



NEWSLETTER ♦ 39th Edition ♦ Nov. 2016

MOVING FORWARD FEATURE **MEMORIES OF A DEAR FRIEND**



— by Belinda

I received some news a few weeks ago. It was the type of news that we don't want to hear. One of our group members, Lynn Fritsch, had passed away. Many of you never had the pleasure of knowing Lynn. She joined the group in its early stages and was only able to attend a few meetings before her health took a turn, or I should say, many turns for the worst. I remember a couple of years ago getting a call from Kelly telling me that she had seen a posting on Lynn's Facebook page that said she was in the Sam Swope Care Center and her doctors had told her that she would probably survive only a few short months. Kelly went to visit her and so did I. It was during this time that I really got to know and appreciate Lynn, and I would like to share part of that story with you.

On that visit with Lynn, I learned that her kidneys were failing and she was to decide whether to begin dialysis treatments or to begin hospice end of life care. I could tell that the decision was weighing heavily upon her. We went on to talk about our support group, our families, U of L basketball (Lynn loved those CARDS!), and many other things. During our conversation, Lynn told me that she had never been a quitter, that she was a fighter. She also told me that someone she cared deeply about was going through a difficult time in life and she wanted and needed to be there to offer her love, support, and guidance.



She began dialysis shortly thereafter. You never knew what to expect when you went for a visit. On one visit she may have been up in a chair laughing and watching the NCAA tournament, but the next visit I would find her so weak that she couldn't lift her head. Along with the toil that dialysis takes on one's body, she also dealt with strokes, infections, injuries from falls, and bouts of pneumonia. She was always glad to see both Shelton (my husband) and I. She and Shelton would discuss sports and cars (another of her loves). We would always take her in a small gift on our visits. If anyone deserved a bit of cheer, it was Lynn. We would take her flowers, a group T-shirt or picture, lotion, magazines, or some other item, but her favorite gift was the small stuffed bear which she immediately named "Mike the Bear". The bear reminded her of Mike Portman, a member of our group. Lynn told me that she loved to be in *MOVING FORWARD* because it made her feel as though she was a part of something again, so I did my best to let her know that she was a very important part of our group. No matter how badly she felt when we

— Continued on Page 2 Column 1 —

AMPUTEE COALITION ADVICE

inMotion • Volume 21 • Issue 6 • Nov/Dec 2011

Caregivers Can Make a Difference

— by John Peter Seaman, CP, CTP

As a caregiver to a new amputee, you should not underestimate the value you can provide as your husband, wife, family member or friend adjusts to performing activities of daily living (ADLs) with or without the assistance of a prosthesis.

However, as a caregiver, you need to establish a balance between being too helpful versus not being helpful enough to a new amputee as he/she negotiates the sometimes frustrating rehabilitation process while seeking to renew their independence.

Listed below are some things you, as an amputee's caregiver, can do to help minimize the frustrations that are sure to be encountered.

AS A CAREGIVER, BEING PATIENT WITH AN AMPUTEE CAN SOMETIMES BE TRICKY AS YOU TRY TO STRIKE A BALANCE BETWEEN BEING TOO PATIENT VERSUS BEING TOO PUSHY AS YOU PLAY THE ROLE OF A MOTIVATOR.

Be a second set of eyes and ears when meeting with a prosthetist.

During an amputee's initial visits with a prosthetist, many new topics will be discussed, procedures will be reviewed and recommendations will be made. Also, new terminology will be presented by the prosthetist in regard to a prosthesis and its use. Often, much of this information will not be initially retained by an amputee, for a variety of reasons. The solution, as a caregiver, is to participate in the amputee / prosthetist encounters so that you can listen, observe and absorb what the prosthetist shares with the amputee, especially in the early stages of the prosthetic fitting process. Don't be afraid to ask questions (and take notes) if clarification is needed to enhance information retention.



Maintain a history of events for the amputee.

Because so many things can happen during a relatively short period of time, it makes sense to maintain a list of events along with healthcare providers' names, dates of important events (surgeries, appointments, when certain medications were started or stopped, etc.) and locations where procedures were conducted (hospitals, rehab facilities, etc.). Also, as the rehabilitation process continues, you should document when the amputee was fitted with his/her first prosthesis and any subsequent prosthetic devices, such as socket replacements, or consumable products such as liners, suspension sleeves or socks. Sometimes this type of information can be useful to future healthcare providers as the rehabilitation process progresses, especially, for example, if the amputee changes prosthetists, which sometimes happens.

