



## NEWSLETTER ♦ 101st Edition ♦ Jan 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.

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### EDITOR'S NOTE

- by Elaine Skaggs

In last year's January newsletter I wrote about how we in *Moving Forward Limb Loss/Difference Support Group* had experienced many changes during 2020. This past year, 2021, we've lived through a few changes as well. We finally have been able to resume our in-person meetings; we've held 2 events - a restaurant outing at Mike Linnig's in the fall and our annual Christmas party; and sadly, we've lost 2 of our members this past year - Mike Kelly and Jerome Skaggs. We have also gained a few new members and, as always, we strive to continue to make a positive impact on the limb loss/difference community.

The annual Christmas Party was held at the Okolona Fire District on Preston Highway, where we enjoyed the decorations done by the Ladies Auxillary. MFLLSG provided the pizza and a couple pasta dishes and members brought desserts. There was the usual ornament exchange and, of course, Santa was there and gifted each child in attendance with a toy or game. All the toys that were left over were donated to Toys for Tots. We also had a raffle

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### 2022 RESOLUTIONS

A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year. Starting a diet is probably one of the most common resolutions, especially after the large family dinners to celebrate the holidays. There are a multitude of ways that people can improve their lives, and what better time to begin something new than the beginning of a new year. Unfortunately, many of us set such lofty goals for ourselves that it's nearly impossible for us to succeed in meeting them, and therefore we tend to give up on our resolutions in a short period of time. The key to being successful in keeping our resolutions is to set a manageable goal, one that we know we can meet if we only will put forth the effort to do so. For example, if you start a diet to lose 50 lbs, why not resolve to lose 5 lbs per month for the next 10 months. That goal is so much easier to attain, and not nearly as overwhelming.

And, of course, especially in this kind of situation, you will find greater success if you track your progress. After all who would go on a diet to lose weight and not track how much they lose. Last, but not least, the experts say not to make too many resolutions if you want to be successful at keeping them for the entire year. It makes sense that if you set too many goals, you may end up forgetting a few of them, or becoming overwhelmed and giving up.

Below is a list of the things I'll be giving up for 2022. This was copied from a friend:

~ cont'd on Page 2 Column 2

## EDITOR'S NOTE (cont'd)

for an afghan, handmade by one of our supporters, and the winner of the afghan was Kelly Grey. The proceeds from the raffle were donated to the Amputee Coalition.

Once again, as in 2021, life got the better of me and this newsletter is getting out late. Although the reasons were a little different this year, it being more about celebrating the first Holiday Season without my husband Jerome. There were many sweet memories remembered, a few tears shed, truly a bittersweet time for my family. But I do apologize for being late getting this to press.

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## WHAT IS GRIEF?

Grief is a strong and, at times, overwhelming emotion that comes about due to a loss of something important. It is typically associated with the loss of a loved one through death, but it doesn't have to be. Grief can be felt due to the loss of a relationship, the loss of a job, the loss of identity, or as all too well known among amputees, the loss of a limb. It is important to remember that grief is both natural and universal. It is not a sign of weakness and not something to ignore or try to push away. It is also highly unique, so you shouldn't try to fit grief into a "how it should be" box or check off the list of how others have dealt it. Some people experience grief as extreme sadness and go through crying spells, while others experience it as numbness and feel as if they are in a cloud or outside of their own body just observing.

It's true that holidays and traditions can be difficult amid grief. Sometimes, we need to find new traditions, not to replace the old, but to make the old traditions even richer. New traditions can honor our special person, not by forgetting who they were, but by remembering their impact on our lives.

People cope with loss in many different ways. Following are a few additional suggestions to consider:

+ Take good care of yourself by living a healthy lifestyle.

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## 2022 RESOLUTIONS (cont'd)

- Give up complaining... focus on gratitude.
- Give up harsh judgments... think kind thoughts.
- Give up worry... trust divine providence.
- Give up discouragement... be full of hope.
- Give up bitterness... turn to forgiveness.
- Give up hatred... return good for evil.
- Give up anger... practice patience.
- Give up pettiness... put on maturity.
- Give up gloom... enjoy the beauty that is around me.
- Give up gossiping... control my tongue.

My wish for you for 2022 is that you will have the determination and motivation to find success in all your resolutions, and that you will resolve to reach every goal!! Happy New Year!!

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## QUOTE OF THE MONTH

Accept what is, let go of what was, and have faith in what will be.

