

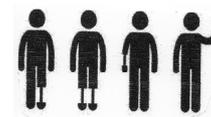


# **MOVING FORWARD**

## **LIMB LOSS SUPPORT GROUP**

### **NEWSLETTER**

11<sup>th</sup> Edition – July 2014



## **MOVING FORWARD**

### **FEATURE ARTICLE**

#### **Reid's Story**

– by Colleen Hester



Reid Hester, Carter Jacobi, Patrick Hester

Reid became an amputee as a result of a lawnmower accident just a few weeks before his third birthday. Due to his early childhood amputation and sheer determination, he adapted quickly, and it became a new normal way of life for him and for our family. Reid is an active boy and is constantly on the move. He plays baseball, basketball and soccer, and can swim across the pool unassisted.

There are unique challenges for a pediatric amputee; such as monitoring bone growth and skin changes as he grows, and handling questions and concerns from other children and parents of classmates. The most trying issue, however, is fitting an ever growing child with a comfortable and functional prosthesis. Reid cannot articulate exactly how his socket feels, or what is bothering him. This communication improves every day, and he definitely knows what he likes and doesn't like. Reid is also very hard on his equipment, and is quite a test for the sturdiness of his prostheses! It has brought us comfort and support to be active with the amputee group, and it helps Reid to see others like him. We treat Reid just as we treat our older son, and have the same hopes and expectations for him. We allow him to try and participate in any sport or activity that he wishes. Reid's amputation is a part of him, but it does not define him. He doesn't think or worry about how hard something might be, or if he will not be able to do something; he just wants to do what any other young boy wants to do ... and he does.



### **QUOTE OF THE MONTH**



"A hundred years from now...it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child."

-- by Kathy Davis, artist and greeting card designer



## **AMPUTEE COALITION ADVICE**

inMotion • Volume 19 • Issue 2 • March/April 2009

### **A Mother's Perspective**

#### **On Coping for More Than Just Yourself**

– by Jennifer Peterson

*I cried with joy when the ultrasound technician told me that we would be having a baby girl. A few moments later, I cried again – this time, with grief when I was told that our baby girl would be born missing her right hand and part of her forearm.*

*I instantly get a little weepy when I think back. Not because the news of Amber's limb difference was a bad thing. It was just an emotional hurdle that I had to overcome. Not only did I have to cope with my own feelings, but I had to deal with how my husband Cal, our sons, my mother and father, and other family and friends felt about it.*

This was our fourth baby, and since we had three boys, we could not help wishing for a girl. We wanted to know the gender of this baby so that we would not have even a moment of disappointment when the baby arrived if I delivered a healthy baby boy. I had a level 3 ultrasound at 19 weeks. Cal had been with me at the ultrasounds for our other children, but he was unable to make it this time, so I was alone when I learned the baby would be a girl. The initial moment of joy was quickly overshadowed by the news of her limb loss.

My first question was, "Does she have an elbow?" When I was reassured that she did, I immediately envisioned Amber wearing a myoelectric prosthesis, which would allow her to function quite "normally" since she had her own elbow. I found myself apologizing to the doctor, nurse and ultrasound tech for crying, and I told them, "It will be just fine. There is great technology out there to help her." I truly felt that everything would turn out fine, but just thinking about the process of getting to that point was overwhelming.

As I drove home from the ultrasound appointment, I began to wonder why this happened. Was it something I did? Was it something that could have been prevented? How would I tell my family and friends? How would they react? I thought about the baby's future. What will she be able to do, and what will she not be able to do? Will kids accept her or will they be cruel? Will she marry someday and have a family of her own?

As soon as a couple knows that they are going to have a baby, they begin to incorporate that baby into their lives. They make plans and envision how the future will be for their child. When they learn that the child will be born with a disability, there is an end to that vision of the future and the beginning of another. The new vision isn't necessarily bad – it just requires adjustment. The difficulty for me was that, not only did I have to cope with my own feelings, I would need to cope with other people's feelings as well. I also realized that Cal and I would have to help our baby cope with her own feelings and

– Continued on Page 2 Column 2 –



Jennifer Peterson and her daughter Amber  
Photo courtesy of Jennifer Peterson

# SPOTLIGHT

— by Belinda & Carter Jacobi

This month our spotlight shines on our youngest member, Reid Hester. Reid and his mother Colleen joined *MOVING FORWARD* last August, and he has been delighting and inspiring us ever since. I decided to let my grandson Carter come up with the questions this month. As many of you know, Carter is a very devoted member of our group and has developed a great friendship with Reid and his brother Patrick.

