



NEWSLETTER ♦ 74th Edition ♦ Oct. 2019

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.



Bellarmino University Physical Therapy Amputee Community Partner Project

At Bellarmine University, we have the opportunity to participate in a community partner project where we interact and serve the needs of the local community. We have chosen to work with the amputee population to help restore range of motion, strength, balance, and overall gait performance to improve the quality of movement. Four students in the Physical Therapy Program at Bellarmine University and one of our core faculty, Dr. Lesch, are working to design and implement this project.

How do you participate?

Step 1:

Contact Megan Aebersold by phone or email if you have an interest in participating, or any questions!

Step 2:

We will work with you to set up a time for an initial screening this fall. At this time you will meet the students and professor, as well as run through a quick physical screening to identify any gait impairments that we may work with you to help improve.

Step 3:

We will develop a rehabilitation program tailored specifically to your needs that you can perform at home, and once a week with us! We will then reach out to you via email to set up a time for you to come in once a week for 8 weeks to work with us.

DEALING WITH GRIEF & DEPRESSION

Senior Step - Volume 1, 2004

– by *Omal Bani Saberi, LCSW, CCHT*

When a part of our body is lost, we experience a grieving process that is not easy. Emotional recovery, like physical recovery, is based on your own timetable and other factors. These include: age, gender, circumstances of your limb loss (accident, disease, birth), how you coped with problems in your life before your limb loss, support or lack of support from family or friends, cultural values and norms, and socio-economic factors.

The new amputee may experience feelings of depression that are difficult to ward off. What are these feelings, and how can you work through them?

Signs & Symptoms of Depression

Loss of appetite, changes in eating patterns

Lack of energy

Sleeplessness or sleeping more than usual

Poor concentration

Loss of interest in enjoyable activities

Loss of interest in sex

Social withdrawal

Feelings of hopelessness, worthlessness, or inappropriate guilt

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~ cont'd on Page 2 Column 2 ~

DEALING WITH GRIEF & DEPRESSION (cont'd)

Emotions that are flat – expressed robotically – rather than with feeling

Surviving Depression

Following are some suggestions for overcoming your depression, physically, emotionally, mentally, and spiritually.

Physically

1. Get your rest. Be sure to get out of bed, get dressed, and, if possible, go out of the house.
2. Make sure you eat well – not too many sweets. Foods with sugar will give you quick bursts of energy, then quickly let you down, taking you deeper into depression.
3. Get involved in physical and recreational activities that do not cause you pain. Exercise and gentle movement help decrease depression.
4. Practice deep breathing. This helps to relax muscles, decrease pain, and relax and focus the mind.
5. Decrease alcoholic beverage intake. Alcohol is a depressant. Eliminate other drugs that you use to self-medicate. If using prescription drugs, make sure you take them when prescribed.
6. Emphasize your best features; don't focus on the loss. For example, if you have beautiful skin or eyes, a bright smile, a terrific figure or a great personality, this is the time to value your assets.

Emotional Dealing Grief Depression

1. You are not alone.
2. You are not to blame. It is important that you feel the anger, because if you don't, it will lead to depression.
3. Write letters and don't mail them. Journal your feelings.
4. Increase contact with supportive family and friends.
5. Assert yourself and communicate clearly. Tell those around you what you need and don't need. For example, you may need to expend less energy this year; conserve your energy. Go to a movie or rent a video, especially if the weather is harsh.
6. Tell your loved ones you are experiencing grief and talk honestly about your loss together. This gives your loved ones the chance to express their feelings, since they,

~ cont'd on Page 3 Column 1 ~

Bellarmino University Physical Therapy Amputee Community Partner Project

(cont'd)

Therapy sessions throughout the week usually take about an hour.

Step 4:

After the therapy sessions are complete, we will re-assess to determine the amount of progress we have made!

We look forward to working with you!