Provide encouragement to the amputee. Following amputation surgery, an amputee may experience mild or short-term depression, which can result in a lack of motivation. This is not unusual; after all, the amputation of a limb is often viewed by an amputee as being similar to the loss of a loved one. If depression is experienced, it will

— Continued on Page 2 Column 2 —

MEMORIES OF A DEAR FRIEND (cont'd)

arrived, she would begin asking me about the other members that she had either met or read about in our newsletter. Lynn loved that newsletter. When she was physically able, she would take it with her and share it with the other residents at the Sam Swope Center and then later at Brownsboro Hills Care Facility.

Lynn gave me the title "Mother Hen" of our support group, because she said that I was always looking after everybody. Once I took her in a card that had a picture of a hen watching over its chicks, and we had a good laugh over it. It was great to hear that laughter! She told me that she looked forward to my visits because I was always so positive and that I inspired her. Whatever inspiration I gave to her, she returned it to me tenfold. Her courage in the face of adversity and her love and dedication for her friends and family was truly inspiring.

We tried to go visit her once a month. I was glad that we made the last visit. I had told Shelton that I felt as though we really needed to go and see Lynn. When I entered her room, my heart sank. She was asleep, but she looked so weak and tired. She had just recently returned from yet another hospital stay. I didn't want to wake her, but as I was setting down the flowers we had taken her, she woke up. She didn't have the strength to lift her head, so I sat beside her and held her hand. She told me she didn't know if she wanted to keep fighting anymore. I told her that I understood. She had been able to help her loved one through that difficult time and that gave her peace and filled her with pride. When I left her, I knew I was saying goodbye for the last time. It would have been selfish of me to ask her to keep fighting. It was about 2 weeks later that I received the call from Lynn's sister. Lynn had made the decision to begin hospice care, and she passed away painlessly and peacefully. She was able to say her goodbyes to her family and friends.

A short while after hearing the news, Shelton and I went down to sit by the Ohio River, something we often do when we need to relax. While sitting there on that lovely autumn afternoon, I looked down onto the water and saw something unusual. There in the river floating by us was a bunch of cut flowers, red roses and daisies. I honestly believe this was Lynn's way of saying goodbye to me.



Whenever I need an extra dose of courage, I will think of my dear friend and will treasure our friendship always.

~~~~~



## QUOTE OF THE MONTH

"Time is not measured by the years that you live  
But by the deeds that you do and the joy that you give—  
And each day as it comes brings a chance to each one  
To love to the fullest, leaving nothing undone  
That would brighten the life or lighten the load  
Of some weary traveler lost on Life's Road—  
So what does it matter how long we may live  
If as long as we live we unselfishly give."

— *Helen Steiner Rice*

~~~~~



OCTOBER RECAP

What can I say about the month of October, but WOW! **MOVING FORWARD** was busy from the beginning to the end. The month started with getting our collection boxes distributed for our "Annual Sock Drive" for

— *Continued on Page 3 Column 1* —

Caregivers Can Make a Difference (cont'd)

hopefully be short-lived and the amputee will work through it with your help. Receiving encouragement and understanding from caregivers during this experience can be very beneficial to a new amputee. However, if a state of depression becomes prolonged or intense, professional counseling should be encouraged.

Exercise patience when interacting with the amputee to a point.

As a caregiver, being patient with an amputee can sometimes be tricky as you try to strike a balance between being too patient versus being too pushy as you play the role of a motivator. You should understand that it will take new amputees longer to do many ADLs due to learning how to deal with the amputation and use of a prosthesis. So, for example, when you are preparing to go to an appointment with the amputee's doctor or prosthetist, you need to allow more preparation time before leaving home and more time for getting out of the car and into the office once you've arrived at your destination. But at the same time, you need to set and agree to time management expectations with the amputee so as to minimize frustrations.

Provide physical assistance to the amputee only when absolutely necessary.

New amputees will need to learn several repetitive procedures that are required when using a prosthesis. Some of these tasks may be easily learned and executed by the amputee right from the start. However, early on, an amputee may need assistance in performing certain functions so as to achieve a more successful outcome. When this occurs, as a caregiver, you might need to provide a higher level of assistance early in the rehabilitation process than might be required later on. But as time goes by, the amputee should be encouraged to try to learn how to independently perform as many daily tasks as possible that are required when using a prosthesis.

Research questions or issues regarding prosthetics.