- Where do you live? **Louisville, KY**  
How many people are in your family? **4**  
Do you have any pets? **Sugar (dog), Sally (cat) and 3 fish in my fish tank**  
Do you have a bike? **Yes, without training wheels, and I can ride on a dirt bike track!**  
What is your favorite sport? **Soccer, then baseball**  
Do you play on a team? **Yes I will play on a new soccer team this Fall, and I played on the Giants coach pitch baseball team this past Spring.**  
Where is your favorite place to go? **Incredible Dave's and McDonalds**  
What is your favorite movie? **The Lego Movie**  
What is your favorite ice cream flavor? **Chocolate**  
What do you want to be when you grow up? **A Monster Truck Driver**  
Do you like being in the amputee support group? **Yes**  
Do you have fun at the events and which one did you like the best? **Yes. My favorite was the Bats baseball game.**  
What are some of the fun things that you like to do? **I like to ride my bike and play with my friends.**  
Does your leg hurt sometimes? **Yes, a little sometimes.**

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## ***J'm Moving Forward . . .***

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



Reid 'Moving Forward' to first base.

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

## **A Mother's Perspective (cont'd)**

frustrations as she grew up. I was determined to help her build self-confidence at a young age and to be comfortable with her disability so that she can help others be comfortable with the way she was born.

When I initially told my family and friends, I could feel that they didn't know what to say. This was all new to them, too. Being placed in the role of having to reassure them that everything would be OK was a heavy responsibility, but I think that it was actually helpful for me. It required me to think positively, which helped me to feel more optimistic.

After getting the word out to our family and friends, I made it my mission to learn as much as I possibly could about limb differences and prosthetics. I craved seeing photos of other children with limb differences doing "normal" kid activities, and I needed badly to find other parents who were dealing with the same circumstances that we were experiencing. As the saying goes, "Knowledge is power." It was true for me. Collecting information was a useful coping mechanism. The more I learned, the better I felt that I could deal with what lay ahead.

I was very fortunate to know someone who had worked for Shriners Hospitals for Children. She recommended that I talk to Todd Anderson, who used to work as a prosthetist at Shriners. I called Todd, and he was absolutely wonderful. He is a lower-extremity amputee, with years of experience in prosthetics and working with upper-limb differences. He listened, answered questions and gave me excellent advice. I don't think he even knew at the time what an impact he had on me.

*I thought about the baby's future. What will she be able to do, and what will she not be able to do? Will kids accept her or will they be cruel? Will she marry someday and have a family of her own?*

Stumbling upon the Helping Hands organization on the internet was also a huge help. Not only was I able to see many photos of children with upper-limb differences, they helped to connect me with another mother, Elizabeth, in my geographical area who was dealing with a similar situation – her daughter was about 18 months old. She understood how I was feeling and she was very positive, which helped me to be positive, too. She told me about a pizza party that would be held at Gillette Children's Hospital for families with children with upper-limb differences. Our family attended the party when I was still pregnant. It was wonderful to connect with others in a similar situation and to see their children thriving.

We are very thankful that we found out about the limb loss before our baby was born. We were able to network, learn and adjust to the disability ahead of time. When Amber was born, we were able to focus on our beautiful, healthy baby girl instead of zeroing in on her limb difference.

### **Do You Want to Join the Parent Support Network?**

Have you just learned your child was – or will be – born missing part of a limb? Or has your child just had an amputation due to an accident or disease?

No, no one can "fix" this. And no one with genuine support to offer will even try. But it can be an enormous source of relief to talk to someone who's been there and who knows – firsthand – that it really will be OK. If you'd like to connect with another parent who's already been through what you're going through now, call us toll-free at 888/267-5669, e-mail us ([nprinfo@amputee-coalition.org](mailto:nprinfo@amputee-coalition.org)) or go to our Web site and click on the link under Peer Support to request a peer visit.

Have you already "been there, done that?" Do you want to provide support to another parent who is still absorbing the trauma of a completely altered set of life expectations? In

– Continued on Page 3 Column 2 –



## RECAP OF JUNE

The month of June was a very memorable and inspirational month for *MOVING FORWARD*.

