



NEWSLETTER ♦ 17th Edition ♦ Jan. 2015

Notz: We decided to change it up in the January issue and have included a recap of 2014 along with a feature article. We hope that you enjoy it and wish all of you a very Happy New Year !!

– Belinda & Julie

MOVING FORWARD FEATURE



NEW YEAR'S RESOLUTIONS &



Purple Shoes

– by Belinda Jacobi

With the coming of the New Year come all the resolutions that we make and usually break by the end of January. I am doing something a little different this year and not only making one for myself but asking you, our readers, to as well. The resolution is: To become more tolerant, understanding, and compassionate to others during the coming year. The reason that I am asking this is because our society needs to change and that change can start within each of us.

When I became an amputee, there were things that I expected to face, such as learning to adapt to having just one leg, physical pain, and financial burdens; but one thing that I didn't realize that I would face was discrimination. It is such an ugly and hateful word, but many people face it each day, and that is just wrong. I do not face it on a daily basis, but I have faced it, and in my talks with other amputees, I have found that they have as well.

There is the time that I went for ice cream with my family after one of Carter's baseball games and saw two elderly ladies sitting on a bench staring at me. I did as I always do and met their stares with a smile, for I have found the majority of time people are just curious, and if you can show them that you are comfortable with yourself, it puts them at ease and they return that smile. This time though I didn't get a smile. I got an ugly stare full of hatred, and as I walked past I heard one of them saying, "She should keep that thing covered up in public." I was only glad that Carter had not heard them.

Another time that comes to mind is when Shelton and I were at the Falls of the Ohio enjoying a beautiful day. A couple walked up beside where we were sitting on a bench, and I had noticed them looking at my leg. As they walked on, the man then said, "Did you see that? There's another one." Apparently, they had seen another amputee before seeing me. The woman then said, "They should keep their 'ickiness' at home." I hadn't been called 'icky' since little Stevie Cooper

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HIGHLIGHTS OF 2014

It has been a very busy and productive year for *MOVING FORWARD*, and I think that we should be quite proud of what our group has accomplished. So before we get going in 2015, let's take this time to look back and enjoy some memories of the past year.

The first meeting of the year was held on Jan. 25th at Baptist Hospital East. We got off to a great start for 2014 by welcoming two new members to our group, Sharon Morehead and Valerie Evans. We discussed many topics dealing with issues that new amputees face, including how to help our family members and friends to cope with our limb loss. We also discussed plans for our many new projects and events for the upcoming year.



On Sat., Feb. 15th, *MOVING FORWARD* held a bowling fundraiser at Incredible Dave's in Louisville. Despite the snowy weather, 49 members and supporters attended. We had a great time bowling, socializing, and eating pizza. For some members it was the first time

that they had bowled since losing their limb/limbs, and for others it was the first time they had ever tried bowling. It definitely was a memorable occasion. The highest scoring adult bowler was Chuck Messer and for a junior bowler was Chloe Worrall. They each received a beautiful Valentines box of candy donated by Stacey White of "Wrap It Up".

Also in February, Belinda & Kelly set up a booth at the Harrison Co. Hospital Health Fair. This was done to help us reach out to amputees in our area and to provide them with information and resources. Another benefit of attending was making new contacts in the healthcare field. We appreciate the hospital staff inviting *MOVING FORWARD* to take part in the health fair and look forward to attending each year.

Our monthly meeting was held on Feb. 22nd, and we welcomed a special guest, Alexandria Hagan, who was a student at UK studying social work. She had asked to observe the group as part of a class project. As always, we are glad to help any student to gain a better understanding of the issues faced by amputees. Topics discussed were phantom pain and sensations, the benefits of educating the patient about prosthetics before the amputation whenever possible, and the many ways in which being in a support group can help those with limb loss. Amputees not only receive support and

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NEW YEAR'S RESOLUTIONS & Purple Shoes (cont'd)

called me that in the 2nd grade, and he must not have meant it because the next day he presented me with a ring that he had gotten out of a gumball machine.

