



NEWSLETTER ♦ 37th Edition ♦ Sep. 2016

MOVING FORWARD FEATURE AMONG MY PEERS

— by *Belinda*

I was fortunate enough to be able to attend the 2013 Amputee Coalition National Conference. Shelton and I debated about going because it was being held in Orlando, FL, and with the registration fees, hotel stay, and travel expenses, the cost of attending was going to be over \$1,000.00. We were still paying hospital bills for my various surgeries and for prosthetics, so to say money was tight would be an understatement. After much conversation, we decided to attend. We hadn't been on a vacation since I had lost my leg four years earlier, and we needed some time to relax, but the main reason we decided to go was so I could attend the Peer Visitor Training Class. *MOVING FORWARD* was in its beginning stages, and I knew that for it to grow and to be able to reach out to more amputees, I needed to get the training. I was delighted when Kelly and Mike decided to make the trip as well.



Walking into the hotel was like walking into another reality. Instead of being the only amputee in sight, I was one of hundreds. There were no stares from passers-by or any of those fleeting glances that I was accustomed to getting from curious onlookers. I was truly among my peers, people who understood the physical and emotional trauma that accompanies limb loss, the feeling of losing life as we knew it, and the struggle to begin anew;

people who understood the need for acceptance for who we are and to feel worthwhile again and to regain our independence. Our first day there was spent in the Certified Peer Visitor Training Class. We learned about the stages of grief, the emotional healing process, and about the importance of listening, among many other subjects. Role playing exercises were done so that we could become accustomed to some of the questions we may face. We then took a test to see if we were prepared for peer visits. I am happy to say that Kelly, Mike, and I all passed and received our certificates.



The following day there was an opening ceremony and then the classes began. There were so many classes that it was difficult to choose which to attend. We decided to split up and attend as many as possible. My husband Shelton and Mike's wife Sue attended classes and roundtable discussions on being a caregiver. I attended classes on upper-limb amputations and

— Continued on Page 2 Column 1 —

A NEW LIFE

inMotion · Volume 18 · Issue 5 · July/August 2008

by *Rayna DuBose*

This one-time basketball star doesn't look back . . .

I guess I never thought about what life would be like as a bilateral amputee. All my life I was the star athlete and the graceful dancer who used her twirls and spins in the game of basketball. I had just begun at Virginia Tech in 2001, and boy, was I living the life. I guess you could say I was taking advantage of a great opportunity – of having a full scholarship, receiving allowances, and, most importantly, being on my own. For the first time in my life, I didn't have a curfew; I could come and go as I pleased. Who would have guessed that I would leave Virginia Tech almost as quickly as I had entered?



I had just returned from Easter break with a teammate, and we had a team workout. Following workouts we usually did some type of hand-eye coordination drills. That day, I remember, we were juggling beanbags. My memory is blurry after that. I complained to teammates that I felt burning hot, then suddenly, freezing cold. Instead of going to dinner with my roommate, I decided to take a hot shower to warm up and then a quick nap before study hall. I took a few sips of water and headed to our locker room.

When 8:00 rolled around, my teammates came to get me, and we made our way up two flights of stairs and down a hallway that seemed to take a lifetime. Using the wall to hold myself up, I made it to the women's basketball offices, placed my backpack on the table and passed out. When I awoke a few hours later, I was lying in a hospital being pumped with fluid because I was diagnosed as dehydrated. Later that night I was released and ordered to go home and rest.

The next morning, it was time to head to the gym for the media guide team picture session. Instead of walking over to the gym with my roommate, she ended up carrying me because I was too weak to hold myself up. At the gym she dressed me in my uniform and carried me up the tunnel and onto the court, where until that moment I had always taken the perfect picture.

After the photo shoot, one of my coaches took me to the campus doctor's offices, where I blacked out again. I did not wake up until 3 weeks later to find that I had a hole in my throat, no voice, failed organs, and hands and feet that looked like raisins because there was no blood circulating to my extremities.

