



NEWSLETTER ♦ 64th Edition ♦ Dec. 2018



Oh, the Holiday Season is Here

Many look forward to it all year long. They glory in the happy family gatherings, the gift giving, the abundance of delicious food, the joyous holiday music, and the beauty of the season. The only problem is that along with all those wonderful things, there are also the sometimes 'not' so happy family gatherings, the credit card bills that come from buying all those gifts, the cooking of all that food (not to mention the clean up afterwards), the holiday music that now begins in October (come on, there are only so many quality holiday songs out there), and the bone-chilling, snowy, icy winter weather. That's not to mention those terrible winter colds and the nasty flu bug. It's enough to make even the jolliest of souls shout "bah humbug" even in the best of times! When you are also recovering from the loss of a limb or limbs or a major illness, we can all sometimes feel like Ebenezer Scrooge.

So how do we, as amputees, find joy in the holiday season. My answer is to try and find joy and be appreciative of the small things in life. I have been asked, "Belinda, how do I do that when everything has changed?" No, things aren't exactly what they used to be, but that doesn't mean that we are incapable of experiencing happiness and seeing the beauty that still exists in our lives. I am going to share with you once again a feature story that I wrote a couple of years ago in hopes that it might help you find even a little of that joy that you had in past holiday seasons....

The Small Things - by Belinda

For many of us one of the highlights of the holiday season is getting to do special things with our children and grandchildren. We bake cookies, decorate the Christmas tree, attend their school programs, wrap gifts, make crafts, sing carols, and all those other fun seasonal activities. Along with the joy that comes with spending time with them, it may also bring some anxiety, especially to new amputees. They may fear that they won't be able to do the things they usually do with their children and grandchildren this year. For some, they may be hospitalized or in rehab; they may be in a wheelchair or using a walker; they may not have fully healed or have their strength back yet. These things can lead to anxiety, fear, or even guilt. As amputees we constantly hear that we must adapt the way we do things. The holiday season is a time of year that we may have to adapt or change some of our traditions. We may not be physically able to track through the snow to cut down our Christmas tree, but maybe we could ride along to a tree farm to pick one out or make a special decoration with our child to put on that tree. We may not be able to jump on the sled and go flying down the biggest

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SPOTLIGHT

- by Belinda Jacobi

Each month in the SPOTLIGHT column, I shine our light upon either a member of our group or a special organization. This month, that light will be cast once again over Vocational Rehabilitation Services. If you've read the SPOTLIGHT column during the past 2 months, you will recall that it has focused on group member's experiences when they returned to work following limb loss. Some of those experiences have been good, while others were not so good, but one thing remained constant. Those that received services from Voc Rehab had nothing but positive comments about the services they received there.

For many amputees, returning to or finding a job is a necessity. Despite the myth, many amputees do not qualify for Social Security Disability. For those that do, they may find that it doesn't provide enough income to provide them with the type of lifestyle that they desire or to provide for their families. For others, going to work gives them a feeling of self-worth, provides them the ability to socialize, or perhaps they just really enjoy working. Whatever the reason for getting a new job or returning to your prior one, it can be a stressful time filled with questions. Will I be able to find a job? Once I find one, will I be able to do it? How will I be able to pay for childcare? I don't have transportation, so how will I get there? My technology skills are lacking, will this keep me from qualifying for a good paying job? The list of questions can be endless, and I don't have the answers to all of them, but I will give you a list of resources that can help you find those answers and give you access to opportunities that many are not aware of.

When talking with some group members about employment resources, I heard Voc Rehab mentioned many times. Every state has a vocational rehabilitation agency that is designed to help individuals with disabilities meet their employment goals. These agencies assist disabled people to prepare for, obtain, maintain, or regain employment.

Group member Bill Titus is very appreciative of the services that Voc Rehab is providing for him. He is anxious to rejoin the workforce because of the feelings of self-worth and self-confidence that it gives him. While he is very appreciative of services that have been provided to him by various agencies during his continued recovery from loss of limbs, he yearns to "get out there & earn a paycheck again." Bill has found that some things that Medicaid denies paying for he can receive through Voc Rehab services. They are working with him now to purchase a handicapped accessible van which he will be able to drive to work. They have already helped him to get driver's training, so that he could learn to drive a vehicle with adaptable controls.

