



NEWSLETTER ♦ 35th Edition ♦ July 2016

MOVING FORWARD FEATURE



- by *Belinda*

You may recognize the title of this article as being the theme for our Pie & Ice Cream Social. You may even ask, "What on earth do we have to celebrate?" Here we are a group of people who have lost limbs and have a long list of various illnesses or diseases. You may even look at the group picture that I have included and think, "Look at those poor people." If you look a little closer, though, you will see that those aren't sad faces. On the contrary, those faces are beaming. That is because we know that we *do* have much in life to celebrate. Let me tell you what I see when I look at that picture. I see some veterans who fought for our country. Some of them lost limbs in doing so. I also see individuals who understand the true gift that life is and realize that they are lucky to still be living and able to spend more time with family and friends. In their eyes I see pride for not only what they have accomplished individually but also as a group. Our support group has come a long way in a few short years, and we have touched many lives along the way. So I invite you to join us on July 10th at our Pie & Ice Cream Social. We will be celebrating our nation and the honor it is to live in a country where we have access to healthcare and individuals with disabilities are treated with respect. We will be celebrating life and our accomplishments in it, and we will be celebrating *MOVING FORWARD* and the difference it has made in the lives of those with limb loss in our community. I hope to see *you* there!



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**JULY IS NATIONAL ICE CREAM MONTH**

### **Diabetes and Skin Complications**

*inMotion* - Volume 16 - Issue 2 - March/April 2006

**Diabetes can affect every part of the body, including the skin. As many as one third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.**

**Some of these problems are skin conditions anyone can have, but people with diabetes get them more easily. These include bacterial infections, fungal infections, and itching. Other skin problems happen mostly or only to people with diabetes. These include diabetic dermopathy, necrobiosis lipoidica diabetorum, diabetic blisters, and eruptive xanthomatosis.**

#### **Bacterial Infections**

Several kinds of bacterial infections occur in people with diabetes. One common type is styes. These are infections of the glands of the eyelid. Another kind of infection is boils, or infections of the hair follicles. Carbuncles are deep infections of the skin and the tissue underneath. Infections can also occur around the nails. Inflamed tissues are usually hot, swollen, red, and painful. Several different organisms can cause infections. The most common ones are the *Staphylococcus* bacteria, also called staph.

Once, bacterial infections were life threatening, especially for people with diabetes. Today, death is rare, thanks to antibiotics and better methods of blood sugar control.

But even today, people with diabetes have more bacterial infections than other people do. Doctors believe people with diabetes can reduce their chances of these infections in several ways. If you think you have a bacterial infection, see your doctor.

#### **Fungal Infections**

The culprit in fungal infections of people with diabetes is often *Candida albicans*. This yeast-like fungus can create itchy rashes of moist, red areas surrounded by tiny blisters and scales. These infections often occur in warm, moist folds of the skin. Problem areas are under the breasts, around the nails, between fingers and toes, in the corners of the mouth, under the foreskin (in uncircumcised men), and in the armpits and groin.

Common fungal infections include jock itch, athlete's foot, ringworm (a ring-shaped itchy patch), and vaginal infection that causes itching.

If you think you have a yeast or fungal infection, call your doctor. You will need a prescription medicine to cure it.

Localized itching is often caused by diabetes. It can be caused by a yeast infection, dry skin, or poor circulation. When poor circulation is the cause of itching, the itchiest areas may be the lower parts of the legs.

You may be able to treat itching yourself. Limit how often you bathe, particularly when the humidity is low. Use mild soap with

- *Continued on Page 2 Column 2* -

QUOTE OF  
THE MONTH

The more you  
praise and  
celebrate  
your life, the  
more there  
is in life to  
celebrate.

© April Winberg



**SPOTLIGHT** - by Belinda

Each month in our SPOTLIGHT column, we introduce you to one of our members. For July, we will shine our light on Gary Crawford. I will never forget the first meeting that he attended. He was so full of questions that we ended up having a show-and-tell about the types of prosthetics that we were wearing. Gary is a very thoughtful and thankful man. When I ask him how he is doing, his answer is always the same, and that is, "I cannot complain, because I am blessed." That a person who has faced the health challenges that he has faced and can still say those words and truly mean them, is quite inspirational. I know you will enjoy getting to know Gary a little better....

