



MOVING FORWARD

LIMB LOSS SUPPORT GROUP NEWSLETTER

8th Edition – April 2014
National Limb Loss Awareness Month



MOVING FORWARD FEATURE ARTICLE

Finding My Answer...to Why?

– by Belinda Jacobi

It started about 3 years ago; I was going through the process of getting a new socket for my prosthesis. As amputees, you know that involves weekly trips to your prosthetist's office. For a few weeks in a row, I had been running into a middle-aged gentleman and his parents at the office and had spoken to them. One day when I was leaving the office, the father followed me out, and I thought that he probably wanted to ask me something. Instead, he gave me a hug that literally lifted me off my feet. He thanked me for helping his son. I remember driving home and thinking that I was glad that I had taken the time to talk to them, but also for the first time thinking that there must be many other amputees out there that could benefit from talking to someone who has faced the same challenges.

The very next week when I walked into the office, another gentleman was there with his wife to be fitted for his first prosthetic leg. He told me how much better it made him feel just to see me walk in to the office. It gave him hope that he, too, would be able to walk again. I sat and talked to them for a while and answered a few basic questions, many of them the same questions that I had myself when I first lost my leg, but I had no one to ask because I didn't know any amputees.

Shortly after that, I was asked to take part in a peer training program for amputees, and I did so. I remember feeling a little intimidated because most of the other people there had been amputees for much longer than I, and at times I was still struggling myself with my new way of life. From time to time, I was asked to speak to new amputees and was always glad to talk with them. Some of them just needed a friend, others needed information, and yet others needed to see that it was possible to get back to a normal way of life.

It was around this time that I was approached about helping to start a support group and *MOVING FORWARD* became part of my life. Since that time, I have attended the Amputee Coalition National Convention and completed their Peer Visitor Training Program along with fellow group members Kelly Reitz and Mike Portman.

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AMPUTEE COALITION ADVICE

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How Peer Visitation Can Help the Journey to Emotional Recovery

– by Élan Young

"Everybody has their different journey, which I've learned from speaking with my prosthetist and counselor. They say you have to mourn your leg, but I also have to mourn my life. I won't ever have that life with the same level of activity again."

Laura Nugent was on her way across country by motorcycle in August 2007 when she was hit by a car on the highway and became an amputee. Her left leg was amputated right away. Her right leg was also planned for amputation, but the night before the operation, the surgeon said he'd found someone who could save it. So, through a process called limb lengthening, Laura actually grew 8 centimeters of bone over the course of 2 years. "The right leg is a miracle, but that is what hindered my recovery," she says. "If they had amputated it, I would have been up and walking around much more quickly." Despite the long recovery time and the fact that she is in pain every day, Laura has no regrets about the procedure or the decision to keep her right leg.



"Before the accident, I was a runner and a ballroom dancer, and I worked and rode my motorcycle. I had a wonderful life," she says. "I always say it was the best day of my life when I was on a new motorcycle, and I was going to go across the country for 3 weeks. All of a sudden, boom, and your life changes."

Since then, Laura has struggled with pain – physical and emotional. She grew tired of people telling her to move on. "You can't force it," she says. "People would tell me 'You should do this,' 'You should do that.' I'm like, 'Leave me alone,' and then, all of a sudden, one day I do it."

Laura, who has been in therapy since her accident, has learned that everyone's pace of recovery is different. She can't simply "move on" just because other people think it's time for her. On the other hand, she's not sitting around feeling sorry for herself, and she's the first to acknowledge that she has had a tremendous outpouring of support from friends and family, which has helped her get where she is today.

"Everybody has their different journey, which I've learned from speaking with my prosthetist and counselor," she says. "They say you have to mourn your leg, but I also have to mourn my life. I won't ever have that life with the same level of activity again."

Although the limb lengthening meant she spent much of the last 2 years in a wheelchair, Laura is grateful for her leg. "My

– *Continued on Page 2 Column 2 –*

Finding My Answer...to Why? (cont'd)

I have met so many inspiring people and made many new friends since becoming an amputee, none more inspiring than a dear friend of mine who recently passed away. She lost a battle to an infection that had claimed parts of all four of her limbs. She was never able to attend a meeting or event, but I visited her regularly at the rehab facility she was staying in.