On June 12th some of the members attended a softball game featuring the Wounded Warriors softball team facing off against a team made up of local celebrities, firemen, police officers, and professional softball players from our area. It was amazing to see their skills and ability to adapt to their situation and continue on to play a sport at such a high level. They travel the country to connect with, motivate, and inspire amputees to challenge themselves to live the fullest life possible.

The following evening, June 13th, forty members and supporters of *MOVING FORWARD* attended a Louisville Bats baseball game at Slugger Field. Pre-game activities included a softball game played by children with limb loss, who had attended a camp that week which was provided and instructed by the Wounded Warriors Softball Organization. We were



honored to be in attendance to show our support for these remarkable children and the Wounded Warriors. During the Bats game, some of the members were fortunate to be able to meet and speak with members of

the Wounded Warriors team and children from the camp. We would like to thank Sienna from KY Prosthetics for giving us that opportunity. We were also honored to meet Susan Rodio, director of the children's camp, and were able to express our gratitude to her for helping to provide such a wonderful opportunity for these children and their families. If you would like more information about the Wounded Warriors or the children's camp, their website is [woundedwarrioramputeessoftballteam.org](http://woundedwarrioramputeessoftballteam.org). If you missed the game, NBC News did a story on it and you can view it at [abcnews.com/feature/making-a-difference/home-run-kid-amputees-play-ball-wounded-warriors](http://abcnews.com/feature/making-a-difference/home-run-kid-amputees-play-ball-wounded-warriors).



The evening concluded with the Bats game, an acrobatic show and a fireworks display. It was an exciting and enjoyable time for all who attended.

On June 28th, we held our monthly meeting at Baptist East. Cindy Whalen, a yoga instructor for Inner Spring Yoga, led our group in a "Chair" Yoga Class. This was a wonderful introduction to yoga for our group, as we learned how practicing yoga can benefit us physically, emotionally, and spiritually. We were led in a 45 minute yoga routine which left us all feeling much more relaxed and full of positive energy. Cindy teaches a "Gentle" Yoga Class for cancer survivors and has expressed a desire to develop a class for amputees. We look forward to working with her to assist in the development of this class. Missy Eldridge, Clinical Liaison for Kenney Orthopedics, had been scheduled to instruct the yoga class, but injured her

- Continued on Page 4 Column 1 -

## A Mother's Perspective (cont'd)

areas where a minimum number of parents can participate in an all-day seminar, we provide training at no charge for Amputee Coalition members. The Parent Peer Visitor training teaches techniques that help a parent refine the skills necessary to provide the ideal support that matches where a parent is in their healing process.

Parents who wish to participate in a Parent Peer Visitor training must no longer be "green," in the words of Patti Garofalo, president of Helping Hands Foundation, Inc., a support group for parents of children with upper-limb difference. This means that parents who want to become parent peer visitors have healed well enough to completely believe their child has a full life ahead and have confidence that they can help them achieve it. This usually takes at least a year, after passing through all the anniversaries of events that serve as reminders of the painful adjustments that have been needed.

If you feel you are ready to provide support to another parent and can help organize a training in your area or are able to travel to a scheduled training, please e-mail us at [nprinfo@amputee-coalition.org](mailto:nprinfo@amputee-coalition.org)

Soon after Amber was born, a family support group, Little Fins (named after the Disney character Nemo, the little fish with a small fin), was created in our area. Through this group, we have been able to get together with other families of children with limb differences four times a year. That is invaluable to us as parents and also for Amber. We parents are able to learn from each other and compare notes, and Amber is able to see that there are other children just like her.

Amber is almost 5 years old now, and she is doing very well. She wears her myoelectric prosthesis full-time and functions similarly to "typical" children her age. She also has a violin prosthesis as well as a sports prosthesis for activities that might damage the myoelectric arm (see "The Benefits of Sports Prostheses," pg. 42). She has many friends, attends preschool and receives occupational therapy through our school district. She is very comfortable with showing others her myoelectric prosthesis and even seems to enjoy the special attention the "robot hand" brings. We are relieved that she is doing so well, but I realize that the worries will continue with each new situation. Each time she meets someone new, I hope that they will react to her positively. I worry about the day when someone makes her feel badly about her disability or when she feels that she can't do something because of her limb difference. We will meet each new challenge head-on, deal with it, and help her learn how to deal with new situations. She will have to become very good at problem-solving to do things in this two-handed world, and we are determined to help her learn the skills she needs to succeed and be happy in life.



