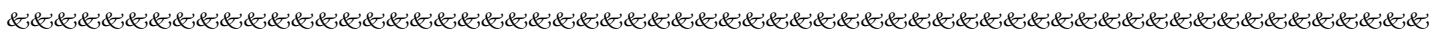




NEWSLETTER ♦ 117th Edition ♦ May 2023

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

Our Limb Loss Limb Difference Awareness Month (LLLDAM) went out with a bang for us this year as we concluded our month with "Show Your Mettle Day" at our regular monthly meeting held on April 29th. We had a great turnout and celebrated with wings and potato salad, chili con queso and chips, and some luscious desserts. Our guest speaker for the day was Dr. John Gormley, a physiatrist here in Louisville, who specializes in helping patients with disabilities, focusing on rehabilitation, restoration of function and a return to a high quality of life. The subject of Dr. Gormley's presentation was our own Brianna Heitzman and her journey of becoming an amputee due to contracting Covid-19. We thank Dr. Gormley for his expertise and his work with amputees in the area of Physical Rehabilitation, and for sharing Brianna's story with us.

Even though LLLDAM is over, it's an exciting time for our community with many

~ cont'd on Page 2 Column 1 ~

UPCOMING EVENTS

- Saturday May 13 – 6:00 – 8:00 pm** – Craft Night – We will be making a Fathers Day craft. Everyone is invited to participate.
- Sunday May 14 – All Day – Happy Mothers Day!!**
- Monday May 15 – 6:00 – 7:30 pm** - Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany, IN, in the Conference Room.
- Saturday May 27 - 2:00 pm to 4:00pm** – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY
- Sunday May 28 – 10:00 am** – TRAIL THERAPY HORSES, 4090 Webb Rd, Simpsonville KY 40067. This is a free event with an opportunity to learn more about horses as well as ride. Please RSVP if you plan on attending.

There are lots more to come, including another restaurant outing in June, a game night and your favorite ice cream in July, and possibly a fall picnic on a free fishing weekend, dates all to be determined.



EDITOR'S NOTE (cont'd)

events coming up. The Amputee Coalition Conference is coming up in Orlando, FL on August 2 - 5 as well as Youth Camp at the same location and times as the conference. Registration is open now for both events on the Amputee Coalition website, along with all the additional information you will need.

I would highly recommend attending a national conference at least once. It is truly an awe-inspiring few days, and I guarantee you will learn tons and make lots of new friends from all over the country, and even internationally. Also, it's not too late to share your story on the THRIVE Blog, you never know who you may inspire!

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## ADAPTIVE CLOTHING

For many amputees finding suitable clothing that fits well and looks fashionable can be a challenge. When I meet a new amputee, one of their first questions is often about clothing; what do you wear, how do you get pants to fit over your prosthetic, etc. Or in the case of an upper body amputee, how do you fasten your pants or button a shirt? Adaptive clothing, or adapted clothes, are clothing, accessories and footwear specially designed for people with physical disabilities and others who lack the full range of motion required for self-dressing.

Adaptive clothing comes in many different forms and styles, including magnetic closures instead of buttons or zippers or flat hems that are less prone to catching or snagging. Adaptive clothing should benefit the wearer both physically and psychologically, as quality clothing often makes us feel good about ourselves and promotes a sense of well-being.

Just because you are an amputee doesn't mean that you can't dress fashionably. You are not limited to wearing sweatpants for the rest of your life. Therefore, choose the right adaptive clothing

~ cont'd on Page 3 Column 1 ~

## MOTHERS DAY

Mothers Day, is a holiday in honor of mothers that is celebrated in countries throughout the world. In its modern form the holiday originated in the United States, where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year.

Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mothers Day. On May 12, 1907, she held a memorial service at her late mother's church in Grafton, West Virginia. Within five years virtually every state was observing the day, and in 1914 U.S. Pres. Woodrow Wilson made it a national holiday.

Although Jarvis had promoted the wearing of a white carnation as a tribute to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles.

What had originally been primarily a day of honor became associated with the sending of cards and the giving of gifts; however, and in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.

