



NEWSLETTER ♦ 38th Edition ♦ Oct. 2016

MOVING FORWARD FEATURE CONTINUING TO MAKE A DIFFERENCE *— by Belinda*

Sometimes it is hard for me to believe that *MOVING FORWARD* began over four years ago. From our humble beginnings we have grown and reached out to many individuals along the way. And yes, I believe we have made a difference for those whose paths we have crossed. I have witnessed it in their smiles, their tears, their laughter, their hugs, and their kind words of appreciation.

Last year at this time I shared a story with you, and I would like to share a portion of that story with you once again

"While I was sitting in the waiting area of my prosthetist's office, I was looking out the window "people watching". There were businessmen, mothers with small children, package carriers, bicyclists, and many others walking by and going about their daily lives. Then a man appeared who also was going about his daily life, but in a much different way. He was going from trash can to trash can, looking for anything that he could use to survive the day. He wore a dirty shirt and sweat pants that were much too large for his small frame. They were so large that he had to use one hand to hold them up while he rummaged through the trash. I then noticed his feet. On one foot he wore a non-slip sock (the type that you get while in the hospital), but his other foot was bare. My first thought was that this man was someone's son and that his mother's heart would surely ache for him"

That story was the inspiration for *MOVING FORWARD*'s 1st Sock Drive for the Salvation Army. This year in conjunction with "Make A Difference Day", we are once again holding a sock drive. Please read the following for details:

OCTOBER 22, 2016

MAKE A DIFFERENCE DAY

National Day of Doing Good

MOVING FORWARD is holding its 2nd Annual Sock Drive for the Salvation Army as a group project for "Make A Difference Day".

A nice, clean, warm pair of socks to most of us this may seem like such a small thing, but to many in our community this winter, it could mean a great deal. To the homeless veteran, to the young mother beginning her first job, to the child who is transitioning from the streets to a home and is going to begin attending school, that pair of socks can

"Make A Difference!"

Our support group will be collecting men's, women's, and children's socks from now through October 24th. We have

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DEALING WITH GRIEF & DEPRESSION

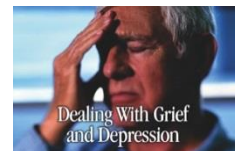
Senior Step – Volume 1, 2004
by Omal Bani Saberi, LCSW, CCHT

When a part of our body is lost, we experience a grieving process that is not easy. Emotional recovery, like physical recovery, is based on your own timetable and other factors. These include: age, gender, circumstances of your limb loss (accident, disease, birth), how you coped with problems in your life before your limb loss, support or lack of support from family or friends, cultural values and norms, and socioeconomic factors.

The new amputee may experience feelings of depression that are difficult to ward off. What are these feelings, and how can you work through them?

Signs & Symptoms of Depression

- Loss of appetite, changes in eating patterns
- Lack of energy
- Sleeplessness or sleeping more than usual
- Poor concentration
- Loss of interest in enjoyable activities
- Loss of interest in sex
- Social withdrawal
- Feelings of hopelessness, worthlessness, or inappropriate guilt
- Emotions that are flat – expressed robotically – rather than with feeling



Surviving Depression

Following are some suggestions for overcoming your depression, physically, emotionally, mentally and spiritually.

Physically

1. **Get your rest.** Be sure to get out of bed, get dressed, and, if possible, go out of the house.
2. **Make sure you eat well – not too many sweets.** Foods with sugar will give you quick bursts of energy, then quickly let you down, taking you deeper into depression.
3. **Get involved in physical and recreational activities that do not cause you pain.** Exercise and gentle movement help decrease depression.
4. **Practice deep breathing.** This helps to relax muscles, decrease pain, and relax and focus the mind.
5. **Decrease alcoholic beverage intake.** Alcohol is a depressant. Eliminate other drugs that you use to self-medicate. If using prescription drugs, make sure you take them when prescribed.
6. **Emphasize your best features; don't focus on the loss.** For example, if you have beautiful skin or eyes, a bright smile, a terrific figure or a great personality, this is the time to value your assets.