My advice to other parents of children with a limb difference is to reach out to others for advice and help. Learn as much as you can about limb differences and prosthetic options (if you are interested in that route). Be open about your child's disability – don't hide it. Encourage your child to talk about and proudly show others his or her limb or prosthesis. If your child is comfortable with his or her disability, then others will be comfortable too. Love and enjoy your child. You will be amazed at what your child will accomplish. Celebrate those accomplishments and do everything you can to develop your child's self-confidence so that he or she will be able to go out into the world to live independently and happily. Finally, recognize that limb loss involves a process of grieving and that moments of grieving may go on for the rest of your life, as well

- Continued on Page 4 Column 2 -

## RECAP OF JUNE (cont'd)

leg and was unable to attend. Our group hopes that Missy is recovering and that she will be able to attend one of our meetings in the near future. Our thanks goes out to Cindy for agreeing to step in at the last minute to conduct the class.

During the meeting, we were pleased to welcome a new member to *MOVING FORWARD*, Maria Webster Benham. The group discussed the issue faced by some amputees of not being able to receive the care or prosthetic devices that they need and discussed ways that our group can be of help to those amputees. Gary Rock brought up the topic of contacting our legislators and letting them know the problems we face as amputees and asking for their help in making laws to address these issues. We thank everyone for their excellent suggestions, and we will be working hard to develop plans to help in any way that we can. One thing that we will be doing in the near future is starting committees to work on various projects and ideas, as it takes a lot of planning to get some of these projects launched. We are a small group, but we can make a difference if we work together. If you would like to be on a committee, please contact one of our officers.

Immediately following our monthly meeting, *MOVING FORWARD* conducted its "Annual Meeting and Election of Officers". President, Belinda Jacobi, distributed to all in attendance a business report which included a copy of our bylaws, financial reports for 2013 & 2014, and a current registered member contact list. Belinda then told the group that a general liability insurance policy had recently been purchased for *MOVING FORWARD* thru ISU Insurance & Investment Company, whose office is in Sellersburg IN. The necessity for purchasing liability insurance had been discussed at previous meetings and included the regulations of some localities where we hold or wish to hold events, requiring that groups have general liability insurance in order to use their facilities. A yard sale was recently held to generate the funds to pay for the insurance. The group was also updated on our standing as a Not-For-Profit. We have filed paperwork and are registered in both the states of KY and IN. We are still awaiting word from the IRS regarding the forms which we submitted to be recognized as a 501(c)(3).

Following these discussions, the "Active" members in attendance held an election for officers for the upcoming year. Newly elected officers are as follows:

President – Belinda Jacobi

Vice-President – Kelly Reitz

Secretary – For various reasons, it was decided to temporarily wait to fill the position of Secretary. NOTE: Since that time President Belinda Jacobi has appointed Beverly Gaylord to fill that position until a new Secretary can be elected.

Treasurer – Julie Randolph

Board Member-At-Large – Mike Portman

The newly elected officers will hold their office until the Annual Meeting in June 2015.

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## A Mother's Perspective (cont'd)

as your child's, as each new situation is encountered. Allow yourself these feelings of sadness and find support for those moments of grief to help you cope.

Many people and organizations have helped us to cope with Amber's limb loss. I have found the Amputee Coalition and its magazine, inMotion, to be very helpful. The staff at Shriners Hospital for Children and Hanger Prosthetics and Orthotics have been great in helping Amber accept and use a prosthesis.

Because of all the people and organizations that have been helpful to us, it is my wish to reach out to others who have just learned that their child has a limb difference. Cal and I would have absolutely loved to receive a visit from someone who knew how we were feeling. It would have been wonderful if someone could have given us information about organizations, websites, magazines, doctors, prosthetists and therapists that might be helpful to us. As a result of my desire to help others, I was recently certified by the Amputee Coalition to be a parent peer visitor. Through the Amputee Coalition's Parent Peer Visitor program, I hope to be able to make some of the unknown be known sooner rather than later for other parents of children with limb differences.

### Related Resources:

Helping Hands  
[www.helpinghandsgroup.org](http://www.helpinghandsgroup.org)

Little Fins  
[www.littlefins.org](http://www.littlefins.org)

Shriners Hospitals for Children  
[www.shrinershq.org/Hospitals](http://www.shrinershq.org/Hospitals)

For additional information and resources, go to [www.amputee-coalition.org/expectations.html](http://www.amputee-coalition.org/expectations.html)

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## TEST YOUR KNOWLEDGE

Unscramble these words and then use the letters in the parentheses to finish the sentence. You can find the answer at the bottom of PAGE 7.

