



## NEWSLETTER ♦ 51st Edition ♦ Nov. 2017

### What to Write??? - by Belinda

As I sat down to begin the newsletter, my struggles began. Usually once I start writing, it becomes pretty easy and the words flow. Something always happens during the days before that inspires me to write on a specific topic. That didn't happen this month. There is so much going on in November. There's Veterans Day, its National Family Caregivers Month, American Diabetes Month, and the holiday season begins with Thanksgiving Day.

While I sat staring at my blank computer screen with my hands poised at my keyboard anxiously awaiting something to click, it occurred to me that maybe I wasn't supposed to write about one specific thing this month. Instead, I should write about all the important things going on because each of them is of equally great importance to us all. We owe our freedom to the honorable men and women who have served or who are still serving our country. Being a caregiver is probably one of the hardest responsibilities that anyone could ever face, and so many times they don't receive the praise they deserve. Many of our group members and readers either have diabetes or have a family member who has been affected by this cruel disease. No matter what our situation is in life, if we look, we all have something to be thankful for. Some may have to look harder than others. Many face incredible challenges in life each day, but sometimes those individuals are the first to give thanks. We all know people like that, and they serve as an inspiration to everyone that is fortunate enough to have them in their lives.

So in this issue, you will find a Veterans Day tribute and a list of resources for both veterans and those still serving in the military. The SPOTLIGHT section will introduce you to Jeff Coffman, a military veteran and member of *Moving Forward*. The Q&A Section of the newsletter is devoted to thanking our caregivers. The topic of diabetes is covered in the Amputee Coalition Article, and just as I was thinking about what to write for the Thanksgiving holiday, I received an article from a group member on that very subject. You will find Beverly Gaylord's thoughts on being thankful in the OUR READERS SPEAK section.

I hope that you all are able to find something in this newsletter that is beneficial to you in some way. It may be some information from an article, a helpful resource, a delicious new recipe, or maybe just some words that inspire you or make you think. If you have an article or comment that you would like to submit, please contact Belinda or Julie. We would love to hear from you.

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### Family Matters

*inMotion* • Volume 18 • Issue 2 • March/April 2008

- by Élan Young

#### Spotlight on Volunteers

##### One amputee seeks to stop the cycle of diabetes

George Austin was in his mid-30s when diabetes started knocking on his door. First, he noticed his calf muscle was sore after tennis games – an early sign of poor circulation. Then came excessive thirst. Finally, when he dropped 40 pounds in 6 months, he decided to go to the doctor. In 1985, the year he was diagnosed with diabetes, Austin was promoted at State Farm Insurance to superintendent in charge of two states and 75 employees. He was under additional stress, which may have triggered the onset of Type 2 diabetes.

"After looking at my family history, the doctor prescribed oral medication," Austin recalls. "But he also said, 'You may not outrun this thing.'" Austin was no stranger to amputation. Both his maternal grandmother and his mother lost limbs from diabetes. In 2001, at the age of 53, he became the third person in his family to lose a limb from the disease.

Because Austin is African American, he was twice as likely to acquire Type 2 diabetes as a Caucasian. (Type 2 results from a condition where the body doesn't use insulin properly.) The American Diabetes Association (ADA) reports that the number of African Americans with diabetes has tripled since the 1960s.

According to the ADA, Type 2 diabetes is more common in adults who are over 45, have diabetes in their family, are overweight, don't exercise, and have cholesterol problems.

Fortunately, diabetes can be controlled easily if caught in its early stages, usually by making lifestyle changes. Unfortunately, diabetes frequently goes unchecked. It's been estimated that for every African American with the disease, another goes undiagnosed. If diagnosed in the later stages, people with diabetes will need prescription pills or insulin injections to control their blood sugar fluctuations.

When the symptoms pile up, such as blurred vision, neuropathy and kidney disease, it can sometimes be too late, which makes it the fourth-leading cause of death in the African American community. Since diabetes is the leading cause of non-traumatic lower-extremity amputations in America, African Americans are also more likely than Caucasians to experience diabetes-related amputations.

Austin's doctor helped him get back on track. But managing the disease still requires him to wake up every morning and check his blood sugar, manage insulin injections and monitor everything he eats. "I go to an endocrinologist every 3 months," he says. "Fortunately, my diabetes is pretty much under control now."

"Many people with diabetes discover that family is a motivating factor to keep up with their regimen and adopt more healthful habits. Family and friends are not only potential cheerleaders, but also personal reminders of what's at stake."

With a son and a newborn granddaughter, he also wants to take care of himself for their sakes. Because they are genetically susceptible to the disease, Austin tries to get his son to take a preventive stance.

