



NEWSLETTER ♦ 28th Edition ♦ Dec. 2015

***MOVING FORWARD* FEATURE**

CHERISH - by *Belinda*

We all have experienced things in our past that have touched us in such a way that it becomes a pleasant memory. I would like to share such a memory with you. This particular one happened around 25 years ago, but I still remember it as if it was yesterday, because it touched me so deeply. I was working as a receptionist in an office at that time. The elderly couple came into the office holding hands. The gentleman was attempting to transact his business, but the lady kept interrupting by talking incoherently. It was apparent that she had Alzheimer's disease. Every time she would interrupt, he would gently pat her knee or rub her hand until she would be quiet once again. He never got angry with her or told her to be still. Instead, each time he looked at her with love in his eyes and a smile upon his face. His love for her was so overwhelming that it almost brought me to tears. When he was finally able to finish his business, he took her hand and led her out the door. As any other couple who had been married for many years, I am sure they had experienced their share of good times and hard times, but you could tell by his actions that he cherished those years and thought of each of them as a gift.

Something stirred this memory within me recently. I was at my first appointment with my new oncologist. As part of the patient registration process, each new patient had a session with a social worker before seeing the doctor. I was really quite impressed with this. The social worker told us of what services she could offer us and that if we ever needed to talk, to feel free to contact her. I then was asked about my health history and how I was holding up after my latest cancer diagnosis. After answering her questions, she turned her attention to Shelton and asked him how he was doing with all of this. He told her that it was hard but we had been through it before and we would make it through again. She then asked him a question which kind of threw me. She asked him if he ever considered just walking away. He answered, "No, I would never do that." She then turned back to me and said that sadly many do just that. They turn their backs on their spouse or loved one when they are needed the most, because it is just too hard.

I realize that this is a sad topic to discuss especially during the holiday season. We associate the holidays with good times and cheer. We should also remember that it is a time to cherish those we hold dear and to thank them for standing beside us during good times and bad. Truly loving someone isn't just about sharing the happy moments. It's about building a love that is strong enough to weather the storm during the hard times and to rejoice in sharing the good times.

So I ask you during this holiday season to please let those you love know how much they are cherished in your heart.

The Bad Years; Expect Them in a Healthy Marriage

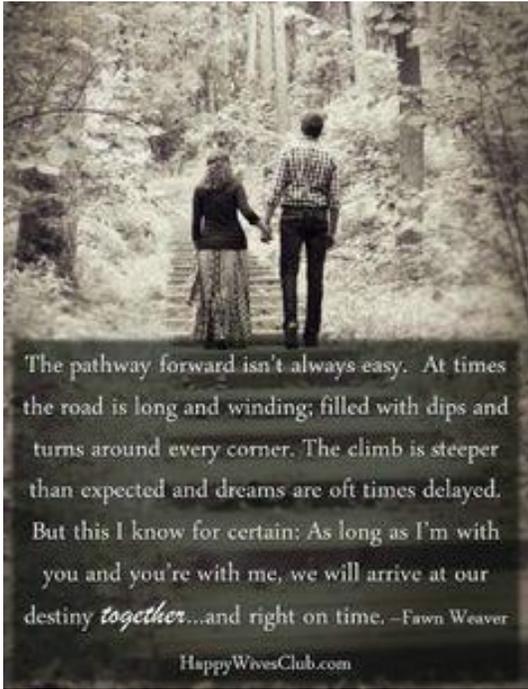
- by *Mary Jo Rapini, Licensed Relationship and Family Therapist*

We've all seen the wedding cards that talk about "happily ever after." We've all heard the wedding songs about "happily ever after." There is not one girl who hasn't seen the movie, or read the book about a handsome prince sweeping away his beautiful princess. Everyone identifies marriage with this magical theme, and for the most part we wait to find our dream partner, get married and live happily ever after. This is sweet, it's heartwarming, but it isn't exactly true. Marriage requires work, and there are tough times in a marriage, and some of those times take years.