There have been other times when I have been met with an ugly glare of disgust from people out in public, but thank goodness I have received many more smiles than glares. You would think that I would feel anger toward these people but I don't, because what I feel is pity. My first thought when it happens is, "I hope that they or no one in their family loses a limb, because they would not survive." It is much easier to tolerate this hatred from a stranger than from a loved one, or when it is directed toward oneself. My next thought is, "I am glad that it was directed at me and not someone who is just learning to cope with their limb loss." In the world that we live it is very hard to be different, and until amputees can get to the point of accepting themselves as they now are, it is very difficult to go out in public. That one nasty glare or hateful comment could send that amputee back home full of embarrassment and shame. How you can hate someone just because they have a different color of skin or a different religion or customs or are missing a limb is beyond my scope of knowledge. But once again I feel a deep pity for these people, because their lives must be so miserable. Being an amputee has raised my awareness of discrimination.

One of the absolute saddest things that I have ever seen happened in a restaurant where we were dining. A family was there celebrating the birthday of one of their members. The gentleman having the birthday apparently had a degenerative muscular disease or possibly a stroke because he was in a wheelchair and was having trouble feeding himself and speaking. It was a large gathering of his family and friends, and you could see the affection that they all felt for him in their faces. I remember thinking how beautiful it was seeing this outpouring of love and how proud of his family he was. It was then that I noticed the woman sitting at the table behind Shelton glaring at them with that same hatred that I had seen before. She spent the entire time she was there glaring at them and saying spiteful things to the man she was with. I truly try to mind my own business, but this was so apparent that I had to notice. I was glad that the family was far enough away and having such a wonderful time that I don't think they saw her. It amazed me that something I found so lovely, she found so disgusting. I found myself counting my blessings that I was not her. She had two legs, but she had no compassion. Given the choice between having my leg back and having compassion for others, I would choose compassion hands down every time.

I am going to end with a lighter moment. We were out shopping one day and we came across a lady who was wearing the highest heeled shoes that I had ever seen, and not only that, but they were a bright purple color quite in contrast to the rest of her ensemble. I caught myself staring and thinking, "Who on earth would wear such a thing?" But then all of a sudden, I began feeling envious that she was able to walk in such high heels. That is a feat that I definitely could not pull off. I then noticed how confident she seemed and how oblivious she was to the attention she was attracting. It was then that my thought process changed and instead of thinking that she looked odd, I thought: "YOU GO GIRL!!" I realized that just like me, she looked different, but because she was confident enough in herself, she didn't care what others thought, and she didn't seem to notice the stares. This leads me to wonder, when I'm out in public wearing my capri pants and looking different than everyone else, if I ever get a "YOU GO GIRL!!" I hope so, and in spite of those, **NO, because** of those angry glares, I will continue wearing those capri pants and showing my 'ickiness' and hopefully changing a few minds along the way.

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## HIGHLIGHTS OF 2014 (cont'd)

encouragement from the group, but also share useful tips and information. They learn of opportunities that they wouldn't be aware of on their own, such as university studies and upcoming technology.

We began a new column in our newsletter in Feb. entitled "LET'S GET MOVING", which includes exercises specifically for amputees as well as fitness tips.

*MOVING FORWARD's* 2nd Annual March Madness Chili Supper was held on March 8th at the Okolona Fire Station. This year a chili cook-off was added and the winners were:

Judge's Choice - Beverly Gaylord  
People's Choice - Mike Barrett  
They each received a special apron as the prize for their winning chili. The best-dressed fan contest resulted in a 4-way tie between:

Lisa Grey - UK  
Darren Frison - U of FL  
Carter Jacobi - IU  
Samantha Meeks - U of L



Everyone enjoyed the delicious chili and playing sports trivia games. A raffle for a chili pot filled with items was held to raise money to donate to Camp No-Limits. The winner was Julie Baird. It was an evening filled with good food, laughter, and good friends.