Who would ever have thought that I would contract the deadly bacterial disease known as meningococcal meningitis? This infection is caused by bacteria entering the cerebrospinal fluid and inflaming the tissue surrounding the brain and the spinal cord.

The only vivid memory I have of that time is the day my parents, nurses, plastic surgeon and chaplain surrounded my bed to tell me they were going to have to amputate. That was the day my life and all my priorities changed. My first thought was, "How can I live without my hands and feet because I am an athlete?"

As soon as I thought of being an athlete, I realized that I needed to be strong, because I was determined to get back to the college life –

— Continued on Page 2 Column 2 —

AMONG MY PEERS (cont'd)

prosthetics, children with limb loss, and limb transplants, just to name a few. Shelton and I also attended a First Swim Clinic. It was amazing seeing individuals with different levels of amputations and swimming abilities enjoying a morning at the pool. Kelly, Shelton,



and I also took part in a First Dance Clinic. You may never see any of us on "Dancing with the Stars," but we had fun learning the Tango and the Cha-Cha. We all spent a lot of time in the exhibit hall looking at all the different prosthetic technology and talking with the vendors. One of the highlights was on the final day, after much arm twisting; I talked Mike into attending the Walk/Run Clinic which was instructed by Bob

Gailey. In the morning session, we were each assigned a physical therapist who led us in a variety of balance and strengthening exercises. In the afternoon session, we were instructed in running techniques. It was astonishing to see amputees who in the morning session struggled with walking; now being able to run. I had run a little before attending, but wasn't really comfortable with it. By the end of the session, I was running at full speed. I even got a nickname, "Fast Lady". At the conclusion of the clinic, we were divided into two teams for an obstacle course race. The feeling of running that course with my team cheering me on was priceless. And, yes, for those of you who are wondering, Mike did complete the course. We have video evidence of this as Mike's wife Sue recorded it.



The conference came to a close with a Gala Dinner Dance. It was a special way to spend the final evening talking, laughing, and dancing with our many new friends. We left the next morning armed with new knowledge, new friendships, and a newfound determination to live our lives to the fullest.

I hope that you will plan on joining us at the 2017 Amputee Coalition National Conference being held at the Galt House Hotel in Louisville, Kentucky, on Aug. 3 - 5, 2017.

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## COUNTDOWN TO THE 2017 AMPUTEE COALITION NATIONAL CONFERENCE



..... 11 MONTHS

## WHY I WANT TO ATTEND THE 2017 AC NATIONAL CONFERENCE . . .

"I want to meet other amputees, to take the classes and lectures that are offered, and I want to dance at the Gala!"

— Carol Patterson



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A NEW LIFE (cont'd)

but, most importantly, to get back on my own. It was 97 grueling days of pain, surgeries, rehabilitation, and restoring my body before I was transferred back to my hometown of Baltimore.

I had always been the do-it-yourself type of person before my illness, and the same attitude remained afterward. Two weeks flew by, and my therapist ran out of rehabilitation exercises for me to do, because when I was not doing a workout, I was in my room thinking of ways to help myself when there was no one around. After those 2 weeks, I was allowed to go home.

I then started outpatient rehabilitation in Baltimore. Just like my inpatient rehab, I was flying through outpatient rehab, leaving my therapists stumped each time. I now had my prostheses. I was learning how to do everyday tasks like combing my hair, brushing my teeth, dressing myself, walking and jogging again. I was learning to use my new myoelectric hands, and, best of all, learning to cook. I ended up finishing rehab a few weeks early. That was a great feeling because I was only 3 months away from returning to Virginia Tech to a new townhouse with my old roommate. Most importantly, I was going back to my team.

