



NEWSLETTER ♦ 22nd Edition ♦ June 2015 ♦ *Special Father's Day Issue*

## **MOVING FORWARD** FEATURE MEMORIES *- by Belinda*

My dad wasn't a perfect man, but I couldn't have loved him more even if he was. Dad passed away on June 10, 2010, which was a little over a week before Father's Day. Needless to say, this is a difficult holiday for me because I was always my daddy's little girl. My father died due to complications of Alzheimer's disease less than a year following my amputation surgery. It was a rough year.....

I try, and succeed most of the time to not dwell on the sadness, but to cherish the memories of the happy times that we shared. I would like to share some of those memories with you:



*My dad loved to garden. I used to love when we dug the potatoes. You would think that he had dug up solid gold with each hill. He loved his flower gardens, and that is one trait that he and I share.*

*My dad had an old International pickup truck, and I kid you not, but he had it painted robin egg blue. I loved to ride in that truck with my dad. Once, I invited a friend home with me and Dad picked us up in that truck. She later told me how embarrassed she was to be seen in it. I never invited her home with me again. You didn't insult "Old Blue" and get away with it!*

*One of the highlights of each year for me was riding in the truck with Dad to the Scottsburg Sale Barn. We would go each spring to buy a calf. I tried not to think of what was going to happen to that calf later in the year. In other words, we didn't buy it to be a pet. That place was like "The Magic Kingdom" to me with all the animals and the giant flea market out front. My brothers all played sports and my dad and I would go to every game together.*

*Dad wasn't an affectionate man when I was young. I could probably count on one hand how many times he hugged me or told me that he loved me, but he didn't have to, because I knew.... He did soften with age and showed his love more freely to his grandchildren and great grandchildren. I was blessed that he lived long enough to get to know my grandson Carter. They shared a very special bond, and Carter brought him much joy during the latter part of his life when Alzheimer's was*



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## AMPUTEE COALITION ADVICE MILESTONES: THE POSITIVE SIGNS ON THE ROAD TO RECOVERY

© Amputee Coalition Resource Center

Nothing is quite as bewildering or scary as the unknown. That's why one of the most frustrating aspects of limb loss is trying to understand what lies ahead on the road to recovery.

Some of the most common questions include:

*When will I receive my first prosthesis?*

*How long must I wrap my residual limb?*

*When will I walk again?*

*How long does phantom pain last?*

The usual "one-size-fits-all" response is something like, "Well, that depends," or, "Everybody is a little different." But in today's world, where our lives are measured by calendars, clocks and coffee spoons, we want something more. We want a date, the number of days, weeks or months.

### **Are We There Yet?**

The hard truth is that we all march to a different drummer; not everyone progresses at the same pace. A date is nothing more than a goal, a target that everyone likes to have so that we can measure our progress. Most folks are content to accept whatever time frame is offered by their physician, physical therapist and prosthetist. The trouble with such goals is that if we fall short, we all feel a small sense of failure, whether real or imagined. We wonder what we did wrong. Unfortunately, recovery time after limb loss can be unpredictable because there are so many variables unique to each person, and rehabilitation doesn't come with a crystal ball.

So what are the common signs or milestones that tell us we're on the road to recovery? There are several, and though the time frame for reaching each may vary, almost everyone will reach their goals and eventually get to the place they want to be. Like any journey, the anticipation of getting to where we want to go always makes the trip seem longer than it actually is.

### **Making the decision**

One of the hardest decisions a person will ever face is the one to have a limb amputated. Few people actually have the decision made for them because most people are required to give their consent. Although it's difficult to weigh the concerns and agree to adopt a life with an uncertain future, many people have said that once they made their decision, there was a great sense of relief. Once the decision was made, they could begin to look to the future.

