



NEWSLETTER ♦ 43rd Edition ♦ Mar. 2017

MOVING FORWARD FEATURE ATTENDING THE NATIONAL AMPUTEE CONFERENCE, AGAIN?!

– by Kelly J. Reitz

The first year I ever heard of the Amputee Coalition (AC) was in early 2013. I was new to hearing about this group and was mainly interested in becoming a Certified Peer Visitor so that I could go out and meet new amputees or soon-to-be amputees in our community with the support of the AC. In order to get the certification I would (along with Belinda and Mike!) have to go down to Florida (oh darn) a day before the conference to take the training class. So, with the newfound excitement from the startup of *MOVING FORWARD* and then learning about this, I was super excited to go on this adventure.

I set up my trip with a friend of mine and ended up staying at a hotel close enough to walk to the conference site, mainly to save on money. To say it was an amazing experience is putting it lightly. It was the best experience! Almost 1,000 amputees all over the place and from so many different places. If ever Facebook came in handy, it was now when you've met people from all over the world with so many inspiring stories and positive attitudes! From classes about new prosthetic devices and procedures to rock climbing and swimming, there was even a clinic to help with having a better gait and running. I learned techniques for an already new love of running. There was a huge exhibit hall full of fun exhibits, either showing off the latest devices or handing out awesome goodies. The exhibit hall also had research clinics to where you could participate and some even paid you for your information.



After the day would calm down there were so many places to just hang out and talk with people, swap stories, and relax. I shed enough tears during that weekend from all the amazing stories that I heard and had plenty of smiles from my newfound friendships. The last day of the event was no different than the other days, full of plenty of excitement with the walking/running clinic, education classes, and ballroom dancing! However, the last event for the weekend was a gala event that evening. Everyone rushed away after their last classes and hid away to clean up and get snazzed up for the dinner. Some don't think the gala is a big deal, but really it was the final glue that cemented the new friendships together. To dine and dance and be inspired one last time before we all ventured back to the 'normal' world. At the conference you don't walk around as the odd one out – you're sharing your mettle with all those that understand you and the

– Continued on Page 2 Column 1 –

Join Us In Full Swing At The 2017 Amputee Coalition National Conference

– by Belinda



I would like to take this time to share the Amputee Coalition 2017 National Conference Preliminary Program with our readers, along with a few of my own tips on attending. I am doing so to inform you of the incredible opportunity that is coming to our city, in hopes that you will plan on attending and taking full advantage of all that is offered. The conference will be held at the Galt House Hotel in downtown Louisville.

Pre-Conference: (Wed., Aug. 2nd)

8:00-5:00 pm – HealthSouth Amputation Rehabilitation Continuing Education course for healthcare providers (separate registration and fees apply)

8:30-5:00 pm – Peer Visitor Training – If you are an amputee or a family member/caregiver and would like to become an Amputee Coalition Certified Peer Visitor, plan on attending this training session. (Separate registration and a \$35.00 fee are required to cover course material and lunch.)

1:00-5:00 pm – A Support Group Leader Summit will be held.

Conference Schedule:

Thursday, Aug. 3rd

7:30-9:00 am – Yoga – This is a fun way to try out yoga in a comfortable environment among other amputees.

8:30-9:30 am – First Time Attendee Orientation – Receive information on getting the most from your conference attendance.

10:00-Noon – Opening Ceremony (speakers to be announced)

Noon-1:00 pm – Lunch

1:00-3:30 pm – Living With Your Level of Limb Loss Sessions: Individual sessions will include: below-knee, above-knee, bilateral below-knee, hemipelvectomy/hip disarticulation, complex limb loss, pediatric limb loss, and non-prosthetic users of all levels. These sessions not only provide valuable information, but also allow you to meet other amputees with your level of limb loss.

1:00-6:15 pm – Upper Limb Sessions

2:30-5:30 pm – Bilateral Above-Knee Mobility Clinic (pre-

– Continued on Page 2 Column 2 –

ATTENDING THE NATIONAL AMPUTEE CONFERENCE, AGAIN?! (cont'd)

only reason they're looking at you is they want to know what prosthetics you're wearing, what liners, what foot, what hand! I still stay in touch with many of the people to this day!