I often wonder why the bad years of marriage aren't talked about. After all, anyone happily married will confess to living a few of the bad years themselves. Whether it was due to the stages of their children's growth, an in-law or an illness, bad years are part of all great marriages. Our inability to anticipate the bad events and to talk about them prior to them happening is what hurts many couples when they are going through them. It is also the unexpectedness of bad times that causes couples to panic and mention the word divorce. It is no surprise that the majority of the couples I work with report the reason for their marital difficulty is feeling distance in the marriage or falling out of love. **When did either of those reasons become a reason to break up a whole family? The couple who tells me straight face, we need to divorce because we no longer are in love, but admit to loving one another boggles my mind. What does that even mean? It means they are stuck in a rut, and they have no idea how to work with the situation. They begin fighting because they are frustrated with their lack of feeling, and they tell themselves as well as the kids that a divorce will be better than fighting with one another. This is total nonsense. If choice A is staying together while continuing to fight and B is getting a divorce, how about we talk about choice C, which is working it out and understanding one another.**

Couples cannot understand the probable bad years in a marriage as they walk down the aisle because they cannot imagine feeling anything but the love and lust they feel at that time. However, we should teach couples in pre-marital counseling that although the bad years will be rough, they will also provide growth and deeper understanding and commitment. Then the couple may take the bad years in stride, and stop contemplating divorce the minute their marriage gets tough. If you willingly accept struggles as being a necessary part to personal as well as relationship growth, you may become better at handling conflict as well. Below are suggestions to help you adapt a better attitude during those rough times in your marriage.

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### QUOTE OF THE MONTH

"A strong marriage rarely has two strong people at the same time. It is a husband and wife who take turns being strong for each other in the moments when the other feels weak."

- by Ashley Willis

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TEST YOUR KNOWLEDGE

Unscramble these words & use the letters in parentheses to solve our special wish for you. You can find the answers on Page 6.



- TSCIHR () _____
- IYHDOLA () _____
- RNBOIB () _____
- CCLISEI () _____
- PHGOPSNI () _____
- DORTIATISN () _____
- TTESIMLEO () _____
- GASLNE () _____
- EHSIGL () _____

HAVE A VERY MERRY _____!!

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\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletter. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. \*\*

## The Bad Years; Expect Them in a Healthy Marriage (cont'd)

Abuse is not a rough time; it is a sickness. I do not advocate working through abuse; in fact, abuse is one reason to divorce. An abuser needs professional attention and help to make necessary changes in his/her life.

1. Marriage retreats are very important during this time. Go to them with your partner or go to them alone. They help you look at your reactions. Your reactions can make or break a destructive cycle.
2. Talk more to your partner than you do to a friend when you are going through a bad time within your marriage. When you talk, say one sentence to your partner's three. Usually there is a lot of talking **to** during a bad period of marriage, but less talking **with**.
3. Withdrawing from intimacy is very common during the bad years. This will most definitely make things worse. As much as possible even if you cannot have sex with your partner; touch him/her, or hold his/her hand when possible.
4. During the bad years it is common for one partner to move out of the marital bed. If you do this, the sooner you move back in, the better. Sleeping separately will destroy your marriage quickly. It shows your partner rejection and there will be a sense of abandonment. One night won't hurt a marriage, but more than a week will.
5. Write to one another. Most people can write what they feel easier than they can say it. I have worked with couples who repaired their marriage with emails and hand written letters more successfully than talking.
6. Begin talking about your memories of your first dates. What did you like about one another? Try to get some of that feeling back as frequently as you can.
7. Begin dating your spouse again. Try to experience new things with him/her, and take a break from talking about the things that are upsetting you.
8. Become a team against the issue that is making the marriage fragile. If it's a child, or an illness, you can handle it better if the two of you remain a team.
9. Find a church or spiritual place you both like. Some problems cannot be solved, but a spiritual connection can help you both accept the situation better. People have to grieve things differently. Your spouse may want to bury a problem they think is over, but you may still feel it very deeply. Allow one another the space to work through the problem in his/her own way.
10. Remind yourself that you took a vow and divorce is not a good option. This has helped more couples than I can count. In the end it is the commitment that will get you through the long tough days/months/years.

