



## NEWSLETTER ♦ 103rd Edition ♦ Mar 2022

**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.

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### EDITOR'S NOTE

- by Elaine Skaggs

As many of you are, I am very happy that spring isn't far away! And even happier that life is somewhat returning to normal, or at least a new normal. This spring especially will be a time of renewal for all of us, after a bleak couple of years. Read on to find out about our many upcoming events.

As announced in last month's newsletter, *MOVING FORWARD* Limb Loss Support Group has begun once again having meetings in Indiana, located at Southern Indiana Rehabilitation Hospital at 3104 Blackiston Blvd, New Albany, IN 47150, on the 3rd Monday of every month from 6:00 pm to 7:30 pm. Come on out and join us this month, and let's show our appreciation to SIRH for promoting our group and providing us with a space to meet.

Mr. Lyn Workman with Williams Brothers Pharmacy and Health Care Company joined us for both the IN and KY meetings in February. Mr. Workman does marketing for the Safe Home Solutions division of the company, which provides home improvements including ramps, grab bars, bathroom remodels and many other services to make life at home more comfortable.

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### FEAR

*Whether we're facing amputation or recently experienced it, fear is a natural emotion that we all have to deal with. Below is an article on the 3 most common fears we experience and how to overcome them.*

We all have things that we're afraid of in life. But here's the thing to remember about fear: It is a natural human response to encountering something unfamiliar, challenging or uncertain. That's why the advice to "Be fearless!" is so terrible.

Trying to be fearless while doing new things is like trying not to laugh at a funny joke — it's impossible. As an emotional wellness coach, my job is to help people identify and work through their fears.

Here are the three most common fears that I've seen hold people from achieving success, and how to overcome them:

#### 1. Fear of failure

When taking on something new, there's no way to know if you will succeed. But if you constantly focus on all the things that could go wrong, you'll have less mental energy to invest in your goal.

To move past this fear, connect with your "bigger why" — or the sense of purpose behind what you're doing. Ask yourself:

How does working on this challenge help me grow or get closer to my goal? Your startup idea might fill a need in an industry, for example, while also giving you the freedom to work your own hours.

How can this challenge improve someone else's life? Research shows that when we adopt a pro-social mindset — or think about how our actions can benefit others — we are more resilient and

~ cont'd on Page 2 Column 2~

## EDITOR'S NOTE (cont'd)

He gave us a brief overview of all the company can do and will return to both locations for the March meetings to give a more detailed description of the company and how they may become a much needed resource for the amputee community.

One of our members, Scott Lee, a Physical Therapist with SIRH and founder of Amputee Boot Camp also attended the IN meeting and spoke with us about the upcoming camp. It will take place at 10:00 am on Saturday mornings, March 5, 12, 19, and April 2, at 2303 State Street, New Albany, IN. The sessions last about an hour and the cost for each is \$25; however, your first time attending will be no charge. Reach out to Scott through his Boot Camp Facebook page, or email at [scelee3@gmail.com](mailto:scelee3@gmail.com).

Kenney Orthopedics is holding an Amputee Walking School at Bellarmine University/Nolen C. Allen Hall, 2001 Newburg Rd, Louisville, KY 40205, Saturday, March 26, from 9:00 am to 3:00 pm. The school is open to all amputees and meals will be provided. To RSVP, call 502-882-9300 or email [ahowell@kenneyorthopedics.com](mailto:ahowell@kenneyorthopedics.com).

The Bellarmine Prosthetic Gait Training program is once again in full swing and being run by Professor Dennis Lesch. The name has changed but the mission remains the same, to help amputees get stronger and walk better, and to give students a unique learning experience about working with amputees, and some hands-on training. After being sedentary for a couple years, with skills I had attained diminishing, this couldn't have come at a better time for me personally. And as a veteran of this program, I've attended the 10 week program 5 times previously, I can honestly say that there was not a session I started that I did not end performing better than I had been previously. There certainly is a lot to be said about the benefits of helping others. (Amputees helping the students, the students helping the amputees.) If you are interested in

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## FEAR (cont'd)

motivated.

### 2. Fear of not being good enough

This fear might sound like “That job requires a lot of communication skills, and I’m bad at that,” or “I could never work at that company. They only hire Ivy League grads.”

The secret to overcoming this fear is to self-edit your thoughts. Ask yourself:

Is this thought true? Maybe you’re afraid you’ll mess up a huge presentation and your colleagues will judge you. Usually when you do this, you’ll learn that your thoughts are colored by your brain’s negativity bias and aren’t rooted in facts.

What do I get by believing that I’m not good enough? Let’s say you just got a promotion, and you’re convinced you won’t know how to handle the new responsibilities. Will this mindset encourage you to give it your all? Of course not! Once you recognize this, think about what you can do to boost chances of success? It might be taking an online course or seeking advice from a mentor.

### 3. Fear of disappointing others

No one likes to be a let-down, especially to someone they admire or respect. But the people who truly care about you are not judges waiting to score you on your performance. Instead, they want to see you succeed, even if it means multiple tries.

It’s also important to take time to understand yourself, identify your goals, and define what success means to you. This way, you’ll be less likely to obsess over other people’s opinions of you or the expectations that you think they’ve set for you.

