



Newsletter 139th Edition

March 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.

~~~~~

### **EDITOR'S NOTE** – by Elaine Skaggs

March is finally here and Spring is not far behind, officially starting on March 20 of this year. The days are already getting longer, and increasing daylight is happening minute by minute with every day that passes. According to the Old Farmers Almanac this year will be warmer and wetter than usual. Of course their weather predictions are not an exact science, but many gardeners and farmers depend on this information for guidance in planting their gardens and fields. As for our area, it says we can expect slightly above average temperatures, and normal spring rains that will encourage earlier buds, and robust growth. That sounds lovely to me, as I begin planning to start my container garden out on the deck again this year. With a few adjustments of course, after last year's garden disaster, hopefully I will be looking forward to a much more fruitful harvest.

As we gear up for the next couple of busy months we have much to look forward to, including our annual March Madness Chili-Cookoff, and our annual business meeting and election of officers held immediately following the Louisville meeting. During our February Louisville meeting we watched a short biography about Paddy Rossbach, a former president of the Amputee Coalition, and a slide show produced during the Paddy Rossbach Youth Camp for kids with limb loss/difference. We make a donation every year to this camp, with the proceeds

from our chili cook-off. You can find more information about the camp on the AC website/ Also, it's not too late if you have a desire to become more involved in the group by becoming an officer, contact one of the current officers. This year we will be electing two co-Presidents, two Secretaries (one for Louisville and one for Indiana), one Treasurer, and two Members-at-Large. Remember, this is YOUR group, what better way to serve your fellow amputees! Details about all the upcoming events follows.

## UPCOMING EVENTS

**SATURDAY March 8, 5:00pm - 8:00pm** We will have our annual Chili Cook-off at St Lukes Catholic Church, 4211 Jim Hawkins Drive, Louisville, KY 40229. Bring your best pot of chili, or a dessert to share. There will be prizes for the best chili, a trivia contest, and raffles. The cost to attend is \$10.00, and proceeds will go to Paddy Rossbach Amputee Kids Camp. Put on your favorite team's swag and come out and join us for a great time!!

**MONDAY March 17, 6:00pm - 7:30pm** The first IN meeting of 2025 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 March 22, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehab Hospital, 111800 Bluegrass Parkway, Louisville, KY 40299. We will be having our annual business meeting and election of officers at the end of the regular meeting.

NOTE: We are planning to have a yard sale the first weekend in June to raise funds for the group. We'll let you know when all the details get finalized, but in the meantime, if you have items you would like to donate, or you would like to volunteer to help, contact one of the board members. We're working on getting a place to store donated items. The sale will take place at my (Elaine's) home, during a neighborhood sale. Details will be forthcoming, so get those treasures rounded up!



## ***You'll Never Know How Strong You Are Until Being Strong Is The Only Option***

We are still in the middle of winter. And just last night, the temperature here where I live was way below freezing point. But you can sense that the days are getting longer again and spring is approaching quickly - and with it there are more and more opportunities to explore Mother Nature all around us and be outdoors and active. After long winter months, this is a welcome change for many of us. Good for the body, a treat for the soul. And - as we learn from Tiina today - people in Finland have a special word for this special bonding between people and the surrounding nature.

Hello! My name is Tiina and I'm a knee-x amputee from Finland. I have been an amputee for about 15 years. Since late 2021 I have been using Ottobock's Genium. And what can I say: I'm loving it. It gives me more possibilities to enjoy the outdoors.

Maybe some of you readers already know this. But I repeat it; Just in case. It's said that 75% of Finland is covered with forest. That is why nature is so important for me (and many other Finns as well). Forests are also the reason that the Finnish language has the word 'luontosuhde' which translates directly to 'nature relationship'. This nature relationship describes the way a person relates to the surrounding nature.

There are numerous studies that show how nature is good for all of us. The blood pressure and heart rate lowers after spending 20 minutes in nature. Stress eases. Our creativity increases. And without even realizing it, we tend to exercise more when in nature. Nature will heal and put your worries into perspective. That's why it is so immensely important that people of all shapes and sizes, of all abilities and conditions have an equal right and opportunities to visit nature, to enjoy the outdoors, and to enhance their nature relationship.

