



NEWSLETTER ♦ 85th Edition ♦ Sep 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

Hello, *Moving Forward* friends! Summer is almost gone, September is here, and I, for one, am looking forward to my favorite time of year, Fall. This is the month when you feel the first cool breeze as we transition into fall. This month may lack major holidays, but I found some interesting facts that most people may not know about. Plus, I was surprised to find out that there are some fun holidays scattered throughout the month. Read on to learn 10 fun facts about the month of September!

1. The Word September Comes From The Roman Calendar

The name "September" comes from an old Roman word, "septem," which actually means 7. But September is the 9th month of the year, according to the modern-day US calendar year. In the Roman calendar at the time the term was coined, it was the 7th month.

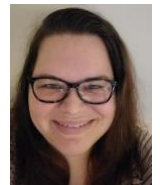
2. September Is The Month Of Fire

Another interesting fact about the Romans: They believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this

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NEW "SPOTLIGHT"

Hi, my name is Mallori Puchino and I am a left below knee amputee. Currently, I am unemployed and fighting for disability. I've been partnered with my beloved service dog, Colt, for 7 years. My spouse and I have been married 6 years, both Kentucky natives, college sweethearts. Together, we parent two rescues, a 3 yr old bearded dragon and a 3 yr old ball python. We're hopeful for human children in the future.



I became an amputee in November of 2015, a culmination of seven years of appointments, tests, procedures, and surgeries that ultimately left me with no diagnosis and the choice to amputate now or later. The initial incident was not all that exciting, a high school choir injury. Now, I know what you are thinking: how? How could I possibly have injured myself so badly that it cost me a leg—in choir? Well, my high school's choir primarily functioned as a show choir, requiring us to dance, in heels, on risers. One wrong step and I managed to severely damage the arch of my foot in rehearsal, and despite my doctor's note, forced to dance in the final concert on said injury on threat of receiving a failing grade if I abstained. This is the short version; the newsletter has far more important things to display than the sordid details. Feel free to ask me if we ever meet in person and you're ready for a three hour story-time.

After living my life in a bubble, in and out of a wheelchair, on and off crutches, frequenting multiple rehab centers, I said enough was enough. I did my research, got myself comfortable with the idea, then had to convince my family and friends that it was the right thing to do for my health and quality of life. I knew my chances at recovery and

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EDITOR'S NOTE (cont'd)

9. September Is Known As Harvest Month

As the weather begins to cool, it takes longer for vegetable crops to harvest in September. Since the weather isn't frigid yet but it is beginning to cool, especially in Northern regions, vegetables can be planted in September as long as they are cared for properly. It's a great month to harvest in preparation for the coming winter months. In fact, in Old England it was called Haervest-monath, meaning Harvest Month. Some of the best crops to harvest are onions, apples, raspberries, and tomatoes.

10. September Zodiac Signs

Zodiac signs in September are split between Virgo (August 23 - September 22) and Libra (September 23 - October 22). Virgos are known for being loyal and practical. They are typically thoughtful, analytical people who sometimes come off as cold, but it's only because they're taking a methodical approach to friendship (like most aspects of their lives). Libras are a little different, whose main characteristics include being diplomatic and fair. They like harmony, hate being alone, and always strive for peace and justice in the world.

Be sure to check out the SPOTLIGHT article featuring Mallori Puchino, who authored a series of articles for the newsletter a few months back about Transportation Options for Amputees. If any of you attended the virtual Amputee Coalition National Conference, I would love to put an article in the next newsletter about your experience.

Moving Forward's next virtual meeting will be on Saturday September 26 at 2:00 p.m. To join the meeting go to Zoom.com and download the app if you don't already have it on your device. Then click on 'Join a Meeting', enter the Meeting ID# 577 001 8098, then the password 4321. If you have any problems getting connected, call me at 502-548-6419 and I will try to assist you. Stay healthy, stay safe, and I look forward to seeing everyone online!

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## PAIN AWARENESS MONTH

The **American Chronic Pain Association** (ACPA) designated September as Pain Awareness Month, and since I don't know many amputees who have not suffered from serious pain at some point in their lives, I did a little research on Interdisciplinary Pain Management Programs. For many amputees and many other people as well, living with pain is a way of life. Living a full and active life, however, may seem impossible. It is actually possible to increase your level of functioning and quality of life while reducing your sense of suffering. This is true much too often in the case of amputees, especially when the amputation is the result of disease, or injury that cannot be restored to its natural condition. The key to management, like anything in life, is to have the right skills, support, and direction.

