



## NEWSLETTER ♦ 18<sup>th</sup> Edition ♦ Feb. 2015

### Note from Belinda

For the February issue we are focusing upon the topic of being an amputee who is single and the additional challenges that they face in the world of dating. One of the most heart wrenching questions that I am asked on peer visits is, "Will I ever be able to find someone to love me?" My answer is, "Yes, but it takes a special person. One who doesn't only look at the beauty on the outside, but also the beauty within." I then tell them that in order to find that special person to love them, they first need to learn to accept and to love themselves. This is something that comes with time and both physical and emotional healing. Until we are comfortable with ourselves, it is difficult for others to be comfortable with us. You also have to be willing to get out in the world to meet people and be strong enough not to give up if you are rejected. We have within our support group members who met and married someone after their limb loss. We also have single people in the group who date. I have asked Kelly to write something on this subject, which follows . . . .

### **MOVING FORWARD FEATURE** **NOT AS MUCH OF A MISSION** **IMPOSSIBLE**

– by Kelly Reitz

Love is complicated in and of itself. It's not easy for anyone to find love. So when you throw in being an amputee, it can feel like finding a tiny, thin, itty-bitty seed in a haystack, much less a needle. I don't claim to be a love expert but I might be able to give you some tips for the mission impossible to finding love.



Step One: LOVE YOURSELF. This is so very, very important. If you're not comfortable in your own skin and love who you are (even if your own flaws annoy you), then you're giving yourself an even harder road. Spend some time dating yourself and getting to know more about you. Then you can focus on finding someone that you enjoy spending time with and let things blossom from there!

Step Two: BE PICKY. Just because you are an amputee doesn't mean you shouldn't be particular. You deserve to have what you want in a relationship and not just settle for the first person that seems interested in you. Having an amputation may alter how you do things in life but it shouldn't be a reason not to fully enjoy a relationship. If it helps, make a list of pros and cons of key qualities that you would like to find.

Step Three: BEAUTY IS IN THE EYE OF THE BEHOLDER. You have to remember that love comes in all shapes and sizes. I learned long ago that my idea of cute is not the same

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### AMPUTEEE COALITION ADVICE

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### Swept Off Your Feet

– by John P. Foppe

Being born without arms, I often wondered if I would ever find someone to love me. I certainly experienced my share of dating failures and rejections. Despite each slight, however, I tried to maintain a positive attitude.



I rationalized that I had a good life. I pretended to be content. I admitted that dating was a struggle, but I kept trying. Though I might have looked OK on the outside, inwardly, I experienced moments of deep frustration, resignation, self-pity, anger, and impatience. As I watched my friends and younger brothers marry, I felt like the hunchback, Quasimodo; I felt weak, ugly, and powerless as the world of love left me behind. One August day, three years ago, however, my Esmeralda walked in and turned my life upside down.

I was the guest speaker for a local organization's fundraiser, and several of my family members attended. My brother Jim's fiancée, Emma, invited her girlfriend and roommate, Christine, along to hear me. While people mingled during the cocktail hour, I sat off to the side with a pen and paper in my toes, putting the final touches on my speech.

My brother Ron sat down beside me, gently poked me, and whispered, "Check out the good-looking girl who just walked in with Jim and Emma." I looked up from my notes and spotted a tall blonde in a sleek ruby-red summer dress. Meg Ryan just walked in the door, I thought. Her wavy gold hair glided across her sun-drenched cheeks as she gracefully turned to shake someone's hand. In a smoked-filled room of gray suits and dull dresses, she radiated a confident, sexy aura of femininity.

"I bet Paul flirts with her," Ron quipped under his breath.

Obviously, she was closer in age to me than she was to my younger brother Paul. I was miffed that Ron didn't see me as a contender for her attention. But, thankfully, Ron's comment irked me into action. Otherwise, I would have hesitated, allowing her beauty to intimidate me, fearing she wouldn't be attracted to a guy without arms.

"Not if I get there first!" I said.

Defiantly, I sprang up and walked across the room to meet her. I remember the gleam in her piercing blue-green eyes as I introduced myself. She told me that she had heard about me through her job and that she had always wanted to hear me speak. Flattered, I thanked her for coming.

Though I have been speaking to groups for 15 years, the speech I gave that night was like no other I have delivered

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## NOT AS MUCH OF A MISSION IMPOSSIBLE (cont'd)

as someone else's. People like all shapes and sizes. Just think of how some people like to date tall people and some prefer brunettes. Some like loud and opinionated and some like quiet and meek. Don't be afraid to be particular.