"I urge my son to get his blood sugar tested whenever he makes a trip to the doctor. I tell him to watch his diet, and especially to watch the

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# OUR READERS SPEAK

## Thanksgiving - by Beverly Gaylord

Thanksgiving is defined by Webster as the following:

\* The expression of gratitude, especially to God.  
\* (in North America) an annual national holiday marked by religious observances and a traditional meal including turkey. The holiday commemorates a harvest festival celebrated by the Pilgrims in 1621, and is held in the U.S. on the fourth Thursday in November.

What are you thankful for? So many have lost so much. Some may have lost their job or their marriage. Many have lost loved ones due to an illness. Some may even have lost an arm or a leg. Any of these losses would change your life drastically. When a person loses a limb, every day they are reminded of this. It can be depressing when we think of what we are missing in life.

However, what do you still have? Work on being thankful for what you do have. Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have, we will not be happy — because we will always want to have something else or something more. Gratitude shifts your focus from what your life lacks to the abundance that is already present. Research has shown that giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

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*"Gratitude turns what we have into enough."*

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## QUOTE OF THE MONTH



### BE THANKFUL

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to.  
Be thankful when you don't know something, for it gives you the opportunity to learn.  
Be thankful for difficult times.  
During those times you grow.  
Be thankful for your limitations, because they give you opportunity for improvement.  
Be thankful for your mistakes.  
They will teach you valuable lessons.  
Be thankful when you're tired and weary, because it means you've made a difference.  
It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.  
Find a way to be thankful for your troubles, and they can become your blessings.

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## Family Matters (cont'd)

alcohol," says Austin. "A social drink is fine, but alcohol is sugar and it's not good for you."

Austin's dedication to others goes beyond his love for family. Living with an amputation and managing diabetes has given Austin hope that he might be able to reach out to strangers with the same message. In November, 2007, he joined the Amputee Coalition's Volunteer Outreach Team (VOT), a team of amputees who desire to represent the Amputee Coalition in their communities and at national events and conferences.

His sole objective for joining this team of volunteers was to try to educate people about diabetes and reduce the number of diabetes related amputations. "I think I have a lot to share with people because of my history with diabetes," he says. "I want to share the things I've gone through and empower others to take the best route."

Even though Austin learned about diabetes the hard way, he is happy with the gains he's made in fighting such a persistent and difficult disease. It's something he clearly takes joy in sharing with others. "Life is so much better now that I know what I have to do to keep my blood sugar under control. I stay away from as much sugar as I possibly can," he says. "Oh, and I just bought a treadmill!"

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## SPOTLIGHT - by Belinda

Each month the SPOTLIGHT column is used to introduce you to a member of our group or a special organization. This month we will be shining our light on a military veteran who has led quite an interesting life with many stories to tell, Jeff Coffman. His studies and world travel make Jeff quite the fascinating character. I am sure that you will agree once you get to know him a little better....

Jeff became a world traveler at a young age. He was actually born in a grass hut on the Ivory Coast of Africa. His father was stationed there following WWII. The family was to transfer to Tokyo in the next few days and his mother, being 7-1/2 months pregnant, was looking forward to the move. She began having intense pain so she went to the doctor, who told her the baby needed to be delivered immediately by Caesarean section. Apparently, Jeff wanted to see the Ivory Coast before moving on to Tokyo. Jeff's father was a Colonel with the Corp of Engineers, so they moved around the world quite frequently during those years.

When they were in the states, time was divided between living in southern IN and New Orleans, Louisiana. He claims to be an excellent chef and credits his grandmothers with nurturing those skills. His grandma in New Orleans taught him Creole cooking, while his German grandmother taught him many German dishes. Two of his favorite dishes to prepare are Shrimp Creole and German potato salad. He was a boy scout during his younger days and enjoyed going to Tunnel Mill Camp. He says it is still one of his favorite places, and he now likes to spend time there with his grandson. He was taught to scuba dive at a young age by his uncle, Jack Kley, who was a police officer and founder of the Louisville Rescue Squadron. That experience led him to his military career.

He graduated high school at the age of 16 and attended San Diego State University where he studied in the field of microbiology. He loved doing scientific research, but left the university to join the military at the age of 18. He had heard about a special operations group called the Navy Seals. With his certification in scuba diving and being a 2nd degree black belt in Judo, he felt that he would be a good fit. To his dismay, the military decided that with his skill-set that he should be in the Marine Corp. He rose to the rank of Command Master Sergeant. Jeff wasn't able to share much information about his military



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— 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 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!**

