



Newsletter 142nd Edition

June 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

The kids are out of school, families are taking vacations to exciting places, and the weeds are growing wild. Once again this summer I'm trying container gardening on my deck with a few vegetables, tomatoes, cucumbers, peppers, and squash in flower pots. I'm hoping this year is better than last. At least this year I'll be in better physical condition to tend to it. After suffering with knee pain for the last few years, I finally decided to go to an orthopaedic surgeon who discovered my knee joint was bone on bone due to osteoarthritis in my right knee. Because I am a left above the knee amputee, the surgeon told me right away that the recovery would be more challenging for me than for a non-amputee. Despite that fact, and rather than continuing with limited mobility for the rest of my life, I opted to move forward with surgery to replace the knee joint. So on May 12th I checked into the hospital before dawn, and the surgery was done. Later that evening I faced my first challenge. In most cases they will get the patient up on the new knee within a few hours of surgery, and I was one of those cases. The challenging part of getting up was putting on my prosthetic. Because of the effects of anesthesia causing swelling, and not yet being able to put my full weight on the right leg, it was very difficult getting that leg on properly. But with the help of a physical therapist, we finally got there, and I was able to take a few steps. A couple days later I was home, and having visits

with a home health care physical therapist who was extremely helpful. My therapist, Dennis Lesch, who is a therapist well acquainted with amputees and has worked with many of us in the past who have volunteered to work with physical therapy students at Bellarmine University. I am convinced that having Dennis's guidance during this phase of recovery allowed me to recover at a much faster rate than most, and with less pain and discomfort. I still have a ways to go, and more outpatient physical therapy for a few more weeks, but I am working hard to improve my balance, and gain a much smoother gait, with my prosthetic leg. And the best part? Pain free!! Now, why am I writing about this? Because I believe that being an amputee causes more stress on our joints, especially for lower limb amputees. The knee is the largest and most complex joint in the body and is subject to more wear and tear and stress, and is responsible for carrying the full weight of a body with every other step you take. Although knee replacement among amputees is fairly uncommon, and outcomes are different for all of us, for me it was the right decision.

Our group also participated in a community yard sale in my neighborhood that was exceptional. We had a variety of items for sale including Mallori's Kettle Corn and Lemonade, which was a huge boost to our sales! We had so much fun meeting and talking with people about our group's mission, and were able to take in over \$1000.00 for the day! Thank you to everyone for the donations of items, and thanks also to the volunteers that help set up and take down, and were there to meet and greet our customers. It was a huge success and will more than likely become a yearly fundraising event.



**“Try not to become a person of success, but rather try to become a person of value.” Albert Einstein**

## UPCOMING EVENTS

**MONDAY June 16, 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 June 28, 2:00pm - 4:00pm** - Louisville meeting at Baptist Health Rehab Hospital, 11800 Bluegrass Parkway, Louisville, KY 40299.

**FRIDAY June 13, 6:00pm** - Join us for Game Night and Ice Cream Social in the Day Room at Encompass Baptist Health, 11800 Bluegrass Pkwy, Louisville KY. Bring your favorite game, and your favorite ice cream topping for a fun time!

**MONDAY July 21, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY July 26, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Health Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY

## ROASTED VEGETABLES

## Ingredients

1 small butternut squash - cut into 1/2-inch cubes

3 medium Yukon Gold potatoes, cut into 1/2-inch cubes

2 medium red bell peppers, cut into 1/2-inch pieces

1 medium sweet potato, peeled and cut into 1/2-inch cubes

1 medium red onion - quartered, and separated into pieces

**1/4 cup olive oil**

2 tablespoons balsamic vinegar

2 tablespoons chopped fresh rosemary

1 tablespoon chopped fresh thyme

salt and freshly ground black pepper to taste



## Directions

Gather all ingredients. Preheat the oven to 475 degrees F (245 degrees C).

Combine butternut squash, Yukon Gold potatoes, bell peppers, sweet potato, and red onion pieces in a large bowl. Stir olive oil, balsamic vinegar, rosemary, and thyme together in a small bowl; season with salt and pepper. Pour over vegetables and toss until well coated. Transfer vegetables to a large roasting pan and spread in an even layer. Roast in the preheated oven, stirring every 10 minutes, until vegetables are slightly caramelized and cooked through, 35 to 40 minutes. Serve and enjoy!

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# SAVE THE NATIONAL LIMB LOSS CENTER!

If you have ever had the opportunity to explore the Amputee Coalition website, I'm sure you have looked at the National Limb Loss Resources Center. The center is full of information and referral services, peer visit matching, virtual support groups, certified peer visitor training, limb loss limb difference days, youth programming, resource development, workforce development, along with outreach and education across the nation.

The Limb Loss Resource Center funding also subsidizes our work with the VA and DoD in service to our Nation's Veterans and active-duty service members, their families, and caregivers. Without the staff employed through the Limb Loss Resource Center funding, many of these programs cannot continue.



Summer days, a gift so sweet, A precious time that can't be beat!



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