



## Newsletter 141st Edition

May 2025

### *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

Celebrate this gorgeous month! The month of May is likely named after the Roman Goddess Maia, who oversaw the growth of plants. How fitting that most of us get our new plants and landscaping done this month. A big part of that is waiting for the weather to get warm enough to work outside. There are several holidays we celebrate in May, including MayDay on the 1st, Cinco de Mayo on the 5th, Mothers Day on the 11th, and Memorial Day on the 26th. May's birthstone is the emerald, the birth flower is the Lily of the Valley, and May is also known as the month for doing your spring cleaning. Again, how appropriate that we are having our community yard sale to raise funds for our group this month, see all the details below. This is the perfect time to clean out those closets, who knows you might just have someone's treasure in there!

We have a new Facebook page! But don't worry, the current one isn't going away. Our group on that platform is private, which prevents everyone who is not a member from seeing anything about the group. Our new page will be public facing, so that your friends and family who are not members will be able to see events and activities, and you will be able to share that page with everyone. So, we are almost halfway through 2025, let's make May truly a month to celebrate!!



## UPCOMING EVENTS

**SATURDAY May 10, 8:00am - 2:00pm** We are participating in a community yard sale at Woodridge Crossing subdivision, at 10202 Hornbeam Blvd, Louisville KY, to raise funds for our Moving Forward group. We will have kettle corn and lemonade for sale, in addition to the yard sale items. And if you would like to volunteer to work a 2 hour shift, or help set up and tear down, please contact one of the officers. If you have items that you would like to donate, again, please contact one of the officers. This is going to be super fun!!

**MONDAY May 19, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN. **PLEASE NOTE!! We have changed the time of this meeting to make it easier for those who work to arrive on time.**

**SATURDAY May 24, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehab Hospital, 111800 Bluegrass Parkway, Louisville, KY 40299.

**MONDAY June 15, 6:00PM - 7:30PM** - The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right.

**SATURDAY June 28, 2:00pm - 4:00pm** - Louisville meeting at Baptist Health Rehab Hospital, 111800 Bluegrass Parkway, Louisville, KY 40299.



## **ASPARAGUS FRITTATA**

### **Ingredients**

9 spears pencil-thin asparagus  
3 tablespoons olive oil  
1 large red onion, sliced  
Pinch sugar  
3/4 teaspoon kosher or sea salt  
3/4 cup Parmigiano–Reggiano cheese, grated  
1/2 teaspoon freshly ground black pepper  
6 large eggs, lightly beaten



### **Instructions**

Wash and trim asparagus. Cut into 3/4-inch lengths. Cook in boiling, salted water until tender, 3–4 minutes. Drain asparagus and submerge in ice water to stop cooking. Set aside.

In a medium-size oven-safe skillet, heat olive oil over moderate heat. Add onion, sugar, and salt; reduce heat to medium-low, and cook, stirring occasionally, until onion is golden brown and very tender, about 30 minutes. Remove the onion from the pan with tongs, leaving as much oil in the pan as possible. Let onion sit for 10 minutes, until no longer hot.

In a large bowl, whisk eggs until smooth. Add cheese, pepper, asparagus, and onion. Set the skillet over medium heat. Add egg mixture, stirring briefly to distribute fillings.

Reduce heat to low and let the mixture cook slowly; you should see just a few lazy bubbles popping up around the edges. Cook undisturbed until edges are set, but the middle is still very liquid for about 8 minutes. Meanwhile, preheat your broiler on high.

Transfer the skillet to the oven, positioning it 3–4 inches from the broiler. Cook until the top of the frittata is golden brown, the edges are puffed, and the center is just set (it will jiggle slightly but pop right back after you poke it), about 2 minutes. Don't overcook it!

Loosen with a spatula, if needed. Remove to a warmed platter and serve immediately.