While medicine has made remarkable advances to eradicate some diseases, cure others and extend life, **chronic pain** is still one they are struggling to understand and improve. The good news is they have made advances in helping people to manage their pain. Interdisciplinary Pain Programs are designed to help a person with pain become part of the treatment team and take an active role in regaining control of his or her life in spite of the pain. The programs are focused on the total person, not just the pain.

This kind of pain management program involves a team of health care providers working directly with the person with pain with a variety of measurement, interventions, and strategies for self-management. It's designed to offer a complete program including assessment, treatment, communication, education, and follow up. The treatment is never focused on just the pain, but it takes a holistic approach, meaning who you are and how you feel is as much a part of shaping your treatment as your physical self.

Teams can be made up of:

- "Patient" (person with pain)
- Significant others (family, friends)
- Physicians
- Physician Assistants
- Nurse Practitioners
- Nurses
- Psychologists
- Physical therapists
- Occupational therapists
- Recreational therapists
- Vocational counselors
- Pharmacists
- Nutritionists/dieticians
- Social workers
- Support staff
- Volunteers

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## RECIPE OF THE MONTH

*Corn on the cob is an American favorite and this recipe puts a nice twist of flavor into it. Remember, corn is a starchy vegetable, so serve it with some lean protein and a low-carb vegetable like green beans, zucchini or a salad.*

### **Chili Lime Corn on the Cob**

Prep Time: 10 minutes

This Recipe Serves 4

#### **Ingredients**

- 4 medium ears corn on the cob, shucked
- 1 lime, juiced
- 1 teaspoon lime zest
- 2 tablespoons light trans-fat free margarine, softened
- 1 teaspoon chili powder

#### **Instructions**

1. Preheat the grill to medium high.
2. In a small bowl, mix together the lime juice, lime zest, margarine, and chili powder.
3. Using a spoon and your hands, spread the margarine mixture evenly over the 4 ears of corn.
4. Wrap the corn individually in aluminum foil. Grill 20 minutes, turning frequently. Serve hot.

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Ways to Donate to *Moving Forward* Limb Loss Support

AmazonSmile

Go to "[Smile.Amazon.com](https://www.amazon.com)"

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/>

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PAIN AWARENESS MONTH (cont'd)

Others

Team members may vary from one program to the next, but the underlying goal remains the same; help you live a full life. You might have noticed that the "patient" is at the top of the list. Without your willingness to take an active role in the program, nothing that the program has to offer will be helpful since there is currently no cure. Your efforts are key to success!

Your team shares in providing you with a well-balanced approach to treatment. They all have specific roles that complement each other to provide better care. It is the team approach working directly with the "patient" that makes this type of program effective. Team members each have personal responsibilities that, when blended together, make for a treatment option that allows the patient to make progress.

In a typical health care environment, you may have a primary care provider, a physical therapist, a counselor, and other specialists that you see. In many cases, while they communicate occasionally, they do not come face to face as a team to focus on you. It is in an interdisciplinary pain program that a team on a regular basis will review your care and discuss it with you. They will look at the goals that have been set, what you have accomplished, where you are having difficulties and evaluate what the next best steps are for YOU.

Based on your progress they will be able to determine which team members may need to alter their approach, other areas that might need added attention, and personal communication with you as part of that team.

The team needs to have the ability to work together in an environment where there is mutual respect and a collaborative atmosphere. Freedom to express new ideas and share insights is key to the team working together for the common good of those in the program.

The bottom line is that the treatment should focus on the whole person, not a body part or symptom, and to empower the person with pain as well as their family or caregiver.

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## **QUOTE OF THE MONTH**

"When the week ahead seems overwhelming, focus on the day. If the day at hand is causing you stress, think only of the hour. When the hour seems it will last forever, try **LIVING IN THE MOMENT**. When you feel you cannot handle the moment, count to 60 and it will be over!"

~ by Christina Roberson

**Ways to Donate to *Moving Forward*  
Limb Loss Support (cont'd)**

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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PREVIOUS NEWSLETTER ISSUES

We have just finished our 7th year of publishing this newsletter. The first issue was in Sep. 2013. For your convenience, all previous issues of our newsletter are available on our website at:

ampmovingforward.com

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