Gary was born and raised in Louisville and has lived here his entire life. He has a daughter who is 16 that he is extremely proud of. She attends Ballard High School where she is a cheerleader, and she recently attended the prom. He gushed with pride when talking about how beautiful she was all dressed up for the occasion. He also has an older brother, a younger sister, and many nieces and nephews that he enjoys spending time with. He has had several different jobs throughout his lifetime, including being a shipping and receiving manager at Sears, a switchboard operator at Jewish Hospital, and a package handler for UPS. He has also been a lead guitarist for several area bands, including a jazz fusion band that played original instrumental music. He also played in an R&B funk band that won a band competition at the Carl Casper Auto Show. Gary hasn't played guitar for a while due to his neuropathy but says that he plans to give it another try and promises to bring a CD of his music for us to listen to. Another thing that he enjoys doing is landscaping. The day I called him for this interview, he had been out trimming his hedges.

Gary became a below-the-knee amputee in 2014 due to peripheral artery disease, and diabetes began taking away his eyesight several years ago. He has a desire to live the best life that he possibly can and to encourage others along the way. He credits that to his strong religious belief.

When asked what he enjoys the most about our support group, he answered that it is a blessing to be around so many positive and uplifting people. I asked Gary what advice he would give to a new amputee. His answer was for them to find a support group. He said that the camaraderie really helps, and you learn so much from each other and from the speakers who give presentations at the meetings. He ended by saying that you make new friends and find out that you don't have to go through this alone.



**Diabetes and Skin Complications (cont'd)**

moisturizer and apply skin cream after bathing.

**Diabetic Dermopathy**

Diabetes can cause changes in the small blood vessels. These changes can cause skin problems called diabetic dermopathy.

Dermopathy often looks like light brown, scaly patches. These patches may be oval or circular. Some people mistake them for age spots. This disorder most often occurs on the front of both legs. But the legs may not be affected to the same degree. The patches do not hurt, open up, or itch.

Dermopathy is harmless. You do not need to be treated.

**Necrobiosis Lipoidica Diabeticorum**

Another disease that may be caused by changes in the blood vessels is necrobiosis lipoidica diabeticorum (NLD). NLD is similar to diabetic dermopathy. The difference is that the spots are fewer, but larger and deeper.

NLD often starts as a dull red- raised area. After a while, it looks like a shiny scar with a violet border. The blood vessels under the skin may become easier to see. Sometimes NLD is itchy and painful. Sometimes the spots crack open.

NLD is a rare condition. Adult women are the most likely to get it. As long as the sores do not break open, you do not need to have it treated. But if you get open sores, see your doctor for treatment.

**Atherosclerosis**

Thickening of the arteries – atherosclerosis – can affect the skin on the legs. People with diabetes tend to get atherosclerosis at younger ages than other people do.

As atherosclerosis narrows the blood vessels, the skin changes. It becomes hairless, thin, cool, and shiny. The toes become cold. Toenails thicken and discolor. And exercise causes pain in the calf muscles because the muscles are not getting enough oxygen.

Because blood carries the infection-fighting white cells, affected legs heal slowly when the skin is injured. Even minor scrapes can result in open sores that heal slowly.

People with neuropathy are more likely to suffer foot injuries. These occur because the person does not feel pain, heat, cold, or pressure as well. The person can have an injured foot and not know about it. The wound goes uncared for, and so infections develop easily. Atherosclerosis can make things worse. The reduced blood flow can cause the infection to become severe.

**Allergic Reactions**

Allergic skin reactions can occur in response to medicines, such as insulin or diabetes pills. You should see your doctor if you think you are having a reaction to a medicine. Be on the lookout for rashes, depressions, or bumps at the sites where you inject insulin.

**Diabetic Blisters (Bullosis Diabeticorum)**

Rarely, people with diabetes erupt in blisters. Diabetic blisters can occur on the backs of fingers, hands, toes, feet, and, sometimes, on legs or forearms.

These sores look like burn blisters. They sometimes are large. But they are painless and have no redness around them. They heal by themselves, usually without scars, in about three weeks. They often occur in people who have diabetic neuropathy. The only treatment is to bring blood sugar levels under control.