Emotionally

1. **You are not alone.**
2. **You are not to blame.** It is important that you feel the anger,

— Continued on Page 2 Column 2 —

CONTINUING TO MAKE A DIFFERENCE (cont'd)

placed sock collection boxes at the following local prosthetic offices:

* **Center for Orthotic & Prosthetic Care:**

902 DuPont Rd., Suite 100, Louisville KY &

1931 West St., Suite A, New Albany IN

* **Hanger Clinic:** 1023 East Broadway, Louisville KY

* **Kenney Orthopedics:** 2809 N. Hurstbourne Parkway, Suite 111, Louisville KY

* **Kentucky Prosthetics:** 552 East Market St. Suite 102, Louisville KY

* **Louisville Prosthetics:** 742 East Broadway, Louisville KY

A box has also been placed at:

* **Okolona Fire Station,** 8501 Preston Hwy., Louisville KY

Group members are encouraged to bring socks for the collection to:

Fall Picnic and Walk & Roll on Oct. 15th

IN Support Meeting at Southern IN Rehab Hospital on Oct. 17th

Amputee Walking School on Oct. 22nd

Last year we collected 453 pairs of socks! Let's go for 1,000 this year!!

Thank you for your support!!

Together we can "Make A Difference!!"

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## QUOTE OF THE MONTH

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied, "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "It made a difference for that one."

— Loren Eiselev

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

Register or re-enroll online, if you have not done so, at: 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.



DEALING WITH GRIEF & DEPRESSION (cont'd)

because if you don't, it will lead to depression.

3. **Write letters and don't mail them.** Journal your feelings.
4. **Increase contact with supportive family and friends.**
5. **Assert yourself and communicate clearly.** Tell those around you what you need and don't need. For example, you may need to expend less energy this year; conserve your energy. Go to a movie or rent a video, especially if the weather is harsh.
6. **Tell your loved ones you are experiencing grief and talk honestly about your loss together.** This gives your loved ones the chance to express their feelings, since they too have to adjust to your loss.
7. **Remember, people want to help but often don't know what to do to support you.** So ask, ask, ask! You can still remain independent. Allow others to give to you, so you can replenish your energy.
8. **Explore meditation, guided imagery and hypnotherapy.**
9. **Contact a support group.** Contact the Amputee Coalition office toll-free at 888/267-5669 for help in locating a support group or joining Amputee Coalition's online support group.
10. **Laughter is a healer of depression, so add humor.**
11. **Get professional help if the depression becomes overwhelming and no small changes are occurring.** Everyone needs help at some point in his or her life. You are worth it. If finances are a problem, call your local mental health office or the Amputee Coalition at 888/267-5669 for information on financial resources.
12. **Most importantly, know that these feelings will lessen over time;** however, for now, get support!

Mentally

1. **Commit yourself to work with the medical staff, even when you don't want to.**
2. **Do not make big decisions such as beginning or ending a relationship, or buying or selling a house or car, when you are depressed.**
3. **Go to a mental health professional for evaluation and medication if necessary.**
4. **Seek alternative medicine, massage, acupressure, acupuncture and hypnotherapy for pain management, phantom pain, sleeplessness, anxiety and depression.**
5. **Replace negative self-talk about your body and life with positive messages.**

Spiritually

1. **Forgive yourself; don't judge.** Dr. Harold H. Bloomfield, co-author of *How to Heal Depression*, states, "The primary reason to forgive is for your peace of mind and the quality of all your future relationships. That's what we do when we forgive — let go of the imaginary (but painful) control of the way we think things could be, and we untie ourselves from the burden of judging the way they are."
2. **Learn to think of yourself in a different way.**
 - Keep your dreams and create a new definition of success.
 - Accept support from loved ones while remaining independent.
 - Make new traditions and memories, creating hope for the present and future. Make goals and objectives for the future and start small.
 - If your religion or spirituality is important to you, become more involved with it.

