



NEWSLETTER ♦ 80th Edition ♦ Apr. 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

April is almost here, and brings with it a feeling of uncertainty, as I'm sure we are all experiencing amid the restrictions that have been put in place due to the outbreak of the Coronavirus, or COVID-19. We all are aware how much our lives can change, in the blink of an eye, but with all the anxiety and fear of the unknown, there are positive things that are happening. I've heard some negative stories about people being mean, and hoarding everything from toilet paper to cleaning supplies, and a woman screaming at the check-out clerk because he touched his face while scanning her groceries, but I've also heard many stories of the kindnesses that have taken place. A different checkout clerk who wiped down the entire U-scan station for a lady with a high risk child at home, and neighbors helping neighbors. For example, my own son calling the people in the court where he lives to offer assistance to anyone looking for childcare or help with basic needs, and amazingly, to our government, for once, stepping up to help those people who need financial assistance because they are unable to work. It is in times like these, that the majority of people in this country pulls together, helps each other, and lifts each other up. And isn't that the best way for us to combat fear, and depression, and negativity, taking care of and helping our family and friends and those we are

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A year has gone by since the death of Belinda Jacobi, our past president of Moving Forward Support Group. So in memory of her work to encourage and inspire people, I thought I would include a short excerpt of an article from the March 2018 newsletter, written by Belinda, which perfectly showcases her caring spirit.

TAKING CHARGE

– by Belinda Jacobi



When faced by serious health issues, the challenges can be overwhelming. Sometimes we may feel like waving a white flag and saying, "I have had enough. I surrender." We feel as though we have been pushed to the brink physically, emotionally, and often times financially. For most amputees, the amputation itself is just one of the many obstacles we must overcome on a daily basis. Many of us have other underlying health problems that lead to the amputation; some must face the psychological healing from a traumatic accident, while others deal with complications due to aging such as arthritic knees and hips. Following most surgeries, you have some pain and discomfort but you heal and life goes pretty much back to normal. The amputee's life is forever changed; some much more so than others, depending upon the level and number of amputations. We are forced to adapt to a new way of life. Things that once were easy to accomplish, now become challenges. We must learn new ways to perform everyday tasks. The addition of dealing with other health issues, insurance companies, hospital bills, being unable to work, changes in relationships, and the loss of independence may make life seem impossible. So what do we do? How can we overcome this? The key to this is "we". Somehow, we must find that inner strength and courage to do what has to be done and continue on. Yes, we can seek the help of family, friends, support groups, doctors, prosthetists, and psychologists. Their contribution to our recovery process is extremely valuable, but ultimately we are the ones who must take charge.

Thank you, Belinda, for the privilege of knowing you and for the honor of carrying on your legacy!

EDITOR'S NOTE (cont'd)

closest to. Of course, taking care of ourselves is the most important, and not putting ourselves in situations that increase our risk is paramount. Unfortunately, that is the reason the Board of Officers felt it best to cancel the Chili and Soup Cook-Off, as well as both of our meetings during the month of March. However, twelve members of our group attended our February Restaurant Outing, held at The Table Cafe, and had a great time, and a great meal. The food was fabulous and very reasonably priced, the staff there was super friendly and very attentive to our needs, and the company was the best!! I believe all who attended were impressed and would highly recommend The Table for a great lunch. This is a fun way for us to have a social event where we can enjoy each other's company, but due to the current crisis our country is facing, future restaurant outings are being postponed. Hopefully we will eventually be able to resume this as one of our regular activities.

As for our Upcoming Events, times and dates are listed below; however, in the midst of the current crisis, please understand that these meetings and events are subject to change. We will make all aware of any cancellations or changes as they are decided upon.

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## UPCOMING EVENTS

### FUTURE MEETINGS

*A Note from Kelly:*

As per the CDC request for social distancing, we will withhold our monthly in-person meetings until further notice. We will meet VIRTUALLY via Facebook once a month (fourth Saturday of the month at 2pm). If you do not have access to join our virtual meeting, we encourage you to continue reading and contributing to our newsletter. For those that can, please contact other members to chat. If you need access to the group directory, please let me know via phone: 502-235-3146. We value all of you and know we're in an unusual situation. Please remain calm, keep your hands washed, wipe down door handles, countertops, etc. Don't forget to do simple things like get some sunlight, listen to music, read a book, sit outside on the porch, go for a walk, play with your pet, call a friend. We certainly miss getting to have our meetings, but we would rather be safe than

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## SPRING HOLIDAYS

With all the doom and gloom in our world today, I thought it would be interesting and fun to look for some reasons to celebrate, so here are a few of the holidays we have to look forward to for the month of April. You can find the entire list, a holiday for every day of the month, online at [www.holidayinsights.com/moreholidays/april.htm](http://www.holidayinsights.com/moreholidays/april.htm). Have fun!

