



NEWSLETTER ♦ 82nd Edition ♦ Jun 2020 ♦ *Happy Father's Day*

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

June is here, and most of us have been in quarantine now for over 2 months. For me it's been a time of reflecting on what's important in life, even though not a lot has changed for Jerome and me. I've been getting a few projects around the house at least started, even if it may still take me a while to actually finish them. I've also been cleaning – a lot. Be sure to check out the article “How To Clean At Home”. It's a good short read and gave me some confidence about how well I'm taking care of home. The highlight of May for me and all the other mothers out there was Mother's Day. We had a socially distant picnic on our deck with my son and his family. And although I didn't get a hug, it was wonderful to see my granddaughters face to face.

For our *Moving Forward* group, the highlight of the month was holding our first virtual meeting on the Zoom App. It was the next best thing to seeing everyone in person, and it appeared that everyone was polite and wore pants or shorts, ha-ha. It really was great to interact with each other in real time, and there were no technical issues with anyone as far as I know. We took a little time to each talk about how this crisis has affected us emotionally and some of the ways that were helpful in dealing with the situation. We will continue to hold virtual meetings until the restrictions on gatherings have

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### HOW TO CLEAN AT HOME DURING COVID-19 PANDEMIC

Although we are approaching the end of lockdown, and many restrictions are being relaxed and lifted, one thing is sure, we have become a cleaner nation. Many of us have become much more diligent about sanitizing our homes, because we've all heard that the coronavirus that causes COVID-19 can linger on surfaces for hours or even days. And you may be wondering what that means for your health — and your home cleaning routine.

First, it's important to note that the virus is much more easily passed from person to person via aerosol droplets, a.k.a. drops of spit or snot from the sick person that enter the air and get into your nose or mouth. Is it technically possible for someone to get sick from an infected surface? Yes, if they touch the surface, then touch their face or put their hands in their mouth without washing their hands first. But it's less likely. Still, it's important to keep your home — and your hands — clean. How often should you be cleaning and sanitizing high-touch surfaces?

#### Clean daily, but don't obsess

Keeping things clean is not a bad thing. You might prevent other viruses or foodborne illnesses. But getting obsessive about it isn't necessary. “Keeping things clean” means wiping down high-use surfaces once or twice a day: Think things like kitchen countertops and toilet bowls or other surfaces that get dirty. If you want to, go ahead and wipe down door handles and light switches, too.

#### Clean more often if someone's sick

The whole “no obsessive cleaning” thing changes dramatically if you're taking care of someone in your house who is sick. Maybe they don't have COVID-19 (or you don't know), but unless you want to catch what they have, you need to clean pretty thoroughly. It's

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## EDITOR'S NOTE (cont'd)

been lifted, or until further notice. As things begin to reopen, we will start to plan some future events. Hopefully, we'll be able to hold our fall Walk and Roll Picnic, and resume the monthly restaurant outings. The officers will keep everyone posted through the newsletter and social media, so be sure to look out for plans. If anyone has any suggestions about events that we could possibly include, please let us know.

Our June virtual meeting will be held on the 27th so be sure to join us online at 2:00 p.m. Saturday. If you have problems with the Zoom application feel free to call myself, Kelly or Mike for assistance. Wishing each of you many May Flowers!

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EASY EXERCISES TO DO INDOORS

With the combination of the 'Stay at Home' order and all the rainy weather we've endured this spring, we can't let something like inclement weather make us inactive! Staying active - even if you're exercising for only 15 minutes — can significantly improve senior health. For example, a study published in the Annals of Internal Medicine, found that senior adults who exercised spent 25% less time disabled or injured than those who did not. Physical activity can boost mood, add extra years to your life, help you maintain or lose weight, reduce the impact of illness and disease like Alzheimer's, and enhance mobility, flexibility, and balance, which is especially important for lower limb amputees. But before you begin your exercise routine, talk to your doctor and prosthetist about your physical fitness goals and consider talking to a personal trainer. Wear comfortable, well-fitted shoes to avoid slippage or injury, drink plenty of water, and consider having another person around in case you fall or need help. Once you're ready, get moving with the following exercise ideas.

