



NEWSLETTER ♦ 129th Edition ♦ May 2024

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

What a fantastic April we had! With a successful Limb Loss/Limb Difference Awareness Month behind us now, we are headed for some exciting events and activities for the summer season. But before I fill you in on details, let's recap a few of the April happenings.

April was the first month for our new officers' board, with only one change, that being Rose Booth voted in as Board Member-at-Large. We also had votes on a meeting time change, which did not go through, a title change for the positions of President and Vice President to Co-Presidents which passed, and a new location for Louisville meetings, which passed as well. The Louisville meetings will now be held at St. Marks United Methodist Church on Lowe Road. In addition to the location change, our Indiana meetings will now be held at PAM Rehabilitation Hospital in Clarksville IN. This change takes effect with the May

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UPCOMING EVENTS

Monday May 20 – 6:00pm – 7:30pm

Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right. Our guest speaker will be Leah Reed-Kruer, Director of Rehabilitation. KY members are encouraged to attend also.

Saturday May 25 – 2:00pm – 4:00pm

Louisville meeting at St. Mark United Methodist Church, 4611 Lowe Road, Louisville, KY 40220. We will be holding a painting class led by instructor James Myers during this meeting for those who want to participate. If you choose to paint you must RSVP so that there are enough supplies. Who knows, you may just have a hidden talent, come and join us for a fun time!

We are hoping to have another Game Night with pie and ice cream sometime in June, the date yet to be determined. A caregiver meeting will take place at the July Louisville meeting, and our next restaurant outing will take place in August. The board will be taking suggestions on where to go, so let us know what your favorite place is!



EDITOR'S NOTE (cont'd)

meeting on May 20th. Our guest speaker will be Leah Reed-Kruer, Director of Rehabilitation at PAM who will be speaking to us about the facility. This new relationship will be a huge benefit not only for the growth of MOVING FORWARD, but also for the many amputees living in the Southern Indiana area.

The first restaurant outing of the year was held on April 12 at Momma's Mustard Pickles and Barbeque. There was great attendance and fun for all.

The last meeting at SIRH was held on



April 16, where members Steven Bare, Bobbie Ashlock, and Hadyn Warman showed their mettle!

We celebrated 'Show Your Mettle Day' for LLAM at the Louisville meeting on April 27 with a catered meal from Marks Feed Store and great fellowship. Our guest speaker for this event was Kevin Trees, a retired police officer / helicopter pilot from Louisville Metro Police Department. Kevin is a dedicated inspirational and



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5 TIPS FOR A CAREFREE VACATION WITH A PROSTHESIS

With summer fast approaching, many of us may be planning to go on an adventure. Whether it's a vacation to a distant land, the trip of a lifetime, or just a quick weekend getaway, every vacation requires good planning, but travelling with a prosthesis often requires a bit of extra preparation. Fortunately, there are ways to make your trip as trouble-free as possible. Below are five tips for a carefree vacation.

1. Check your prosthesis before leaving home

There is nothing more irritating than experiencing problems with your prosthesis while on holiday. So, check your prosthesis carefully before leaving for cracks, odd sounds or tears in your liner. Discover a problem? Schedule an appointment with your O&P professional to have your prosthesis repaired. Now you can go on holiday without any worries!

2. Put together a travel kit

Make sure you have everything you need with you during your trip. This lets you leave home without any worries. Suggested contents:

Soap – It's important to keep your prosthesis clean, especially in a hot environment. So, include a bottle of mild antibacterial soap in your bag.

Antiperspirant – If you're travelling to a hot or humid climate, you can keep the skin around your prosthesis dry with an antiperspirant like baby powder. Just make sure to talk to your doctor first.

Extra parts – It can sometimes be difficult to predict how your residual limb will respond in a different climate. The volume of your residual limb may decrease, for example, resulting in your prosthesis no longer fitting properly. So, consider bringing extra parts with you, such as extra prosthetic socks or other items that you normally use with your prosthesis.

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EDITOR'S NOTE (cont'd)

motivational speaker and advocate for amputees. We appreciate you, Kevin, and thank you for sharing your story with us!



And last but certainly not least, I want to throw a huge shout-out to board member Rose Booth. If you don't already know Rose, or haven't yet read her book [Dancing In The Valley](#), you might not yet know what an inspirational human she is. Rose took time from her busy schedule to post every single day in April about her life as an amputee. If you missed any of her posts, I highly recommend that you go back and read her daily posts. They can be found on the **MOVING FORWARD** Facebook page. You'll be glad you did!

