



## NEWSLETTER ♦ 49th Edition ♦ Sep. 2017

### **MOVING FORWARD** FEATURE *MOVING FORWARD "IN FULL SWING"*

— by Belinda

The Amputee Coalition National Conference has come and gone, but for those who attended, the memories will last a lifetime. From the Opening Ceremony to the Grand Gala Dinner Dance, our days



were full of non-stop activities. One of my favorite things was **MOVING FORWARD's** Welcome to Louisville table. Being able to greet all the attendees as they entered the hotel, answer their questions, and share with them information about Louisville was

definitely a highlight. I met people from Canada, England, California, Texas, Florida, Washington, and Pennsylvania; just to name a few. I would have to say my favorite thing, though, was seeing the enthusiasm and smiles and hearing the laughter of our group members. In total, 45 members of the group attended the conference and 29 attended the dinner/dance. While there they were able to attend gait training and mobility enhancement clinics. They had their choice of over 90 sessions to attend; including living with their level of limb loss, pain management, adaptive self-defense, and being your own health care advocate. There were also sessions for children with limb loss or limb difference and their parents. We had the opportunity to take part in many recreational activities such as: swimming, yoga, dance, running, golf, fitness, and, of course, let's not forget our own Kelly Reitz leading a Zumba class. We got to see and learn about the latest in technology with over 100 booths in the exhibit hall. The conference came to a close with the Grand Gala Dinner Dance. The pure delight of seeing everyone on the dance floor having the time of their lives was something I will never forget. We left the conference that night with more knowledge and self-confidence, new skills, and many new friends. The Amputee Coalition presented **MOVING FORWARD** with a certificate thanking our group for our hard work in helping to prepare for the



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### **Moving Forward on Facebook Live**

— by Belinda

On Sept. 14th, **MOVING FORWARD**, along with over 500 local non-profits, will be taking part in "Give for Good Louisville". This is a day of online giving hosted by the Community Foundation of Louisville. This year, along with participating in the mid-day rally at 4th Street Live, our group will be holding a **Facebook Live** event at the Okolona Fire Station, 8501 Preston Hwy. in Louisville from 9:00 am - 6:00 pm.

"**Moving Forward on Facebook Live**" will be aired live on the group's Facebook page with segments running on the hour and half hour throughout the day. We will be talking about our group, interviewing group members and local officials, updating you on our donations, and taking calls from our viewers. The on-air duo of Belinda Jacobi and Mike Portman will be hosting the event. This should be a fun way to help raise donations plus spread the word about our organization. Everyone is invited to stop by to be interviewed on-air or just to visit. A light breakfast and lunch will be provided.

We will have computers and access to the internet available, so that you can make a donation if you wish to do so. We also encourage people to call in who have already made a donation and let us know if they would like that donation to be made "in memory" or "in honor" of someone. We will be keeping a donation tally board throughout the day and keeping our viewers updated. If you would like to call in, you can reach Belinda at 812-620-3694 or Mike at 502-262-8344.

#### **Special Instructions:**

To make a donation to our group, go to [giveforgoodlouisville.org](http://giveforgoodlouisville.org), click on **Search for Organizations**, enter **MOVING FORWARD**, our group's name will pop up, click on **View Profile**, our group's profile will pop up, click on **Donate**, and then you will be asked the amount of your donation and your information.

In order to view us on Facebook, you will have to be a member of our Facebook group. To do this, go to **Facebook** and look up **MOVING FORWARD Limb Loss Support Group**. Go to the button that says **Join** and click on it. Then go to the **Message** button and

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## MOVING FORWARD "IN FULL SWING" (cont'd)



conference. We were proud to be the host city and were excited to find out that a new attendance record was set with 1,245 people attending! We received so much positive feedback from everyone about the conference, the friendly people, the hotel, the attractions, and the city of Louisville. I think we definitely lived up to the conference theme, "In Full Swing". Be sure and check out our website at [ampmovingforward.com](http://ampmovingforward.com) for pictures from the event.

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## "QUOTE OF THE MONTH"

*Life*  
ISN'T ABOUT WAITING  
FOR THE STORM TO PASS...  
IT'S ABOUT LEARNING TO  
*Dance in the Rain*

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## SPOTLIGHT – by Belinda

Each month we use our SPOTLIGHT column to introduce you to a group member or a special organization. This month I have the honor of introducing you to Ollie Gentry. Ollie and I spent over an hour on the phone doing her interview. I had not laughed so much in quite some time. She is a lovely lady with a kind heart and an absolutely delightful sense of humor. I know that you will enjoy getting to know her a little better....

