



NEWSLETTER ♦ 42nd Edition ♦ Feb. 2017

MOVING FORWARD FEATURE A LITTLE STORY

Hello! My name is Billy Parker. Everyone calls me Billy P. It was January, 2007. So far that year everything was going awesome. I had a great job making good money as a welding shop foreman. I've been a welder since I was 18 years old and was pretty darn good at it. More importantly, I was a single father to my 15-year-old son Cody, who is now 24. Man, how time flies! I always made sure we were taken care of. I didn't ever really think about anyone or go out of my way to help unless it was the usual family and friends. Just never thought about it. In 1989 I did try to save a guy from drowning but it wasn't meant to be. That in itself is another story. It still haunts me to this day. It could explain why I never went out of my way to help others, or it could be just an excuse.

It's the 23rd now – just an ordinary work day, so I thought. We took a shortcut that day to clean out a drywall shredder. What I mean by shortcut is that instead of letting the machine clean itself, we were cleaning it manually with screwdrivers. We thought it would be faster because it had to be out the door by noon. We had been cleaning for about 5 minutes when the machine's teeth grabbed the gloves that I had on and started pulling me in. I really didn't know what had just happened and then I started to feel my arms being chewed up by this machine. I screamed for someone to help to turn it off or pull me out, but no one did anything. I realized that I had to get out of that thing before it pulled me in or I bled to death. I did get myself out and looked at my arms. Both had been chewed off above the elbow. I immediately knew that I had to get someone to stop the bleeding, because I couldn't. My arms were gone. I turned and there was a guy standing in the doorway whose name was Tom. He was just staring at me, in shock I guess. I had to scream to get his attention: "Tom! You have to help or I'm gonna die!" He came over and laid me down and stepped on my left arm. Then he got another coworker Joe to step on my right arm. They slowed the blood down enough till EMS showed up. There's no doubt that Tom and Joe saved my life that day.

They took me to the hospital. They wanted to take my arms to reattach them and realized there was nothing to take. The shredder had chewed them up and spit them out the other end.

I ended up having 3 surgeries and a skin graft to close my arms off. I took up residency at the hospital for 17 days and finished my residency at Frazier Rehab for another 24 days.

It took a couple of days for it to really hit me while in the hospital – not me losing my arms but that I couldn't do anything for myself, not so much as wipe the sleep from my eyes or even pick up

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AMPUTEE COALITION

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Upper-Limb Solutions: No Manual Needed

– by Sean McHugh, member of the Amputee Coalition's
Upper Limb Loss Advisory Council

When you buy a new car or a washing machine, it comes with an owner's manual to guide you through your ownership experience. The manual contains diagrams and instructions that you can use to familiarize yourself with basic operations, tips about how and when to use advanced features, maintenance schedules to keep things running at their optimal level, and often a toll-free phone number to call for support if you have trouble finding answers to your questions on your own. After a construction accident in 2002, I became the owner of a brand-new, custom-made, prosthetic right arm and that new and very foreign-looking device did not come with an owner's manual.

I'm not suggesting that it is even possible to create a comprehensive guide to assist those of us who live with an upper-limb difference. In a world designed for folks with two fully functional arms and hands, the challenge that those of us with an upper-limb loss or absence face is to find adaptive ways to thrive. We all have different situations and aspirations. Specific tips and solutions that allow a young woman who was born without her left arm to live to her fullest potential may not apply to a middle-aged man who lost both of his hands on the job. Choosing whether or not to wear a prosthesis and deciding which type is appropriate can be particularly difficult. Prosthetic devices vary greatly in their composition and method of operation. Often it is only by trial and error that we find what works best for us. Trying to figure everything out on your own can be frustrating and can take a great deal of time. While it may feel like you are alone in your efforts, it is important to understand that there are resources available to help you find your way. There is no single place to get all of your answers, but tapping into the knowledge of healthcare professionals and your amputee peers can often put you on the fast track to reaching your personal goals.