Rayna's High School Basketball Stats

- Averaged 15.5 points, 13.1 rebounds and 3.0 blocks her senior year for Coach Marcus Lewis at Oakland Mills High School in Columbia, Maryland
- Led team in scoring and was the school's all-time leading scorer with 1,067 career points
- Was named one of the top 30 centers in the nation by *All-Star Girls Report*

Starting Over

It may be hard for other people to understand, but being an amputee is a great thing, because it has presented me with so many opportunities in my new life. I say "new" life because I always believed I was meant to become a professional basketball player, so I never took the time to find things that I had a passion for. I think getting sick was a good thing; it helped me discover and find myself. I now know that God's plan for me is to be an inspiration and motivation to others. I will try to touch those who think they are not strong enough to overcome the hurdles and adversities in front of them every day, because my illness is an example that bad things can happen to good people. I overcame that hurdle, and so can they.

Each day is a new task for me. I think of ways that make my daily challenges easier. Although I have a roommate, she is not always there with me, which allows me to try different tricks and or methods of doing everyday chores. For example, if I drop a coin on the floor, I can't just grab it. Instead, I use my left hand as a guide to make the coin stand up so that I can grab it with my right. Or maybe I'll try stepping on one side of it with my shoe to make it stand up, and then I can pick it up that way. It has been 6 years since I got sick, and there are not many things I cannot do. I have had a lot of practice to help me be as normal as the next person.

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## TEST YOUR KNOWLEDGE



Unscramble these words and use the letters in parentheses. Then unscramble the letters in parentheses to find the answer to the puzzle on Page 6.

- NFOTR ( ) \_ ( ) \_ \_  
 NRAUDO \_ ( ) \_ \_ \_ \_  
 OWADDWRN \_ \_ ( ) \_ \_ ( ) ( ) ( )  
 DPAUWR \_ ( ) \_ ( ) \_ \_  
 EVRSEER \_ \_ \_ \_ \_ ( ) \_  
 NTRU ( ) \_ \_ \_ \_

YOU CAN'T MOVE \_\_\_\_\_ IF YOU KEEP  
 LOOKING TO YOUR \_\_\_\_\_.

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SPOTLIGHT *- by Belinda*

Each month in our SPOTLIGHT column, you are introduced to either a member of our group or an organization in our community. For the month of September, I would like to shine the light on The Association of Community Ministries. I had the pleasure of meeting Yvette Livers, the executive director of the South Louisville location at a workshop for Give Local Louisville that I recently attended. One of the main reasons that I attend community events is to connect with other non-profit organizations. Yvette and I decided that we were meant to sit beside each other that day, so that we could share information to further reach out to assist individuals in our community. There are 15 community ministries in the Louisville area. Each area ministry offers services tailored for the unique and diverse community in which it serves. Every ministry offers some form of emergency financial assistance resource, such as: financial assistance with rent, utility bills and prescription medicines. Ministries with food pantries partner with the Dare to Care Food Bank. Other services offered by some of the ministries are: adult day care services, child care centers, home delivered meals, home delivered commodities, long-term prescription assistance program, after school tutoring program, affordable counseling programs, Families in Transition Program for families of divorce, a clothes closet, Dare to Care Kid's Cafe, and youth sports programs. You are instructed to contact your individual ministry location for details on services offered at that location.

If you would like further information, you can visit their website at: louisvilleministries.org. Please refer to the following list of association members, including their contact information.

MOVING FORWARD wishes to thank the Association of Community Ministries for providing such vital services for those in need of a "hand up" in our area.