— Author unknown

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## RECIPE OF THE MONTH

### Magic Cookie Bars or 7 Layer Bars

This month we are sharing a recipe submitted by Elaine Skaggs. This easy-to-make fan favorite will score some points with family and friends while watching the next game!

#### Ingredients:

- 1/2 cup butter or margarine, melted
- 1-1/2 cups graham cracker crumbs
- 1 can (14 oz. low-fat sweetened condensed milk
- 1-1/3 cup flaked coconut
- 1 cup semi-sweet or milk chocolate morsels (I use dark chocolate.)
- 3/4 cup peanut butter chips or butterscotch morsels
- 1/2 cup chopped pecans, walnuts, or almonds (optional)

#### Directions:

Spread butter in 13 x 9 x 2" pan. Sprinkle crumbs over butter. Evenly pat crumbs into pan. Drizzle milk over crumbs.

Sprinkle coconut, chocolate morsels, peanut butter chips, and nuts over top. Bake in 350 degree oven for 25 minutes or until light brown around the edges. Cool completely before cutting into bars. Store in airtight container in the refrigerator.



## WHAT IS GRIEF? (cont'd)

- + Exercise and physical activity
- + Don't be afraid to ask for help and support from family and friends.
- + Perform a ritual in honor of the loss.
- + Write about or to the person or thing you lost, or write your feelings in a journal.
- + Forgive any "unfinished business" with the deceased.
- + Spend time in nature; it can be soothing and healing.

So regardless of what or who may be the cause of our grief, it's something we all must experience when faced with loss. We can't hide it, walk around it, or jump over it, but we must go through it in our own way, and in our own time.



## “You Don’t Just Lose Someone Once”

You lose them over and over, sometimes many times a day.

When the loss, momentarily forgotten, creeps up and attacks you from behind.

Fresh waves of grief as the realization hits home, they are gone.

You don't just lose someone once, you lose them every time you open your eyes to a new dawn, and as you awaken, so does your memory, so does the jolting bolt of lightning that rips into your heart, they are gone. Again.

Losing someone is a journey, not a one-off. There is no end to the loss, there is only a learned skill on how to stay afloat, when it washes over. Be kind to those who are sailing this stormy sea; they have a journey ahead of them, and a daily shock to the system each time they realize, they are gone. Again.

You don't just lose someone once, you lose them every day, for a lifetime.



## 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.



# NEWSLETTER ISSUES

Jan 2022 is our 101st newsletter issue!

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).



## CONTACT INFO

MOVING FORWARD Limb Loss Support Group

Email: [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)

Website: [ampmovingforward.com](http://ampmovingforward.com)

Phone: 502-509-6780

Facebook: Moving Forward Limb Loss Support

Kelly Grey, President / Facebook Editor / Newsletter Staff

[kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) • 502-235-3146

Elaine Skaggs, Vice-President / Newsletter Editor

[elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) • 502-548-6419

Julie Randolph, Secretary/ Newsletter Producer

[jbrsweepa@yahoo.com](mailto:jbrsweepa@yahoo.com) • 812-557-3970

Mary Jo Kolb, Treasurer

[mjk2you@gmail.com](mailto:mjk2you@gmail.com) • 502-727-9566

Mike Portman, Board-Member-at-Large

[mdportman712@gmail.com](mailto:mdportman712@gmail.com) • 502-262-8344



MOVING FORWARD Limb Loss Support Group Newsletter CORPORATE SPONSORS:

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Chris Luckett, C.P.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605



Bruce Luckett, L.P.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605



R. Wayne Luckett, L.P., L.Ped.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605



BRYAN SWINT, CPO/L  
ORTHOTIST/PROSTHETIST  
[BSWINT@KENNEYORTHOPEDICS.COM](mailto:BSWINT@KENNEYORTHOPEDICS.COM)

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)



DONNA HINNANT CP, LPO  
[DHINNANT@KENNEYORTHOPEDICS.COM](mailto:DHINNANT@KENNEYORTHOPEDICS.COM)

2809 N. HURSTBOURNE PARKWAY • SUITE 111 • LOUISVILLE, KY 40223  
PHONE 502-882-9300 • FAX 502-882-8375

[WWW.KENNEYORTHOPEDICS.COM](http://WWW.KENNEYORTHOPEDICS.COM)

### Kentucky Prosthetics & Orthotics

1169 Eastern Parkway Ste. 4423  
Louisville KY 40217

502-585-4228

### Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

[lendingahand@gmail.com](mailto:lendingahand@gmail.com)

Facebook & YouTube: BillyPAmputee