Every healthy, happy married couple I know has had bad years. It is normal; it is to be anticipated. I would be nervous about marrying anyone who wasn't open to talking about how to handle the difficult times prior to becoming my partner. Marriage is a lifestyle. It is an incredible shared journey with another person. That person will be your teacher, lover, best friend, worst friend, and co-parent. They deserve the best of you, the worst of you, and the truth of you. It's not about being married "Happily ever after," it's about being married "Authentically ever after ... and finding the happiness in that."



## LET'S GET MOVING! - by Belinda

The holiday season is usually a wonderful time of the year, but it can also cause additional stress and weight gain. Cardiovascular exercise can benefit us all year long, but during the holidays can do wonders in helping to relieve some of that added stress and helping us in our fight against the battle of the bulge. After all we are only human and all those goodies are extremely tempting. Before starting any exercise regimen, it is important to check with your doctor. If you are experiencing pain while wearing your prosthesis, you should also check with your prosthetist to make sure that your prosthesis fits and is in proper alignment. We are including the following article from the Amputee Coalition about cardiovascular exercise, so come on everyone, put down that cookie and **let's get moving!**

### Cardiovascular Exercise for Amputees

inMotion · Volume 23 · Issue 5 · Sept | Oct 2013  
by Cindy Asch-Martin

You should always consult your healthcare provider before starting a new exercise program.

Cardiovascular exercise still seems to be a dreaded activity for many people; however, its benefits include strengthening your heart, reducing body fat and surprisingly, stress, which is critical for a healthy mind and body.

There are many forms of cardiovascular exercises that amputees can take part in, with or without a prosthesis; some are better suited for active amputees, while others are better suited for those who are beginners or who may have medical restrictions.

For those amputees who have no restrictions and wear a prosthetic leg and have no pain or discomfort, there are numerous pieces of cardiovascular equipment to choose from. If you don't belong to a gym or have access to equipment, you can still walk, bike or hike in the great outdoors. This is a popular option this time of year when the weather is nice and you don't want to be cooped up inside. However, if you prefer to walk, you need to understand the importance of keeping a steady pace.



In order to strengthen your heart or lose unwanted body fat, you must increase your metabolism. This means keeping a pace that makes your heart work harder. If begin to get warm and you will begin to perspire. It should also be difficult to have a normal conversation. Listening to your favorite music that has a motivating beat will help you develop and keep a steady pace. For the first few minutes, try to stay at a slower pace so your muscles can warm up and get limber. Then, slowly increase your pace; try to maintain that pace for 10-30 minutes. The length of time will depend upon whether you are a beginner or an experienced walker.

An important aspect of any form of exercise is that you must challenge yourself in order to get the results you desire.

One very important aspect when participating in any sort of exercise is that you need to warm up for about five minutes to loosen up your muscles. I often see people stretch without warming up first, or going gung-ho on exercises right away. This is an unpleasant as well as risky approach to exercising. Cold muscles are like hard toffee and are not flexible, and you can easily injure yourself. Besides, you don't want to turn this into a chore that you'll dread having to continue; otherwise, before you



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## Q & A - by Belinda

Our Q&A section is provided so that our readers can submit a "?", and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

I received this question from a reader: "I retain water and many times can't get my socket on because of all the swelling. Do you have any suggestions?" Not being a medical professional, I did some research and found an article from the Amputee Coalition discussing this topic. I also would encourage you to talk to your prosthetist to see if wearing a shrinker might help.

### Fighting Water Retention

inMotion · Volume 23, Issue 3 May | June 2013  
by Chris Weintrob

Feeling swollen, bloated and downright puffy? Socket too tight? You're not alone. The good news is there are simple remedies to fight the bloat and even prevent it in the first place.