Central Louisville Community Ministries
809 S. 4th Street, Louisville KY 40203, 502-587-1999

Eastern Area Community Ministries
Mailing Address: PO Box 43049, Louisville KY 40253
Street Address: 9104 Westport Rd, Louisville KY 40242
502-426-2824

Fairdale Area Community Ministries
10616 W. Manslick Rd, Louisville KY 40118, 502-367-9519

Fern Creek / Highview United Ministries
9300 Beulah Church Rd, Louisville KY 40291, 502-762-9608

Highlands Community Ministries
1228 East Breckinridge St, Louisville KY 40204, 502-451-3695

Jeffersontown Area Ministries
10617 Taylorsville Rd, Louisville KY 40299, 502-267-1055

Ministries United South Central Louisville
1207 Hart Ave, Louisville KY 40213, 502-363-9087

St. Matthews Area Ministries
201 Biltmore Rd, Louisville KY 40207, 502-893-0205

Shively Area Ministries
4415 Dixie Hwy, Louisville KY 40216, 502-447-4330

South East Associated Ministries
6500 Six Mile Lane, Suite A, Louisville KY 40218
502-499-9350

South Louisville Community Ministries
415-1/2 W. Ashland Ave, Louisville KY 40214, 502-367-6445

Southwest Community Ministries
8504 Terry Rd, Louisville KY 40258, 502-935-0310

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LET'S GET MOVING! *- by Belinda*

While searching on the internet for an idea for this column, I happened upon a great website: nchpad.org. The National Center on Health, Physical Activity and Disability is a public health resource center on health promotion for individuals with disabilities. NCHPAD seeks to help people with disabilities and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities. The website has articles and videos on health, nutrition, exercise, recreation, and resources. It also has information for health care providers, educators, and fitness professionals to better prepare them for assisting those with disabilities. The amount of information at this site was amazing, and I enthusiastically recommend that you check it out. The following information on safely beginning an exercise program was found at nchpad.org.

There are currently 56.7 million people with physical disabilities in the world. Research has shown that co-morbidities like high blood pressure, diabetes, and obesity are much more prevalent for individuals with disabilities. Physical activity can prevent or lessen the impact of these co-morbidities and can play a leading role in improving and maintaining overall health. In order to experience the benefits of physical activity it must be incorporated into your daily routine.

Some general **safety principles** to being active are: If you have high-blood pressure or diabetes, make sure that it is under control before beginning an exercise program. Exercise causes your blood pressure to rise, so you don't want to begin a program if it will raise your BP to a dangerously high level. Similarly, exercise can affect your blood sugar rate so



individuals with diabetes should test their blood sugar before exercising. Stop exercising if you experience pain, discomfort, nausea, dizziness or light-headedness, chest pain, irregular heartbeat, shortness of breath, or clammy hands. Drink plenty of fluids (especially water), wear appropriate clothing, and find an exercise program that meets your specific goals.

According to NCHPAD an exercise program should always apply to the **FITT** principle.

F is for frequency. Aerobic exercise should be done most days of the week, while strength training should be done 2-3 times/week. **I is for intensity.** You should make sure that you are performing the exercise at an intensity level that will enable you to reach your exercise goals. A good way to measure exercise intensity is the "Talk Test". If you can sing while performing cardio exercise, you are not working hard enough. If you can talk while stopping occasionally to take deep breaths, that is good. If you can't talk at all, your intensity is too high, and you need to slow it down. **T is for time.** For aerobic exercise this is measured in minutes. The ultimate goal would be to work up to 30 to 60 minutes a day. This can be divided into 10 minute sessions. For strength training, time is measured in sets or repetitions. You might start with one set of 10 reps and work up to three sets of 15 reps. The second **T is for type.** This refers to what kind of exercise that you choose to do. Some examples are: walking, biking, running, swimming, tennis, gardening, and strength training.

Before beginning your exercise program, start with at least 5 minutes of light activity to warm-up, and be sure to end by taking at least a 5 minute cool down to allow your heart rate to drop back down to normal. This is a good time to perform some stretching or flexibility exercises.