**Eruptive Xanthomatosis**

Eruptive xanthomatosis is another condition caused by diabetes that's out of control. It consists of firm, yellow, pea-like enlargements in the skin. Each bump has a red halo and may itch. This condition occurs most often on the backs of hands, feet, arms, legs, and buttocks.

The disorder usually occurs in young men with Type 1 diabetes. The person often has high levels of cholesterol and fat in the blood. Like diabetic blisters, these bumps disappear when diabetes control is restored.

**Digital Sclerosis**

Sometimes, people with diabetes develop tight, thick, waxy skin on the backs of their hands. Sometimes skin on the toes and forehead

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## LET'S GET MOVING! - by Belinda

Okay, we know that we need to exercise, but it is 90 degrees outside, so what should we do? Heat-related illness is a serious threat during the summer months, and if you are an amputee, are elderly, or you have diabetes, that threat is even greater. Remember to check with your doctor before beginning any exercise program. Also, this is definitely a time when common sense should prevail. If you aren't already in good physical condition, an indoor physical activity would be a better choice. Many gyms have low-cost membership fees, or you could go for a walk in your neighborhood mall, or bowling, or work out in the comfort of your own home. If you are going to be exercising outdoors, though, make sure you are well hydrated and take extra water with you. Try to exercise in the morning or late in the day when it may not be quite as hot. Also, wear light colored clothing. The Dri-weave (Dri-fit) clothing can help to keep you cooler and more comfortable on hot days. If you begin to feel any signs of heat illness, stop exercising and get to a cool place immediately! I am including the following information from the National Institute of Health on the dangers of hyperthermia and first aid for the treatment of heat illnesses. So come on everyone, *Let's "Safely" Get Moving!!*

### Stay Cool

#### Getting Too Hot Can Be Dangerous

Many people love the warm summer months. But hot and humid days can sometimes be dangerous. It's not good for the body to be too hot for too long. Too much heat can damage your brain and other organs. It's important to keep your cool when the days are hot.

Your body has its own natural cooling system. Sweating is key to cooling when hot weather or exercise causes your body temperature to climb. When sweat dries, it carries heat away from your body's surface and lowers your temperature. When sweating isn't enough to help you cool down, you're at risk for a heat-related illness called hyperthermia.

Hyperthermia can happen to anyone. Older people, infants and young children, and people who are ill, obese, or on certain medications are especially at risk. These people may be more sensitive to the effects of extreme heat and less likely to sense or respond to changes in temperature.

"High temperatures can cause various organs within the body not to function optimally," says Dr. Marie Bernard, deputy director of NIH's National Institute on Aging. Excess body heat can stress the heart and harm the brain. It might even lead to a coma.

Hyperthermia can cause several heat-related illnesses, ranging from mild to serious. These include heat cramps, heat edema, heat exhaustion and heat stroke.

Heat cramps are the painful tightening of muscles in your stomach, arms or legs. If you have heat cramps, find a way to cool your body and be sure to drink plenty of fluids. Heat edema is a swelling in your ankles and feet when you get hot. Elevating your legs should help. If that doesn't work fairly quickly, check with a health professional.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel dizzy, thirsty, weak, uncoordinated, and nauseated. Your skin might feel cold and clammy, and you may have a rapid pulse. If this happens, drink plenty of fluids and rest in a cool place. If you're not careful, heat exhaustion can progress to heat stroke.

Heat stroke is a life-threatening form of hyperthermia that occurs when your body temperature reaches 104° Fahrenheit or more. Heat stroke can lead to confusion, fainting, staggering, strange behavior or dry, flushed skin. Heat stroke is a medical emergency.

"If you and a loved one are at a picnic, for example, and it's very hot and humid that day, and they start complaining of being

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## Diabetes and Skin Complications (cont'd)

also becomes thick. The finger joints become stiff and can no longer move the way they should. Rarely, knees, ankles, or elbows also get stiff.

This condition happens to about one third of people who have Type 1 diabetes. The only treatment is to bring blood sugar levels under control.

### Disseminated Granuloma Annulare

In disseminated granuloma annulare, the person has sharply defined ring-shaped or arc-shaped raised areas on the skin. These rashes occur most often on parts of the body far from the trunk (for example, the fingers or ears). But sometimes the raised areas occur on the trunk. They can be red, red-brown, or skin-colored.