Choosing the right healthcare professionals can have a big impact on your quality of life. Before accessing the services of a physiatrist (rehab doctor), prosthetist or occupational or recreational therapist, be sure to ask how much training and experience they have in working with people with your type of amputation. Check with professional organizations such as the American Board for Certification in Orthotics, Prosthetics and Pedorthics, the Board of Certification / Accreditation International, and the American Occupational Therapy Association to see if there are professionals in your area who specialize in upper-extremity amputee rehabilitation. There are centers of excellence across the country, and many have free evaluation clinics. Wherever you go, try to keep an open dialogue with your practitioners. Let them

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A LITTLE STORY (cont'd)

a glass to take a drink. My goodness, I couldn't even give my son a hug! I absolutely hated the feeling of being helpless, having everything done for me. I knew, though, that I had to stay strong and positive, not just for me but for my family, my friends, even my co-workers. They were all going through this with me. Giving up was not an option for me. Everything had to be done for me at the moment, so I had to make the most out of it and enjoyed all the perks that came with me losing my arms.

Oh yeah, there's a few perks. For example: You ever hear that saying? "You got to take the good with the bad." Well, that pretty much applies to this very situation. I'll give you an example. The good: None of my friends and family ever ask me to help them move or do any kind of work. I'm always getting asked if I need a hand from quite a few people, especially at the grocery. I can also take my arms off at any time – most people can't. The bad: Phantom Pain. It can come at any time, anywhere, and it can be very painful. When it comes around, I start feeling my hands more than my whole arm, and the fingers feel like they're twisting and bending in different ways, and it feels like there's a vibration at the end of my stumps. Most of the pain doesn't last long. I just pretty much deal with it until it slows down or goes away for awhile. All right, let's get back to the story.

I was at Frazier now and was doing a lot of working out and learning to use my body's core to catch myself if I fell, also a lot of balance work and stretching.

I wasn't there long when a friend and a prosthetist Aaron came in to deliver a prosthesis for my left arm. My right still had stitches and couldn't be worked on. I was so excited – not only did I get that arm. I got some of my freedom back. The helplessness was gone. It was the best feeling that I have ever had. I was eager to see what I could do now. I knew it was going to be hard and frustrating at times but *moving forward* was the only way to go.

I actually caught on to working and using the arm pretty quickly and was soon brushing my teeth, putting on shorts, the kind with the elastic band. Basketball shorts, I believe, is what they're called. I wanted to learn as much as possible as fast as possible, but I knew that I had to take my time and not get overwhelmed since I pretty much had to learn to do everything over again with hooks instead of fingers. It was scary at first, not knowing what to expect.

I worked hard while I was at Frazier. I wanted to get out of there and start using the arm for other things in life. I could only do so much while I was there. My PT wanted me to crack an egg and put it in a bowl before I left. I was like, "give me that egg please" and on the first try, I did it. I was out of there the next day.

I'm home now with just the one prosthesis, the left. My right hadn't been fitted for a prosthesis yet because it was still healing. My son also moved back in. He was taking it very well. The doctors had set it up to where I would have an aid come in in the mornings and stay for as long as I needed him to help out around the house. That didn't last long, about a week. The gentleman was awesome and I was very grateful. I just didn't want someone over every day helping me out. I wanted to be left alone so I could learn how to use the arm. Little did I know I would be asking my son to help do things outside of his chores to help me out, like helping me shower and drying me off to helping when I went to the restroom. At first I didn't see anything wrong with that. He was just helping me out in my time of need.

That went on for a little while. Then Cody said to me one day while helping me dry off. "You think you will be able to do this by yourself one day?" he asked. I got to thinking. Was I keeping myself from *moving forward*, maybe even giving up a little, which was unusual for me? Also, I thought Cody should be doing what other 15-

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Upper-Limb Solutions: No Manual Needed (cont'd)

know your desires and goals and work with them to find your personal solutions. Keep in mind that no one individual is likely to have all of the answers, and if someone tells you that something you want can't be done, it may be best to seek a second opinion.

Spending time with other people who are living with a similar limb loss can also set you up for success. The Amputee Coalition of America (Amputee Coalition) has a National Peer Network that you can use to get in touch with other people who live with your type of amputation(s). One of the biggest misconceptions about peer support groups is that they exist only to help people who are having emotional difficulty in coping with their situation. The Amputee Coalition's certified peer visitors are trained to provide emotional support when it is needed, but they can also provide valuable tips about the things they do and the equipment they use to adapt to their upper-extremity limb loss/difference. Peer visits can be requested simply by calling the Amputee Coalition at 888/267-5669. Upon receiving your request, the Amputee Coalition will make every attempt to put you in contact with someone who is the best fit for your age, gender, level of amputation, and location.