At the March meeting, Joshua Smith, Business Development Director for Hanger Clinic, provided the group with a presentation about Camp No-Limits for children with limb loss and their families. Anna Thomas and her son Miles, who is a congenital amputee, were on hand to share with us their experiences in attending the camp and also participating in the Endeavor games, which is an athletic competition for athletes with disabilities held in Oklahoma City each year. The group enjoyed meeting them and hearing about the camp and games, and we were touched by a video presentation about the camp, showing interviews with children who have participated, telling how much the camp has meant to them. The proceeds from the raffle were presented to Joshua as a donation for the camp.

Following the presentation, group members worked together to assemble Care Packages to be distributed at the VA Hospital Amputee Clinic.

April was a very special month for *MOVING FORWARD*. The Amputee Coalition designates the month of April as "Limb Loss Awareness Month", so the group decided to do some projects and activities that would both show support for and raise awareness of the amputees in our community.

Members of the group distributed Care Packages to Kosair Children's Hospital

and the VA Hospital. While there, we met with doctors, nurses, physical therapists, and volunteer service directors and discussed with them ways that *MOVING FORWARD* could benefit their patients.



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## HIGHLIGHTS OF 2014 (cont'd)

On April 25th, which the Amputee Coalition designates as "Show Your Mettle Day", group members held a dinner at Tumbleweed on the River. Following the meal, group president, Belinda Jacobi, spoke of the accomplishments that the group had made during the past year; including our newsletter, Facebook page, and website, which are all gaining more followers each month. Our featured speaker for the evening was Joe Riffe. Joe, also known as the "prosthetic medic", told the group how he lost his leg due to injuries after falling 110 ft. from a cliff at Tioga Falls while hiking with friends. He went on to tell of his struggle to get his insurance company to pay for the type of prostheses that he needed in order to get back to work as an EMT. Joe is now a strong advocate for insurance parity for amputees and has been a guest speaker at Stanford University. It was a very enjoyable and inspiring evening for everyone who attended.

In the April newsletter a new column by Beverly Gaylord was added that features recipes and children's craft projects. The children's activities provide us with good ideas of ways to

spend some special time with our children or grandchildren while recuperating from limb loss.

The National Stroke Association designates the month of May each year as "Stroke Awareness Month". The May issue of our newsletter included information on this topic and featured an article written by group member, Sam Gaylord, titled "Challenges". In the article he told of coming home from Vietnam as an 18-year-old bilateral amputee. He spoke of the challenges he faced during that time and then again later in life after suffering a stroke.

Also in the May issue, we added our first "J'm Moving Forward" picture, which features a member of our group "moving forward" following loss of limbs. The picture was of Gary Rock taking some of his first steps following the loss of both legs above the knee due to a farming accident. The hard work and determination of both Sam and Gary have served as an inspiration to us all. On May 1st, members of the group attended a Pegasus Parade picnic and viewing hosted by Louisville Prosthetics. It was a cold afternoon, but everyone enjoyed the wonderful meal and parade. We appreciate Louisville Prosthetics' continued support of MOVING FORWARD.



On May 17th, several members took part in an Amputee Walking School hosted by Kenney Orthopedics at Norton Brownsboro Hospital. We were instructed in techniques & exercises to improve our balance, mobility, & gait. The instructors for the school are Dennis Oehler and Todd Schaffhauser, who are both past Gold Medalists in the Paralympic Games. This school is offered multiple times through the year in Louisville and Lexington and

offers a wonderful opportunity not only to improve our mobility, but also to meet other amputees in our area. We

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## HIGHLIGHTS OF 2014 (cont'd)

want to thank Kenney Orthopedics for inviting our group to attend.