I remember the first time that I went to see her and feeling so nervous trying to decide what to say. When I walked in, the first thing she noticed was my shoes. She said, "Oh, thank goodness, I thought I would have to wear tennis shoes the rest of my life." That became a joke for us, and we decided as soon as she was able to, we were going shoe shopping. She was full of questions, and I did my best to find the answers for her. She wanted to know about the different types of prosthetic hands available, so I took in a catalog from a prosthetic manufacturer. We sat and leafed through it like two children looking at a Christmas catalog, "oohing" & "aahing" over the selection of specialty hands. She saw one specially made for bowling and immediately decided that was for her. We both knew that her insurance would never pay for such a luxury, but it was fun to *dream*. I gave her a group T-shirt and she had me put on her wall our flyer and a picture that I had taken to her of some of the members so that she could see it everyday. She told me that it would *inspire* her to keep fighting, because she wanted to be a part of our group. She had given me permission and encouraged me to talk to the group about her.

The last time I saw her, I took her a journal because she had told me that she wished that she had some way of writing her thoughts each day, so that in the future she could share them with others. She so much wanted to tell *her story* and to help other amputees. I told her to just ask her visitors to write for her when they came in, and that way she not only would have her thoughts in writing, but they would be written by people who cared for her. I wrote for her that day for the first and last time. Right before I left, we had a conversation about *why* things happen to people. I admitted to her that sometimes I still wondered *why* I had to lose my leg. She looked me straight in the eye and gave me my answer. She said, "I can tell you that. Belinda, you lost your leg because you were needed by people like me." I miss you, dear friend, and you will be an *inspiration* to me always.

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QUOTE OF THE MONTH

"If you light a lamp for someone else, it will also brighten your path."
-- Buddha

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How Peer Visitation Can Help the Journey to Emotional Recovery (cont'd)

family made the decision to save my leg because I was out of it after the trauma and very sedated. Sometimes with the pain, they weren't sure if they made a good decision, but I'm so glad they did," she says. "I feel like I can be attached to the ground through it. I can feel the grass or the water. I feel like without it, I would never be grounded to the earth."

Laura remembers when she was in the hospital and knows that a peer visitation would have helped her. When Laura returned home and news of her amputation spread through the community, Shari Caradonna, an Amputee Coalition-certified peer visitor, learned about Laura's story, but she didn't have a way of getting in touch. For several months, Shari, who also had a traumatic lower-extremity amputation, tried to find a direct contact who could ask Laura if she would like to meet with her.

Finally, Shari was able to get confirmation that Laura wanted to meet her. Although the meeting was by chance and not an official peer visit, it became an important meeting for both women. Shari has dedicated much of her post-amputation life to reaching out to amputees, and she was thrilled to be able to help Laura. Shari saw that Laura was not as mobile as she could be because she had to wait for insurance to approve her prosthesis before going to the prosthetist she had found. Shari recommended that Laura go to her prosthetist instead so she could get a leg right away despite insurance obstacles. Laura gets teary thinking of how much her friend has helped her through her ordeal, and her outlook now owes a great deal to this friendship.

"I have the faith that I'll be OK," she says. "I'm not going to be able to run or dance. But I always say I know that I'll be OK. But if I don't get up and put my leg on every day and walk, I'm never going to be OK. I've got to get up every day, put that leg on, no matter how much it hurts, and walk. It's almost like a physical representation of what happens emotionally."

Now that Laura is more mobile, she wants to be an advocate for others. "As someone who has spent a lot of time in a wheelchair, being an advocate for people in wheelchairs is something very important to me," she says. She also plans to become an Amputee Coalition-certified peer visitor. "I think helping others is one of the greatest things. It's natural to want to give back, too, considering how much help I've received."

Laura's experience mirrors what we already know about emotional recovery from limb loss. Amputees may face social and physical challenges, pain, changes to body image or financial burdens – all of which can impact one's emotional state.

Findings from the Amputee Coalition's Limb Loss Research and Statistics Program indicate that:

- Almost 30 percent of people with limb loss had a depressed mood.
- Depressive symptoms in people with limb loss are 2-4 times greater than in the general population.
- Almost half reported significant anxiety or depression 3-24 months after a lower-extremity amputation.

Laura knows that she would have had a better start toward emotional recovery with peer visitation because no one other than an amputee can fully understand what it's like to lose a limb. The Amputee Coalition's peer support program promotes recovery in ways that healthcare professionals cannot address. There is no substitute for peer support in demonstrating genuine understanding, providing information at an appropriate pace and offering encouragement based on firsthand experience. Through peer support, the person with limb loss learns:

– Continued on Page 3 Column 2 –

NEW COLUMN ~~~~~

We are introducing a new column and a new writer this month:

HEALTHY BITES BY BEVERLY GAYLORD

Beverly brought this banana pudding to the Chili Supper and it was a big hit.