### **Getting out of bed**

The day after your surgery is one of the most difficult to get through. It's painful. It's sad. And it's scary. The "simple act" of getting out of bed and starting the process of rehabilitation takes a tremendous amount of courage. Typically, just sitting on the edge of the bed and moving over to the chair is a painful but very

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## MEMORIES (cont'd)

*taking its toll on him. When I see an elderly gentleman at one of Carter's baseball games, sometimes it makes me feel sad, because I know that Dad would have loved to watch him play. A few weeks ago, Carter got a hit that drove in the winning run at his game. The first thing that came to my mind was how proud Dad would have been. I felt him with me then, just as I do when I am in my flower garden.*

You may wonder why I chose to share this with you. When you lose a limb or limbs, life goes on. Sometimes good. Sometimes bad. It is how we choose to deal with it that determines the outcome. We can choose to give in to our grief and give up or we can choose to endure what life throws at us and to keep "moving forward".

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## SPOTLIGHT - by Belinda

The Spotlight column is my favorite part of the newsletter to work on, because I get to interview some amazing people. These are individuals who were for the most part were living normal day-to-day lives, but because of an illness, disease, or tragedy; they have had to learn different ways to accomplish daily tasks and to summon inner strength and the courage to go on; and in doing so, they have been able to inspire others. One of these individuals is Gary Rock. I remember the first time that he came to a meeting. It had only been a few months since his accident, and yet here he was telling his story and expressing his desire to help others.

In my interview with Gary, I didn't realize that I would also get a history lesson as well, but he is full of surprises. I know that you will enjoy getting to know Gary a little better...

Gary has always lived in Hodgenville, KY. He is a 3rd generation dairy farmer and has 130 cows and milks between 90-105 cows twice a day. The farmland has been in his family for 280 years and was deeded to his 5th great grandfather, Jacob Larue, by Squire Boone. There were 2 rural churches in the community that were started in the home of his great-great grandmother. There were 3 one-room school houses built on the land in 1849. The house in which Gary grew up has logs dating back to 1795. During WWI there was a country store located on the farm. The county in which Gary lives, Larue, was named after his 5th great grandfather.

On August 29, 2013, while chopping silage (a forage you feed dairy cows) some cornstalks became lodged in the chopper. Gary said, "I made a fatal mistake of trying to unclog the chopper without turning the machine off because of the difficulty of unstopping the machine when it is not running. My right leg was completely severed and the left leg was so badly damaged that it could not be saved. I was flown to University of Louisville Hospital where I underwent 5 surgeries during my fourteen days there and then spent 5 more days at Frazier Rehab. From the fact of just bleeding out, I should not be here, but God spared my life to accomplish some of His will in the realm of eternity."

I remember Gary telling us about the accident at the first meeting he attended and telling how he had to grab hold of a bar to keep him from being pulled into the machine.

Gary's love for farming was not deterred, and he has been able to get back to it with the assistance of Vocational Rehab, an agency which helps people with disabilities to get back to work, whether by providing adaptive equipment or job training and placement assistance. Vocational Rehab has provided Gary with hand controls that allow him to drive his truck. They are currently working on a ramp with a lift for him that will allow him to get to the dairy facility office that is located above the milking facility. He also has a track wheelchair that has rubber wheels that enables him to be more mobile. The chair allows him to have one hand free so

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## MILESTONES: THE POSITIVE SIGNS ON THE ROAD TO RECOVERY (cont'd)

important beginning.

### Walking with an assistive device

As the old saying goes, the journey of a thousand miles begins with a single step. Even if you have upper-limb loss, getting out of bed and walking is an important first step. Learning to walk while in the hospital is not an easy task, but it will help improve your mobility around the house and will make getting back to your way of life much easier. However, many people are not ready to walk just after surgery because of weakened muscles or other medical conditions; in their case, it is not practical. If this is the case for you, don't worry; your time will come.

### Meeting family and friends for the first time

Once you get home, you may have difficulty having your family and friends around. Most people are not themselves during this time. You may feel uncomfortable because your body has changed, the residual limb is painful, and you may require considerable assistance. Family and friends may also feel uncomfortable. They may find it hard to strike a balance between being helpful and being bothersome. Also, choosing the right words in conversation can be awkward. It's up to you to set the tone. Be yourself; don't be afraid to ask for what you need, and let them know what you can do for yourself. If someone says something awkward, laugh it off and realize that no harm was intended. Accept their support and establish your independence.

