



NEWSLETTER ♦ 79th Edition ♦ Mar. 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

Happy March!! Although we're not quite through winter yet, it's almost time to get out our kites for the windy month. I think the other thing that comes to mind when I think of the month of March is St. Patrick's Day, the day we all wear something green whether we're Irish or not so we won't have to endure those pinches. Saint Patrick's Day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions, and customs. Saint Patrick's Day has many symbols and traditions, from shamrocks to green beer and corned beef and cabbage, and of course leprechauns. A leprechaun is a type of fairy in Irish folklore. They are usually depicted as mischievous little bearded men, wearing a green coat and hat. They usually make and repair shoes, but their main job is to guard the pot of gold that is hidden at the end of the rainbow. Now you may ask, what does a pot of gold symbolize? It is the realization of all one's hopes and dreams: ultimate success, fulfillment, or happiness. As amputees, our hopes and dreams vary widely; it may be better health; it may be learning to walk, or use other prosthetic limbs, or maybe learn a new skill. There are many resources at our disposal to help us reach those goals. So this month think

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PARENTING WITH A DISABILITY

- by Eliza Hull

In 2013, Mandy McCracken was a self-described "stay-at-home mum" with three daughters under the age of 10, when she got a blood infection. It led to sepsis, a life-threatening immune response that can cause massive organ and tissue damage. Rushed to hospital, Mandy was put in an induced coma in an endeavour to save her life. Fortunately, Mandy survived. Waking from her coma, she had black hands and black feet, and saving her life meant they had to be amputated. During the months spent in hospital, parenting had to take a back seat. "I didn't have the mental space to be a parent. I was reminded by the nurses when I was in hospital, 'You need to call your children and say goodnight to them'. 'Oh, do I?' "And the nurse said, 'Yep, I'm going to bring the phone to you every night and you're going to ring up and you're going to say goodnight to your kids'. 'Oh, OK, all right'. "I didn't realise. I had forgotten that. I was too busy trying to be alive."

Ten months after her operation, Mandy was able to leave hospital. While she has since embraced the changes that having a disability has brought, she felt her parenting ability has at times been questioned. "I was a stay-at-home mum, so my job was to be mother, counsellor, teacher, help the kids with homework, keep the house going, I did everything," she says. "I came home after being in hospital for almost a year and I had lost all of that. I wasn't cooking; I wasn't helping the kids with homework because my husband had stepped in to do it. I really had to go: "Where do I fit? What's my job now?" Five years later, Mandy is still trying to show her children she is just as capable to parent them now as she was before having a disability. While this

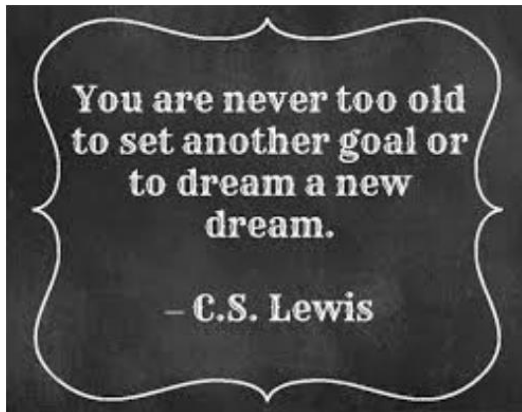
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EDITOR'S NOTE (cont'd)

about what are your hopes and dreams, and strive to find that which makes you happy!

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## QUOTE OF THE MONTH



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UPCOMING EVENTS

MEETINGS:

March 16 – Monday from 6:30 – 8:00 p.m. at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany IN, in the Education Conference Room.

March 28 – Saturday from 2:00 – 4:00 p.m. at Norton Brownsboro, Medical Plaza 1, 4950 Norton Healthcare Blvd, Louisville KY, in Room 301B.

EVENTS:

 **March 14** – Saturday, Annual “**March Madness**” Chili Cook-off from 5:00 to 8:00 p.m. at the Okolona Firehouse, 8501 Preston Hwy. Louisville KY. Bring your favorite pot of chili or soup, or a dessert to share. There will be a sports trivia game for the adults, and entertainment for the children. There will also be awards given for the Judges Choice and the People’s Choice for both Chili and for Soup, as well as a raffle for a super prize. There will be a \$5.00 charge for adults, which will be donated to Paddy Rossbach Camp for children with limb loss.

April 25 – Saturday from 10:00 a.m. – 4:00 p.m. at Franklin Park Adventure Center, 1755 E. Broad Street, Columbus OH. Ohio Amputee Celebration, hosted by AMPS4OHIO Inc. Amputee Group. This is a free event for all amputees and families and

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PARENTING WITH A DISABILITY (cont'd)

family has been through a lot, they are successfully creating a new "normal", and the love Mandy has for her children is undeniable. "I'm really good at giving hugs. Dad can't give as good a hug as me, so I make sure that my hugs are the best," Mandy says. "Although I'm not physically capable of doing a whole heap of stuff, I make sure that I'm really good at some things. And being a mum, being that gentle, warm, soft place for them to land." Mandy's children have also had to learn and adapt to the changes, as it seems most children can do, way beyond what we may anticipate. Mandy says it took about a year to feel completely comfortable with her new identity, and now looks back at the past as "wonderfully boring", while the future is "wonderfully exciting". She accepts her disability, and is a spokesperson for other amputees. She's also discovered greater purpose, by educating children in schools, which eventuated after her daughter was teased.

Sitting around the McCracken kitchen table, eating Mandy's delicious scones, it's clear just how much fun fills this house. Through laughter, Mandy has created an identity that is stronger and more successful than ever. Mandy now travels the world attending conferences, and continually talks in schools, including her own children's. "Anyone who has got a disability is so capable. They are probably more capable than an able-bodied person because they are dealing with all this other layer of stuff going on," Mandy says.

"Don't ever say that I can't do something just because I haven't got hands and feet."

Mandy is an example of why representation is so vital. Through these open and honest conversations, and by letting the school children pass around her prosthetic arms, we get to understand what it truly means to be a parent with a disability.

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## PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at: [ampmovingforward.com](http://ampmovingforward.com)

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UPCOMING EVENTS (cont'd)

friends, and will feature door prizes, goody bags, a silent auction, and a free lunch for all attendees. Our own Kelly Grey and Billy Parker will be featured speakers. Please register online at www.amps4ohio.com or on Amps4ohio Inc Facebook page if you plan to attend.

*** Also, please note that our Louisville meeting will be held on April 18th due to this event. ***

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## MARCH RECIPE

(shared from the Mar 2015 Newsletter  
by Beverly Gaylord)

During this upcoming season of "MARCH MADNESS", I thought many might enjoy this recipe. It could be a delicious low-fat dish to snack on while you are cheering your favorite team to a win.

### CHICKEN ENCHILADA DIP - LOW FAT

- 1 1lb Boneless, Skinless Chicken Breast, cubed
- 1 (8oz) pkg Low Fat Cream Cheese
- 2 c. Low Fat Cheddar Cheese
- 1 c. Fat Free Sour Cream
- 1 c. Reduced Fat Mayo
- 1 (10 oz.) can Rotel Tomatoes
- Salt, Pepper, Garlic Powder to taste

Mix all ingredients together and place in 9 x 13 glass pan sprayed with a non-stick spray. Bake in a 350 degree oven for 30 minutes, until bubbly.

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Ways to Donate to *Moving Forward* Limb Loss Support

AmazonSmile

Go to "Smile.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/>

Sign in or Create your account

Under box "I'm a Customer"

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

Enter our organization number: DC476 or, 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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