This month's recipe is a low-fat dessert that would be perfect for Easter. A few years ago, some friends from our church hosted a Derby party and had this banana pudding as a dessert. We talked the hostess into sharing her "secret recipe":

BANANA PUDDING

Ingredients:

9 oz. Low-Fat Cool Whip
1 can Low-Fat Condensed Milk
2 boxes Sugar-Free Instant Pudding (1 small box of vanilla and 1 small box of banana cream) – mix according to pkg. directions
1 lg. box Reduced-Fat Vanilla Wafers
4-6 bananas

Mix Cool Whip and condensed milk with prepared pudding. Layer wafers, sliced bananas, and pudding mixture. (Looks pretty in a trifle bowl.)

Craft/Recipe for the Kids:

SPRING NESTS

First, make the Rice Krispy Treats as you normally would. Instead of spreading the Rice Krispy mixture into a pan for bars, divide into sixteen "nests," making an indentation in the middle (*TIP:* using a muffin tin may help you create uniform nest shapes.)

Next, fill your "nests" with green Easter grass. You can use coconut colored with green food coloring for this, or the edible Easter grass found at Target. Add a few speckled M&Ms for the eggs, and top with a chick-shaped Marshmallow Peep. The simplicity of this project makes it perfect for cooking with kids, and a wonderful Spring Break activity!

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TEST YOUR KNOWLEDGE

Unscramble these words and then use the letters in the parentheses to finish the sentence. You can find the answer at the bottom of PAGE 5.

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In the U.S. the leading cause of amputation is vascular disease due to

— — — — — or — — — — —.

How Peer Visitation Can Help the Journey to Emotional Recovery (cont'd)

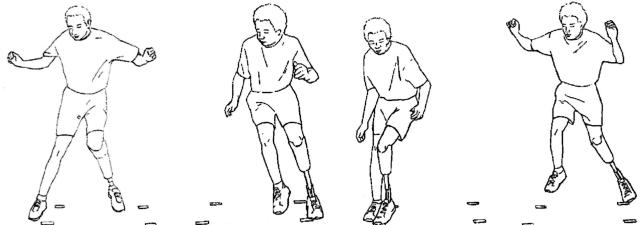
- Techniques for returning to work, school and daily activities
- That others experience similar feelings of loss and grief
- What it's like to perform daily activities
- What problems might arise and how others have dealt with
- What problems might arise and how others have dealt with similar issues
- Where to find national and local resources
- Strategies for dealing with changes in personal relationships.

If you or someone you know might benefit from peer support or would like to become a certified peer visitor, please contact the Amputee Coalition at 888-267-5669 or visit amputee-coalition.org.

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LET'S GET MOVING!

This month we are adding an exercise that is a little more advanced, so please only try it if you have good balance and leg strength. Don't worry if you aren't ready for this one yet. If you keep practicing the 1st four exercises that we have included thus far, you will eventually build your balance and strength. We have decided to keep "Let's Get Moving" as an exercise column and begin a new column this month which will include recipes and tips for healthy eating. So let's get moving!



Toe Box Jumps

Toe Box Jumps: Place four pieces of tape two feet apart, forming a square. Standing with both feet together, jump diagonally to the opposite mark landing on the toe of the prosthetic foot, using your unaffected limb for balance. As your body weight loads the prosthetic foot, quickly push off using your thigh muscles aiming for the mark just to the side. Again landing on the toe of the prosthetic limb, balancing with the unaffected limb, push off diagonally to the last remaining mark. Initially, a friend should spot you for safety.

Check us out on Facebook at
Moving Forward Limb Loss Support



SPOTLIGHT

This month we are shining our spotlight on a spouse of an amputee, Beverly Gaylord. It is important to our group that people know we offer support to not only the amputee, but also his/her family, friends, and caregivers. As amputees, we know that they go through this with us and they are vital to our recovery. Instead of the usual question and answer format that we typically use in this section, Beverly has written a little about herself to share with our readers:

"I am not an amputee but I have lived my entire life around someone else with an amputation. Due to his experience of serving in the U.S. Army in the Vietnam War, my daddy lost one of his legs above the knee. Also, his other leg was fused at his knee. So, he had to always walk "funny". Years ago I remember he wore a wooden leg. My granny used to live on the other side of a creek. There was a swinging bridge to go to her house. My daddy used to tell my cousins that a snake from the creek ate his leg. It was always a joke to have little kids knock on his leg. Being an amputee never stopped my daddy from doing what he wanted. He hunted, fished, etc. He was probably his happiest driving his bass boat on Lake Okeechobee and reeling in a crappie that he had just caught. My daddy died about 2 1/2 years ago from throat cancer. Even though he was always "different", I never saw him as disabled. He was just my daddy. I loved him and was very proud of him.

