

NEWSLETTER ♦ 127th Edition ♦ Mar 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

February went by in a flash, and here we are at the beginning of March -- do you have your kite ready? Along with warmer temperatures, there is always a possibility of severe storms, so be sure to stay weather aware by following the tips for being prepared later in this newsletter. Outside of the regular monthly meetings last month, February was a rather quiet month for the group.

The officers held their quarterly planning meeting on February 9. The annual election of officers will be held at either the March or April meeting. In addition to the elections, there are 3 items that require a membership vote. We are currently meeting at St. Marks because of ongoing construction being done at the Okolona Firehouse, but are considering making St. Marks a permanent location for our monthly meetings. This location is much better suited to accommodate our members who

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UPCOMING EVENTS

Saturday March 2 – 5:00pm to 8:00 pm
MARCH MADNESS CHILI COOKOFF,
 St. Luke’s Catholic Church, 4211 Jim Hawkins Dr. Louisville KY 40229

Monday March 18 – 6:00pm to 7:30pm
 Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany IN, in the Conference Room.

Saturday March 23 – 2:00pm to 4:00pm
 Louisville meeting at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220.

PLEASE NOTE THE DIFFERENT LOCATION FOR THIS MEETING



EDITOR'S NOTE (cont'd)

use a wheelchair or power chair and has all the amenities our group would need. We also are considering a meeting time change, from the present meeting time of 2:00 - 4:00 pm to a new meeting time from 11:00 am - 1:00 pm. And finally, we are considering changing the titles of two of the officers from President and Vice President to Co-Chairpersons. Of course, along with this change will come shared responsibilities. You won't want to miss the next two meetings so your vote can be heard.

The officers also discussed events that will be held throughout the year. One of the first events will be Limb Loss / Limb Difference Awareness month being held the entire month of April. Watch next month's newsletter for ways to participate. We will continue to hold Care Giver meetings during our regular meetings in April, July, and October.

We will also start having our restaurant outings once again in April, August and November, so suggest your favorite place to eat and socialize, and let's go!

A paint party, a couple of game nights, and our Fall Picnic will be coming up later in the year. Dates and times will all be posted in the UPCOMING EVENTS section of this newsletter.

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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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MEDICARE REFORM OFFERS K2 AMPUTEES A BIG WIN

Medicare is considering a policy reform that would extend coverage for microprocessor knees (MPKs) to many K2 amputees.

Medicare currently covers MPKs only for K3 and K4 ambulators, on the theory that less mobile amputees (levels K2 and below) can't reap the full benefits of a more advanced prosthesis. But a large body of research has accumulated over the last decade-plus to turn that premise upside-down. MPKs, the studies suggest, yield significant benefits to active K2 amputees in balance, gait stability, fall prevention, confidence, life satisfaction, and various other criteria.

K2 is a large category that includes a significant number of healthy, active senior amputees. Most of them aren't running triathlons or working on construction sites, which is why Medicare has deemed MPKs to be unnecessarily advanced for this population. But it turns out MPKs can have a big impact for people who are simply going through the humdrum routines of everyday life—walking the dog, doing the grocery run, babysitting the grandkids, and so on. The research shows MPKs can actually help K2 ambulators function at a K3 level and become more active than they otherwise would.

By improving this population's health and quality of life, MPKs can reduce their healthcare needs and — more to the point — their healthcare expenditures. In short, Medicare now believes it can save money by getting more K2 amputees into MPKs.

The proposed policy, which was formally introduced last week, won't cover everyone who's classified as K2. Would-be beneficiaries will have to establish (via medical documentation from their prosthetist, physician, rehab specialist, physical therapist, and/or other clinicians) that an MPK would contribute to fall reduction, improve overall health, and help them accomplish activities of daily living. The knee itself must have stumble-recovery functionality, and there are a handful of other must-have criteria.

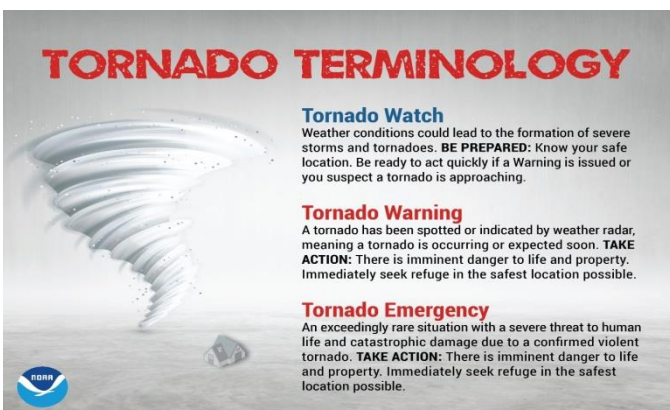
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Severe Weather Safety Tips

With the possibility of severe weather happening as spring approaches, it's so important to be Weather Ready and have multiple ways to receive warnings! Your family's safety depends on it. Make a plan and know where to seek shelter if a Severe Thunderstorm Warning or Tornado Warning is issued for your area. Taking action early can help save lives!