See your doctor if you get rashes like this. There are drugs that can help clear up this condition.

### Acanthosis Nigricans

Acanthosis nigricans is a condition in which tan or brown raised areas appear on the sides of the neck, armpits, and groin. Sometimes they also occur on the hands, elbows, and knees. Acanthosis nigricans usually strikes people who are very overweight. The best treatment is to lose weight. Some creams can help the spots look better.

### Good Skin Care

There are several things you can do to head off skin problems:

- Keep your diabetes well managed. People with high glucose levels tend to have dry skin and less ability to fend off harmful bacteria. Both conditions increase the risk of infection.
- Keep skin clean and dry. Use talcum powder in areas where skin touches skin, such as armpits and groin.
- Avoid very hot baths and showers. If your skin is dry, don't use bubble baths. Moisturizing soaps, such as Dove or Basis, may help. Afterward, use an oil-in-water skin cream, such as Lubriderm or Alpha-Keri. But don't put lotions between toes. The extra moisture there can encourage fungus to grow.
- Prevent dry skin. Scratching dry or itchy skin can open it up and allow infection to set in. Moisturize your skin to prevent chapping, especially in cold or windy weather.
- Treat cuts right away. Wash minor cuts with soap and water. Do not use Mercurochrome antiseptic, alcohol, or iodine to clean skin because they are too harsh. Only use an antibiotic cream or ointment if your doctor says it's okay. Cover minor cuts with sterile gauze. See a doctor right away if you get a major cut, burn, or infection.
- During cold, dry months, keep your home more humid. Bathe less during this weather, if possible.
- Use mild shampoos. Do not use feminine hygiene sprays.
- See a dermatologist (skin doctor) about skin problems if you are not able to solve them yourself.
- Take good care of your feet. Check them every day for sores and cuts. Wear broad, flat shoes that fit well. Check your shoes for foreign objects before putting them on.

### How Can Diabetes Hurt My Skin?

Diabetes can hurt your skin in two ways:

1. If your blood glucose is high, your body loses fluid. With less fluid in your body, your skin can get dry. Dry skin can be itchy, causing you to scratch and make it sore. Also, dry skin can crack. Cracks allow germs to enter and cause infection. If your blood glucose is high, it feeds germs and makes infections worse. Skin can get dry on your legs, feet, elbows, and other places on your body.
2. Nerve damage can decrease the amount you sweat. Sweating helps keep your skin soft and moist. Decreased sweating in your feet and legs can cause dry skin.

### What Can I Do to Take Care of My Skin?

- After you wash with a mild soap, make sure you rinse and dry yourself well. Check places where water can hide, such as under the arms, under the breasts, between the legs, and between the toes.

- Continued on Page 4 Column 2 -



## LET'S GET MOVING! (cont'd)

dizzy or seem disoriented, you need to be very concerned," says Bernard. "You need to get them into a cool place, put cool compresses on their neck and wrists, and call 911."

Air conditioning is the best way to protect against hyperthermia. If you don't have air conditioning, go to places that are cool on hot and humid days. Try community centers, shopping malls, movie theaters, libraries, or the homes of friends and family.

Heat-related illness is preventable. Still, hundreds of deaths from extreme heat events occur in the United States each year. It's important to be aware of who's at greatest risk so you can take steps to help beat the heat.

### First Aid

If you think a person may have heat illness or emergency:

1. Have the person lie down in a cool place. Raise the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If alert, give the person a beverage to sip (such as a sports drink), or make a salted drink by adding a teaspoon of salt per quart of water. Give a half cup every 15 minutes. Cool water will do if salt beverages are not available.
4. For muscle cramps give beverages as noted above and massage affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails and decreased alertness), starts having seizures, or loses consciousness, call 911 and give first aid as needed.