New amputees have to learn many things about using a prosthesis successfully, but never fear; we're not talking "rocket science" here. An amputee's prosthetist should provide verbal and/or written instructions on what needs to be done on a daily basis to become a successful prosthetic user. If any questions should arise, the prosthetist should be your first point of contact. However, as a caregiver, you should know that there is an abundance of support information available on the internet for those who have access and the desire to search it out. Remember, your amputee family member or friend is not the first one to go through the experience of an amputation and the process of learning how to use a prosthesis. If any unanswered questions arise, there are many sources of possible answers out there waiting to be found. The Amputee Coalition is an excellent place to start; just call toll-free 888/267-5669 or visit amputee-coalition.org.



Seek out additional assistance.



If you find that a new amputee is having difficulty getting motivated to use a prosthesis, it may be beneficial to seek out a peer counselor. A peer counselor is a fellow amputee that has received specific training qualifying them to provide support to other amputees. They can share their own

experiences with the amputee while physically demonstrating what they can do as a user of a prosthesis. Contacts with peer counselors can be arranged through the Amputee Coalition, your prosthetist or possibly other local healthcare providers.

If you have any questions or comments regarding the content of this article, please contact the author at jipseaman@aol.com.

~~~~~

## DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM

Register or re-enroll online, if you have not done so, at: [krogercommunityrewards.com](http://krogercommunityrewards.com). **MOVING FORWARD** Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.





## OCTOBER RECAP (cont'd)

the Salvation Army. The next activity was our Fall Picnic and Walk & Roll, which was held at Community Park in New Albany on Oct. 15th. It was an absolutely perfect fall afternoon, and we had a wonderful time enjoying the beautiful scenery, socializing, and eating the delicious assortment of food! With 57 people in attendance, it was our biggest picnic yet. Many of the attendees took part in the 1-mile walk & roll around the lake, while some went on a



shorter route around our shelter area or chose to cheer for the others as they completed their walk. Two special ladies, Julie and Kelly, were presented with flowers in honor of their birthdays and their hard work and dedication to our group. Door prizes were won by Gary Crawford, Sue Portman, Conni Skidmore, and Julie Randolph. We couldn't have asked for a nicer or more enjoyable day :)

The IN meeting was held on Oct. 17th at SIRH. A presentation on essential oils was given by Sarah Lundy and Susan Goke. The ladies shared information with us on the



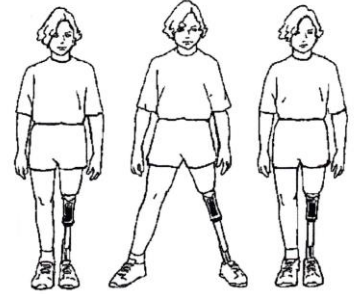
many uses for essential oils including helping with muscle and joint pain, blood circulation, sanitizing, detoxing, healing of scars and bruises, boosting the immune system, as well as many other uses. They passed around samples of different types of oils for us to smell or apply to our skin, explaining the different uses for each. Sarah and Susan answered many questions from group members including how the oils might be used to help relieve phantom pain and to help relieve stress. It was a very informative and helpful presentation, and we want to thank these ladies for sharing their knowledge with us.

**MOVING FORWARD** did not hold its Louisville meeting in October in order to allow its members to attend the Amputee Walking School which was held Oct. 22nd at the Sam Swope Care Center in the Masonic Home in Louisville. Many members did attend the full day session, which was instructed by Dennis Oehler and Todd Schaffhauser. These gentlemen are both past Gold Medal winners at the Paralympic Games and have spent over 20 years going around the country helping amputees to achieve a more active lifestyle with increased independence by improving their strength, balance, and gait. We wish to express our gratitude to Kenney Orthopedics and the Masonic Home for sponsoring this event, and to Dennis and Todd for their dedication to the amputee community.



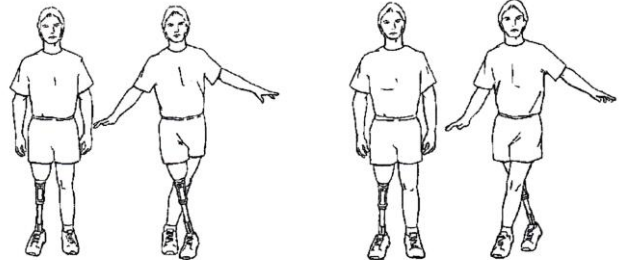
## LET'S GET MOVING! — by Belinda

When we first began the **LET'S GET MOVING!** column, we shared with you some basic exercises to help improve your balance and gait. Since we have gained so many new readers during the last few years, it was decided to share these exercises with our readers once again. For November the exercises are pretty basic, and in the December issue they will get a little more advanced. If you practice them daily, you will begin to see an improvement in both your balance and gait. Remember your safety always comes first, so do them as shown and near a sturdy surface such as your kitchen counter. If you have been inactive for quite some time or are just starting with your prosthesis, check with your physical therapist or prosthetist to make sure that you are ready to begin, and someone should be with you while doing the exercises. These exercises are a great place to begin, so come on everyone, **let's get moving!!**



### Side Stepping

- Following are four basic exercises to help you get started:
- **Side Stepping:** Stand at one end of a kitchen counter or at a long sturdy table. Face the counter & place both hands on it for support. Begin by side stepping to your unaffected side. Try to concentrate on keeping your hips even with each other & not leaning way over your prosthetic limb as you move your unaffected limb.
- **Braiding:** From the standing position with your feet comfortably apart, cross your prosthetic limb in front of your unaffected limb, then bring your unaffected limb from behind, to return to your original standing position. From the standing position cross your prosthetic limb behind your unaffected limb, then bring your unaffected limb across your prosthetic limb, returning to your original standing position. Repeat the maneuvers as previously



### Braiding

- described alternating each step as you move sideways. Use your arms, & rotate your trunk to assist you with your balance. As you become comfortable with these maneuvers, increase your speed. When you first attempt this exercise, hold onto a kitchen counter for balance.
- **Ball Rolling:** Stand with a tennis ball in front of your unaffected limb. Place your unaffected foot on top of the ball. Keep your foot flat on the ball & roll it forward, backward, side-to-side, or in circles. Feel the muscles working in the prosthetic side hip as your weight shifts with the movements of your unaffected foot.

— Continued on Page 4 Column 2 —



