



Newsletter 146th Edition

October 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

I had my first and probably last Pumpkin Spice Latte of the season, iced because the weather is just not cooperating this year. It's Fall Y'all, yet summer is hanging on with a death grip, and even today, it's too hot out! So much for my weather reports. Regardless, we had a great September with a fun outing to Agave and Rye Restaurant in New Albany, and more fun at a Game Night at Encompass Baptist Health in addition to our regular monthly meetings. At our Indiana meeting we had a social night, and an update on Greg McClure's progress with his first prosthesis. It's always exciting to see a friend making positive progress, and I have a feeling this guy is going to go far and fast! During the Louisville meeting we talked a little about Post Traumatic Growth, a fairly new concept that helps people who suffer from PTSD after experiencing trauma. Post-traumatic stress disorder (PTSD) is a mental health condition that's caused by an extremely stressful or terrifying event — either being part of it or witnessing it. Losing a limb is a traumatic event, whatever the cause, so it's probable that most amputee's have some level of PTSD. Learn more about Post Traumatic Growth and strategies to not just overcome, but grow from your experiences.



## **UPCOMING EVENTS**

**SATURDAY October 4, 1:00pm** Walk and Roll Fall Picnic. Meet us at Sam Peded Community Park for our annual picnic. We will provide fried chicken, drinks, and cornhole. Please bring a side dish and/or a dessert to share. Invite your family and friends, and don't forget to RSVP as soon as possible.

**SATURDAY October 18, 8:00pm - 4:00pm** We did so well at the last one that we decided to have another Yard Sale. We're currently taking donations of items to sell, so if you still have that closet full of stuff, we'd love to take it off your hands. This one will be held at 3506 Piroque Road, Louisville KY 40299. If you have items to donate or would like to volunteer to help the day of, contact Kelly or Elaine

**MONDAY October 20, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY October 25, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Encompass Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY

**MONDAY November 17, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY November 22, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Encompass Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY

**SATURDAY December 6, 5:00pm - 8:00pm** Our annual Christmas Party will be held at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN. We're still in the planning stages, but this is going to be a blast! Santa will be there with gifts for the kiddos, there'll be food, raffles, crafts and singing. Save the date on your calendar, you won't want to miss it!

## **OFFICER'S CORNER** - Mallori Puchino

### **Pumpkin Waffles**

I was getting so sick of eggs and needing some other protein fix for breakfast when I stumbled upon this recipe. Finally getting to enjoy a waffle or pancake again without blowing my glucose up, and with something that tasted so good it could have come from a restaurant or bed and breakfast, I am hooked! I love stocking up on pumpkin and doubling this recipe to serve for a family brunch or prep for future meals. You can skip the syrup entirely with this one, I prefer a dollop of my lightly sweetened whip cream, a recipe I've also provided below. Garnish with thinly sliced apples, some toasted walnuts, and a dash of pumpkin spice for that extra fall touch and enjoy!

### **Ingredients**

|                  |                              |
|------------------|------------------------------|
| 1 cup oats       | 1 cup low-fat cottage cheese |
| 1 cup egg whites | 1 tsp vanilla                |
| 2 tsp cinnamon   | 2 tsp pumpkin pie spice      |
| ½ cup pumpkin    |                              |

### **Instructions**

Gather all ingredients in a blender and blend well to a smooth consistency. Grease a waffle maker or skillet with your choice of butter or cooking spray. Add batter. Make waffles/pancakes until all batter is used.

Serve with whipped cream (see additional recipe), fresh fruit, and/or nuts. Freeze remaining waffles for a quick protein packed breakfast later in the week.

### **Whipped Cream**

1 pint (2 cups) of cold heavy whipping cream

¼ cup powdered sugar (or to taste)

1 tsp vanilla (optional: substitute the vanilla for amaretto)

(Optional but for best results) Chill mixing bowl for at least 30 minutes. Beat cold heavy whipping cream with whisk/or whisk attachment for 1 minute, slowly increasing the speed. Add powdered sugar and vanilla. Continue to beat the cream for another minute, then scrape the sides of the bowl. Beat for one more minute or until stiff peaks are forming.

Use or transfer to a covered container to refrigerate until use. Should be used within 3 days.



## **The Promise of Post-Traumatic Growth Part II**

What do you imagine post-traumatic growth looks like? Feeling stronger in the face of a new challenge, knowing we've already overcome the worst that life can throw at us? Being more grateful for the little things? More connected to our friends and family? Finding new perspectives and priorities? Or maybe having a deeper sense of the mystery and sanctity of life?

