



NEWSLETTER ♦ 68th Edition ♦ Apr. 2019
Special "Limb Loss Awareness Month" Edition

TRIBUTES TO BELINDA

Belinda was a very caring leader of *Moving Forward Limb Loss Support Group* from the very beginning in 2012. She took

on a role, not only as President, but as a self-proclaimed, Mother Hen. She was so proud of the group in general but most



importantly she was proud of each and every individual. Many



times if anyone fell short of describing themselves, she was always happy to add in an extra strength or two. Belinda held her family so dear and was extremely proud of Carter and Deklan in many ways. Shelton was always by her side to help with the group and many times just to hold her hand, but he was never far behind.

Belinda put in a lot of work into starting and preserving this group. She helped so many people by visiting, calling, encouraging, presenting opportunities and connecting people that would benefit both parties. She helped break down barriers between the prosthetic companies and our group members.



Belinda was always grateful to add in a touch of humor. So many people benefited from her never ending love



and dedication to the group. She created opportunities for the group to blossom beyond what our original plans were. Thank you, Belinda. We will forever miss you!!

- by Kelly Grey

TRIBUTES TO BELINDA



GOD'S GIFTS

God gives us the hummingbird, which is an amazing, magnificent creature. This colorful bird with beating wings and its incredible strength is magical. Miraculously each year this tiny creature travels thousands of miles every spring and fall. This animal strives to endure against all odds but continues to be a vision and takes flight for us to mimic its power. The hummingbird is truly Mother Nature's "jewel". Few humans possess the gift of the hummingbird, but God has given us the grace to see that in you, Belinda. We are fortunate to be blessed by your smiles, strength, and compassion. You're an inspiration with a positive attitude, despite fighting many odds. My prayer for you is that you continue to smile and shine, remembering that YOU are that hummingbird.

- by Debbie Troutman



TRIBUTES TO BELINDA

There have been so many heartfelt sentiments expressed about Belinda Jacobi since her death a couple of weeks ago, it's almost impossible to find words to say that haven't been repeated over and over again. She was so important to all of us, but when I ask myself why she was important to me, the first word that comes to mind is encouragement. Her desire for all of us was that we be happy and make the most out of life. She wanted us all to know that she was there cheering us on through all of our challenges, encouraging us to do all we could to make our lives better, and oftentimes helping us find resources and ways to do just that. **Moving Forward** Support Group was her passion, helping amputees her calling. As for me, getting to know and love Belinda was a gift. She continues even in death to motivate me to encourage, to help, and to be there for the many precious friends I have made within the group, and I will honor her memory by doing so.

- by Elaine Skaggs



QUOTE OF THE MONTH

JUST FOR TODAY

- I will be thankful,
- I will focus on one thing at a time.
- I will take time for myself.
- I will accept who I am right now.
- I will not give up.
- I will be nice to myself.
- I will accept my feelings.
- I will celebrate each step forward.
- I will not give up.



SPECIAL ANNOUNCEMENT

APRIL IS LIMB LOSS AWARENESS MONTH



The purpose is to educate and celebrate, sharing the realities of living with limb difference and limb loss. For many people, their experience may begin and end with a Paralympic athlete's story or a traumatic local news story. But life is much more than that and your story is richer and more interesting

than a 3 minute news bite.

Sharing your story, whether it is with a friend, a community group, a legislator or your insurer, can help provide insight and shape perceptions – and empower you, too.

Dates to Remember

Mark your calendar to join us for:

April 8-9: [Hill Day, educating your legislators at home and in D.C.](#)

April 14: Support Group Appreciation Day!

April 19: Certified Peer Visitor Day

April 27: SHOW YOUR METTLE Day

HOW TO SHOW YOUR METTLE

- by Kelly Grey

Showing your mettle has become a known slogan in the amputee world as we celebrate the month of April in yet another month of Limb Loss Awareness. As an amputee we all have had to pull from the roots of our bravery to get to where we are today. This issue of our newsletter is dedicated to a lady special to all of us, Belinda Jacobi. She lost the fight with cancer but she certainly always showed her mettle. As many of you know she lost her leg to cancer several years ago, but she will always be someone who never backed down from a fight. I'm so thankful she led the way in building this group. As I try to carry on her torch and with all of you beside me, we **move forward** with her in our hearts and minds. Belinda was a beautiful soul and she will forever be remembered by us. As you read through this 68th issue please keep her in mind and reflect on some good memories, how she championed all of us and what this group stands for.

I am also asking you to dig deep for why you will show your mettle, especially during this month. Do you do it for yourself, your family, or for the cause? It's important to realize that just because you may feel like your story is 'just another story,' keep in mind that it's YOUR story that could help one or even millions to find a glimmer of hope, a spark of love, or to thrive like they never have before.

