



NEWSLETTER ♦ 110th Edition ♦ Oct 2022

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

The first day of Ahhh-tumn is finally here, along with cooler temperatures. For me, it means a lot less sweating, fewer times of taking off my prosthesis to dry out, which also means a much happier Elaine. This really is my favorite time of year, even before I became an amputee.

We had a wonderful September, including a social outing at Bubba 33's Restaurant in Clarksville IN. They have amazing food, a sports bar type atmosphere, and did their very best at accommodating our group. We all had a great time and hope to continue to have outings like this about once a quarter. It's a great way for us to socialize and get to know each other better, as well as providing reviews for the restaurants we visit, rating them on handicap accessibility, parking, service, etc.

Now that the pandemic seems to have wound down and no longer has us at a stand-still, I wanted to devote a little of this article to something that's been on my heart for quite a while. That is growing the membership of our group. Upon Belinda Jacobi's death, which was a terrific blow to all of us, I made a promise to do whatever was necessary to keep the *MOVING FORWARD* group alive and growing. We have an

~ cont'd on Page 2 Column 1 ~

BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. Throughout the month you will see pink ribbons worn and displayed in an effort to honor survivors, remember those lost to the disease, and support research efforts to find better treatments and a cure.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.

- Pain in any area of the breast.

- Nipple discharge other than breast milk (including blood).

- A new lump in the breast or underarm.

Some of the main risk factors that affect your chance of getting breast cancer include—

- Being a woman.

- Being older. Most breast cancers are found in women who are 50 years old or older.

- Having changes in your BRCA1 or BRCA2 genes.

There are things you can do to help lower your breast cancer risk:

- Keep a healthy weight and exercise regularly.

- Choose not to drink alcohol, or drink alcohol in moderation.

~ cont'd on Page 2 Column 2 ~

EDITOR'S NOTE (cont'd)

amazing group of people who want only to be of service to others. That is our mission statement, printed in this newsletter every month. We have a wealth of information and resources available to amputees in any stage of recovery, covering all aspects of life through our affiliation with the Amputee Coalition, as well as local professionals such as prosthetists and physical therapists. Sadly there are many amputees in the Kentuckiana area that do not know of our existence. In an effort to spread the word, we will be placing some new brochures and business cards in those places of business where amputees frequently visit. Growing the group also depends on us being vocal. Almost every time I go shopping, I see another amputee or person with limb difference, and I always try to approach that person to introduce myself. The new business cards we will soon be receiving contain our logo on the front, contact information on the back, including a space for your name and phone number if you choose to share it. How easy it will be to hand someone a card and let them know we are here to help. Not everyone you approach will be interested or feel that they need any help, and that's okay, too. I usually will say something like, 'Yes, but maybe there's someone in our group who needs your help'. Either way, no harm, no foul. And don't forget to tell them about all the fun things we do together. I will have the new materials available at the next meetings where you can pick up a few to share. I hope these new materials will be of help as you meet and tell people about the *MOVING FORWARD* Limb Loss Network and Social Group, and I hope we all will take part in keeping Belinda's legacy alive and well!

Speaking of fun things, we are working on putting together another outing at TRAIL Therapy Horses and will get the word out as soon as we can confirm a date. Also we'll be recognizing our veterans at the October meeting which will be held at the Okolona Fire House,

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BREAST CANCER AWARENESS (cont'd)

If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks. Breastfeed your children, if possible.

Each year in the United States, about 264,000 women get breast cancer and 42,000 women die from the disease.

Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Typically, treatment is based on the type of breast cancer and its stage. Other factors, including your overall health, menopause status, and personal preferences are also taken into account.

Some treatments, like surgery and radiation, are local, meaning they treat the tumor without affecting the rest of the body.

Most women with breast cancer will have some type of surgery to remove the tumor. Depending on the type of breast cancer and how advanced it is, you might need other types of treatment as well, such as radiation, either before or after surgery, or sometimes both.