Contact Information:

Megan Aebersold SPT Phone: 270-980-0521

Email: maebersold@bellarmine.edu

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## AMPUTEE WALKING SCHOOL

Kenney Walking School – Nov 16

Louisville (Masonic Homes) 9am - 3pm

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SEPTEMBER RECAP

Our month was filled with fun activities, beginning with the annual Walk and Roll Picnic at Sam Peden Park in New Albany IN on Sept. 7. We had a great crowd in attendance, at a different location in the park which turned out to be much better for us. The food was awesome as usual, the weather was perfect for a picnic, and we had some new attendees as well. In addition to a few games for the kids, the traditional walk/roll/bike around the lake took place.

Once again this year, *Moving Forward* Limb Loss Group participated in the Give for Good Louisville fund raising day on Sept. 12. Including a \$1000 award we received early in the day, we had 16 donors and ended the day with a grand total of \$2370.00 in donations. This money will be used for meeting expenses, care packages for new amputees, producing and distributing the monthly newsletter, and other charitable donations. Many thanks to those who gave!

The SIRH meeting was held on Sept 16 with 14 members in attendance, including new member Marla Schlan and her mother Leora. The Louisville meeting will be held on Sept 28 at Norton Brownsboro.

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## DEALING WITH GRIEF & DEPRESSION

(cont'd)

too, have to adjust to your loss.

7. Remember, people want to help but often don't know what to do to support you. So ask, ask, ask! You can still remain independent. Allow others to give to you, so you can replenish your energy.

8. Explore meditation, guided imagery, and hypnotherapy.

9. Contact a support group. Contact the Amputee Coalition office toll-free at 888/267-5669 for help in locating a support group or joining Amputee Coalition's online support group.

10. Laughter is a healer of depression, so add humor.

11. Get professional help if the depression becomes overwhelming and no small changes are occurring. Everyone needs help at some point in his or her life. You are worth it. If finances are a problem, call your local mental health office or the Amputee Coalition at 888/267-5669 for information on financial resources.

12. Most importantly, know that these feelings will lessen over time; however, for now, get support!

### Mentally

1. Commit yourself to work with the medical staff, even when you don't want to.

2. Do not make big decisions such as beginning or ending a relationship or buying or selling a house or car when you are depressed.

3. Go to a mental health professional for evaluation and medication if necessary.

4. Seek alternative medicine, massage, acupressure, acupuncture and hypnotherapy for pain management, phantom pain, sleeplessness, anxiety, and depression.

5. Replace negative self-talk about your body and life with positive messages.

### Spiritually

1. Forgive yourself; don't judge. Dr. Harold H. Bloomfield, co-author of How to Heal Depression, states, "The primary reason to forgive is for your peace of mind and the quality of all your future relationships. That's what we do when we forgive – let go of the imaginary (but painful) control of the way we think things could be, and we are."

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## EDITOR'S NOTE

– by Elaine Skaggs

The *MOVING FORWARD* Limb Loss Support Group has suffered a devastating loss with the passing of Belinda Jacobi months ago. It has been a difficult transition for us as a group, and as individuals. We all grieve differently. Some will pass through the process quicker than others, but we all will endure the changes that are to come. Not one of us can imitate Belinda, or do things as passionately or efficiently as she did, but we can strive to become better, to help more people, and to let her legacy live on. There have already been necessary changes, both in leadership and activities, and there will be more to come. However, we will strive to carry on her legacy, to influence our community with positivity and encouragement. This newsletter is one of the ways we can become even better, and as you have probably already noticed, we have endured some changes here also. I will be writing a few more of the articles contained here; however, much help is needed. If you have ideas of subjects you would like to see covered here, please do not hesitate to contact me. If you have a secret desire to be a writer, we all would love to read what is going on in your life!! If there have been past articles published that you would like to see revisited, please make that suggestion. You can submit those suggestions or your articles and pictures to Elaine Skaggs in person or online at my email, [elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com). Let's **ALL** take part in making this newsletter a way for us to reach out to the community, to be informed, enlightened, and entertained, but most importantly, in touch with each other.

– Thanks, Elaine

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PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at:

ampmovingforward.com

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## DEALING WITH GRIEF & DEPRESSION (cont'd)

2. Learn to think of yourself in a different way.

Keep your dreams and create a new definition of success.

Accept support from loved ones while remaining independent.