It is truly remarkable to see how other people adapt to their situations. I find that every chance I have to meet another arm amputee ends up being both a teaching and a learning experience. About 6 months into learning how to use my prosthetic hook, I saw a man in a diner cutting his breakfast steak. He was holding the knife in his prosthetic hook in a way I hadn't thought of on my own. I tried holding it his way and I was amazed at how well it worked. He invited me to sit with him and we exchanged our "How did it happen?" stories – mine, 6 months earlier in a construction accident; his, 33 years ago in a field in the Vietnam War. He was the first man with a prosthetic right hand that I had met since my accident, and in 10 minutes he talked me through some things that I had been struggling with for months. During our chat, I picked up a plastic juice bottle with my hook and took a drink. It was a thin bottle with a wide neck, so I grabbed it near the bottom so it wouldn't crush. After I set it down, he reached over and picked it up with his hook and said, "I never thought of holding one of those at the bottom like that so it doesn't crush." So you see, no matter how far along we are in our learning process, there can still be new revelations. Shortly after my encounter with the man at the diner, I heard about the Amputee Coalition's National Peer Network. I called and scheduled a peer visit and ultimately became a certified peer visitor in 2007. It has been a wonderful experience, full of countless tips, both given and received.

Attending the Amputee Coalition's National Conference is another way to meet other people with upper-limb differences. This year at the 2009 National Conference in Atlanta, we had a record number of attendees who were missing part of one or both of their upper limbs. It was an extraordinary opportunity to sit through educational sessions, share our experiences with our peers and examine the latest prosthetic components and adaptive devices on display in the exhibit hall. We had sessions titled "Upper-Extremity Rehabilitation Techniques," "Adjustment and Living Well With Upper-Extremity Limb Loss," "Upper-Extremity Tips and Solutions" and an "Upper-Extremity Technology Symposium." The sessions were hosted by members of the Amputee Coalition's new Upper Limb Loss Advisory Council in a forum that allowed for plenty of interaction between the presenters and attendees.



Sean McHugh speaking at the "Upper-Extremity Tips and Solutions" session

I hosted the "Upper-Extremity Tips and Solutions" session. We had a 3-hour time period but we could have gone on for days. We discussed the things that work for us in the kitchen, the bathroom, at work, in the car and in many other areas of our lives. Within the group, we were able to offer tips and solutions for nearly every question that was asked, from how to button a shirt, drive a car, or use a computer mouse, to which device will work best when mountain biking.

Use the resources available to you and never stop searching for answers. People often have very low expectations regarding the abilities of people with upper-limb loss. I have learned that it is possible to adapt and thrive even without an owner's manual.

A LITTLE STORY (cont'd)

year-olds were doing and not helping me out all the time. I could tell it was getting to him a little, but he wouldn't let me know. He stayed strong and never said he didn't want to do anything for me. He just did what I asked of him. It hurt my heart putting him through that. I put a stop to it right then and there and told him that I was going to do everything from here on out and that's just what I did.

I taught myself how to do absolutely everything with one arm and my feet. I wasn't going to get anyone to help me out and I wasn't going to let anything stop me from *moving forward*. I had gotten used to wearing the one arm and did it for 3 years. I tried to wear both but it was uncomfortable. The right seemed to get in the way, plus I was used to wearing just one arm. It wasn't long after the 3 years I said to myself that if I want to do more, then I would have to use both arms. So I did. Using both arms has opened up all kinds of possibilities for me. I never thought that I wouldn't be able to do something, especially when wearing both arms. I'm very thankful and blessed to have them. They are a part of me. They make me whole again.