- MGIWSMNI                    \_\_\_ ( ) \_\_\_\_\_
- NTSEIN                     ( ) \_\_\_\_\_ ( ) \_
- SLBELBAA                 \_ ( ) \_ ( ) \_\_\_\_\_
- CCRSEO                     \_\_\_\_\_ ( )
- EMRUMS MACP             \_\_\_\_\_ ( ) \_\_\_\_ ( )
- YGAPNLI OOORTUSD     ( ) \_ ( ) \_\_\_\_\_ \_
- ( ) \_\_\_\_\_

THESE ARE ALL GREAT SUMMER ACTIVITIES FOR CHILDREN WITH LIMB LOSS OR LIMB DEFICIENCY AND THESE CHILDREN SHOULD BE ENCOURAGED TO \_\_\_\_\_ .

Check out our Facebook page:  
**Moving Forward Limb Loss Support**

## REFLECTIONS .... by Belinda

As I reflect back over the month of June, two words come to mind and they are *proud* and *determined*. Carter, Shelton, and I attended the Wounded Warrior's softball game against the local all-star team. It was a truly amazing experience for me, and one that I am glad that I didn't miss. Colleen and her family also attended and Carter, who has become great friends with Reid & Patrick, wanted to tag along with them. I was watching the game and stood up to stretch, that's when I turned around and saw the boys playing ball with a group of children with limb loss from the Warriors softball camp. Carter was pitching to a boy who had bilateral arm limb loss. I can't remember ever feeling so *proud* in my entire life. I wandered over to get a closer view, and that is when I saw a little girl standing there with a softball in her hands. She, I learned from her, was born with limb deficiency. I asked if she wanted to join the boys' game, and she said "no". I struck up a conversation with her and after a while asked if she would like to play pitch and catch with me. She agreed and we began tossing the ball back and forth. I was careful to throw the ball gently, because we didn't have ball gloves. I noticed that sometimes when she caught it, she looked as though it hurt. I asked her if I was throwing too hard, and she shook her head "no" and walked over to show me her hands. I had noticed her leg but not her fingers. They too didn't develop properly. I asked if she wanted to stop playing since it was hurting her hands, and that is when the word *determined* came to mind. She said that she didn't want to quit until we had caught 10 balls without missing. It took us a little while, but we did it. As she ran off to play with some other children from the camp, I found myself wondering how many times she had been *determined* to push herself 10 more times in her young life, and also feeling so thankful that I had the opportunity to meet her.

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**GREAT INFORMATION SOURCE:** There is a wonderful website available to amputees that is sponsored by the Hanger Clinic. The address is [empoweringamputees.com](http://empoweringamputees.com). You do have to register and be approved to join, but it is a very simple process. The thing that I really like about it is that it has groups within it for all sorts of different things such as above-the-knee, parents, sports, hobbies, etc. I encourage everyone to check it out and if you do, be sure and join the Louisville Group. I just rejoined it and this will be a great way to connect with each other, new amputees moving to our area, or other amputees who don't know about our group.

Also, Julie recently forwarded to those of you with email a message about a newsletter distributed by [amplitude-media.com](http://amplitude-media.com) that you may register to receive. This is another great opportunity for you to receive valuable information and to connect with others.

- by Belinda

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## UPCOMING EVENTS

**Sat. July 12th** - from 10AM - 2PM *MOVING FORWARD* will have a booth at the Crawford Co. Community Health & Safety Fair at Crawford Co. High School located at 1130 S. St Rd 66 in Marengo IN. We will be distributing information about our group and brochures from the Amputee Coalition. This is an excellent opportunity to spread the word about the group, to meet other amputees, and to make connections in the health care industry. If you are interested in helping out at the booth, contact Belinda or Kelly.

**Sun. July 13th** - Our 2nd Annual Pie & Ice Cream Social from 2:00 - 4:00 at the Okolona Fire Station at 8501 Preston Hwy in Louisville. This will be a beach themed event with a prize awarded for the best beach attire.



Musical entertainment will be provided by group members Philip Randolph and Kelly Reitz. Mike will be making his homemade sugar-free ice cream once again. It is a pitch-in, so if you can bring a pie or an ice cream topping it would be appreciated. This will be a really fun event & we look forward to seeing you!

