fall Walk & Roll will be in our September newsletter. We hope that all of you will plan to attend! So come on everyone, let's get ready to walk or roll and **let's get moving!!**

Cardiovascular Exercise For Amputees

inMotion • Volume 23, Issue 5, September | October 2013

- by *Cindy Asch-Martin*

NOTE: You should always consult your healthcare provider before starting a new exercise program.

Cardiovascular exercise still seems to be a dreaded activity for many people; however, its benefits include strengthening your heart, reducing body fat and, surprisingly, stress, which is critical for a healthy mind and body.



There are many forms of cardiovascular exercises that amputees can take part in, with or without a prosthesis; some are better suited for active amputees, while others are better suited for those who are beginners or who may have medical restrictions.

For those amputees who have no restrictions and wear a prosthetic leg and have no pain or discomfort, there are numerous pieces of cardiovascular equipment to choose from. If you don't belong to a gym or have access to equipment, you can still walk, bike or hike in the great outdoors. This is a popular option this time of year when the weather is nice and you don't want to be cooped up inside. However, if you prefer to walk, you need to understand the importance of keeping a steady pace.

In order to strengthen your heart or lose unwanted body fat, you must increase your metabolism. This means keeping a pace that makes your heart work harder. If you're doing it correctly, your body will begin to get warm and you will begin to perspire. It should also be difficult to have a normal conversation. Listening to your favorite music that has a motivating beat will help you develop and keep a steady pace. For the first few minutes, try to stay at a slower pace so your muscles can warm up and get limber. Then, slowly increase your pace; try to maintain that pace for 10-30 minutes. The length of time will depend upon whether you are a beginner or an experienced walker.



One very important aspect when participating in any sort of

- Continued on Page 4 Column 1 -

JULY RECAP



MOVING FORWARD held a Pie & Ice Cream Social on Sunday afternoon, July 10th. Mike and Sue Portman once again made some of their delicious home-made ice cream, which was served along with a wide variety of pies. Frank Curry provided musical entertainment. His singing and guitar playing was enjoyed by all, and some members even took to the dance floor. The children in attendance enjoyed playing games, including a candy walk, catch the frog, and beach ball. It was a fun way to spend a hot summer day, relaxing with friends and eating ice cream!! What could be better??

Our IN meeting was held at Southern IN Rehab Hospital on Mon., July 18th. We discussed a wide range of topics, including learning to deal with the anger that many amputees feel following limb loss. The group also talked about pain management and the different reasons an amputee may experience pain. Belinda announced that the 2017 Amputee Coalition National Conference will be held in Louisville and about several plans that the group is making for that event.

On Sat., July 23rd, the KY meeting was held at Baptist Hospital East. We were honored to have Ms. Wheelchair Kentucky, Alena Chesser, as a special speaker. She talked to the group about her life, including her recovery from a brain tumor, and then later from a spinal cord injury that left her paralyzed from below her arms down. She talked about meeting with school children and helping them to realize that it is okay to be different and told of an organization she works with that helps children with brain or spinal cord injuries to get needed equipment. She told of how her wheelchair doesn't limit her, but instead empowers her to live her life to the fullest. Her words both inspired us and challenged us to not let our disabilities define us or limit us in



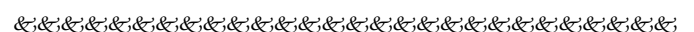
life. **MOVING FORWARD** wishes Alena the best as she goes to the national pageant in August to compete for the title of Ms. Wheelchair America. To find out more about Alena, you can visit her website: walkingtowheeling.org.



SPECIAL ANNOUNCEMENT



MOVING FORWARD LIMB LOSS SUPPORT GROUP will once again be taking part in the biggest day of online charitable giving, **Give Local Louisville**. So please mark your calendar for September 15th, and on that day go to: www.givelocalloouisville.org to make your tax deductible donation. This is a wonderful way not only to raise needed funds for our group, but also to raise awareness of what **MOVING FORWARD** means to the amputees in our community.



LET'S GET MOVING! (cont'd)

exercise is that you need to warm up for about five minutes to loosen up your muscles. I often see people stretch without warming up first, or going gung-ho on exercises right away. This is an unpleasant as well as risky approach to exercising. Cold muscles are like hard toffee and are not flexible, and you can easily injure yourself. Besides, you don't want to turn this into a chore that you'll dread having to continue; otherwise, before you know it you'll find yourself making excuses and eventually calling it quits. Having a friend or partner to participate with can be a helpful motivator.

An important aspect of any form of exercise is that you must challenge yourself in order to get the results you desire.



If you have access to cardio equipment, bikes, treadmills, rowing machines and ergometers, there is no stopping you from getting a healthy workout and achieving the results you want.

For anyone who can wear a prosthesis without pain or for beginners that have little to no discomfort, walking on a treadmill or riding a bike is a perfect selection to get started.

Rowing machines work well for those with or without a prosthetic leg.