Now don't get me wrong. I didn't get this far by myself. Staying positive, faith, family, friends and other amputees played a big part in my healing process and still do to this day. Thank God there are people out there that are willing to go out of their way to help in any way they can. The doctors, nurses, and physical therapists – heck, I even have my prosthetist's phone number just in case something goes wrong. He has been to my house to fix a problem with my arms even on the weekends. They absolutely go out of their way and do what they say, keeping me EMPOWERED and MOVING FORWARD. THANK YOU for all that you do, not just for me but for every one of your patients. I've seen what you do firsthand and it's greatly appreciated!



I was asked once what I thought about losing my arms. I said, "I was the right man to lose both arms because I knew that I could adapt. I'm motivated to excel and I'm determined to succeed. Staying mentally strong through adversity can be hard to do but I was up for it and knew I could do it."

Remember in the beginning of this story I said that I wouldn't go out of my way to help others. That all changed one day when one of my doctors asked me if I would talk to another amputee that had lost both hands and was having a hard time dealing with his amputations. He felt alone and was having a hard time learning how to do things with his prostheses. Learning to do things with prostheses can be so hard, so frustrating. They can take a lot out of you and they can be so uncomfortable. We talked awhile. I let him know that he wasn't alone, that there're others out there going through things that are a lot worse. Just be thankful you're still here. I asked him, "What was the one thing he really wanted to do with his new hands right now? He said he was having a hard time holding a knife and fork when he went out for steak. First, I told him not to be scared to ask for help. Until I taught myself how to do it, I just asked the server to cut it for me. There are good people out there willing to help and they're everywhere; you just have to ask. I still do it from time to time. Anyway, I showed him in about 5 seconds how to hold and cut his steak using his hooks. I'm not sure if I have ever seen a smile so bright and big. He was so excited to try his new found talent and excited to learn even more. I told him every day will be a challenge. Some days will be easier than others. Take breaks, regroup, and just don't give up. You are important and needed so keep trying, because you will do it. It brought tears to my eyes, tears of joy, not sadness, that I was able

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COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 6 MONTHS

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

"I need to educate myself more, and to help inform my younger family members."

– Ollie Gentry



2017 Amputee Coalition National Conference News

Registration is now open for the 2017 Amputee Coalition National Conference to be held in Louisville, KY, Aug. 3 - 5, 2017. There is special early bird pricing through February 17th. So you are encouraged to register early to take advantage of this offer! There is also a discounted rate that will be available through June 28th. For information on conference registration, hotel reservations, scholarship opportunities, the preliminary conference schedule, and much more, visit their website at:

<http://www.amputee-coalition.org/events-programs/national-conference/>

MOVING FORWARD will be offering scholarships to its active members with financial need to cover the registration fee to attend the Conference. If you would like to apply, the scholarship application is posted on our website at ampmovingforward.com or you may contact us by phone or email (see Contact Info on Page 7 in this newsletter).

Much more exciting news will be coming your way, so stay tuned!!!



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. **

A LITTLE STORY (cont'd)

to help him bring out a little bit of confidence that he had hidden to help him *move forward* just a little more and maybe a little more than the day before.

You know, in that moment I realized what I needed to do with this new life I was given. I didn't lose my arms and go through all the surgeries, all the pain, all the frustration, all the doctor visits, everything my family and friends went through just to sit on my bum and not do my part. I strongly believe that if I'm able to help others, then it's my obligation to do so. Not only did I lose my arms and almost lost my life that January day, I found my purpose in life and that is TO HELP OTHERS.

In closing I would like to say one more thing. We only have one life to live unless we are fortunate enough to live two different lives in one lifetime. While we are here, find your purpose in life, keep a smile on your face, treat everyone with respect, help others when you can, do what makes you happy, and most importantly, LOVE YOURSELF AND ENJOY LIFE!

– Written by Billy P., THE BILATERAL AMPUTEE

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 7.

VDOEOTNI _ _ () _ _ _ _
 AMERID () _ _ _ _ _
 GLSINAT () _ _ _ _ _
 YJEON () _ _ _ _ _
 TFIFAONCE _ _ _ _ _ ()
 NAMORITC _ _ _ _ _ () _ _
 CSERHHI _ _ _ _ () _ _
 TEMISNT _ _ _ _ _ ()
 BAREEMC () _ _ _ _ _

WONT YOU BE MY _ _ _ _ _ ?