#### What is Water Retention?

Water retention, also known as edema, is swelling caused by an abnormal build-up of fluid in your body's tissues. People most often see swelling in their feet, ankles and legs, but it can also be seen in the hands, face and abdomen.

Causes of Water Retention, Mild cases of edema can result from:

- Sitting in one position for too long
- Too much salty food
- Not drinking enough water
- Lack of potassium or magnesium
- Poor nutrition in general
- PMS
- Pregnancy
- Certain drugs, including some blood pressure medications, anti-inflammatory drugs (NSAID's), estrogen, steroids, some antidepressants, and certain type 2 diabetes medications (thiazolidinediones).

More serious causes of edema include:

- Congestive heart failure
- Liver disease
- Kidney disease
- Weak or damaged leg veins
- Inadequate lymphatic system.

Kidney, liver or heart disease can be manifested to some extent by water retention. Since edema can be symptomatic of a serious illness, it's important to determine the underlying cause. If you suspect that you have a more serious underlying medical condition, don't hesitate to consult your physician.

#### How to Fight Water Retention

If the cause of your water retention is relatively benign, you can take simple steps to reduce the swelling. In a nutshell, you should decrease your consumption of bad foods and increase your intake of good foods.

#### Foods to avoid

When you consume salty foods, you upset the sodium balance in your bloodstream. Your body then tries to dilute the salt by

- Continued on Page 4 Column 2 -



## Cardiovascular Exercise for Amputees (cont'd)

know it, you'll find yourself making excuses and eventually calling it quits. Having a friend or partner to participate with can be a helpful motivator.

If you have access to cardio equipment, bikes, treadmills, rowing machines and ergometers, there is no stopping you from getting a healthy workout and achieving the results you want.

For anyone who can wear a prosthesis without pain or for beginners that have little to no discomfort, walking on a treadmill or riding a bike is a perfect selection to get started.

Rowing machines work well for those with or without a prosthetic leg.

For those in wheelchairs or who don't use a prosthetic leg, ergometers is another way to challenge yourself. Some styles have seats, while other types sit on tabletops so you can wheel right up to the table. You can adjust the tension and add more minutes to continue to progress.



*Remember:* An important aspect of any form of exercise is that you must challenge yourself in order to get the results you desire. To ensure that you continue to make gains, you should change the order of what you're doing with your exercise periodically. This will help to make your gains more consistent as well as to avoid the boredom of falling into a routine.

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SPOTLIGHT – by Belinda

For the month of December, I decided that it would only be fitting to shine the spotlight on our limb loss support group, *MOVING FORWARD*. We have come a long way in a few short years.

At our first official meeting in August of 2012, we had no knowledge as to what we would be able to accomplish. We only knew that there was a tremendous need. It took a while for us to decide upon our goals. Were we going to be an exclusive group of amputees who occasionally met and talked or did we want to reach out to all amputees and caregivers in our area, offering them not only support, but information and activities to enrich their lives.

Some people came a few times and never returned, but the core group remained intact and that is what has led to the successful group that we now have. When I look back at that first sign-in sheet, these names stand out: Marcia Evans, Chuck Messer, Ron and Valerie Cardwell, Mike Portman, Kelly Reitz, and my husband Shelton and myself. Others came around shortly after, including Sam & Beverly Gaylord and Julie & Philip Randolph. When asked by other support groups who are trying to succeed how we have stayed together and grown as a group, I always tell them that it is because we were lucky enough to have a great core group of people who saw the vision of what we could become and were willing to work together to achieve it.

In order to reach our vision, we realized that we wanted to become a member group of the Amputee Coalition. They have been a wonderful supporter of our group, providing us with brochures, keeping us informed of what is happening on the national front that affects amputees, and by allowing us to use their articles in our newsletter.

