

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 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 <u>CHANGED TO THE 5TH SATURDAY</u> <u>DUE TO "THUNDER OVER</u> <u>LOUISVILLE" TAKING PLACE ON THE</u> <u>4TH SATURDAY!</u>

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 ~

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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 ~ cont'd on Page 3 Column 1 ~ 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.

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 postamputation 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 <u>www.amputeecoalition.org</u>, 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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CAREGIVERS CORNER (cont'd)

deductible. Deductibles should be paid once you see to which provider insurance assigns the deductible. Co-pays will need to be paid on the date of service.

 \circ Determine if you will need a mask, or wheelchair.

• Bring a list of all medications and supplements including dosage.

• Have a list of dates and locations of recent tests or procedures.

 $\circ\,$ Know the name and contact information for the prosthetist that the patient is seeing.

• Last but not least, be sure to remind the patient of the date and time of the appointment ahead of time, and let any other caregivers or family know as well.

 \circ Be calm, it will help both you and the patient.

At the Appointment

• Let the patient answer questions unless the provider or patient asks you a question directly.

• Include the patient in all discussions of care recommended by the provider.

• Take notes when the provider shares information.

• If you don't understand, ask the provider to explain in a different way.

• Give the provider the questions or concerns the patient told you about before the appointment.

• Set follow-up appointments.

• Remain calm, it will lead to a successful appointment.

After the Appointment

Medical appointments are stressful, so if your patient desires, going out for a meal is a great way to alleviate that stress. Make sure to fill medication prescriptions that are needed, and to acquire any medical equipment that may be needed. Encourage the patient to talk about the appointment, good points and not so good, and ways to make the next one better. Be a good listener, and remember, always remain calm!

AMPUTEE COALITION (cont'd)

The Amputee Coalition understands that there are unique challenges for young people experiencing limb loss/limb difference and their caregivers. This in-person youth camp can help these young people connect with peers, explore new experiences, and grow in their confidence and awareness. Camp creates a space for Campers, Leaders in Training, and Counselors to have fun, connect, and make lifelong friendships so no one goes through the limb loss/limb difference journey alone. There are some exciting activities lined up for this year's camp including sports, creative arts, and STEM projects.

• The Certified Peer Visitor Program is another of the Coalitions benchmark programs. It was developed to ensure that no one goes through this journey alone. Support comes in many forms and can make an incredible difference in recovery and rehabilitation. No one is potentially in a better position to about living life understand with an amputation or supporting a person with limb loss/difference than someone who has been there. An experienced, well-trained peer can offer encouragement and information from a place, and at a pace, that an individual in this circumstance can better absorb. If you are interested in becoming a CPV you can submit an application online on the website.

• Limb Loss and Limb Difference Awareness Month (LLLDAM) is from April 1-30, 2023. The theme for the month is "Inspire to Elevate," with activities that are built around four elements of that theme: Elevate Your Story, Elevate Your Voice, Elevate Your Community, and Elevate Your Potential. More than 2.7 million people live with limb loss or limb difference in the United States. Hundreds of people lose a limb every day. By 2050, the number of amputees in the U.S. will nearly double. Limb loss affects people of all backgrounds, all income levels, and all ages. During April, we want to demonstrate how our community thrives and how you can participate. The limb loss and limb difference community includes many inspirational people

~ cont'd on Page 4 Column 2 ~

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/enrollCommunity RewardsNow/"

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

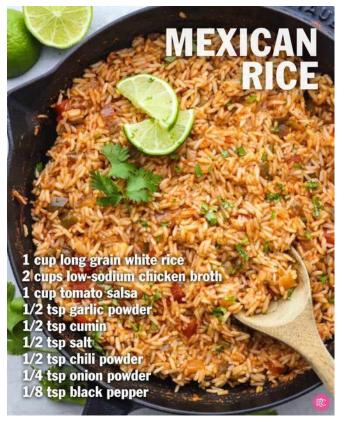
Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If you enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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.

RECIPE OF THE MONTH



NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: <u>ampmovingforward.com</u>



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