SPOTLIGHT

– by Kelly Reitz



Our **SPOTLIGHT** column allows you to get to know each other a little better. I know you all will enjoy getting to know one of our newer members, Billy Parker.

When Billy introduces himself he goes by “Billy P., the Bilateral Amputee.” Billy is originally from Lawrenceburg, Anderson County, Kentucky. He currently lives in Louisville, Kentucky, which is helpful, since he makes regular visits to the prosthetist for maintenance on his prosthetic arms. We first were introduced to Billy in November when he gave a presentation about himself and how he lost his arms in an industrial accident. Now he uses his experience to give seminars on the importance of “Lock Out, Tag Out,” a specific procedure for working on industrial equipment.



In the ten years of being an amputee, Billy still has a lot of the same hobbies as before, such as shooting guns, chilling with buddies, swimming (without prosthetics) and a newer hobby, writing poetry and biographical type pieces. Most of all Billy says he spends most of his time doing new things, which could entail a lot. “All I really want to do is everything I can.”

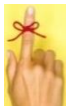
Where do you see yourself in five years, Billy? “I would like to be a full-time (motivational) speaker & to help take care of my granddaughter (Riley).”

You've been an amputee long enough; what's your funniest amputee story? His story was about a fishing trip he took not too long ago where he went fishing with a friend and when he went to cast out his line, his prosthetic arm along with his rod and reel went right out into the water. Thankfully he kept a spare with him so he was able to drive home, but it was definitely a lesson learned. Now when he goes fishing, he tethers his prosthetic to his belt loop.

No sooner than I got the final question out, What do you think about MOVING FORWARD? he was quick with a response, “Oh, I love it,” followed up with how genuine he thinks everyone is and how open we are to talk about things.

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.



QUOTE OF THE MONTH

I'm Moving Forward . . .

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



Billy Parker “*moving forward*” and going for a drive.

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

LET'S GET MOVING! — by Belinda

Since this issue of our newsletter is devoted to upper-limb loss, I decided to search the internet for exercises especially developed for those with upper-limb loss. I am disappointed to say after hours of searching, I found very little in the way of specific exercises. For those with lower-limb loss, there are vast amounts of exercises and information available to enhance their fitness level. There were some videos available showing individuals with upper-limb loss doing various exercises, and still more showing them doing daily activities. These can provide some good tips that may help you in accomplishing these activities. As my good friend Bill Titus has told me many times, "What works for one, may not work for you, and you sometimes have to get creative and figure it out on your own."

That being said, there are many devices in the marketplace to assist upper-limb amputees with both daily living tasks and recreational activities. Texas Assistive Devices and TRS Prosthetics are two companies that offer activity-specific terminal devices. These devices can be attached to the prosthesis allowing the amputee to do a wide range of sports, recreation, hobbies, jobs, and home activities. There are devices for weight lifting, biking, golfing, fishing, basketball, baseball, kayaking, gymnastics, bowling, gardening, and many more.



Of course, these terminal devices are not cheap. There is an excellent article in the January 2017 issue of the O&P Edge magazine on these devices and how to do proper documentation in order to get insurance companies to cover them. There are also organizations that provide grants to amputees for the purchase of sports prostheses and assistive devices. One such organization is the Challenged Athletes Foundation.

Something that I found in my reading was the importance of occupational therapy in the recovery process for those with upper-limb loss. Having an occupational therapist that is knowledgeable in working with upper-limb amputees can play a vital role in the amputee returning to an active lifestyle. Also having a prosthetist who is experienced in working with upper-arm amputees is crucial. You need to feel comfortable talking to your prosthetist. He or she needs to understand both your short and long term goals and be willing to work with you in achieving them. You are your best advocate, so don't settle for less of a life than you desire. Do the research, ask questions, and talk with other amputees. This is one of the reasons I am so pleased that the 2017 Amputee Coalition National Conference is coming to Louisville. It will give you the opportunity to meet and talk with other amputees that have your level of amputation, to see the latest in technology, and ask questions directly to the manufacturers' representatives, and to attend educational sessions developed for people with all different levels of limb loss. I encourage you to take advantage of this wonderful opportunity!