## **Y4A Yoga For Amputees**

The mission of Y4A Yoga for Amputees is to provide health, wellness, freedom of movement, psychological healing, spiritual renewal and a deep sense of wholeness to people who have experienced limb loss. For over a decade our caring and professional global network of yoga educators has offered classes, workshops, trainings for yoga teachers and healthcare professionals, clinical professional development, and research support, both live and online. Y4A Yoga for Amputees believes in empowering amputees to celebrate their unique contributions to the world, in supporting them through the healing practice of yoga in all stages of their amputee journey. We believe in possibility and human potential to thrive in life, no matter the challenges.

### **Vision**

Y4A Yoga for Amputees is committed to being a leader in yoga for limb loss, positive life strategies for amputees, research on yoga as medicine for limb loss and pain management, and education in the fields of medicine, yoga, physical therapy, prosthetics and trauma recovery.

### **Mission**

Y4A Yoga for Amputees's mission is to promote health, wellness, freedom of movement, psychological healing and spiritual renewal for amputees by offering yoga education, training, and research, and by creating a global network of yoga teachers, yoga therapists, yoga enthusiasts and professionals working with amputees, so that those with limb loss, limb difference, or limb limitation can thrive throughout all the stages of their healing journey.

## YOGA for AMPUTEES

THE ESSENTIAL GUIDE TO FINDING WHOLENESS AFTER LIMB LOSS  
FOR YOGA STUDENTS AND THEIR TEACHERS



MARSHA THERESE DANZIG

## **Founder**

Marsha T Danzig

November 4, 1962 - January 8, 2022

Marsha Therese Danzig, below the knee amputee, yoga therapist and yoga teacher, and founder of Y4A: Yoga for Amputees, tragically died from complications of Covid-19 on January 8, 2022. The yoga and amputee communities continue to mourn her loss.

Marsha was a pioneer in the yoga world. She was the first amputee to become a yoga teacher, and she dedicated her teaching to making yoga accessible to anyone with limb loss, limb limitation, or limb difference. Marsha was a major factor in helping the yoga world to become more inclusive of those with limb loss or limb limitation. Her focus on treating amputees as whole people has helped influence the yoga world's advancement over the last several years toward being less didactic, and being more adaptive and inclusive of everyone – a true yoga for every body, every day, everywhere.

Marsha lived an active life, full of the things she loved – music, art, dancing, laughter – and she was surrounded by the love of friends, family, and the limb loss and limb limitation community. She successfully navigated the effects of childhood cancer, an amputation, and a kidney transplant, and was fully vaccinated, boosted, and careful in her daily life. However, the coronavirus still struck.

Marsha established Y4A Yoga for Amputees in 2008 to bring the healing benefits of yoga to the limb loss and limb difference community. As a result of a lifetime of teaching yoga to and for amputees, she developed a vast network of resources for amputees. Also, over 80 students have completed Marsha's Y4A teacher training program, representing the US, and places as far away as the UK, Turkey, Australia, Spain, and Russia – a worldwide reach. The list has recently been updated to indicate country, state, and teaching status, and will soon include our latest teacher training graduates.

To keep these resources active and accessible, Lucy Lomax, Y4A Master Trainer, and Heather Thamer, Y4A Master Teacher, have taken over administration of the Y4A Yoga for Amputees platform. They also intend to continue to train yoga teachers and yoga therapists to teach Y4A Yoga for Amputees. In addition, Lucy and Heather are continuing to teach a weekly free live streaming Accessible Yoga/Yoga for Amputees class through the Yoga Center of Columbia. Thank you for your patience as we traverse this transition.



"Marsha was a major factor in helping the yoga world to become more inclusive of those with limb loss or limb limitation. "

## Marsha's Book

# Yoga for Amputees: The Essential Guide to Finding Wholeness After Limb Loss

A comprehensive guide for both amputees and the people who work with them. A must for any amputee wanting to reclaim their health and well-being after limb loss and any clinician wanting to integrate yoga into the rehabilitation process not only for amputees, but anyone with different movement abilities.

## CONTACT INFORMATION

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