### **Making The Case For Accessible Trails**

As I participated Finnish Paralympic Committee's Nature Fair in Helsinki in May 2022, I had many interesting discussions concerning nature accessibility. Unfortunately, I found out many people with disabilities were unaware where to find accessible nature trails; trails they are able to hike even with a limb difference or use with a wheelchair.





Even though I've been lucky when it comes to my amputation. I never had any complications with my stump that would prevent me from wearing my prosthetic leg, I still know what it means to depend on crutches (as I experience joint problems in my remaining leg, I sometimes use crutches). A fact that underlined - at least for me - the importance of having accessible nature trails. Nobody knows when we might need mobility aids.

Despite the developments we have seen in recent years in terms of better technology and high-tech equipment, not everyone of us is a natural athlete. We all have our level of mobility, our very own comfort zones, and our varying ambitions. So not all trails are suitable for everyone.

To qualify a trail as being accessible, it must fulfill certain requirements. In Finland, this usually means that the path's width is at least 1.2 meters. Furthermore, there needs to be a hard surface and the trail's maximum incline must not exceed 8% with less than 3% sideways. Another key feature is that the path needs to have more benches for resting and adequate signposting.

### **Discovering People With Disabilities As New Customers**

Being a person with a disability myself, I don't like to go hiking or camping alone in case something happens; i.e. if I fall and hurt myself or break my prosthetic leg, it's nice to know I have a companion who can assist me. Someone who can help me get out of the woods or - if that is not possible - someone who at least can get help. That is a reassuring thought. And I presume that many other people with disabilities might have the same fear. But they might not have a person who would go hiking or camping with them.

Luckily many outdoor entrepreneurs, wilderness guides, and outdoor companies have discovered people with disabilities as a target group. And if you ask me, that is a very smart move. Including people with a disability into your customer base can increase a company's market by 15% (according to estimates by the United Nations, about 15% of the world's population have a