Definition of mettle:

1a: vigor and strength of spirit or temperament

(see [TEMPERAMENT SENSE 1A](#)) a girl of ... *mettle* who lost a baby brother to leukemia — Bill Zehme

1b: staying quality: [STAMINA](#) equipment that proved its *mettle* proved his *mettle* in battle

2: quality of temperament or disposition, gentlemen of brave *mettle* — William Shakespeare



BELLARMINE COMMUNITY

PARTNERS PROJECT UPDATE

Abby Biggs, the lead student with the project, announced that they are currently enrolling amputees for the final 8-week session of the project for this school year. It will begin around the first of April. Participants are given an initial assessment followed by physical therapy sessions one day a week for 8 weeks. The program is free and if you would like to attend or have questions, please contact Abby: by email abiggs01@bellarmine.edu or by phone 314-723-1796.



BELLARMINE FALL RECOVERY RESEARCH PROGRAM

Bellarmine physical therapy students are researching fall recovery and they're looking for volunteers to take part in the study. This is open to anyone who has a history of falls or a neurological condition, such as Parkinson's disease, Multiple Sclerosis, Huntington's disease, etc. Participants will receive a functional health screening, learn proper fall techniques and how to independently rise from the floor, and receive a customized exercise program. You are asked to attend 3-4 sessions that last 1 hour each and take place on Tuesday and Thursday afternoons. The program will continue through May 2019. The location is on the Bellarmine campus at Allen Hall, Room 260. The address is 2120 Newburg Rd., Louisville, KY. If interested, please contact Dr. Carrie Hawkins by email: CHawkins2@bellarmine.edu or by phone 502-272-7968.

EDITOR'S NOTE:

This month will be short and sweet and mostly to pay recognition to Belinda. Belinda wrote a lot of these articles and it just goes to show how much work, dedication, and passion she put into many aspects of the group. Going forward I will update you on events and provide content but I will be looking for a lot of you to contribute stories, pictures, life hacks, and other things to add to this newsletter. This is **YOUR** newsletter!

~ Kelly



AMPUTEE COALITION

PADDY ROSSBACH YOUTH CAMP



The Amputee Coalition Paddy Rossbach Youth Camp is a six-day, traditional summer camp experience for youth ages 10-17 with limb loss/limb difference to be taking place on July 8-13th at Camp Joy in Clarksville, OH. Campers are challenged to increase their independence, test themselves, and build new friendships through fun and exciting activities in a caring and supportive environment. We recommend applying early, since in past years there has been a waiting list to attend camp. All camp costs are covered, including transportation.

There is also a leadership camp provided for young adults ages 18-19 held during that week at the camp. In addition, applications are being accepted for camp counselors 20 years and older who have limb loss/difference. **Moving Forward** is proud to be a sponsor of the Paddy Rossbach Youth Camp. For additional information and applications go to

<https://www.amputee-coalition.org/events-programs/youth-camp/>

This link is also provided on our website.

Every March we have a Chili Supper and the last few years we have used the money we collect from the admissions and raffle and donate the money to Paddy Rossbach Youth Camp. This year we raised \$347 from the chili supper and we are adding some additional money for a total of \$500. We are donating the money this year in honor of Belinda!

Since 2000, the Amputee Coalition has provided a safe place for kids to learn more about living with limb loss and limb difference. Today, it has evolved to traditional summer camp, complete with canoes and campfires. Most importantly, the focus is on the campers. For the Paddy Rossbach Youth Camp, that means kids living with limb loss and limb difference, ages 10-17. For Leadership Camp, we've developed a curriculum that combines a camp experience with leadership development, perfect for those poised on the edge of college or a career. For young adults ages 18-19, the experience is unique and fulfilling.

Our counselors are all living with limb loss and limb difference and must be at least 20 years old. Many of them attended an Amputee Coalition camp when they were younger and are excited to be able to pass the experience along to the next generation.

The feedback from our campers is that they get to be normal here. They get to talk to other kids (and counselors) who share their similar experiences. They can learn and challenge themselves and have a great time while they do it.



AC NATIONAL CONFERENCE SCHOLARSHIP

The deadline to submit for the Amputee Coalition National Conference Scholarship is April 12th. Contact Kelly if you need more info.

J'm Moving Forward . . .



Elaine Skaggs at her prosthetist's office, preparing for her 2nd test socket fitting. Stay tuned next month for all the details about her new Martin Bionics Socketless Socket!



MARCH RECAP

CHILI/SOUP COOK-OFF WINNERS:

- Judge's Choice and People's Choice CHILI 2019 – Wesley Barbour
- Judge's Choice and People's Choice SOUP 2019 – Debbie Troutman



LIFE HACKS FOR MOVING FORWARD



You might be asking, "What is a life hack?" According to the dictionary, a life hack is a simple tip or trick that helps us to get a day-to-day tasks or activity done more easily. As an amputee, you know that once simple tasks can now become a frustrating battle of the wills. So each month we will be sharing **LIFE HACKS** in this column. We ask that you send us your tips and tricks to daily living so that we can pass them along. Remember, this is not advice from a medical professional, but ideas from people just like you who are dealing with limb loss.

