



**NEWSLETTER ♦ 121st Edition ♦ Sep 2023**

**Our Mission** - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



**EDITOR'S NOTE**

*- by Elaine Skaggs*

This August was one of the hottest that I remember, I'm not sure if it's because I have such difficult problems with sweating or if it really was. As amputees we have to adjust to conditions that we can't change, yet continue to move forward.

When you are faced with difficult situations in your life, use your determination to find the best results that will make life easier and more fulfilling for you. Most importantly, don't ever give up! Technology continues to evolve and improve, and somewhere out there are solutions to every problem you may have, if you are willing to do the research. If you are not motivated to do the work required to find solutions on your own, then call a friend or another Moving Forward member -- that is what we are all here for. Helping and encouraging each other to adapt to this lifestyle is what we do. I personally am so very thankful I found this group 8 years ago, I have learned so much and made so many new friends. I love meeting and telling new amputees about our group and what we do, and am excited when new people join us.

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

**UPCOMING EVENTS**

**Saturday September 16 – 1:00pm**

We'll be having another T.R.A.I.L. Horseback riding event, located at 4090 Webb Road, Simpsonville KY 40067. If you plan on attending this event, don't forget to RSVP to one of the group officers.

**Monday September 18 – 6:00 to 7:30pm**

Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd., New Albany IN, in the Conference Room.

**Saturday September 23 – 2:00 to 4:00pm**

Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville KY. There will be a separate meeting for Caregivers during our regular meeting time. All caregivers, family, and friends are encouraged to attend.

**Saturday October 14 – 1:00pm**

We'll be having our annual Walk and Roll Picnic at Sam Peden Community Park, 3037 Grantline Road, New Albany, IN. The group will furnish the meat, so bring your favorite picnic side dish to share, and your fishing pole, or your favorite outdoor game. There's also a 1-mile walking path around the lake and a hiking trail, so be prepared to have a blast.

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

### EDITOR'S NOTE (cont'd)

There's still so much to learn, so much life to be lived, and so many people out there for us to help!

We had a great turnout for our restaurant outing last month at The Chicken House, despite the delay in our meeting time. The food was really great, like down home country cooking. And the accommodations were decent even for handicapped. It's always fun to be able to socialize and spend time with each other at these events. The rest of the year will be so busy with events and meetings and holidays, we will not have another restaurant outing until 2024. So in the meantime be thinking about any restaurants you'd like to visit, and we'll pick back up next year!



### DISABILITY PARTNERSHIPS

Recently one of our members, Rose Booth, was telling me about a couple of exercise classes that she had enrolled in online, provided by an organization called Disability Partnerships. After doing some research myself, I found that this is a non-profit organization that provides many different services to the disabled community. Below is their mission statement:

"We are a community-based 501c3 nonprofit whose work is based on a partnership model. We collaborate with partners in multiple sectors (nonprofit, government, and private) to develop programs and activities in the focus areas of affordable accessible housing, health and wellness, education, and economic empowerment. Our organization believes that persons with physical disabilities can do more than just survive with a disability—they can thrive as people who live with physical disabilities. Through strategic partnerships, conferences, and educational events, and with the help of our wonderful volunteers, Disability Partnerships continues to work toward solutions to the social and economic problems that continue to afflict people with disabilities."

Following is a list of the available programs offered,  
~ cont'd on Page 3 Column 1 ~

### UPCOMING EVENTS (cont'd)

**Saturday December 9 – 5:00 to 8:00pm**  
Annual Christmas Party will be held at the Okolona Firehouse, 8501 Preston Highway in Louisville. All adults & kids are encouraged to attend!

We'll soon begin working on some things for 2024, so if you have any ideas, please be sure to contact one of the officers. Hoping to have you join in the fun at all of the planned events!!



### QUOTE OF THE MONTH

Be happy with the little that you have. There are people with nothing that still manage to smile.



### NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at: [ampmovingforward.com](http://ampmovingforward.com)



## DISABILITY PARTNERSHIPS (cont'd)

with a brief description of each:

**Adaptive Wellness** – If you are a senior or a person with a disability - these classes are just right for you. Participants will engage in low- to moderate-intensity workouts targeting cardiovascular endurance, muscular strength, flexibility, and range of motion with instructors that have experience training persons with limited to no mobility.

**Adaptive Grant** – This program will provide grants to persons with a physical disability that are to be used for the purchase of adaptive equipment. There is an application process that needs to be completed.

**Affordable Accessible Housing** – Unfortunately, people with physical disabilities face multiple barriers to adequate housing. Without a fully accessible home, a person with limited mobility may be unable to access essential rooms or leave the home without assistance from others.

**Community Accessibility Pilot Program** – We conducted audits of local medical facilities and provided feedback to those physicians who managed those facilities. The audits were conducted by a physical therapist, a wheelchair user and/or an amputee.