The Medicare.Org website suggests things like indoor walking, gym memberships, and indoor pools, which are facilities that have just begun to re-open due to the pandemic, but may be good alternatives once the crisis is over. When the weather is good, we can walk outdoors in a variety of places.

Walking — If walking is an activity you can do, aim for a brisk 30-minute walk for a total of 2.5 hours per week. Consider getting a pedometer to count each step and track your distance.

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HOW TO CLEAN AT HOME DURING COVID-19 PANDEMIC (cont'd)

recommended isolating the sick person and staying 6 feet away from them at all times. Have them use a separate bathroom, if possible, and definitely don't share things. Even sharing a tube of toothpaste is a way for germs to spread. Serve their food using disposable plates and cutlery, if possible. If that's not an option and you need to clean dishes, do so on the hottest setting in the dishwasher. Likewise, wash their clothes in hot water. And, of course, wash your hands after you come in contact with them or anything they touched.

Disinfect after cleaning

Think you can just spray disinfectant on everything and call it good? Not so fast. If you've got food particles, bodily fluids or dirt and you throw a disinfectant on it, the disinfectant will be inactivated by the organic material. To prevent this, wash with a regular cleaning solution — or soap and water — first to remove any mess, then disinfect.

No need to disinfect packages

You've probably seen countless articles in the news about whether or not it's safe to get packages. And you're getting a lot of mail and takeout now that you're staying home. Does that mean you should disinfect every piece of mail you get? That's completely unnecessary, according to UW Medicine. The likelihood of packages being contaminated with the new coronavirus, much less actually getting sick from handling mail, is very low. As mentioned above, the coronavirus (COVID-19) can linger on surfaces, but often at low concentrations of the virus. If someone were to get infected this way, they'd have to touch the object, then touch their face and get it into the mouth or eyes.

Gloves aren't necessary

Some people like to clean with gloves on, others don't. Do whatever works best for you, but keep in mind that now isn't the time to hoard latex or other single-use gloves: healthcare workers need those. Make sure to wash your hands after cleaning. If you like to clean using those yellow rubber gloves, that's fine; just give them a rinse when you're done and then wash your hands.

Paper versus reusable towels

If you want to use paper towels to clean so you can toss the used towels when you're done, go for it. But using reusable towels or sponges is fine as long as you can clean them using either the dishwasher or washing machine on the highest temperature. If you like cleaning with microfiber cloths throw them in the washing machine on high heat after using. If you use sponges to

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EASY EXERCISES TO DO INDOORS

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Gym membership — Once the restrictions are lifted, there are some local gyms that are very affordable and do month to month memberships, as well as discounted rates for seniors. Some Medicare plans offer a free fitness program called Silver Sneakers as well. Through a combination of equipment, education, training, and socialization, gyms are the ideal location for exercise. Talk to a trainer or healthcare professional about creating an exercise routine and consider using cardio equipment like a treadmill, stationary bike, or elliptical trainer. You might also look into classes your gym offers, such as a spinning class, tennis lessons, or dance.

Stretching exercises — Before you begin to exercise, it is important to stretch before and after to help reduce muscle pain and decrease risk of injury. However, stretching on its own is beneficial as well. Flexibility exercises can help offset the effects of normal decline in joint flexibility and help you remain active and independent. At least twice a week, seniors should aim to stretch their major muscles groups for at least ten minutes.

At-home exercises — Create a home gym with as much or as little equipment necessary for your physical fitness needs. While you can order cardio equipment, you may only need some simple items like a workout mat, light weights, and a resistance band (an elastic band used for strength training). Consider the following ideas for indoor exercises you can do at home.

Exercise videos — Remember those old Jane Fonda workout classics from 1982? Today, you can search online for similar fitness videos – and there are many for seniors. The National Institute on Aging at NIH has a great collection of free “Go4Life” exercise videos on YouTube.

Fitness apps — According to a study by AARP, 67% of respondents 50 years of age and older found fitness trackers to be beneficial. There are many fitness apps from which older adults can benefit. Search your app store for fitness apps that help you attain health goals like weight loss, track how much you have walked, or teach yoga and simple exercise routines.