Step Four: BE YOURSELF. Being yourself! Breathe and enjoy learning to get to know somebody. Don't be afraid to be open about your amputations and even your funny mishaps. Showing a sense of humor helps lighten the mood and the fears of meeting someone new. When you learn to focus on the personalities and not your amputation, then it makes for a lot more fun. In the same turn, don't be afraid to answer questions about your amputations. Just don't make it a focus point.

Step Five: DON'T RUSH. In this day and age we all are in a hurry! It seems to be a daily race to see how many things we can cram into 24 hours. I've found it always works best not to go on a date, per se, but to go out as friends who have something in common. Find out if you do mesh. What if you don't like the way they eat their food or find out they don't have any manners. It takes a lot of pressure off of everyone and there isn't such a vibe to make things happen and become a couple.

If it helps ... I have been a quadrilateral amputee since I was a year old. I went through periods of being 'ashamed' of my amputations and made it a center point. Once I learned to just enjoy my life and display a positive attitude, then I became more of a magnet for meeting new people. I've never had anyone flip out over my amputations. I have had some awkward moments about my amputations while on a date, but think of prior to being an amputee ... you had the same awkward moments; or even ask a person who isn't an amputee - same thing! It's natural for people to worry about being rejected and you may think your rejection level is much higher being an amputee, but I don't agree. Love is for everyone!

A note regarding online dating ... I personally do not enjoy online dating. I prefer to meet people the old fashioned way just because online dating has a lot of lies and a lot of people with bad intentions. I have done online dating. If you decide that you actually prefer online dating, then by all means do it. I have found that it's best not to disclose being an amputee on your profile. Once you talk to someone and start getting to know one another, then you can introduce that you are an amputee. Please be very cautious if you decide to do online dating.

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## ***J'm Moving Forward ...***

Each month we are including a picture of our members "moving forward" after limb loss.

Darren Frison 'moving forward' and ready for a day of fishing at the group's fishing outing.



\*\* If you would like to submit a picture of you 'moving forward', send it to Belinda or Julie.

## Swept Off Your Feet (cont'd)

before or since. I was nervous but not for all of the usual reasons a speaker gets nervous. I could see Christine clearly from the podium, and I wanted her to enjoy what I said and to respect me for saying it. As I spoke, all of the other audience members faded.

"You're a funny speaker," Christine said afterward. I asked her if she wanted to go out for a drink. We all went to a nearby lounge, and I, of course, sat next to Christine. We talked effortlessly.

Christine was different, comfortable to be with. I felt no need to impress her. I didn't feel guarded. The cynicism and fear that usually clouded my head and hardened my heart were gone.

When it came time to say goodbye, Christine invited me to a pool party she was hosting the following weekend in St. Louis, where she lived. Though I was delighted, I felt uneasy about going to a party where I wouldn't know anyone. Then I remembered that Emma and Jim would be there, which was reassuring.

Jim and I went to the party together. I met Christine's entire family, and we visited over a meal of hot dogs and hamburgers, which I ate with my feet. What were they thinking?

I debated internally whether or not to go for a swim. I knew that once I took off my shirt and exposed my stubs, Christine's nieces and nephew would ask all sorts of questions. But, this was a pool party. Christine said she loved the water. It would have been easier to have muscular arms under my shirt, but long before that day, I had come to terms with the fact that my disability would never change. I had been down the self-pity road before, and it was a dead end! I needed to take the higher road, to show her confidence. And kids' questions were a good way to break the ice. So, I sat on a lounge chair, pulled off my shirt with my toes, and jumped into the pool. As I suspected, the kids asked their questions. I answered matter-of-factly. Before I left, I asked Christine if she would like to go out to dinner Saturday night. "Yes," she said, without hesitation. As my one-hour drive home from St. Louis sped by, her "yes" played over and over in my mind. Happiness spread down to my toes.

As the new week began, I couldn't stop thinking about her. I counted the days until Saturday. With only two days remaining, on Thursday afternoon, I had to go back to St. Louis for an appointment. I realized that I would finish my meeting about the time that Christine got off work. "I am driving all the way over to St. Louis, and I will be close to where she lives," I thought. "I'd really like to see her."