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The Small Things (cont'd)

hill, but we can snuggle under a blanket and watch a Christmas movie or read a special book while drinking hot chocolate. We may not be able to buy them the expensive gifts that we once did, but we can give them two of the most precious gifts – "our love" and "our time". When you think back on your past holidays, is it the gifts that you remember or is it the special times that you spent with your family or loved ones? Yes, there are some activities for which we may be left on the sidelines, but that gives us the chance to sit back and see the joy in their eyes, or to hear their laughter, or to take that perfect picture, or to hear their excitement as they tell you all about their latest adventure. So during the month of December, let's all strive to be thankful for the things that we can do instead of dwelling on those that we can't. You may decide that cutting back on all the "hustle and bustle" allows you to really enjoy the small things in life, and sometimes those small things are the most precious of all.



QUOTE OF THE MONTH



NOVEMBER RECAP

At our SIRH meeting, we honored our caregivers by giving each of them a small gift and discussing ways that they can safeguard their own health while taking care of a loved one. Members shared their own experiences of care giving and shared tips and references to make things a little easier for both the caregiver and the amputee. The meeting concluded with a role playing exercise to help us improve our communication skills.

Bill Titus was the speaker at our Louisville meeting in November. He spoke on the topic of being thankful even during difficult times. Bill talked about some of the many difficult times that he has experienced, but said that he could always see someone who had it even harder than himself. Bill spoke of the need to concentrate on what is still good in your life instead of what you have lost. He asked members to share with him things that they are thankful for. Many complied and told stories of family members, loved ones, organizations, and activities that they enjoy. Sometimes we just need to be reminded that even in the darkest of times, there is still good in the world. Thank you, Bill, for giving us that reminder.

David Yarmuth joined us during the last portion of the meeting to accept **Moving Forward's** donation to the Salvation Army. While there, David told us about his recent experiences working for the Salvation Army in Florida following the hurricane and shared with us information on the many resources that they provide in our community. Please see the *Sock Drive Update* in this newsletter for details on our donation.

SPOTLIGHT (cont'd)

I also have received services through Voc Rehab. After finding out that my insurance coverage had a \$4,000.00 cap on the amount they would pay for a prosthesis, needless to say, I was traumatized. My prosthetist asked me if I planned to go back to work. While I did plan to eventually, it wasn't something that I thought I could do right away. He gave me Voc Rehab's contact info, and I set up a meeting with them. I was assigned a case worker that interviewed me about my disability, my financial needs, and my plans for the future. They helped me to purchase my first prosthesis. Luckily, after that, I was able to get an insurance policy which covered my prosthetic devices. My caseworker asked me to stay in touch with her about my future employment and to let her know if I needed any other assistance.

What followed were 2 years of additional surgeries due to my cancer. I became concerned that Voc Rehab would start pushing me to get employment, but they didn't. When I talked to my caseworker, she always told me to let her know when I was ready to return to work. That day finally came, so I went for another interview to talk about my job prospects. When I mentioned to her that I would like to get into the medical field but didn't feel that I had enough qualifications, she asked if I would like to take some classes. I did so, and got a job immediately afterwards. If I had needed it, they would have also provided me with preparing a resume, job placement assistance, transportation services, special uniforms required for my employment, and many other things. I will be forever grateful for the help they provided to me, and also for the way in which they provided it. At no time did they ever make me feel ashamed for needing assistance or stressed out because I wasn't recovering quickly enough. They treated me with compassion and were dedicated in helping me to reach my employment goal. I whole heartedly recommend anyone with a disability who desires to seek employment to contact his/her local Vocational Rehab office.

One concern that some face when wishing to get a job is the fear of losing Social Security Disability benefits. That is very understandable, because it is no easy matter to get them approved to begin with. Sometimes health situations do improve and one finds himself thinking that he may want to and be physically able to begin working again. This is where the *Ticket to Work Program* comes into play. Work incentives in this program make it possible to explore work while still receiving health care and cash benefits. You can test your ability to work for at least 9 months while still receiving your benefits. If you find during this time that you are unable to work, you do not have to reapply for your benefits. This is another service that is provided by Vocational Rehabilitation. They will assist you in becoming employed without affecting your current benefits.

There are many resources available to assist you in reaching your employment goals. I am providing the contact info for Vocational Rehabilitation Services below, but I will be posting a more comprehensive list on our website at ampmovingforward.com. If you don't have access to a computer, you can contact me and I will be glad to mail the list to you.

Employment Resources:

Vocational Rehabilitation Services –

Kentucky – <http://www.ovr.ky.gov/>

phone – 1-800-372-7172

Jefferson County office – 1-800-456-3334

For hearing impaired – 1-502-595-3422

Indiana – <http://www.in.gov/fssa/2328.htm>

phone – 1-800-545-7763

Local IN office – 1-877-228-1967





In Remembrance of Our Nation's 41st President: President George H. W. Bush

President Bush signed into law The Americans with Disabilities Act or ADA on July 26, 1990.