Okay, we have followed the **safety** and **FITT** principles and we are ready to begin, so come on everyone **let's get moving!!**

SPOTLIGHT (cont'd)

United Crescent Hill Ministries

150 State St, Louisville KY 40206, 502-893-0346

West Louisville Community Ministries

3146 West Broadway, Louisville KY 40211, 502-409-7371

Associate Member Sister Visitors Center

2235 West Market, Louisville KY 40212, 502-776-0155



AUGUST RECAP

The IN meeting was held on Aug. 15th at Southern IN Rehab Hospital. The group talked about a wide range of topics including dealing with pain and complications that sometimes follow the initial amputation, the need for a woman to still feel feminine following amputation, including wearing attractive footwear, and how different types of prosthetic feet allow you to walk on different surfaces. We also discussed the 2017 AC National Conference and some plans being made for that. The meeting ended with socializing among friends.

The KY meeting was held on Aug. 27th at Baptist Hospital East. The meeting began with introductions and the welcoming of three new members. An open discussion was held on several subjects including driving following limb loss, possible causes of residual limb pain, the importance of wearing a shrinker to help shape the residual limb and to decrease swelling, and phantom sensations and phantom pain. Announcements were made regarding the Kroger Community Reward's Program, Give Local Louisville, the 2017 AC National Conference, and MOVING FORWARD's Fall Picnic and Walk & Roll which will be held on Oct. 15th. We also discussed possible speakers for future meetings.



SPECIAL ANNOUNCEMENT



HOSTED BY COMMUNITY FOUNDATION OF LOUISVILLE

MOVING FORWARD LIMB LOSS SUPPORT GROUP will once again be taking part in the biggest day of online charitable giving, **Give Local Louisville**. So please mark your calendar for September 15th, and on that day go to: www.givelocalloouisville.org to make your tax deductible donation. This is a wonderful way not only to raise needed funds for our group, but also to raise awareness of what **MOVING FORWARD** means to the amputees in our community.



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

Register or re-enroll online, if you have not done so, at: krogercommunityrewards.com. **MOVING FORWARD** Support Group receives a percentage of your purchases & it does not take away from your Kroger/Jay C points in any way.



Q & A

- 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 that 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!**

During the past few months, I have been using the Q&A column to provide information on many of the agencies in our community that provide assistance to those living with limb loss. In doing this, I have attempted to answer questions that I receive on a weekly basis such as:

- * Will I be able to drive again?
- * I want to rejoin the workforce, but where do I begin?
- * Is there any help for amputees who have insurance, but can't afford the high deductible or co-payments?
- * My apartment isn't handicap accessible. How am I going to manage when I get home?
- * Where do I go for help in paying my rent, utilities, or receiving food assistance?

In the August issue, I shared with you some information on ways to receive assistance in financing an accessible vehicle or adaptive driving equipment. I will conclude this series by discussing some of the types of adaptive equipment that are available and a list of websites from companies that sell the equipment. It is important to do your research before purchasing. There are many options available in many price ranges.



Just as important is to make sure that the person that installs the equipment is reputable and experienced. A products warranty will not cover repairs or replacement if it has not been installed properly.

After a limb has been amputated, a person is typically not able to drive an automobile the same way they did before.



However, there are several adaptive devices that can enable an amputee to continue driving and maintain his or her independence. The site of amputation(s) will determine exactly what type of vehicle an amputee is able

to drive, and what other types of adaptive mobility equipment will be necessary. I was amazed at the selection of adaptive equipment that is available from wheelchair and scooter lifts, hand controls, accelerator and brake extensions, portable left foot accelerators, swivel seats, and steering wheel attachments just to name a few. I am including some pictures of some of the devices that are available. This is not an endorsement of any particular product or company. It is meant to show our readers that there are many alternatives available that can help to get them back behind the wheel and on the road again.



Sitting too close to a driver side airbag can not only be



uncomfortable, but dangerous! Government experts recommend that a driver's face and chest be positioned at least 10-12" from the airbag. A pedal



extender can be added to alleviate that problem.

- Continued on Page 5 Column 2 -



..... from Beverly's Kitchen

This is a delicious chicken recipe to make on the grill this summer/fall.