Often, when two people first begin to date, an invisible "person" visits them in the form of a voice in their minds, speaking to their insecurities and past hurts. Sometimes it starts to strategize and calculate the next move for them. "Is this the right time to call?" it asks. "Maybe it's too soon." Sometimes, the voice simply prevents them from enjoying the moment, asking sabotaging questions like, "What is she thinking?" and "Does he like me?"

By Thursday, the insecure voice in my head was running amuck, asking all sorts of questions. I called Jim and explained my concerns. "Everything is already set up for our date on Saturday," I said. "I don't want to come on too strong. Maybe I should leave well enough alone?"

When I finally finished, there was a long silence on the phone. Finally, Jim spoke in his monotone voice. "You're plotting, but not about how to see Christine," he said. "You're wondering how to protect yourself from getting hurt." The voice of truth!

How many times had I been hurt before? In high school some girls slighted me in favor of hooking up with my athletic

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## RECAP OF JANUARY

MOVING FORWARD's 1st meeting of 2015 was held at Southern Indiana Rehab Hospital on Mon., Jan. 19th. We welcomed a new member, Katie Flanigan, and her boyfriend, Chris Wicheols. We began with members of the group introducing themselves to Katie and Chris and telling a little about themselves. Discussion was held on many topics; including pain management, our experiences dealing with depression, physical therapy, and the different types of prosthetic devices. We enjoyed the snacks provided by SIRH and spent time visiting with each other.

On Sat., Jan. 24th, the group met at Baptist Hospital East. It was decided that we need to put together a list of services available to amputees in our community. The list should include resources for transportation services, housing options, financial assistance, vocational training, childcare, mental health services, free or low-cost health clinics, and prosthetic offices. Belinda asked members to each start compiling a list so that we can put our lists together and provide a folder of information to amputees in need of services. The group talked about what types of guest speakers they would like to have give presentations at meetings during the year. Ideas given for presentations were pain management, exercise, physical and occupational therapy, and motivational. We discussed plans for upcoming events to include the chili supper, fishing, and special plans for "Show Your Mettle Day" in April. Belinda suggested that everyone be sure and check out the updated group website at [ampmovingforward.com](http://ampmovingforward.com) to see the changes, reminded members to sign up for the Kroger Rewards Program, and distributed some new brochure samples that she and Julie have been working on to get some feedback from the group on them.

**\*\* A special announcement was made at both meetings regarding the recent death of group member Wanda Baird. Wanda's family named MOVING FORWARD as the group to receive donations in her memory in lieu of flowers. We are truly honored to have been chosen by them and will use the donations to provide Care Packages for amputees in our community. \*\***

We are including a Feb. calendar at the end of this newsletter that will list MOVING FORWARD events, birthdays of members, and community events.



### ... from Beverly's Kitchen

#### MEXICAN CASSEROLE

This is a recipe that my mom has made for several years. I enjoy eating this with Tostito Dip Chips. Remember, this can always be converted to a "healthier" dish when you use the fat free cheese and extra lean ground beef.

- 1 lb. ground beef
- 1 chopped onion
- 1 pkg. Taco Mix
- 1 - 6.8 oz. box of Zatarain's New Orleans Spanish Rice
- 15 oz. can of diced tomatoes
- 1 can Bush pinto beans
- 12 oz. jar of Chi-Chi's Salsa
- 2 - 8 oz. pkgs. grated Monterey Jack/Colby cheese

Brown beef and onion. Drain and add taco mix. Set aside. Prepare Spanish rice as the package directs. Mix beef, rice, beans, salsa and 1 pkg. of cheese mix. Spoon into a 9x13" baking dish. Add the other pkg. of cheese on top. Bake at 350 degrees for 35 minutes. Serve with tortilla chips, corn chips, or corn bread.

## Swept Off Your Feet (cont'd)

buddies. In college, my Spring Formal date cancelled at the last minute with some lame excuse. In my early 20's, a young lady stood me up and left me standing in a restaurant parking lot for over an hour. And, there was the woman who fell asleep on my couch while I cooked her dinner. And now, could I trust Christine?

Through the line, Jim's voice brought my thoughts back. "Get out of your head and into your heart," he said. "Be authentic; tell her that you want to see her."

Jim helped me to see that I had developed a deep wound of rejection. Over time, a scab of fear had grown over the injury, and now it was exuding frustration and resignation. Just removing my shirt at a pool and pretending to be confident was not going to do it. Healing meant stripping myself of something else, of my deeply held belief that no woman could love me – a man without arms. I had to be truly open to the possibility that Christine might like me.

