



## NEWSLETTER ♦ 123rd Edition ♦ Nov 2023

**Our Mission** - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



### EDITOR'S NOTE

– by Elaine Skaggs

It just doesn't seem possible that we have gotten through October and into the middle of Autumn already. We are beginning to get plans in place for the holidays. We had our annual Walk and Roll Picnic at Sam Peden Park on October 14, and though attendance was light, we had a great time. The day was cold and rainy, not prime weather for a picnic, but it was nice socializing and seeing ones that did come out. There's a lot in store for the next couple of months, so be sure to check out the **UPCOMING EVENTS** in this edition, as well as keep an eye on your email, and our Facebook page for updates.

November is full of celebrations, including National Caregiver Month, a time set aside to remember and honor family members or paid helpers who regularly look after a child or a sick, elderly, or disabled person. This month is dedicated to providing resources to help caregivers de-stress, care for themselves first, and support for them as

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### PROMOTING OUR MENTAL HEALTH

This time of year is not always happiness and celebrations for many people. As the leaves fall, and vegetation dies out when the weather starts to turn colder, it's easy to fall into what professionals call seasonal depression. That's one of the reasons it becomes so important for all of us to guard and protect our mental health.

While researching this topic, I stumbled upon a website called MOVAO exclusively for amputees. The name stands for 'Move As One', and covers any and all topics concerning amputation, from prosthetic devices to phantom pain. Registration is required to use the site, but I highly recommend it as a source for information on a myriad of topics. This article contains information on promoting your mental health from the site. Mental health means a state of mental well-being in which a person can utilize all of his or her abilities. This includes being able to cope with the everyday stresses of life, being able to work productively, and being able to contribute to the community. At the same time, being mentally healthy does not mean being happy all the time. Everyone

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## EDITOR'S NOTE (cont'd)

they care for others.

November 11 is Veterans Day, a day set aside to remember and pay tribute to our veterans. These are the people who have sacrificed more than we can imagine for our freedom, and they deserve to be honored for those sacrifices. Thank you for your service!

And last but not least is Thanksgiving Day which falls on November 23 this year. It's a day for remembering all we have to be thankful for, and to gather together with family and friends for a feast. In these modern times, turkey and pumpkin pie are usually the stars of the show, accompanied by luscious sides, and traditions set up by different families in different parts of the country. Whatever your traditions, whatever your meal may be, my hope is that we'll all take a moment or two to remember who and what we have and give thanks for this life.

*HAPPY THANKSGIVING!!*

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## UPCOMING EVENTS

**Monday, November 20 6:00 – 7:30pm**

Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany IN, in the Conference Room.

**Saturday, November 25 2:00 – 4:00pm**

Louisville meeting at Okolona Fire House, 8501 Preston Highway, Louisville KY.

**Saturday, December 9 5:30 – 8:30pm**

We'll be holding our Annual Christmas Party for members and their families at St Luke's, 4211 Jim Hawkins Dr, Louisville KY 40229. Dinner will be provided. Santa will be paying us a visit with gifts for all the children, and there'll be a craft table where they can make their own ornament. There will also be several items for a silent auction, and an ornament exchange for the adults, and who

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## PROMOTING OUR MENTAL HEALTH (cont'd)

has emotions, such as sadness, fear or anger. Mental health is important to balance these emotions and keep them in harmony. However, our mental health is a fundamental part of our happiness, as it is a prerequisite for our quality of life. At the same time, it is dependent on numerous factors. The concept of mental health includes personality aspects, such as resilience and our general handling of emotions, as well as social influences, such as belonging to a social group. Therefore, it is so important to pay attention to our own well-being and be alert to changes in our thoughts, feelings or body.

In order to prevent mental illnesses in the long term and to protect our mental health, it is important to be mindful and to react to possible changes. Early detection of possible complaints enables a timely reaction and can thus be treated at an early stage. In order to prevent possible diseases, there are some measures that we can integrate into our everyday lives to increase our well-being. A healthy lifestyle is, therefore, the basis of our health – both physically and mentally.