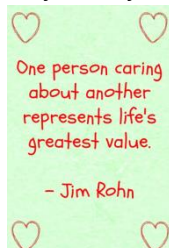
For the month of November, I have chosen to answer my own question, and that is, "Why does the word *caregiver* sometimes convey a negative image?" This has puzzled me for some time



now, so I have decided in honor of National Family Caregivers Month that I would do my part to change that image. Many times I have seen an amputee cringe when his/her spouse announces that he/she is the amputee's caregiver or have heard family members say that they didn't want to be called a caregiver. I have also witnessed amputees lashing out at their caregivers. No one is perfect and we all have said and done things that may have been hurtful to someone who is just trying to help us, but that doesn't make it right. Personally, I feel that the negative image comes from our need as amputees to not feel dependent upon others. Ask any amputee what one of the biggest challenges is that they have faced, and you likely are to hear, "my loss of independence." Most of us went from being fairly healthy people living our day-to-day lives to becoming someone with limb loss who feels as though they are no longer in control. That loss of control can be quite frightening. Many grasp at anything to try to gain back that control, while others tend to give up and never get back to living an enjoyable life. This is where the role of the caregiver becomes so important. They are here to help us to find our way back to becoming that independent person once again. The problem is many of them do not know how to accomplish this task because they have never had this role before. How can this problem be solved? The answer is patience and good communication. As a new amputee, we are struggling to heal both physically and emotionally, learning to do daily living tasks in new ways, learning about prosthetics and how to use them, and challenging our bodies to adapt to this new way of life. What we have to understand is that our caregivers are struggling as well, just in different ways. They, too, may feel as though they have lost control. They struggle with decisions such as when to step in and help and when to back off, and when to show empathy and when to be firm. We have to be patient with ourselves and each other while going through this process. We also must learn to communicate our feelings. We must not take out our frustrations on each other. That will only lead to hurt feelings and resentment. The old adage *think before you speak* can be quite helpful. Instead of saying, "you make me feel helpless," try saying, "I need to try to do more on my own." This simple rephrasing makes a huge difference. Instead of lashing out and accusing them, you are letting them know in a positive way what your needs are.

I will end with this: Those of us who are lucky enough to have a caregiver should cherish them. I am not talking about a paid caregiver, although they, too, deserve our gratitude. I am talking about those caregivers who are our spouses, relatives, or friends that help us for no monetary reward. They "care" enough to "give". Wouldn't it be a wonderful world if everyone had someone in their lives who was willing to

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## SPOTLIGHT (cont'd)

service because it is classified information. He was able to tell me about the 9 months that he spent debugging embassies around the world. His work allowed him to travel to 119 countries, mostly in Europe, Asia, and South America. He said that one of his favorite cities was Prague, because he loved its beauty. Jeff also loved Nairobi. That is where he purchased several canes from a local wood carver. He sometimes brings these canes to our meetings, and the craftsmanship and intricate carving is breathtaking. He still loves to travel and is hoping to purchase a sail boat and sail to the Caribbean.

Following his career in the military, Jeff has had several other career fields, including being a nurse at the Methodist Hospital and working as an industrial 1st Aide responder and safety trainer with UPS for 20 years. A funny story he shared was when we was training college students working at UPS in ramp safety. He told them to always approach the plane counter clockwise. I can just see the expression on his face when several of them spoke up and asked, "What did that mean?" He said that most of them must have had digital clocks.

Jeff has a brother who is a senior research scientist in San Diego. Jeff traveled there last year to take part in a research study. He also has 4 children, 6 grandchildren, 5 great-grandchildren and another on the way. He stays active in various organizations including St. Paul's Catholic Church, the Cherry Hill Neighborhood Association, the Louisville International Air Park Safety Board, and the Sertoma Club. He was instrumental in transforming a rundown park in his Jeffersonville neighborhood into a totally handicapped accessible, beautifully refurbished playground and picnic area with a walking path and exercise stations. He is leading efforts by the Sertoma Club to do the same at Sertoma Park in New Albany. The project has just been approved by the city and the process of applying for grants has begun. Another project which Jeff took on this past summer was restoring the flower beds around his home. He planted hundreds of bulbs with hopes that this coming spring they will be a thing of beauty. He explained that he and his wife Mary used to display their flower gardens in neighborhood home tours. When his health failed, he neglected his yard for some time, but his goal now is to revive the flower beds to the state that Mary used to have them. I found that so touching, and I can't wait to go on a tour in the spring.

Jeff's life as an amputee began in 2011 when his left leg was amputated below the knee. He didn't even realize there was a problem until he went in for cataract surgery. The surgeon noticed a place on Jeff's foot and told him that he needed to get it checked out immediately. What followed were multiple surgeries beginning with the removal of his big toe and then part of his foot. The surgeon planned next to remove his foot above the ankle. That was when Jeff spoke up and asked them to go ahead and take enough off to make sure they got all the infection. It was because of this experience that he learned he had diabetes. His weight had increased to 325 pounds, but he didn't realize that he had any significant health issues. In 2014 on his birthday, his right leg was also amputated below the knee.