Ollie has lived in the Louisville area for almost her entire life and taught pre-school at Highland Community Ministries. She moved to Murfreesboro, TN, for 15 years following a second marriage. She adores her family, which includes 2 daughters, 4 sons, 12 grandchildren, and 13 great-grandchildren. She told me about her 73rd birthday dinner at O'Charley's Restaurant and how she marveled at looking down the long table and realizing that all those people were her family and that they were all there for her.

Ollie lost her left leg above-the-knee in 2013 due to vascular disease. She said that it was almost a relief to lose it, because she had been in so much pain for so long and had been barely able to use her left leg. At that time she was working as a pre-school teacher in Murfreesboro and she loved working with the children. She sadly gave up her job when the pain became too much to bare and with the urging of her family came back to Louisville.

Ollie's humor began to show when she told me of a conversation she had with her physician Dr. Nagy. He came in to check on her following surgery and asked how her leg was feeling. He then pulled off the blanket exposing her residual limb (stump). She said she looked at the leg and then up at him and said, "That looks like a ham." She explained that it was all

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## Moving Forward on Facebook Live (cont'd)

click on it to send a message to the group telling who you are and why you want to join the group. Once Kelly receives that message and approves the request, you will be able to view the content of our Facebook page. When you get the notification that we are **Live**, you can click the **Share** button and share it to your page.

### Special Prizes:

In order to be in the running for the **bonus pool prizes**, we need to get at least 25 individual donations. In order to get in the largest bonus pool, we will need to get 75 individual donations. That is 75 separate people donating at least the minimum donation of \$10.00. If we can get 75 donations, the bonus pool money would mean a great deal in raising our total donation amount. One way to get to that level is: if you are planning to donate \$20.00, for example, two members of your family could donate \$10.00 each. It would be the same amount, but it would count as 2 individual donations.

We hope that we can count on your support of **MOVING FORWARD** on Sept. 14th.

Your donation will be used to help us reach out and make a difference in the lives of people living with limb loss in our community. **Thank you!!**

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## I'm Moving Forward . . .

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



Ollie Gentry  
moving forward on  
the dance floor.

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

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## Thank You from the Amputee Coalition

– by Karen Lundquist

The Amputee Coalition is indebted to **MOVING FORWARD**, the Kentuckiana support group that was an integral part of making our 2017 National Conference a home run!! Thank you for your support, advice, and helping hands. It was wonderful to meet the team in person. This year we set a new record attendance of 1,245 attendees! We also had a record-breaking exhibit hall, with more than 100 booths and over 60 exhibitors.

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## SPOTLIGHT (cont'd)

wrapped up and covered with a reddish-pink antiseptic and it reminded her of a Fischer's ham all wrapped up. From then on, when Dr. Nagy came to see her, he asked, "How's that ham doing today?"

Even though she was able to find some humor in the beginning, Ollie said she spent a few months crying as she tried to learn to adapt to living alone with only one leg. Her daughters were very helpful and came during the day to help her with things and make sure she was all settled at night before they left.

The isolation was still very hard for her, and she credits a kind neighbor who would check in on her with helping her to get through that difficult time. She said that while living alone, it just gave her comfort to know that someone was close by. It was also very comforting when her dear friend Jerri would call her. Sometimes she would just ask her to talk so she could listen. Having a voice to hear made her feel as though she wasn't alone.

When asked if she had any advice for new amputees, she said that prayer and having good support helps, whether that be from a family member, a neighbor, a friend, or a support group such as ours. She also said that having a strong mind helps especially when you live alone. You have to figure out how to get up and get going without anyone being there to assist you. "Having upper body strength is important as well," she said. "You will need it to get yourself up if you fall or to do your transfers safely. Learning to laugh at your mistakes and not to take yourself so seriously all the time can also be helpful."

Ollie joined *MOVING FORWARD* a little over a year ago. When asked how she felt about our group, she said that she is very satisfied with it and likes that we cover all the bases. She explained that she likes the meetings and learning from each other, but she also likes the social activities that we do. It gives her an opportunity to get out with other people and talk, laugh, and just have a good time together. She especially enjoyed the AC National Conference. When asked what her favorite part of the conference was, Ollie said that she loved it all, but named the Gait Analysis & Fall Prevention class and the Gala Dinner Dance as 2 of her many favorites. She said she also enjoyed meeting people from all over the country and seeing all the fancy prosthetics. There was one lady in particular who caught her eye with a prosthetic leg that had been wired with lights. Ollie has a pretty awesome prosthetic socket herself, emblazoned with U of L on one side and UK on the other.