Originally the AC had the Conference every other year but starting in 2015 they changed it to be annually. I missed the 2015 Conference in Arizona (I hear it's going to be there in 2018) but had a friend ask to share a room in 2016, and after thinking on it a bit, I agreed to go. I really didn't think I'd get as much out of it. Boy, was I wrong! Not only did I meet up with old friends, but there were so many more that I didn't meet the first time. New class topics, new devices, new vendors, new stories, new tears... you get the point. The Conference last year in Greensboro, NC, had the highest attendance at 1075 (100 more than Florida's Conference in 2013). Should you go to the Conference? A RESOUNDING YES!

Tips for going to the Conference:

- 1) Get your tickets before April to save money.
- 2) Look up the schedule of events prior to the event (on the AC website in January).
- 3) Try to room with someone.
- 4) Book a hotel off-site if you need to save money, but it's so worth the money to be on site.
- 5) If you like more than one class that's happening at the same time slot, have a friend(s) go to one while you go to the others.
- 6) Speak up! Give honest feedback about the classes/events, etc. They want your honesty so that they can improve on things.
- 7) Take care of yourself! There is a lot of action and it can be a little overwhelming the first time you go. Drink lots of water, eat well, and rest as often as you can, don't fret if you need a walking aid/support of any kind.

I hope all of you enjoy it as much as I have. There's not another single event like it and it will blow your mind! See ya in Louisville for 2017!

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### QUOTE OF THE MONTH

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Thank You to the Amputee Coalition

*** We want to thank the Amputee Coalition for allowing us to use their articles in our newsletters. We also want to thank them for the many brochures and publications that they provide to our group. It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care. ***

Join Us In Full Swing At The 2017

Amputee Coalition National Conference (cont'd)

registration is required) This clinic provides the opportunity to help identify the best approach for individuals with bilateral AK amputations to enhance their mobility.

3:00-6:15 pm – Sessions (to be announced)

6:30-8:30 pm – Exhibit Hall Opening Reception – The exhibit hall provides an opportunity to meet with prosthetic manufacturers, organizations, and companies that work with or serve the limb loss community. You can learn about new technology, adaptive sports and recreation, and services that are available to you to improve your quality of life.

Friday, Aug. 4th

7:30-9:00 am – Yoga – I know that it's early, but what a great way to get up and get moving!!

8:00-4:30 pm – Gait Analysis Clinic (pre-registration is required for these 30 minute sessions) Physical therapists will work one-on-one with participants to evaluate their mobility and to help them improve balance, strength, and gait. This clinic fills up quickly, so register as soon as possible!

8:00-11:00 am – Sessions (to be announced)

8:00-11:00 am – Upper Limb Sessions

8:00-10:00 am – First Swim

****SPECIAL NOTE:** If you haven't been swimming since your limb loss, this gives you a chance to try swimming once again in a comfortable and safe environment. The class is divided into groups by ability level. It will be held at the beautiful roof-top pool, so that is another reason to attend!!

9:00-11:00 am – Exhibit Hall is open.

11:00 am-Noon – Roundtable Discussions: There will be separate discussion groups for men, women, children, young adults, caregivers, and LGBT. These discussions are a time to learn from and share information with others.

Noon-1:00 pm – Lunch

Noon-4:30 pm – Exhibit Hall is open.

1:00-6:30 pm – Various technology sessions (to be announced)

1:00-2:30 pm – First Dance: A fun way to learn the Tango or the Salsa!

3:00-4:30 pm – First Fit: Learn ways to improve your physical fitness.

6:00-8:00 pm – Exhibit Hall Happy Hour!!

Saturday, Aug. 5th

7:00-9:00 am – Yoga (It's your last chance to give it a try!)

8:00-10:00 am – Advanced Skills Water Workshop (add to the skills you learned during First Swim)

9:00-1:00 pm – Last chance to check out the Exhibit Hall

9:00-3:30 pm – Various sessions (to be announced)

9:00-3:00 pm – Upper Limb Sessions

9:30-Noon – Pediatric Mobility Clinic

9:30-Noon – Walking & Mobility Enhancement Clinic (pre-registration required), instructed by world renowned physical therapist and amputee rehabilitation expert Bob Gailey, PhD., PT. This is always a highlight of the conference.