The next major decision we made was to apply to become a not-for-profit organization with the Internal Revenue Service. This involved coming up with a mission statement, articles of incorporation, bylaws, and numerous paperwork with the IRS. Thankfully, I had worked in a tax office for 15 years and Mike had some knowledge due to other organizations with which he was involved. We muddled

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Fighting Water Retention (cont'd)

retaining water – thus the bloating. But refraining from salt is only one (and probably the least effective) way to avoid over-consumption of salt. More importantly, you should limit your intake of processed, packaged foods, which are usually loaded with sodium.

Foods to add to your diet

Nature provides the perfect antidote to water retention: fresh, whole foods. Not only do they reduce your risk of bloating, they are a boon to your health. Along with sodium and other electrolytes, potassium and magnesium are required to maintain the body's fluid balance. If you consume too much sodium, foods rich in potassium and magnesium can help restore the balance. Magnesium is also important for calcium metabolism and maintaining normal muscle and nerve function.

WATER. Drink plenty of water. This may seem counterintuitive; after all, you're trying to get rid of excess water! But dehydration actually makes your body retain water. So drink, drink and drink some more to flush out excess sodium and water retention. Throw in a slice of lemon, lime or orange to jazz things up.

AVOCADOS. Avocados are rich in potassium and vitamins B-complex, E and K. Avocados get a bad rap for being high in fat and calories, but they are actually nutritional powerhouses. Yes, there are 21g of fat in a medium-sized avocado, but the majority of these fats are monounsaturated (the "heart-healthy" kind that helps reduce bad cholesterol).

BANANAS, MELONS AND CITRUS FRUITS. Try a fruit salad or smoothie for breakfast (better yet, toss in some leafy greens for a green smoothie) or grab a banana for an afternoon snack.

WATER CRESS AND PARSLEY. These often-overlooked leafy greens are natural diuretics that are also high in potassium and antioxidants, respectively. Other bloat-fighting vegetables include other leafy greens, celery, tomatoes, carrots, onions and peppers.

ALMONDS. Almonds are rich in potassium and magnesium, as well as an excellent source of good-for-you fats, fiber and protein.

HERBS. There is an entire class of herbs known for their diuretic properties, such as dandelion root tea, which is also a rich source of potassium and aids in cleansing the liver and kidneys. Talk to a naturopath or herbalist for more information.



Shift your Mindset

Even if the cause of your swelling is congestive heart failure, kidney or liver disease, or some other serious illness, improving your diet can make a tremendous difference. Rather than thinking of food simply as a source of calories, consider food as a source of special ingredients that can prevent and heal disease, and transform your health. As Hippocrates said, "Let food be thy medicine and medicine be thy food."

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**SPOTLIGHT (cont'd)**

through and were approved as a not-for-profit corporation by the state of Kentucky in August of 2013 and approved as a 501(c)(3) organization by the IRS in August of 2014. I later registered us with the State of Indiana once we decided to begin holding meetings there. Staying on top of all of this bureaucracy has been a challenge, but it is necessary if we want to continue growing.

Our next step was to try to spread the word about *MOVING FORWARD* and to gain the trust and support of the area prosthetic companies. This was a slow process, but you don't gain someone's trust overnight so that was understandable. Our first success at achieving their support was our 2014 Fall Walk & Roll when all the companies agreed to sponsor the picnic and walk. The second success came in May of 2015 when The Center for Orthotic & Prosthetic Care, Hanger Clinic, Kenney Orthopedics, Kentucky Prosthetics & Orthotics, and Louisville Prosthetics agreed to become sponsors of our monthly newsletter. Since this time, they have allowed us to place group information in their offices and included us in many activities. Their support of our group has led to the tremendous growth that we have seen during the past year at not only our meetings, but also our events. We want to take this time to thank each of them for their support of *MOVING FORWARD*.

We wish to extend another thank you to Anne McKune with the Give Local Louisville Campaign for allowing our group to participate in this "day of giving" event, which was held on Oct. 1st of this year. The donations which we received will help us to reach out to more amputees in the coming year.