Ollie probably left the conference with one of the better stories to tell. It seems that she wasn't pleased with the stock of bourbon being served at the bar during the dinner dance. Ollie admitted to liking an occasional bourbon. After complaining to the bartender to no avail, she decided to take her complaint to a gentleman standing nearby. She asked him if he knew who she could complain to about the lack of good Kentucky bourbon. He told her that he believed he might be able to help her. He asked her what type of Kentucky bourbon she was looking for, and she told him Maker's Mark. He then asked how she drank it and she told him with ginger ale and lemon. Ollie said about 15 minutes later, here comes that gentleman bringing her bourbon just like she had asked for. When she got back to her table and relayed the story, she was quite surprised when someone at the table told her that the gentleman that had brought her the drink was none other than the President and CEO of the Amputee Coalition, Jack Richmond. Once again, they all had a great laugh.

If laughter is truly the best medicine, then I would prescribe spending some time with Ollie. Her outgoing personality and love of laughter bring much joy to all who are around her.

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- by Belinda

Our Q&A section is provided so that our readers can submit a "?" and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

This month I am going to take on a very difficult subject, and that subject is suicide.

Sept. 10th - 16th is National Suicide Prevention Week and Sept. 10th is World Suicide Prevention Day. I will begin with some statistics. Suicide is the 10th leading cause of death in the U.S. The rate of suicide has risen in the past decade, with the greatest increase occurring among people 36 - 64 years of age. The city of Louisville has a suicide rate of 14 per 100,000 populations and that is higher than the national rate of 12.4. Following the national trend, white men have the highest rate of suicide in the Louisville area. In the state of Kentucky over 600 people die from suicide each year. In Indiana the rate is also above the national level with 13.1/100,000 people. One hundred and eight individuals lose their lives to suicide each day in the U.S.

Anxiety and depression are the biggest risk factor for suicide. These mental health issues are treatable illnesses, but far too often people don't seek treatment due to the stigma placed upon individuals with mental health problems. We discussed this issue at our Louisville August meeting. I made the comment that when I tell people that I have cancer, they are sympathetic and want to help. When someone announces that he or she is suffering from depression or anxiety, he or she is often thought of negatively. No one wants to be labeled as having a mental illness because of the way our society as a whole perceives it. Mental illness is just that, it is an illness, just like cancer or diabetes. Many people don't seek treatment for conditions that are very treatable. They continue sinking into a deep dark hole until sadly they feel that life is not worth living. We must wake up and start treating these individuals with understanding and compassion.



In order to help, we must first know the warning signs that someone is considering suicide. Common warning signs are: appearing sad or depressed most of the time, talking or writing about death or suicide, withdrawing from family or friends, feeling hopeless or helpless, feeling strong anger or rage, feeling trapped like there is no way out, experiencing dramatic mood changes, abusing alcohol or drugs, exhibiting changes in personality, acting impulsively, losing interest in most activities, experiencing a change in sleeping or eating habits, performing poorly at work or school, giving away prized possessions, writing a will, feeling excessive guilt or shame, or acting recklessly. Some people do not show any suicide warnings, but about 75% do exhibit warning signs. If we do see someone exhibiting these warning signs, we need to step up and do everything in our power to help them. When I see parents on the news talking about losing a child to suicide and saying that they noticed some changes, but they thought that the child was just going through a phase, my heart aches for them. My heart also aches when I talk to an amputee who is obviously suffering from depression, and they tell me that their family tells them they should "just get over it" or "to stop feeling sorry for yourself". An amputation is a

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# LET'S GET MOVING! — by Belinda

Each year, the first day of the fall season is designated as Falls Prevention Day. You might find it a little odd that I have chosen to discuss this topic in a column titled **LET'S GET MOVING**, but bear with me and you will understand. And no, it isn't because when you are falling, technically you are moving. The reason that I chose this topic is that in order to prevent **falling**, we need to **get moving**. We need to do balance exercises and exercises to improve our muscle strength. It doesn't take a lot of special exercise equipment; in fact, these exercises can be done with no exercise equipment at all.