The answer is all of the above. In the first part of our article "The Promise of Post-Traumatic Growth" we discussed the four factors that predict whether someone is likely to experience adversity as a catalyst for growth. In this article, we examine what that growth looks like.

### **The Five-Domains of Post-Traumatic Growth**

Right now, approximately 50% of you who have experienced trauma are reading this and saying, "I'm supposed to be grateful for all the crud that happened to me? Each day, I struggle for even a modicum of what other people take for granted. There's no amount of 'growth' that can stop me wishing this hadn't been my life."

Post-traumatic growth is not a given. We're not going to gloss over the long arduous road to recovery from trauma that for the most part does not feel victorious or courageous for those who are on it. However, at least 50% of survivors have found that they can begin to define themselves and their communities by their strengths and that in no small way these strengths have been forged by adversity.

"Out of the hottest fire comes the strongest steel." – Chinese proverb

**Personal strength** - Shaun Tomson is considered one of the top 10 surfing champions of all



time. He wrote the best-selling book "Surfer's Code – 12 Simple Lessons For Riding Through Life" but never imagined he would need every one of those lessons after his 15-year old son died in tragic circumstances. We recently talked about the nature of personal strength in the face of trauma and loss. I proposed that it is not muscle-flexing, heroic poses or stone-faced stoicism, rather the "little tiny spark

inside of you that refuses to be extinguished." Shaun agreed, adding, "I always talk about the light that cannot be extinguished. For me that light is kept alive with hope and prayer."

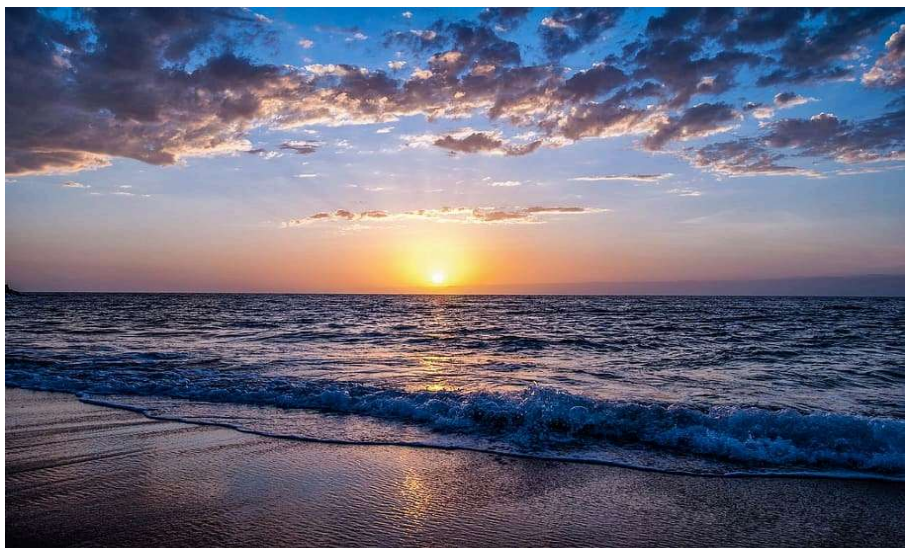


**Closer relationships** - The nature of certain trauma – such as a community tragedy or personal illness – can sometimes bring out the best in those around us. The survivor is surrounded by support and encouragement. It's easy to see how in this situation post-traumatic growth manifests in a sense of strengthened social ties and the knowledge that people can be relied upon to support us in times of need. Our fellow community or family members can help us make sense of the event and find meaning in what happened through a jointly crafted trauma narrative. Survivors derive a sense of belonging and unity.

For those of us who experienced childhood trauma at the hands of caregivers or other trusted adults, or for those whose trauma is clothed in secrecy because of the shame attached to, for example, sexual abuse or assault, it is much harder to trust people and find the community support we need. However, if we are fortunate enough to encounter the compassion and lack of judgment that is at the heart of what it means to be 'trauma-informed,' we too can grow into the closeness and connection that human beings need to thrive.

**Greater appreciation for life** - It sometimes takes a great setback to appreciate the things you have. After two weeks in bed with the 'flu, walking around on shaky legs feels like a minor miracle. Walking down the street in a time of great sadness, the electric hues of bougainvillea can stop your heart with its beauty. After 9/11 people reported greater gratitude, hope, kindness, leadership, love, spirituality, and teamwork.

**New possibilities** - When you've experienced just how fragile life is, it makes sense that you would reevaluate your priorities and how you allocate your precious time. The author and poet, Raymond Carver, understood this after being told he would die if he didn't stop drinking. He quit the alcohol, married Tess Gallagher and 10 years later when he received a terminal cancer diagnosis, wrote the poem 'Gravy'. Gallagher outlived Carver, only to receive her own diagnosis of cancer. She talks about how surviving breast cancer gave her a new resolve. "It made me braver about a lot of things. It made me really want to accomplish things that I had put off."