I took a deep breath and called Christine. I simply told her that I would be in the neighborhood and that I'd like to see her. I proposed that we get a cup of coffee. She agreed.

We met at Borders and talked about the happenings of our week. A couple of hours flew by.

On Saturday night, Christine answered the door wearing a stunning short black dress. Her gold hair was drawn up into big, alluring curls. We went to Bar Italia, a sophisticated restaurant in St. Louis' cosmopolitan Central West End district. On the wrought-iron-fenced terrace, we dined over a delectable meal of veal and red wine. We talked about our families, friends, and religion. We laughed about past dating misadventures. There was never an awkward silence. That night, the hesitant, insecure voice in my head kept silent.

Depending on the formality of a restaurant, I sometimes take off the sock covering my left foot when I eat. I hold the utensil in my toes. So after dinner I reclined in my chair, resting my bare foot on my knee under the table. While I was sharing a story, I felt the warm, tender touch of Christine's hand holding my foot. The gleam in her eye was stronger than ever. No woman had ever expressed such intimate affection to me before. I instantly knew I could trust her.



I was swept off my feet! Several weeks later, after 54 days of dating, we were engaged.

In the end, Christine says it best: "You can't control who you fall in love with."

#### About the Author

Professional speaker John Foppe's mission is to redefine human ability. He is a disability coach and the author of *What's Your Excuse? Making the Most of What You Have*, which has been translated into Spanish and is available via his website ([www.johnfoppe.com](http://www.johnfoppe.com)). You can contact Mr. Foppe by e-mail at [seminars@johnfoppe.com](mailto:seminars@johnfoppe.com)

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## QUOTE OF THE MONTH



# UPCOMING EVENTS



## SPOTLIGHT

- by Belinda

### Meetings:

Mon., Feb. 16<sup>th</sup>, at Southern IN Rehab Hospital from 6:30-8:00 in the Conference Room.

Sat., Feb. 28<sup>th</sup>, at Baptist Hospital East in the 2nd Floor Education Center in Room 2G from 2:00-4:00.

### Health Fair:

Sat., Feb 28<sup>th</sup>, at Harrison Co. Hospital in Corydon IN from 9:00-11:00. *MOVING FORWARD* will have a booth at the health fair. There will be free health screenings and information from numerous organizations.



### Walking School:

Sat., Feb. 28<sup>th</sup> - Amputee Walking School sponsored by Kenney Orthopedics at Norton Medical Plaza One, 4950 Norton Healthcare Blvd, in the 3rd Floor Community Room. From 9:00-12:00 will be clinical training and from 1:00-3:00 will be walking and strengthening techniques. To register or for more information, call Natalie Elser at 502-882-9300. There is no charge for amputees and family members, and lunch is provided.

### 3rd Annual "March Madness" Chili Supper:

Sat., March 7, at the Okolona Fire Station, 8501 Preston Hwy from 5:00 - 8:00. Parking and the entrance are in the rear of the building, and the chili supper is on the 2nd floor (an elevator is available). There will be a \$5.00 fee/person which includes all-you-can-eat chili, hotdogs and desserts. Children 12 & under eat free. We will once again be having a "Chili Cook-off" with awards for Judge's Choice and People's Choice. Anyone bringing chili may register for the competition and there is no entry fee. There will also be a "Best Dressed Fan" Contest and fun & games for all. This is always a really enjoyable event, and we are looking forward to seeing you there!



**Special Note:** *MOVING FORWARD's* monthly meetings provide a way to meet other amputees in our community, so that we may learn from and encourage each other. They also provide us with the opportunity to voice our concerns and help each other to find solutions to problems that we face as amputees. At some meetings we have guest speakers who share with us information to help us achieve a healthier lifestyle. We encourage you to come to a meeting and give it a try. You will leave with new friendships, knowledge, and motivation to help you in dealing with living with limb loss.

With our focus this month being on amputees who are single, I thought that this would be the perfect month to shine our spotlight on Darren Frison. Darren is one of our more athletically inclined members, and he has a great sense of humor. I witnessed this during our phone conversation when I asked him if he had any dating advice for our readers. First, he asked me if he had heard the question right, and then he laughed uncontrollably for quite some time, before answering with, "No, but I could sure use some." I told him that I would have Kelly give him a call!! I always enjoy my phone conversations with Darren, because we both always end up laughing.