*MOVING FORWARD* has arisen from its humble beginnings to now having 73 registered members, our newsletter goes out to over 200 individuals and businesses, and our Facebook page has 112 members representing 3 foreign countries and 20 states within the U.S. Our group also maintains a website, takes part in local health fairs, gives presentations to various colleges and organizations, and serves as a vital link for the Amputee Coalition in keeping those with limb loss in our region informed of national news. Our peer visitor program continues to grow. Along with going on peer visits locally, we have been called upon to connect with amputees from all over the country.

I have been given the nickname of "mother hen" of the group, and that's a name I will wear with pride. I have watched over this amazing group of people as they have found their place within the group and helped to turn it into what it is today. We are a loving and caring group of people who support each other, learn from each other, and hope to be an inspiration to others. I encourage you to contact us or come to a meeting. It may be just what you need to help you in your desire to **Move Forward**.



**UPCOMING EVENTS**

**Dec. Meetings:** Mon., Dec. 21<sup>st</sup>, from 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, in the Conference Room. We will not have the December meeting at Baptist East due to the Christmas holiday.

**Jan. Meetings:** Mon., Jan. 18<sup>th</sup>, from 6:30 - 8:00 p.m. at Southern IN Rehab Hospital.

Sat., Jan. 23<sup>rd</sup>, from 2:00 - 4:00 p.m. at Baptist Hospital East in the 2nd Floor Education Center Room 2B. We will be discussing plans for the upcoming year so please try to attend. If you have an idea for a speaker or an event, we would love to hear it.



***J'm Moving Forward . . .***

Each month we are including a picture of one of our members *moving forward* after limb loss.



Group members *moving forward* and thanking those who made donations during the "Give Local Louisville Campaign".

\*\* If you would like to submit a picture of you *moving forward*, send it to Belinda or Julie. \*\*



*. . . . . from Beverly's Kitchen*

This is a favorite among many. While baking, it makes your home smell so good. This recipe is easy, so tasty & can be great to make for parties during the holiday season. Enjoy!

**Cinnamon Spiced Pecans Recipe**

*Ingredients:*

- ½ cup sugar
- 3 tsp. ground cinnamon
- ½ tsp. salt
- 1 egg white
- 1 lb. large pecan halves

*Directions:*

1. In a small bowl, combine the sugar, cinnamon & salt; set aside. In a large bowl, lightly beat egg white. Add pecans; stir until coated. Sprinkle with sugar mixture; mix well.
2. Spread in a single layer on a baking sheet. Bake at 300 degrees for 20 minutes. Remove nuts from baking sheet to cool on waxed paper. Yield: about 6 cups.



**KIDS HOLIDAY SNACK**

These darling no bake – assemble only – reindeer cookies are perfect for school treats or Christmas parties.

All you need is some Nutter Butter cookies, some brown and red M&M candies, a handful of pretzels and some white icing. Assemble and enjoy!





# CONTACT INFO

Call for meeting times & locations!

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TEST YOUR KNOWLEDGE ANSWERS (from Page 2)

CHRIST, HOLIDAY, RIBBON, ICICLES, SHOPPING, TRADITIONS, MISTLETOE, ANGELS, SLEIGH

HAVE A VERY MERRY CHRISTMAS !!

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## JUST A TOUCH OF CHRISTMAS HUMOR



## 2015 Christmas Party Recap

If you missed MOVING FORWARD's Christmas Party, you missed a great way to get into the holiday spirit. It was a wonderful evening with good food, a magic show, Christmas caroling, special music provided by group members Kelly Reitz and Philip Randolph, door prizes, games for the children, and, of course, Santa Claus. We had one of our largest attendance to date, and everyone enjoyed the activities and visiting with friends and family.



*We wish you a very Merry Christmas & a Happy New Year !!*



**R. Wayne Lockett, C.P.**

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