When asked what advice he would give to a new amputee, Jeff said, "To treat it like it didn't happen. If you had a *grand design* of what you wanted to do with your life, go ahead and do it. Don't quit. Don't give up on your dreams. They can still happen."

As for *Moving Forward*, Jeff would like to see both the group and individual members continuing to become more involved in our communities. He thinks that it is important for people to see amputees out contributing to their communities. It not only allows the general public to see that we are still capable, but also allows other amputees to see that they can still be active.

I'm sure you can tell that I received quite an education while

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## Q & A (cont'd)

do that? I have been on many peer visits where the amputee had absolutely no one to fill that void. To me, the word *caregiver* is one of the most beautiful words there is, and if we have one or are one, we should be forever thankful. If we have one, it means that we have someone in our life who *cares* for us. If we are one, it means that we have someone in our life to *care* for. I hope that you will take these words to heart and realize that a word that includes "care" can never be a negative thing.

### Information for caregivers:

\* Family Caregiver Alliance/National Center on Caregiving: This website provides information on being a caregiver for various types of health conditions, coping strategies, legal issues, an e-newsletter, and much more. Visit: [caregiver.org](http://caregiver.org) or call 1-800-445-8106.

\* AARP: They offer a preparation guide, health & legal info, a link to local resources, and much more. Visit: [aarp.org/caregiving/](http://aarp.org/caregiving/) or call 1-888-687-2277.

\* Today's Caregiver: A free magazine, articles, caregiver's conferences, a link to local resources, and more are offered. Visit: [caregiver.com](http://caregiver.com)

## FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answers on Page 8.

|           |                     |
|-----------|---------------------|
| TNSILE    | _____ ( ) _____     |
| SPRTCEE   | ( ) _____           |
| EACPITCNE | __ ( ) __ ( ) _____ |
| YEAPHTM   | _____ ( ) _____     |
| DSNSKEIN  | _____ ( ) _____     |

THESE ARE \_\_\_\_\_ NEEDED BY A CAREGIVER.

## I'm Moving Forward . . .

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



Carol Patterson *moving forward* from wheelchair to walker.

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

## SPOTLIGHT (cont'd)

doing this interview. We discussed science, travel, the military, cooking, gardening, and community service, among other things. Jeff definitely stands out as one who has not let the loss of limbs stop him from accomplishing his own *grand design*. His dedication to community service should be commended. If you get the opportunity to meet him, I encourage you to get to know him. He has led a life much different than anyone I have ever known. That is one of the things I enjoy most about being a member of our group. You meet many different people from all walks of life, who come together due to one similarity, limb loss, but who form a lasting bond of friendship. We encourage you to come to a meeting and see for yourself.

## Contact Information for Veterans and Those Currently Serving in the Military Veterans Administration

1-877-222-8387

In order to be eligible for enrollment in healthcare through the VA, you must have:

- Been discharged from active military service under honorable conditions
- Served a minimum of two years if discharged after September 7, 1980 (prior to this date, there is no time limit)
- Served as a National Guard member or reservist for the entire period for which you were called to active duty, other than for training purposes only.

The Veterans Administration's Rehabilitation and Prosthetic Services is responsible for the national policies and programs for medical rehabilitation, prosthetic and sensory aids services that promote the health, independence and quality of life for veterans with disabilities. To find out more about this service, go to [prosthetics.va.gov](http://prosthetics.va.gov). If you want to apply for VA health benefits, go to [1010ez.med.va.gov](http://1010ez.med.va.gov).

### TRICARE

TRICARE is the Department of Defense's worldwide healthcare program for active duty and retired uniformed service members and their families. TRICARE covers prosthetics, prosthetic devices, and prosthetic supplies necessary because of injuries resulting from trauma, congenital anomalies, or disease. TRICARE also covers:

- Any accessory or item of supply that is used with the device for the purpose of achieving therapeutic benefit and proper functioning
- Services necessary to train the patient to use the device
- Repair of the device for normal wear and tear or damage
- Customization of the prosthesis when provided by an authorized provider
- Replacement when required due to: growth or a change in the patient's condition; if the device is lost or irreparably damaged; or the cost of repair would exceed 60% of the cost of replacement
- Surgical implants that are approved for use in humans by the U.S. Food and Drug Administration (FDA).

Prosthetic devices with an FDA-approved investigational device exemption (IDE) categorized by the FDA as non-experimental or investigational (FDA Category B) will be considered for coverage. Coverage is dependent on the device meeting all other requirements of the law and rules governing TRICARE and upon the beneficiary involved meeting FDA-approved IDE study protocols.