### Accepting a peer visit or joining an amputee support group

Asking others for help can be very difficult for some people. However, accepting a visit from a peer visitor or another amputee can not only be comforting but can help you find the answers to many questions you may have. If knowledge is power, then getting in touch with an Amputee Coalition-certified peer visitor or support group can be a critical milestone.

### Restoring physical conditioning

From the first day after surgery, you should be striving to increase your cardiovascular endurance, strength, balance and flexibility. Even if exercise was not a significant part of your life before, it must be now. The sooner you can rise from a chair on your own, walk moderate distances with an assistive device, and maintain your standing balance, the sooner you will be ready for prosthetic fitting. Moreover, you will begin to notice that everyday activities, such as moving around the house, getting in and out of the car, and going places in the community, will be much less demanding.

### Reducing residual-limb swelling

Using compression dressings will help reduce the swelling and create a "stable limb." In other words, the swelling will not increase and decrease as much throughout the day. This is a key milestone; once the residual limb is stable, the pain will typically decrease enough to begin the fitting process for the prosthesis. For some people, however, their residual limb may always fluctuate in volume or swell because they tend to retain fluids or have a secondary condition that causes swelling. If this is a problem for you, it just means that you will have to continue using a compression wrap when you're not wearing your prosthesis.

### Meeting your prosthetist

For many people, finding the right prosthetist is a process that takes some time. Because your prosthetist could potentially be a lifelong caregiver, it is important that you take the time to explore your options and interview several prosthetists. You need to discuss what your prosthetic needs and options are and make several decisions about components, socket design and other issues that you are probably not very familiar with. Taking the time to ask questions, talking to other amputees & doing a little research on your own can really help with the decision-making process.

### Receiving your first prosthesis

There is something unique about receiving your first prosthesis. Many folks will tell you that there is a sense of turning

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## SPOTLIGHT (cont'd)

he can open and close gates. A friend made him an attachment that helps him to grade snow and feed his cattle.



Gary chopping corn

him 'moving forward', he said, "My faith in God and knowing that I have a purpose to fulfill, the overwhelming support that I have received from my community, my friends, my wife and family, the *MOVING FORWARD* Support Group, and my local nursing home facility, Sunrise Manor."

Speaking of his lovely wife, he and Karen were married this past year, so I asked him if he had any advice for newlyweds. Gary says that no matter what age of life we are in, a marriage can be such a beautiful experience if we can realize that the only person we can change is ourselves and to realize how lucky we are to have that special person to experience life with. With the marriage, Gary's family has grown. He has 1 daughter: Samantha - 31; 5 step-children: Heather - 29, Hannah - 26, Holly - 23, Hallie - 18, and Holden - 14. He also has 7 grandchildren: Lucas - 9, Logan - 7, Taylor - 5, Wyatt - 2, Abigail - 2, Isabelle - 1 and Nolan - 9 months.

I asked Gary if there was anything that he would like to share with new amputees. He said: "When I came to *MOVING FORWARD* as a three-month amputee, I can say that it helped me get through the stereotypes of what people think and learn that we still have our abilities to achieve and to help others. It is our responsibility in life to find and except what we can do with the tragedies that life deals each one of us. Hopefully, all of us who face being an amputee can find a light in life that we would have never experienced if it had not been for our tragedy. Jokingly he said, "It is called making lemonade out of a lemon."

Gary and Karen, who is an elementary school teacher, are not only busy with the farm and their family, but are also planning an event called "**Luke 14**", which will be held on Saturday, Sept. 26<sup>th</sup>, at the Larue County Fairgrounds. It is based on the Book of Luke, Chapter 14, Verses 12-14. Gary promises that this will be one of the greatest experiences of entertainment that you have ever seen or heard. With Gary's boundless enthusiasm, I have no doubt that it will be just that. If you would like to help with or get more information about the event, please contact us, and we will put you in touch with Gary and Karen.

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## TEST YOUR KNOWLEDGE

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answer at the bottom of PAGE 6.