The Americans with Disabilities Act (ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications.

He was also a strong believer that voluntary community service was a means of helping America's social problems. In 1990, President Bush created the *Daily Points of Light Award* for individuals making a difference. He declared that these points of light – ordinary Americans from all walks of life using their time, talents, resources, and voice to solve serious social problems – are the power of the movement and the strength of the nation. **Moving Forward** Limb Loss Support Group is honored to have been named a *Point of Light* on October 9, 2017, becoming the 6,105th *Point of Light Award* winner. We received a certificate signed by President George H. W. Bush honoring our organization.

Our thoughts and prayers are with his family & friends as they and our nation mourn his loss.



SOCK DRIVE UPDATE

David Yarmuth, Director of Community Relations with the Salvation Army, stopped by our November meeting at Norton Brownsboro to accept our donation of **929 pairs of socks, 60 pairs of gloves, 19 coats, 36 winter hats, 3 scarves, and 5 pairs of new shoes.** We want to thank all of you who collected or donated for assisting us in our goal of keeping needy men, women, and children in our community warm during the cold winter months to come. A special thank you goes to Conway Community Church, the Okolona Fire Station, Jim's Barber Shop, Harrison Co. Hospital, Southern IN Rehab Hospital, Louisville Prosthetics, Hanger Clinic, Kenney Prosthetics, and the Center for Orthotic & Prosthetic Care for helping to make this large donation possible.



FUN WITH WORD SCRAMBLES

I'm making it a little more difficult this time! Unscramble these words and then use the letters in parentheses, which aren't in order, to finish the sentence. You can find the answers on Pg. 5.

- ECAEP () _ _ _ ()
- TCACNEAPCE _ _ _ () _ _ _ () _ _
- NGRICA _ _ _ () _ _ _
- FIHTA _ _ _ () _
- SPOCSOMIAN _ _ _ _ _ () _ _ _ _

THE BEST _ _ _ _ _ THAT YOU CAN GIVE IS YOUR TIME.



J'm Moving Forward . . .

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



Belinda & Shelton *moving forward* and enjoying time with family on a trip to Pigeon Forge.

** If you have a picture that you would like to submit, please send it to Julie or Belinda. **



KATE'S KITCHEN

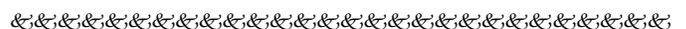
Fruitcake Cookies

These make wonderful gifts! I have found people who don't like fruitcake usually love these!! Everyone asks us every year, "Are you making Fruitcake Cookies this year?" We make a ton every winter!!

- 1/2 pound butter (2 sticks)
- 1 cup sugar
- 1 Tbsp. vanilla extract
- 1 Tbsp. lemon extract
- 5 eggs
- 1-3/4 cup flour
- 1/2 teaspoon baking powder
- 2 pounds candied cherries & pineapple, chopped
- 4 cups pecans, chopped



Cream butter and sugar. Add vanilla and lemon extracts. Add eggs one at a time, mixing in between. Mix flour and baking powder together; add slowly to creamed mixture. Lastly, toss chopped candied fruit and pecans, mixing well throughout. Let stand in fridge for 1 hour. Cold dough bakes best! Drop spoonfuls on cookie sheet 1-1/2 inches apart. Bake at 350 degrees for 15 mins or until edges are lightly browned! Makes 6 dozen!!



What's That Mean

- by Belinda



We've often discussed how not only your everyday life, but also your vocabulary changes following limb loss. We hear words that we have no idea their definition. Usually we just shake our heads "yes" and give an "uh-huh," not wanting to appear too dense. Each month, we will tackle a few of these words so that the next time we shake our heads "yes," we will know **what's that mean???**

This month we will define the word "physiatrist". I will admit that I didn't know about this medical specialty until a couple of years ago when my prosthetist asked if I had seen a physiatrist. Since I have learned through my life experiences that the only dumb question is the one you are too afraid (or embarrassed) to ask, I answered that I had no idea what that was. After he explained what a physiatrist does, I replied, "No, that is probably one of the few medical specialists that I do not have."