After dating for SEVERAL years I married Sam about 5-1/2 years ago. He became an amputee after being severely wounded while serving with the U.S. Marine Corps in the Vietnam War. So, now I am a proud wife of a U.S. Marine. Again, I have experience how being an amputee has not stopped a loved one. Sam has never let his amputations prevent him from doing anything he wanted. Whether it is golfing, traveling, or walking up flights of stairs, etc., Sam has never let his amputations stop him. Sam is the type of person that would rather help someone else than for them to feel they need to help him.

I have one older brother and am a proud aunt to one nephew who is a freshman at UK. I grew up in Southeastern Kentucky. I used to feel like Lexington was the big city in Kentucky. But the small town girl moved to the big city of Louisville in 2006. For various reasons, I skipped motherhood. I now have a step-daughter and a step-son and 8 grandkids. My baby is my 14-year-old Malte-poo, Kaci.

I have an Associate Degree in Childcare, a Bachelor's Degree in Childhood and Family Studies with a minor in Special Education. Most recently, I went back to school and obtained my Associate Degree in Paralegal Studies. I own my own company, Draycom Promotions. Also, in the past year I successfully passed my training and exam to be a Veterans Service Rep for the Vietnam Veterans of America. I enjoy helping veterans and their dependents get the benefits that they have earned.

A few things you may not know about me:

- ❖ I held a stingray in the Grand Caymans.
- ❖ I am not a sore loser. But, I can be a sore winner.

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RECAP OF MARCH

March was a very enjoyable month for the group. Many in the group said that they had been cooped up or hibernating this winter, so it was time to get out and have some fun.

On March 8th, *MOVING FORWARD* held its 2nd Annual March Madness Chili Supper at the Okolona Fire Station. Seven competitors entered the chili cook-off. The winners were: Judge's Choice – Beverly Gaylord, and People's Choice – Mike Barrett. Beverly and Mike each received a special apron as the prize for their winning chili. The aprons were designed by group member, Mike Portman.



The best-dressed fan contest resulted in a 4-way tie between: Carter Jacobi – IU, Lisa Grey – UK, Darren Frison – U of Florida, Samantha Meek – U of L.

A game was played where everyone had to match the college to its nickname, and the winners were Lisa Grey and Mike Barrett. There were games for the children as well, and they all enjoyed winning prizes. A raffle was held to raise money to donate to Camp No-Limits. A chili pot filled with items and decorated by Stacey White of Wrap-It-Up was raffled, and the winner was Julie Baird. It was an evening filled with good food, laughter, and good friends.

Our monthly meeting was held on Mar. 22 at Baptist East. Johsa Smith, Business Development Director from Hanger Clinic, provided the group with a presentation about Camp No-Limits for children with limb loss and their families. This camp is a wonderful opportunity for the children and their families to have fun, learn, and connect with others who are facing the same challenges that they are. 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 was touched by a video presentation about the camp showing interviews with children who have participated and telling how much the camp has meant to them. The proceeds from the raffle were presented to Johsa as a donation to Camp No-Limits.

A short business meeting was held after the presentation with a discussion of upcoming events.

The group then worked together to assemble Care Packages for the amputee veterans at VA Hospital.



SPOTLIGHT (cont'd)

- ❖ In 1997-98, I was the Disabled American Veterans State Commander of KY.
- ❖ I love to drive.
- ❖ I have a few OCD's.
- ❖ I can be a control freak.
- ❖ I love the water, everything from the lake, beach, pool or long bath.

I am glad that Sam and I have had the chance to meet so many wonderful people through *MOVING FORWARD*. I feel we are helping each other and that means so much.

Even though they are amputees, I thank God that my 2 favorite men have had the ability and strength to live and do amazing things in their lives. They have been such an inspiration to me and to others.

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HIKING TIPS FOR AMPUTEES

We are planning a Spring Hike during the month of May, so I thought that I would include a few tips for those of you who are planning on joining us or who just might be planning a hike of their own.