Grilled Bruschetta Chicken

Prep Time

25 min.

Total Time

35 min.

Servings

4 servings

What You Need

- 4 small boneless skinless chicken breasts (1 lb.)
- ¼ cup KRAFT Sun Dried Tomato Vinaigrette Dressing, divided
- 1 tomato, finely chopped
- ½ cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- ¼ cup chopped fresh basil

**Make It**

Heat grill to medium heat.

Place chicken in large resealable plastic bag. Add 2 Tbsp. dressing; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 10 min. Remove chicken from bag; discard bag & dressing.

Cover half the grill grate with sheet of heavy-duty foil. Place chicken on uncovered side of grill grate; grill 6 min. Meanwhile, combine remaining dressing, tomatoes, cheese & basil.

Turn chicken over; place on foil. Top with tomato mixture. Grill 8 min. or until chicken is done (165 degrees F).



Q & A (cont'd)

Another popular feature is the left foot accelerator for use by right leg amputees.



Hand controls allow a driver to operate both gas and braking by hand. There are models available for use by both hands or only one hand.

This is a device that is added to the steering wheel that allows you to control 18 functions (horn, hazard lights, head lights, turn signals, washers, parking lights, wipers, defrost, etc.) all in one place.



There are also many different types of equipment that can be added to the steering wheel to allow for driving with various types of prosthetic hands or hooks.

There are many companies out there offering adaptive driving equipment. You can refer to our August Q&A column for a list of area dealers or visit the Adaptive Driving Alliance website at adamobility.com.



The following is a list of dealer's websites that I used while researching for this article:

- suregrip-hvl.com
- themobilityresource.com
- creativecontrolsinc.com

- ride-away.com
- kempf-usa.com
- braunability.com



Krafty Kids by Beverly

In honor of September being Apple Month, **PRINT MAKING USING APPLES**

"Adult supervision required"

Need:

- Apples
- Paper Towels
- Styrofoam Plate, Meat Tray, or Other Shallow Dish
- Construction Paper & Paint

- Cut the apple in half.

Experiment with the apples by cutting them different ways.

Cut through the top & out the bottom to make a 'traditional' apple print, **cut through the middle to make apple 'star' prints.** Cut the apple into quarters for a different print also!



- Fold a paper towel into 4th's & lay it on the bottom of the Styrofoam plate, etc. Pour paint into the center of the paper towel to make it into a stamp pad. Using red, green & yellow paint will represent the different kinds of apples.
- Dip the cut side of the apple into the paint. Dab it around on the paper towel to wipe off excess paint, & then press it onto the paper. To finish off – cut sponges into leaf shapes & have kids repeat the above process to paint leaves. When dry add stems & seeds with sharpies.
- **Make a whole collection of apple pictures this way! You can also use fabric paint & make an apple print T-shirt, towels, etc.!**



OUR MEMBERS SPEAK

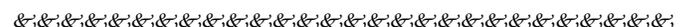
– by Julie

The following "special moment" is being shared by one of our members in the hopes that it might encourage other members. We, as amputees & caregivers, have our own unique set of experiences, struggles & triumphs. Sometimes, if we take the time to share, our experience might be the very key that would help someone else through something with which they are struggling. I would like to encourage you to jot down & send me or give me a call with any experience or "special moment" you have had that might encourage the rest of us.

My Really Cool Fake Leg

– by Belinda

I had signed Carter up for the summer reading program at our local library. We made several trips throughout the summer to pick up books. On one of those trips we ran into a mother with her young daughter and son. They were leaving as we were walking in. The little boy who I would guess was 3 or 4 said to his mother, "Mommy look, look that lady has a fake leg." The mother as expected was incredibly embarrassed until I answered. I bent over to his eye level and said, "Yes, I do have a fake leg and isn't it really cool?" I went on to tell him that without the fake leg I wouldn't be able to walk, so I was very happy to have it. He then did a further examination and said, "Wow, you have a fake foot too." He knelt down beside me to have a closer look. I told him that he could feel my foot if he wanted to, which of course he took me up on. I then struck up a conversation with him on the book he was checking out, and about what he liked to do in the summer. After a short conversation, I told him that it was very nice to meet him. His mother then thanked me for being so kind. By taking a few extra minutes of my time, I turned what could have been a bad situation into a good one. We all walked away with a smile:)



