



## NEWSLETTER ♦ 102nd Edition ♦ Feb 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

Ah, the month of hearts, flowers, and chocolate is finally here. Love and romance is in the air and will be expressed in gifts of many different forms. And it's odd to me that we celebrate love one day out of one month of the entire year, when it's something we should be showing to those we love every day! Nonetheless, however you choose to celebrate or not celebrate February 14, do something nice for those you hold dear. And if you're interested in the history of this holiday, check out the article about Valentine's Day; it didn't all start out with hearts and flowers!

We are pleased to announce that we will begin holding monthly meetings for our folks who live in Indiana once again! They will be held in the cafeteria at Southern Indiana Rehabilitation Hospital, 3104 Blackiston Blvd, New Albany, IN 47150, on the 3rd Monday of every month from 6:00 pm to 7:30 pm. So the first one will be on February 21. Regardless of where you live, you are welcome to attend, so please come out and enjoy a time of fellowship with us! There will be snacks and drinks provided, and don't forget your mask

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### VALENTINE'S DAY HISTORY

Whether you love Valentine's Day or hate it, one thing is clear: Valentine's Day history goes way back. And while Valentine's Day is now known for



Valentine's Day gifts and hard-to-get dinner reservations, the origins of the holiday are far less romantic.

At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day, and since then, February 14th has been a day of celebration—though it was generally more religious or romantic.

Valentine's Day is a fixed day on the calendar that got lumped into a mid-February holiday on the ancient Roman calendar called Lupercalia—which some historians believe is what led to Valentine's Day being all about love. Lupercalia celebrated fertility and may have included a ritual in which men and women were paired off by choosing names from a jar. In Ancient Greece, people observed a mid-winter celebration for the marriage of the god Zeus and the goddess Hera.

Not having much to do with chocolate, Saint Valentine's Day was a feast day in the Catholic religion, added to the liturgical calendar around 500 AD. The day was commemorated for martyred saints named—you guessed it—Valentine. Differing legends celebrate three different saints called Valentine or Valentinus, but since very little was known about these men and there were conflicting reports of the Saint Valentine Day story, the feast day was removed from the Christian liturgical calendar in 1969.

But even though not much is known about the real history of the Saint Valentines on whom the holiday is based, the legend of Saint Valentine has several tellings. One legend says that Saint Valentine refused

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## EDITOR'S NOTE (cont'd)

- masks are required!

Our January meeting was held on the 22nd at St. Luke's Catholic Church, due to construction that is ongoing at the Okolona Fire District. We will return to the Firehouse pending the construction being completed for our February 26 meeting in Louisville. We will keep everyone posted as to any changes.

One major topic of discussion at last month's meeting was the planning of a celebration commemorating the 10-year anniversary of *Moving Forward* Limb Loss Support Group. We are hoping to put together a Gala, with lots of great food, activities, memories, and maybe even a door prize or two. We are looking at having the Gala during the month of June, and more than likely it will be held in the gym at St. Luke's. If you are interested in assisting with the planning, decorating, or if you have any suggestions, please contact Kelly, Elaine or Mike.

I'm very happy to once again be involved in the Bellarmine Prosthetic Gait Training program run by Professor Dennis Lesch. The name has changed, but the mission remains the same, to help amputees get stronger and walk better, and to give students a unique learning experience of working with amputees, and some hands-on training. After being sedentary for a couple years, with skills I had attained diminishing, this couldn't have come at a better time for me personally. And as a veteran of this program, I've attended the 10-week program 5 times previously, I can honestly say that there was not a session I started that I did not end performing better than I had been. There certainly is a lot to be said about the benefits of helping others. (Amputees helping the students; the students helping the amputees.) If you are interested in participating in this program, contact Maddie Herring at (859) 533-2805.

Once again, if there is something you would like to see in this, your newsletter, please don't hesitate to contact me with your writings or suggestions - I will happily oblige. Will you all 'Be My Valentines'? Happy 'Love' month!!

## VALENTINE'S DAY HISTORY (cont'd)

to convert to paganism and was executed by Roman Emperor Claudius II. Prior to his death, he was able to miraculously heal the daughter of his jailer, who then converted to Christianity along with his family.

Another legend says a bishop called Saint Valentine of Terni is the true namesake of the holiday; this Saint Valentine was also executed.