There are many different ways to celebrate Mother's Day. They include (but are not limited to):

- Giving cards, flowers, or cakes
- Family gatherings or visits
- Family breakfasts, brunches, lunches, and dinners either at home, or at a restaurant

So on May 14, 2023, remember your mother – without her you wouldn't be here!

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NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at:

ampmovingforward.com

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## ADAPTIVE CLOTHING (cont'd)

for amputees to make your life easier. Since most clothes manufacturers and designers have become aware of the needs of amputees and people who are physically challenged, you will not have a hard time finding the best clothes for yourself as an amputee.

You can shop from any of the local chain stores. Additionally, you can also find designers who specifically design adaptive clothes for amputees. Below is a list of a few businesses that provide fashionable and affordable options for amputees. You can find more information online and on the Amputee Coalition website; just search for "adaptive clothing resources".

### Runway of Dreams Foundation

The Runway of Dreams Foundation is a nonprofit that works toward a future of inclusion, acceptance and opportunity in the fashion industry for people with disabilities. Founded on the basis that clothing is a basic human need, the Runway of Dreams Foundation develops, delivers and supports charitable initiatives to broaden the reach of adaptive clothing and promote the differently-abled community in the fashion industry. Through adaptive clothing donations, employment opportunity initiatives, adaptive design workshops, awareness-building campaigns and scholarship programs, the Runway of Dreams Foundation is empowering people with disabilities with opportunity, confidence, independence and style.

### Universal Thread by Target

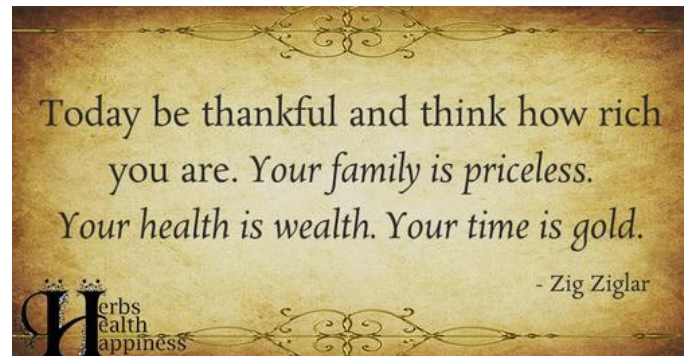
Universal Thread is all about making great style available to everyone, while offering unprecedented value and never compromising on quality. Sensory-friendly options within Universal Thread will be free of tags, have flat seams and feature extra-soft material. Adaptive denim in the collection will offer a high-rise back and longer inseams, wider leg openings to make dressing easier, no back pockets and faux front pockets.

### Amazon Adaptive Clothing

Being one of the world's largest retailers, Amazon offers a wide selection of adaptive clothing from many of the most popular manufacturers. Another benefit to purchasing from Amazon is their easy-to-

~ cont'd on Page 4 Column 1 ~

## QUOTE OF THE MONTH



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Ways to Donate to **MOVING FORWARD** Limb Loss Network & Social Group

Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group) w screen to select our group)

Sign in, Enter our organization number: DC476 or, 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)

Search for "**Moving Forward** Limb Loss Network & Social Group"

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 Network & Social 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 you enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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## ADAPTIVE CLOTHING (cont'd)

navigate website and generous return policies.

### Etsy

Etsy is a great place to find one-of-a-kind adaptive clothing pieces that aren't mass marketed. Some Etsy sellers even offer custom-made items for special situations or will make special sizes for larger or smaller people.

### JCPenney

JCPenney offers a decent selection of adaptive clothing made by standard clothing manufacturers like St. John's Bay, Banana, and Worthington. Plus sizes are available too.

**Remember to show your mettle and make your own fashion statement!**

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## RECIPE OF THE MONTH



## CORN CASSEROLE



2 EGGS

1 CAN WHOLE KERNEL SWEET CORN, DRAINED

1 CAN CREAM-STYLE SWEET CORN

1 BOX JIFFY MUFFIN MIX

1/2 CUP MELTED BUTTER

1 CUP SOUR CREAM

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