This list of covered services is not all-inclusive. TRICARE covers services that are medically necessary and considered proven. There are special rules or limits on certain services, and some services are excluded. To find out more about exclusions, go to [tricare.mil/CoveredServices/IsItCovered/Exclusions.aspx](http://tricare.mil/CoveredServices/IsItCovered/Exclusions.aspx). To find out more about your TRICARE options, visit [tricare.mil/Plans.aspx](http://tricare.mil/Plans.aspx).

### National Military Family Association

[militaryfamily.org/info-resources/efmp-special-needs.html](http://militaryfamily.org/info-resources/efmp-special-needs.html)

The Exceptional Family Member Program offers support to military families to help ensure that these families are not sent to areas where adequate services for medical, educational, or psycho-social needs

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## SOCK DRIVE UPDATE

Moving Forward held its 3rd Annual Sock Drive for the Salvation Army as part of **Make a Difference Day**. David Yarmuth with the Salvation Army came to our meeting on Oct. 28th to accept our donation. We also accepted coats, gloves, and hats this year. Our total donation was: 1,101



pairs of socks. 34 coats, 59 pairs of gloves, and 32 winter hats!! Last year, we collected 854 pairs of socks, and our goal this year was 1,000. Thank you to everyone who helped us to surpass our goal!

Most importantly, thank you for helping to **make a difference** in the lives of men, women, and children in need in our community.

We would like to give a special thanks to the following organizations and businesses that helped to make this year's drive such a success:

- ❖ Conway Community Church in South Boston, IN, for donating 125 pairs of socks.
- ❖ Southern IN Rehab Hospital employees donating 188 pairs
- ❖ Harrison Co. Hospital employees adding 136 pairs to our total

Also, thank you to the following for being collection locations for us:

- Okolona Fire Station
- Jim's Barber Shop in Middletown KY
- Center for Orthotic & Prosthetic Care
- Hanger Clinic
- Kenney Orthopedics
- Louisville Prosthetics

## LET'S GET MOVING! — by Belinda

**EXERCISE** - activity requiring physical exertion, done for the sake of health

That is the definition of exercise from the Oxford American Dictionary. It sounds simple enough, and it sounds logical. We have heard many times from our doctors, "You need to get more exercise." So why don't we? This is where all those excuses come into play: not enough time, too much pain, too tired, too hard, don't have exercise equipment, don't like to, and my favorite that my mother always used, "I'll start exercising once I get feeling better."

Be honest, how many times have you used some or all of those excuses? I, personally, have used many of them. To be fair, there are times when it is not possible or not advisable to exercise. The majority of the time though, those excuses are what keeps us from doing something that we know is beneficial to us.

The excuse that I have used most often is, "I don't have enough time." Minimal guidelines for exercise according to the Centers for Disease Control and Prevention are 150 minutes per week of moderate exercise, like brisk walking (only 22 minutes per day), or 11 minutes of vigorous exercise per day (jogging, cycling, swimming laps, etc.). In addition, resistance exercise with weights or calisthenics (pushups, core exercises, etc.) twice a week is important. That doesn't sound like too much time, but 150 minutes is



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## Contact Information for Veterans and Those Currently Serving in the Military (cont'd)

cannot be met. The EFMP also provides information and support programs to families to help connect them to local services. This website explains the enrollment process for each branch.

### RESOURCES FOR VETERANS

\*Veterans Crisis Line: Connects veterans in crisis or the family members and friends of a veteran in crisis with qualified, caring VA responders through a confidential toll-free hotline 24 hrs./day, 7 days/week, 365 days/year.

Veterans call 1-800-273-8255 and press 1 or text 838255

For deaf/hearing impaired 1-800-799-4889

For homeless veterans 1-877-424-3838

For more information visit [veteranscrisisline.net](http://veteranscrisisline.net).

\*USO Pathfinder: Provides resources for transitioning from military to civilian life. For more info visit [uso.org/programs/uso-pathfinder](http://uso.org/programs/uso-pathfinder) or call 1-888-484-3876.

\*The Elizabeth Dole Foundation empowers, supports, and honors the caregivers of ill, wounded, and injured veterans. For more information visit [elizabethdolefoundation.org](http://elizabethdolefoundation.org).

\*AARP provides information, resources, articles, videos, and much more for veterans.

The website is [aarp.org/home-family/voices/veterans/](http://aarp.org/home-family/voices/veterans/).

\*VA clothing allowance for service-related disabilities: This comes in the way of a supplement to disability compensation. It reimburses a veteran with a service-related disability for clothing that permanently gets damaged by a prosthesis or orthosis or by a prescription skin medication. If eligible, the veteran receives a one-time or yearly allowance. For more information visit

[benefits.va.gov/compensation/claims-special-clothing\\_allowance.asp](http://benefits.va.gov/compensation/claims-special-clothing_allowance.asp)

\*Cohen Veterans Network assists veterans and their families who are living with mental and physical scars from military service. It seeks to provide high-quality, accessible mental healthcare. Info is available at [cohenveteransnetwork.org](http://cohenveteransnetwork.org).