- |           |           |
|-----------|-----------|
| LIMFYA    | ( ) _____ |
| TTADUTIE  | ( ) _____ |
| RNTACOLEE | ( ) _____ |
| OONRH     | ( ) _____ |
| NCEOADTUI | ( ) _____ |
| SRCEPT    | ( ) _____ |

The importance of these things is often taught to us by our \_\_\_\_\_.

## MILESTONES: THE POSITIVE SIGNS ON THE ROAD TO RECOVERY (cont'd)

the corner. There is a quiet excitement because you feel that once you receive the prosthetic limb, your life will be whole again. You'll be able to go on walks with your spouse, dance or use both arms. Sometime during the fitting process, however, it will strike you just how difficult it is to use a prosthesis in the beginning. Although it's easy to let yourself become disappointed, you have to understand that with time and practice, you will become increasingly skilled at using your new prosthesis.

### Learning to use your prosthesis

Regardless of whether it is an upper- or lower-limb prosthesis, prosthetic training takes time. Unfortunately, many people only learn the basics, just enough to do simple tasks with their prosthetic arm or to walk a little. Seeking a physical or occupational therapist that specializes in prosthetic training is just as important as finding a qualified prosthetist. Far too many people fall short of their prosthetic potential simply because they don't receive proper training. Learning how to use a prosthesis correctly can reduce the amount of effort required and increase your functional ability. Once you have mastered the use of your prosthesis, everything else will tend to become just a little bit easier.

### Getting back to work

For many people, retirement seems to be a logical option after the loss of a limb. But this must be a considered decision, not one made simply because of limb loss. Several studies have shown that most people with limb loss can and do return to work, regardless of the level of amputation or number of limbs amputated. If you are a leg amputee, the main difference may be the amount of standing and walking that you can do compared to before. Work is a positive experience, and for many of us, it provides a sense of worth and contribution to the community. Getting back to work should be a goal. You may have to make some adaptations, but, for most people, the minor accommodations are well worth being able to get back to the job.

### Getting back to leisure activities

Returning to activities that you once enjoyed is one of the most significant milestones. Again, some accommodations may have to be made, but they will be worth it. Sharing your leisure interests with other people with limb loss is a great way to overcome any obstacles and to make a few friends with common interests.

### Accepting your new body

One of the most difficult milestones to overcome is the overall acceptance of limb loss. A gentleman with multiple amputations once said that for him to return to work, sports and life, he had to let go of the notion that he would still be able to do things the way he once did. Only after he stopped trying to do things as a "two-legged" person and learned how to do them with the body he now had was he able to move on and embrace life. The key for many people with limb loss is to stop focusing on the part of their body that they have lost and to focus on the whole of the person that they are. In short, be comfortable with who you are and continue to live life to the fullest.

Remember, there are no time frames for reaching each milestone because everyone is different. Set short-term goals that you can reach within a reasonable time while keeping your eye on your long-term goals. Don't become impatient and so focused on the milestones along the road to recovery that you miss all of the other things that life has to offer. Think of each step as an event in itself. Then, after some time, look back and see which ones you've completed. You might find that you are farther along than you thought.

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## REMINDER TO SIGN UP FOR KROGER COMMUNITY REWARDS PROGRAM

NPO #15533 – This is a way to contribute to *MOVING FORWARD*. It does not take away from your Kroger / Jay C points in any way but our support group receives a percentage of your purchases. Don't forget to register online, if you have not done so, at: [krogercommunityrewards.com](http://krogercommunityrewards.com)

# *J'm Moving Forward . . .*

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



Gary & Karen Rock *moving forward* together.

\*\* If you would like to submit a picture of you *moving forward*, send it to Belinda or Julie. \*\*



## RECAP OF MAY

We hope that everyone had a wonderful Mother's Day and Memorial Day weekend. Because of the holidays, we didn't plan any group events in the month of May, but there are many being planned, so be sure and check out the **UPCOMING EVENTS** section.

On Mon., May 18th, we held our IN meeting at SIRH. We welcomed a new member, Mary Moore. After announcements and introductions, Belinda gave a presentation on Stroke Awareness and Prevention. We learned the importance of acting fast if we think that someone is having a stroke, and we also learned to use the word "FAST" to remember the warning signs. Everyone received some information to take home to share with friends and family members. The meeting concluded with open discussion time.