Summary

Amputation is an enormous loss and learning to adjust is a process that takes time — so be gentle with yourself. Try not to isolate yourself or withdraw from people; use your experiences to build new memories and start new traditions to reach your goals. Sure, there will be adjustments along the road to success — but it is still your path. Who you are has not changed. Always remember, you are much more than your physical experience.

Resources

National Mental Health Association
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
800/969-6642
<http://www.nmha.org>

Directory of community mental health services

— Continued on Page 3 Column 2 —

COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 10 MONTHS

WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"To be surrounded by other amputees and learn even more!!"

— Katie Flanigan



SEPTEMBER RECAP

MOVING FORWARD, along with over 600 other local nonprofit organizations, took part in Give Local Louisville on Sept. 15th. This was our 2nd year for taking part in this charitable giving day event. We want to thank all of those who donated to our support group. Your generous donations will go a long way in helping us to meet our goal of providing scholarships for members with financial need to attend the 2017 Amputee Coalition National Conference, which will be held in Louisville. Group members Kelly, Mike, and Belinda attended the Give Local Rally at 4th Street Live the day of the event. While there, they shared information about our group and connected with other nonprofits to find ways that we can work together to benefit our community.



Our IN meeting was held at SIRH on Mon., Sept. 19th. Many topics were discussed, including the physical and emotional recovery following limb loss; the importance of feeling comfortable being able to ask questions when talking with your physicians, therapists, and prosthetists; and how your K-level determines the type of prosthetic devices your insurance company will pay for you to receive.

On Sat., Sept. 24th, the Louisville meeting took place at Baptist Hospital East. We listened as those in attendance shared their own personal stories of living with limb loss. A discussion was held on how to help family members or caregivers to realize what we as amputees need from them to aid us in our recovery. The group also shared ways that they deal with phantom pain. The meeting ended with discussion and planning of our many upcoming events.

During September, Kelly attended a meeting at Harrison County Hospital in Corydon, IN, where she told those in attendance about **MOVING FORWARD** and what we provide for the amputees in our area. She discussed with them ways that our group can become involved at the hospital, including providing peer visits to new amputees there. We look forward to reaching out to the amputees in Harrison County and other surrounding counties in the coming months.

DEALING WITH GRIEF & DEPRESSION (cont'd)

Resources (cont'd)

<http://www.nmha.org/affiliates/directory/index.cfm>

Coping With Limb Loss

Ellen Winchell, PhD

Available through Amputee Coalition (888/267-5669)

NOTE: October 6th is National Depression Screening Day. For more information visit this website:

<https://mentalhealthscreening.org/programs/ndsd>

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## LET'S GET MOVING! — by Belinda

According to the fitness experts at WebMD, walking may be the simplest way to work out. You can do it almost anywhere, and it's a snap to get started. There are many great reasons to walk. Your heart will get stronger, you'll lower your blood pressure, and your bones will get stronger. Walking also eases stress, helps you sleep better, and can boost your outlook on life.

No special equipment. No gym fees. You can shed pounds and lower your blood pressure and your cholesterol – all in your own neighborhood, mall, park, or on your treadmill. You can start slowly with just 5 or 10 minutes a day and work up to at least 30 minutes on most days of the week to get the full cardio benefits.

Whether you like to walk alone or in groups, you can build a walking program that you are sure to enjoy. If you're already in good shape, work up a sweat with a power walk. You can use it as your main workout, or use it along with another program to mix things up and avoid boredom. If you walk outside, walk in safe areas, stay cool, drink water, and wear sunscreen!

Walking is the perfect exercise for many people. If you have diabetes, walking can help lower your blood sugar and your weight. Take care if you have diabetes related nerve damage. Your doctor or foot doctor can tell you if walking is your best exercise choice and, if so, what type of shoe is best. Walking can help protect against heart disease. It can lower your blood pressure and your "bad" (LDL) cholesterol while ramping up your "good" (HDL) cholesterol. If you already have heart disease, your doctor may suggest starting your walking program in a cardiac rehab setting. The rehab staff will monitor your heart and blood pressure as you build stamina.

