



NEWSLETTER ♦ 106th Edition ♦ Jun 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

I'd like to begin June's newsletter by wishing Billy Parker and Kelly Grey-Parker a huge congratulations on their marriage last month in May. They decided at the last minute to surprise us all by eloping, and from the pictures that were posted online, had a beautiful private ceremony with close family. We are so happy for them, and wish them a lifetime of love!!

Our plans for the 10-year anniversary celebration continue to move forward. It will be held on July 9, from 5:00 to 9:00 pm, at St. Luke's Catholic Church, 4211 Jim Hawkins Drive, Louisville 40229. The celebration will be open to members of our amputee community and their friends and families; however, we will need a firm head count so that we can provide a catered meal for all in attendance. If you plan on attending, please contact Kelly Grey-Parker, Elaine Skaggs, or Mike Portman. We will be dancing the night away to the music of a DJ, there will be door prizes and mementos of the occasion available also. If you want to be involved in the planning, making decorations or give-aways, contact Kelly Grey, Elaine Skaggs, or Mike Portman. Whatever the case, plan on being there and having a blast!!

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THAT SPECIAL FATHER

- by Billy P. *The Bilateral Amputee* (reprinted)

Father's day is approaching. I wanted to let you know a little bit about my father. This article is about the things that I experienced in my life as a kid and as an adult. By no means am I passing judgment on any father out there because every father's different and things happen whether it be by choice or not. We may not like it but that's how it is.

There are fathers who stay around and help raise their kids. Even if there is a divorce or separation, they're still there, raising their kids. There are fathers who go away and don't have anything to do with their kids. Then there are fathers out there that to me are a little more special because they take on the role of being a father to kids who don't have a father in their life. That special father in my life is a guy named Ronnie.

My mom Judy met my father in 1974. I was seven years old, my brother David was nine, and my sister



Rita was five. Mom was single, raising 3 kids. It wasn't easy but she did an awesome job making sure we were taken care of. We lived in a mobile home at the time that had a big window in the living room, the one our couch sat under. Our Mom Judy would get all dolled up and excited because Ronnie was coming to get her. Sometimes we got to go, too. All 3 of us would get excited and jump up on the couch and watch out the window for Ronnie Sames to come down the road behind our house.

He served from 1974 to 1977 as a policeman. He also served in the Air Force from January, 1966, to

~ cont'd on Page 2 Column 2 ~

EDITOR'S NOTE (cont'd)

Please join us on Sunday, July 31, 2022, for a trip to TRAIL Therapy Horses in Simpsonville, Kentucky, to learn a little about horses, ride horses, and have some lunch together.

If you plan on attending this FREE event you will HAVE to RSVP!!!! Transportation is NOT provided.

Contact Kelly, 502-235-3146, or Elaine, 502-548-6419, to RSVP or on Facebook via the events link within our group.

Address to TRAIL Therapy Horses, 4090 Webb Rd, Simpsonville, KY 40067.

Here is a little more info about Nathalie Green and her farm, TRAIL Therapy Horses. Therapeutic horseback riding located in a peaceful 43 acres farm with an indoor arena and miles of trails just minutes from Louisville.

Nathalie Green Director 502-876-7844

The program develops horsemanship by providing lessons in caring for the horses and their equipment before moving on to the activities on horseback. The care of and relationships established with horses inspire confidence and responsibility. Riders learn balance and coordination while receiving deep muscle stimulation not reached through conventional therapy. Other benefits of this educational and enjoyable experience include improved risk taking, development of patience, emotional control, and self discipline.

Our regular monthly meetings will be held on June 20 at Southern Indiana Rehab Hospital at 3104 Blackiston Blvd, New Albany, IN 47150, from 6:00 pm to 7:30 pm; and since the elevator repairs have been completed, we will once again hold the Louisville meeting on Sat, June 25, at the Okolona Fire House, 8501 Preston Hwy, Louisville 40219.

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### Happy Father's Day



## THAT SPECIAL FATHER (cont'd)

July, 1973. He hadn't been out of the military too long.

We would nudge and tease each other on that couch and ask, "I wonder what car he's driving. Betcha can't guess." Was it the patrol car or his daily driver, a 1974 Impala? Which come to find out, they were both the same car, but we kids didn't know any better. Gosh! What a memory that is. We, as a family, had some great times in that car. My brother, sister, and I would always ask Ronnie to turn the lights and siren on. Of course, most of the time he wouldn't do it, but every now and again he would. And, man, was it awesome!

A year had gone by. It was July, 1975, the year our Mom was married and became Judy Elizabeth Sames. We now had a man that we called Dad living with us, and we thought the world of him. I remember calling him Dad after they married. Dad bought a house for us. We were now a family again. Together Dad and Mom raised and took care of us the best they could. I don't ever remember any time that we wanted for anything. Dad worked hard to make sure we had everything we needed. We kids knew there were a few times Dad struggled a little to take care of us but he never said a word about it. He just made it happen. But we could tell.