~~~~~



TEST YOUR KNOWLEDGE

Unscramble these words and use the letters in parentheses. Then unscramble the letters in parentheses to find the answer to the puzzle on Page 5.

DFSIREN _ _ _ _ () _ _
 YNOTCUR _ _ () _ () _ _
 IDKSSENN () _ _ _ _ _
 MAYLFI _ () _ _ () _
 HNIPASPES () _ _ _ _ _ _ _
 MDFEORE () _ _ _ _ _

THESE ARE ALL REASONS TO BE _ _ _ _ _
 THIS HOLIDAY SEASON.

~~~~~

## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 9 MONTHS

## WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

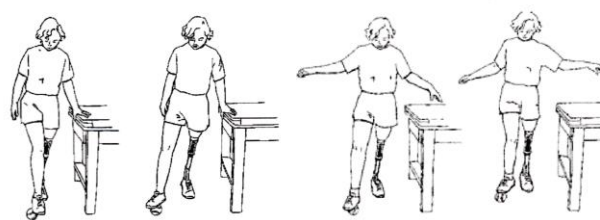
"I would like to become a peer visitor and have an opportunity to meet other amputees."

— Sharon Morehead



~~~~~

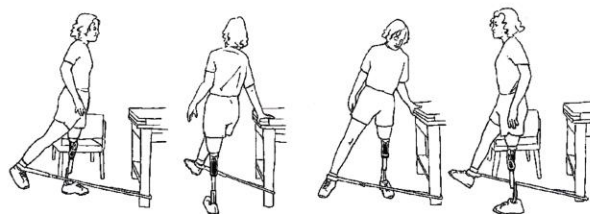
LET'S GET MOVING! (cont'd)



Ball Rolling

➤ **Resisted Elastic Kicks:** You will need a sturdy immovable table or sofa leg & some rubber tubing. Secure one end of the rubber tubing to a sturdy table leg while the other end is placed around the ankle of your unaffected ankle. Holding onto a chair, move far enough away from the table so that the rubber tubing is slightly stretched.

1. Kick your leg back, while facing the table.
2. Kick across the prosthetic limb.
3. Kick away from the prosthetic limb.
4. Kick forward, with your back to the table. Hold onto the table for balance. Kick your unaffected limb back so the rubber tubing is stretched out.



Resisted Elastic Kicks

~~~~~

## I'm Moving Forward . . .

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



Friends "*moving forward*" and having a great time at the Fall Picnic!!

\*\* If you have a picture that you would like to submit, please send it to Julie or Belinda. \*\*

~~~~~

SYMPATHY NOTE

MOVING FORWARD wishes to express our deepest sympathy to group members Mike and Sue Portman. Sue's father Peter Flood passed away on October 29th at the age of 84. Peter attended some of our group event, and he was a very kind and thoughtful man. Our thoughts and prayers are with his family and friends during this time of sorrow.