Knee, hip, and back problems may put a cramp in your walking plans. Ask your doctor or physical therapist for advice before lacing up your walking shoes. Other problems that might hinder walking include balance issues, muscle weakness, and other physical disabilities.

**MOVING FORWARD** would like to invite you to come and join us for a walk on Oct. 15th at our Fall Picnic and Walk & Roll. I would also like to encourage you to check out this website at [www.nchpad.org](http://www.nchpad.org) to see how they are working to rebrand the word "walking" with their "How I Walk Campaign" in order to make streets and walking paths accessible to everyone.

So come on everyone – **let's get moving!!**

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SPOTLIGHT - by Belinda

Each month in our SPOTLIGHT column, you are introduced to either a member of our group or an organization in our community.

This month our Spotlight is shining on a very special lady in our group, Carol Patterson. I met Carol a few months following her amputation. I visited with her while she was at a rehabilitation center receiving physical therapy. That visit lasted probably about 2 hours. She has such an outgoing and charming personality that it seemed like we were old friends instead of new acquaintances. I am sure that you will feel that way, too, and will enjoy getting to know Carol a little better



Carol spent her first 11 years living on a farm in Cementville, Indiana, (which is a tiny town near Sellersburg) with her mother Doris Carole White Owens, and her grandparents. Her grandmother Elvira Thompson Owens played a big role in her upbringing and, according to Carol, she spoiled her rotten. When her mother began working at Fort Knox, the two of them moved to the west end of Louisville. She attended school at Presentation Academy. She lived in Indianapolis for a few years after her mother married Carol's stepdad Horace White. Carol's mother passed away 22 years ago, but she maintains a close relationship with her stepdad and speaks to him frequently by phone.

Carol also lived in New Jersey, Alabama, and Virginia before returning back home and settling in Louisville. She now shares a home with her sister and caregiver Claudette, whom she credits with being by her side during her recovery. I enjoyed hearing Carol tell of her thrill of having a sister when she was 13 years old and of how she took her little sister with her everywhere she went. She was also very close to her cousin Brenda Benson (Lowe) while growing up, and they shared many good times together. She wanted me to mention that Brenda recently retired from Jefferson County Schools where she had served as an elementary school counselor and to mention how proud she is of Brenda's accomplishment. Carol also has many nieces and nephews whom she adores.

Carol worked in banking for 11 years, and she then was employed at UPS until retiring due to health complications. Her favorite hobby is reading. She enjoys reading mystery novels and autobiographies. Two of her favorite authors are Mary Higgins Clark and James Patterson. She also said that she enjoys food, especially good home cooking.

Following losing her right leg below-the-knee due to calcification and neuropathy, she said that one of the hardest challenges is the constant sitting. She looks forward to getting up and moving once again. Also, the loss of independence has been hard and she is eager to get back to driving. She loves to drive her 5-speed Toyota Camry and says, "I like to put it in 3rd gear and leave the boys behind!" Carol is expecting to receive her prosthesis in the next few weeks.

When asked what has helped her in her recovery, Carol answered, "My faith in the Lord and the prayers of family and friends." For new amputees, Carol advises them to have patience, and for them to take their physical therapy seriously and to continue their exercises when they return home. She said that she would like to see social workers at the hospitals and rehab centers encourage family members to attend family counseling sessions. It could help them to learn how to communicate their needs and avoid some of the tension that arises. Carol said that a prayer was answered when she found our support group. It helps her to be able to talk with people who have been down the road she is now traveling. She also enjoys the new friends that she has made and is looking forward to attending the 2017 Amputee Coalition National Conference. I know that I can't wait to join her

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TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parentheses. Then unscramble the letters in parentheses to find the answer to the puzzle on Page 6.