But according to others—and this is how Saint Valentine became affiliated with a love-focused holiday—Saint Valentine was a Roman priest who performed weddings for soldiers forbidden to marry, because of a Roman emperor edict decreeing married soldiers did not make good warriors and thus young men could not marry. This Saint Valentine wore a ring with a Cupid on it—a symbol of love—that helped soldiers recognize him. And, in a precursor to greeting cards, he handed out paper hearts to remind Christians of their love for God.

Because of this legend, St. Valentine became known as the patron saint of love. The Saint Valentine prayer asks Saint Valentine to connect lovers together, so that two become one, and the couple remembers their devotion to God.

Over the years (and centuries), Valentine's Day has been changed from a religious celebration, to an ancient ritual day, and present day is really nothing more than a commercial holiday. With all that change, the meaning of Valentine's Day is truly whatever you want it to be. You can skip the celebrations completely, buy yourself some chocolate or flowers, or express your love and appreciation for the people in your life, whether they're co-workers, romantic partners, friends, or family members. Some people love Valentine's Day, and some people just love to hate it. So celebrate the day of love however you want, even if it's just through self-love. A nice dinner out, going to the movies, cooking a fancy meal at home, or hosting a Valentine's Day party are also great ways to celebrate.

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## QUOTE OF THE MONTH

“In all of living, have much fun and laughter. Life is to be enjoyed, not just endured.”

— Gordon B. Hinckley

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## QUEST UPDATE – JANUARY 2022

– by Elaine Skaggs

There has not been much to report about on the clinical trial for the Altius System device for a couple months now. For those not familiar with what's going on, in June of 2021 I had this device implanted along with lead wires connected to my sciatic nerve, where electrical impulses were sent on demand to block phantom nerve pain in my amputated leg. You can read previous updates in the September and October '21 issues of this newsletter. At the last update, the device seemed to be reducing the intensity of phantom sensations/pain. However, I had a severe episode of phantom pain earlier this month, the kind that intensifies to the point of bringing tears to my eyes and sleeplessness for several hours during the night. At the onset, I was awakened from a stabbing sensation in my foot, and about an hour in, I decided to get up and run a treatment with the Altius system. The treatments last 30 minutes, the pain continuing during the treatment. I then waited, hoping it would diminish over the next half hour's time, and when there was no change, I ran a second treatment. It wasn't until about an hour after the second treatment that I began to get some relief and the pain began to ease up. Needless to say, I'm very disappointed that it took so long, and I'm really not convinced that it was the device that helped to reduce or eliminate the pain. I am thankful, however, that I do not experience episodes like that very often. Over the last 2 months I have continued to use the device as more of a preventive measure, giving myself treatments almost every morning, but I really don't feel much of a change in the intensity of sensation in my phantom leg. I also continue to keep my e-diary updated daily. For me, the study will run through June, a year from the date of my implant surgery, at which time I will decide whether or not to have the device removed. We'll see how the next 5 months go. My next follow up appointment is in March, and I will update if there are any changes.

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## RECIPE OF THE MONTH

### Puff Pastry Berry Hearts

(makes about 18 hearts

depending on the size of cookie cutter)

Prep Time: 5 mins Cook Time: 10 mins

egg free – nut free

#### Ingredients

- 1 cup whipping cream
- 1 teaspoon powdered sugar
- 1 package frozen puff pastry, defrosted
- 1/2 cup fresh raspberries (or mixed berries)

#### Preparation

1. Preheat oven to 400°F.
2. Unfold the puff pastry and cut into hearts using heart-shaped cookie cutters.
3. Place the puff pastry hearts on a baking sheet and bake for 10-12 minutes, or until golden brown.
4. In the bowl of a standing mixer, or with an electric mixer whip the cream on medium-high speed for 2-3 minutes. Add the powdered sugar and beat on high for 30 more seconds or until thick and fluffy.
5. Remove hearts from the oven and allow to cool completely. Slice hearts in half. Top the bottom half with whipped cream and berries, and place the other half on top to form a sandwich.



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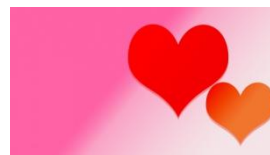
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# Ways to Donate to *MOVING FORWARD* Limb Loss Support

## AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com/smile)"

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](https://www.amazon.com/smile), 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 Support Group, Inc."

## Kroger Community Rewards Program

Go to:

<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"

Search for "Moving Fwd Limb Loss Support"

## **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 Support 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 your employer uses Frontstream, Truist, or Network for Good to manage their deductions, *Moving Forward* is listed.

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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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