At our monthly meeting in May, we heard from motivational speaker and author, Neil Brown. Neil spoke of the need for amputees to move past thinking what could have been and focus on their lives going forward. He also spoke of the need for amputees to become proactive in their healthcare and to speak up and say "no" if they feel that they aren't receiving the quality of care and prosthetics that they need to move forward in their lives. Sienna Newman, a prosthetist with Kentucky Prosthetics and event manager for Amputee Golf Charities, was also in attendance and told us of an upcoming amputee golf event, and she also talked about the Wounded Warriors softball team and clinic for children with limb loss coming to Louisville in June.



June was an exceptionally fun month for MOVING FORWARD. Some members attended a softball game on June 12th, which featured the Wounded Warriors team facing off against a team made up of local celebrities, fire fighters, police officers, and professional players. It was amazing to see their skills and ability to adapt to their situation and to continue to play sports at such a high level. The Wounded Warrior team travels the country to connect with, motivate, and inspire amputees to challenge themselves to live the fullest life possible. The following evening 40 members and supporters of MOVING FORWARD attended a Louisville Bats baseball game at Slugger Field. Pre-game activities included a softball game played by children with limb loss who had attended a camp that week which was instructed by members of the Wounded Warriors team. During the Bats game, some of the members in attendance were fortunate to be able to meet and speak with members of the Wounded Warriors and children from the camp. We would like to thank Sienna Newman from Kentucky Prosthetics for giving us that opportunity. The evening concluded with an acrobatic show and a fireworks display.



Our June meeting was quite unique, with Cindy Whalen from Inner Springs Yoga instructing the group in a "Gentle" Yoga class. She led us thru a 45-minute yoga routine which left us all feeling more relaxed and full of positive energy. For most of us, it was our first experience with yoga, and we learned how it can benefit us physically, emotionally, and spiritually. We look forward to more classes in the future, and if enough interest is expressed, we would like to begin a weekly class with Cindy as the instructor. We were happy to have a new member in attendance, Maria Webster Benham. Following the yoga class, MOVING FORWARD held its Annual Meeting and Election of Officers. President Belinda Jacobi distributed to all in attendance a business report which included a copy of the group's bylaws, financial reports for 2013 & 2014, and a current registered members contact list. She then told the group that MOVING FORWARD had been registered with both the states of IN & KY as a Not-For-Profit

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## HIGHLIGHTS OF 2014 (cont'd)

Corporation. At that time, we were still awaiting news from the IRS about our 501(c)(3) designation. Belinda also told the group that a general liability insurance policy had been purchased from ISU Insurance & Investment Company, whose office is in Sellersburg IN. We had been planning to purchase liability insurance for quite some time, and we were finally able to find a policy that met our needs and that we could financially afford. After discussing these matters, *MOVING FORWARD* held an election of officers for the upcoming year. The newly appointed officers will hold their office until the Annual Meeting in June 2015. Newly elected officers are:

President – Belinda Jacobi  
Vice-President – Kelly Reitz  
Treasurer – Julie Randolph  
Board Member-At-Large – Mike Portman

The Secretary position was not voted upon at the meeting due to various reasons, but since that time President Belinda Jacobi has appointed Beverly Gaylord to fill the position until the time that a new Secretary is voted upon.

July began with group members Mike Portman, Kelly Reitz, and Belinda Jacobi taking part in the 1st Annual Crawford Co. Health Fair. While there, they distributed information about the group and brochures from the Amputee Coalition. They also met representatives from various agencies such as Vocational Rehab, AgrAbility, IU Health, as well as many others.

The July issue of the newsletter included an article written by Colleen Hester about her son and *MOVING FORWARD*'s youngest member, Reid Hester. Reid became an amputee due to a lawnmower accident just a few weeks before his 3rd birthday. In the article, Colleen tells how Reid quickly adapted to his new lifestyle including playing baseball, soccer, and basketball. She also discussed some of the unique challenges faced by pediatric amputees. Reid is such a delightful child, and he lights up the room the minute he walks in with his adorable smile and boundless enthusiasm.