Clue: These are all things that we enjoy in Autumn.

BOTAOLFL () _ () _ _ _ _
 MAPCESIFR () _ _ _ _ _
 WHEEOLALN _ _ () () _ _ _ _
 WNREEI STOAR _ _ _ _ _ () _ _ _
 YHA DSIRE _ _ _ () _ _ _ _
 MPSKPUNI _ () _ _ _ _ _

AUTUMN IS A _ _ _ _ _ TIME OF YEAR.

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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!**

This month I asked our members at the KY meeting for an answer to this question: "What do we as amputees need from our families and caregivers?" This may seem simple enough. We need their support, love, and care, but it goes much deeper than that. When someone loses a limb/limbs or is born with limb difference, it affects not only that person, but also the entire family.

My question started an excellent conversation on the topic. Kelly expressed the need for the caregiver to not make the amputee feel helpless. She said, "There is a fine line somewhere in the middle of providing the needed care, but also allowing the amputee to do as much as they can for themselves." As we know, losing a limb/limbs can sometimes make us feel weak or helpless, and the sooner we can begin doing things for ourselves, the better. Many times, especially in the beginning, we do need extra assistance, but as we recover, we need to be allowed to do as much as we can on our own. The task may not be done as quickly or as neatly as it was before, but through trial and error, we will get it done and the feeling of regaining our independence is priceless.

Bill discussed the need for family and friends to realize that once the initial recovery is over and we are on our way to healing physically, we may still be healing emotionally. He said, "Many times after the crisis is over, you stop hearing from friends or family. They need to realize that you still need them to call or visit." I think we have all been guilty of that. Once we see that a person has survived and is recovering, we tend to get back to our daily lives. The isolation following limb loss can be overwhelming. A phone conversation or a visit can mean a great deal to someone who is spending a lot of time alone. Texts and emails are great ways to communicate, but sometimes it means much more to actually hear a voice or see someone face-to-face. Sometimes people stay away because they don't know what to say or how to react. This rejection can be difficult to understand. We may be the one who has to break the ice and let that person know that we still need them in our life.

Carol spoke of the added stress that is placed on the family

- Continued on Page 5 Column 2 -

## SPOTLIGHT (cont'd)

on the dance floor at the gala dinner dance!!

I want to thank Carol for sharing part of her life story with me. Her stories of growing up in our community during a time of segregation were very moving, and it helped me to realize how growing up during that time and the devotion of her loving family helped to shape her into the caring and outgoing lady that she is today.

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I'm Moving Forward . . .

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



Albert Howard up and walking, and *moving forward* once again following his recent surgery.

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

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## Krafty Kids ..... by Beverly

Below is a fun but healthy snack for the kiddo's to make during this Halloween season... Hope all the little ones in your family have a fun filled holiday!

### Ingredients

- 1 medium red apple
- 1 tsp. lemon juice
- 1/4 c. chunky peanut butter
- 2 Tbs. reduced-fat cream cheese
- 1/8 tsp. ground cinnamon
- Miniature marshmallows, optional

### Directions

1. Cut apple into 16 wedges; toss with lemon juice.
2. In a small bowl, mix peanut butter, cream cheese & cinnamon until blended. Spread about 2 tsp. onto one side of half of the apple slices; top each with a second slice, pressing to form lips. If desired, press marshmallows onto peanut butter for teeth. Refrigerate until serving. **Yield:** 8 servings.



## Q & A (cont'd)

and caregivers. She said that it is important to talk about it and, if needed, to seek family counseling. I think that we often feel that the amputee may need counseling to overcome feelings of depression, but often times the spouse or caregiver may benefit as well. Learning to communicate your needs is vitally important for both the amputee and caregiver. Sometimes we may find it hard to express how we are really feeling. We may not want to admit that we are frightened or depressed. The caregiver may be feeling exhausted and overwhelmed. Unless we are willing to discuss our feelings openly, things are not going to improve. Sometimes we expect people to know how we are feeling or what we need without telling them, but we must remember that no two of us think the same. Something that may seem obvious to one, may not be so to another.

