



NEWSLETTER ♦ 95th Edition ♦ July 2021

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.

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### EDITOR'S NOTE

*- by Elaine Skaggs*

Summer is in full force as we begin to return to some semblance of normal in our worlds. Although, I am among those realizing a new normal as many changes have happened in my life in the last 2 months. After a couple months away from my duties as editor of this newsletter, this month is my attempt to get back in the swing of things. I hope you enjoy reading our articles as much as I enjoy putting things together each month. But most of all I hope that receiving these words monthly provides the connection to each other that we all need.

I would like to take a moment to thank you all for your thoughts and prayers during my husband Jerome's time in the hospital, and the many expressions of sympathy upon his death in April. The beautiful basket planter, the cards and messages, and phone calls were very much appreciated and meant the world to our family.

Hopefully we will soon be able to return to having our meetings in person and will be deciding on some future in-person events. If any of you have ideas or suggestions about events that you would like to do, please contact

*~ cont'd on Page 2 Column 1 ~*

### COPING WITH LOSS

Many of us have suffered loss during the last 18 months, or know someone who has. Whether we're mourning and grieving over the loss of a loved one, or a pet, or a body part, it's a natural process that we must navigate through in our own way, in our own time. The following article from the American Psychological Association provides insight on coping with the loss as well as moving on with life.

#### **Coping with the loss of your loved one**

Coping with the loss of a close friend or family member may be one of the hardest challenges that many of us face. When we lose a spouse, sibling or parent, our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Everyone reacts differently to death and employs personal coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. It may take months or a year to come to terms with a loss. There is no "normal" time period for someone to grieve. Don't expect to pass through phases of grief either, as research suggests that most people do not go through stages as progressive steps.

Human beings are naturally resilient, considering most of us can endure loss and then continue on with our own lives. But some people may struggle with grief for longer periods of time and feel unable to carry out daily activities. Individuals with severe grief or complicated grief could benefit from the help of a psychologist or another licensed mental health professional with a specialization in grief.

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## EDITOR'S NOTE (cont'd)

me or one of the officers. In the meantime, our next virtual meeting will be held on Saturday July 24, 2021, at 2:00 p.m. Please join us for the meeting by going to Zoom.com, download the app, and click on Join Meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321. We look forward to seeing you there!!



## UPCOMING MUSIC EVENTS

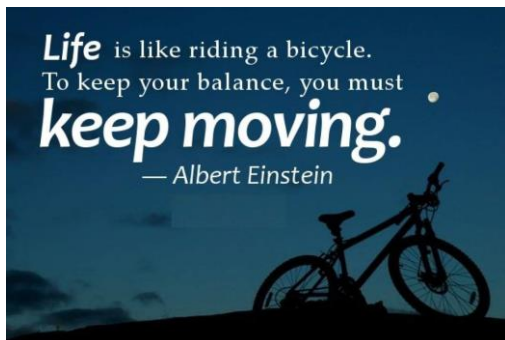


|         |                                     |
|---------|-------------------------------------|
| June 11 | Dave Wilbert with guest Hank Rose   |
| June 25 | Magnolia Boulevard Bluegrass        |
| July 9  | Alex William's Outlaw Country       |
| July 23 | Sheryl Rouse and the Unlimited Band |
| Aug 6   | The Rigby's Beatles Tribute         |

Here is a free local event we are looking to attend together as a group. Our plan is to attend the August 6 event together. If you are interested in attending, please call Kelly Grey @ 502-235-3146 so we can arrange seating together. We have posted all dates in case you'd like to attend on other dates.



## QUOTE OF THE MONTH



## COPING WITH LOSS (cont'd)

### Moving on with life

Mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life. Grieving individuals may find it helpful to use some of the following strategies to help them process and come to terms with loss:

- + Talk about the death of your loved one with friends or colleagues in order to help you understand what happened and remember your friend or family member. Avoidance can lead to isolation and will disrupt the healing process with your support systems.
- + Accept your feelings. You may experience a wide range of emotions from sadness, anger or even exhaustion. All of these feelings are normal and it's important to recognize when you are feeling this way. If you feel stuck or overwhelmed by these emotions, it may be helpful to talk with a licensed psychologist or other mental health professional who can help you cope with your feelings and find ways to get back on track.
- + Take care of yourself and your family. Eating healthy foods, exercising and getting plenty of sleep can help your physical and emotional health. The grieving process can take a toll on one's body. Make sure you check in with your loved ones and that they are taking the necessary healthy steps to maintain their health.
- + Reach out and help others dealing with the loss. Spending time with loved ones of the deceased can help everyone cope. Whether it's sharing stories or listening to your loved one's favorite music, these small efforts can make a big difference to some. Helping others has the added benefit of making you feel better as well.
- + Remember and celebrate the lives of your loved ones. Anniversaries of a lost loved one can be a difficult time for friends and family, but it can also be a time for remembrance and honoring them. It may be that you decide to collect donations to a favorite charity of the deceased, passing on a family name to a baby or planting a garden in memory. What you choose is up to you, as long as it allows you to honor that unique relationship in a way that feels right to you.