SPOTLIGHT - by Belinda

Each month in our **Spotlight** column, we introduce you to either a member of our group or an organization in our community. This month you get a special treat! One of our younger members, Katie Flanigan, wrote her own story for this column, and I hope it is the beginning of her writing many more articles for us. Katie is a true inspiration for battling all the challenges that she has faced in her young life. She is a very caring, enthusiastic, and charming young lady whom I have enjoyed getting to know. Now it is your turn to get to know Katie a little better....

"Hi! My name is Katie Flanigan. I was born and raised in Clarksville, IN. I graduated from Clarksville High School. I've been an amputee since 2009. I lost my legs and fingertips due to complications surrounding Sepsis, to be exact, Heparin Induced Thrombosis. But that's not all there is to me! I'd like to introduce myself by talking about some of my favorite things.

My newest and perhaps most favorite thing is our kittens, Shadow and Dash, who were born on July 10th. Dash, the boy, was the Alpha & Shadow, our little girl, was the runt. They play & sleep together, and even groom each other! They have wonderfully unique personalities.



I couldn't live without music. From Classical to Rock to Hip Hop, I love it. I attend music shows as often as I can and recently saw one of my favorite rappers, Rittz, in concert. It was an amazing show in an intimate setting, as his shows always are!



Penguins are my favorite animal. I buy anything penguin I see. For my birthday a couple years ago I went to Newport Aquarium & experienced their penguin encounter. They waddle all around you and you get to pet one. They tried to nest under my chair!

When I walk on my legs that are left I feel like a penguin; they are my spirit animal.

Another passion of mine is the Louisville Cardinals men's basketball team. I've been a fan my whole life. My dad has season tickets and I get to go a few times each year. It's a blast!! GO CARDS!

I'm obsessed with toys. I buy and sell toys from the 90s & before. I have many collections myself including Pocahontas stuff, Lisa Frank, & old school Nickelodeon toys. I also love cartoons including adult cartoons like American Dad, Bob's Burgers, and Rick and Morty, and children's cartoons like Don Bluth films, classic Disney movies, and Regular Show and Adventure Time on Cartoon Network.

I can't forget to mention wrestling. There's a local promotion named IWA that I try to go to as often as I can. I've been going for 13 years. They do shows every week. It's ridiculously fun.

I have to take time to mention some of my favorite people as well. This group as a whole is an amazing part of my support team. And Belinda is so caring & I love to call a friend. My other support team members include my boyfriend Chris, my mom Kathy, my dad Mike, my bro Matt, my 2 grandmas, Betty and Loretta and my 2 best friends, Sarah and Erin.