The KY meeting was held on Sat., May 23rd, at Baptist East. The presentation on Stroke Awareness and Prevention was also given at this meeting. The group then watched a video about a gentleman who lost his arms due to an electrical power line accident and the technology being developed using robotics for upper limb prosthetics. If you would like to watch the video, we have included this link:



[http://www.nytimes.com/2015/05/21/technology/a-bionic-approach-to-prosthetics-controlled-by-thought.html?\\_r=0](http://www.nytimes.com/2015/05/21/technology/a-bionic-approach-to-prosthetics-controlled-by-thought.html?_r=0)

A Running Clinic was held on the 28th at the Jewish Community Center. It was sponsored by Kentucky Prosthetics & Orthotics and Ottobock. Some members of the group attended and got the opportunity to try out different prosthetic components specifically designed for running. We want to thank them for inviting us to attend!



# UPCOMING EVENTS

## MEETINGS:

June 15th, Mon., 6:30 - 8:00 PM at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany.

June 27th, Sat., 2:00 - 4:00 PM at Baptist Hospital East in the 2nd Floor Education Center, Room 2B.

**Special Note:** *Our Annual Business Meeting and Election of Officers will immediately precede the June 27th meeting.*

\*\* At both meetings, we will have a short presentation on Men's Health Awareness followed by open discussion time. \*\*

*MOVING FORWARD's* monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

## EVENTS:

**Amputee Tournament Players Golf Championship** – June 5th - 7th at Shelbyville Country Club. You are encouraged to come and watch amputee golfers from around the country compete. If you would like to volunteer to work at the event, contact Belinda. Event manager, Sienna Newman, says that volunteers will be needed for a variety of jobs such as registration, passing out water, and helping with various games on opening day.

**Amputee Walking School** – June 13th, 9:00 AM - 3:00 PM, at Cardinal Hill Rehab Center in Lexington, KY. This is sponsored by Kenney Orthopedics and the instructors are Dennis Oehler and Todd Schaffhauser, who are both Paralympic gold medalists. There is no charge for amputees and family members and lunch is provided. To register, call 859-367-7189.

**Military Appreciation Night** – June 13th at the Lexington Legends Baseball Stadium in Lexington, KY, sponsored by Kenney Orthopedics. At 5:00 PM there will be an exhibition softball game featuring Wounded Warriors and local celebrities from both the Louisville and Lexington areas. Immediately following will be a baseball game between the Lexington Legends and the Greensboro Grasshoppers. The price of tickets is \$7.00. If you want to go and sit with other members of our group, please contact Belinda and she will be sure that your seats are reserved.

\*\* You can find more information on the June 13th events at our website [ampmovingforward.com](http://ampmovingforward.com) or on our Facebook page.

**MOVING FORWARD's 3rd Annual Pie & Ice Cream Social** Sun., July 12<sup>th</sup>, from 2:00 - 5:00 PM at the Okolona Fire Station on Preston Hwy. Mike will once again be preparing some of his delicious homemade ice cream!!

The theme for this year's Ice Cream Social is "County Fair". We will have some carnival games for both adults and children, and a talent show featuring members of our group. If you would like to share your talent, please contact us. We will be sending out a flyer for this event with more details.

We are also hoping to have a swimming clinic in July. We are currently looking for a public pool to use for this event, so if you know of one that we may be able to use, please contact us.

A group yard sale is being planned for September and a fall picnic is also in the works. **SO STAY TUNED!!**



For more info on upcoming events, check out our website at: [ampmovingforward.com](http://ampmovingforward.com)



## 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!**

For this month's Q&A, I am including this article from the Amputee Coalition Website Resource Center. It answers many common questions that we, as amputees, have on a daily basis. If you have a question that you would like to submit to our Q&A column, please contact us.