For those in wheelchairs or who don't use a prosthetic leg, ergometers are another way to challenge yourself. Some styles have seats, while other types sit on tabletops so you can wheel right up to the table. You can adjust the tension and add more minutes to continue to progress.

Remember: An important aspect of any form of exercise is that you must challenge yourself in order to get the results you desire. To ensure that you continue to make gains, you should change the order of what you're doing with your exercise periodically. This will help to make your gains more consistent as well as to avoid the boredom of falling into a routine.



..... from Beverly's Kitchen

*Hope everyone is having a great summer!
Here is a cool, easy recipe for you to make this summer.*

No-Bake Berry Smoothie Cheesecake

What You Need

- 2 cups honey-flavored graham cracker crumbs
- 6 Tbsp. butter, melted
- 3 Tbsp. sugar
- 4 pkg. (8 oz. each) PHILADELPHIA Neufchatel Cheese, softened
- 1 cup sugar
- 3 cups fresh berries (I used blackberries, raspberries, blueberries and strawberries. Strawberries should be chopped into smaller pieces.)
- 1 tub (8 oz.) COOL WHIP LITE Whipped Topping, thawed



Make It

- Mix the cracker crumbs, butter and 3 Tbsp. sugar. Press onto bottom of nonstick 9x13 pan and refrigerate while preparing filling.
- Beat PHILADELPHIA Neufchatel Cheese and 1 cup sugar in large bowl with mixer until well blended. Add berries; beat on low speed just until blended. Whisk in COOL WHIP LITE Whipped Topping. Pour over crust.
- Refrigerate 4 hours or until firm. Cut to serve.



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!**

During the past few months, I have been using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this, I have attempted to answer questions that I receive on a weekly basis such as:

- * Will I be able to drive again?
- * I want to rejoin the workforce, but where do I begin?
- * Is there any help for amputees who have insurance, but can't afford the high deductible or co-payments?
- * My apartment isn't handicap accessible. How am I going to manage when I get home?
- * Where do I go for help in paying my rent, utilities, or receiving food assistance?

I will wrap up this series by discussing adaptive driving equipment. For many below-the-knee amputees getting back in the driver's seat may only require some caution and practice. For above-the-knee, bilateral below-the-knee, or upper-limb amputees, adaptive driving equipment can help to get them back behind the wheel and on the road again. In the July issue I talked about two local programs that provide driver's training and instruction on adaptive driving devices. As amputees, driving gives us a feeling of independence and normalcy, but it is important that we understand that the need for safety not only for ourselves but for our passengers and other drivers has to be a priority. You may say that I can't afford to take driver's training or purchase the needed equipment. In answer to that, I am including information on agencies that provide assistance.

The first program that I will discuss is The National Highway Traffic Safety Administration or NHTSA. I encourage you to visit their website: nhtsa.gov for a wealth of information on driving with a disability.

The mission of the National Highway Traffic Safety Administration (NHTSA), an agency of the U.S. Department of Transportation (DOT), is to save lives, prevent injuries, and reduce economic costs due to road traffic crashes through education, research, safety standards, and enforcement activity. As part of this mission, NHTSA regulates the modifications made to vehicles used by people with disabilities.

New and existing adaptive technologies continue to broaden opportunities for people with disabilities to drive both comfortably and safely. Some of these adaptive technologies are as simple as swivel seats for more convenient access. Others, such as hand controls, may be necessary for a driver to safely operate a vehicle. Whatever your requirements, chances are good that adaptive equipment is available to support your special driving needs and allow you to maintain the freedom offered by the open road.

With such a wide range of adaptive equipment solutions available, associated costs for modifying a vehicle can vary greatly depending on an individual's needs. There are programs that may help to pay part or all of this cost:

- Automotive insurance may cover all or part of the cost if the need for the equipment is a result of a motor vehicle accident.
- Worker's compensation typically covers the cost of the equipment if the need is because of a workplace injury.

- Continued on Page 5 Column 2 -

RE-ENROLLMENT IN THE KROGER COMMUNITY REWARDS PROGRAM STARTS AUGUST 1:

For those who are currently enrolled, you should receive something online or in the mail. For those who haven't enrolled, we would appreciate your support of MOVING FORWARD. Our Support Group receives a percentage of your purchases & it does not take away from your Kroger / Jay C points in any way.

How to RE-ENROLL in Kroger Community Rewards (if currently participating)

- § Go to www.Kroger.com
- § Click the blue **Sign In** tab at top of the page.
- § Enter your **email address** and **password** and click the blue **Sign In** tab.
- § From the department menu, click Community, then Community Rewards
- § From **Community Rewards**, click on the **Edit or Re-enroll** button.
- § Then,
 - a. **Find Organization** (Search by keyword or nonprofit organization number - NPO #) Our NPO # is 15533.
 - b. **Select Organization** (Click the button to the left of the organization)
 - c. **Save your Selection** (Click the **Save** button to save your selection.)
- § Call 1-800-KROGERS, Option #3, with questions.

