



NEWSLETTER ♦ 119th Edition ♦ Jul 2023

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

The month of June passed like a whirlwind for me, and here we are full swing into summer. Did you ever notice that the older you get, the faster time seems to slip by? That alone inspires me to live every moment to the fullest.

Last month I promised to keep you posted on the gardening activities, and I'm pleased to say everything is growing well, and so far not much damage from the squirrel family. The forks I planted seem to be all the deterrent needed at this time. That's one of the tips I found on the internet, imagine that! Plastic forks pushed into the soil, tines up will keep the little varmints from burying their treasures in the container garden. Harvest is still a long time off, though. Hopefully it's a good one.

Our special guests at the June Louisville meeting were Scott and Liz Lee, both Physical Therapists in the Southern IN area. Scott spoke about expectations when you are in PT, and how to get the best results

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UPCOMING EVENTS

Tuesday July 4 – ALL DAY – HAPPY INDEPENDENCE DAY!!

Friday July 14 – 6:00 pm – Meet us at the Okolona Firehouse for a game night. Bring your favorite card game or board game, and your favorite ice cream topping, for a fun time and a tasty summertime treat!

Monday July 17 – 6:00 to 7:30 pm – Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany, IN, in the Conference Room.

Saturday July 22 – 2:00 to 4:00 pm – Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY. Jim Davis will be our guest speaker and will be giving a demonstration and class on self defense during our meeting.

Saturday August 12 – 1:00 pm – Join us for a restaurant outing at The Chicken House, 7180 IN-111, Sellersburg, IN 47172. From The Chicken House:

"We serve delicious, fried chicken, and homemade style meals that will have you remembering grandma's kitchen. Under new ownership, The Chicken House is updating and renovating. Come on in and see what's new while having everyone's old favorites, too."

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EDITOR'S NOTE (cont'd)

from your therapy. It was great to see them again, and hopefully they will be starting up the Amputee Boot Camp again soon.

In addition to our regular meetings last month, we had another restaurant outing at 'I Love Tacos' in Jeffersontown, KY. We had a good turnout, a great time socializing, and delicious food. The purpose of these events is not just a time for us to get together, but an opportunity for us to rate the establishments we visit on their handicap accessibility.

Our next outing will be in Sellersburg IN, read more about it in the UPCOMING EVENTS section as well as the additional events happening and make plans to join us for a great time!

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## HISTORY OF THE 4TH OF JULY

The Fourth of July—also known as Independence Day or July 4th—has been a Federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2023 is on Tuesday, July 4.

It's hard to imagine Independence Day without fireworks. But how did this tradition get started? As it turns out, setting off mini-

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## UPCOMING EVENTS (cont'd)

**Monday August 21 – 6:00 to 7:30 pm –** Indiana meeting at Southern Indiana Rehab Hospital, 3104 Blackiston Blvd. New Albany, IN, in the Conference Room.

**Saturday Aug 26 – 2:00 to 4:00 pm –** Louisville meeting at Okolona Fire District, 8501 Preston Highway, Louisville, KY

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CAREGIVERS CORNER

Every quarter in the Caregivers Corner we will feature an article geared toward our caregivers, with tips and guidance on caring for a loved one. This quarter we're going to look at what to do in the case of an emergency room visit or hospital stay.

Emergency Room Visits - Always remember that when it's necessary to make an ER visit, more than likely you will be there for hours. It's always good to have a go-bag prepared in advance with everything you may need during your visit.

+ Phone – It will discharge quickly as you call family to let them know

+ Tablet – Whether you are reading an e-book or playing games, you need something to occupy your time while you wait.

+ Patient's Phone – For contact information, you may need to contact someone on your loved ones contact list.

+ Two charging devices – Portable charging devices are available if you are in a location where electrical outlets may not be available.

+ Bottled drinks – for yourself and the patient. Bottles are best to avoid spills.

+ Snacks – Small packaged snacks are easier to deal with and can be purchased easily as opposed to vending machines which often don't work properly.

+ Medications – Often ER personnel will ask for a list of medications that the patient is on, and make sure you know every time a

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HISTORY OF THE 4TH OF JULY (cont'd)

explosions of all shapes and colors (but particularly red, white and blue) on July 4 go back almost as far as American independence itself.

Fireworks have a long and colorful history, but the story of how they became ubiquitous on July 4 dates to the summer of 1776, during the first months of the Revolutionary War. On July 1, delegates of the Continental Congress were in Philadelphia, debating over whether the 13 original colonies should declare their independence from Britain's Parliament as well as King George III himself.

That night, news arrived that British ships had sailed into New York Harbor, posing an immediate threat to the Continental troops commanded by George Washington. On July 2, delegates from 12 colonies voted in favor of independence (New York would follow suit on July 9) and the motion carried. On July 3, even as Congress revised a draft of the declaration composed by Thomas Jefferson, an excited John Adams took up his pen to write to his wife, Abigail.

"The Second Day of July, 1776, will be the most memorable Epocha, in the History of America," Adams wrote. "I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival...It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." Adams was off by a couple of days.

On July 4, after making a total of 86 (mostly small) changes to Jefferson's draft, Congress officially adopted the Declaration of Independence, though most of the delegates didn't even sign the document until August 2. Some impromptu celebrations greeted the declaration's first public readings on July 8, in front of local militia troops in Pennsylvania and New Jersey, but the first organized celebration of Independence Day

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CAREGIVERS CORNER (cont'd)

medication is given, what it's for. Also, given you may be there for an extended period of time, this way the patient will not miss any doses of medicines like insulin.

Hospital Stays – Have everything from the ER visit above to make sure needs are addressed. Never leave valuables unattended!