disability). On top of the market segment of people with a disability, there are also those who are in their rehabilitation process after an injury or surgery, people with physical limitations due to age or pregnancy, those who are diagnosed with medical conditions, and parents who push their small children in strollers. All these groups would benefit from more accessible nature trails and extra services for nature tourism.

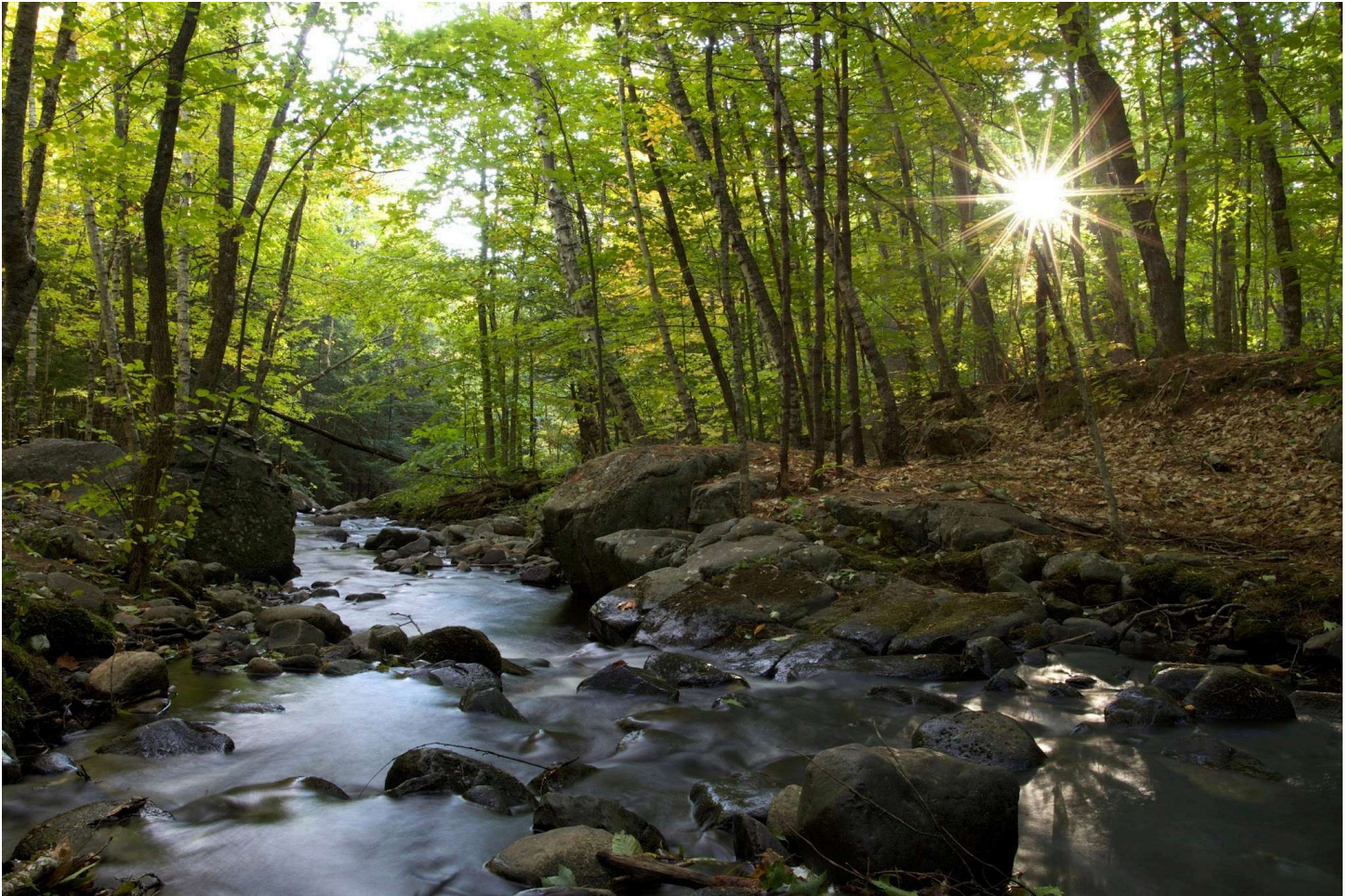


Many times - so my personal impression - social media plays with the perception that you can't enjoy the outdoors without expensive equipment costing at least 500,00 Euros or more. That is



far from the truth. In order to begin with or enhance your own nature relationship, you don't have to hike for many kilometers or climb high mountains. A genuine nature relationship can be as simple as spending time outdoors: Sitting by the fire, watching migratory birds through your binoculars, fishing in a lake on a quiet summer night, sleeping in a hammock in the woods, spending your vacations in a summer cottage with no electricity and running water, and having to go pee in an outhouse with a headlamp in the middle of the night. 😊

The most important thing is that you give nature a try. For me, nature creates opportunities to try to conquer myself. And I must admit, I find that really addictive in a positive way.



Guest post by Tiina Nopanen. Tiina is an above knee amputee from Finland who spends her spare time outdoors. To learn more about Tiina, follow her on Instagram.

## Classic Chili Recipe

### *Ingredients*

- ☐ 1 lb ground beef - (up to 1.5 lbs.)
- ☐ 2 tablespoon olive oil or canola oil
- ☐ 1 large yellow or white onion - chopped
- ☐ 15 oz can chili beans in sauce - (undrained)
- ☐ 3 large garlic cloves - minced
- ☐ 2-3 celery stalks - chopped
- ☐ 4 oz can chopped green chilies
- ☐ 15 oz can diced tomatoes
- ☐ 16 oz tomato sauce
- ☐ 15 oz can northern beans - drained
- ☐ pinch of red pepper flakes
- ☐ pinch of ground clove
- ☐ 1 tablespoon (heaping) chili powder
- ☐ 1 teaspoon dried oregano
- ☐ pinch of ground allspice
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon pepper
- ☐ 1 cup water
- ☐ 1 bay leaf
- ☐ 1½ tablespoon sugar
- ☐ 1 teaspoon cumin



### *Instructions*

1 In a large pot over medium high heat sauté the garlic, celery, and onions for 5 minutes, stirring often. Add the ground beef and cook, crumbling, for 5 minutes until cooked thru.