Well, there's a little about my favorite things! As you can see I do my best to keep living life and **Moving Forward!** I love you guys!"

~~~~~

### TEST YOUR KNOWLEDGE ANSWERS (from Page 4)

FRIENDS, COUNTRY, KINDNESS, FAMILY, HAPPINESS, FREEDOM

THESE ARE ALL REASONS TO BE T H A N K F U L THIS HOLIDAY SEASON.

## 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!**

For those of you who read last month's Q&A, you know the question was, "What do we as amputees need from our caregivers?" In honor of Family Caregivers Month, I decided to turn the question around and ask several caregivers from our group, "What do you as a caregiver need from the amputee?" The following are a few of the responses that I received:

*From Beverly:* "My personal experience is a little different. Sam has been an amputee since he was a teenager. Even though we have been together for over 20 years, he had already become very independent as an amputee. After he had his stroke, he started to need some assistance. One piece of advice/suggestion that I can give is... Try to be patient with your caregiver. I know there are times that we may not do things exactly the way you want them done or as quickly as you may want it. But try to be patient. Normally, caregivers have to be patient with the amputee, but the amputee sometimes needs to be patient with the caregiver."

*From Julie:* "Since I had a quadrilateral amputee from infancy, one of my most important concerns was to help him to become as self-sufficient as possible. A few of his friends & family seemed to think they were helping by doing as much for him as possible. At the risk of appearing 'mean', I, as his mother & primary caregiver, often purposely did not do things for him but allowed him to work on it until he figured it out on his own. Fortunately, he has an indomitable spirit that wouldn't stop until he figured out a way. As an adult, about the only thing that Philip cannot do on his own is tie shoes. That is pretty remarkable considering he has 2 short reconstructed digits & no hand on the other arm. If I could say one thing that we as caregivers need from our amputees, it would be an attitude of cooperation, for the amputee to want to try & to give whatever task is at hand your best effort, & not to give up until you've accomplished it."

Another caregiver responded that she doesn't feel that she has had a normal experience in dealing with being a caregiver to an amputee because of the amputee's mental problems. He lashes out at her when he becomes frustrated, and when this happens, she just has to walk away. She wishes that he could have a more positive attitude towards her. I think this goes back to the old saying that you always hurt the one you love. As amputees, we know there are many times that we do get frustrated. When you add another health concern, whether it is physical or mental, to the mix, that frustration can skyrocket. Inwardly, we lash out at ourselves, but outwardly, we may also lash out at the person with whom we spend the most time, our caregiver. One thing that may help is good communication, but that has to be a two-way street. Both parties have to talk honestly and want to make things better. Having a third person involved in the conversation to mediate might also help. It is important that neither person feels that he/she is being ganged up on, though. Family counseling is another option.

When I posed the question to my husband Shelton, he mentioned patience as being the most important thing. He said, "The amputee needs to have patience with himself or herself, but also needs to have patience with the caregiver. This is all new to the caregiver, especially if that person is not used to being one."

- Continue on Page 6 Column 2 -

## SPECIAL ANNOUNCEMENT

*MOVING FORWARD* held its Sock Drive for the Salvation Army during the month of October in conjunction with "*Make A Difference Day*". We are proud to say that we topped last year's total of 453 pair with a total so far of 744 pairs of socks for men, women, and children in need in our community (one collection box is still out). I want to share a little story with you. During the sock drive I stored the socks in my grandson's playroom at my home. My youngest grandson, 5 year old Deklan happened to see a package of Spider Man socks in the collection. He picked them up and asked if he could have them, because they were really cool. I told him no, that those socks would go to a little boy who didn't have any nice, clean socks to wear. He answered, "Nana, that is the saddest thing that I have ever heard." My answer to him was, "Yes it is very sad, but look how many sock we have to give and think about how many people will be so happy to get them" So I want to thank some very special individuals and businesses for making that happen. Thank you to Paula Doughty and the members of Cook Memorial United Methodist Church in Jeffersonville, IN. When Paula first approached me about helping out with the collection, she explained that the church she attended had a small congregation but that they loved to help and she thought that maybe she could collect 50 pairs of socks. She was thrilled to tell me that they ended up collecting 255 pair! My cousin Glenda Stearns and the members of another small church, Conway Community Church, in South Boston, IN, contributed 30 pair of socks along with a check for \$50.00 to purchase more! Another organization taking part for the first time was the Harrison County Hospital in Corydon, IN. Their staff contributed 141 pair of socks for the drive.! We also wish to thank our members and their families and friends for your donations. A special thanks to the Center for Orthotic & Prosthetic Care, Hanger Clinic, Kenney Orthopedics, Kentucky Prosthetics & Orthotics, Louisville Prosthetics, for allowing us to place collection boxes in their offices. My last thank you goes to the Okolona Fire Station for helping out with our sock drive. They are still collecting, so we will report the grand total in the December newsletter.

To all of you, your support of *MOVING FORWARD* is deeply appreciated and together we will continue

*Making a Difference.*



Belinda with Paula Doughty (Cook Memorial Methodist Church)

Belinda presenting our Sock Drive donation to David Yarmuth (Salvation Army)



Kelly with Patricia Mangin (Harrison County Hospital)



## Q & A (cont'd)

I want to go back to something Beverly mentioned in a previous article she wrote about caregiving. She said, "Remember to give them a little space. Also, you need a little space of your own. Go have lunch or coffee alone or with a friend while you rest your mind. Both of you need to step aside from life's challenges for a few minutes and have time to enjoy life together." I wholeheartedly agree with that! It is easy to get caught up in the stress of it all, and if we can take just a few minutes each day or at least once a week to get away and relax, it can help both the amputee and the caregiver to feel as if they are regaining some normalcy.

It is important to know your limits. Taking on more than you can handle isn't good for either of you. Don't feel guilty for asking for help. Many times there are people who are willing and able to offer some assistance. It may be just needing someone to visit with the amputee while you run to the store or go out for a walk. It will do both of you good to have a change in routine. Another thing that helps is the willingness to let some things go. The house may not be as spotless as it usually is, the car may not get washed, you may have a sandwich for dinner instead of a big meal, your son may not cut your grass as neatly as you like, your husband may wash the white clothes with the dark ones; but in the grand scheme of things we need to remember what really matters, and that is how lucky we are to have someone in our life who cares enough to be our caregiver. That person may be a spouse, a parent, a sister, a brother, a son, a daughter, a boyfriend, a girlfriend, an aunt, an uncle, a cousin, or just a good friend, but whoever it is, we need to let them know just how much they mean to us and to express our gratitude often, because without them, where would we be. I am sad to say that there are amputees out there who don't have anyone close to them to fill this role. Thank goodness there are services available, such as Caretenders, to help provide needed care. Some of these people are very compassionate in their work, and to those people we also need to let them know that they are appreciated.

So I will close with this, I ask anyone who reads this article who has a caregiver or has had one in the past, to reach out to that person and say thank you!! It will brighten their day and it will lighten your heart!!

*Caregiving Resources:*

Caregiver Action Network – [caregiveraction.org](http://caregiveraction.org)  
Family Caregiver Alliance – [caregiver.org](http://caregiver.org)  
National Alliance for Caregiving – [caregiving.org](http://caregiving.org)  
National Caregivers Library – [caregiverslibrary.org](http://caregiverslibrary.org)