Some simple balance exercises involve standing, closing your eyes, and then alternating touching your nose with the tips of your fingers, first one hand and then the other. Another simple balance exercise is to alternate standing on one foot for as long as you can, and then switching sides and standing on only the other foot. Don't be disappointed if you can only do it for 1 or 2 seconds at a time. With increased practice, that time will increase. If you have balance issues or muscle weakness, always do these exercises in front of a sturdy surface like your kitchen counter. Never use a chair or your walker for this purpose; they will easily tip on you. Using a balance ball is a great way to do balance exercises while seated. They can be purchased at department or sporting goods stores and are fairly inexpensive. For leg strengthening exercises, just the simple squats, lunges, and leg lifts that we all did in school gym class can help. Adding some resistance bands, which are also quite inexpensive, will give these exercises a little more punch.

Many amputees allow their fear of falling to lead them to a sedentary lifestyle. When doing this, they are actually increasing their fall risk. A sedentary lifestyle leads to muscle weakness and weight gain making transfers to a vehicle, into bed, into a shower, or onto a toilet much more difficult; therefore, making you much more apt to fall.

I have heard many stories from amputees who have fallen. I would estimate that close to 90% of those falls were in their bathrooms. Many of these falls happen either because:

1. They have their leg off and are using a walker to hop into and out of the shower.
2. They get up during the night to use the restroom and don't put on their leg, again using a walker to hop.

In the case of the shower, they either get the wheels of the walker caught or twisted on a towel or rug causing the fall or they slip on a wet floor. In the case of the late night bathroom visit, they don't have on adequate lighting or they are drowsy and not paying attention and lose their balance. Hopping with a walker is never a good thing to do and can lead to a really bad thing. If possible a good way to get in and out of the shower is with your prosthesis on. You can take it off once you are on your shower chair and then reach over and place it outside of the shower. If you can't reach outside of your shower, then an alternative is to place the leg in a large sealed plastic bag (ex: a leak-proof trash bag) and set it as far away from the water flow as you can safely reach. Dry off in the shower when you are finished and put the leg back on before stepping out of the shower. Laying your towel down on the shower floor after you finish drying off will keep the bottom of your prosthetic foot/feet from getting wet. For those late night bathroom trips, take the time to put your prosthetic leg/legs on and turn on a light. Yes, it takes a little more time, and yes your spouse may get grumpy that you woke him/her up, but it is much better than

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## Q & A (cont'd)

life-changing event. It isn't like going to the hospital and having your appendix or gall bladder removed. The emotional trauma can be every bit as difficult to recover from as the physical trauma of losing a limb or limbs. Most amputees go through a grieving process and for some, this may be much harder than for others. Sometimes that grief can turn into depression and anxiety. These conditions need to be treated and taken just as seriously as their physical conditions.



So, what should we do if we know someone who we believe is considering suicide?

According to Kevin Caruso at [suicide.org](http://suicide.org):

- 1) Always take suicidal comments seriously. Assuming that the person is only seeking attention is a potentially disastrous error.
- 2) If the person is at a high risk for suicide, call 9-1-1 immediately.
- 3) Try not to act shocked by his or her actions. Try to stay calm.
- 4) Do not try to handle the situation by yourself. A suicidal person needs immediate assistance from a qualified mental health professional.
- 5) Listen attentively to everything that he or she has to say. Try to learn as much as possible about what is causing the suicidal feelings.
- 6) Remember that intense emotional pain is overwhelming, so be as gentle and caring as possible.
- 7) Let him or her know that you are deeply concerned.
- 8) If the person is at a high risk for suicide, do not leave him or her alone for even a second.
- 9) If the person mentions using a firearm that he or she owns, call the police so they can remove that firearm.
- 10) Don't be judgmental. The person is very confused at this point. Don't invalidate anything that he or she says.
- 11) Allow the person to cry, yell, swear, or do whatever necessary to express his or her emotions.
- 12) Do not leave the person until he or she has received help or the risk of suicide has dissipated.
- 13) If the person is no longer critically suicidal, help him or her to make an appointment with both a medical doctor and a therapist.
- 14) If someone asks you to keep his/her suicidal intentions a secret, NEVER keep that secret. You are not violating privileged information. Seeking help is your only ethical choice.
- 15) Show your continued support. Suicidal feelings can come and go, so follow-up to make sure he or she is okay and receiving treatment.