Drugs used to treat breast cancer are considered systemic therapies because they can reach cancer cells almost anywhere in the body. Some can be given by mouth, injected into a muscle, or put directly into the bloodstream. Depending on the type of breast cancer, different types of drug treatment might be used, including chemotherapy, hormone therapy, targeted drug therapy, or immunotherapy.

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## QUOTE OF THE MONTH

*When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out."*

– Eleanor Roosevelt

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NEWSLETTER ISSUES

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

ampmovingforward.com

EDITOR'S NOTE (cont'd)

8501 Preston Hwy, Louisville 40219, on Sat, Oct 22, from 2:00 - 4:00 p.m. The Indiana meeting for this month will be on Mon, Oct 17, from 6:00 - 7:30 p.m. at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd, New Albany, IN 47150.



Ways to Donate to *MOVING FORWARD* Limb Loss Network & Social Group

AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

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.amazon.com/smile), the AmazonSmileFoundation 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 Network & Social Group, Inc."

Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)

w screen to select our group)

Sign in, Enter our organization number: DC476 or,

Sign in or Create your account under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

Search for "Moving Fwd Limb Loss Network & Social Group"

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

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RECIPE OF THE MONTH

DOUBLE LAYER PUMPKIN CHEESECAKE

It's the time of year for pumpkin – everything! From latte's to doughnuts, cereals and snacks, we are bombarded from all sides, and since cheesecake is one of my favorite things, I'm going to try something different with it this year. This pumpkin cheesecake is a great alternative to traditional cheesecake — especially for pumpkin pie fans! A thick, creamy cheesecake base topped with a layer of spiced pumpkin cheesecake filling sits on a graham cracker crust in this easy layered holiday dessert. Two flavors of cheesecake in every bite! Serve with a scoop of vanilla ice cream or a dollop of whipped cream. You'll find the full, step-by-step recipe below — but here's a brief overview of what you can expect when you make this top-rated pumpkin cheesecake:

1. Make the Bottom Layer: Beat cream cheese, sugar, and vanilla together in a large bowl. Incorporate eggs one at a time. Spread half of the batter in the bottom of a prepared graham cracker crust.

2. Make the Top Layer: Add the pumpkin puree, cinnamon, cloves, and nutmeg to the remaining batter and stir gently until smooth. Spread the batter evenly over the first layer.

3. Bake the Cheesecake: Bake in a preheated oven until the center is almost set. Allow to cool, then refrigerate overnight.

INGREDIENTS

Cheesecake Layer:

2 (8 ounce) packages cream cheese, softened

½ cup white sugar

½ teaspoon vanilla extract

2 large eggs

1 (9 inch) prepared graham cracker crust

Pumpkin Layer:

½ cup pumpkin puree

½ teaspoon ground cinnamon

1 pinch ground cloves, or more to taste

1 pinch ground nutmeg, or more to taste

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Make cheesecake layer: Beat cream cheese, sugar, and vanilla in a large bowl with an electric mixer until smooth. Add eggs, one at a time, blending well after each addition. Spread 1 cup batter in the graham cracker crust.

Make pumpkin layer: Add pumpkin puree, cinnamon, cloves, and nutmeg to the remaining batter; stir gently until well blended. Carefully

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Ways to Donate (cont'd)

Network & Social 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 you Enter our organization number: DC476 or, your employer uses Frontstream, Truist, or Network for Good to manage their deductions, **Moving Forward** is listed.

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## RECIPE (cont'd)

spread on top of plain cheesecake batter in the crust.

Bake in the preheated oven until the edges are puffed and the surface is firm except for a small spot in the center that jiggled when the pan is gently shaken, 35 to 40 minutes.

Remove from the oven, set on a wire rack, and cool to room temperature, 1 to 2 hours.

Refrigerate for at least 3 hours before serving, preferably overnight.

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