~~~~~

Thank You to the Amputee Coalition

****** We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. 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. ******



Caregiving is universal.

There are only four kinds of people in the world:
those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers.

ROSALYN CARTER

www.TheSilverPen.com



Krafty Kids by Beverly

Thanksgiving is just around the corner. For the little ones, what better way to celebrate the holiday than with the season's most iconic craft — the hand turkey.

This is as easy as it sounds! You trace your hand on a piece of paper (or a paper plate, as it's most traditionally done), and the outline of your five fingers and thumb become the empty canvas for an old fashioned turkey. From the kids table all the way to the adult dining space, it's a holiday custom that everyone enjoys.



~~~~~



## ..... from Beverly's Kitchen

Below is a delicious finger food dessert that is perfect for fall parties.

### Ingredients:

1 3/4 cups all-purpose flour  
1 14-oz can sweetened condensed milk  
1/3 cup granulated sugar  
2 eggs, slightly beaten  
1/3 cup packed brown sugar  
2 tsp. ground cinnamon  
1 cup cold butter, cut into small pieces  
1/2 tsp. salt  
1 15-oz. can pumpkin  
1/2 tsp. ground allspice  
1/3 cup chopped pecans

### Directions:

In a large bowl, stir together flour, granulated sugar and brown sugar. Cut in butter and blend until mixture resembles coarse crumbs. Set aside 1 cup of the crumb mixture. Press the remaining crumb mixture onto the bottom and halfway up the sides of a 2-quart rectangular baking dish.

In another large bowl, stir together pumpkin, sweetened condensed milk, eggs, cinnamon, salt, and allspice. Pour into crust-lined baking dish.

Stir the chopped pecans into the 1 cup reserved crumb mixture. Sprinkle pecan mixture over the pumpkin mixture. Bake in a 350 degree oven for 50 to 55 minutes or until a knife inserted near the center comes out clean. Cool on wire rack. Refrigerate within 2 hours; cover for longer storage. Makes 16 servings.

~~~~~



American Diabetes Month® 2016: This is Diabetes™

Observed every November, American Diabetes Month is an important element in the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it.

Our 2016 theme is "This Is Diabetes". We'll showcase real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of the disease. Join as we salute the 29 million Americans with diabetes — as well as their loved ones — to raise awareness and to create a sense of urgency about this growing public health crisis.

The campaign invites people to submit their own stories to capture the authenticity of those who understand this disease best. Please use these materials to bring #ThisIsDiabetes to life in your organizations and communities.

UPCOMING EVENTS

MEETINGS:

Nov. 21st, Mon., from 6:30 - 8:00 p.m., at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

Nov. 26th, Sat., from 2:00 - 4:00 p.m., at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2B.

****Note:** At both meetings we will be honoring our caregivers and at the Louisville meeting a light lunch will be served.