## TIPS FOR TAKING CARE OF YOUR LIMB

*inMotion* • Volume 18 • Issue 4 • May/June 2008

- by Paddy Rossbach, RN, Former Amputee Coalition President & CEO, and Terrence P. Sheehan, MD

Proper limb and skin care is essential to your health and mobility. Prosthetic sockets trap sweat and prevent air from circulating around your residual limb, which can create a virtual paradise for bacteria. Bacterial and fungal infections can lead to skin irritation, abrasions, and eventually skin breakdown. Left unchecked, this could lead to infection and ulcerations, leaving you unable to use your prosthesis for an extended length of time.

*The following tips can go a long way toward keeping minor problems from turning into a crisis:*

### Limb Care

- If you are a new amputee, it's better to take a bath or shower at night rather than in the morning, as your limb will swell in hot water or when dangling as you sit or stand to shower, making it difficult to put on your prosthesis. In the beginning, you should use a shrinker at night, and put on your prosthesis when you get up from the bed – in other words, don't let your leg hang down or it will swell. As time goes by, this will become less necessary.
- If you have a transtibial (below-knee) amputation, never sit or sleep with a pillow under your knee, as this will lead to a contracture (inability to straighten the knee).
- If you have a transfemoral (above-knee) amputation, do not sleep with:
  - Your limb resting on a pillow, as this promotes a hip flexion contracture (inability to completely straighten your hip)
  - A pillow between your legs, as this lengthens the inner thigh muscle that helps you keep your legs together when you walk, and shortens the outer thigh muscles so that you walk and stand with your feet apart.
- Do not rest your limb over the handle piece of your crutches.
- Do stretching exercises daily to make sure that you can straighten your knee and hip; this makes walking, and even lying in bed, more comfortable.

### Skin Care

- Wash your limb with mild soap and water every day (more often if you sweat heavily) and pat it dry with a soft towel. Be patient and allow it to dry completely. If this is not done, you will be at risk for fungal growth that could lead to infection or abrasion.
- Check your limb for red pressure patches that last more than a few minutes after you remove your prosthesis; these may be a sign that the socket needs checking. If left unattended, these red patches may result in skin breakdown.
- Check for skin breakdown twice a day – if you can't see the

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## LET'S GET MOVING! - by Belinda

During the summer months, we will be featuring activities in this section. Summer is a wonderful season to get some exercise outdoors. Many of us enjoyed gardening before limb loss and with some planning and adaptation there is no reason that we can't enjoy it again. It's a great activity to share with children, and they can be a big help while learning gardening tips from us. Common sense really comes into play here, though.

Even before the loss of our limbs, we would feel the muscle strain the following day after gardening. You will be using muscles that have been dormant all winter. So don't overdue and start small. That might mean just having a small container garden on your back deck or a raised bed in your yard. Avoid being out during the hottest parts of the day, wear sunscreen, and drink plenty of fluids. We are including this article from the Amputee Coalition Resource Center about adaptive gardening, but if you would like even more information, just get online and type adaptive gardening in the search box. Once you have your garden plan and equipment ready, it will be time to get outside and get dirty.

**Attention All Gardeners:** Please send us pictures of you in your garden, and we will include them in the July and August newsletters.

## Adaptive Gardening

- by Scott McNutt

*Limb loss need not prevent those with metaphorical green thumbs from participating in activities they enjoy. Assistive devices and ideas for adapting equipment and environment can allow those with limb loss or limited mobility to garden to their heart's content.*

### Adaption Ideas

For those with limited mobility, consider designing accessible plots and using assistive devices. These include:

- Using raised beds (kits range from \$7-\$900, depending on complexity and materials), trellises, planters, window boxes, or other containers, such as the hanging tomato planter (prices range from \$7-\$13)
- Keeping nearby a bench or stool or a seat with wheels (many such rolling seats like the tractor scoot or garden seat caddy are available – prices range from \$60-\$140)
- Using a tool cart to transport tools, seeds, watering cans, etc.
- Fitting hand trowel, fork, hoe and cultivator heads on broom or mop sticks or other similar poles – or purchasing long-handled versions of these implements; add-on handles, sold by many retailers (prices range from \$15-\$18), can be attached to allow greater leverage
- Getting a long-handled grabber to retrieve clippings and tools (\$10-30)
- Using ratcheted pruners and shears with telescoping handles (prices range from \$8 to over \$150), which don't require as much leverage
- Availing yourself of soaker hoses (\$5-\$30) or spray wands (\$15-\$40) for watering to minimize bending and lifting. For upper-extremity limb loss, a few gardening-specific terminal devices are available from Texas Assistive Devices. These include:
  - Hand hoe
  - Hand cultivator
  - Hand spade
  - Pruning saw