Turn the heat to medium low and add the green chilies, tomato sauce, diced tomatoes, water, both beans, sugar, and all the spices and seasonings. Stir to combine.

Simmer over low heat for 30 minutes, stirring occasionally.

Remove the bay leaf and discard before serving.





## CONTACT INFORMATION

- **Email:** [moving4wdamputeegroup@gmail.com](mailto:moving4wdamputeegroup@gmail.com)
- **Website:** [www.ampmovingforward.com](http://www.ampmovingforward.com)
- **Facebook:** Moving Forward Limb Loss Network & Social Group
- **Kelly Grey-Parker**, Co-President / Facebook Editor, [kjgrey79@gmail.com](mailto:kjgrey79@gmail.com) 502-235-3146
- **Elaine Skaggs**, Co-President / Newsletter Editor, [elaineskaggs@ymail.com](mailto:elaineskaggs@ymail.com) 502-548-6419
- **Brianna Heitzman**, Secretary, [briannaheitzman@yahoo.com](mailto:briannaheitzman@yahoo.com) 502-650-6085
- **Danielle Ranschaert**, Treasurer, [daniran1974@gmail.com](mailto:daniran1974@gmail.com) 502-403-3920
- **Rose Booth**, Board Member-at-Large, [rosebooth@bellsouth.net](mailto:rosebooth@bellsouth.net) 502-296-1162



**Please join us for our Louisville March meeting to elect  
our new officers!**

- |                   |   |                                    |
|-------------------|---|------------------------------------|
| ✓ 2 Co-presidents | 2 | ✓ Secretaries (1 for KY, 1 for IN) |
| ✓ 1 Treasurer     | 2 | ✓ Members At Large                 |

## CORPORATE SPONSORS

Special THANKS to our corporate sponsors —  
without you this newsletter would not be possible!!



### Bruce Lockett, L.P.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605



### Chris Lockett, C.P.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605

### Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

Billy Parker  
Owner/Keynote Speaker

PO Box 94721  
Louisville, KY 40291  
502-415-2594  
[slendingahand@gmail.com](mailto:slendingahand@gmail.com)  
Facebook & YouTube: BillyPAmputee



### R. Wayne Lockett, L.P., L.Ped.

1404 Browns Lane, Suite C  
Louisville, KY 40207  
Phone: 502.895.8050  
Fax: 502.895.8056  
Web: [www.louisvilleprosthetics.com](http://www.louisvilleprosthetics.com)

742 East Broadway  
Louisville, KY 40202  
Phone: 502.584.2959  
Fax: 502.582.3605

**David Kaufer**  
CPOA, COF  
Clinic Manager  
1931 West Street, Suite A  
New Albany, IN 47150

Tel: (812) 941-0966  
Fax: (812) 941-0958  
Cell: (812) 786-5350  
[dkauffer@hanger.com](mailto:dkauffer@hanger.com)  
[HangerClinic.com](http://HangerClinic.com)

MARKETING PRODUCTS  
SIGNS & BANNERS  
PROMOTIONAL PRODUCTS  
GRAPHIC DESIGNS

**MauriPRINT**  
DESIGN | PRINT | PROMO

☎ 502-536-8899  
✉ [sales@mauriprint.com](mailto:sales@mauriprint.com)  
🌐 [www.mauriprint.com](http://www.mauriprint.com)  
📍 3411 Bardstown Rd #9  
Louisville, KY 40218



BUSINESS CARDS | FLYERS | BROCHURES | MENUS  
POSTERS | BANNERS | FLAGS | YARD SIGNS | A-FRAMES  
TABLE COVERS | STICKERS | WALL DECALS | CANVAS

6504 Bardstown Rd  
Louisville, KY 40291



**MOBILITY CITY**  
WE FIX WHEELCHAIRS & SCOOTERS

Chris Downs - Owner  
Brad Thomas - Technician, Safety Officer