



**NEWSLETTER ♦ 128th Edition ♦ Apr 2024**

**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 close, and always proves to be a very exciting month in the amputee community with it being the month we recognize Limb Loss / Limb Difference Awareness Month. Personally, April is a month full of birthdays and anniversaries, and other celebrations; and after experiencing a very difficult March for me, it is a welcome change. So...Happy Limb Loss and Limb Difference Awareness Month! Let's celebrate and raise awareness together in April by completing as many #LLLDAM Dares as possible. The complete list of Dares can be found on the Amputee Coalition website, and a fun way to get involved in LLLDAM. Share your dares on social media using #LLLDAM2024, and don't forget to tag @AmputeeCoalition.

Did you know that 5.6 Million++ Americans are living with limb loss and limb difference? The "plus-plus" acknowledges that the known estimate does not include everyone. The limb

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**UPCOMING EVENTS**

**Saturday April 13** – 1:00pm – 3:00pm

Restaurant Outing

Join us for our first outing of the year for a fun social time, and to rate this establishment's accessibility. We'll be meeting and dining at *Momma's Mustard, Pickles & BBQ*, 119 S. Hurstbourne Pkwy, Louisville, KY.

**Monday April 16** – 6:00pm – 7:30pm

Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany IN, in the Conference Room.

**Saturday April 27** – 2:00pm – 4:00pm

Louisville meeting at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220. We will be celebrating 'Show Your Mettle Day' for Limb Loss Awareness Month. *Moving Forward* will provide a catered meal for this meeting. We will also have a guest speaker, so join us for food and fun! **PLEASE NOTE THE NEW PERMANENT LOCATION FOR THIS MEETING!**



## EDITOR'S NOTE (cont'd)

loss and limb difference community includes many talented people with remarkable journeys and stories. Share your story @AmputeeCoalition, and take the opportunity to advocate for the needs, provide education, and support for people who have limb loss and/or limb difference. This is the perfect way to get involved and raise awareness. Every Wednesday in April is "Wear Orange Wednesday"! Let's demonstrate how vast the Limb Loss and Limb Difference Community is by wearing orange and sharing your photos & videos. Save the date! The last Saturday of April is "Show Your Mettle Day", a day to empower individuals to show off their "mettle" (i.e. prosthetic devices, orthotic devices, wheelchairs, crutches, canes, etc.) This year, on Saturday, April 27, 2024, post a picture of you in your "mettle". Participate in the Words of Encouragement #LLLDAM Dare! What words of encouragement would you give to someone who has recently undergone an amputation, has a pending amputation, or is a parent of a child born with a limb difference? Submit your story to the @AmputeeCoalition here: WeTHRIVE SHARE YOUR STORY. These are just a few of the ways you can get involved.

As we wrap up the month of March there are a couple of changes you need to know. At the end of our Louisville meeting last month, we held our annual business meeting and officer elections. The officers had previously discussed changing our meeting time, but the group voted to keep the time at 2:00pm - 4:00pm, on the 4th Saturday of every month. The second item that was voted on was to change our meeting venue. Due to ongoing construction being done at

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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



## Ottobock Launches Movao Online Platform for Amputee and Limb Difference Community

In honor of Limb Loss and Limb Difference Awareness Month, prosthetics and orthotics manufacturer Ottobock has launched Movao, an online platform dedicated to the amputee and limb difference community. Filling a void within the community and creating a safe, accessible space to seek local and global peers, Movao allows users from all over the world to connect, share experiences, and learn from each other.

“Movao brings a unique opportunity for the limb difference community to connect, collaborate, and continue their journey,” says Aaron Holm, Executive Director of Wiggle Your Toes, Manager of Consumer Engagement at Ottobock, and bilateral, above knee amputee. “It’s a safe space that eliminates the static of

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## EDITOR'S NOTE (cont'd)

the Okolona Fire House, we voted to make a permanent change and will now hold our Louisville meetings at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220. Please note that this is a permanent change! The last item was approved as well, changing the titles of two of the officers from President and Vice President to Co-Presidents. Your new Officer Board is as follows:

Kelly Grey-Parker	Co-President
Elaine Skaggs	Co-President
Brianna Heitzman	Secretary
Danielle Ranschart	Treasurer
Rose Booth	Board Member-at-Large

Congratulations to everyone!

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## RECIPE OF THE MONTH

### Apple Cranberry Coleslaw

*This Coleslaw is so pretty, so easy to make and a great side dish for your Easter dinner and you can make it 24 hours ahead and keep in the fridge.*

14 oz bag 3-color coleslaw mix  
1 large apple, chopped  
1/2 cup dried cranberries  
1/2 cup chopped walnuts  
4 green onions, sliced

#### Dressing:

- 3/4 cup mayo
- 3/4 cup plain yogurt or sour cream
- 1/4 cup honey
- 3/4 teaspoon dried, ground ginger

Combine coleslaw ingredients in a large bowl. In a small bowl, combine dressing ingredients and mix well. Pour dressing over coleslaw and stir until evenly coated.

*For a less creamy coleslaw, use 1/2 cup mayo, 1/2 cup plain yogurt, 3 Tbsp of honey, and 1/2 tsp of ginger.*

## Ottobock Launches Movao Online Platform for Amputee and Limb Difference

### Community (cont'd)

social media. People like me, someone that depends on prosthetics for daily activity, can unleash the power of community in ways that aren't possible via traditional social media."

Including features like local and global live feeds, event planning, forums, and so much more, Movao is a one-stop shop for the amputee and limb difference community to meet like-minded individuals who share interests and hobbies across the globe.

Over 2.1 million people are living with amputation and limb difference in North America, and the number continues to grow. Peer support and community are key factors in the journey of both amputees and those with congenital limb difference. As many people were left without their normal community resources during a global pandemic, the need for something like Movao became more and more apparent to amputees, people with limb difference, their loved ones, and the O&P community.

"Our mission extends far beyond delivering quality products and patient care," says Cali Solorio, Vice President of Marketing for Ottobock North America. "It is also reflected in how we foster community for the individuals we serve. With Movao, we can deliver on our mission in a new and exciting way, and we look forward to watching this community make it their own."

Amputees, those living with limb difference, and their loved ones can now join Movao and celebrate Limb Loss and Limb Difference Awareness Month with community members.

*[Source: OttobockGlobalNewsWire]*

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## PAST 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)

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