### How to tell if someone is at a high-risk for suicide:

Ask these 4 questions:

- 1) Are you thinking about committing suicide?
- 2) Have you thought about how you would do it?
- 3) Do you have what you need to do it?
- 4) Have you thought about when you would do it?

If the answer to 3 or more of these questions is **"yes"**, get help immediately Call 9-1-1.

**\*NOTE:** I found a lot of valuable information on suicide at [suicide.org](http://suicide.org). If you want more information on this topic, I highly recommend that you check out this website.

### Important phone numbers:

**National Suicide Prevention Hotline: 1-800-273-8255**

(Veterans choose option #1 to be connected to the Veteran's Prevention Hotline.) [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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## LET'S GET MOVING! (cont'd)

sustaining a fall.

Another cause for falling is the failure to use a cane or walker when needed. Many amputees see using a walker or cane as a sign of weakness; especially if they haven't had to use one for an extended time. Those of us who have been an amputee for several years realize that there are going to be setbacks along the way. These setbacks may be due to surgery or illness, but we don't want to compound that by having a fall. Don't let your false sense of pride get in the way when it comes to your health. A fall will lead to even a longer setback.

If you experiencing increased lightheadedness or dizziness, you should check with your doctor to see if there is a medical reason, such as high blood pressure, a high blood sugar level, or sinus problems. Many medications have a side effect of making you dizzy. The information sheet that you receive with your prescription lists the side effects. If dizziness is listed and it is affecting your balance and mobility, talk to your doctor and see if possibly a different medication without that side effect could help you. Be sure your doctor and your pharmacist know of any over-the-counter medications, and nutritional or herbal supplements that you are taking. Sometimes the combination of these with your prescription medications can cause unwanted side effects.

To learn more about falls prevention visit the National Council on Aging website at [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention). So come on everyone, let's get serious about falls prevention, and **let's get moving!!**

\*Don't forget, Kelly is giving a presentation on Zumba and adaptive exercise at our Sept. 18th meeting at SIRH. This will be a great opportunity to see how you can incorporate exercise into your daily life.



## SPECIAL ANNOUNCEMENT

We will be kicking off our 3rd Annual Sock Drive for the Salvation Army at our KY meeting on Sept. 23rd. We will be collecting up until "Make a Difference Day" on Oct. 28th. Last year we collected over 800 pairs of socks for needy men, women, and children. If you would like to help us by placing a sock collection box at your church, work, etc., please contact us. \*See **CONTACT INFO** on Pg. 7.



## FUN WITH WORD SCRAMBLES

Unscramble these words and then use the letters in parentheses to finish the sentence. You can find the answers on Page 7.

SSVAFILET    \_ \_ \_ ( ) \_ \_ \_ \_ \_  
 CFLLUORO    \_ \_ \_ \_ \_ ( ) \_  
 WMRLHLOASMAS    ( ) \_ \_ \_ \_ ( ) \_ \_ \_ \_ \_  
 EASLVE    \_ \_ \_ \_ \_ ( ) \_  
 VRTSAHE    \_ \_ \_ ( ) \_ \_ \_ \_  
 ENBFORI    \_ \_ \_ \_ \_ ( ) \_ \_ \_  
 PPSEAL    ( ) \_ \_ \_ ( ) \_ \_  
 OOGHLTMIN    \_ \_ \_ \_ \_ ( ) \_ \_ \_ \_

SO LONG \_ \_ \_ \_ \_ !! WELCOME \_ \_ \_ \_ \_ !!

## Q & A (cont'd)

American Foundation for Suicide Prevention:

1-888-333-2377 [afsp.org](http://afsp.org)

**Locally contact:**

**Centerstone (formerly Seven Counties Services) Adult Crisis Line 502-589-4313 or 1-800-221-0446**

Child Crisis Line **502-589-8070 or 1-800-432-4510**

For the hearing impaired **502-589-4259 or 1-877-589-4259**

[Centerstone.org](http://Centerstone.org)

**Metro United Way 2-1-1** Directory of Mental Health Resources and Crisis Intervention [metrounitedway.org](http://metrounitedway.org)

**Kentucky Suicide Prevention Group**

[kentuckysuicideprevention.org](http://kentuckysuicideprevention.org)

**References:**

[suicide.org](http://suicide.org), [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org), [louisvilleky.gov](http://louisvilleky.gov), [kentuckysuicideprevention.org](http://kentuckysuicideprevention.org), [drugs.indiana.edu](http://drugs.indiana.edu)

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**Krafty Kids** .... by Beverly

HOPE EVERYONE ENJOYS THIS FUN  
 SNACK! HAPPY FALL, YA'LL! :)

## MONSTER Apple Bites

### Ingredients

3 Granny Smith apples, cored and cut into quarters

1-1/2 Oz Mini M&M's

1-1/2 cups creamy peanut butter

1/4 cup(s) slivered almonds

### Instructions

Using a paring knife, cut a wedge in the apples on the skin side. Make sure not to cut all the way through. This makes the mouth.