1. Carry a small bag with things you may need such as extra stump socks, moleskin in case of a blister, mineral oil in case of skin irritation, a snack, and a bottle of water.
2. Find a sturdy walking stick to assist you with the uneven terrain and climbing hills.
3. Wear comfortable shoes with good tread and wear stretchy pants or shorts that allow you to be able to remove your prosthesis to add socks or apply moleskin or mineral oil.
4. Apply insect repellent. Check for ticks after the hike.
5. Following the hike, do some light stretching. It will help prevent some soreness in your muscles.
6. Start going on walks now. This will help build your endurance and strengthen your leg muscles. If you haven't exercised in quite some time, check with your doctor first. Start out with a short walk and then add some distance each time you go out. Also, gradually add in some hilly terrain to help you get accustomed to inclines and declines.

I am currently researching the various trails in the Louisville area, so if you know of a good one let me know. For our first hike, I want to keep it pretty easy. It will just be nice for our group to get out and enjoy nature together while getting some exercise. If you are interested in joining us for our 1st Spring Hike please contact me so that once it is decided, I can let you know the time and place.
— by Belinda Jacobi

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TEST YOUR KNOWLEDGE ANSWER (from Page 3):
CESSATION, GLANDS, GLUCOSE, METABOLISM, CARDIAC,
WALKER
DIABETES or SMOKING



UPCOMING EVENTS

Sat., April 26th – Meeting at Baptist East in the Education Center Room 2B from 2:00 - 3:15 PM.

Sat., April 26th – "Show Your Mettle" Dinner at Tumbleweed on the Riverfront from 4:00-6:00 PM. We will have a special guest speaker, Joe Riffe. Joe is known as the "Prosthetic Medic". After falling from a waterfall while hiking, his leg was so badly injured it had to be amputated. He won his battle with his insurance company to provide him with a prosthetic leg that would allow him to return to his job as a paramedic for Louisville Metro EMS. He is an advocate for prosthetic rights and has been a guest speaker at Stanford University.

We will be served a taco buffet which will include appetizers and non-alcoholic beverages. The price (*including tax & tip*) will be 18.50/person (*cash or check payable to MOVING FORWARD*) and may be paid at the door to the 1ST Floor Party Room. There is an elevator and the room is wheelchair accessible. Price for children 10 and under is 7.50, (*including tax & tip*). There is seating for 35, so if you are interested in attending, please contact Belinda as soon as possible to reserve your seat. This is sure to be a very motivational and memorable evening for *MOVING FORWARD*, so please plan on attending.



Thu., May 1st – Pegasus Parade Party hosted by Louisville Prosthetics. You do not have to be a customer of theirs to attend this event. They are hosting our group for a picnic and parade viewing at their office at 742 E. Broadway.

Plan on getting there by 3:00, because Broadway is closed down to traffic at 4:00. If you would like to bring a covered dish along, it would be appreciated. The picnic will begin at 3:30, and the parade starts at 5:00.

A Spring Hike is being planned for May, if you would like to go on the hike, contact Belinda.

Sat., May 24th – Meeting at Baptist East from 2:00 - 4:00 PM with special speaker, Neil Brown. Neil is a motivational speaker and just released a book, *Standing Tough*.

** The group will be holding a **Spring Yard Sale**, so if you have items that you would like to donate, please contact us. **

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Q & A

In this section, we ask you to submit questions pertaining to limb loss, & then we will get responses from members of *MOVING FORWARD* Limb Loss Support Group. We are not offering medical advice, but will share tips & information to try to make living with limb loss easier. You may submit your question(s) by email to belindajacobi@yahoo.com or by calling 812-620-3694.

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Care Package Update

We are finally set to deliver our first Care Packages. The children's packages will be delivered to Kosair on April 10th, and the Veteran's packages are being taken to the VA Hospital on April 15th. With the month of April being **Limb Loss Awareness Month**, it is the perfect time to make our first delivery and to show our support for the veterans and children with limb loss in our community.

We hope that the Care Package project can be an ongoing one. If you would like to donate items or know of a church or group that would like to help, please contact Belinda, or you can drop off the items at any of our meetings or events.

MOVING FORWARD would like to thank everyone for their donations thus far to the project. Your generosity and support of our group is very much appreciated. We would like to extend a special "Thank You" to the following:

- Conway Community Church in South Boston, IN, for your cash donation
- New Albany Ward Relief Society of the Church of Jesus Christ of the Latter Day Saints for your donation of 30 boxes of crayons for the children's packages
- New Albany Ward Activity Day Girls for making 30 friendship bracelets to include in the packages.