EVENTS:

CHRISTMAS PARTY – ON DEC. 10TH FROM 5 – 8:00 P.M., MOVING FORWARD WILL HOLD ITS ANNUAL CHRISTMAS PARTY AT THE OKOLONA FIRE STATION, 8501 PRESTON HWY., LOUISVILLE, KY. THERE WILL BE FOOD, ENTERTAINMENT, AND DOOR PRIZES. SANTA HAS SAID THAT HE IS PLANNING TO ATTEND ONCE AGAIN THIS YEAR AND WILL BE BRINGING EACH CHILD A GIFT. WE ENCOURAGE YOU TO ATTEND THIS JOYFUL EVENT. MORE INFO WILL BE SENT OUT IN AN UPCOMING SPECIAL FLYER FOR THIS EVENT.



~~~~~

## CONTACT INFO

Call for meeting times & locations!

MOVING FORWARD Support Group

[moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)

502-509-6780

[ampmovingforward.com](http://ampmovingforward.com)

Facebook: Moving Forward Limb Loss Support

Belinda Jacobi, President

[belindajacobi@yahoo.com](mailto:belindajacobi@yahoo.com)

812-620-3694

Kelly Reitz, Vice-President / Facebook Editor

[Kjreitz2012@gmail.com](mailto:Kjreitz2012@gmail.com)

812-572-7955

Mary Jo Kolb, Secretary

[mjk2you@gmail.com](mailto:mjk2you@gmail.com)

502-727-9566

Julie Randolph, Treasurer / Newsletter Editor

[jbrsweepea@yahoo.com](mailto:jbrsweepea@yahoo.com)

812-557-3970

Mike Portman, Board Member-at-Large

[mdportman712@gmail.com](mailto:mdportman712@gmail.com)

502-262-8344



~~~~~

JUST A TOUCH OF HUMOR

Be nice to diabetics. We deal with enough pricks already. Diabetics are the only people who take drugs to avoid getting high.

~~~~~



**MOVING FORWARD** Limb Loss Support Group  
Newsletter CORPORATE SPONSORS:



1023 East Broadway  
Louisville, KY 40204

**Carlos Garcia**  
LPO, LCPed, CPO, CPed  
Certified Orthotist/Prosthetist  
Certified Pedorthotist

T 502-585-2139  
F 502-589-1329  
cagarcia@hanger.com  
HangerClinic.com

Hanger Prosthetics & Orthotics, Inc.



1023 East Broadway  
Louisville, KY 40204

**Aaron Royster**  
LPO, CPO  
Licensed Prosthetist/Orthotist  
Certified Prosthetist/Orthotist

T 502-585-2139  
F 502-589-1329  
ARoyster@Hanger.com  
www.hanger.com

Hanger Prosthetics & Orthotics, Inc.



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

WWW.KENNEYORTHOPEDICS.COM

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



Transforming Everyday Lives with Innovative Solutions!

Certified Personnel:  
Matthew E. Hayden, L.P., CP  
Sienna G. Newman, LPO, CPO



Conveniently Located  
552 East Market  
Suite 102  
Louisville KY 40202  
502.583.4228



**Chris Luckett, C.P.**

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



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

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



**Bruce Luckett, L.P.**

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



**Center for Orthotic  
& Prosthetic Care**

**Jason Ala, CPO, LPO**  
Certified/Licensed Prosthetist Orthotist

Norton Healthcare Pavilion  
315 E. Broadway, Ste. 1400  
Louisville, KY 40202

Tel: (502) 629-8640  
Fax: (502) 629-5527



**Center for Orthotic  
& Prosthetic Care**

**Tom Caldwell, BOCB, LP**  
Certified and Licensed Prosthetist

315 E. Broadway, Suite 1400  
Louisville, KY 40202  
www.centeropcare.com

Phone: 502.629.8640  
Fax: 502.629.5527  
Cell: 502.377.4415  
Tcaldwell@centeropcare.com



**Center for Orthotic  
& Prosthetic Care**

**Steve Frick, MS, CPO/LPO**  
Certified and Licensed Prosthetist/Orthotist

902 Dupont Road, Suite 100  
Louisville, KY 40207

Tel: (502) 899-9221  
Fax: (502) 899-9468



**Center for Orthotic  
& Prosthetic Care**

**Shannon Kiser, BOCB, LPO**  
Clinical Office Manager

914 N. Dixie Ave.  
Suite 109  
Elizabethtown, KY 42701

Tel: (270) 737-2672  
Fax: (270) 769-0292  
Mobile: (270) 401-5528  
Skiser@centeropcare.com



**Center for Orthotic  
& Prosthetic Care**

**Mike Mattingly, CPO**  
Director of Orthotics

1931 West Street  
Suite A  
New Albany, IN 47150

Tel: (812) 941-0966  
Fax: (812) 941-0958



**Center for Orthotic  
& Prosthetic Care**

**Tim Nutgrass, BOCB**  
Prosthetic Director

Kosair Charities Center  
982 Eastern Parkway  
Louisville, KY 40217

Tel: (502) 637-7717  
Fax: (502) 637-9299