Cut almonds into slivers for teeth.

Using a spoon, fill apples with peanut butter spread.

Place almond slivers along the cut edge to make teeth.

Dab peanut butter on the top of the apple and stick M&M's on top to make eyes.

Recipe makes 12 Servings



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... from Beverly's Kitchen

## Saucy Parmesan Chicken

### Prep Time

10 min.

### Total Time

1 hr. 10 min.

### Servings

4 servings

A zesty Parmesan sauce marinates the chicken, making the ordinary extraordinary!

1/4 cup KRAFT Lite Zesty Italian Dressing

1/4 cup KRAFT Grated Parmesan Cheese

4 small boneless skinless chicken breasts (1 lb.)

Mix dressing and cheese; pour over chicken in shallow dish.

Turn chicken over to evenly coat both sides of each breast.

Refrigerate 30 min. to marinate, turning chicken over after 15 mins.

Heat oven to 425°F. Remove chicken from marinade; discard marinade. Place chicken on foil-covered baking sheet. Bake 20 min. or until done (165°F).

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## AUGUST RECAP

The month began with the 2017 Amputee Coalition National Conference being held at the Galt House Hotel in Louisville. **MOVING FORWARD** was well represented with 45 members being in attendance for the conference and 29 members at the Gala Dinner Dance. Belinda and Kelly were asked to speak at the Opening Ceremony. Belinda began by thanking the AC for coming to Louisville for the conference, welcomed all the attendees, and talked about our group. Kelly led a group cheer on the correct pronunciation of "Louisville". **MOVING FORWARD** awarded door prizes of ticket packages to Main St. attractions. The winners were Scott & Elizabeth Sweigel from Atlanta, GA, George Mason from Dallas, TX, and Jennifer Wagner from Chillicothe, OH. Group members attended many clinics, sessions, round table discussions, and took part in several recreational activities. The conference ended with members dancing the night away at the Grand Gala Dinner Dance. All that attended had a wonderful time.



On Wed., Aug. 16th, Kelly held the 1st official meeting at the Harrison Co. Hospital. She talked about her life living with limb loss, and shared information about what **MOVING FORWARD** offers the amputees in our communities. The HCH meeting will be held quarterly, with the next meeting being on Dec. 13th.



At the SIRH meeting held on Mon., Aug. 21st, Fred Sorrells and members of the Haitian National Amputee Soccer team honored us by giving a presentation. The team was traveling on a goodwill tour following their winning the Cup of The Americas which was held in Los Angeles CA. Highlights of the win over team USA were shown, and Fred told of the devastation caused by the 2010 earthquake in Haiti and about the life-changing opportunity that the amputee soccer team provides to amputees living there. Fred leads an organization called **Operation Go Quickly**. For more information visit their website at [goquickly.org](http://goquickly.org). To see a story about the meeting which was published by truthnetmedia.com, go to this link [truthnetmedia.com](http://truthnetmedia.com), go to this link [Haitians and Americans Moving Forward](http://truthnetmedia.com).

**MOVING FORWARD** will begin taking donations of used prosthetic equipment to send to Operation Go Quickly. If you have an old prosthesis that you would like to donate, please contact us. Pick-up can be arranged.

Guest speaker at the Louisville meeting at Baptist Health on Sat., Aug. 26th, was Tara Bassett. Tara is Communications and Marketing Director for Bridgehaven Mental Health Services. She told of her own battle with depression and how receiving the proper treatment had made a dramatic difference in her life. She also talked about the services offered at Bridgehaven. We want to thank Tara for sharing her story with us. It showed that there is hope for recovery from mental health issues and the need to be your own advocate when seeking treatment.



## SEPTEMBER UPCOMING EVENTS

### MEETINGS:

Sept. 18th, Mon., from 6:30-8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room. This will be an open-discussion meeting and Kelly Reitz will be giving a demonstration on Zumba and talking about adaptive exercise for amputees.