According to the Merriam - Webster Dictionary, a physiatrist is a medical doctor who specializes in Physical Medicine and Rehabilitation. This is why another name for this type of specialist is a PM&R physician. I don't know about you, but that definition doesn't tell me a whole lot, so let's dig deeper. A PM&R doctor has completed training in the specialty of Physical Medicine and Rehabilitation; and may be subspecialty trained in Brain Injury Medicine, Hospice and Palliative Medicine, Neuromuscular Medicine, Pain Medicine, Pediatric Rehabilitative Medicine, Spinal Cord Injury Medicine, and/or Sports Medicine.

Specifically, physiatrists:

- treat patients of all ages
- focus treatment on function
- have a broad medical expertise that allows them to treat disabling conditions throughout a patient's lifetime
- can diagnose pain as a result of injury, illness, or a disabling condition
- determine and lead a treatment/prevention plan
- lead a team of medical professionals which may include physical therapists, occupational therapists, prosthetists, etc., to optimize patient care
- work along with other physicians, such as primary care physicians, neurologists, orthopedic surgeons, and many others
- treat the whole patient not just the problem area

So as you can see, having a physiatrist would be of great benefit to someone living with limb loss. If you think you would like to start seeing a PM&R physician, a good place to start is by talking to your prosthetist or primary care doctor about it. They can tell you more about how it might help you and possibly give you a list of local PM&R physicians. You can also visit this website: www.aapmr.org - The American Academy of Physical Medicine and Rehabilitation.



Feelin' Good

About Gettin' Out

- by: Katie Flanigan



We, as handicapped people, have learned to overcome and adapt because the world is not always fully accessible. Yet knowing ahead of time the accessibility of a place can help with planning and alleviate anxiety, freeing you up to enjoy whatever it is you're doing! I am starting this new column so that we can share information on the accessibility of area restaurants and attractions. Today I want to take a look at the Cracker Barrel in Sellersburg, IN.

As I entered the handicapped parking in the front of the building. There are multiple ramps to get up on the sidewalk, too. The front entrance is two sets of double doors. One set has a stationary divider, while the other set opens wide. My extra wide wheelchair fit through both sets. Traversing through the store to get to the hostess is tight, especially during the holidays when they really squeeze the merchandise in, but it is manageable. Seating is usually pretty easy, but if it's during dinner you may have to ask a few people to help let you through. This isn't the case with a lot of places, so I very much appreciate that the hostess always pulls out a chair to put aside so I have a place to park my chair and myself. I went to use the restroom after dinner, which is located in the store part, and the aisles proved snug on the way. The door is very heavy and hard to open if I'm alone but I usually can get it. Inside the restroom is large and easy to move around in with one large handicap stall and plenty of regular stalls. I had no trouble making my way to the sink and washing my hands. Getting out is as hard as getting in with the very large wood door. I am always ready to shop after I eat at Cracker Barrel and love their old time store. Once again, it is not easy to get around in the store area any time of year, but during the holidays it is especially hard and can get frustrating. They have workers on the floor, though, and they will help you find ways to get to almost everything, but be prepared to take the long way around!

I've always had wonderful experiences at Cracker Barrel. I've enjoyed many dinners (breakfast for dinner!) with my Grandmother there. When I became handicapped, I never hesitated to go there and I don't think you should either, even though this establishment is not perfect.



I'd love to hear about your experience with the accessibility of some of the places in Kentuckiana! For more information or to submit your accessibility review, please contact Katie Flanigan. Please see the CONTACT INFO on Pg. 6 of this newsletter.



LET'S GET MOVING - by Belinda

We have been working together during the past few months on some basic balance and strengthening exercises. In the November issue, we did an exercise using a paper towel. I will continue using household goods this month by asking you to get a few various size cans or boxed goods from your pantry. No we aren't going to bake, that's Katie's article. Instead, we are going to use these items to improve our gaits.

Begin by placing the cans or boxes on the floor a few feet apart, depending on your stride length. You will need to adjust the distance until it's just right. If you are a beginner,

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LIFE HACKS FOR MOVING FORWARD

- by Belinda



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 task or activity done more easily. As an amputee, you know that once-simple tasks can now become a frustrating battle of the wills. So we have decided that we will begin sharing **LiFe HACKS** in this new 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.

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LET'S GET MOVING! (cont'd)

meaning you have just received your prosthesis or are just starting exercising, you will want to start with shorter cans. As you get more comfortable with the exercise, you can increase the height of the cans or use cans of varying heights.