Darren spent his early childhood living in Fernandina Beach, Florida, which is just outside of Jacksonville. He was born with a congenital condition which caused some of his bones to stop growing when he was around 6 months old. His family then started making frequent trips to Vanderbilt Hospital in Nashville TN where he saw Dr. Miller. At the age of one, his family was told that he would need to have his legs amputated or he would be spending his life in a wheelchair. The decision was made to go ahead with the amputations, and Darren at that young age became a bilateral below-the-knee amputee. He also had a partial right hand amputation. After enduring constant traveling back and forth from Florida to Nashville, the family decided to make the move to Clarksville, TN. While living there, he attended Burt Middle School. He told me that track great Wilma Rudolph was an alumni of that school, and he shared with me a fact that many people aren't aware of, that Wilma had polio as a child, but she overcame it and went on to become an Olympic Champion. While in high school, Darren played on both the football and baseball teams. He says that he still loves playing sports and hopes to take up golf and start competing in tournaments for amputee golfers. He is a Florida Gators fan, and was one of our winners last year in our March Madness Chili Supper Best-Dressed Fan Contest. He assures me that this year, he will come up with an even better outfit. Darren's hobbies include gardening, cooking, bike riding, fishing, and weightlifting. He also enjoys working on old cars and has a '63 Impala that he is currently restoring. Darren is a gifted artist and is currently working on some artwork that he is designing for the group. His jobs have included working as a floor-tech at Christian Care Community, and while working there he won the Dr. Dan Gilbert Award for Christian-like service and leadership. He now works as a security officer for Kroger and for the Kling Center in Old Louisville. Darren is the proud father of two daughters who live in Austin, Texas. His mother lives here in Louisville.



I have already shared with you his comments when I asked him for dating advice for amputees, but when I asked Darren what his advice would be for new amputees, he became very serious. His answer was: "I would tell them to believe in themselves and not to pay attention to the negative comments from other people. They also need to set goals for themselves and not limit themselves, or listen to others who try to set limits on them." Darren says that he likes being part of *MOVING FORWARD* because the members are cheerful, upbeat, helpful, and outgoing. When asked for an idea for an activity for the group, he said that he would really like to see the group go on a weekend get-away to somewhere that has a lot of outdoor activities. Darren also wanted me to let our readers know, that if any of you are interested in weight training, he would be glad to work with you to help you get started.

Darren is a great example of how, with determination, a positive attitude, hard work, and, "yes," a good sense of humor, you can overcome obstacles in your life and begin to 'move forward'. Thank you for sharing this with us, Darren.



## TEST YOUR KNOWLEDGE

Unscramble these words and then use the letters in the parentheses to finish the sentence. You can find the answer at the bottom of PAGE 6.

- TFMEBOCALR \_\_\_\_\_ ( ) \_\_\_\_\_ ( )
- MMOTCI ( ) \_\_\_\_\_
- CNAIMTYI \_\_\_\_\_ ( ) \_\_\_\_\_ ( )
- DNPFESIHR \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) \_\_\_\_\_
- TFAFCNOEI \_\_\_\_\_ ( ) \_\_\_\_\_ ( )
- AMEMICCTUON \_\_\_\_\_ ( ) \_\_\_\_\_

An amputee's feelings of \_\_\_\_\_ may increase when he/she begins dating.

# LET'S GET MOVING!

With the month of February being designated "American Heart Month" and February 6th being "Go Red For Women Day", we thought that it would be a good time to include the following information from the American Heart Association. You can visit their website at [heart.org](http://heart.org) to receive much more valuable information.

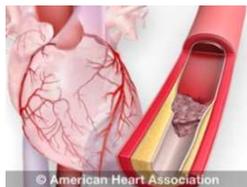
- Heart disease strikes someone in the U.S. about once every 43 seconds.
- Heart disease is the No. 1 cause of death in the United States, killing over 375,000 people a year.
- Heart disease is the No. 1 killer of women, taking more lives than all forms of cancer combined.
- Nearly half of all African-American adults have some form of cardiovascular disease, 48 percent of women and 46 percent of men.

## Warning Signs of a Heart Attack

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is **chest pain or discomfort**. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**. Learn about the **warning signs of heart attack in women**.



Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

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## Physical Activity Improves Quality of Life

**Do you want to add years to your life? Or life to your years?**

Feeling your best boosts your zeal for life!

The [American Heart Association](http://American Heart Association) recommends at least 150

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## Q & A

— by Belinda

Our Q&A section is provided so that our readers can submit a "?", and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns.