All Texas Assistive Device tools and implements, including gardening tools, can be used with either body-powered or myoelectric prostheses. You will need to check with your prosthetist or orthotist regarding availability and pricing of these items. TRS, which also builds custom sports and recreational terminal devices for upper-extremity amputees, does not list gardening tools among its sports and recreation devices, but invites customers to inquire about custom projects. If purchasing

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## TIPS FOR TAKING CARE OF YOUR LIMB (cont'd)

end of your residual limb, use a mirror. This is particularly important for people with diabetes.

- Softening cream should only be used if the skin is extremely dry and at risk of cracking. It should only be used temporarily unless cleared by your doctor.
- Do not use talcum powder on your limb, as it can ball up and create an abrasion. If you must use a powder, cornstarch is better.
- Do not use alcohol or unknown chemicals / creams on your limb.
- Remember – your limb is covered all the time, so be very careful if you expose it to the sun. Use sunscreen SPF 30 or better.
- Do not shave your limb; the resulting short hairs get pushed back into your skin, becoming ingrown hairs that can become infected.
- If the skin of your limb opens, go straight to your doctor and prosthetist.
- If you are having a fit problem with your socket, causing skin breakdown, go to your prosthetist for an adjustment. If the breakdown is infected, you will need to go to your physician as well. Stop using the prosthesis; have crutches and a wheelchair for backup.
- If you have a skin breakdown, don't use a prosthesis. Put a clean dressing / Band-Aid on the area daily and see your doctor or prosthetist. Don't "pad" a pressure area, as that creates additional pressure and will make it worse.
- A red spot that turns into an ulcer can mean weeks without being able to use your prosthesis. Stop using the prosthesis and call your prosthetist / doctor.
- If you have reduced or no sensation in your residual limb, check your limb more frequently during the day and don't put it in hot water or expose it to the sun – it will burn and blister.

### Prosthetic Care

- Wash anything that makes skin contact (liners, socks, the inside of the socket, etc.) every day with mild soap and water and allow plenty of time to dry. Follow manufacturers' instructions for care of liners. Unless specifically instructed, do not use anything containing alcohol or unknown chemicals.
- You should know the landmarks of when your socket fits correctly; if you don't, ask your prosthetist to show you. If your socket is too big or too small, visit your prosthetist immediately.
- Make sure your shoe height is correct for your prosthesis or your alignment will be wrong, putting a strain on your residual limb and surrounding joints.
- Keep a "leg" bag handy with items you might need in an emergency (stump socks, pull socks or bandages, antibiotic ointment, antihistamine ointment, etc.).
- Remember – the fit of your prosthesis changes during the day, so add socks when needed.
- If you are having trouble with the prosthesis or liner, do not make your own adjustments or alter the prosthesis / liner – call your prosthetist immediately.

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## AWARENESS MONTHS FOR JUNE

JUNE – MEN'S HEALTH MONTH

NATIONAL CANCER SURVIVOR'S DAY – June 7th

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### TEST YOUR KNOWLEDGE ANSWER (from Page 3)

FAMILY, ATTITUDE, TOLERANCE, HONOR, EDUCATION, RESPECT

The importance of these things is often taught to us by our

FATHER.

## LET'S GET MOVING! (cont'd)

assistive devices is not an option, the Idaho Center for Assistive Technology (ICAT) offers a series of videotapes on how to construct your own one-armed gardening implements, using low-cost materials like PVC piping. The adaptive tools include:

- Belt & extension assembly
- Pedal hoe
- Garden trencher
- Rake
- Tree trimmer
- Shovel

ICAT is also developing a gardening wheelchair called the DIY Garden Tractor; a videotape demonstration of the prototype can be viewed on the website. Another low-cost wheelchair design is also in the works. For more intensive agrarian work, the University of Wisconsin-Madison's National AgrAbility Project and Purdue's Breaking New Ground Outreach Program offer resources and suggestions for adaptable and assistive farming devices.