Nataly Kogan is an emotional wellness coach and best-selling author of “The Awesome Human Project: Break Free from Daily Burnout, Struggle Less, and Thrive More in Work and Life” and “Happier Now: How to Stop Chasing Perfection and Embrace Everyday Moments.” She has been featured in The New York Times, The Washington Post and The Wall Street Journal. Follow Nataly on Twitter @natalykogan.

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## EDITOR'S NOTE (cont'd)

participating in this program, contact Maddie Herring at (859) 533-2805.

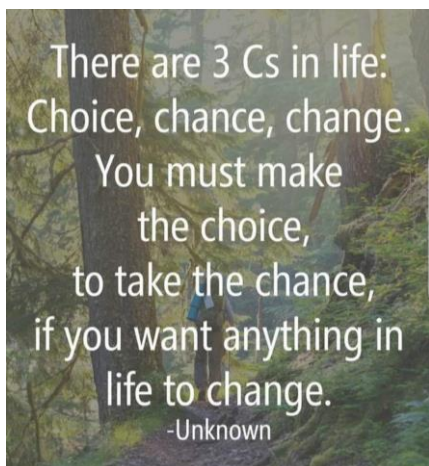
One of my favorite annual events is returning this year. On March 19 from 5 - 8 pm we will be holding the March Madness Chili Cook-off at Okolona Fire House, 8501 Preston Hwy, Louisville, KY 40219. Admission will be \$5 per person, with proceeds going to the Paddy Rossbach Amputee Youth Camp. The group will provide toppings, such as cheese, onion, crackers, etc. So bring your favorite pot of chili or a dessert, and maybe win a prize for the best chili. There will be chili awards for Judges Choice and People's Choice, as well as a raffle to win a chili pot filled with goodies and gadgets! Contact Kelly at 502-235-3146 or Elaine 502-548-6419 if you have questions.

We are still considering some ideas concerning this year's 10-year anniversary celebration of the beginning of *MOVING FORWARD* Support Group. So far we are planning on a catered meal, and maybe a band for entertainment, sometime in June 2022. If you are interested in assisting with the planning, decorating, or if you have any suggestions, please contact Kelly, Elaine, or Mike.

We look forward to seeing you at one of the meetings and the Chili Cook-off this month! Happy St. Patrick's Day!!

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## QUOTE OF THE MONTH



## STRONG

The dictionary definition of the word 'strong' varies greatly from physical ability and endurance to having force of character, will, morality, or intelligence. As we as amputees navigate through life's challenges, the word strong can mean many different things to us in the different stages of our life. As we gain life skills, physical strength is very necessary, but so is our mental strength. Our will must be strong to keep us pushing forward. Following are quotes from a few amputees across the nation:

“Taking on each day without whining. Strong in mind and body.” ~ Nancy Graham Vierthaler

“Getting up and out of bed daily, pushing through the pain, the obstacles, and having the courage to do whatever you set your mind to. Having the right doctors, prosthetist, prosthetics, and the right prosthetic team are vital. Helping others along their journey.”

~ Melissa Ann Davidson Heuser

“Living my life to its fullest, happily!”

~ Janet Rickerson Yergler

“Strong is handling my challenges with grace and using my knowledge to help newer amputees learn to do the same.”

~ Dave Giaimo

“Strength = letting myself be happy.”

~ Emma Corey

“Learning to adapt to the world. Not expecting the world to adapt to you.”

~ Jason Nolin

“Strong is, to me, a gift. I, as an amputee, have to prove to others I can deal with what came my way. Why be mad at the world – life can be so much worse. If I wasn't strong, I'd hear from my mother in heaven to straighten up and be the person she raised. Strong is what my guardian angel gave me.”

~ Steve Molnar

“I think of many things: courageous, capable, secure in yourself, and brave.”

~ Julie Porterfield Suttles-Strickland

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## Ways to Donate to *MOVING FORWARD* Limb Loss Support

### AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop [smile.amazon.com](https://www.amazon.com/smile), the AmazonSmileFoundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to **Moving Forward**. You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Support Group, Inc."

### 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)

Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Search for "Moving Fwd Limb Loss Support"

### **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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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## RECIPE OF THE MONTH

### Pineapple Upside-Down Cupcakes

#### Ingredients:

1 can (20 oz) sliced pineapple, drained, juice reserved

1 box yellow cake mix

1/2 cup vegetable oil

3 eggs

1/3 cup butter, melted

2/3 cup packed brown sugar

12 maraschino cherries, cut in half

#### Instructions:

Heat oven to 350°F. Spray 24 regular-size muffin cups with cooking spray.

Cut each pineapple slice into 4 pieces; set aside. In large bowl, beat cake mix, oil, eggs and reserved pineapple juice with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally.

In small bowl, stir together melted butter and brown sugar. Spoon 1-1/2 teaspoons butter mixture into each muffin cup. Top each with 2 pineapple pieces. Place cherry half, cut side up, in center of pineapple pieces. Spoon 1/4 cup batter into each cup.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Run knife around edge of cupcakes to loosen; invert onto cookie sheet. Serve warm.

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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](http://ampmovingforward.com).



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