Patience is another key to recovery. Not just patience with the healing process, but patience with each other. We need to understand that the amputee and the family member/caregiver are both chartering unknown territory. For some this may come easily, but for others it may be a difficult journey. With patience, understanding, and communication, we can make it to our destination together.

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UPCOMING EVENTS

MEETINGS:

Oct. 17th, Mon., from 6:30 - 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room. We will have a guest speaker at this meeting. Sarah Lundy will be giving a presentation on essential oils. She will talk about how essential oils can help with muscle and joint pain, scarring, blood circulation, detoxing, sanitizing, boosting the immune system, as well as other uses. This should be an interesting topic, so you will want to attend!

*** NOTE:** WE WILL NOT BE HOLDING OUR OCTOBER 22ND MEETING AT BAPTIST EAST IN ORDER FOR OUR MEMBERS TO ATTEND THE AMPUTEE WALKING SCHOOL.

EVENTS:

Oct. 15th, Sat., MOVING FORWARD will be hosting its Fall Picnic and Walk & Roll at Sam Peden Community Park, 3037 Grant Line Rd., New Albany, IN. The picnic will begin at 1:00 p.m. and is a pitch-in, so if you could bring a covered dish or two, it would be appreciated.

The group will be providing the meat, drinks, and eating utensils. Kelly Reitz is coordinating the pitch-in so if you would like to check with her for suggestions on what to bring, her contact info is kjreitz2012@gmail.com or 812-572-7955. We will be at the 1st shelter on the right after entering the park. A handicapped accessible restroom and a playground are next to our shelter, and it backs up to woods so we can enjoy the beautiful fall foliage. The Walk & Roll will begin at 3:00 p.m. for those who wish to participate. It is a 1-mile paved trail around the lake. It is easily wheelchair or scooter accessible. We want to thank Southern IN Rehab Hospital for sponsoring this event!! Please plan on joining us for food, fun, and friendship!!

****NOTE:** IN CASE OF SEVERE WEATHER, WE WOULD MOVE THE LOCATION OF THE PICNIC TO THE OKOLONA FIRE STATION (8501 PRESTON HWY. LOUISVILLE). THIS WILL ONLY BE DONE IF THE FORECAST CALLS FOR THUNDERSTORMS, ALL DAY RAIN, OR IF IT IS EXTREMELY COLD. WE WILL SEND OUT AN EMAIL, POST IT ON OUR WEBSITE AND FACEBOOK PAGE, OR YOU CAN CALL BELINDA TO CHECK ON THE LOCATION.

- Continued on Page 6 Column 2 -





..... from Beverly's Kitchen

Here's a nice Fall recipe to prepare for a special brunch.... Hope everyone has a wonderful Fall!!

Apple Cider Cinnamon Rolls Recipe

TOTAL TIME: Prep: 1 hour + rising – Bake: 30 min.

MAKES: 12 servings

Ingredients

- 3-1/4 c. all-purpose flour
- 1/4 c. sugar
- 1 pkg. (1/4 ounce) quick-rise yeast
- 1/2 tsp. salt
- 3/4 c. 2% milk
- 1/4 c. apple cider or juice
- 1/4 c. plus 1/3 cup butter, softened, divided
- 1 egg
- 2 cups finely chopped peeled tart apples
- 1-1/4 c. packed brown sugar
- 3/4 c. finely chopped walnuts
- 3 tsp. ground cinnamon

APPLE CIDER CREAM CHEESE FROSTING:

- 2 c. apple cider or juice
- 1 cinnamon stick (3 inches)
- 1 pkg. (8 oz.) cream cheese, softened
- 1/4 c. butter, softened
- 1 c. confectioner's sugar