### Economic Empowerment

Disability Partnerships has an economic empowerment program designed to help persons with physical disabilities address their economic and financial needs.

### Wheels of Defense

Research shows that as a result of their physical vulnerabilities, women with disabilities endure higher rates of abuse and sexual assault than able-bodied women, and are often subject to unwanted touching and verbal harassment. “Wheels of Defense” is an innovative program idea designed to strengthen the safety of women who use a wheelchair for mobility.

In addition to these programs there is also a Spinal Cord Injury Support Group for Spanish speaking persons, and a scholarship for the 2024 school year for adults who are returning to or entering college. Oftentimes these are the kinds of resources we, as amputees, need. I would highly recommend checking out the website for Disability

~ cont'd on Page 4 Column 1 ~

## RECIPE OF THE MONTH

Momma's Easy No Yeast Dinner Rolls:

1 Cup Flour  
1 tsp Baking Powder  
1 tsp of salt  
1/2 Cup milk  
2 Tablespoons Mayo

Combine all ingredients, spoon in to a greased muffin pan, makes approx. (5) rolls. cook in a preheated 350 degree oven for 15 minutes or till done and golden brown. — with **Marie Parent**.



~~~~~



## CONTACT INFO

*MOVING FORWARD* Limb Loss Network & Social Group

Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)

Website: [ampmovingforward.com](http://ampmovingforward.com)

Phone: 502-208-2629

Facebook: Moving Forward Limb Loss Network & Social Group

Kelly Grey, President / Facebook Editor

[kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) ● 502-235-3146

Elaine Skaggs, Vice-President / Newsletter Editor

[elaineskaggs@gmail.com](mailto:elaineskaggs@gmail.com) ● 502-548-6419

Brianna Heitzman, Secretary

[briannaheitzman@yahoo.com](mailto:briannaheitzman@yahoo.com) ● 502-650-6085

Danielle Ranschaert, Treasurer

[daniran1974@gmail.com](mailto:daniran1974@gmail.com) ● 502-403-3920

Mike Portman, Board Member-at-Large

[mdportman712@gmail.com](mailto:mdportman712@gmail.com) ● 502-262-8344

Julie Randolph, Newsletter/Calendar Producer

[jbrsweepea@yahoo.com](mailto:jbrsweepea@yahoo.com) ● 812-557-3970

## DISABILITY PARTNERSHIPS (cont'd)

Partnerships:

<https://www.disabilitypartnerships.org>

I hope to get involved in the Adaptive Wellness program myself and learn to box or line-dance with Rose!

### **2023 Holidays and Observances in September**

Labor Day kicks off many exciting holidays in September, including the unofficial start of the fall season. September includes federal holidays, religious holidays, and other celebrations and observances, such as the beginning of the school year and football season, the emergence of the harvest moon, and so much more.

September plays host to daily, weekly, and monthly celebrations; some top holidays, besides Labor Day, are Patriot Day honoring September 11, and the International Day of Peace later in the month. Some fun, quirky, or lesser-known holidays are International Talk Like a Pirate Day, National Cheese Pizza Day, and National Comic Book Day.

### **Major Holidays in September 2023**

The only U.S. federal holiday in September 2023 is Labor Day on Monday, September 4. Some schools and places of business may be closed for Rosh Hashanah. This two-day Jewish New Year celebration begins on Friday, September 15, or for the holiest day of the Jewish calendar, Yom Kippur, on Sunday, September 24.

Another noteworthy date is the autumnal equinox, on September 23, when the sun is exactly above the equator and day and night are of equal length. September 15 also kicks off National Hispanic Heritage Month.

So if you're looking for a reason to celebrate or be mindful, September offers plenty of opportunity. Have fun and be safe!

Carol Bainbridge – The Spruce

~~~~~



MOVING FORWARD Newsletter  
CORPORATE SPONSORS:



#### **Chris Luckett, C.P.**

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)



#### **Bruce Luckett, L.P.**

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)



#### **R. Wayne Luckett, L.P., L.Ped.**

1404 Browns Lane, Suite C                      742 East Broadway  
Louisville, KY 40207                      Louisville, KY 40202  
Phone: 502.895.8050                      Phone: 502.584.2959  
Fax: 502.895.8056                      Fax: 502.582.3605  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)



DONNA HINNANT CP, LPO  
[DHINNANT@KENNEYORTHOPEDICS.COM](mailto:DHINNANT@KENNEYORTHOPEDICS.COM)

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)

MOVING FORWARD Newsletter  
CORPORATE SPONSORS:



BRYAN SWINT, CPO/L  
ORTHOTIST/PROSTHETIST  
BSWINT@KENNEYORTHOPEDICS.COM

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

WWW.KENNEYORTHOPEDICS.COM

**Kentucky Prosthetics & Orthotics**  
1169 Eastern Ste. 4423  
Louisville KY 40217  
502-585-4228

Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

lendingahand@gmail.com

Facebook & YouTube: BillyPAmputee