We held our 2nd Annual Pie & Ice Cream Social on July 13th at the Okolona Fire Station. It was a beach themed event, so a prize was awarded for best beach attire. Beverly Gaylord won this award, and the group also honored Abby Reitz who was celebrating her 6th birthday. We once again enjoyed home-made ice cream made by Mike & Sue Portman. We were then entertained by two of our own. Philip Randolph "wowed" us once again with his drum playing as he accompanied some rock & roll classics. Kelly Reitz beautifully sang 2 country hits. We are truly blessed to have such gifted musicians in our group.

It was decided that during the months of August through November the newsletter would focus on diabetes since so many of our members are affected by this disease. The focus for August was diabetes awareness and prevention. In this issue, group member, Mike Portman shared the story of his battle with diabetes and also shared helpful information and resources. Another member, Genny



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## HIGHLIGHTS OF 2014 (cont'd)

Stumph was featured in our Spotlight section and told of some of her experiences with diabetes, the amputation of her leg due to complications of the disease, and of her determination to walk again despite numerous setbacks.

On Aug. 21st, several members of *MOVING FORWARD* took part in an Amputee Coalition Peer Visitor Training Class at the VA Hospital in Louisville. The class was instructed by Cathy Sandrella, a Physical Therapist who specializes in working with amputees. After successful completion of the class and registering with volunteer services



at the VA the class participants were certified to do peer visits with new amputees at the VA Hospital. We were truly honored to be asked to take part in their training class and look forward to providing support to the veterans there.

At the August meeting, we welcomed two new members, Cheryl Calhoun and Wanda Baird. The main topic of discussion was "living with diabetes". Group members shared their experiences dealing with the disease and told of the impact that it has had on their lives.

In September, we finally received the much anticipated notification from the IRS that we had been designated a 501(c)(3) not-for-profit organization. This took a lot of time and effort but should be of great help to us as we continue to grow and reach out to more people affected by limb loss in our community. We can now apply for grants and any donations made to *MOVING FORWARD* are considered tax deductible to the donor.

The September newsletter featured articles on living with diabetes and its complications. Julie Randolph wrote an article about how she struggled to cope with the disease until she attended a class presented by Mathes Diabetes Center. The group held a yard sale in September to raise money for our Care Package Project and our other expenses. We appreciated the many donations of items to sale from both group members and supporters of *MOVING FORWARD*.



It was decided upon to start offering a monthly meeting in Southern Indiana to make it easier for amputees in that area to attend. On Sept. 15th, the group's first Indiana meeting was held at Southern IN Rehab Hospital. On Sept. 17th we were invited by Norton Hospital to attend a special event, "A Conversation with Josh Bleill". It was held at the beautiful

Olmstead building in Louisville. Josh told of his life from growing up in Indiana to joining the U.S. Marine Corp and being stationed in Iraq. He talked of losing close friends and fellow soldiers while there, and of the loss of both legs due to a roadside bomb. He now works for the

Indianapolis Colts organization and travels the country inspiring and motivating others. We were also invited to set up an informational table before the event where we distributed brochures and information and talked to other attendees about *MOVING FORWARD*.



The KY monthly meeting was held on Sept. 27th and included a special presentation by Nikki Olenik from Mathes

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## HIGHLIGHTS OF 2014 (cont'd)

Diabetes Center. She covered the topics of risk factors for the disease, the types of diabetes, importance of blood sugar monitoring, and gave tips on meal planning and exercise. Her presentation was both enjoyable and informative and everyone attending, whether diabetic or not, left with knowledge to help them achieve a healthier lifestyle.

In October, the focus of the newsletter turned to preventing the loss of the remaining leg. In the **Q&A** section, we provided information on the different types of treatments for diabetes, including insulin pumps.