### 1. Healthy eating

This is probably not a surprise! Eating healthy protects your health, both the physical and the mental. Vitamins and nutrients strengthen our immune system and increase our well-being. In addition, many essential nutrients promote effective detoxification of the body. Studies have shown that a diet high in processed foods, high in sugar, and high in fat is associated with a higher risk of depression. The nutrients that the body needs for balance are often missing here. It has long been known that a healthy diet contributes positively to our physical well-being. What is good for the body also has positive effects on our psyche. Hence the next point:

### 2. Be active

*~ cont'd on Page 3 Column 2 ~*

## UPCOMING EVENTS (cont'd)

knows? Maybe we'll even sing some Christmas carols! One thing for sure, be prepared to have a blast! Hope to see you there!

**NOTE: There will not be a Louisville meeting during the month of December. The Indiana meeting held at the Southern Indiana Rehab Hospital will be held on December 18, the third Monday as usual.**

**NOTE: The next Caregivers Meeting will take place at our regular monthly meeting in January 2024.**



## QUOTE OF THE MONTH

### Just For Today

I will be thankful.

I will focus on one thing at a time.

I will take time for myself.

I will accept who I am right now.

I will not give up.

I will be nice to myself.

I will accept my feelings.

I will celebrate each step forward.

I will not give up!



## RECIPE OF THE MONTH

### PERFECT CORN CASSEROLE

#### Ingredients:

- 1 box Jiffy cornbread mix
- 1 can cream corn
- 1 can whole kernel corn, drained
- 2 eggs
- 1 stick butter, melted
- 1 Cup Sour cream



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## PROMOTING OUR MENTAL HEALTH (cont'd)

A healthy diet accompanied by sufficient exercise in the fresh air contributes to a general state of health. In addition, regular physical activity releases endorphins that put you in a good mood. This allows us to shut down the rumblings in our heads and to reduce stress. Even moderate exertion can alleviate depressive moods. Therefore, exercise is a practical solution to protect our mental health. Bonus: Exercising in nature is particularly helpful, as we can fill up on vitamin D through the sun and the fresh air blows through our lungs. Even a walk in the park can work wonders. But not only sporting activity is beneficial for our well-being. Any activity that gives us variety is welcome. It's good for us to see and try new things. Thereby, the synapses in the brain are stimulated. So just try something new. It doesn't matter whether it's about finding new hobbies, new places, or meeting new people.

### 3. Avoid stress

Stress makes you sick. Almost everyone has probably heard this sentence before. In our modern world we are constantly surrounded by stimuli that affect us. There are also demands at work, private worries, fears and conflicts. If we don't manage to balance this burden in everyday life, so that the stress is permanent, it makes us ill. Our body is then constantly on the alert, stress hormones accumulate, and the result is increased blood pressure, which also increases the risk of a heart attack or stroke.

In addition to the physical consequences, there are also psychological symptoms that are often overlooked or ignored by those affected. A constantly high level of stress can lead to our nerves becoming thinner and thinner. We then react irritably or emotionally to situations in which we would normally have remained calm. But since you don't have this comparison in

~ cont'd on Page 4 Column 2 ~

## PERFECT CORN CASSEROLE (cont'd)

### Instructions:

Mix all together in casserole adding the sour cream last.

Bake in 350 oven for 45 minutes

Source : allrecipes.Com

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## PAST 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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## CONTACT INFO

*MOVING FORWARD* Limb Loss Network & Social Group

Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)

Website: [ampmovingforward.com](http://ampmovingforward.com)

