



**NEWSLETTER ♦ 86th Edition ♦ Oct 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.



**EDITOR'S NOTE**

*- by Elaine Skaggs*

Summer is gone already. It went so fast my head is spinning. And sadly there doesn't seem to be many memorable moments for me. The pandemic, for many of us, really threw a monkey wrench into many vacations plans, not to mention our everyday reality. We've had to make many adjustments and get used to many 'new normal' things, like wearing masks, learning how to use the technology that's available, too many to mention.

And now Autumn has arrived quickly and in a very different way. Now, as we are back to school, I have taken on the one job I never expected to hold, that of a teacher, even in an unofficial capacity. Because both of her parents are back to work, this year I am assisting Rebekah, my 6 year old granddaughter, with her online 'Non-Traditional Instruction' for first grade. I think through the last 3 weeks, I have learned as much, if not more, than Rebekah, who is much more proficient with technology than I am. But the additional time I've been able to spend with her has been wonderful, and the learning very enjoyable. I've also learned how

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**NEW "SPOTLIGHT"**

*- by Julie Randolph*

This month we turn the Spotlight on Philip Randolph. Philip is 33, single, & he shares an apartment in Clarksville with his mom.

Philip contracted meningitis (HIB) at the age of 5 weeks, resulting in him becoming a quadrilateral amputee. *(for a detailed account, see Philip's Story - Part I & Part II in the Sep & Oct 2013 newsletters that are available on our website at [ampmovingforward.com](http://ampmovingforward.com))*



With the loss of Philip's right hand, left fingers, & both feet (he is a bilateral BK), he has had to learn many adaptive techniques to accomplish normal daily activities. He had months of PT & OT when he was young. Philip also has long-term & short-term memory loss & cognitive delays due to the meningitis. All things considered, he does very well & is a friendly & very social person.

Philip has been participating in the New Hope program for several years which takes him out into the community. He is excited about starting Music Therapy on Oct. 5. This should add another interest



& dimension to his life. Philip continues to play his drums. He has a digital drumset in his apartment & 2 acoustic sets at friends' homes. Philip is an outdoor person. He enjoys going for walks, playing basketball, riding his 3-wheel bike, staying over with friends.

Philip especially enjoys staying over & eating out

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## EDITOR'S NOTE (cont'd)

important praise is in the learning process, even more so than rewards, although there have been some rewards for her as well. After all, I'm her grandma, what would you expect? Now I know why teachers love their profession so much. It's very rewarding to watch a child as they learn something new. So for the duration of whatever time period this NTI continues, I will cherish every moment of my second trip through first grade, and Rebekah and I will conquer it together!!

This month our member Spotlight is on Philip Randolph. Please be sure to check out the interview [here](#). Also be sure to check out the article on Breast Cancer Awareness Month.

We will hold our monthly virtual Zoom meeting on Saturday, October 24. If you have never joined us there, all you have to do is go to Zoom.com, download the app, and click on join meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321. Our attendance was a little light for the September meeting, so we'd love for you to join us. Miss you all!!!

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## RECIPE OF THE MONTH

### Zucchini Casserole

2 medium Zucchini, sliced  
Half a green pepper, sliced  
Medium onion, chopped  
Half a teaspoon of salt  
Teaspoon of pepper  
1 ½ teaspoon garlic salt  
2 beaten eggs  
1 ½ teaspoon of butter  
¾ cup grated Velveeta cheese  
¾ cup crumbled up Ritz Crackers



Straight from your garden, chop & slice your veggies, then cook in small amount of boiling water with salt, pepper, & garlic salt till tender. Drain, pour eggs and butter over veggies. Top with cheese and cracker crumbles. Bake at 350 for 30 to 40 minutes. Also good with Squash instead of Zucchini or WITH the Zucchini!

## NEW "SPOTLIGHT" (cont'd)

with his sister Joy & niece Scarlett. Philip recently got a new 3-wheel bike after his previous bike was stolen. Special thanks to Mike Portman for assembling his new bike free of charge.

Philip's new goal is to learn all the skills necessary to be able to live on his own with a roommate: cooking, laundry, cleaning & other household chores. His behavioral specialist will be working with him to facilitate these goals. Even with all the setbacks, Philip is encouraged & has a lot to look forward to.

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## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. It is a disease in which malignant (cancer) cells form in the tissues of the breast.

Here are some facts about breast cancer in the United States:

\* In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.

\* 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.

\* This year an estimated 42,170 women will die from breast cancer in the U.S.

\* Although rare, men get breast cancer too. In 2020 an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die. All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age

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## 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, 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/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

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

Enter our organization number: DC476 or, Sign in or Create your account under box "I'm a Customer"

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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## BREAST CANCER AWARENESS MONTH (cont'd)

of 50.

\* 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.

\* Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020 approximately 30% of all new women cancer diagnoses will be breast cancer.

\* There are over 3.5 million breast cancer survivors in the United States.

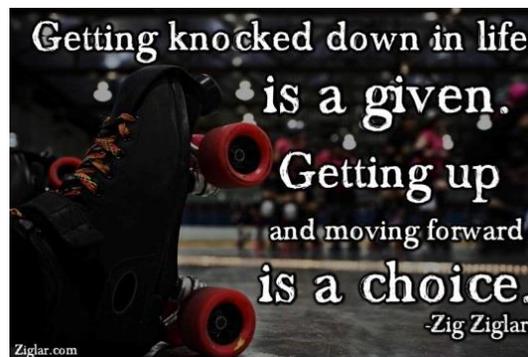
\* On average every 2 minutes a woman is diagnosed with breast cancer in the United States.

Some common risk factors in both men and women include radiation exposure, high levels of the hormone estrogen, and family history of breast cancer, especially breast cancer that is related to the BRCA2 gene.

But there is some good news. In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, especially through this annual campaign, and continual research and improvement of treatment options.

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## QUOTE OF THE MONTH



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## PREVIOUS NEWSLETTER ISSUES

*MOVING FORWARD* has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available on our website at:

[ampmovingforward.com](http://ampmovingforward.com)



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