### Do not be afraid to ask them questions.

We have two questions this month. The first is: "Do you have any tips for warming your liner in the morning before you put it on?" Non-amputees could never understand just how COLD that liner can be against your skin. It makes for many a rude awakening, especially during the winter months. First, let me say that these liners are outrageously expensive, so please don't try anything that might damage them. I brought this topic up at the Louisville meeting and got these responses:

1. Try placing it on your holder (the plastic pole that you usually get when you get a new liner) and setting it near, but not directly over, a heat vent at night.
2. Don't leave your liner lying on the floor because heat rises, so the floor is the coldest place for it to be.
3. Placing it on a heating pad on the lowest setting for just a few minutes (when you hit the snooze button).
4. Wear a lightweight sock, such as a Silver Sheath liner directly over your stump.
5. Put it in bed with you for a few minutes in the morning to knock the chill off.

The second question is: "What are some winter survival tips for amputees?" I remember the 1st time that I tried to shovel snow on my sloped driveway after losing my leg, I learned how easily that prosthetic leg can slide out from under you. I asked this question at the meeting as well and received these responses:



1. You can purchase rubber straps with spikes in them to slide over your shoes (I purchased mine at Lowes and they work wonderfully).
2. Make sure that your shoes have good tread on them.
3. Just be more cautious, and don't take chances.
4. Hire the neighbor kid to shovel the driveway!!
5. If you are going outside alone, be sure to carry your cell phone.
6. Always take the time to dress warmly, even if you are just going out to get the mail. If you do fall and it takes a little time for someone to help you, you don't want to get frostbite.
7. Skin care is even more important during the winter with all the dry heat. Make sure to keep your residual limb moisturized and watch carefully for cracked skin. Mike recommended Gold Bond Diabetic Lotion and Ron likes Gold Bond Lotion for Men. There are many good moisturizers available. If you have a question about choosing one, ask at the pharmacy or ask your physician or prosthetist for their recommendation. Just taking a few extra minutes to take care of your skin during the winter months can save you from having to deal with painful and worrisome skin complications.

I hope that this helps, and please keep those questions coming. We can learn a great deal from each other by sharing our experiences.

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## LET'S GET MOVING! (cont'd)

[minutes of moderate activity each week](#). An easy way to remember – this is 30 minutes at least 5 days a week, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors.

**Here are some reasons why physical activity is proven to improve both mental and physical health.**

### Physical activity boosts mental wellness.

Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of their routine.

### Physical activity improves physical wellness.

#### Reduced Risk Factors

Too much sitting and other sedentary activities can increase your risk of cardiovascular disease. One study showed that adults who watch more than 4 hours of television a day had a 46% increased risk of death from any cause and an 80% increased risk of death from cardiovascular disease.

Becoming more active can help lower your blood pressure and also boost your levels of good cholesterol.

### Physical activity prolongs your optimal health.

Without regular physical activity, the body slowly loses its strength, stamina, and ability to function well. People who are physically active and at a healthy weight live about 7 years longer than those who are not active and are obese.

**In addition to the health benefits listed above, moderate exercise, such as brisk walking, can have other health benefits such as:**

- Improves blood circulation, which reduces the [risk of heart disease](#)
- Keeps weight under control
- Helps in the battle to [quit smoking](#)
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Reduces risk of developing CHD/CVD by 30-40 percent
- Reduced risk of stroke by 20 percent in moderately active people and by 27 percent in those who are highly active
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

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## LET'S GET MOVING! (cont'd)

So why not see for yourself? Once you get over the inertia and find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

*So come on everyone, Let's Get Moving!!!*

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## Krafty Kids .... by Beverly

This should be a fun winter activity when your child is home from school this winter.

### Snowman Marshmallow Painting

Supplies: Blue, orange, and black construction paper  
Large marshmallows or white paint

Googly Eyes

Green felt

Markers

Glue

1. First, I showed the kids how to use their marshmallows to make large circles for the snowman and small circles for the snow. We even dragged the marshmallows across the bottom to make our snowy landscape. After the kids finished their paintings, we put them aside to dry and did some marshmallow math (along with snacking on a few).
2. Once they were dry, we used the other materials to decorate our snowmen, making eyes, noses, and hats. We also used the markers to make stick arms.



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## CONTACT INFO

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### TEST YOUR KNOWLEDGE ANSWER (from Page 4)

COMFORTABLE, COMMIT, INTIMACY, FRIENDSHIP, AFFECTION, COMMUNICATE

An amputee's feelings of I N S E C U R I T Y may increase when he/she begins dating.