**Sat. July 26th** - Our monthly meeting will be held at Baptist East in the Education Center Room 2B from 2:00 - 4:00. This month will feature open discussion time. We have had speakers and special guests at our last several meetings, so it's a good time for us just to get together and talk about issues that we are facing and share our experiences. We will also be discussing ideas for upcoming events and deciding upon future goals for *MOVING FORWARD*.

Several other events are in the planning stages, so we will let you know as soon as the details are worked out. The group is planning to begin holding monthly meetings in Southern Indiana in the near future. Kelly & Belinda have talked to a facility and are awaiting approval, and then a date and time will be set. We will keep you informed.

It is very important for the amputees in our community to know that *MOVING FORWARD* is open to all amputees and their families, friends, and caregivers. Our goal is to encourage amputees, prosthetic companies, rehab and medical facilities to work together to support, educate, and motivate those with limb loss in our community. We deeply appreciate all of you who have shown your support in helping us to "move forward" in reaching that goal.

### ANNOUNCEMENT

"Amputese" is the winner as the name of our new language of amputee & prosthetic terminologies.

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## LET'S GET MOVING!

Since this issue is devoted to children with limb loss or deficiency, instead of our regular exercises this month, we are offering this article on fitness for children. It has many valuable resources for parents & caregivers on websites to visit to find information about fitness programs and health advice for children:

### LIVING WELL Fitness for Kids

inMotion Volume 20, Issue 5 September/October 2010

As you prepare your children for school, you should also think about how active your children are. Childhood obesity has become a national epidemic. Over the past 30 years, childhood obesity rates in America have tripled. Today, nearly one in three children in America is overweight or obese, with the highest percentage of obesity among children of low-income families. One-third of all children born in 2000 or later will suffer from diabetes at some point in their lives.

"An active lifestyle, combined with healthy eating, is the number one way to prevent obesity & key to preventing a host of serious obesity-related diseases," says Health & Human Services Secretary Kathleen Sebelius. Fitness programs for children can help address the obesity issue. In addition to the health benefits, studies show that participation in such programs correlates with better educational outcomes. Following are some resources to help you get your child started with a fitness program.

First Lady Michelle Obama's "Let's Move" campaign aims to end childhood obesity within a generation, emphasizing fitness. The program offers suggestions on how to help your child get & stay physically fit at [letsmove.gov/getactive.php](http://letsmove.gov/getactive.php).

Action for Healthy Kids has resources for parents to help kids stay healthy – just go to the search function at [actionforhealthykids.org](http://actionforhealthykids.org).

The American Academy of Pediatrics has fitness tips for teens at [healthychildren.org/English/ages-stages/teen/fitness](http://healthychildren.org/English/ages-stages/teen/fitness).

The American Heart Association outlines its Healthier Kids programs at [americanheart.org/presenter.ihtml?identifier=1477](http://americanheart.org/presenter.ihtml?identifier=1477).

The Apps for Healthy Kids competition at [appsforhealthykids.com](http://appsforhealthykids.com) is part of the Let's Move campaign.

The Centers for Disease Control & Prevention offers the Body And Mind (BAM!) website with resources & activities to get kids moving at [www.bam.gov/subphysicalactivity](http://www.bam.gov/subphysicalactivity).

The Department of Health and Human Services provides fitness ideas and information specifically for girls at [girlshealth.gov/fitness](http://girlshealth.gov/fitness) & [womenshealth.gov/bodyworks](http://womenshealth.gov/bodyworks).

Dr. Oz's HealthCorps has resources for fitness programs at [healthcorps.net](http://healthcorps.net).

IDEA Health and Fitness Association of Fitness and Wellness Professionals has articles on kids' fitness programs at [ideafit.com/kids-fitness](http://ideafit.com/kids-fitness).

The Mayo Clinic offers suggestions for getting children off the couch at [mayoclinic.com/health/fitness/FL00030](http://mayoclinic.com/health/fitness/FL00030).

Medline Plus updates news about children & exercise at

– Continued on Page 7 Column 1 –



## Q & A – by Belinda Jacobi

This month's question comes from Philip, who wants to know "What is the most embarrassing moment that you have had since becoming an amputee?" I did not submit this question to any of our newer amputees, because as we know in the beginning stages these things don't seem funny to us. As time goes on though, it becomes easier to look back and laugh at some of the predicaments that we have faced. It's comparable to those traumatizing events that happened to us as a teenager that looking back, don't seem quite so bad now. We live, we learn, hopefully we laugh, and then we pick ourselves up and *move forward*.

