



NEWSLETTER ♦ 96th Edition ♦ Aug 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 racing past so fast, I'm having trouble keeping up. Thankfully the dark cloud of Covid-19 seems to be giving way to the emergence of our new normal. During our July Zoom meeting we discussed and decided to try doing an in-person meeting for August. Please let Kelly, Elaine, or Mike know if you plan to attend. The meeting will be held at the Okolona Fire Dept. at 8501 Preston Highway on August 28 at 2:00 p.m. We will notify all members if anything changes. In light of our first in-person meeting since early 2020, we will discontinue the Zoom meetings on the 4th Sat of each month.

The National Amputee Coalition Conference will be taking place virtually again this year September 29th - October 2nd, 2021, as members of the limb loss and limb difference community, expert presenters, and exhibitors join to network and support one another through an educational environment. The conference will offer informational sessions and resources around health and wellness, community living, work and career, youth and family, as well as ways to navigate the current COVID-19

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### SPOTLIGHT!

First and foremost, I'd like to thank my friend Elaine for asking me to contribute to this month's "SPOTLIGHT!" Hello to all my old MOVING FORWARD members to whom I've been M.I.A. for so long! And also to introduce myself to the many, many new MOVING FORWARD members! Hi! I'm Bill Titus.

A little about me....I'm a 65 year old father of 2, grandfather of 2 wonderful teens! Also, a divorcee for many years. For over 30 years I was in the construction business, 20 of those years operating my own relatively successful home improvement company. Dec. 17, 2013, during the busiest time of my work year, I suffered an arterial aneurysm (on the job,) nearly fatal! The surgery to repair my aneurysm saved my life! But like many surgeries, "There were complications!" To keep oxygen flowing to my heart and brain, they had to cut the flow from my limbs. The results....in March of 2014 both legs were amputated above my knees, and in April 2014 my arms were amputated below my elbows. Without warning, my life (as I knew it) was transformed!

I'm sure my story may differ from your story, but what we all share in common is "life after amputations!" I have surprised myself and most others that I have been able to adapt in my new world! But not without complications and challenges!

The biggest challenge I faced was learning how to function without my old limbs and hoping to be able to use new prosthetic limbs. \*That I hadn't received yet!\* Next was to regain my independence. Nursing home life wasn't for me! There are many challenges I face daily, many new! But the one unforeseen challenge was SET BACKS! My fellow

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

environment. Providing the Conference as a dynamic online experience means more participants can attend and have access to our renowned experts, informational exhibitors, and meet old friends and make some new ones. In addition, staff and community stakeholders assessed our 2020 convening and saw an increase in access for community members. More than fifty percent of last year's attendees were first time participants. Of those first-time attendees, many told us they were previously unable to participate due to cost or mobility issues. Community member registration is now open and the cost is \$50.00 to participate in this year's Conference from the comfort of your own home. Go to [www.amputee-coalition.org](http://www.amputee-coalition.org) to get registered.

We do have another upcoming event, FRIDAYFEST at Highview Park that we plan on attending as a group. If you would like to attend, please call Kelly Grey @ 502-235-3146 so that we can arrange seating together.



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

We are in the process of planning some additional activities, if you have any ideas about things we can participate in as a group, or something you would like to do, please contact Elaine Skaggs at 502-548-6419 or Kelly. And again, any suggestions on content for the monthly newsletters would be very welcome. Stay cool!



**SPOTLIGHT! (cont'd)**

amputees, life will get much easier for us when we get it in our heads that "setbacks are inevitable!" I don't know why, but it's just part of our package! 3 steps forward, and sometimes 1 step back! But if someone told you this would be easy....they were lying to you!!!

The mental challenge was a great one for me. The question for me was: "What do I do now with my life?" This is a question that makes us or breaks us. This is where the MOVING FORWARD Support Group was life-saving for me! I learned through the love and support of the many who reached out to me, many of whom have gone on to glory, that I can lead a productive life after amputations!

I always thought I had control over my life. But as a spiritual man, I have come to realize that God has been in control all along! He allowed what happened to me for a reason. No, I can't do Home Remodeling anymore, but He's changed my life in such a way that I'm much more positively productive than I ever dreamed I could be. He's turned my "disability" into a light to "enable" others who would give up because of life's downfalls!

Finally, I would like to encourage everyone to never give up! No matter how tired you get! As we emerge out of our Covid cocoons, let's get busy with our work at hand. I'm making myself get busy with peer visits, participating in events with the Amputee Coalition, hospital visits, and any other way that God can use me as an amputee! But, most of all, thank you all for inspiring me to "LIVE BEYOND MY AMPUTATIONS!" See you all soon!!!



**QUOTE OF THE MONTH**

Getting knocked down is a given. Getting up & moving forward is a choice. -- unknown



# THANK YOU FROM THE AMPUTEE COALITION

Following is a thank you to MOVING FORWARD for our contribution to the Amputee Coalition:



Kayla R. Marcus

6-2-21

Dear Kelly,

Thank you so much for your generous gift of \$500 to the Amputee Coalition. You are making sure no one travels the limb loss journey alone. For example, your gift can provide background checks to train 10 peer visitors. We are so grateful to have your support of our mission. We hope to "see" you at one of our events soon!

kayla@amputee-coalition.org

With gratitude,  
Kayla

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RECIPE OF THE MONTH

Hope everyone is having a great summer! Here is a cool, easy recipe for you to make this summer.

No-Bake Berry Smoothie Cheesecake

What You Need

- 2 cups honey-flavored graham cracker crumbs
- 6 Tbsp. butter, melted
- 3 Tbsp. sugar
- 4 pkg. (8 oz. each) PHILADELPHIA Neufchatel Cheese, softened
- 1 cup sugar
- 3 cups fresh berries (I used blackberries, raspberries, blueberries and strawberries. Strawberries should be chopped into smaller pieces.)
- 1 tub (8 oz.) COOL WHIP LITE Whipped Topping, thawed



Make It

- Mix the cracker crumbs, butter and 3 Tbsp. sugar. Press onto bottom of nonstick 9x13 pan and refrigerate while preparing filling.
- Beat PHILADELPHIA Neufchatel Cheese and 1 cup sugar in large bowl with mixer until well blended. Add berries; beat on low speed just until blended. Whisk in COOL WHIP LITE Whipped Topping. Pour over crust.
- Refrigerate 4 hours or until firm. Cut to serve.

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## Ways to Donate to MOVING FORWARD Limb Loss Support

### AmazonSmile

Go to [Smile.Amazon.com](https://www.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](https://www.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/>

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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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.

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## CONTACT INFO

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