References:

O&P Edge: www.opedge.com

TRS Prosthetics: www.trsprosthetics.com

Texas Assistive Devices: www.n-abler.org

Challenged Athletes Foundation: www.challengedathletes.org

The American Occupational Therapy Association:

www.aota.org



JANUARY RECAP

Our IN meeting was held at SIRH on Mon., Jan. 16th. We were delighted to accept 4 new members into our group. *MOVING FORWARD* is pleased to welcome Paul Christian and his wife Mindy, daughter Nikki, and son Adam. Also attending with them were three grandchildren. We discussed some of the many challenges of limb loss, especially the loss of a 2nd limb. The group also talked of the importance of having a good support system; whether that is family members, friends, a support group, or a combination of them all. That support system is there to encourage, motivate, listen, and to help the amputee to get the information and assistance that he/she needs to recover and to get back to the most active lifestyle possible. Plans were discussed for the 2017 AC National Conference and our upcoming March Madness Chili Supper.

The KY meeting was on Sat., Jan. 28th, at Baptist Health. A special presentation was given by members of the Louisville Fencing Center, including Maestro Leszek Stawicki, who is the National Team Coach for Wheelchair Fencing. We were shown the different types of swords used in fencing and told of the many health benefits that the sport can provide. Maestro Leszek is interested in instructing a group of amputees in fencing, so if you would like to become involved in this sport, please contact Belinda or Kelly for more information.



Following the presentation, members discussed a long list of preparations being made by both the Amputee Coalition and *MOVING FORWARD* for the 2017 National Conference. We will be keeping you updated as plans are finalized, so please check our website and follow us on Facebook for up to the minute details.

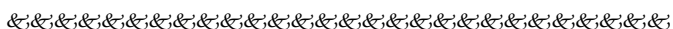
We want to give a special thanks to Debbie Crawford for attending our meeting to express her appreciation for the love, support, and kindness that the group showed her brother Gary. As you know, Gary passed away on Dec. 10, 2016. He was sadly missed at the meeting, but by Debbie's being there it reminded us that we can and do make a difference in the lives of others, and that is exactly what Gary would want us to continue doing.



WINNER OF 2016 PICTURE OF THE YEAR



The winner is "Our Gold Medal Champion" Reid Hester. He is posing with the 6 gold medals that he won at the Endeavor Games at the University of Central Oklahoma. The Endeavor Games are held annually and provide children, adults, and military service members an opportunity to display their athletic talents in a proper and competitive setting against individuals with similar disabilities. Many of the adult competitors go on to compete in the Paralympic Games. We look forward to seeing Reid win many more medals and continuing to inspire both other children and adults along his way.





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!**

The loss of one's leg or legs is a life-changing experience. We must learn to adapt by using a prosthesis or learn to rely on a wheelchair or scooter for our mobility. The loss of one's upper limb/limbs comes with many more complications. Think of all the ways that a person needs to use his hands in daily living activities; from turning on a light switch in the morning, opening a door, getting dressed, eating, drinking, bathing, picking up items, using a phone or a television remote control or a computer keyboard, using tools at home or work, recreational activities, just to name a few. Upper-limb amputees can also learn to adapt to their limb loss and return to an active lifestyle with the proper medical and prosthetic care, along with occupational therapy.

The question that I will be answering for this article is, "How do I choose which type of upper-limb prosthesis is best suited for me?" This is a time when having a good relationship with your prosthetist is essential. It is important to be able to discuss all the pros and cons of each type of prosthesis and to work with a prosthetist with experience in the type that you choose. An article in the Jan./Feb. Amplitude magazine states, "There is no best technology for everyone, only what is best for the individual. Despite all the advancements in prosthetic tools and equipment, no device can duplicate what the human hand can do. Every system has its strengths and weaknesses. A person's goals should be taken into account when deciding what features and tools are going to be built into a prosthesis."

The different types of upper-limb systems include: body/powered (conventional), myoelectric (external power), passive functional (cosmetic), hybrid, and recreational prostheses. In my reading, I found some of the pros and cons of each and will share them with you.

