



NEWSLETTER ♦ 77th Edition ♦ Jan. 2020

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*

This past year was full of change for the members of *Moving Forward* Limb Loss Support Group, including the loss of our beloved leader, Belinda Jacobi. And though it was a devastating blow to us all, we have pulled our boot straps up and continued to help each other carry on Belinda's legacy. It's my hope that we will continue to make a positive impact in the lives of those in our community who deal with limb loss/difference, as well as in our own lives.

December is always a busy month, both with the group and our personal lives. Our first event for the month was the Annual Christmas Party held on December 7 at the Okolona Fire House. We had a grand time with a total of 56 people in attendance. Mary Jo Kolb had games and activities for the children, Mike Portman set up a photo booth for professional pictures, and there were four tables filled with delicious food. But the highlight of the evening was a visit from Santa Claus himself, having a picture made and a gift for each child. In addition, we were able to collect more socks for the November Sock Drive to increase our total donation to the Salvation Army to 2040 pieces! That is 540 beyond our goal of 1500 – way to go *MFLLS*!! And to further demonstrate the giving spirit within this group, the remaining toys that Santa brought were

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### Anxiety: What It Is, What To Do

**Anxiety – a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.**

Although anxiety symptoms vary widely, odds are good that at some point you've experienced occasional physical and emotional distress signals such as panicky breathing, your heart pounding in your chest, trouble sleeping, feelings of dread, or extended periods of worry. That's normal for all of us. In fact, a certain amount of anxiety can even be helpful.

By itself, anxiety isn't a problem. It anchors the protective biological response to danger that boosts heartbeat and breathing, pumping oxygenated blood to your muscles as your body prepares to fight or flee. A dollop of healthy anxiety can persuade you to get to work on time, push you to study hard for an exam, or discourage you from wandering dark streets alone.

#### **What is an anxiety disorder?**

How you can tell an anxiety disorder from everyday worries or just moments of anxiousness is determined by the severity of symptoms and your ability to cope. National surveys estimate nearly one in five Americans over 18, and one in three teens ages 13 to 18, had an anxiety disorder during the past year. If anxiety is persistent, excessive, or routinely triggered by situations that aren't an actual threat, it may indicate the presence of an anxiety disorder.

#### **Common Types of Anxiety Disorders**

**Generalized anxiety disorder:** A pattern of excessive worry about a variety of issues on most days for at least six months, often accompanied by physical symptoms, such as muscle tension, a hammering heart, or dizziness.

**Social anxiety disorder:** Feeling significant anxiety in social situations or when called on to

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## EDITOR'S NOTE (cont'd)

donated to the Toys for Tots. It was definitely a magical evening and one for the record books.

Our monthly meeting at Southern Indiana Rehab Hospital was held on December 16, with 14 people in attendance. Since all present were very well acquainted, we bypassed introductions, and instead each person talked about their favorite Christmas memory. There was no Louisville meeting held last month due to the Holidays.

Lastly, I want to take a moment to apologize to those who receive this newsletter by mail. Life got the better of me during the Holiday Season, and many important things got put off and neglected, including last month's newsletter, which is included in this mailing. I am so very sorry it happened, and make a solemn vow to do a better job with my responsibilities to this group. Each and every one of you is an important part of us, and together we can make a huge impact on our community, but it starts here, with me. Thank you for understanding. **HAPPY NEW YEAR!!**

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UPCOMING EVENTS

MEETINGS:

January 20 - Monday, 6:30 - 8:30 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN, in the Education Conference Room.

January 25 - Saturday, 2:00 - 4:00 p.m. at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in Room 301B.

EVENTS

February 29 - We are in the process of planning; details will follow in the February newsletter.

March 14 - Annual "March Madness" Chili Cook-off

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## PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at: [ampmovingforward.com](http://ampmovingforward.com)

## Anxiety: What It Is, What To Do (cont'd)

perform in front of others, such as in public speaking.

Phobias: A particular animal, insect, object, or situation causes substantial anxiety.

Panic disorder: Panic attacks are sudden, intense episodes of heart-banging fear, breathlessness, and dread. It's the feeling you'd have if you just missed being hit by a Mack truck — but for people with panic disorder there is no Mack truck.

### **The costs of anxiety**

Constant anxiety levies a toll on health. For example, anxiety increases levels of the stress hormone cortisol, raising blood pressure, which contributes over time to heart problems, stroke, kidney disease, and sexual dysfunction. Quality of life suffers, too. Intrusive thoughts, dread of panic attacks, intense self-consciousness and fear of rejection, and other hallmarks of anxiety disorders compel people to avoid anxiety-provoking situations. This interferes with relationships, work, school, and activities as people isolate themselves, turn down opportunities, and forgo possible joys in life.

### **There are effective treatments for anxiety**

Treatment is tailored to the diagnosis. However, effective options include:

Lifestyle changes, such as skipping caffeine, exercising regularly, and avoiding medicines or substances that might cause anxiety symptoms.

Mind-body approaches, such as deep breathing, meditation, mindfulness, and techniques to ease muscle tension and promote calm.

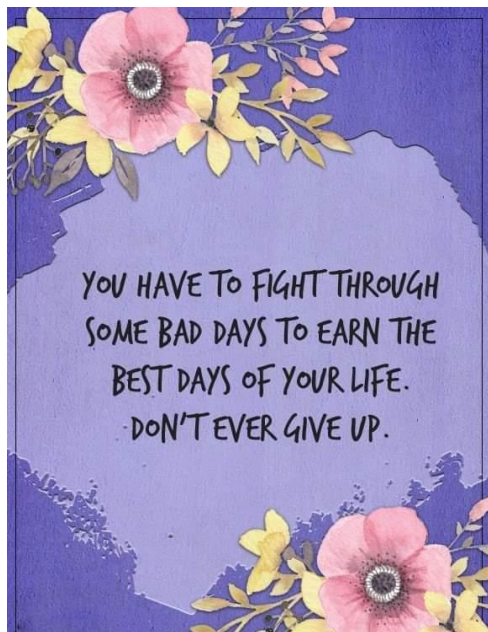
Psychotherapy, such as cognitive behavioral therapy (CBT) and exposure therapy. CBT teaches people to challenge and reframe distorted or unhelpful anxious thinking, because thoughts influence feelings and actions. Exposure therapy helps people tolerate and calm anxiety by gradually exposing a person to feared situations or objects under guidance from a therapist.

Medicines, such as short-acting drugs called benzodiazepines, which are taken as needed when anxiety spikes. Low doses of some antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs), help relieve anxiety when taken daily.

Often, a combination of approaches is best. Relieving anxiety with medicine while using CBT or exposure therapy to strengthen coping skills and help retrain the brain can do much to make anxiety manageable.

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QUOTE OF THE MONTH



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 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***.

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/>

Sign in or Create your account

Under box "I'm a Customer"

Click on "View Details" (this will take you to a new screen to select our group)

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RECIPE FOR JANUARY

BEST CLASSIC STUFFED PEPPERS

YIELDS: 6 SERVINGS PREP TIME: 10 MINS

TOTAL TIME: 1 HOUR, 20 MINS

INGREDIENTS

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 1 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed
- 1 c. shredded Monterey jack
- Freshly chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 400°. In a small saucepan, prepare rice according to package instructions. In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain fat.
2. Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
3. Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with Monterey jack, then cover baking dish with foil.
4. Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more.
5. Garnish with parsley before serving.



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Ways to Donate to MFLLS (cont'd)

Enter our organization number: DC476 or, 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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