### APRIL 1ST – April Fool's Day

Traditionally, April Fool's Day is an opportunity for playing jokes or tricks on one another. The stranger and the more absurd, the better. The challenge is to carry out a trick that is believable, if only for a little while. Tricks are most successful if played earlier in the day before a person is wise to what is going on. Younger children are also more gullible. Any tricks or jokes must be harmless and in good taste for the unsuspecting "victim". And we suggest you think twice before pulling one on the boss, even if he or she is known to be of good humor. Important: Jokes and gags must be harmless and fun. They must not be dangerous or hurt anyone's feelings. Give your jokes and gags some thought before carrying them out. Then, have fun! We do not know the exact origin of this day. It appears to have a number of possible origins, and may have evolved from any number of them. Some of the origins date back to the days of the Roman Empire.

### APRIL 5TH – Palm Sunday

Palm Sunday begins the Holy week leading to Easter and the resurrection of Jesus Christ from the dead. It commemorates Jesus' triumphant entry into Jerusalem where people put palms down in front of his path. On Palm Sunday, palms are distributed in church and blessed during the mass. People take them home and place them around religious pictures, statues or other objects. They remain there for a year until the next Palm Sunday when they are replaced by newly blessed Palms. When discarding old palms, remember it is a blessed religious object and should be burned or buried. Some gardeners bury them in their home garden, believing it will bless the coming year's crop. Did You Know? The ashes you receive on Ash Wednesday are from the prior year's palms.

### APRIL 10TH – Good Friday

On Good Friday, Jesus Christ died on the cross. He died for us. But he only died in human form. He then arose from the dead on Easter Sunday

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## UPCOMING EVENTS (cont'd)

sorry. We value each of you and look forward to getting through these times together! ~ Kelly

### EVENTS

April 25 – The 4th annual Ohio Amputee Celebration hosted by AMPS4OHIO Inc. Amputee Group in Columbus OH has been cancelled for this year, due to the outbreak of the Corona Virus. The next celebration is scheduled for April 24, 2021.

**Also note**, especially with the CDC memo to close all restaurants, we will postpone all future restaurant plans at this time.

### Ways to Stay in Contact

VIRTUAL Facebook meeting, fourth Saturday of the month at 2pm

Newsletter

Call another member

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~ QUOTE OF THE MONTH ~

JUST FOR TODAY

- I will be thankful.
- I will focus on one thing at a time.
- I will take time for myself.
- I will accept who I am right now.
- I will not give up.
- I will be nice to myself.
- I will accept my feelings.
- I will celebrate each step forward.
- I will not give up!

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## APRIL RECIPE

(shared from the April 2016 Newsletter by Beverly Gaylord)

### *FRITO CORN SALAD*

#### Ingredients

- 2 (15 oz. cans whole kernel corn, drained)
- 2 cups grated cheddar cheese
- 1 cup mayonnaise
- 1 cup green pepper, chopped
- ½ cup red onion, chopped
- 1 (10-1/2 oz.) bag coarsely crushed Fritos chili cheese corn chips (I could not find these so I mixed ½ regular & ½ barbeque corn chips)



Combine all ingredients in a large bowl.  
Makes 8 servings.

## SPRING HOLIDAYS (cont'd)

morning to show us that there is life after death in heaven. Good Friday is a day of solemn prayer and the final day of fasting for the long Lenten season. Christ was nailed to the cross at noon. His death came at three o'clock in the afternoon. During this time, Christians should spend in prayer and silence. Did You Know? Good Friday is also called "Dark Friday".

### APRIL 12TH – Easter

The real meaning of Easter is the Resurrection of Jesus Christ from the dead. To Christians it is the most special day of the year. Yes, the birth of Christ is quite important. But, his resurrection offers the hope of everlasting life to everyone! The Lenten season leading up to Easter Sunday is a time of fasting, sacrifice and prayer. It is the Christian way of replicating in a small way what Christ sacrificed for us, both in his fasting and his final death on the cross. The word "Easter" comes from the Saxon pagan festival honoring the goddess "Easter" (also called Oestre). The goddess Easter's symbol is the rabbit. Did You Know? Approximately 1.5 billion "Peeps" are sold for Easter.