### DO NOT

Do NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- Do NOT give the person salt tablets without mixing the salt with water.
- Do NOT give the person liquids that contain alcohol or caffeine. They will make it harder for the body to control its internal temperature.
- Do NOT use alcohol rubs on the person's skin.
- Do NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### When to Contact a Medical Professional

Call 911 if:

- The person loses consciousness at any time
- There is any other change in the person's alertness (for example, confusion or seizures)
- The person has a fever over 102 °F
- Other symptoms of heatstroke are present (like rapid pulse or rapid breathing)
- The person's condition does not improve, or worsens despite treatment

## SPECIAL ANNOUNCEMENT

*We would like to share with you some amazing news and another reason to celebrate! The Amputee Coalition recently announced that their 2017 National Conference will be held in Louisville, Ky. This will give the amputees in our region the opportunity to attend this wonderful event. We will be sharing more information with you in the coming months. So please mark Aug. 3 -5, 2017, on your calendar and plan to attend!*

## Diabetes and Skin Complications (cont'd)

- Keep your skin moist by using a lotion or cream after you wash. Ask your doctor to suggest one.
- Drink lots of fluids, such as water, to keep your skin moist and healthy.
- Wear all-cotton underwear. Cotton allows air to move around your body better.
- Check your skin after you wash. Make sure you have no dry, red, or sore spots that might lead to an infection.
- Tell your doctor about any skin problems.

From [http://diabetes.niddk.nih.gov/dm/pubs/complications\\_feet/#3](http://diabetes.niddk.nih.gov/dm/pubs/complications_feet/#3)

## TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parentheses to complete the sentence. You must also unscramble the letters to find the answer to the puzzle on Page 7.

CSUIM            \_ \_ \_ \_ \_ ( )  
 SFNDIRE        \_ \_ \_ \_ ( ) \_ \_ \_ \_  
 GHLTUARE      ( ) \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  
 EMSGA          \_ \_ \_ \_ ( ) \_ \_  
 EBPATU         \_ \_ \_ ( ) \_ \_ \_ \_  
 CEI MCERA      \_ \_ \_ \_ \_ ( ) \_ \_ \_ \_  
 AYHPP          \_ ( ) \_ \_ \_ \_  
 ERTTA           \_ \_ \_ \_ \_ ( )  
 JNYOE          ( ) \_ \_ \_ \_ \_

THESE ARE ALL REASONS TO \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  
 WITH US ON JULY 10TH.

## JUNE RECAP



This was indeed another very busy month for *MOVING FORWARD*. Group members Kelly Reitz, Elaine Skaggs, and Elaine's husband Jerome attended the Amputee Coalition National Conference which was held in Greensboro, North Carolina. While there, they attended many different clinics and presentations and received valuable information to improve not only their lives, but also to share with other amputees and caregivers in our community. Elaine participated in the peer visitor training while at the conference and was awarded her Peer Visitor Certification. We want to congratulate her on this accomplishment. The 2017 Amputee Coalition National Conference will be held in Louisville, Kentucky!! We will be giving updates and sharing information about this event during the coming months.

Group members Belinda, Kelly, Mike, and Bill were once again invited to give a presentation to the Occupational Therapy class at Brown Mackie College. They shared their individual stories of living with limb loss and talked about many other topics including the emotional recovery process following amputation, insurance coverage of prosthetics, K-levels, and the different types of prosthetic devices. Bill Titus told of how occupational therapy has helped him in regaining his independence. *MOVING FORWARD* welcomes any opportunity to educate students about the special needs of the amputee population. We want to thank class instructor, Bethaney Curry, for asking us to attend.

On June 20th, some members of the group attended a McKeever's First Ride Clinic. The event was presented by OPAF and sponsored by Kenney Orthopedics and Keeneland. It was held at Blue Willow Farm in Versailles, Kentucky.

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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!**

During the past few months, I have been using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this, I have attempted to answer questions that I receive on a weekly basis such as:

- \* Will I be able to drive again?
- \* I want to rejoin the workforce, but where do I begin?
- \* Is there any help for amputees who have insurance, but can't afford the high deductible or co-payments?
- \* My apartment isn't handicap accessible. How am I going to manage when I get home?
- \* Where do I go for help in paying my rent, utilities, or receiving food assistance?