## JULY RECIPE

### Garbanzo Bean Salad with Red Wine Vinaigrette

**Course** Salad, Side Dish

**Cuisine** American

**Prep Time** 15 minutes

**Total Time** 15 minutes

**Servings** 12

**Calories** 152 kcal

**Author** Brandie @ The Country Cook

#### Ingredients

##### For the salad:

- 2 ears fresh corn
- 2 15 oz cans BUSH'S Organic Garbanzo Beans drained and rinsed
- 2 English cucumbers diced
- 3 Roma tomatoes diced
- 1/2 red onion peeled and diced
- 1 cup Feta cheese crumbled
- 2 green onions (optional) sliced

##### For the dressing:

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tbs honey
- 1 tbs dijon mustard
- 1 tsp Italian Seasoning
- 2 cloves garlic minced
- salt and pepper to taste

#### Instructions

1. Arrange both ears of corn, un-shucked, in the microwave. If you prefer, you can set them on a microwaveable plate or tray. Cook for 5 minutes. Allow to cool; set the ears on a cooling rack or cutting board to cool. When the silks and top leaves are cool enough to handle, quickly shuck the husks off the cobs.
2. Then cut the corn off the cob.
3. In a large bowl, combine corn, BUSH'S Organic Garbanzo Beans, diced cucumbers, diced tomatoes, diced onion, and Feta cheese crumbles.
4. In a jar, add in all the dressing ingredients. Pop the lid on nice & tight. Then give it a really vigorous shake.
5. Pour dressing over salad and stir well. Then serve!
6. If not serving right away, cover with plastic wrap and put in the refrigerator. Serve within 24 hours.

#### Nutrition Facts

Garbanzo Bean Salad with Red Wine Vinaigrette

##### Amount Per Serving

**Calories** 152 Calories from Fat 108

**% Daily Value\***

**Total Fat** 12g **18%**

**Saturated Fat** 3g **15%**

**Cholesterol** 11mg **4%**

**Sodium** 159mg **7%**

**Potassium** 169mg **5%**

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## QUEST STUDY UPDATE

– by Elaine Skaggs

In April of this year, I was recommended by my prosthetist to be considered for a clinical trial involving the use of the Altius System device designed by Neuros Medical, to reduce or eliminate post-amputation/phantom limb pain. I had to qualify to be able to participate in the study, and was required to complete a couple of tests, which included logging pain levels and frequency into an e-diary for 2 weeks, as well as receiving 2 injections into my sciatic nerve to establish a baseline pain level. I passed both of the qualifications tests, and was then scheduled for surgery. The device itself consists of a small square generator which is implanted in the belly area, mine is just above my waistline on the left side, and a wire that is attached to a cuff electrode which is placed around the sciatic nerve. The device delivers an on-demand electrical signal to the nerve to block nerve pain. I had outpatient surgery on June 4 to implant the device and the nerve cuff, and ended up with 3 incisions, one on my belly, on my left hip, and one on the back of my residual limb which prevented me from using my prosthesis for 2 weeks while the incisions healed. During the 2 weeks recovery, the device was not activated. Once it was activated, when I experience pain, I can use a handheld device to deliver the electrical impulses to block the pain. So far the results have been limited, as I am still learning how to use the device. For the next 90 days I will be required to continue using the e-diary to report pain levels, frequency, and use of the device treatments. I also will continue to keep you updated on my progress and my results here. The goals of this study have become my goals, and my hope, and that is to relieve my post-amputation pain, to improve my quality of life, and to reduce my use of pain medication. If you are interested in more information, or wish to participate in this clinical research study, you can contact Leslie Haysley at (502) 724-5589. (By the way, there is no cost for taking part in this study, and there is reasonable compensation provided for study related visits.)

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JULY RECIPE (cont'd)

Total Carbohydrates 9g 3%
 Sugars 5g
 Protein 2g 4%
 Vitamin A 5.2%
 Vitamin C 6.1%
 Calcium 7.6%
 Iron 2.8%

* Percent Daily Values are based on a 2000 calorie diet.

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## NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available to download or print on our website at: [ampmovingforward.com](http://ampmovingforward.com).

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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"

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](http://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/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

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

Enter our organization number: DC476 or, Sign in or Create your account under box "I'm a Customer"

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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