Please be aware that we have had new rack cards printed with addresses that reflect our new meeting locations. If you still have rack cards with the old addresses please discard them, or return them to one of the board members, and pick up some new ones. We have all our printing done at MauriPRINT on Bardstown Road in Louisville. They can assist you with designing and printing a wide variety of products. Their customer service is impeccable, they are very courteous and go out of their way to

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5 TIPS FOR A CAREFREE VACATION WITH A PROSTHESIS (cont'd)

Residual limb care – Enjoy an active holiday? All of the activities may result in the onset of a blister or sore. So, make sure you have care products with you to protect and treat your skin.

3. Flying? Take precautionary measures

Flying with a prosthesis is not always a picnic. You may be subjected to an extra inspection by customs officials or have to cover a long distance from the departure hall to the gate. So, take the necessary precautionary measures by informing the airline beforehand of any needs you may have while travelling. Need to borrow a wheelchair at the airport? Extra legroom? Extra baggage? Assistance during a short layover? Contact the airline, so that your airport experience will be a pleasant one.

4. Choose the right accommodations (and ask for help!)

Not all hotels, resorts, apartments or cruise ships offer all of the facilities you might need for a comfortable stay. Which facilities are important to you, of course, is individual. So, make a list of all of the facilities you need and select your accommodation based on these criteria. Of course, that is not always easy, so don't hesitate to use a travel agency, travel agent or holiday organization to plan your trip.

5. Stay calm and know your rights

Travelling with a prosthesis can be frustrating. But if you are well prepared and remain calm in difficult situations, most problems can be resolved quickly. Do you feel uncomfortable in a situation or has someone crossed your boundaries? Express your concerns.



EDITOR'S NOTE (cont'd)

supply what you need, and so come highly recommended. You can find their business card on our sponsor page in this newsletter.



QUOTE OF THE MONTH



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RECIPE OF THE MONTH

Chicken Enchilada Quinoa Bake

Prep 15 Min Total 35 Min Servings 4

Traditional enchiladas get a better-for-you upgrade in this no-roll, cheesy quinoa bake.

Ingredients

- **2** tablespoons olive oil
- **1** small onion, finely chopped
- **2-1/2** cups cooked quinoa (white or red)
- **1-1/2** cups shredded cooked chicken breast
- **1** can (15 oz) Progresso™ black beans
- **1** can (4 oz) Old El Paso™ Chopped Green Chiles
- **1** tablespoon chili powder
- **2** cups from 1 can (19 oz) Old El Paso™ Mild Red Enchilada Sauce
- **1/2** cup shredded sharp Cheddar cheese (2 oz)
- **1** cup shredded pepper Jack cheese (4 oz)
- Sour cream or plain Greek yogurt
- Sliced avocado
- Fresh cilantro
- Crumbled cotija (white Mexican) cheese, if desired

Steps

- 1** Heat oven to 350°F. Spray 8-inch square (2-quart) or 13x9-inch (3-quart) ceramic or broiler-proof baking dish with cooking spray.
- 2** Heat 10- or 12-inch skillet over medium-high heat. Add oil and onion; cook 5 minutes or until onion is soft.
- 3** Reduce heat to low. Add quinoa, chicken, black beans, green chilies, chili powder and 2 cups of the enchilada sauce; stir to combine. Remove from heat.
- 4** Stir in Cheddar cheese. Transfer quinoa mixture to baking dish. Top evenly with pepper Jack cheese.
- 5** Bake 10 to 15 minutes.
- 6** Turn oven control to broil. Place baking dish about 5 inches from broiler; broil 1 to 2 minutes or until cheese is golden and bubbly. Remove from broiler. Top with sour cream, avocado, cilantro and cotija cheese. Serve immediately.



'Meet 'No Less A Thoroughbred', one of the Gallopaloosa horses created to commemorate the KY Derby. He wears a C-Leg prosthetic on his left front leg. You can get a closer look at him at VA Hospital, 800 Zorn Ave., Louisville KY 40206. Happy Derby Day!



PAST NEWSLETTER ISSUES

MOVING FORWARD has been publishing newsletters since Sep 2013. To view or print previous issues, go to our website at:

ampmovingforward.com



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