



**NEWSLETTER ♦ 91st Edition ♦ Mar 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.



**EDITOR'S NOTE**

*- by Elaine Skaggs*

Hello friends, and welcome to March 2021! Well, we have endured an entire year of mask wearing and social distancing, a year without seeing each other in person. I was looking back through our newsletters to see when our last meeting or event was and found that February 2020 was the last in-person meeting, and the lunch at The Table was the last event. I don't know about you, but I sure miss seeing all your faces!! As the COVID numbers continue to drop, schools and businesses begin to open, and people continue to receive the vaccines that are available, we will soon be able to plan on getting together again for our meetings and events.

Speaking of meetings, the Amputee Coalition has announced that the National Conference will be held September 29 - October 2, 2021, at the Renaissance in Schaumburg, IL, which is a suburb of Chicago. The 2020 Conference was held virtually last summer, but the decision was made to move the 2021 Conference to the fall because it provides the best chance to resume hosting and experiencing the event in person. In the meantime developments related to the

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

**NEW "SPOTLIGHT"**

Hello, my name is Marla Schlangen. I am 60 years old as of October 8, 2020. My husband Tim and I will celebrate 41 years of marriage on May 16. We have 2 grown children, Sharon who is 38, and Stephanie is 36. We have a 3 year old granddaughter, Mila, and a grandson Jasper, who will be 1 year old on March 14, 2021.



I have been a left leg above the knee amputee since July 4, 2019. I have a condition called Peripheral Vascular Disease. With PVD you can develop blood clots, which is what caused my amputation. Poor circulation is also a condition of PVD and mine is terrible. I may be losing my right leg because of this and will be speaking with the surgeon early this month.

The biggest challenge I have faced as an amputee is learning to walk. I've had to deal with several setbacks such as stents being put in to bypass bad veins in my leg, among other procedures. Because of Covid-19, I've had to start then stop rehabilitation and couldn't go to the gym since they've been closed. All in all I just haven't had enough time using my prosthetic.

I retired in 2011 from a job I loved. I worked as a teacher's aide with Autistic and other children. I did this for 15 years and absolutely loved it! I also worked as a nurse's aide for 15 years prior to working with the children.

Some of the activities I enjoy revolve around my church. I attend Northside Christian in New Albany, IN, where I volunteer working in the food pantry, restocking and providing groceries for those less fortunate and getting folks checked in to receive their items. I also volunteer packing boxes of food to be sent to Haiti and other locations around the world. Doing things for others is what makes me

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

## EDITOR'S NOTE (cont'd)

COVID-19 pandemic will continue to be monitored. In addition to an in-person event, a hybrid format for the 2021 Conference to include a virtual component for those who want to attend online will be offered. Conference registration will open in March. Check the Amputee Coalition website for additional announcements.

We've not yet felt that it's safe enough to plan anything for our group, so we will continue to have Zoom meetings online until further notice. Our next one will be Saturday, March 27, 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!!

Happy St. Patrick's Day - don't forget to wear your green!!

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## STRONG

The dictionary definition of the word 'strong' varies greatly from physical ability and endurance to having force of character, will, morality, or intelligence. As we as amputees navigate through life's challenges, the word strong can mean many different things to us in the different stages of our life. As we gain life skills, physical strength is very necessary, but so is our mental strength. Our will must be strong to keep us pushing forward. Following are quotes from a few amputees across the nation:

"Taking on each day without whining. Strong in mind and body." ~ Nancy Graham Vierthaler

"Getting up and out of bed daily, pushing through the pain, the obstacles, and having the courage to do whatever you set your mind to. Having the right doctors, prosthetist, prosthetics, and the right prosthetic team are vital. Helping others along their journey."

~ Melissa Ann Davidson Heuser

"Living my life to its fullest, happily!"

~ Janet Rickerson Yergler

"Strong is handling my challenges with grace and using my knowledge to help newer amputees

~ cont'd on Page 3 Column 1 ~

## NEW "SPOTLIGHT" (cont'd)

*the most happy. I also love to swim, something that I got to experience this past summer for the first time since my amputation. I would love to continue to try and walk again. I am currently going to Southern Indiana Rehab Center for outpatient physical therapy 3 times a week. I was involved in the Bellarmine Community Project last year until it was closed down due to Covid-19.*

*I really enjoy meeting people, making new friends, and listening to people's stories. I love being a member of our support group so much and cannot wait until we are able to meet in person again.*

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



## STRONG (cont'd)

learn to do the same.” ~ Dave Giaimo

“Strength = letting myself be happy.”

~ Emma Corey

“Learning to adapt to the world. Not expecting the world to adapt to you.” ~ Jason Nolin

“Strong is, to me, a gift. I, as an amputee, have to prove to others I can deal with what came my way. Why be mad at the world – life can be so much worse. If I wasn’t strong, I’d hear from my mother in heaven to straighten up and be the person she raised. Strong is what my guardian angel gave me.”

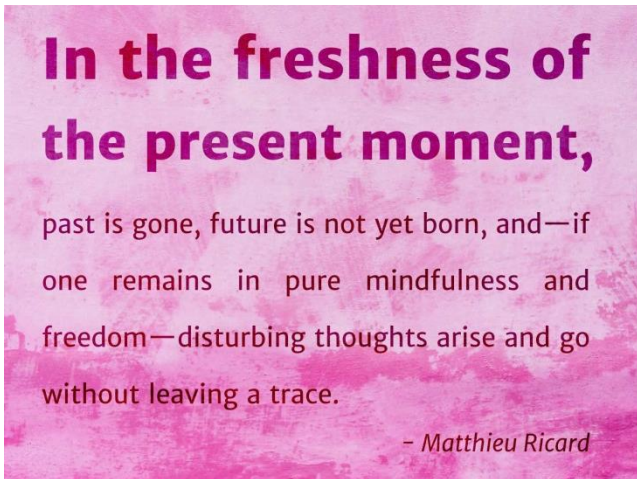
~ Steve Molnar

“I think of many things: courageous, capable, secure in yourself, and brave.”

~ Julie Porterfield Suttles-Strickland



## QUOTE OF THE MONTH



## Ways to Donate to MOVING FORWARD Limb Loss Support

### AmazonSmile

Go to [Smile.Amazon.com](http://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](http://smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of

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## Magic Cookie Bars or 7 Layer Bars

– submitted by Elaine Skaggs

This easy-to-make fan favorite will score some points with family and friends while watching the next game!

### Ingredients:

1/2 cup butter or margarine, melted

1-1/2 cups graham cracker crumbs

1 can (14 oz. low-fat sweetened condensed milk

1 1/3 cup flaked coconut

1 cup semi-sweet or milk chocolate morsels (I use dark chocolate.)

3/4 cup peanut butter chips or butterscotch morsels

1/2 cup chopped pecans, walnuts, or almonds (optional)

### Directions:

1. Spread butter in 13 x 9x 2 " pan. Sprinkle crumbs over butter. Evenly pat crumbs into pan.

Drizzle milk over crumbs.

2. Sprinkle coconut, chocolate morsels, peanut butter chips, and nuts over top. Bake in 350 degree oven for 25 minutes or until light brown around the edges. Cool completely before cutting into bars. Store in airtight container in the refrigerator.



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## Ways to Donate (cont'd)

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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