I like to use cans of various heights, because it better simulates the obstacles we face when walking. Those obstacles may be curbs, door jambs, children's toys, electrical cords, etc. You get the idea, just anything that might get in our way and we have to step over. Now that you have your cans in place, just stand behind the first can (obstacle) with your prosthetic leg and step over the can with that leg, and then take a step with your sound leg. Step over the next can with your prosthetic leg, and repeat until you have reached the end of the line. Now turn and go the other way, leading with your sound leg. This exercise works just as well for a bilateral leg amputee. Lead with one leg by stepping over the can and step with the other leg. This is an excellent balance exercise, and it helps to alleviate a bad habit that some of us have of not raising our feet high enough or shuffling our feet when we walk. If you find yourself stubbing your toe a lot when you walk, this exercise should help with that as well. Do the exercise as many times as you're comfortable doing. You might find that you're enjoying it so much that you don't want to stop. It kind of reminds me of playing hopscotch as a child.



Well until next time – keep using those paper towels and cans. I know you're wondering what household item will she use next month?? You'll see, but until then **LET'S KEEP MOVING !!**



Krafty Kids by Katie New Year's Wish Poppers

We did this every year when I was little! It's fun for adults, too!
1 brown or white paper lunch bag
Things to decorate bag with: markers, crayons, stickers, ANYTHING!
Environmentally friendly items to put into bag: Paper confetti, Bird seed, cut up popcorn (have kids come up with other fun ideas that won't hurt the earth/animals and let the adults help cut whatever up really small)
Small slips of paper

First, everyone decorates their own bag any way they'd like! Then take small slips of paper and write your New Year's wish/wishes. Fill your bag with your wish(es), paper confetti, bird seed, and anything else you come up with together (but don't fill bag too full, you need a lot of room to fill with air). Go outside, then, with the help of an adult, gather the top of your bag together so there's just a small opening, blow gently into your bag until it's full of air, squeeze closed the top, and smack the bottom of the bag, popping it. Everything should pop out everywhere releasing your wishes into the universe!!



Ideally, we popped our bags at midnight welcoming the New Year but for smaller kids who won't be awake at 12, before bed works just fine! Or even first thing in the morning on New Year's Day!

LIFE HACKS FOR MOVING FORWARD (cont'd)

The first day of winter is rapidly approaching and with that comes that dreaded snow and ice. As a child, it meant sledding, making a snowman, and getting a day off from school!! For an adult, it means shoveling the driveway, scraping the windshield, and entertaining a child who has a day off from school. Not so much carefree fun, huh. For a lower-limb amputee, add to that list the risk of walking on slick surfaces. Oh, that dreaded ice! To help you out with that, I will share a life hack of mine. When going out in snowy weather, I use some rubber straps with spikes on them that slip over my winter shoes. I purchased mine at Lowe's for around \$15.00, but also saw them online at Walmart, Dick's Sporting Goods, and other retailers. The spikes give you much more traction than regular shoes and will stretch to fit over many different shoe styles. They are very easy to get on and off as well. If you are planning to be out and about this winter, you may want to give them a try. Next month, I will be sharing with you some winter survival tips from other group members. If you have a **LiFe Hack** that you'd like to share, please contact me.



New Ways to Support Moving Forward



For those of you who may be looking for easy ways to support *Moving Forward*, we have a couple of new options available. If you shop on Amazon you can now go to Amazon Smiles and select our group as your preferred charity. Amazon Smiles is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Many times the employer will match your donation. Please check with your employer to see if this is available, and to see if *Moving Forward* is on their list of charities. If your company uses Frontstream, Truist, or Network for Good to manage their deductions, we are listed.

Our group is also part of the Kroger Community Rewards Program. If you shop at Kroger and would like to support us, just go to krogercommunityrewards.com and register your Kroger Rewards card with *Moving Forward*. Our organization number is DC476. By doing this, it does not affect your fuel rewards points in any way. A portion of each purchase goes to our group. It will print on the bottom of your receipt. We receive a check each quarter based on the purchases of the families who are enrolled.
Thank you for your support!



FUN WITH WORD SCRAMBLES ANSWERS (from Pg. 3)
PEACE, ACCEPTANCE, CARING, FAITH,
COMPASSION
THE BEST P R E S E N T THAT YOU CAN GIVE IS
YOUR TIME.



In all the hustle and bustle of the holidays, let's not forget our loved ones who are elderly or disabled. Try to include them in your holiday festivities. Your "present" of time would mean the world to them.

UPCOMING EVENTS

MEETINGS:

Dec. 17th, Mon., from 6:30 - 8:30 pm at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. This will be an open discussion meeting, and we will be having a small Christmas party during the last part of the meeting with holiday snacks and games.

There will be no Louisville meeting during the month of December due to the Christmas holiday.

We hope that you have enjoyed our meetings and events during 2018, and we can't wait to get going in 2019!!

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