Here are some of the responses that I received:

*From Kelly:* "I think that the most embarrassing for me was in college. I went on a mission trip with a school group in Maine. It had snowed so much that we didn't get to do our mission, so we went sledding. My friend had dumped snow on me, so when she was getting ready to sled down the hill, I went to kick a pile of snow at her. When I did, my left prosthetic leg (not held on by anything) went *flying through the air* so far that I just *cowered down* in the snow. Next thing you know, the cutest guy in our group brought it over to me saying, '*here's your leg.*' I think I turned as *red as the sun.*"

*From Maria:* "Troy, my husband, and I were standing in line at a Walmart to get a fishing license. There was a group of four people in front of us, who were a bit on the inebriated side. When the girl who worked in that department quoted them the price, a couple of the guys jokingly complained. The girl explained to them that if they were senior citizens, *disabled*, or government employees that the license would be *only \$5.00*. They finally finished up, and Troy and I were next in line with some others waiting behind us. Troy asked the clerk *loud enough for everyone to hear* that *his wife was disabled*, and did she get the *\$5.00 rate*? He explained that her *whole leg* was missing and that should *surely qualify* her, *shouldn't it*? Troy is usually not quite so obnoxious and had embarrassed himself already, but he continued on *pleading his case*, telling the clerk '*just lean over the counter and look*' and '*\$5 was a heck of a lot better than \$35, don't you think?*' He had directed that last comment to the people standing behind us in line, who were already laughing at him. Well, I was *blood red* with embarrassment and the only thing I could think to say was '*darling, my whole leg isn't missing, just half of it*', and 'I do believe that it is *past time* for your *medication, dear*'. Well, he kept apologizing to me and truly felt badly. He knew, though, that it didn't really bother me in the least, and I was mostly embarrassed for him, kind of like how you feel when someone who thinks they can sing but truly can't. On the way home, I teased him unmercifully and it kept striking us both as so funny that we had tears in our eyes. We had the best time that evening, just by being silly, but as most amputees know, it's not always easy to do."

– Continued on Page 7 Column 2 –

## LIVING WELL Fitness for Kids (cont'd)

[nlm.nih.gov/medlineplus/alphanewse.html#exerciseforchildren](http://nlm.nih.gov/medlineplus/alphanewse.html#exerciseforchildren).

The National Center on Physical Activity and Disability (NCPAD) has information on exercise and activities for children – a list of youth fitness programs across the country can be found at [ncpad.org/programs](http://ncpad.org/programs).

The National Heart and Lung Institute of the National Institutes for Health gives the details on its We Can! (Ways to Enhance Children’s Activity & Nutrition) program at [www.nhlbi.nih.gov/health/public/heart/obesity/wecan](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan).

The pediatric health system Nemours has information about keeping kids active at [kidshealth.org](http://kidshealth.org).

PE Central offers a collection of online programs intended to motivate children of all ages to become more physically active (including a section on adapted physical education) at [pecentral.org/kids\\_programs/home.shtml](http://pecentral.org/kids_programs/home.shtml).

The President’s Council on Physical Fitness and Sports lists President’s Challenge activities for different age groups at [fitness.gov/challenge](http://fitness.gov/challenge).

Running USA, a nonprofit organization promoting the sport of running, lists programs & resources in its Resource Center for Youth Running and Fitness at [runningrocks.com](http://runningrocks.com).

The United States Department of Agriculture supports the Eat Smart. Play Hard. Healthy Lifestyle! site at [www.fns.usda.gov/eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle).

The United Way presents various fitness initiatives for kids at [liveunited.org/pages/kids-get-fit](http://liveunited.org/pages/kids-get-fit).

The Weight-control Information Network (WIN), sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases, offers suggestions for teens to stay healthy at [win.niddk.nih.gov/publications/take\\_charge.htm](http://win.niddk.nih.gov/publications/take_charge.htm).

We also would like to add two very special summer camps to the list:

Camp No-Limits – [nolimitsfoundation.org](http://nolimitsfoundation.org)

Paddy Rossbach Youth Camp – [amputeecoalition.org](http://amputeecoalition.org)

*So come on, KIDS, let's get moving!*

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### PAST ISSUES OF THE NEWSLETTER:

If you would like to view past issues of our newsletter, they may be downloaded at our website: [ampmovingforward.com](http://ampmovingforward.com) or on our Facebook page **Moving Forward Limb Loss Support**. Contact Belinda to request that they be mailed or emailed to you.