Directions

1. In a large bowl, combine 2-1/4 c. flour, sugar, yeast & salt. In a small saucepan, heat the milk, cider & 1/4 c. butter to 120-130 degrees. Add to dry ingredients; beat just until moistened. Add egg; beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until smooth & elastic, about 6-8 mins. Cover & let rest for 10 mins. Roll into a 15-in. x 10-in. rectangle. Spread remaining butter to within 1/2 in. of edges. Combine the apples, brown sugar, walnuts & cinnamon; sprinkle over butter.
3. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into 12 slices. Place cut side down in a greased 13" x 9" baking dish. Cover & let rise in a warm place for 30 mins.
4. Bake at 325 degrees 30-35 mins. or until golden brown. For frosting, place cider & cinnamon stick in a small saucepan. Bring to a boil; cook until liquid is reduced to 1/4 c., about 20 mins. Discard cinnamon stick; cool cider.
5. In a large bowl, beat cream cheese & butter until fluffy. Add confectioner's sugar & reduced cider; beat until smooth. Spread over warm rolls. **Yield:** 1 dozen



UPCOMING EVENTS (cont'd)

Directions to the park:

From the Lincoln Bridge: Take I-65 N to the New Albany exit (265 West). Stay on 265 W until you reach the Grantline Rd. exit and then turn left onto Grantline Rd. Stay on Grantline Rd. until you see an Applebee's Restaurant on your left. The turn in for the park is on the right across from Applebee's. You go slightly past the stoplight and turn right into the park between the brick wall entrance.

From the Sherman Minton Bridge: Take I-64 to the 265 East (Lee Hamilton Hwy.) exit. Stay on 265 E until you reach the Grantline Rd. exit. Turn right onto Grantline Rd. Stay on Grantline Rd. until you see the Applebee's Restaurant on your right. The turn in for the park is on the right, across from Applebee's. You go slightly past the stoplight and turn right into the park between the brick wall entrance.

Oct. 22nd, Sat., from 9:00 a.m. - 3:00 p.m. Kenney Orthopedics and the Masonic Homes of KY will be hosting an Amputee Walking School at the Sam Swope Care Center, 3503 Moyer's Circle, Masonic Home, Louisville, KY. The entrance to the Masonic Home campus in Louisville is on Frankfort Avenue. There is no charge to attend for amputees or caregivers and lunch is provided. You can attend the full day or just come to the afternoon session which begins at 1:00 p.m. Instructors are Dennis Oehler and Todd Schaffhauser. Both are amputees, and past gold medalists in the Paralympic games. They have been working with amputees for over 25 years. The training will provide instruction in exercises to improve function so that amputees can achieve a more active lifestyle with increased independence. For more information visit

www.kenneyorthopedics.com or our website at

www.ampmovingforward.com. **Important Note: You do have to register for this event by calling 502-882-9300.**

Also on **Oct. 22nd**, OPAF will be holding a First Stride First Things First Clinic at HealthSouth Lakeview Rehab Hospital, 134 Heartland Drive in Elizabethtown, KY. The instructor for this event is Jim Scharf, PTA. Instruction will be given on balance, core, stability, and on falls and recovery. The clinic is being sponsored by the Center for Orthotic and Prosthetic Care and there is no charge for attending. For more information on this event visit our website or www.opafonline.org. **You can register online or by calling 502-819-9404.**

Save the Date: Our Christmas party will be held on Sat., Dec. 10th, from 5:00 - 8:00 p.m. at the Okolona Fire Station.

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. ****

TEST YOUR KNOWLEDGE ANSWERS (from Page 4)

FOOTBALL, CAMPFIRE, HALLOWEEN, WEINER ROASTS, HAY RIDES, PUMPKINS

AUTUMN IS A C O L O R F U L TIME OF YEAR.

CONTACT INFO

Call for meeting times & locations!