Wii games — The Nintendo Wii Fit Plus system combines fitness and fun into one package for people of all ages. With Wii Fit, you play video games that get you off the couch, standing, and moving your arms and legs in a sort of virtual fitness world.

Balance exercises — Balance training exercises strengthen the muscles that help keep you upright to

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HOW TO CLEAN AT HOME DURING

COVID-19 PANDEMIC (cont'd)

clean dishes, throw the sponge in with the dishwasher cycle.

What to do if you run out of disinfectant

Disinfectant wipes and sprays have been hard to come by these days, seemingly flying off the shelves before you even step inside the store.

If you run out of disinfectant, there are a few DIY concoctions you can make that still get the job done.

To disinfect your phone or other tech device, use 70% rubbing alcohol or a 1:1 mixture of alcohol and water. For harder things like sinks or toilets, mix a 1% solution of bleach with water.

Alcohol and bleach can be corrosive on certain surfaces, however, so do some online research to find out what you should and shouldn't clean.

And, when all else fails, use good old soap and water, which is safe for everything except electronics.

Ultimately, what you clean and how often you clean it is less important than two other things: washing your hands and social distancing.

Since COVID-19 is primarily spread by aerosol droplets, it's key to stay away from others — it protects not just you, but them and the community as a whole.

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## QUOTE OF THE MONTH

### "What Is A Dad?

A dad is someone who  
wants to catch you before you fall  
but instead picks you up,  
brushes you off,  
and lets you try again.

A dad is someone who  
wants to keep you from making mistakes  
but instead lets you find your own way,  
even though his heart breaks in silence  
when you get hurt.

A dad is someone who  
holds you when you cry,  
scolds you when you break the rules,  
shines with pride when you succeed,  
and has faith in you even when you fail ..."

— Unknown

## EASY EXERCISES TO DO INDOORS

(cont'd)

improve stability and help prevent falls. Older adults at risk of falls should do balance training three or more days a week and do standardized exercises from a program demonstrated to reduce falls. Consider these balance exercises:

- + Stand on one foot for at least ten seconds, or as long as possible, then switch to the other foot.
- + Position one foot closely in front of the other and walk heel to toe for 20 steps. Steady yourself with a wall if some support is needed.
- + Walk in a straight line as normally as possible.

**Seated chair exercises** — Chair exercises are simple exercises that are done while seated in a chair to help elderly individuals exercise and move without putting pressure or strain on their bodies. They include simple movements of the body, such as bending the feet up and down, lifting a lightweight ball over the head, or lifting the knees.

**Step exercises** — Step exercises are an aerobic workout that can strengthen your legs and keep your knees limber. With step aerobics, you step up, around, and down an elevated platform. Make sure your step is at a comfortable height, is sturdy, and provides ample foot space so that you don't fall off of it while exercising. If you have balance issues, consider placing the stepper next to a wall to help you maintain your balance.

**Strength exercises** — Strength exercises, also called resistance training, is when you work your muscles by using resistance. This can mean using your own body weight by doing push-ups, wall push-ups, pull-ups, crunches, or leg squats. It can also mean lifting weights, using resistance bands or weight machines at a gym. There are many benefits to strength training exercises, including the prevention of age-related muscle loss, keeping your bones strong, preventing falls, and promoting mobility and balance.

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PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at:

ampmovingforward.com

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## JUST A TOUCH OF HUMOR

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.

— Mark Twain

## RECIPES OF THE MONTH

— by Beverly Gaylord

Just in time for that Father's Day barbecue, this month's 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. Enjoy!

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During a fishing trip, this could be a fun snack for the "little ones":

GO FISH SNACKS

Ingredients:

1/2 cup peanut butter
16 hard breadsticks
1 cup goldfish crackers

Directions:

1. Put 1 tablespoon of peanut butter, 2 breadsticks and a few crackers on a large plate for each child.
2. Let the kids dip their breadstick in the peanut butter. Then use the peanut buttered stick to "fish" for the fish-shaped crackers on their plates.

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## Ways to Donate to Moving Forward Limb Loss Support

### **AmazonSmile**

Go to "[Smile.Amazon.com](http://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 AmazonSmile Foundation 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**.

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Ways to Donate to *Moving Forward* Limb Loss Support (cont'd)

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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