The **body powered or conventional device** is operated by a harness system which is controlled by specific body movements in the shoulders that are used to operate the hook or prehensor. Some advantages of a harness system are that the heavy duty construction of the device gives it a long life and less maintenance, it offers proprioception (the ability to sense location, orientation, and movement), it is lighter weight than a myoelectric device, there are many terminal devices which can be added to allow for the performance of everyday tasks and recreational activities, and it is less expensive. Some disadvantages are that the harness can be uncomfortable, your grip force will be limited to the amount of strength in your shoulders, and the hooks or prehensors don't resemble the human hand.



A **myoelectric or external power device** is powered by a battery system and is controlled by EMG signals generated during muscle contractions. Advantages of this system are that it provides greater

grip force than the body powered system, less fatigue on the

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Krafty Kids by Beverly

This is a cute, easy-to-make Valentine's Day snack ... Enjoy!

EASY VALENTINE PRETZELS ~ HUGS & KISSES....

- Hershey's Hugs chocolates
- Hershey's chocolate kisses
- 3 (10 ounce) bags checkerboard, windowpane or round shaped pretzels (or adjust the amount of pretzels to the number of treats you'd like)
- 1 (large pound size) bag M&M's plain chocolate candies. Use red and pink for Valentines and other colors to match other holidays.



Directions: Preheat oven to 170 degrees. Place pretzels on parchment or waxed paper-lined cookie sheets in a single layer. DO ONLY ONE TYPE OF CANDY PER SHEET because the Hugs melt faster than the kisses.

Unwrap Hugs or Kisses, place one on each pretzel, repeat for an entire cookie sheet.

Place cookie sheets in the preheated oven, bake 4 MINUTES for the sheet of PRETZELS & HUGS, 5-6 MINUTES for the PRETZELS & KISSES. Remove from oven and immediately put an M&M on top of each pretzel/chocolate, pressing down gently. When pressing down you may need to wiggle the chocolate around a little to fill in any gaps between the chocolate and the pretzel. This will help the chocolate stick to the pretzel. Place cookie sheet in freezer or refrigerator until the chocolate is reset. If this is a gift...wrap either in cellophane bags, a tin or a candy box.

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## ..... from Beverly's Kitchen

If you like pizza, like most do, you will like this recipe. This is easy to make and is good "comfort food" during this winter season.

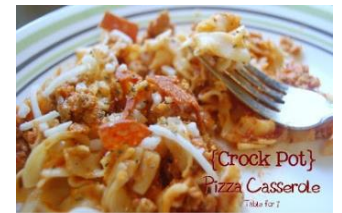
### { CROCKPOT } PIZZA CASSEROLE

**Prep Time:** 00:30

**Cook Time:** 01:30

**Ingredients:** (Serves: 6-8)

- 2 lbs. ground turkey (or beef)
- 1 TBSP. dried onion (or 1/4 cup fresh onion, chopped)
- 20 oz. spaghetti sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. oregano
- 8 oz. wide egg noodles
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 6-8 slices pepperoni



#### **Instructions:**

Prepare egg noodles according to package. Drain. Set aside.

Brown ground turkey in a large deep skillet. Add onion. Cook until no longer pink.

Add in spaghetti sauce, garlic and oregano. Mix well.

Spray crockpot with non-stick cooking spray.

Spoon approx. 2 cups of meat mixture on bottom of crock pot. Spoon approx. 1 cup of noodles on top of meat mixture. Then add a layer mozzarella & cheddar cheese. Repeat layers.

Top with pepperoni slices.

Depending on your preferences, the ingredients can be varied. For a healthier version, you can use low fat versions of the ingredients.

Cover and cook on high for 1 – 1-1/2 hours or until cheese is melted.



## Q & A (cont'd)

shoulders, it offers cosmetic restoration (making it look more like a real hand), and the ability of the multi-grip hand to change grips makes them suitable for a wide range of tasks without having to swap out different devices to accomplish daily tasks. Disadvantages include the price, with more technology sometimes comes more breakdowns, leading you to have to be without your arm until it is repaired, they tend to be heavier, they can't be used for water sports, and there is less proprioception than with the hooks or prehensors.