Make new traditions and memories, creating hope for the present and future. Make goals and objectives for the future and start small.

If your religion or spirituality is important to you, become more involved with it.

### Summary

Amputation is an enormous loss and learning to adjust is a process that takes time – so be gentle with yourself. Try not to isolate yourself or withdraw from people; use your experiences to build new memories and start new traditions to reach your goals. Sure, there will be adjustments along the road to success – but it is still your path. Who you are has not changed. Always remember, you are much more than your physical experience.

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CONTACT INFO

MOVING FORWARD Limb Loss Support Group

Email: moving4wdamputeegroup@gmail.com

Website: 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 • 502-235-3146

Elaine Skaggs, Vice-President / Secretary /
Newsletter Staff
elaineskaggs@ymail.com • 502-548-6419

Julie Randolph, Treasurer / Newsletter Editor
jbrsweepea@yahoo.com • 812-557-3970

Mike Portman, Board Member-at-Large
mdportman712@gmail.com • 502-262-8344

Katie Flanigan, Writer / Young Adult Facebook
Editor
katiemovingforward@gmail.com
812-987-5329

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## 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 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/>

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)

Enter our organization number: DC476 or,

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.





## Krafty Kids

Below is a fun but healthy snack for the kiddo's to make during this Halloween season... Hope all the little ones in your family have a fun filled holiday!

### Ingredients

- 1 medium red apple
- 1 tsp. lemon juice
- 1/4 c. chunky peanut butter
- 2 Tbs. reduced-fat cream cheese
- 1/8 tsp. ground cinnamon
- Miniature marshmallows, optional



### Directions

1. Cut apple into 16 wedges; toss with lemon juice.
2. In a small bowl, mix peanut butter, cream cheese & cinnamon until blended. Spread about 2 tsp. onto one side of half of the apple slices; top each with a second slice, pressing to form lips. If desired, press marshmallows onto peanut butter for teeth. Refrigerate until serving.

**Yield:** 8 servings.



## UPCOMING EVENTS

### MEETINGS:

**October 21** – Monday, 6:30 – 8:30 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room

**October 26** – Saturday, 2:00 – 4:00 p.m. at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B

### EVENTS:

**October 1 – November 23** We will be holding our Annual Sock Drive for the Salvation Army beginning on Oct. 1, during which we will place collection boxes in local prosthetic offices, and other businesses to collect new socks, and new or gently used coats, gloves, scarves, and hats, which will be donated to the Salvation Army to be distributed to those in need. (see attached flyer)

**The Bellarmine University Physical Therapy Amputee Community Partner Project** will again begin this fall. Contact Megan Aebersold at 270-980-0521 to participate. (see attached flyer)

MOVING FORWARD Limb Loss Support Group  
Newsletter CORPORATE SPONSORS:

### Kentucky Prosthetics & Orthotics

1169 Eastern Parkway Ste. 4423  
Louisville KY 40217

502-585-4228

### 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

lendingahand@gmail.com

Facebook & YouTube: BillyPAmputee



### Bruce Luckett, L.P.

1404 Browns Lane, Suite C

Louisville, KY 40207

Phone: 502.895.8050

Fax: 502.895.8056

Web: www.louisvilleprosthetics.com

742 East Broadway

Louisville, KY 40202

Phone: 502.584.2959

Fax: 502.582.3605



### R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C

Louisville, KY 40207

Phone: 502.895.8050

Fax: 502.895.8056

Web: www.louisvilleprosthetics.com

742 East Broadway

Louisville, KY 40202

Phone: 502.584.2959

Fax: 502.582.3605



### Chris Luckett, C.P.

1404 Browns Lane, Suite C

Louisville, KY 40207

Phone: 502.895.8050

Fax: 502.895.8056

Web: www.louisvilleprosthetics.com

742 East Broadway

Louisville, KY 40202

Phone: 502.584.2959

Fax: 502.582.3605

*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](http://WWW.KENNEYORTHOPEDICS.COM)



BRYAN SWINT, CPO/L  
ORTHOTIST/PROSTHETIST  
BSWINT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)