



Newsletter 145th Edition

September 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

It's football and volleyball time! Fall, my favorite time of year, and this year I've figured out how to watch my favorite teams in both sports play! And I'm so happy to say both teams I love have started the season out tremendously. It's harvest time as well, though the harvest from my container garden on the deck was much less than exceptional. A few tomatoes, and 3 or 4 bell peppers was all that was yielded, and unfortunately the racoons that visit every couple of weeks enjoyed the few squash that came on before they were big enough for me to enjoy. Oh well, rather than wonder whether or not to go to all the trouble, I will just have to try again next year. Sooner or later maybe I'll hit the jackpot.

At our Indiana meeting last month we had the pleasure of meeting Joseph Aguirre, the Director of Physical Medicine and Rehabilitation at PAM. After a few words from Dr. Aguirre, we played a couple games of Bingo, and a couple lucky people won prizes provided by Lean Reed-Kruger from PAM. It was a great turnout for the meeting and a lot of fun had by all. The Louisville meeting was a lot of fun too, thanks to our resident painting teacher, James Meyer. James teaches us to paint one step at a time, this time we did something abstract, and each of us ended up with our own unique painting. Although my artistic ability has not improved one iota, it's still a lot of fun to see what the finished product looks like. Hopefully James can join us

again next year and give us another lesson, I believe we definitely have some budding artists in our group.



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## UPCOMING EVENTS

**SATURDAY September 6, 1:00 pm** We're having a Restaurant Outing at Agave & Rye @ New Albany, 324 E Main Street, New Albany IN. Come join us for a great time of hanging out with friends and some yummy food!

**FRIDAY September 12, 6:00pm** We will meet at Baptist Encompass Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY for another Game Night. Bring your favorite card or board game, and let's PLAY!!

**MONDAY September 15, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY September 27, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Health Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY

**SATURDAY October 4, 1:00pm** Walk and Roll Fall Picnic. Meet us at Sam Peded Community Park for our annual picnic. This year we will be holding a barbeque contest, so take a chance and bring us your best bbq meat, and win a great prize. We will provide fried chicken, drinks, and cornhole. Please bring a side dish and/or a dessert to share. Invite your family and friends, and don't forget to RSVP as soon as possible.

**SATURDAY October 18, 8:00pm - 4:00pm** We did so well at the last one that we decided to have another Yard Sale. We're currently taking donations of items to sell, so if you still have that closet full of stuff, we'd love to take it off your hands. This one will be held at 3506 Piroque Road, Louisville KY 40299. If you have items to donate or would like to volunteer to help the day of, contact Kelly or Elaine

**MONDAY October 20, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY October 25, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Encompass Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY



## **What to Know About Seasonal Depression**

### **What Is Seasonal Depression?**

Seasonal depression, also known as seasonal affective disorder (SAD), is a mood disorder that happens every year at about the same time. It usually starts in fall or winter and ends in spring or early summer. These mood changes may affect how you feel, think, and act. SAD may affect 11 million people in the U.S. each year, and 25 million more may have a milder form called the winter blues. A rare form of seasonal depression, known as "summer depression," begins in late spring or early summer and ends in fall.

### **Seasonal Depression Causes**

While we don't know the exact causes of SAD, some scientists think that certain hormones made deep in your brain trigger attitude-related changes at certain times of the year. One theory is that less sunlight during fall and winter leads your brain to make less serotonin, a chemical

linked to brain pathways that help control mood. When these nerve cell pathways don't work the way they should, it can result in feelings of depression, along with fatigue and weight gain. SAD usually starts in young adulthood and is more common in women (and those identified as female at birth). Some people with SAD have mild symptoms, feeling out of sorts or cranky. Others have symptoms serious enough to interfere with relationships and work. Because SAD that starts in winter is related to the reduced levels of daylight, it's less often found in countries where there's plenty of sunshine year-round. It's not clear what causes SAD that starts in spring or summer. Some believe it's linked to higher levels of light that may disrupt sleep patterns. It also may be linked to increased social pressures, as more events are scheduled during warm weather.

### Seasonal Depression Symptoms

People with SAD typically sleep much more than usual and crave carbohydrates. They also have many of the normal warning signs of depression, including: feeling sad or down most of the time, less energy, trouble concentrating, fatigue, increased appetite, more desire to be alone, thoughts of suicide, loss of interest in things you used to enjoy, sleeping too much, overeating and weight gain, feelings of guilt or worthlessness.

The main feature of SAD is that your mood and behavior shift along with the calendar. It's not a separate mood disorder but a type of major depression or bipolar disorder, sometimes called manic depression.

