



## NEWSLETTER ♦ 116th Edition ♦ Apr 2023

**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

April is one of the most exciting months for the amputee community, in that it is delegated "Amputee Awareness Month". It's a time where we as amputees show our mettle, the courage and strength it takes to adapt to a life with differences, and our time to make people aware of the causes of amputation and the challenges and struggles we face as we live our lives. It's a time for us to prove that there is life after amputation. It's a time for us also to encourage and lift each other up, helping each other to live our best life.

There are a lot of exciting things happening this month, sponsored by the Amputee Coalition, which will be covered in this edition. That being said, we have had an exciting past couple of months within the *Moving Forward Limb Loss Networking and Social Group*. We have gained close to a dozen new members, we have a new Board of Officers, and lots of new and exciting events which will be listed in the

~ cont'd on Page 2 Column 1 ~

### UPCOMING EVENTS

**Saturday April 1 – 1:00 pm** – Restaurant Outing at Kansai Japanese Steakhouse, 1370 Veterans Pkwy #700, Clarksville, IN 47129. Come join us for a fun time socializing and help us rate this establishment.

**Monday April 17 – 6:00 pm to 7:30 pm** - Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN, in the Conference Room.

**Saturday April 29 - 2:00 pm to 4:00pm** – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY.

**PLEASE NOTE: THIS MEETING WAS CHANGED TO THE 5TH SATURDAY DUE TO "THUNDER OVER LOUISVILLE" TAKING PLACE ON THE 4TH SATURDAY!**

**Saturday May 13 – 6:00 – 8:00 pm** – Craft Night – We will be making a Fathers Day craft, everyone is invited to participate.

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

**Saturday May 27 - 2:00 pm to 4:00pm** – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY.

~ cont'd on Page 2 Column 2 ~

## EDITOR'S NOTE(cont'd)

UPCOMING EVENTS section. Be sure to check them out. We hope you will find your new favorite is among them.

Speaking of new members, please join me in welcoming Janice Sherrard and Kathi Irby to the group. Janice attended the March meeting held at Southern Indiana Rehab Hospital and Kathi attended the Louisville meeting. Be sure to introduce yourself to both of these ladies at the first opportunity and hear their inspiring stories.

I'm excited to say that our new Board has already been busy discussing future plans and growth opportunities for the group as a whole. We will be meeting on a quarterly basis from here on out and choosing a specific topic for each monthly meeting. We are open to any recommendations from members on subjects for discussion and speakers. This is your group, and our main goal is to educate, encourage, and motivate. Contact information for Board members is listed in all issues. Please don't hesitate to contact any of us. We are here to serve you!

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## CAREGIVERS CORNER

— by Julia Kelly

This quarter's topic for the caregivers meeting which was held at the same time as the Louisville meeting was:

### **Medical Appointment Tips for Caregivers Before Appointment:**

- If the patient has any questions or concerns, write them down. Keep a copy for yourself and give one copy to the provider.
- Know the purpose for the appointment. Will lab work or other tests be performed? Approximately how long will the appointment last? How many people will be allowed in during the appointment?
- Have all paperwork and insurance cards ready. Know if there will be a co-pay or

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## UPCOMING EVENTS (cont'd)

**Sunday May 28 – 10:00 am – TRAIL**  
Therapy Horses, 4090 Webb Rd,  
Simpsonville, KY 40067. This is a free event with an opportunity to learn more about horses as well as ride. Please RSVP if you plan on attending.

There is lots more to come, including another restaurant outing in June, a game night and your favorite ice cream in July, and possibly a fall picnic on a free fishing weekend, dates all to be determined.

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## AMPUTEE COALITION

The Amputee Coalition is a national organization whose mission is to support, educate, and advocate for people impacted by limb loss and limb difference.

Limb loss is not uncommon, and becoming less uncommon every day. The Amputee Coalition works to raise awareness about and increase practices to prevent limb loss. The Amputee Coalition works to ensure that no amputee feels alone through pre- and post-amputation and recovery. The Amputee Coalition works to help amputees and their family live life to the fullest after amputation.

There are many resources available on [www.amputeecoalition.org](http://www.amputeecoalition.org), that can assist you with almost any issue you may be experiencing:

- The National Limb Loss Resource Center is an absolute gold mine of information for which the Amputee Coalition has developed reliable resources to help answer your questions about living with limb loss and limb difference. The entire collection of resources which includes fact sheets, videos and webinars, publications and articles covers a wide range of topics.
- The Youth Engagement Program (YEP) Youth Camp is the most exciting and engaging event available for youth living with limb loss and limb difference and is held in honor of Paddy Rossbach, former Amputee Coalition president and CEO, who had an instrumental role in developing the youth camp program.

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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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## Ways to Donate to **MOVING FORWARD** Limb Loss Network & Social Group

### **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)  
w screen to select our group)

Sign in, Enter our organization number: DC476 or, 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)

Search for "**Moving Forward** Limb Loss Network & Social Group"

### **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 Network & Social 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 you enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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## 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)

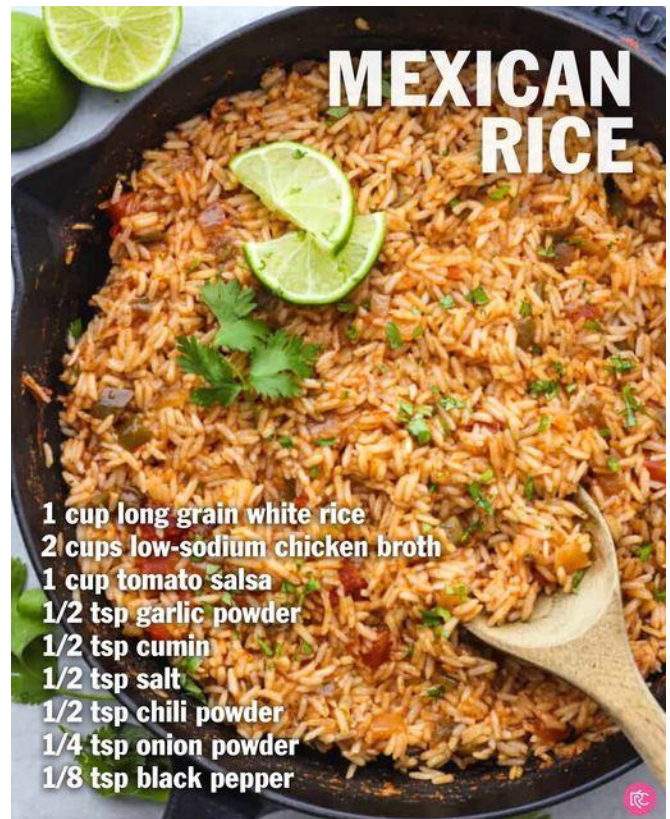
## AMPUTEE COALITION (cont'd)

with amazing stories. We aim to tell their stories, advocate for their needs, educate people, and make sure no amputee is alone. LLLDAM is a perfect opportunity to learn more about the amputee community and how you can get involved.

Only the surface of all the AC does is included here, and if you have not fully explored the website, consider it highly recommended by me, Elaine. I guarantee if you have a question, you will find an answer there. Be sure to check out the Daily Challenges for LLLDAM during April.

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## RECIPE OF THE MONTH



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# CONTACT INFO

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