Noon-1:00 pm – Lunch

1:30-4:00 pm – Running and High-Level Performance Clinic (pre-registration required) This is a continuation of the morning clinic with Bob Gailey, with the focus on advanced exercises and running.

6:00-8:30 pm – **Gala Dinner Dance.** With the conference coming to a close, this is a wonderful way to spend the evening with all your new friends. Believe me, you won't want to miss it!!

8:30-11:00 pm – The party and dancing continues....

I will be sharing more details with you as they become available. Additional informative sessions, speakers, and presentations will be added to the schedule. Registration is currently underway, with a special reduced rate through June 28th. Conference attendees may also reserve a room at the beautiful Galt House Hotel for a reduced rate. So, I wholeheartedly encourage you to take advantage of this

– Continued on Page 3 Column 2 –

COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 5 MONTHS

WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"I would like to return to the conference to meet more people and to reconnect with others I have met. The Walk/Run Clinic is the best!!"

– Kelly Reitz



2017 AC National Conference News

We want to make you aware of the Bridge to Ability Scholarship opportunities offered by the Amputee Coalition for the conference. These scholarships were created to help reduce or eliminate the financial barriers that can make it impossible for amputees and their caregivers to attend. They cover the cost of registration, hotel stay, and provide funds for transportation to the conference.

Who is eligible?

1. You must have a financial need.
2. You have never attended an AC National Conference before.
3. You are not eligible to attend the conference and have expenses paid by a device company.

Types of scholarships and qualifications:

- 1) Bridge to Ability Scholarship: You must have had an amputation of one or more limbs within two years of the application deadline.
- 2) Bridge to Ability Second Chance Scholarship: You must have limb loss or limb difference. If due to amputation, it must be more than two years since the initial surgery.
- 3) The Bridge to Ability Family Caregiver Scholarship: You must be the primary caregiver for someone with limb loss/difference, defined as a spouse, partner or parent. The individual you are a caregiver for must be registered for the conference or applying for a Bridge to Ability Scholarship.

How to apply:

For additional details and to download the application, go to: <http://www.amputee-coalition.org/events-programs/national-conference/conference-scholarships/>

You can contact the Amputee Coalition by phone at 888-267-5669.

****Please note that your application packet must be postmarked by April 11, 2017.** You will be notified by May 11, 2017, if you have been selected to receive a scholarship.

Join Us In Full Swing At The 2017

Amputee Coalition National Conference (cont'd)

incredible opportunity and make plans to attend! You will leave with new friends, new knowledge, and a fresh new outlook on living with limb loss.

For more info or to register for the conference and/or hotel, visit the Amputee Coalition website:

amputee-coalition.org/events-programs/national-conference/ or call them at 1-888-267-5669.



SPOTLIGHT – by Belinda

Each month, we shine our **SPOTLIGHT** on a group member or a special organization. It is my honor in this issue to shine that light on the first four winners of *MOVING FORWARD's* 2017 AC National Conference Scholarship winners. Due to the success of our Give Local Louisville fundraising campaign, which was held this past fall, our support group is providing scholarships to pay the registration fees for active members of *MOVING FORWARD* who have financial need to attend the Conference. Being able to give these individuals this wonderful opportunity to gain knowledge and meet others with limb loss from all over the world, is truly a proud moment for our group. With that said, I would like to introduce you to our first winners and share with you their answers to "Why I Want to Attend the 2017 Amputee Coalition National Conference."



Carol Patterson – "This will be my first time attending the conference. I'm very excited about going and attending the classes and lectures offered. I want to meet other amputees, and to dance at the Gala!"

Bill Titus – "Attending the conference will allow me to connect with, encourage, and share with others that face some of the same challenges that I do. I look forward to meeting other amputees with my level of amputation, so that I might learn from them. By attending the educational sessions and clinics, I hope to learn valuable skills that will help me in my daily life. I also want to take the peer visitor training certification course. I want to make it my mission to show others that in spite of overwhelming adversity, life can still go on!"



Philip Randolph – "I look forward to learning and to making new friends. I also plan to take part in the gait analysis training and mobility clinics."

Julie Randolph – "I want to gain as much knowledge as I can, learn how to be a more effective caregiver, learn how to better meet Philip's needs, and to meet new people. I also plan to take the certified peer visitor training for caregivers."