Again, we would like to thank everyone who took part in our bowling fundraiser which was held in February. Your participation not only made that an enjoyable event, but also helped to raise funds for the Care Package Project.

I have had requests for another list of items, so I am including one below:

CARE PACKAGE PROJECT ITEMS NEEDED

CHILDREN'S ITEMS: crayons (already being provided), stickers, coloring books, playing cards, hot wheels, folders, note pads, small craft sets, art sets, small stuffed animals, hand sanitizer, wipes, tissues, DVDs, and I-tune gift cards

ADULT ITEMS: lotion, hand sanitizer, wipes, tissues, band aids, mineral oil (already being provided), moleskin, note pads, pens, shoe horns, playing cards (already being provided), bottles of water, and snacks.

All items should be small or individually packaged.

— by Belinda Jacobi

It is very important for the amputees in our community to know that *MOVING FORWARD* is open to all amputees and their families, friends, and caregivers. Our goal is to encourage amputees, prosthetic companies, rehab and medical facilities to work together to support, educate, and motivate those with limb loss in our community. We deeply appreciate all of you who have shown your support in helping us to "move forward" in reaching that goal.

Q & A (cont'd)

I was asked this month by an amputee "Why should I join *MOVING FORWARD*?" The amputee went on to say that with all the social networking available today, maybe a support group isn't necessary. Since this touches on my number one *pet peeve*, I decided to use this question in the Q&A.

People seem to have a preconceived notion that a support group is just a bunch of people sitting around a table whining. I remember one young man that I met at the Amputee Coalition National Conference who said that he had gone to a couple of meetings of a support group in his hometown and that, in his words, "It was just a bunch of old people griping." Let me assure you that is *not* what our group is about. We do share our stories and ideas, because we can learn so much from each other. But, we also bring in guest speakers, do projects to help amputees in our community, and have events in which we encourage amputees to get active and to try new things. I am also contacted quite often by universities which are doing various research projects to improve the lives of amputees. I pass these along to our members, giving them an opportunity that they would not have had.

Now, I am going to touch on my *pet peeve*. I think that social media is terrific, but I also think that it is meant to be an additional source of interaction with others, not our only source. I honestly believe that people are losing the ability to have face-to-face conversations and often avoid them entirely, thinking that it is easier to send a text or an email. The internet is *amazing*. You can find out so much information on prosthetics, eating healthy, exercise, medical advice, and many other topics to improve your life. There are great websites and Facebook pages where amputees can network with each other and share information. There are some things, though, that you can't get on the internet. You can't hold a friend's hand or brush away her tears when she is lying in a hospital bed. You can't go bowling and laugh at each other's terrible bowling form. You can't high-five a fellow member's grandson when he caught his first fish. You can't work together as a group to put together care packages for the VA Hospital. You can't feel the emotion in the whole room when a young man who is a quadrilateral amputee plays his drums. I could go on and on, but I think you get my drift. Our group gives amputees in our community a chance to interact with each other, support each other, and develop a bond with each other that no social media sight could possibly compare with. or event and give us a chance. There is no obligation to join and there is no membership fee. You can come to as many or as few meetings and events as you like.

I asked some of our members why they feel someone should join the group, and this is how they responded:

Beverly says, "*MOVING FORWARD* provides support, friendships, and inspiring ways to help others."

—Continued on Page 7 Column 2 —



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Q & A (cont'd)

Sam stated that *MOVING FORWARD* gives an opportunity to relate to others that you may not otherwise have had the chance. It also gives opportunities to *inspire* and to *be inspired*.

Kelly enjoys the regular activities that the group provides and said that she likes to take part in the group for personal reasons.

Marcia and Chuck said that they enjoy the interaction with the other people and hearing their stories and learning from them. They also enjoy all the outings.

Philip says, "In the support group you get to meet new people, and the group makes you laugh."

Julie summed it up beautifully when she said, "Joining *MOVING FORWARD* allows you to participate in a *worthwhile* cause whose goal is to help each other and to reach out and help others. You get to *join together* with like-minded people who share the same concerns. We all have an *opportunity* to contribute our ideas and to *participate* in the planning stages of our projects and events. We candidly *share our struggles & our triumphs*. We learn from each other every time we get together for a meeting or event. We join together in events and have *loads of fun!* In short, *MOVING FORWARD* is *camaraderie*; it is *purpose*; it is *giving & sharing*; *MOVING FORWARD* is *very rewarding!*"