Sept. 23rd, Sat., from 2:00-4:00 pm at Baptist Health, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center. The room no. may change, so look for signs in the Education Center lobby. Susan Tharpe with the Center for Accessible Living will be talking about the services provided by that organization. You won't want to miss this opportunity to learn of the many services that are available to you. We will also be kicking off our **3rd Annual Sock Drive for the Salvation Army** at this meeting!

**\*SPECIAL NOTICE: MOVING FORWARD Limb Loss Support Group, Inc.,** will be holding its Annual Business Meeting and Election of Officers immediately following the Sept. 23rd monthly meeting. Financial reports from the past year will be available. We will also be making plans for the upcoming year. Please plan on attending and sharing your ideas and your concerns. The meeting will last approximately one hour, and we will try to begin at 3:30. For those of you riding TARC-3, please plan accordingly and arrange for a later pick-up time.

### EVENTS:

Sept. 14th, Thurs., **MOVING FORWARD** will be taking part in Give for Good Louisville, which is a 24 hour online day of giving to local non-profits. We will be hosting a Facebook Live event, **Moving Forward on Facebook Live**, at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY, from 9:00 am-6:00pm. You are welcome to stop by anytime during that timeframe to be interviewed on Facebook Live or just to visit with friends. A light breakfast and lunch will be served. Belinda Jacobi and Mike Portman will be hosting this event. Kelly Reitz and Billy Parker will be representing the group at a mid-day rally at 4th Street Live that is being held to promote this local day of giving. For more details, please read the article about this event beginning on page 1, column 2, of this newsletter. We will also be sending out special announcements by email with information.

Sept. 12th, Tues., the **New Life Amputee Support Group** from E-town, KY, has invited our group to a picnic beginning at 5:00 pm and lasting until dusk. The picnic will be held at the William's Pavilion at Freeman Lake Park, Blue Heron Way, Elizabethtown, KY. They are having a "Not so Chilly Chili Cook-off," with prizes awarded to the top 3 entries. You are asked to bring a 2-liter soft drink, and either a pot of chili or a side dish. For more information contact Gary Summers at 270-307-1494.

Oct. 14th, Sat., we will be hosting our Fall Picnic and Walk & Roll at Sam Peden Community Park, 3037 Grant Line Road, New Albany, IN. The picnic will begin at noon, with games at 2:00, and the Walk & Roll at 3:00. We will be at shelter #2, which is the first shelter to the right upon entering the park. Watch for our signs. The group will supply chicken, hotdogs, buns, drinks, and utensils. You are asked to bring a covered dish if you can. The Walk & Roll will take place on the 1-mile pathway around the beautiful lake. It is wheelchair accessible. You can join in on the walk or just cheer the participants as they return. A playground and a handicap-accessible restroom are right by the shelter. We want to thank Southern IN Rehabilitation Hospital for once again sponsoring this free event. Please plan on attending and bring your family & friends!!

**\*\* Tara Bassett has invited us to attend a Bridge Builder Breakfast on Nov. 29th at the Mellwood Art Center. The event is free, and if you would like to attend with the group, please contact Belinda. \*\***



## OUR READERS SPEAK

Thoroughly enjoyed the Aug. newsletter. Especially liked "Staring". Not many people can put feelings into words the way this author did. As always I enjoyed the Word Scramble. My prayers are with you all. May we all continue to move forward in this life!

Love, Glenda Stearns-Adkins

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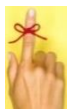
## Thank You to the Amputee Coalition!

**\*\* 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. \*\***

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**MOVING FORWARD's** monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

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## DON'T FORGET TO ENROLL IN THE KROGER COMMUNITY REWARDS PROGRAM

To register go to [krogercommunityrewards.com](http://krogercommunityrewards.com) or visit the customer service desk at your local store. **MOVING FORWARD** Limb Loss Support receives a percentage of your purchases & it does not take away from your Kroger points in any way.

~~~~~

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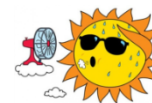
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## FUN WITH WORD SCRAMBLES ANSWERS (from Page 5)

FESTIVALS, COLORFUL, MARSHMALLOWS, HARVEST, BONFIRE, APPLES, MOONLIGHT

SO LONG SUMMER!!

WELCOME FALL!!



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