\*The Independence Fund helps service-injured veterans to achieve independence and freedom by obtaining devices such as all-terrain wheelchairs and adaptive bicycles. Visit [independencefund.org](http://independencefund.org) for more info.

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## Tribute to Our Veterans



In honor of our veterans, MOVING FORWARD will be delivering 50 care packages to the Robley Rex VA Medical Center Amputee Clinic in November. Thank you to both current and past members of the United States Military for your service. We have the opportunity to live in this great country because of the sacrifices you have made. You are truly the reason that America is the land of the free and the home of the brave.

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## FIND OUR NEW YOUNG ADULTS GROUP ON FACEBOOK

Moving Forward Limb Loss Support Group wants to welcome our newest sub-group for young adults! If you are an amputee or a supportive family/friend of an amputee in the age group 18-38, this is for you! Currently we have a Facebook group, which is "Moving Forward Limb Loss Support Group for Young Adults Ages 18-38" (just type that into the search bar and we'll pop up!), but as interest grows we'd love to start having our own events geared to the interests of people in this age group! Katie Flanigan has agreed to take on this project, including the Facebook page. If you have any ideas or questions, please reach out to Belinda or Katie at [katiemovingforward@gmail.com](mailto:katiemovingforward@gmail.com).



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

2-1/2 hours and add in that resistance exercise twice a week, and that brings it to 3-1/2 hours a week. That's enough to kick in that "not enough time" excuse.

After reading an article in the Courier Journal by Professor Bryant Stamford, that excuse will no longer work for avoiding exercise. According to the article:

*A recent research study conducted on 7,000 men and women over three months examined the impact of exercise frequency on reducing the risk of pre-diabetes. It was found that when subjects exercised at least one hour per week with either resistance training (free weights or resistance machines) or cardio exercise, it lowered the risk of pre-diabetes by a whopping 29 percent when compared with those who did no exercise.*

*Approximately 35 percent of American adults have pre-diabetes and are moving toward eventually being diagnosed as full-blown Type 2 diabetics unless they make substantial lifestyle changes. One such change that has been demonstrated to be effective is exercise. Exercise demands commitment and making the time to do it. Thankfully, now we know that much can be accomplished in just one hour per week, and you can choose between resistance exercise or cardio, or both.*

So now I know that by exercising just 1 hour/week, I can cut my risk of getting diabetes. What if you already have diabetes? According to studies, exercise can slow or stop the progression of chronic diseases like diabetes, heart disease, stroke, and cancer. Let's get real here. We all know that exercising 1 hour/week isn't going to be a magic fountain of youth, but it is a beginning. It has been proven to be beneficial. It makes it easier to start knowing that only 1 hour/week is needed. Once we start and begin reaping some of the benefits, we can begin to work our way up to the CDC guidelines of 150 minutes/week.



Let's try to change our mindset and begin making excuses to exercise instead of not to exercise. Some good excuses are: feeling healthier, increasing mobility, increasing endurance, preventing or helping to control diseases, living longer. Those sound pretty good to me – how about you?

I found this great website for beginning an exercise program: <https://www.verywell.com/exercise-basics-for-older-adults-1230959>

It says for older adults, but would work for anyone wanting to begin exercising.

During the next few months, I will be sharing more information with you on how to get started and exercises for beginners. We all need to start somewhere, so let's start together. So come on everybody, **let's get moving!!**

### References:

Bryant Stamford, is a professor of kinesiology and integrative physiology at Hanover College and a writer for the Courier Journal. [courier-journal.com](http://courier-journal.com)

The Center for Disease Control: [cdc.gov](http://cdc.gov)

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## 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. \*\***

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## OCTOBER RECAP

The month of October was full of fun, education, and charitable giving for members of *Moving Forward*, and when you think about it, isn't that what life should be all about? We began the month's activities with our Fall Picnic and Walk & Roll which was held at Community Park in New Albany, IN. The weather was more summer-like than fall, but it was an enjoyable day full of delicious food, socializing, games, and a walk around the beautiful lake. The children and adults alike had a great time with our mummy contest. Teams worked to make a mummy out of adult volunteers using rolls of toilet paper. They all came up with some creative mummies, but the winning team was Nate & Sam White who turned their grandpa Lonnie Sullivan into quite a scary guy! Team relay games were also played by both the children and adults resulting in smiles and laughter from all. It was a wonderful way to spend a Saturday



afternoon with friends and family. We want to thank **Southern Indiana Rehabilitation Hospital** for sponsoring this event.