I will conclude this series in the next few issues by providing some information on driving following limb loss. I have been asked about driving probably more than any other topic in my visits with new amputees. The thought of not being able to drive again and the loss of independence that entails is a fear for many amputees. They don't want to have to depend on others for their transportation needs and the loss of the ability to drive only leads to isolation which in turn leads to depression. For July, I am providing the following information on driver's training following limb loss. For below-the-knee amputees getting back into the driver's seat may only require a few adaptations, but for above-the-knee, bilateral, or upper-limb amputees, some driving instruction or advice from a professional on assistive driving devices might be an excellent idea. I have found 2 locations that offer driver rehabilitation technology programs. The first is provided at Frazier Rehab Institute and the second is offered by Vocational Rehab.

### Rehabilitation Care at Frazier Rehab: Drivers Education and Training Program

In today's society, the ability to drive is a crucial component of a person's independence. However, driving often seems an unattainable goal for those who are limited by illness, injury, psychological or the physiological changes associated with aging. Frazier Rehab Institute's comprehensive Driver Education and Training Program helps these individuals gain back their independence in driving.

Within the program, occupational therapy professionals, certified as driver rehab specialists, work closely with physicians to review the participants medical and driving history, perform a pre-driving and vehicle evaluation, behind-the-wheel evaluation and, if necessary, training and equipment recommendations. All participants are given every opportunity to maximize their driving potential before completing the program.

To find out if you or a loved one is a candidate for the program, contact Frazier Rehab Newburg at 502.451.6886.

### Candidates for Drivers Education and Training

Candidates for the Frazier Rehab Institute Driver Training and Education Program include:

- Individuals with physical impairments interested in returning to driving.
- Individuals with physical or cognitive limitations who are unaware of their potential to drive.

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## JUNE RECAP (cont'd)

Attendees were instructed on the benefits of therapeutic horseback riding. Amputees and family members enjoyed riding horses around the stable, as well as learning to care for and groom the horses. For many amputees, it was their first experience horseback riding, and for others it allowed them to get back on a horse for the first time since losing a limb/limbs. Lunch was provided and everyone enjoyed visiting and making new friends. Some members brought their grandchildren along, making for a truly wonderful memory of spending a beautiful summer day together.

Our IN meeting was held at SIRH on Mon., June 20th. Many topics were discussed and announcements were made on upcoming events, including our Pie & Ice Cream Social. Jeff Coffman spoke to the group about a golf scramble being sponsored by the Sertoma Club on Sat., Aug. 20th. Proceeds from the event will be used to make a local park handicapped accessible. For information on participating in or volunteering for this event, contact the Sertoma club at [fcsertomaclub@twc.com](mailto:fcsertomaclub@twc.com) or check out the flyer on our website at [ampmovingforward.com](http://ampmovingforward.com). Brittany gave the group an update on her new EMS socket, and Belinda told them that her socket was still in the process of being fabricated. Both ladies said that they would be sharing their experience with the EMS socket at future meetings.

On Sat., June 25th, the KY meeting was held at Baptist Hospital East. Following introductions and announcements, a special presentation was given by LaDonna Frantz, a naturopathic doctor and registered pharmacist. She shared with the group information on healthy eating, natural supplements, and how to live a more healthy lifestyle. She also answered many questions from those attending on how natural foods and supplements can help them in dealing with a variety of health concerns and diseases. We want to express our gratitude to LaDonna for sharing her knowledge with us. We all came away from the meeting with a newfound commitment and ideas to improve our eating habits and lifestyles. If you would like information on these subjects, you may visit LaDonna's website at [harmony4health.com](http://harmony4health.com) or call her at 812-738-5433. Her business, Harmony & Health, is located at 220 E. Chestnut St, Corydon, IN.

Immediately following the KY meeting, our Annual Business meeting and Election of Officers was held. Members voted unanimously to reinstate the existing officers. The list of officers along with their contact information can be found in the CONTACT INFO section on Page 7 of this newsletter. Following the election of officers, group president, Belinda Jacobi, provided members with a folder containing financial and group information for 2015 and 2016. She gave a detailed explanation of the group's income and expenses, and also discussed the various filings that *MOVING FORWARD* is required to make with both federal and state agencies. Kelly and Elaine then shared some of the highlights of their trip to the Amputee Coalition National Conference. The group talked about the possibility of awarding scholarships to group members with financial need to cover the registration fees for next year's conference. A vote was taken and it passed unanimously to begin looking into the feasibility of providing the scholarships. We will be discussing both the conference and the scholarships at future meetings. If you have any suggestions or concerns about this or any other matters, please contact us. We value everyone's opinion.