As always, if you would like to contribute an article to the newsletter or have a comment or question about it, please contact Julie or Belinda.

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### TEST YOUR KNOWLEDGE ANSWER (from Page 4):

TENNIS, BASEBALL, SOCCER, SUMMER CAMP,  
PLAYING OUTDOORS  
P A R T I C I P A T E

## Q & A (cont'd)

*From Mike:* "I was in the elevator at the city courthouse when three guys that I recognized as lawyers got on. We got to my floor and as I stepped out of the elevator, my prosthesis, which had lost suction, made the *loudest sound* when I took a step that sounded like someone *passing gas*. I turned around just in time to catch the shocked expression on the lawyers’ faces as the elevator door was closing."

*From Belinda:* "I was attending my dear Aunt Mary's funeral. Shelton and I had arrived just before the service was to begin. Being one of the last to arrive, meant that we were seated in the back and had to climb over people to reach our seat. The first incident happened then, when I unknowingly stepped on a lady's foot with my prosthetic foot. I would've never known it, but she let out a loud *OUCH* and gave me an extremely dirty look. I apologized, and she had no idea that I was an amputee, as I had on slacks. The *most embarrassing* incident happened at the end of the service as we were walking up front to view the casket. Something in my prosthesis decided at exactly that moment to come *loose* and with each step I took there was an extremely loud *clanking* noise. It sounded like a *knight in a suit of armor*. I clutched Shelton's arm and by the noise he recognized what was wrong. I tried walking slowly, but that didn't seem to help. There was nothing that I could do but continue walking to the front of the room. Now family members who were there probably could guess what was making all that racket, but there were many people attending that I didn't know, and they didn't have a clue. I finally made it past the casket and out the door to our vehicle. I felt as though I had walked the length of a football field. My only solace was that my Aunt Mary would've been proud of me for making that walk. I can look back today and laugh about it, but believe me it was not amusing to me in the least at the time. I was in *panic mode*."

*From Julie:* "Philip was a toddler, probably about 3 or 4. We were in the grocery store & Philip was seated in a cart. Back then he didn't have pin suspension or vacuum suspension on his prosthetic legs. One of his legs decided to let go & it went 'thunk' down to the floor. All I could do was pick up his leg, finish my shopping as quickly as possible, & get Philip & his leg into the car. I do not remember how many people saw the incident, but that was probably the most embarrassing (which later on became humorous) moment that I have had with Philip's prostheses."

I am sure that we all have many more *embarrassing moments* that we could share. I know that I have a *long* list of them personally and will continue sharing with you from time to time. These things are bound to happen when you are adjusting to a new way of life, but we can't let them stop us from living the life that we want to live. As I have said before, when amputees reach the point where they can laugh at these things, you know that they are on the road to emotional recovery. Getting to that point is *half of the battle*.

Philip, I hope you enjoyed that! Please keep those questions coming!!



## HEALTHY BITES

— by Beverly Gaylord

*During the summer, this is a fun and cool treat that the kids can make, with just a little help from an older sibling or an adult.*

### HOMEMADE "ICE-CREAM-IN-A-BAG"

*What you'll need:*

Ice cubes (enough to fill each gallon-size bag about half full)

1 cup half & half

1/2 cup salt (The bigger the granules, the better.

Kosher or rock salt works best, but table salt is fine.)

2 tablespoons sugar or sugar substitute (such as Splenda or Stevia)

1/2 teaspoon vanilla extract

1 pint-size Ziplock bag

1 gallon-size Ziplock bag

Your favorite mix-in's such as chocolate chips, cereal pieces, or fresh fruit

*How to make it:*

Combine the sugar, half and half, and vanilla extract in the pint-size bag and seal it tightly.

Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag. Now shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done.

Take the smaller bag out of the larger one, add mix-ins, and eat the ice cream right out of the bag. Easy cleanup too!

*Notes:* Serves 1



## BEREAVEMENT ANNOUNCEMENT

Another of our dear members, DeAnna Sandage, passed away on May 28, 2014. DeAnna was a beautiful, fun-loving, and caring person. We wish to extend our sympathy to her family. She will be sadly missed by our group. DeAnna hadn't been able to attend a meeting or event in quite some time due to illness, but we stayed in contact by phone. She was looking forward to one day being able to become involved with us again. I will think of you often, DeAnna, and your memory will always be in my heart.

— by Belinda



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