The group held its 2nd Annual Fall Picnic and Walk & Roll Fundraiser at Sam Peden Community Park in New Albany IN. It was a beautiful autumn day, and we enjoyed a delicious meal and playing relay games. Following the picnic, the Walk & Roll was held with participants walking, running, rolling in a wheelchair, or riding a bike

around the lake. We were very pleased when all 5 of the major prosthetic companies in our area agreed to be sponsors of this event. The sponsors were:

- Center for Orthotic & Prosthetic Care
- Hanger Clinic
- Kenney Orthopedics
- Kentucky Prosthetics & Orthotics
- Louisville Prosthetics

We look forward to working with them all in the future on other projects and events.



On Oct. 20th, the IN meeting was held at SIR and a new member joined, Conni Skidmore. We welcomed her and her husband David to the group. Mike Portman gave a very informative presentation on diabetes including his experience with the disease, the different treatments for diabetes, and complications of

the disease and how to avoid them. At the KY group meeting we discussed the need to make the "choice" to move forward after losing a limb. Some members told of how they survived and moved on after facing what seemed like insurmountable odds and when it may have seemed easier to "choose" to give up. Following the discussion, we worked together to assemble Care Packages to be delivered to the VA Hospital Amputee Clinic.

The November newsletter dealt with the emotional aspects of having diabetes and on the important role of the diabetic caregiver. The month of November is designated each year as "American Diabetes Month" and "National Family Caregivers Month". Two of our members, Sue Portman and Beverly Gaylord, wrote about some of their experiences as caregivers, offering both advice and encouragement. In the spotlight for November were group members Valerie Cardwell, a caregiver, and her husband, Ron Cardwell, an amputee and United States Army veteran. They both are very active with the VFW in Okolona helping to provide needed services for the veterans in our community. As a special tribute to our veterans, *MOVING FORWARD* donated Care Packages to the VA Hospital for distribution at their Amputee Clinic.

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## HIGHLIGHTS OF 2014 (cont'd)

The IN monthly meeting was held on Nov. 17th, and Belinda lead a discussion about the emotional aspects of limb loss. She discussed the 5 stages of grief, the differences between grief and depression, and shared memories of her own progression through the 5 stages. We discussed how these emotions are a normal part of the healing process and how each person's recovery is unique. The need to push ourselves past our comfort zone sometimes and to conquer our fears in order to reach our goals was also discussed. At the KY meeting held on Nov. 22nd, our caregivers were honored and each received a 2015 calendar as a way to thank them for helping us to make it through this year and looking forward to the next.

Once again the December issue was devoted to our children, with the emphasis this time being on children with limb/limbs loss. Julie Randolph, as well as several of her family members, shared with us memories of Philip's progression from being a child with limb loss, learning to take his first steps to becoming a wonderful and talented young man of whom we are so proud. The love and determination that carried them through should be an inspiration to us all.

*MOVING FORWARD* held its Christmas party on Dec. 6th at the Okolona Fire Station. The decorations were beautiful with twinkling lights hanging from the ceiling and trees decked out for the holidays. The evening began with the group enjoying eating pizza, appetizers, and desserts. Following the meal, the children anxiously awaited the arrival of Santa. He arrived



with a gift for each of them and spent time visiting with them and group members before he headed back to the North Pole to prepare for Christmas Eve. We were then entertained by Kelly Reitz, who sang some beautiful Christmas songs, and Philip Randolph who played his drums along with some festive music. They both did a wonderful job and helped us all to get into the Christmas spirit. Raffle tickets were sold during the event with the proceeds going to help fund

our newsletter and our Care Packages. Beverly Gaylord put

together a gift-card tree with cards from various stores and restaurants. When someone's raffle ticket was drawn they got to pick a gift card from the tree. There was also a drawing for door prizes which were won by Bill Titus, Sam Gaylord, & Chuck Messer.

They each got a decorative jar filled with treats. The children



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## HIGHLIGHTS OF 2014 (cont'd)

then played Santa's helpers and passed out the gifts to the adults from the gift exchange. The night ended with Belinda playing a fun game with the children called "Let It Snow, Let It Snow, Let It Snow". The sound of their laughter was a delightful conclusion to a wonderful evening.

