



## NEWSLETTER ♦ 78th Edition ♦ Feb. 2020

**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*

February is upon us, and we continue to move forward and smooth out some of the wrinkles in all the changes that happened in 2019. As we emerge from the holiday season, I've put a lot of thought into some of the positive changes I'd like to make in my life. I won't call them resolutions because for me, resolutions are like rules, made to be broken, and likely wouldn't last through January. However, I came across an article written by Belinda Jacobi in the February 2016 issue and am including a couple excerpts from it with the hope that it will encourage and motivate you also.

*"Moving on is a process; moving forward is a choice. There's a slight difference between the two. Moving on is letting things happen; moving forward is making things happen."*

For the feature article this month I am going to ask you to consider this quote and how it would pertain to amputees. When we first come to the understanding that we must lose a limb/limbs, or in the case of trauma, have lost a limb/limbs, we must move on. We have little, if any, choice in the matter. There is the surgery, hospital stay, rehabilitation, multiple doctor visits, tests, possibly more surgery, and the recovery process. These things are all involved in the process of moving on. They are things that we let happen because we are just trying to survive. Sometimes even after we recover, we

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### FINDING LOVE AS AN AMPUTEE

*- by Kelly J. Reitz*

Oh, love, such an exciting time in a person's life when you meet a potential match. Most people want to know how you even get to that point when you are an amputee. First things first, you have to remove 'being an amputee' as a way of describing yourself. You're a human and a person, despite having lost a limb. Everyone has some type of flaw that usually has to be revealed at some point in the relationship. What you really have to focus on is acceptance. Not of them accepting you, but of YOU accepting you. You can find love without accepting yourself, but that can and usually does lead down the wrong path.

Accepting yourself does not come within a month or even a year of losing a limb. For me it took many, many years. I was a year old when I became an amputee, but it still took a lot of time when I came of age to learn to accept myself. It's all about self-discovery and that's different for each person and there are different levels. You can't focus on how long this will take. Rather you have to focus on yourself, your relationship to a higher power, and finding an inner peace to understand what you're after.

This, as they say, is usually when love finds you! When you find someone that enjoys your company despite any 'flaws' and you accept theirs and enjoy them regardless, you're well on your way to finding that true person that you deserve.



### PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at: [ampmovingforward.com](http://ampmovingforward.com)

## EDITOR'S NOTE (cont'd)

*continue just to move on, but this is the time that we can choose to begin moving forward and making things happen.*

As I read through the entire article, I realized that although I have my mobility, I'm not nearly where I want to be, and the only way I'll get there is by making it happen. How do I do that? As Belinda says, 'Acceptance is the first step and the second step is looking at where you are and where you want to be.' Write down your goals and keep track of your progress. Do something every day that's going to move you a little closer to that goal. In addition, being involved in the support group is a wonderful way to stay motivated, being around people who have faced the same challenges. And even if you don't feel you need motivation, you may be able to encourage someone else.

## UPCOMING EVENTS

### MEETINGS:

**February 17** – Monday from 6:30 – 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany IN, in the Education Conference Room.

**February 22** – Saturday from 2:00 – 4:00 p.m. at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd. Louisville KY, in Room 301B.

### EVENTS:

**February 22** – Saturday from 9:00 – 11:00 a.m., Harrison County Hospital Health Fair 2020

**February 28** – Friday at 1:00. We will meet and have lunch together at The Table Cafe, 1800 Portland Ave, Louisville, Kentucky 40203. This will be the first restaurant outing and we'll continue to have this event at a different establishment every other month, as an opportunity to socialize as well as give reviews on restaurants in our area. If there is a place you would like to try, please let one of the officers know. We want your suggestions as we are doing this to help all of us. If no suggestions are received, the board will make the decision.