There is also a **hybrid upper-extremity prosthetic device** that combines the use of body power and external power. The advantages are the reduction in the weight, the harness system is reduced, it offers the increased grip force of the myoelectric system, and the initial cost and maintenance are less.

The **passive functional or cosmetic prosthetic device** is similar in appearance to a real hand and replaces what was lost. It provides only simple aid in balance and carrying. It is lightweight, cosmetically appealing, and needs little maintenance, but does not offer gripping ability. This is often a choice for those with partial-hand limb loss.

There are also **adaptive/recreational prosthetic devices** available that are customized for a specific function or recreational activity.

With all these choices, it can make the decision process very intimidating. That is why, once again, you must be your own advocate. It is your life and your choice of how you want to live it. Do the research, ask the questions, talk with other amputees with your level of limb loss, and be willing to take on your insurance provider if they deny your coverage. The proper upper-limb prosthetic device is not a luxury, it is a necessity!!

There is a very interesting article in the Jan. O&P Edge magazine about the revolutionary advancements in upper-limb prosthetics that you might like to read. Once again, I encourage you to plan on attending the 2017 Amputee Coalition National Conference to see first-hand some of this amazing technology.

While attending the 2013 AC National Conference, I met a young father who was a bilateral upper-limb amputee. He was using a hook on one hand and a myoelectric hand on the other. He said that he chose this as the best option for himself because he liked the functionality of the hook, but he also wanted to be able to hold the hand of his young son. Seeing him interact with his son made you understand his decision.

I am going to include one more option in the search for upper-limb prosthetics. Kelly Reitz sent me the link to an organization that provides free 3-D printed hands and arms for those in need of upper-limb assistive devices. The name of the organization is the e-Nable Community and their website is: [www.enablingthefuture.org](http://www.enablingthefuture.org). This could provide an alternative option for those with no insurance coverage, high-deductible, or limited coverage, such as the one prosthetic per lifetime limit.

### References:

Amplitude Media Group: [www.amplitude-media.com](http://www.amplitude-media.com)

TRS Prosthetics: [www.trsprosthetics.com](http://www.trsprosthetics.com)

Touch Bionics: [www.touchbionics.com](http://www.touchbionics.com)

The O&P Edge: [www.opedge.com](http://www.opedge.com)

## TEST YOUR KNOWLEDGE ANSWERS (from Page 4)

DEVOTION, ADMIRE, LASTING, ENJOY, AFFECTION, ROMANTIC, CHERISH, SMITTEN, EMBRACE

WON'T YOU BE MY V A L E N T I N E ?



## UPCOMING EVENTS

### MEETINGS:

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

Feb. 25th, Sat. from 2:00 - 4:00 p.m. at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center Room 2G. Sheila Levy, Outreach Coordinator with Project CARAT, will be giving a presentation at this meeting. The goal of Project CARAT (Coordinating and Assisting the Reuse of Assistive Technology) is to make Assistive Technology and Durable Medical Equipment more accessible to those who need it in underserved areas of Kentucky. In order to make this happen, Project CARAT partners with agencies across the state. They take donated equipment, clean it, make repairs if necessary, and then redistribute it to people who need it. If you live in Kentucky and have a need for equipment, or have equipment you'd like to donate, please contact Sheila at 502-426-1724 ext. 233. To date, project CARAT has provided **1,390** pieces of free equipment valued at over **\$489,246** to **714** individuals with disabilities!

### EVENTS:

The **Harrison County Health Fair** will be held on Feb. 25th from 9:00 - 11:00 a.m. at the Harrison County Hospital in Corydon, IN. There will be free health screenings and **MOVING FORWARD** will have a booth there. For more information contact Kelly Reitz.



**MOVING FORWARD** will host its "**March Madness**" **Chili Supper** on March 4th, Sat., from 5:00 - 8:00 p.m. at the Okolona Fire Station at 8501 Preston Hwy., Louisville, KY. There will be a chili cook-off, best-dressed fan contest, and other fun and games! Admission

is \$5.00 per person (children 12 & under - no charge) with all proceeds being donated to the Amputee Coalition Summer Youth Camp. Please see attached flyer for details or visit our website at [ampmovingforward.com](http://ampmovingforward.com).



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CONTACT INFO

Call for meeting times & locations!

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