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**Kraffy Kids** .... by Beverly

*Below is a fun, tasty treat for the kiddos this summer!*

**5 Minute Oreo Dirt Cups**

Serves: 6 Oreo Dirt Cups

Ingredients

1 package Jell-O Creations Oreo Dirt Cups including:

- pudding mix
- Oreo crumbs
- gummy creatures

Plus:

- 3 cups milk

Instructions

1. Mix Beat pudding mix and milk in a medium bowl with whisk for 2 min.
2. Layer Spoon pudding into cups; top with Oreo Crumbs.
3. Top with Gummy Creatures. Serve immediately.



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Thank You to the Amputee Coalition

*** 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 intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with 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. ***

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**Q & A (cont'd)**

- Disabled veterans may be eligible for assistance through the Dept. of Veteran's Affairs.
- Most major vehicle manufacturers offer rebates on adaptive equipment, usually up to \$1,000.00, on the purchase of a vehicle less than 1 year old.
- National Mobility Equipment Dealers (NMEDA) can help you to apply for rebates and provide you with pre-purchase advice about the type of vehicle that will meet your needs.
- Some states waive the sales tax for adaptive equipment if you have a doctor's prescription for their use.
- The cost of the equipment may be tax deductible.

Information on financing accessible vehicles and assistive devices is also available from the Adaptive Driving Alliance at: [adamobility.com](http://adamobility.com). The Adaptive Driving Alliance is a nationwide group of vehicle modification dealers who provide van conversions, hand controls, wheelchair vans, wheelchair lifts, scooter lifts, tie downs, conversion van rentals, Para transit and other adaptive equipment for drivers and passengers with disabilities. Local dealers include: Movin On Mobility at 3301 Fern Valley Road in Louisville, phone 502-964-0159, and Superior Van and Mobility, 4734 Rockford Plaza in Louisville, phone 1-800-458-8267.

Another option for financing is The Kentucky Assistive Technology Loan Corporation (KATLC). Their program offers low-interest loans for qualified applicants with disabilities who need assistive technology. They can provide loans for modified vehicles and other equipment and devices to enhance the quality of life of Kentuckians with disabilities. To get more information visit their website at: [katlc.ky.gov](http://katlc.ky.gov) or call them at 502-782-3423 or toll free 877-675-0195.

Remember for those of you who are planning to rejoin the workforce, the Office of Vocational Rehab is a great place to start when looking for financial assistance for vehicle modifications and assistive driving equipment. The Louisville office is located at 600 West Cedar St., and their phone number is 502-595-4003. In Indiana, the office is located at 11452 Vaxter St. in Clarksville. The phone number for that office is 812-288-8261.

In the September issue, I will be discussing some of the types of accessible driving equipment that is available.

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QUOTE OF THE MONTH

THREE SIMPLE RULES IN LIFE



1. If you do not GO after what you want, you'll never have it.
2. If you do not ASK, the answer will always be NO.
3. If you do not step FORWARD, you will always be in the SAME PLACE.

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**TEST YOUR KNOWLEDGE ANSWERS** (from Page 2)

STUDY, CLASSROOM, HOMEWORK, NOTES, BOOKS, LEARNING WITH THE MONTH OF AUGUST, COMES BACK TO S C H O O L TIME.

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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.



Kelly Reitz *moving forward* and riding the waves at an Ampuski event in Ohio.



Grant, Kelly, and Abby having a great time tubing!

If you have a picture that you would like to share, send it to Julie or Belinda. Don't forget to say **CHEESE !**



UPCOMING EVENTS

MEETINGS:

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

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

***NOTE:** Both meetings will be open discussion, and we will also be making plans for our events for the remainder of 2016 and for the 2017 AC National Conference.

EVENTS:

August 20th, Sat., the Sertoma Club will be hosting their 2nd Annual Golf Scramble at New Albany Springs. The Sertoma Club is a national organization which assists those with a hearing impairment, but locally the group also works to aid all individuals with any type of disability. The proceeds from the golf scramble will be used to help build Sertoma Park into New Albany's first handicapped accessible park where "all" children can play together. For more information, visit our website or contact group member Jeff Coffman at jeffcoff@att.net or 812-283-3956.

September 15th, Thur., *MOVING FORWARD* will be taking part in "Give Local Louisville", which is a day of online charitable giving to help support non-profit organizations in our area. More information will be coming in our September newsletter, on Facebook, and on our website. Also, see the special announcement in this newsletter.

Our Fall Picnic and Walk & Roll will be coming up soon! Date, time, and location will be announced in the September issue.

There will be a walking school sponsored by Kenney Orthopedics held in Louisville on Oct. 22nd.

Other events are being planned! So **STAY TUNED** for more details!!



CONTACT INFO

Call for meeting times & locations!

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**Center for Orthotic
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**Center for Orthotic
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