So come on everyone . . . **LET'S GET MOVING!!**

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## Krafty Kids . . . . by Beverly



This is a craft that children can make for a gift to give to their daddy for Father's Day. Happy Father's Day to all fathers. May you enjoy this special day!

Type the following poem. Print it and glue it on card stock paper. Brush the bottom of the child's foot with paint. On each side of this poem, place the child's footprint.

### "Footprints"

"Walk a little slower daddy,"  
said a child so small.

"I'm following in your footsteps  
and I don't want to fall.

Sometimes your steps are very fast,  
Sometimes they're hard to see;  
So walk a little slower, Daddy,  
For you are leading me.

Someday when I'm all grown up,  
You're what I want to be;  
Then I will have a little child  
Who'll want to follow me.

And I would want to lead just right,  
And know that I was true;  
So, walk a little slower, Daddy,  
For I must follow you."

*Author: unknown*

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Julie's dad



Happy  
Father's Day!



## ... from Beverly's Kitchen

This easy-to-make dish would be a perfect meal on a hot summer night, especially with some basil and tomatoes freshly picked from your garden.

### Pizza Pasta Salad

Prep Time – 20 min.

Total Time – 1 hr. 50 min.

Servings – 10 servings, 1 cup each

Pizza Pasta Salad has all the flavors you love in one unbelievably easy-to-make dish. How easy? "Combine ingredients." (That easy!)

#### What You Need

3 cups penne pasta, cooked, rinsed

4 tomatoes, chopped

12 slices OSCAR MAYER Hard Salami, chopped

1 cup KRAFT Finely Shredded Italian\* Five Cheese Blend

1/2 cup sliced fresh basil

1/2 cup KRAFT Grated Parmesan Cheese

1/2 cup KRAFT Tuscan House Italian Dressing

#### Make It

Combine ingredients. Refrigerate 1 hour



## ~ LETTER TO THE EDITOR ~

We received this email from one of our readers regarding our May issue. It was so beautifully written and heartfelt that we asked for her permission to share it with our readers:

"I wanted to tell you both that I thought the newsletter was especially good this month. The word scramble was challenging -- I got stuck on nurturing (I thought of untiring, how tired I am, and couldn't get past that) but I got the other words and the answer. Very good puzzle! I also related to the neuropathy topic. I am attending a diabetes class this week and hope to learn to cope with it better. And of course I was touched by the mother's story. My daughter had neuroblastoma, but the shock, fear, and realization that you have to be there for the one you love was the same. She was diagnosed at 23 mos. and dealt with the disease and damage it and the treatment did all her life. At age 32, she spent several weeks at Floyd Memorial where she was treated first for urinary tract infection, then sepsis. She lost 2 fingers and both legs before her heart gave up and she died. Had she lived, I would have continued to aspire to be coMpassionate, devOted, sensiTive, tHoughtful, hElpful, and nuRturing ... 'cause that is what mothers do."

— by Glenda Stearns

\*\* We want to thank the Amputee Coalition for allowing us to use their articles in our newsletter. 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. \*\*

## QUOTE OF THE MONTH



"What Is A Dad?"

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail ..."

— Unknown



## JUST A TOUCH OF HUMOR

A father carries pictures where his money used to be. — Anonymous

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years. — Mark Twain

Fatherhood is pretending the present you love most is soap — on — a — rope. — Bill Cosby

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." — Charles Wadsworth

It is admirable for a man to take his son fishing, but there is a special place in heaven for the father who takes his daughter shopping. — John Sinor

When I was a kid, I said to my father one afternoon, 'Daddy, will you take me to the zoo?' He answered, 'If the zoo wants you, let them come and get you.'" — Jerry Lewis



## CONTACT INFO



Call for meeting times & locations!

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