A tornado WATCH means BE PREPARED. A tornado WARNING means TAKE ACTION. If there is a tornado watch, pay extra close attention to the weather and be ready to act, because tornadoes are possible. If there is a tornado warning, find shelter immediately, and move to an interior room on the lowest floor of a sturdy building. Avoid windows and cover your head to protect yourself from flying debris.



MEDICARE REFORM OFFERS K2 AMPUTEES A BIG WIN (cont'd)

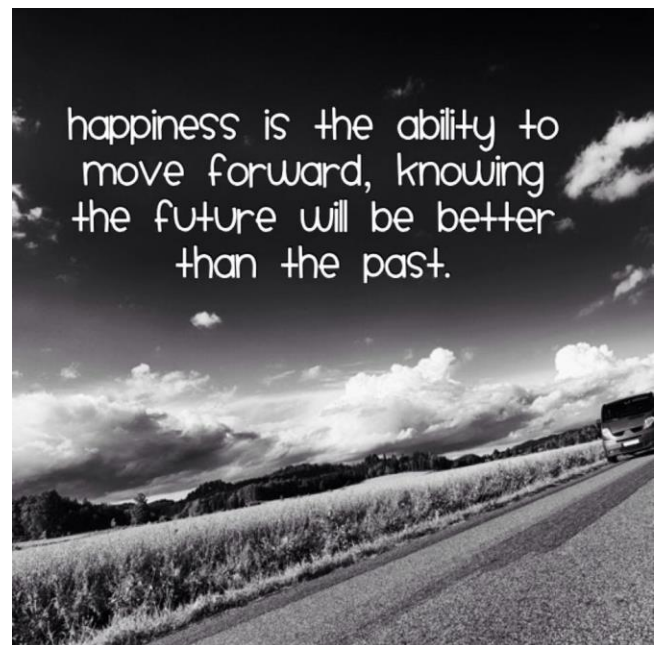
If you're a K2 ambulator who clears all those hurdles, you'll be deemed eligible not only for an MPK but also for a microprocessor ankle to complement the knee.

The public comment period for this proposal opened last week and stays open until March 2. You can make it easier for Medicare to approve this reform by adding your words of support at this email link. Put "Public Comment for Proposed LCD – Lower Limb Prostheses (DL33787)" in the subject line. Once public comment ends, there will be more months of internal review and so forth before the final determination gets made and the policy becomes active. It could take as long as a year, but that's pretty fast as these things go.

~ Amplitude Magazine



QUOTE OF THE MONTH



Lightning

Do's and Don'ts

Do

- Go Inside When You Hear Thunder or See Lightning!
- Find a Sturdy House, Building, Car With A Hard-Top Roof
- Stay Indoors For at Least 30 Minutes After You Last Hear Thunder



Don't

- Retreat to Dugouts, Sheds, Pavilions, Picnic Shelters or Other Small Structures
- Use or Touch Electronics, Outlets, or Corded Phones
- Go Under or Near Tall Trees, Swim or Be Near Water, Be Near Metal Objects or Windows

 weather.gov/lightning

Learn what to do, and what not to do, when it comes to lightning.
It is extremely important to have a disaster supply kit ready before severe weather strikes!

Disaster Supply Kit

- ✓ Food and Water
- ✓ Battery Powered Weather Radio
- ✓ Flashlights and Batteries
- ✓ Cell Phone (With Charger or Spare Battery Pack)
- ✓ First Aid Kit
- ✓ Pair of Shoes
- ✓ List of Emergency Contacts
- ✓ Whistle to Signal for Help

weather.gov/thunderstorm 



RECIPE OF THE MONTH

Millionaire's Bars

Ingredients

- 125g (1 cup) flour
- 1 tsp baking powder
- 1/4 tsp salt
- 113g (1/2 cup) unsalted butter, room temperature
- 50g (1/4 cup) sugar
- 1/2 cup unsalted butter, cut into pieces
- 1/2 cup sugar
- 2 Tbsp light corn syrup
- 1 (14 oz) can sweetened condensed milk
- 3.5 oz / 100g milk or semisweet chocolate, finely chopped
- 1/2 tsp light corn syrup
- 30g (2 Tbsp) 1/4 cup unsalted butter, cut into pieces

Instructions

1. Preheat oven to 160C / 325F. Line a 20 x 20 / 8 x 8-inch baking pan with parchment paper. In a small bowl, combine together flour, baking powder, and salt. Set aside. In a large bowl, combine together butter and sugar and beat with a mixer until light and fluffy. Stir in the flour mixture and mix just until incorporated. Spread into the pan and bake for 15-18 minutes or until lightly golden brown. Let cool completely.
2. To make the filling, combine together butter, sugar, corn syrup and condensed milk in a saucepan. Heat, stirring occasionally until the butter is melted and the mixture looks smooth. Bring to boil and cook over low heat, stirring constantly, until the mixture thickens a bit and turns an amber color. Spread onto the shortbread layer and let cool completely. Transfer into the fridge for a few hours or overnight.
3. To make the chocolate glaze, combine together butter and corn syrup in a small saucepan and heat until the butter is melted. Remove from heat, add chocolate and stir until melted. Pour over the condensed milk layer immediately. Cool completely before

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RECIPE OF THE MONTH (cont'd)

cutting into squares. For the best results, slice only after chilling for a few hours.



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