Phone: 502-208-2629

Facebook: Moving Forward Limb Loss Network & Social Group

Kelly Grey, President / Facebook Editor

[kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) • 502-235-3146

Elaine Skaggs, Vice-President / Newsletter Editor

[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) • 502-548-6419

Brianna Heitzman, Secretary

[briannaheitzman@yahoo.com](mailto:briannaheitzman@yahoo.com) • 502-650-6085

Danielle Ranschaert, Treasurer

[daniran1974@gmail.com](mailto:daniran1974@gmail.com) • 502-403-3920

Mike Portman, Board Member-at-Large

[mdportman712@gmail.com](mailto:mdportman712@gmail.com) • 502-262-8344

Julie Randolph, Newsletter/Calendar Producer

[jbrsweepea@yahoo.com](mailto:jbrsweepea@yahoo.com) • 812-557-3970

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*MOVING FORWARD* Newsletter

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### **Kentucky Prosthetics & Orthotics**

1169 Eastern Ste. 4423

Louisville KY 40217

502-585-4228

## PROMOTING OUR MENTAL HEALTH (cont'd)

everyday life, we often don't even notice this irritability in ourselves. We only realize the effects of our stressful everyday life when we are noticeably exhausted, without motivation and drive.

In order to reduce stress, it is primarily useful to evaluate which triggers are hidden in one's own everyday life. For example, is it stressful for you to always be available? Then take the time to consciously switch off all communication devices. Communicate this clearly with your fellow human beings so that you don't have to have a bad feeling about being unavailable. This can have an additional positive effect, especially in the evening, when our bodies and psyches are recovering from the stresses of the day. If you have other stressors that you can't easily eliminate, such as family responsibilities, ask for help. It's not always easy to admit that you need help, but there's nothing negative about it at all. If you notice that your everyday life is constantly stressing you out, it is necessary for both you and those around you to find a better solution.

Even if it makes sense and is important to avoid stress as much as possible, we will never completely succeed. There will always be stressful phases in our lives. But then it is particularly important to create a balance in order to reduce stress hormones and bring our body and mind back into harmony. Here are some suggestions:

- Go for a walk in the fresh air
- Take a relaxing bath
- Sport activity
- Yoga
- Read a good book
- Social contact
- Meditate
- Being artistically active (painting, making music, ...)

Of course, not every activity is equally suitable

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CORPORATE SPONSORS:

**Lending A Hand LLC**  
Keeping Limbs And Lives Safe In The Workplace  
**Billy Parker**  
Owner/Keynote Speaker  
PO Box 91721  
Louisville, KY 40291  
502-415-2504  
lendingahand@gmail.com  
Facebook & YouTube: BillyPAmputee



**Chris Luckett, C.P.**

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: www.louisvilleprosthetics.com



**Bruce Luckett, L.P.**

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: www.louisvilleprosthetics.com



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

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: www.louisvilleprosthetics.com

**PROMOTING OUR MENTAL HEALTH**  
(cont'd)

for everyone. What relaxes someone else might just stress you out more. Feel free to try out what feels good and right for you.

**4. Strengthening one's own sense of belonging**

We humans are social beings. Some may be more than others, but basically, we all need social contacts. Interaction with other people promotes our mental wellbeing through new suggestions and recognition. This is based on a basic evolutionary need. Those who belong to a community gain protection from the dangers of the outside world. In this safe framework, the human being is able to realize himself. Therefore, it is important to actively maintain contacts and relationships. Even if we sometimes find it difficult to report back to friends or acquaintances, or we postpone the date for the third time, the social interaction will do us good, and we can also relieve stress and thus recharge our batteries. People who regularly interact with others have been shown to experience less depression.

Social commitment can also increase our wellbeing. In addition to social interaction and activity, we also have the feeling of doing something good and making a valuable contribution to the community. This is just one of the many reasons why being active with a local support group can be so beneficial.



**MOVING FORWARD** Newsletter  
CORPORATE SPONSORS:



**DONNA HINNANT CP, LPO**  
DHINNANT@KENNEYORTHOPEDICS.COM

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

WWW.KENNEYORTHOPEDICS.COM



**BRYAN SWINT, CPO/L**  
ORTHOTIST/PROSTHETIST  
BSWINT@KENNEYORTHOPEDICS.COM

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

WWW.KENNEYORTHOPEDICS.COM