At our IN meeting, which is held at SIRH, a special presentation was given by Dr. Kyle Young with Commonwealth Pain & Spine. Dr. Young explained the various causes of pain and available treatments. He talked about Spinal Cord Stimulation (SCS) and a newer treatment developed by St. Jude Medical/Abbott called Dorsal Root Ganglion Stimulation (DRG). He also took the time to answer many questions from those in attendance. It was a very informative presentation, and we look forward to another presentation being given on this topic at our Louisville meeting in the near future. For more information on treatments for pain, visit the Commonwealth Pain & Spine website at [mypainsolution.com](http://mypainsolution.com).

*Moving Forward* met at its new Louisville location, Norton Brownsboro Medical Plaza 1 on Oct. 28th. Our scheduled speaker, Marsha Danzig, had to cancel last minute due to an illness, but the group had a nice time talking and sharing



information on a variety of topics. David Yarmuth with the Salvation Army joined us during the meeting. He spoke to the group about the work that the Salvation Army does in our community, and he also shared some of his experiences during a recent trip to Florida to help with disaster assistance following the hurricane. David was there to accept the donation from our **3rd Annual Sock Drive** which *Moving*

– Continued on Page 7 Column 2 –

## REMINDER:

### Bellarmine Community Partners Project

There is still time to register for the Bellarmine Community Partners Project. This program is under the direction of Professor Dennis Lesch. As many of you know, Dennis is a well-known physical therapist and has years of experience working with the amputee population. It involves going for an initial consultation where your current mobility level is assessed and your goals are defined. A program is then developed for you by students in the physical therapy program at Bellarmine. You return to the university once a week for 8 weeks for individualized training. After that time, another assessment is made to see how your mobility has improved and to determine if your goals have been reached. You are then given a plan to continue on your own. This is a wonderful opportunity to receive top-notch physical therapy for free. You will not only be helping yourself, but you will also be helping to train future physical therapists. Several members of *Moving Forward* took part in last year's program and were extremely pleased with the results. If you would like to register or have further questions, contact PT student Josh Bynum at 502-292-9365 or [jbynum@bellarmine.edu](mailto:jbynum@bellarmine.edu).



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## SPECIAL ANNOUNCEMENT:

We will be sending our 1st shipment of used prosthetics to Operation Go Quickly in December. This organization serves people with disabilities worldwide. Most of their work is concentrated on the Haitian relief effort. Many people who lost limbs during the 2010 earthquake are still waiting to receive prosthetic limbs. We will be collecting used prosthetics and new or clean used prosthetic socks during Nov. and Dec. You can bring them into any of our meetings or contact us to arrange for pickup. Dr. Fred Sorrells, president of the organization, recently attended one of our meetings at SIRH and talked to us about the great need for prosthetics in Haiti and of his work as coach of the Haitian National Amputee Soccer team.



If you are a prosthetist, and would like to volunteer to go to Haiti and help with this relief effort or if you would just like more information about Operation Go Quickly, visit their website at [goquickly.org](http://goquickly.org).

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## IMPORTANT DEADLINES:

### INSURANCE COVERAGE

For those who purchase insurance through the Health Insurance Marketplace: You can purchase your 2018 health insurance now through **Dec. 15th**. Visit their website at [healthcare.gov](http://healthcare.gov) to preview and compare plans, purchase your 2018 plan, or to renew, change, or update your current health coverage plan. You can also have your questions answered by phone at 1-800-318-2596.

### CALLING ALL ATHLETES!

The Application period for the Challenged Athletes Foundation's 2018 Access for Athletes grants closes on **Dec. 1st**. The grants provide financial assistance for sports prostheses, adaptive and non-adaptive sports equipment, training/coaching, or competition travel expenses for athletes with permanent disabilities who wish to live active lifestyles. For more information visit [challengedathletes.org/programs/grants/#faq](http://challengedathletes.org/programs/grants/#faq)

## OCTOBER RECAP (cont'd)

*Forward* does as a project for **Make a Difference Day**. Group members worked extra hard this year, and we are very proud of the large number of items that were collected.

We also held a **Silly Sock Day** just for fun and to add to the excitement. It was most definitely a fun and rewarding day, and served as a reminder to all that *Moving Forward* continues to make a difference in the lives of many in our community.

*\*Please see the special announcement regarding the sock drive in this newsletter.*

*\*\*To see additional pictures of events, visit our website at [ampmovingforward.com](http://ampmovingforward.com).*

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## Welcome Katie!!

Julie and I would like to welcome Katie Flanigan to our newsletter staff. She will be taking over the recipe and children's craft articles formerly written by Beverly Gaylord. We want to thank Beverly for contributing to our newsletter during the past few years. She did a terrific job!! We look forward to seeing what yummy recipes and fun kids crafts Katie will be sharing!!