MOVING FORWARD Support Group

moving4wdamputeegroup@gmail.com

502-509-6780 - ampmovingforward.com

Facebook: Moving Forward Limb Loss Support

Belinda Jacobi, President

belindajacobi@yahoo.com

812-620-3694

Kelly Reitz, Vice-President / Facebook Editor

Kireitz2012@gmail.com

812-572-7955

Mary Jo Kolb, Secretary

mjk2you@gmail.com

502-727-9566

Julie Randolph, Treasurer / Newsletter Editor

jbrsweepta@yahoo.com

812-557-3970

Mike Portman, Board Member-at-Large

mdportman712@gmail.com

502-262-8344



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Newsletter CORPORATE SPONSORS:



**Center for Orthotic
& Prosthetic Care**

Tim Nutgrass, BOCP
Prosthetic Director

Kosair Charities Center
 982 Eastern Parkway
 Louisville, KY 40217

Tel: (502) 637-7717
 Fax: (502) 637-9299



**Center for Orthotic
& Prosthetic Care**

Jason Ala, CPO, LPO
Certified/Licensed Prosthetist Orthotist

Norton Healthcare Pavilion
 315 E. Broadway, Ste. 1400
 Louisville, KY 40202

Tel: (502) 629-8640
 Fax: (502) 629-5527



**Center for Orthotic
& Prosthetic Care**

Tom Caldwell, BOCP, LP
Certified and Licensed Prosthetist

315 E. Broadway, Suite 1400
 Louisville, KY 40202
 www.centeropcare.com

Phone: 502.629.8640
 Fax: 502.629.5527
 Cell: 502.377.4415
 Tcaldwell@centeropcare.com



**Center for Orthotic
& Prosthetic Care**

Steve Frick, MS, CPO/LPO
Certified and Licensed Prosthetist/Orthotist

902 Dupont Road, Suite 100
 Louisville, KY 40207

Tel: (502) 899-9221
 Fax: (502) 899-9468



**Center for Orthotic
& Prosthetic Care**

Shannon Kiser, BOCP, LPO
Clinical Office Manager

914 N. Dixie Ave.
 Suite 109
 Elizabethtown, KY 42701

Tel: (270) 737-2672
 Fax: (270) 769-0292
 Mobile: (270) 401-5528
 Skiser@centeropcare.com



**Center for Orthotic
& Prosthetic Care**

Mike Mattingly, CPO
Director of Orthotics

1931 West Street
 Suite A
 New Albany, IN 47150

Tel: (812) 941-0966
 Fax: (812) 941-0958



1023 East Broadway
 Louisville, KY 40204

Aaron Royster
 LPO, CPO
 Licensed Prosthetist/Orthotist
 Certified Prosthetist/Orthotist

T 502-585-2139
 F 502-589-1329
 ARoyster@Hanger.com
 www.hanger.com

Hanger Prosthetics & Orthotics, Inc.



1023 East Broadway
 Louisville, KY 40204

Carlos Garcia
 LPO, LCPed, CPO, CPed
 Certified Orthotist/Prosthetist
 Certified Pedorthotist

T 502-585-2139
 F 502-589-1329
 cagarcia@hanger.com
 HangerClinic.com

Hanger Prosthetics & Orthotics, Inc.



2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223
 PHONE: 502-852-9300 • FAX: 502-882-8375

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 Louisville, KY 40207
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 Fax: 502.895.8056

742 East Broadway
 Louisville, KY 40202
 Phone: 502.584.2959
 Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



Chris Luckett, C.P.

1404 Browns Lane, Suite C
 Louisville, KY 40207
 Phone: 502.895.8050
 Fax: 502.895.8056

742 East Broadway
 Louisville, KY 40202
 Phone: 502.584.2959
 Fax: 502.582.3605

Web: www.louisvilleprosthetics.com



R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C
 Louisville, KY 40207
 Phone: 502.895.8050
 Fax: 502.895.8056

742 East Broadway
 Louisville, KY 40202
 Phone: 502.584.2959
 Fax: 502.582.3605

Web: www.louisvilleprosthetics.com