On Dec. 15th, Belinda, Kelly, and Mike gave a presentation for a group of Occupational Therapy students at Brown Mackie College. We covered a wide range of topics during the two-hour presentation. Each of us told of our own experience in becoming an amputee, our recovery process, and our lives now. We also covered the topics of the IPOP prosthesis, the Ertl procedure, the types of suspension systems for prosthetics, depression and emotional issues faced by amputees, diabetes and its complications, and then ended with a question and answer time. The students were very attentive and enthusiastic. We would like to thank Bethaney Adams, the instructor for the class, for inviting us to speak. *MOVING FORWARD* welcomes any opportunity to help to educate and inform students about the needs of amputees. That evening the final monthly meeting of 2014 was held at Southern IN Rehab. We spent time reminiscing about the past year and talked about plans for 2015.

## Note from Belinda

I want to take this opportunity to thank some very special people. First, I want to thank my husband Shelton for his support and dedication not only to me but also to the group. Julie Randolph also gets a huge thank you. Her work on the newsletter and the website are outstanding. She puts in a lot of late nights to get it done, and I truly appreciate it. I want to thank Mike Portman for all he does for *MOVING FORWARD*. We joke that the "to do" list that I give him is sometimes longer than the "honey do" list I give to Shelton. I would like to thank Sam & Beverly Gaylord for contributing articles for the newsletter. The newsletter would not be as successful as it is if it weren't for people like Sam & Beverly, along with others, who are willing to talk openly about their experiences in hopes of helping the amputees in our community. So thank you to all the group members who contributed to the newsletter in 2014, whether it was by writing an article, answering a question for the **Q&A**, or for agreeing to be featured in the **SPOTLIGHT**. I also want to thank Kelly Reitz and Philip Randolph for sharing their musical talent with us throughout the year, and I want to give a special thanks to Kelly for the terrific job she does on our Facebook page. Thank you to Marcia Evans, Chuck Messer, and Valerie and Ron Cardwell for your dedication to *MOVING FORWARD* and for attending meetings regularly. You are part of the backbone of the group which holds us together and keeps us "moving forward". I save my last thank you for a gentleman that I met just a few months ago, Bill Titus. His desire and determination to move forward has been a tremendous inspiration to me. For those of you who know me well, you know that there have been times when I have been frustrated or tired and thought that I just couldn't keep working as hard as I do for the group. Every time that I have been ready to step back, though, something has happened to keep me going. It could be a card that I have received, or a call or an email, but sometimes it has been meeting a special person who has inspired me, and Bill is such a person.

This has been a very eventful year for *MOVING FORWARD*. We reached most, but not all of our goals for the year. Now is the time to plan for the upcoming year and challenge ourselves both individually and as a group to make 2015 even better and to find new ways to reach out and provide support to those with limb loss in our community. I hope to see you at one of our monthly meetings in January. We will be meeting at Southern IN Rehab Hospital in New Albany on Monday, Jan. 19<sup>th</sup>, from 6:30 - 8:00, and at Baptist Hospital East Education Center on Saturday, Jan. 24<sup>th</sup>, from 2:00 - 4:00.



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Amputee Walking School

Kenney Orthopedics cordially invites you to attend an Amputee Walking School on Jan. 31, 2015, at Cardinal Hill Rehab Hospital Center of Learning, 2050 Versailles Rd. in Lexington KY. A Clinical In-Service will be held from 9-12am & from 1-3pm will be Walking & Strengthening Techniques. Lunch will be provided. For reservations call 859-367-7189.

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## BIRTH ANNOUNCEMENT

*Julie Randolph is the proud "Grammi" & Philip is the proud uncle of a baby girl named Scarlett Leia Randolph, born Dec. 28, 2014, at 4:58 pm, weighing 8 lbs. even & measuring 21-1/2" long.*



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