+ Keep everything portable in case you have to move to a waiting room while the patient has a procedure or surgery.

+ Use the time during a hospital stay as an opportunity to rest and renew physically. There are professionals taking care of your loved one during this time. Sometimes my husband would see how tired I was and have me go straight home from work to rest.

+ Have Support – Family who can stay with the patient to give you a break, and/or go home to shower and freshen up.

Friends to come visit who can provide someone different for the patient to focus on, and especially someone who can make them laugh. It's the best medicine.

+ Keep wrapped candy in the room to give to hospital staff. They are usually overworked and often don't take time to eat. If they know there is candy in the room they will check on your loved one more often as they pop by to grab a piece or two of candy. Make it clear to other visitors that the candy/mints are for the staff.

+ Be kind and respectful to the staff. They will return your kindness and respect in the way they care for your loved one.

+ Take notes on what the doctor or other professionals tell you about the diagnosis, medicines given and purpose for them. Ask and make sure every time a medication is given, you know what it's for.

In the case that the patient needs surgery, the following are a few questions that you should ask as well as some guidelines on things to do:

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HISTORY OF THE 4TH OF JULY (cont'd)

would take place in Philadelphia on July 4, 1777.

"Yesterday the 4th of July, being the anniversary of the Independence of the United States of America, was celebrated in this city with demonstrations of joy and festivity," reported the Pennsylvania Evening Post on July 5, 1777. "About noon all the armed ships and galleys in the river were drawn up before the city, dressed in the gayest manner, with the colors of the United States and streamers displayed."

After each ship's cannon fired a 13-gun salute (in honor of the 13 colonies), the festivities continued, including an elegant dinner, a military demonstration and a performance by a Hessian band. "The evening was closed with the ringing of bells," the Evening Post reported, "and at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated."

Adams' hometown of Boston saw its own fireworks display that July 4th, as Colonel Thomas Crafts of the Sons of Liberty took the opportunity to set off fireworks and shells over Boston Common. In the years to come, various cities continued the tradition of celebrating independence, holding picnics, parades, speeches and fireworks displays for the occasion, though Boston was the first to designate July 4 an official holiday (in 1783).

By the time Independence Day celebrations really took off after the War of 1812 (another conflict pitting the United States against Britain), fireworks were even more widely available. They would become an increasingly important part of the festivities in the years to come, as public safety concerns caused cannon and gunfire to be gradually phased out of celebrations.

In 1870, Congress established Independence Day as an official holiday. By

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CAREGIVERS CORNER (cont'd)

1. Ask how long the operation should take.
2. Take valuables that belong to the patient such as phone, wallet, wedding ring or other jewelry.
3. Find out who the circulating nurse is, if possible. They are the person who is eyes and ears for the patient while they are under anesthesia. Thank them in advance for taking such good care of your patient.
4. Tell the surgeon in advance that you appreciate the good job they will do during surgery.

After the surgical procedure is over, you may have a very limited time to talk to the surgeon. However, there are a couple of questions you should ask such as, Were you able to accomplish everything you had planned to do?, and will the patient need any further surgeries?

Many thanks to Julia Kelly for putting these guidelines together. Hopefully these will provide information for both caregivers, and help those of us who are being cared for to understand the daunting task of caring for us.

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## QUOTE OF THE MONTH

*"Though no one can go back and make a brand new start, anyone can start and make a brand new ending."*

— Carl Bard

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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

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## HISTORY OF THE 4TH OF JULY (cont'd)

1898, a reporter would note that “the American Fourth of July is the greatest event the maker of firecrackers knows,” historian James Heintze recorded in The Fourth of July Encyclopedia.

As every July 4 brings numerous fireworks-related accidents, some causing injuries and even deaths, many cities and states would pass bans on different types of pyrotechnics. Despite these safety concerns, Americans spend somewhere around \$1 billion on fireworks each July 4, allowing for a nationwide celebration of independence John Adams would surely have appreciated.

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## RECIPE OF THE MONTH

### SHEET PAN CHICKEN POT PIE

#### INGREDIENTS

- 3 tablespoons unsalted butter
- 2 large carrots, halved and thinly sliced
- 2 ribs celery, diced
- 1/2 cup yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/3 cup all-purpose flour, plus more as needed
- 2 cups chicken broth
- 1 cup heavy cream
- 3 cups cooked, shredded chicken
- 1 cup frozen peas
- 4 sheets puff pastry, thawed
- 1 egg
- Kosher salt and freshly ground black pepper, to taste



#### PREPARATION

1. Preheat oven to 400°F and grease a 13×18-inch sheet pan with nonstick spray. Set aside.
2. In a large saucepan over medium-high heat, melt the butter. Add carrot, celery, onion, garlic, and thyme, and season with salt and pepper. Cook until the vegetables are tender but still crisp, about 5 minutes.
3. Stir in the flour and let cook 1 minute. Add the broth and cook until starting to thicken, about 5 minutes. Stir in the cream and continue cooking until sauce has thickened, about 2 minutes.
4. Add cooked chicken and peas and season to taste with salt and pepper. Pour mixture into prepared sheet pan. Set aside.
5. Lightly dust a surface with flour, then stack 2 sheets of puff pastry atop the surface. Roll out into a 15-inch square, then cut the pastry into 1-inch strips. Repeat with remaining sheets of puff pastry. (You should have 30 strips total.)
6. Arrange puff pastry strips over chicken filling in a row, overlapping them a bit so most of the filling is covered. Trim overhang as needed.
7. In a small bowl, beat the egg with a bit of water and brush pastry with egg wash.
8. Bake until pastry is a deep golden brown, 35-40 minutes. Enjoy!

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