Next month, I will share with you our next 4 scholarship winners. I can't wait!!



Q & A – by Belinda

With the month of March being designated National Kidney Month, I have decided to share with you some valuable information from the National Kidney Foundation. Many of our members and our readers are diabetic and as we know, diabetes often leads to other serious health issues, among them is kidney disease. So I encourage you to take the time to read this information and to share it with

– Continued on Page 4 Column 2 –

LET'S GET MOVING! *by Kelly Reitz*

What is Zumba? Zumba is a fitness class that feels like a party!!! It uses a combination of Latin dances with some fitness variations to tone your body all while dancing and partying with your friends! This class is for ALL fitness levels, amputation and non-amputation levels, ages, and genders. You do NOT have to know how to dance to do this class. The most important goal is to get your heart rate up because that is what helps burn calories and to laugh and enjoy the company of your friends. The creator of Zumba, Beto Perez, designed Zumba to be a party environment and you won't even feel like you're exercising. I would like to present this class to our group as a way for all of us as amputees to be "moving forward" in yet another way. You can incorporate props to help you with your balance during class, such as a chair or wall, etc. I speak from experience from my Zumba classes that sometimes I need that support. It prevents injuries while gradually training your muscles and helps your balance. I hope you join me on this adventure! Friends, silliness, and mistakes welcome!



MOVING FORWARD would like to congratulate Kelly on recently receiving her certification as a Zumba instructor. She plans to hold a class on Fri. evening, Mar. 3rd, at 7:00 at the Okolona Firehouse. We look forward to attending and thank her for her efforts in making this activity accessible to those with limb loss.

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American Diabetes Association Alert Day is March 28

Held the last Tuesday of March each year, American Diabetes Association Alert Day® is a one-day event that encourages everyone to take the [Type 2 Diabetes Risk](#) Test and participate in workplace-friendly activities that will teach you about reversing the risk for diabetes. To see if you're at risk for Type 2 diabetes, visit this website: <http://www.diabetes.org/are-you-at-risk/alert-day> and take the quick test.

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## TEST YOUR KNOWLEDGE

Unscramble these words and use the letters in parentheses. Then unscramble the letters in parentheses to find the answer to the puzzle on Page 5.



- HNSSUEIN ( ) \_\_\_\_\_
- LTPANNGI ( ) \_\_\_\_\_
- WBRASNIO ( ) \_\_\_\_\_
- NARI WOSHSE ( ) \_\_\_\_\_
- ENTRUA ( ) \_\_\_\_\_
- EENRG GSRAS ( ) \_\_\_\_\_

WITH \_\_\_\_\_, COMES A BEAUTIFUL CHANGE OF SEASON.

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Krafty Kids *by Beverly*

Here are some ideas to keep the kiddos busy and having fun during "March Madness":

Fun During the Game: Create fun rules that encourage play, such as every time someone scores a three-pointer, everyone has to do 10 jumping jacks. Or every time there is a foul, you have to spell a word backwards. When a timeout is called, have the kids to have a rest time. Feel free to be creative with the rules. This will keep the kid's attention. Depending on the age level of the children, you may want to vary the rules. Remember to have FUN! :)

Q & A (cont'd)

friends and family members. Early detection and treatment can slow or prevent the progression of kidney disease. Making some small lifestyle changes can make a difference.

FOR NATIONAL KIDNEY MONTH, TAKE FIVE FOR YOUR KIDNEYS

March is National Kidney Month and the National Kidney Foundation is calling on all Americans to take five healthy steps for their kidneys.

The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. But over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.

"Of the 26 million American adults estimated to have kidney disease, most don't know they have it. That's why taking care of your kidneys, especially if you are at risk for kidney disease, is vital," said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer. "There are a few simple things people can do to keep their kidneys healthy and strong."

Take 5 for Your Kidneys

All Americans can do 5 simple things to protect their kidneys:

1. **Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting www.kidney.org/KEEPHealthy.
2. **Reduce NSAID's.** Over the counter pain medicines, such as NSAID's (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAID's and never go over the recommended dosage.
3. **Cut the Processed Foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.
4. **Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.
5. **Control Blood Pressure and Diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

Throughout National Kidney Month, the National Kidney Foundation is offering free kidney health screenings through the KEEP Healthy program. To locate a KEEP Healthy screening near you, or to learn more about the kidneys and risk factors for kidney disease, visit www.kidney.org/KEEPHealthy.