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## Krafty Kids by Katie

### Supplies:

Brown paper  
White paper  
Leaves (real or fake)  
Glue  
Scissors  
Crayons



1. Cut out a 3-4 inch brown circle for the turkey's body. Glue this circle onto a piece of paper.
2. Cut out a 1-2 inch brown circle for the turkey's head. Glue this circle onto the larger brown paper circle.
3. Add eyes with crayons.
4. Cut a small piece of leaf for the beak and the red waddle and glue them onto the turkey's face.
5. Choose leaves to add as feathers of the turkey. Slide them behind the big brown body and glue them down.

*Now this little guy is ready for Thanksgiving!!*

~~~~~



Donald Sullivan,  
Belinda's father



## NOVEMBER UPCOMING EVENTS

### MEETINGS:

Nov. 20th, Mon., from 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany IN, in the Education Conference Room.

Nov. 25th, Sat., from 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, Louisville KY, in Room 301B.

### EVENTS:



On Nov. 17th, Fri., Veteran's Voices of Kentuckiana will host a Family, Food & Fellowship Dinner for veterans from 6:30 - 9:00 pm at the Union Community Center, 4019 Dixie Hwy., Louisville KY. There will be informational booths, speakers, live music, and a meal. *Moving Forward* will have a booth there. Military members and their families are invited to attend. For more information contact: Roosevelt Smith III at 502-594-1184 or Brittany Priddy at 502-287-4001 or [brittany.priddy@va.gov](mailto:brittany.priddy@va.gov). You may also contact Kelly Reitz for more info.

On Nov. 29th, Wed., at the Mellwood Arts Center, 1860 Mellwood Ave., Louisville KY, Bridgehaven Mental Health Services will hold a free breakfast from 8:00 - 9:00 am. Come and learn about the services they offer. If you would like to attend with the group, please contact Belinda.



On Dec. 6th, Wed., we have been invited by David Yarmuth with the Salvation Army for a free lunch and tour of the Salvation Army Center of Hope, 911 S. Brook St., Louisville (the old Male High School), from 12:00 - 1:00 pm. The tour is titled *Behind the Red Shield*. This is an opportunity to see the facility which helps nearly 1,000 people each day and to learn about the programs they offer.



*Moving Forward* will host its Christmas Party on Sat., Dec. 9th, from 5:00 - 8:00 pm at the Okolona Fire Station, 8501 Preston Hwy., Louisville KY. There will be food, music, games, door prizes, and Santa will be there with presents for the children in attendance. You are asked to bring an appetizer or dessert if possible. The group will be providing pizza and drinks. We will also be having our 1st Christmas ornament exchange. If you bring in an ornament, you will get to select an ornament from another group member to take home. It's a wonderful way to share in the holiday spirit, and to have a special momento to decorate your tree this holiday season.

### Other Meeting Announcements:

The next meeting at Harrison Co. Hospital will be held on Wed., Dec. 13th, from 6:30 - 8:00 pm in the Baumgart Room. Guest Speaker will be LaDonna Frantz who is a board certified Naturopathic Doctor. She is the owner of Harmony & Health in Corydon. She is dedicated to helping people build better health through the use of natural foods, herbs, and lifestyle.

There will be a meeting on Mon., Dec. 18th, at SIRH, but we will not be holding the Louisville meeting in Dec. due to the Christmas holiday.

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



To register go to [krogercommunityrewards.com](http://krogercommunityrewards.com) or visit the customer service desk at your local store. *MOVING FORWARD* Limb Loss Support receives a percentage of your purchases & it does not take away from your Kroger points in any way.

### FUN WITH WORD SCRAMBLES ANSWERS (from Page 4)

LISTEN, RESPECT, PATIENCE, EMPATHY, KINDNESS  
THESE ARE T R A I T S NEEDED BY A CAREGIVER.



## KATE'S KITCHEN

### Momma's Snickerdoodles

(the perfect holiday cookie!)

1 cup butter  
1-1/2 cup sugar  
2-3/4 cup flour  
2 eggs  
1 teaspoon baking soda  
2 teaspoon cream of tartar  
1/2 teaspoon salt  
Sugar  
Cinnamon



Mix butter and sugar till creamy. Beat in eggs. Toss flour with baking soda, cream of tartar and salt then add to mixture.

Mix sugar and cinnamon about 4 parts sugar to 1 part cinnamon.

Shape dough into small balls. Roll in sugar and cinnamon mixture

Bake on ungreased cookie sheet in hot oven 400 degrees about 10 minutes or until lightly browned. Makes 4 or 5 dozen

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Albert Brewer,  
Julie's father



Wallace Napier,  
Beverly's father



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