Billy Parker explained he has found instead of struggling to put his belt on like he used to, it helps if he puts his belt on his pants before he puts them on.

HOUSE BILL 361 STATUS

Spectrum: Partisan Bill (Democrat 13-0)
 Status: Introduced on February 13 2019 - 25% progression
 Action: 2019-02-14 - to Health and Family Services (H)
 Pending: [House Health and Family Services Committee](#)
 Text: [Latest bill text \(Introduced\) \[PDF\]](#)

Summary

Create a new section of KRS Chapter 304, Subtitle 17A to require health benefit plans to provide coverage for prosthetic and orthotic devices; amend KRS 304.17A-515 and 304.17A-254 to require health benefit plans to provide access to health care providers that practice in the area of prosthetics and orthotics and professionals that provide prosthetic and orthotic devices and services; amend KRS 18A.225 to require prosthetic and orthotic device coverage for the state employee health plan; amend KRS 205.560 to include prosthetic and orthotic device coverage in the scope of care for the Kentucky Medical Assistance Program; EFFECTIVE January 1, 2020.

Courtesy of legiScan,
<https://legiscan.com/KY/bill/HB361/2019>

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## FUN CENTER

### Avocado Fudge

#### Ingredients for 2 servings:

- 2 medium avocados, cubed
- 1 ripe banana
- ¼ cup honey
- ⅓ cup coconut oil, melted
- 1 squeeze fresh lemon juice
- 1 pinch salt
- walnuts, chopped, to taste
- coconut flakes, to taste

#### Preparation:

- In a blender or food processor, combine avocado, banana, honey, coconut oil, lemon juice, and salt.
- Blend until smooth, scraping down sides as necessary.
- Pour mixture into a parchment lined 8x8 inch (20x20 cm) freezer-safe dish and top with chopped walnuts and coconut flakes, or your favorite toppings!
- Freeze for at least 3 hours.
- Remove from freezer and cut into squares.
- Enjoy!

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UPCOMING EVENTS

MEETINGS:

- SIRH monthly meeting - Monday, April 15, from 6:30 - 8:00 pm at Southern IN Rehab Hospital, 3014 Blackiston Blvd., New Albany, IN, in the Education Conference Room.
- Norton Brownsboro monthly meeting & AC "Show your Mettle" Day - Saturday, April 27, from 2:00 - 4:00 pm at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

Moving Forward will provide Mark's Feed Store for the meeting. Please bring a side dish or favorite dessert. Call Kelly @ 502-235-3146 with questions.

** Mike Portman will have paracord bracelets that he makes with a 2019 "Show your Mettle" Day emblem and a tribute to Belinda. We are taking donations for the group if you would like one.

- Continued on Page 5 Column 1 -

CALL OUT !!

- ❖ Please submit articles, recipes, Life Hacks, crafts to contribute to our monthly newsletters.
- ❖ Do you like to be creative? Do you like planning things? If so, let us know of your interest in being part of our planning committee!! We're looking for those members who would like to help in planning events and outings, planning for the food, decorations, etc.

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## Spring Word Scramble

- WBNAOR \_\_\_\_\_
- BLLAMURE \_\_\_\_\_
- WFLORE \_\_\_\_\_
- PLITU \_\_\_\_\_
- NERGE \_\_\_\_\_
- MLOBO \_\_\_\_\_
- PLRIA \_\_\_\_\_
- LFBTUTREY \_\_\_\_\_
- NIAR \_\_\_\_\_
- DREGNA \_\_\_\_\_
- EBE \_\_\_\_\_
- YMA \_\_\_\_\_
- GNRIPS \_\_\_\_\_
- HSSNIEUN \_\_\_\_\_
- YBNUN \_\_\_\_\_
- CAMHR \_\_\_\_\_
- EDES \_\_\_\_\_



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UPCOMING EVENTS (cont'd)

EVENTS:

- April 14 – Support Group Appreciation Day
- April 19 – CPV (Certified Peer Visitor) Day
- April 23 – Great Bed Race, 6 pm at Broadbent Arena, 937 Phillips Lane, Louisville our very own Billy Parker will be driving! Come out and join the fun to kickoff Derby season.
- May 3rd – Derby Parade Party, BEFORE 4pm at Louisville Prosthetics parking lot, 742 E. Broadway, Louisville, KY 40202. You will need to be in the parking lot before 4pm (that's when the streets get blocked). Join us for a fun time, great seating at the start of the parade and some yummy food!
- We will be planning a Belle of Louisville tour at the end of May. More details to come. If you would like to attend, please let Kelly know so reservations can be made, 502-235-3146

➤ RESTAURANT SURVEY

Are you a foodie?! Want to be a food critic? We are asking our members to take a restaurant survey with you at our next meeting. We'd like to evaluate local businesses on how accessible their restaurants are! We'll feature the restaurants in our newsletter each month!

Information on all of our meetings and events is available on our website at ampmovingforward.com



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