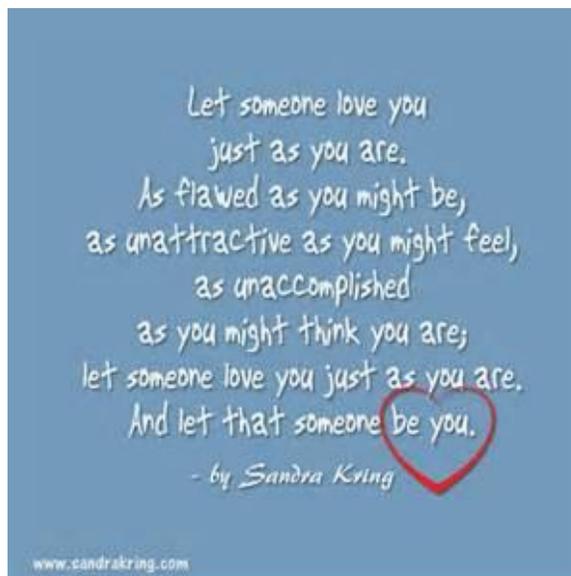


**March 14** – Saturday, Annual "March Madness" Chili Cook-off from 5 – 8 pm at the Okolona Firehouse.

In addition to the above events, please take note that our Louisville meeting for April is being changed to April 18, the third Saturday of that month. The officers and any members who are interested will be attending the Ohio Amputee Celebration, a free event sponsored by the local

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## QUOTE OF THE MONTH



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## Public Transportation Options: TARC Edition

There are a lot of reasons driving may not be an option for you. Perhaps you live independently and do not or cannot drive. Maybe you have multiple conditions that make having a driver's license impossible. It's very possible you simply cannot afford the expense of a car or the costs of modifying a vehicle to carry your equipment. Whatever the reason may be, you find yourself needing to leave the house to run an errand, make an appointment, or go to work. So you turn to public transit.

In the Greater Louisville area, we have TARC or the Transit Authority of River City. This is our city bus system, averaging anywhere between \$1.75 - \$2.50, depending on the route. TARC touts a whopping 43 routes in five counties across two states, utilizing 102 paratransit vehicles and 223 buses. Some stops have buses running every fifteen minutes. Depending on the area you live in, you can generally find a bus route that would work for you, with the right planning.

Here's the thing. While all TARC buses are ADA compliant, not all bus stops are accessible. Bus stops can take time to get to. Even if you are not wheelchair-bound, you still could get easily fatigued trying to make it to a stop. Not to mention weather changes. We live in the Ohio Valley where we experience nearly every season almost every day

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## UPCOMING EVENTS (cont'd)

support group in Columbus OH. More details will be forthcoming in the March Newsletter, and on our *Moving Forward* Facebook page. Our website, [www.ampmovingforward.com](http://www.ampmovingforward.com) will be getting an update as well. Please be sure to check there for additional updates.

Thank you so much for your patience as we continue to evolve. Happy Valentine's Day and Happy Reading!!

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## FEBRUARY— AMERICAN Heart Month

We would like to share with you this information from the U.S. Department of Health & Human Services at [hhs.org](http://hhs.org). Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 of every 4 deaths in the country. For some groups, such as African Americans, the burden is even greater. As a nation, we can—and must—change these numbers. The good news is that heart disease and stroke can be prevented, and February—American Heart Month—is a great time to refresh your memory on the small but important actions you can take.

The national Million Hearts® initiative is working to prevent 1 million heart attacks and strokes by 2017. How can you reduce your risk? One way is to know your ABC'S: Ask your health care provider about taking **A**spirin. Make control your goal: if you have high **B**lood Pressure, work with your health care provider to get it under control. Find out how to best manage high **C**holesterol. **S**top Smoking — or don't start.

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## Ways to Donate to *Moving Forward* Limb Loss Support

### AmazonSmile

Go to "[Smile.Amazon.com](http://Smile.Amazon.com)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

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## Public Transportation Options:

### TARC Edition (cont'd)

and freak weather phenomena. No one wants to get caught in that and risk a fall in our prosthetic or damaging expensive mobility equipment. TARC acknowledges and advises that some of their stops simply lack accessibility. So, they've devised a solution through their paratransit service, TARC 3.