You may have SAD if, for the past 2 years:

You had depression or mania that started as well as ended during a specific season

You didn't feel these symptoms during your "normal" seasons

Over your lifetime, you've had more seasons with depression or mania than without

Sometimes, it might take a while to diagnose SAD because it can mimic other conditions, such as chronic fatigue syndrome, underactive thyroid, low blood sugar, viral illnesses, or other mood disorders.

If your doctor thinks you may have SAD, they may:

Give you a physical exam to see if you have health problems that may be causing your symptoms

Do blood tests to help rule out physical illnesses

Ask you about your thoughts, feelings, and behavior

Ask you to fill out a questionnaire about your symptoms

Treatments differ, depending on how serious your seasonal affective disorder symptoms are. The type of treatment you get also depends on whether you have another type of depression or bipolar disorder.

Traditional antidepressants are often used to treat SAD. Bupropion XL is FDA-approved specifically to prevent major depressive episodes in people with SAD. But your doctor may suggest other medications.

### Possible Treatments for Seasonal Depression

Low levels of vitamin D have been found in people with SAD. It may be caused either by getting too little of the vitamin in your diet or not getting enough sunshine. But it's unclear whether vitamin D supplements can help ease SAD symptoms. Very little research has been done on dietary supplements other than vitamin D for SAD.

One of the most effective ways to treat SAD that starts in fall or winter is with light. Some researchers link seasonal depression to the natural hormone melatonin, which causes drowsiness. Light affects our brain's biological clock, which regulates the circadian rhythm — a physiological process that can lead to mood changes in winter when there's less sunlight. Natural or "full-spectrum" light can have an antidepressant effect.

In this therapy, a full-spectrum bright light shines indirectly into your eyes. You sit about 2 feet away from a bright light — about 20 times brighter than normal room lighting. The therapy usually starts with one 10- to 15-minute session per day. Then, the times increase to 30-45 minutes a day, depending on your response. Some people with SAD recover within days of using light therapy. Others take much longer. If the SAD symptoms don't go away, your doctor may increase the light therapy sessions to twice daily. People who respond to light therapy are encouraged to continue it until the springtime when they can be out in the sunshine again.

You can buy light therapy lamps over the counter, but talk to your doctor first about whether this treatment is right for you and the best way to use it. Look for a lamp that emits at least 10000 lux of light with as few damaging UV rays as possible. WebMD

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**“Don’t allow your wounds to turn you into a person you are not.” Paulo Coelho**



## Pumpkin Crisp

### Ingredients

- 1 (15-oz.) can pumpkin puree
- 1 cup evaporated milk
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1 (15.25-oz.) package yellow cake mix
- 1 cup chopped pecans
- 1 cup butter, melted
- Whipped cream (optional)
- Ground nutmeg (optional)



Stir together first 5 ingredients. Pour into a lightly greased 13- x 9-inch baking dish.

Sprinkle cake mix evenly over pumpkin mixture; sprinkle evenly with pecans. Drizzle butter evenly over pecans.

Bake at 350°F for 1 hour to 1 hour and 5 minutes or until golden brown. Remove from oven, and let stand 10 minutes before serving.

Serve warm or at room temperature with whipped cream, if desired. Sprinkle with nutmeg, if desired.

## Officer's Corner

This months contribution to the newsletter is from Latisha Judkins.

Enjoy '10 Fun Facts For Amputees'.

- Amputation has been practiced for thousands of years. Ancient civilizations like the Egyptians and Greeks performed amputations using rudimentary tools.
- The most common reason for amputation today is poor circulation due to diabetes or peripheral arterial disease.
- The first successful reattachment of a limb occurred in 1962 when a team of surgeons in Boston reattached a boy's severed arm.
- Bethany Hamilton, a professional surfer, continued to compete at the highest level after losing her arm in a shark attack
- The U.S. Civil War (1861-1865) led a boom in prosthetic development due to the sheer number of amputations-over 60,000-prompting innovations like articulated limbs.
- 80 % of amputees experience phantom pain-sensations or discomfort in the missing limb.
- Around 2 million people in the United States have limb amputation.
- In 2023, Blake Leeper, a double leg amputee, ran the 400-meter in under 45 seconds using prosthetic blades, pushing paralympic boundaries.
- The "blade runner" prosthetic was popularized by athletes like Oscar Pistorius.
- Gotz Von Berlichingen, a 16th century German knight, wore an iron hand prosthetic with movable fingers after losing his arm in battle

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