Kidney Facts:

- 1 in 3 American adults is at high risk for developing kidney disease today.
- High blood pressure, diabetes, a family history of kidney failure and being over 60 are major risk factors for developing kidney disease.
- 1 in 9 American adults has kidney disease – and most don't know it.
- Early detection and treatment can slow or prevent the progression of kidney disease.
- Kidney disease risk can be reduced by controlling blood pressure and blood sugar, quitting smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.
- The **National Kidney Foundation** is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease. For more information, visit www.kidney.org.

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## FEBRUARY RECAP

The IN meeting was held on Feb. 20th at SIRH. Members discussed several different topics, made plans for the chili supper, and filled out applications for our scholarships for the AC Conference.

**MOVING FORWARD** members Kelly Reitz and Billy Parker set up a booth at the Harrison County Health Fair in Corydon, IN, on Feb. 25th. They shared information about our support group, distributed Amputee Coalition brochures, and talked with health fair attendees, health care professionals, and other service organizations. The hospital staff is interested in our group holding meetings there, so plans are being made to do so in the near future.

Also on Feb. 25th, the Louisville meeting was held at Baptist Health. A special presentation was given by Sheila Levy, Outreach Coordinator for Project CARAT. This project collects donated durable medical equipment and assistive technology, refurbishes it, and then redistributes it to people in need of the equipment. To date they have given away over \$500,000 in durable medical equipment. To



learn more about this organization, visit their website at [www.projectcarat.org](http://www.projectcarat.org) or call them at 1-800-327-5287.

Following the presentation, members discussed plans for the Chili Supper. Belinda updated the group on the many plans being made for the AC National Conference, including a video to be made by the group showing Main St. Louisville attractions. Kelly told the group about her recent certification as a Zumba instructor. She plans to hold a class on Fri. evening, Mar. 3rd, at 7:00 at the Okolona Firehouse. If you would like to attend or have questions about the class, please contact Kelly (see our **CONTACT INFO** page below).

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..... from Beverly's Kitchen

This is a great recipe that is tasty to eat with so many different fruits. I love strawberries, bananas and melon with this dip. Plus, it can be a healthy snack for both kids AND adults! Don't forget this can also be great for parties, like those upcoming March Madness parties! Good luck to your favorite team!

Fruit Dip

- Ingredients:**
1 8-oz. pkg. cream cheese, softened
1 7-oz. jar marshmallow creme

Directions: Using an electric mixer, blend cream cheese and marshmallow creme until mixed thoroughly.



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## CONTACT INFO

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## J'm Moving Forward . . .

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



Our support group "moving forward" at the Feb. meeting.

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

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UPCOMING EVENTS

MEETINGS:

Mon., Mar. 20th, from 6:30 - 8:00 p.m., at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

Sat., March 25th, from 2:00 - 4:00 p.m., at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center, Room 2G.

EVENTS:



MOVING FORWARD will host its "March Madness" Chili Supper on Sat., March 4th, from 5:00 - 8:00 p.m. at the Okolona Fire Station at 8501 Preston Hwy., Louisville, KY.

There will be a chili cook-off, best-dressed fan contest, and other fun games! Admission is \$5.00 per person (children 12 & under - no charge) with all proceeds being donated to the Amputee Coalition Summer Youth Camp. Please see attached flyer for details or visit our website at ampmovingforward.com.



Sat., Mar. 25th - Kenney Orthopedics is holding an Amputee Walking School at Bellarmine University, 2120 Newburg Rd., Louisville, in Nolen C. Allen Hall. The morning session begins at 9:00 a.m. and will provide training for physical therapists. The afternoon session begins at 1:00 p.m. and will include balance and strength training for lower limb amputees wanting to improve their gait and mobility. Amputees may attend the afternoon session only or both sessions. There is no fee to attend and lunch is provided. To register, call 502-882-9300.

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### TEST YOUR KNOWLEDGE ANSWERS (from Page 4)

SUNSHINE, PLANTING, RAINBOWS, RAIN SHOWERS, NATURE, GREEN GRASS  
WITH S P R I N G COMES A BEAUTIFUL CHANGE OF SEASON.



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