### 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.

## Q & A (cont'd)

- Anyone needing information on driving issues concerning the following:
  - Visual impairments
  - Diabetes
  - Older drivers
  - Arthritis
  - Congenital disabilities
  - Cardiac, orthopaedic or spinal conditions, illnesses, or injuries
  - Alzheimer's and other dementia-related syndromes and neurological impairments.

Evaluation and training is also offered to new drivers with physical or psychosocial deficits such as ADHD, Spina Bifida, CP, and Multiple Sclerosis.

Participants must have a valid driver's license or permit, be physically and medically stable and seizure-free for three months, and possess endurance to tolerate a two-hour evaluation. Individuals with visual disturbances or visual field cut will be given a form to present to an ophthalmologist prior to the evaluation.

For more information about Frazier Rehab Institute's driving program and costs, please contact 502.451.6886.

### Driver Rehabilitation Technology Program (DRTP)

The Driver Evaluation/Vehicle Modification Program helps potential drivers understand and adapt to necessary driving restrictions.

Vehicle modification and specialized training services offered through the Office of Vocational Rehabilitation assist individuals with severe disabilities in obtaining or retaining driving privileges.

Program services are available to new drivers, drivers with deficient driving skills, and drivers who need special equipment training. Trained staff members assess driver skills, recommend vehicle modifications, and provide driver training for individuals with disabilities.

An occupational therapist determines the extent of physical/cognitive impairment, identifies the need for adaptive equipment or environmental adaptation, and evaluates physical driving abilities.

A driver evaluator determines if individuals with disabilities have special needs that must be accommodated in order to operate an automobile safely.

Participants completing the driver evaluation program may be considered for driver training. Training programs are designed to meet the individual driving needs of the participant. Recommendations for vehicle modifications may include equipment assessment and fitting, followed by an inspection and safety check of the equipment after it is purchased and installed.

### Office of Vocational Rehabilitation

The Kentucky Office of Vocational Rehabilitation (OVR) assists Kentuckians with disabilities to achieve suitable employment and independence. We recognize and respect the contribution of all individuals as a necessary and vital part of a productive society.

For more information contact: Office of Vocational Rehabilitation, Driver Evaluation/Vehicle Modification Branch, 301 East Main Street, Lexington, KY 40507. Phone: 859-246-2117.

The Louisville office of Vocational Rehabilitation is located at 600 West Cedar St., Louisville, KY 40202. The phone no. is 502-595-4003.

The local Indiana office is located at 11452 Vaxter Street Clarksville, IN 47129. Phone: 812-288-8261. Toll Free: 1-877-228-1967.

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

Here is an easy chicken recipe to make during this grilling season. Enjoy.... Hope you and your family had a wonderful 4th of July! :)

### HONEY MUSTARD GRILLED CHICKEN

Prep 15 m ~ Cook 20 m ~ Ready In 35 m

#### Ingredients

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons mayonnaise
- 1 teaspoon steak sauce
- 4 skinless, boneless chicken breast halves

#### Directions

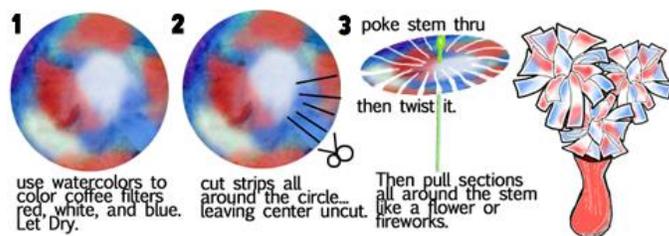
1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.
3. Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!



## Krafty Kids ..... by Beverly

A little help may be needed for the little ones when cutting, but this is a cute activity for the 4th of July holiday.