Easter also is celebrated with the Easter Bunny, colored eggs, jelly beans, and lots of chocolate. He (or she, as we are never quite sure about this) comes on Saturday night leading to Easter Sunday morning. He brings lots of chocolates and other candies. That's one meaning to Easter, especially if you are a kid or a "Chocoholic". There is a famous Easter game called the Easter Egg Hunt. Early morning kids go outside to find the many colored Easter eggs that the Easter bunny has hidden the night before. The Easter Egg Hunt was the first game ever invented. It is said that the reason this tradition started was because the Easter Bunny dropped the eggs on the way to deliver them and they hide themselves. That is how the Easter Egg Hunt was supposedly invented. Most of us will celebrate both parts of this spring holiday. Upon awakening Easter Sunday morning, the children will hunt for the Easter basket left by the Easter Bunny. Then the family will dress in their finest new spring clothes, and go off to church to celebrate Christ's resurrection. From there, the holiday tradition varies. Some have a big breakfast of brunch feast. Other families will have a big main meal with baked ham being the most common meat. Brightly colored hard boiled eggs will also be popular. It is not a day for high cholesterol diets. It

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# Ways to Donate to *Moving Forward* Limb Loss Support

## AmazonSmile

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

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/"](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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PREVIOUS NEWSLETTER ISSUES

For your convenience, all previous issues of our newsletter are available on our website at: ampmovingforward.com

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## SPRING HOLIDAYS (cont'd)

is a day to feast as the long Lenten season is over and Christ has arisen. Easter lilies are a popular flower and sign of Easter. They are great as gifts for mom or grandma, or to decorate your home or office. Garden stores and floral shops force the blooms to peak as Easter arrives, providing a splash of color to the early spring season. They are grown from bulbs and can be transplanted into your home garden after the blooms have died off. Then, they will bloom in your flower garden every spring!

Setting the date: The date for Easter changes every year. It is the first Sunday after the full moon following the spring equinox. Easter Thought to Ponder: The nice thing about being senile is, you can hide your own Easter eggs.

## ALWAYS THE MONDAY AFTER EASTER – Dyngus Day

Dyngus Day, also spelled Dingus Day, is a fun Polish Holiday. It is very popular in Poland, as well as in Polish communities across America. After the long Lenten holiday, Dyngus Day is a day of fun. And, perhaps a little romantic fun. It is always celebrated on the Monday after Easter. The Irish traditions and celebration on Saint Patrick's Day is well known. For those of Polish decent, Dyngus Day is a similar day of fun, parades, drinking and festivities. You do not have to be Polish to enjoy Dyngus Day. Rather, consider yourself Polish for the day and join in on the fun. You'll be glad you did. Dyngus Day Tradition: There are all sorts of ways for boys to meet girls. But, this one takes the cake.

Guys, on this day you get to wet the ladies down. Sprinkling or drenching with water is your goal. Chase after the ladies with squirt guns, buckets, or other containers of water. The more bold and gallant boys may choose to use cologne. Hitting (gently, please) the ladies on the legs with switches or pussy willows is also common. Yes ladies, you can strike back. Ladies, you get your revenge on Tuesday, when tradition has it that you throw dishes or crockery back at the boys. It has become increasingly popular for the ladies to get their revenge on Monday, tossing water back at the boys. Note: Dyngus Day is also called Wet Easter Monday. Hmmmmmm, I wonder why!?

## THIRD MONDAY IN APRIL – Patriots Day

Happy Patriots Day! It is a huge holiday in the New England area. Sorry football fans, this is not a celebration of the NFL's New England Patriots.

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## SPRING HOLIDAYS (cont'd)

Rather, it's a celebration of the American Revolution and the many brave patriots who fought to gain freedom from British rule. The history of this day goes back to the birth of our country and the Revolutionary War. Some people know little or nothing about Patriot's Day. For New Englanders, the birthplace of the American Revolutionary War, it is a big, big day. In the states in New England, it's a holiday with a day off of work for many. Patriot's Day commemorates the Battle of Lexington and Concord on April 19, 1775. This battle began the American Revolutionary War. It also commemorates the "Midnight Ride of Paul Revere". On this evening, patriot Paul Revere rode through town warning the colonists that "The Red Coats are coming!"

### ALWAYS THE LAST DAY IN APRIL – National Arbor Day

National Arbor Day is the Tree Planter's holiday and has been celebrated since 1872. It began in Nebraska, a largely treeless plain back in the 1800's. It is a day to plant and dedicate a tree to help nature and the environment. Millions of trees are planted on this day. The National Arbor Day Foundation provides millions of trees for planting. It is estimated that 18 million trees are planted each year on Arbor Day. Did You Know? The Latin word for "Tree" is "Arbor" ... sure you did!!!

### APRIL 30TH – National Honesty Day

National Honesty Day encourages us to be honest today and every day. We honestly believe you try your best to be honest all of the time. Honesty is a great virtue. If we want people to believe us when it's important, then we need to be open and honest all of the time. We all know about the boy who cried wolf. When a wolf actually appeared, no one believed him. Celebrate National Honesty Day in a completely open and honest way. To be totally honest, there are few rules for this special day ..... just be honest. M. Hirsh Goldberg, former press secretary to a governor of Maryland and author of five books, created National Honesty Day in the early 1990s after spending four years researching and writing The Book of Lies (Morrow). This book has been translated into Japanese, Korean and Chinese. Goldberg created this day because he felt that the month of April, which begins with a big day of lying (April Fool's Day), should end on a higher moral note.

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