For \$3 a ride, TARC 3 provides transportation services from 6 AM to 10:30 PM seven days a week for those eligible and enrolled in a subscription. You read that correctly; you are required to complete an application to determine your eligibility. This application includes an extremely detailed description of your medical condition, needs and requirements, providing explanation of why you need the service and why you can't use TARC's regular services, how long you will need to use these services, and how you are meeting your transportation needs currently. In addition, the application includes forms for your physician to complete on your behalf, which your doctor's office will charge you to complete. Then you wait several weeks for your application to be reviewed and approved.

If you are still with me, let's say you've gone through all of that because that's the option that you have and you've managed to be accepted. Congratulations! Ready to book that ride? Not quite. First, you'll need to choose your subscription which basically details how often you expect to be using the services.

Well, I hope you've planned ahead. Due to the fleet limitations, its best to book your trips out a week in advance, while you can book up to 24 hrs in advance during specific scheduling hours. If you have a set schedule like for work, you can call one time and put in your request and leave it as an indefinite reservation. There is a 90 minute window for arrival and for departure. This has many problems. You have to be ready to leave at any point during this 90 minute window each way, so you can't plan on having any extra time to get ready, or on the flip side, you could be sitting outside of a closed building, regardless of weather conditions or time of day.

Imagine this scenario. Your shift starts at 8AM, ending at 5PM. Your ride arrives at 6:30, meaning you won't be late! Your bus takes you straight to work, not having any other clients on the way. You

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## Ways to Donate to *Moving Forward* Limb Loss Support (cont'd)

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

Once you have registered, you can check back to see how much your orders have contributed to ***Moving Forward***.

You will know you are contributing to the group because under the search bar it will say "Supporting ***Moving Forward*** Limb Loss Support Group, Inc."

### **Kroger Community Rewards Program**

Go to:

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

Sign in or Create your account

Under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Enter our organization number: DC476 or, Search for "Moving Fwd Limb Loss Support"

If you do not have internet access:

Register at the Service Desk of your local Kroger.

Once you have registered, the bottom of your receipt will say that your "Community" rewards are going to ***Moving Forward*** Limb Loss Support Group. You can check the amount of your community rewards on their website for each quarter.

### **Employer Deductions**

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If your employer uses Frontstream, Truist, or Network for Good to manage their deductions, ***Moving Forward*** is listed.

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## Public Transportation Options: TARC Edition (cont'd)

arrive at work at 7AM, but the building is closed or you are not allowed to enter until the fifteen minute grace period before your shift. Depending on the time of year, it could be dark or the weather could be less than agreeable for a 45 minute wait outdoors.

Then, finally, 5PM rolls around and your work day is over. You head outside but the bus is not there. The other employees head out after you as their shifts end, but still the bus has not come. At 6:30, a full hour and a half after your shift, your ride comes and you get to go home.

This can happen in reverse as well, with your bus arriving right at 8AM, leaving you to arrive late to work, and arrive early to take you home, causing you to choose between leaving your job early or missing your ride.

These are not made up stories. I have experienced each of these situations as a user of the service and have heard of similar experiences. I have even waited throughout the window, only to have the service not show up at all. You have to account for these arrival and departure windows when booking to prevent missing appointments or being stranded altogether.

Now, TARC will do its best to send you a paratransit bus, but sometimes they don't. Sometimes, if a bus is not available for your route, they may send a taxi without warning. Taxi companies do have a working relationship with TARC and the charge will not be any different than if you were in a TARC 3 bus. However, the taxi drivers are not as accustomed to accommodating your needs, nor are their vehicles in the event you are traveling with equipment. This happened to me on more than one occasion, the last of which the driver actually fell asleep behind the wheel.

I do not say these things to scare anyone. This is merely an explanation of the service available and a firsthand account of potential issues. My hope is that, with this knowledge, you can decide for yourself if you want to use this service and what to expect. With the proper planning and personal flexibility, TARC 3 is a viable option to consider.

Thanks for following the journey! I hope to continue this series with reviews of other transportation services in the future. If you have a public transportation service experience you'd like to share, email me at [mallorina.mp@gmail.com](mailto:mallorina.mp@gmail.com).

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