### Coffee Filter Fireworks Flowers



## 4TH OF JULY FLOWERS

These turn out great and really look like fireworks. These are easy enough to make that young children such as preschoolers and children in younger grades can even make them. Just use watercolors or food dye to color coffee filters red, white, and blue. Then let them completely dry on paper plates or trash bags. Then cut strips all around the circle coffee filters. Leave the center of the coffee filters uncut. Then use chenille stems (pipe cleaners) to poke thru the center of the coffee filter. Twist it down at the top to keep the stem intact. Now pull the cut sections all around the stem to look like fireworks...pulling some down, some up, etc. They should look like the picture on the right.



### 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. \*\*

## Q & A (cont'd)

Coming up in the August issue, I will discuss the different types of adaptive driving equipment that are available and where to find them. If you have taken a driver rehabilitation program or purchased adaptive driving equipment, I would love to hear from you and get your feedback. Sharing your information can go a long way in helping other amputees gain their independence and get back into the driver's seat.

~~~~~

J'm Moving Forward . . .

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



Amputees, friends, and family members *moving forward* by attending OPAF's McKeever's First Ride.

** If you have a picture of you and your children or grandchildren that you would like to submit, please send it to Julie or Belinda. **

~~~~~



## 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

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~~~~~

TEST YOUR KNOWLEDGE ANSWERS (from Page 4)

MUSIC, FRIENDS, LAUGHTER, GAMES, UPBEAT, ICE CREAM, HAPPY, TREAT, ENJOY

THESE ARE ALL REASONS TO CELEBRATE WITH US ON JULY 10TH.

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## UPCOMING EVENTS

### MEETINGS:

**July 18th, Mon.:** 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

**July 23rd, Sat.:** 2:00 - 4:00 p.m. at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2B. We will have a guest speaker at this meeting, Alena Chesser, who is Ms. Wheelchair Kentucky. Alena shared this information with us: "What a journey I have had in life, traveling the world, and then returning home to become a deputy and finish my masters in Dispute Resolution. In 2006, I had a brain tumor removed, and after that I went right back to doing everything I did before. Then my life took another turn and on Sept. 17, 2013, I suffered a spinal cord injury that left me paralyzed from the chest down. I have not let this stop me. I now run a charity that helps children get the medical equipment that they need and am serving as Ms. Wheelchair Kentucky. I travel the state talking about disabilities, doing events, going to hospitals and schools, meeting with government officials, and hopefully shaping Kentucky for a better future for those living with a disability. In Aug. 2016, I will compete for the title of Ms. Wheelchair America." We encourage you to come and meet this amazing young lady and show her your support as she prepares to represent the State of Kentucky in the national pageant.



### MOVING FORWARD Events:

**July 10th, Sun.:** MOVING FORWARD will host a Pie & Ice Cream Social at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY, from 2:00 - 5:00 p.m. Mike and Sue Portman will once again be making some of their delicious homemade ice cream and there will also be entertainment and games. We will be on the 2nd Floor and an elevator is available. Parking and the entrance are in the rear of the building. There is no admission charge for this event, but if you would like to bring a pie or your favorite ice cream topping, it would be appreciated.



### Ice Cream Social



### Other Events:

**July 30th, Sat.:** Kenney Orthopedics will be holding an Amputee Walking School at Cardinal Hill Rehabilitation Hospital, 2050 Versailles Rd., Lexington, KY. This is a wonderful opportunity for therapists to receive training in working with amputee patients, and for amputees to receive gait and strength training. The instructors are Dennis Oehler and Todd Schaffhauser, who each won gold medals in the Paralympics Games, and who have years of experience in helping amputees to return to a more active lifestyle with increased independence. To register, call 859-367-7189. **\*NOTE:** There will be a walking school held in Louisville on Oct. 22nd.

**Aug. 20th, Sat.:** The Sertoma Club will be hosting their 2nd Annual Golf Scramble at New Albany Springs. The Sertoma Club is a national organization which assists those with a hearing impairment, but locally the group also works to aid all individuals with any type of disability. The proceeds from the golf scramble will be used to help build Sertoma Park into New Albany's first handicapped accessible park where "all" children can play together. For more information, visit our website or contact group member Jeff Coffman at [jeffcoff@att.net](mailto:jeffcoff@att.net) or 812-283-3956.

There are many other events being planned, including:

- ❖ Belle of Louisville Cruise
- ❖ Trip to Churchill Downs and the Kentucky Derby Museum
- ❖ Fall picnic

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