QUOTE OF THE MONTH

THOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START FROM NOW AND MAKE *a brand new ending.*

– Carl Bard
www.spirituallythinking.blogspot.com

J'm Moving Forward . . .

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



Erin Clifford *moving forward* and going horseback riding at the 1st Ride Clinic.

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



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. **



SEPTEMBER is Sepsis Awareness Month

SEPTEMBER is Pain Awareness Month

SEPTEMBER is AFIB Awareness Month

SEPT. 10th is World Suicide Prevention Day

SEPT. 18th - 24th National Farm Safety Week

UPCOMING EVENTS

MEETINGS:

September 19th, Monday, from 6:30 - 8:00 p.m., at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Conference Room.

September 24th, Saturday, from 2:00 - 4:00 p.m., at Baptist Hospital East, 4000 Kresge Way, Louisville, KY, in the 2nd Floor Education Center.

EVENTS:

On Thursday, September 15th, *MOVING FORWARD* will be taking part in Give Local Louisville, which is 24 hours of on-line charitable giving. There will be a rally at 4th Street Live for the participating organizations from 11:30 - 1:30 the day of the event. For more information check out the special announcement in this newsletter or visit our website at ampmovingforward.com.



Our Fall Picnic and Walk & Roll will be held on October 15th at Sam Peden Community Park, 3037 Grant Line Road, New Albany, IN. The picnic will begin at 1:00 p.m. and will be followed by games. The Walk & Roll will begin at 3:00 p.m. and will be held on the 1-mile paved path around the beautiful lake. *MOVING FORWARD* will provide chicken, hot dogs, drinks, and utensils for the picnic. If you could bring a covered dish, it would be appreciated. There is a playground and a handicapped accessible restroom beside our shelter. We will be at the first shelter on the right upon entering the park. Watch for our signs. Additional information will be provided in the October newsletter and on our Facebook page and website.

On Saturday, October 22nd, Kenney Orthopedics will have an Amputee Walking School in Louisville. Times and location will be announced in our October newsletter and on our website and Facebook page.

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CONTACT INFO



- Call for meeting times & locations!
MOVING FORWARD Support Group
moving4wdamputeegroup@gmail.com
 502-509-6780 - ampmovingforward.com
 Facebook: Moving Forward Limb Loss Support
- Belinda Jacobi, President
belindajacobi@yahoo.com
 812-620-3694
- Kelly Reitz, Vice-President / Facebook Editor
Kjreitz2012@gmail.com
 812-572-7955
- Mary Jo Kolb, Secretary
mjk2you@gmail.com
 502-727-9566
- Julie Randolph, Treasurer / Newsletter Editor
jbrsweepta@yahoo.com
 812-557-3970
- Mike Portman, Board Member-at-Large
mdportman712@gmail.com
 502-262-8344



TEST YOUR KNOWLEDGE ANSWERS (from Page 2)

FRONT, AROUND, DOWNWARD, UPWARD, REVERSE, TURN
 YOU CAN'T MOVE F O R W A R D IF YOU KEEP LOOKING TO
 YOUR P A S T.

MOVING FORWARD Limb Loss Support Group
 Newsletter CORPORATE SPONSORS:



R. Wayne Lockett, L.P., L.Ped.

1404 Browns Lane, Suite C
 Louisville, KY 40207
 Phone: 502.895.8050
 Fax: 502.895.8056
 Web: www.louisvilleprosthetics.com

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



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 Fax: 502.895.8056
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