We were happy once again. Not having that father figure in my life at one time was hard, even as a very young kid. I

remember Mom struggling a little bit to take care of us. I remember Mom crying every now



and again. She wouldn't show it, but we knew. All that stopped once she met Dad. Although we aren't his kids, he took the roll of being our provider; he took the roll of being our mentor; he took the roll of being our rock, someone we could lean on and talk to when we were dealing with our own problems.

My dad Ronnie. A guy that served his country in

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## SWEATING 2022

As happens every year at the beginning of summer, the subject of sweating is foremost in everyone's mind. This year I did a little research to see what new treatments are available to solve this issue that every amputee experiences. Although most of the treatments I found online focus on generalized sweating there are actually several other categories of excessive sweating, including palms, soles of the feet, and facial sweating. Some of the time, however, excessive sweating can be the result of an underlying medical condition such as a hormonal imbalance or overactive thyroid condition. And more often than not excessive sweating can be hereditary – who knew? The reality is that hyperhidrosis is a really common issue for many people. I believe that amputees who have these conditions should be in a category all our own because it is such a common issue in the amputee community. Among the topical options for treatment of sweaty palms, feet, and residual limbs are Certain Dry, which is available over the counter, and Dry-Sol solution which is available only by prescription from your doctor. The newest topical available is Qbrexza, which comes in convenient wipes that leave no residue, and are very effective.

Botox injections can also be done in the under arm area, on the palms and soles, as well as the forehead or scalp for sweating. These injections work to prevent nerve stimulus to the sweat glands, and will last anywhere from 3 to 6 months depending on the patient. Injections with Botox are especially helpful for facial sweating and for the scalp, but may be limited by discomfort of injection when treating palms and sensitive soles of the feet or sensitive residual limbs.

Another way of long-term treatment for auxiliary sweating that is very effective is the Mira Dry. The Mira dry treatment works with Radiofrequency technology, and usually works well in 1 to 2 sessions. It provides great results, but is not covered by insurance, which may limit accessibility for patients. Treatments can run from \$1,000-\$2,000 per session, depending on the office. I don't see many from the amputee community receiving this long term treatment.

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## THAT SPECIAL FATHER (cont'd)

the Air Force as well as a policeman took on the role of being a provider, a mentor, and a rock, but most importantly he took on the role of being a Father. For that I'm extremely fortunate and very thankful that he wanted to do that.

My mom and dad have now been married for 42 years. To my dad Ronnie. This is weird. I never call him Ronnie. LOL. It's always been Dad. He is "That Special Father". He's my Father!

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QUOTE OF THE MONTH

Any man
can
be a father
but it takes
someone special
to be a Dad.

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## UPDATE ON QUEST CLINICAL TRIAL – by Elaine Skaggs

After a year of having the Altius device implanted to administer electrical impulses directly to my sciatic nerve to block phantom nerve pain, the clinical trial for me has ended, with rather disappointing results. The impulses failed to block all the nerve pain I experienced and virtually none of the phantom sensations. Part of the agreement to participate in the trial was that if the device worked for the individual, at the end of the trial it was theirs to keep at no cost. Needless to say, it did not function the way I had expected it to, so I have decided to have the internal device removed and am scheduled for surgery July 19 to do so. I may be disappointed in the results, but I'm thankful for the opportunity to participate in the trial, for otherwise no one would know how or whether the device would work. I'm thankful for each of the other participants as well, and of course, know that not everyone's results turned out the same.

## SWEATING 2022 (cont'd)

Thankfully, there have been many advances in the medical field that are addressing this stressful condition. And the treatments vary from oral medications, topical therapies, Botox injections and energy-based devices to help control and eradicate excessive sweating. On the horizon, hopefully there will be better long-term treatments that will become available for the treatment of sweating on other parts of the body that will be safe and effective.

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RECIPE OF THE MONTH

– by Beverly Gaylord

Just in time for that Father's Day barbecue, this recipe is one of Sam's specialties:

BARBECUE COUNTRY RIBS

Ingredients:

Country Ribs
Barbecue sauce

Directions:

Place ribs in a pot of water. Cook until the meat starts to fall off the bone. Place the ribs on the preheated grill. Cook on high temperature. Coat the ribs with your favorite barbecue sauce. Turn the ribs often. Each time you turn them, make sure they are coated with barbecue sauce.

Grilling time: approximately 10 minutes.

Remove from grill and enjoy with your favorite cold beverage, AKA beer. Enjoy!

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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](http://ampmovingforward.com).

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

AmazonSmile

Go to "Smile.Amazon.com"

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, 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)

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)

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

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 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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