



## Newsletter 148th Edition

January 2026

### *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

Let me start off by saying, I'm sure many of you noticed that there was not a December Newsletter. My sincere apologies for letting that task fall through the cracks. There are a lot of valid excuses I could give, the busyness of the season, getting ready for the Christmas party, personal issues, etc., but nonetheless, the ball was dropped. I very much enjoy putting this newsletter together, for you. I hope that you find it informative and helpful, and although this issue is a little late, for the rest of the year I will continue to issue this newsletter in a more timely fashion, full of news and information that will benefit your life. If there are subjects you would like to see featured here, please don't hesitate to let me know. Or if you have a love of writing and want to contribute, please share it. After all this is your newsletter and there is no reason it can't be 'for you, by you'!

Happy New Year! We made it to 2026, and we're still riddled with weird weather. Temperatures are rising and falling like a roller coaster, from freezing one week to spring like the next week. This time last year we had 6-8 inches of snow on the ground, and this year we have more on the way. But I'm sure we'll make it through, better days are on their way! It won't take much to make 2026 a better year for me personally. I spent the summer and most of the fall recuperating from knee replacement surgery. It was challenging in the beginning, but I

certainly don't regret it. It provided much pain relief and allowed me to move more freely. And after I had recovered enough, I got a new prosthetic, both socket and knee. I didn't realize how badly I needed a better fitting socket until I got the new one which was fabricated using a 3D printer. I also received a new microprocessor knee, a Rheo knee. This knee provides much more stability when walking and standing, and has allowed me to improve my gait tremendously and greatly reduced my falling.

Despite my difficult 2025, and on a more positive note, it was a very good year for our group. In March we expanded our board of officers and voted in 4 new people to help us run things, and was probably one of the best decisions we have made. Our board of officers, myself included are dedicated to working together to accomplish our mission as stated above. We volunteer to be your group, your safe place, your learning space, as well as your fun place to interact socially with each other. Help us help you and others by sharing your ideas for events and activities, we love to hear from you.

One of our most successful fund raising events of last year was our first Yard Sale held in May. The weather was great, we had some fantastic treasures, and Kettle Corn and lemonade for sale. We had a ton of shoppers stop by, and donations from those who didn't find anything they couldn't live without. In fact, it was so much fun and so profitable for the group, we decided to do it again in October! More than likely Yard Sales will become an annual event. It proves to be a great social activity, informs people about the group, and helps us unclutter our lives. In addition to the yard sales, we had a few fun game nights, a painting party at one of our regular meetings, and a wonderful time at our fall Walk and Roll Picnic. We were certainly blessed with beautiful weather for that one. Last but certainly not least, our annual Christmas Party at PAM Rehab was held in the beginning of December. Great food, an ornament exchange, crafts for the kiddos, and of course Santa with gifts for all of them, made for a very enjoyable time. We were blessed this year to have staff from The Butterfly House in Louisville attend. We collected nonperishable food items and toys for their mission, read more about their organization and what they do later in this newsletter. A huge shoutout to Leah Reed-Kruer at PAM for all her help making the night a huge success! We surely appreciate all you do to support our group!

Be sure to check next months edition for dates on upcoming events, the annual March Madness Chili Cookoff is right around the corner.





## UPCOMING EVENTS

**MONDAY January 19, 6:30pm - 8:00pm** The IN meeting will take place at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville IN.

**SATURDAY January 24, 2:00pm - 4:00pm** The Louisville meeting will take place at Baptist Encompass Rehab Hospital, 11800 Bluegrass Pkwy, Louisville KY.

### *2025 Spring Yard Sale*



### *2025 Officer Meeting*



### *2025 Christmas Party*





At The Butterfly House, we empower those impacted by justice-involvement, addiction, and domestic violence, to achieve stability and independence. With open wings, we inspire transformation and renew the sense of purpose needed to take flight.



You don't have to have it all figured out to be worthy of growth and grace. You can be evolving, learning, and healing while still being something beautiful right now—embrace where you are and keep moving forward with confidence.

We are a 501(c)(3) with a dedicated mission to create a safe and transformative space that cultivates hope, healing, and personal growth in the city of Louisville. Our focus is to inspire and deliver true, lasting change for those directly impacted by justice involvement, addiction, and domestic violence.

We offer trauma informed services such as mobile coaching & mentorship, skill building workshops, mental health resources, entrepreneurial pathways, holistic care and so much more! The supports we provide promote professional, personal, and spiritual empowerment for those seeking to better understand and live out their specific purpose.

At The Butterfly House, you don't have to do life alone. In fact, we believe you are not designed to thrive that way. Our purpose driven team are here to serve with intentional support and genuine guidance for those on their journey of flight into their becoming.

Whether searching for a fresh start in life or seeking to build a professional brand, our strategic F.L.I.G.H.T plans and collaborative model are tailored to sustain the individual needs of each client while sharing in celebration of the milestones reached.

We are so proud to announce The Butterfly House Inc's new office will be located at 734 W Main St Louisville Ky 40202 at The Presley Post!

As we prepare to open our doors for housing services in January 2026, you can be a part of this journey by contributing to our mission. Your support will help move this vision forward, ensuring we can provide a safe, resourceful, and welcoming space for those in need.





## **Easy Slow Cooker White Chicken Chili**

### **Ingredients:**

- 3 (15.5 ounce) cans great Northern beans, undrained
- 2 (15.5 ounce) cans pinto beans, undrained
- 3 onions, diced
- 2 (15.25 ounce) cans corn, undrained
- 1 rotisserie chicken, boned and cubed
- 2 (14 ounce) cans chicken broth
- 2 (4 ounce) cans diced green chile peppers, undrained
- 1 teaspoon garlic powder
- 1 tablespoon hot pepper sauce
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- Salt and black pepper to taste

### **Directions:**

Gather the ingredients.

Combine great Northern beans, pinto beans, corn, onions, chicken broth, rotisserie chicken, green chile peppers, hot pepper sauce, oregano, cumin, garlic powder, salt, and pepper in a slow cooker.

Cook on Low until flavors combine, about 8 hours.

Serve hot and enjoy!



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### **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@gmail.com](mailto:elaineskaggs@gmail.com) 502-548-6419
- **Brianna Heitzman**, Secretary KY, [briannaheitzman@yahoo.com](mailto:briannaheitzman@yahoo.com) 502-650-6085
- **Latisha Judkins**, Secretary IN, [tishfrogs@gmail.com](mailto:tishfrogs@gmail.com) 502-345-7467
- **Billy Parker**, Treasurer, [1lendingahand@gmail.com](mailto:1lendingahand@gmail.com), 502-415-2504
- **Cedric Griffin**, Member at Large, [mrcdgriffin89@gmail.com](mailto:mrcdgriffin89@gmail.com), 502-830-8481
- **Mallori Puchino**, Member at Large, [mallori.puchino@yahoo.com](mailto:mallori.puchino@yahoo.com), 502-296-3560

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## Lending A Hand LLC

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**Billy Parker**

Owner/Keynote Speaker

PO Box 91721

Louisville, KY 40291

502-415-2504

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

Facebook & YouTube: BillyPAmputee




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

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