Some trauma survivors get irked by the definition of resilience as ‘bouncing back’ as they point out that for them there is no ‘back’ to bounce to. Likewise, experiencing trauma in early childhood may mean that there is no sudden reckoning about the transience of life, no course correction or accomplishing of goals that would have been delayed. Common to all types of trauma however, is the possibility of gaining more understanding of our friends and family. At Echo we see this with the parents we teach about generational trauma. It is very hard to come to terms with the harm that has been done to you by your parents, but it becomes easier when you realize that they too were victims of trauma and were doing the best they could with the knowledge and skills available to them.

**Spiritual development** - “Why did God let this happen?” is a common enough question after trauma. We either have to readjust our spiritual beliefs to encompass trauma or revise them altogether. As Tedeschi and Calhoun note, sometimes this results in a loss of faith and sometimes a deepening of belief. Perhaps you didn’t have a religious or spiritual belief in the



first place? The Post-Traumatic Growth inventory developed by Tedeschi and Calhoun is being expanded to include existential themes that resonate with those who are more secular as well as to allow for cross-cultural differences in perceptions of spirituality.

To read Part I of *The Promise of Post Traumatic Growth*, or for more information visit, [echotraining.org](http://echotraining.org)

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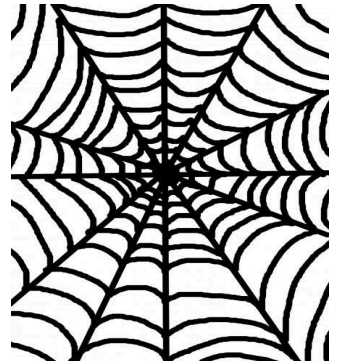
***“Gratitude unlocks the fullness of life.  
It turns what we have into enough, and more!”***

*Melody Beattie*

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# Halloween Fun Facts

- ❖ Finding a spider on Halloween night is considered good luck!
- ❖ Samhainophobia is the fear of Halloween.
- ❖ The owl is a popular Halloween image.
- ❖ In Alabama, wearing a nun or priest costume for Halloween is illegal.
- ❖ Walnut Creek, California prohibits Halloween masks without permits.
- ❖ The world record for the heaviest pumpkin weighed 2,624.6 pounds.
- ❖ Michael Myers' mask came from an altered Captain Kirk Star Trek mask.
- ❖ Reese's cups rank as one of the highest-selling candies during Halloween.
- ❖ The Irish used large turnips & potatoes for carving the first Jack-o- Lanterns.
- ❖ The candy Milk Duds were originally intended to be made in the shape of a perfect circle.



\*[facts.net](http://facts.net)\*



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## CONTACT INFORMATION

- **Email:** moving4wdamputeegroup@gmail.com
- **Website:** www.ampmovingforward.com
- **Facebook:** Moving Forward Limb Loss Network & Social Group
- **Kelly Grey-Parker**, Co-President / Facebook Editor, kjgrey79@gmail.com 502-235-3146
- **Elaine Skaggs**, Co-President / Newsletter Editor, elaineskaggs@gmail.com 502-548-6419
- **Brianna Heitzman**, Secretary KY, briannaheitzman@yahoo.com 502-650-6085
- **Latisha Judkins**, Secretary IN, tishfrogs@gmail.com 502-345-7467
- **Billy Parker**, Treasurer, 1lendingahand@gmail.com, 502-415-2504
- **Cedric Griffin**, Member at Large, mredgriffin89@gmail.com, 502-830-8481
- **Mallori Puchino**, Member at Large, mallori.puchino@yahoo.com, 502-296-3560



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**Chris Luckett, C.P.**

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| 1404 Browns Lane, Suite C<br>Louisville, KY 40207<br>Phone: 502.895.8050<br>Fax: 502.895.8056 | 742 East Broadway<br>Louisville, KY 40202<br>Phone: 502.584.2959<br>Fax: 502.582.3605 |
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### Lending A Hand LLC

Keeping Limbs And Lives Safe In The Workplace

**Billy Parker**

Owner/Keynote Speaker

PO Box 94721

Louisville, KY 40091

502-415-2504

[slendingahand@gmail.com](mailto:slendingahand@gmail.com)

Facebook & YouTube: BillyPAmputee




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**R. Wayne Luckett, L.P., L.Ped.**

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

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Fax: (812) 941-0938  
Cell: (812) 786-5350  
[dkauffer@hanger.com](mailto:dkauffer@hanger.com)  
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