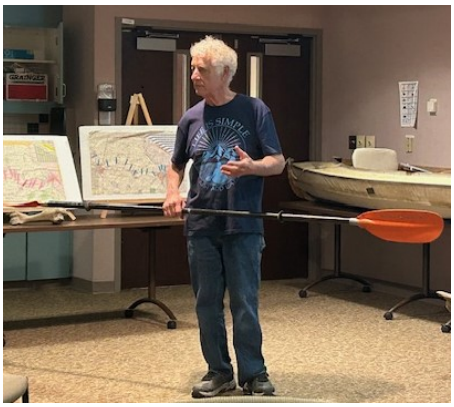
LMH Health

Limb Loss

April 2025

Community Spotlight: Ted Decker



Limb Loss Support Group welcomed Ted Decker to speak about his adventures kayaking the Missouri River. Ted is a limb loss survivor and is an avid kayaker.

"I started this Missouri River adventure with my dad when I was 14. I fell in love with it and have now kayaked from KC to St. Louis 14 times along with lots of small trips on the Kaw River and creeks here in Kansas. Until recently, the last time I had made the trip to St. Louis was in 2000."

Ted's granddaughter traveled with him, and the trip took 14 days, sometimes kayaking up to 47 miles in one day! They camped at night on sandbars and beaches, catching up with old friends, and meeting new friends a long the way. He shared photos, souvenirs, and even brought his kayak! Ted had many tips and advice including using a clean Clorox bottle for water (haha) and taking his prosthetic off inside the boat to move more freely.

"Some people ask if I have fear going on these long solo trips, to that I say: the greatest danger would be to not take the adventure."

Limb Loss Support Group

Please join us to connect with other limb loss survivors! We offer discussion, education, and opportunities to meet with local providers. Meetings take place the second Thursday of the month at 3:30 pm located in Conference Room A in the basement of LMH Health.

- July 10, 2025: Noelle Kurth, KU Institute for Health & Disability Policy Studies will discuss National Survey on Health and Disability and how we can participate
- August 14, 2025
- September 11, 2025

Email Jodi.morgan@lmh.org with questions

https://www.lmh.org/wellness/events

LMH Health

Enjoying the Outdoors around Lawrence

With summertime, comes warmer weather and the opportunity for time outdoors. Outdoor exercise has benefits including increased activity levels, improved mobility and flexibility, improved mood, reduction in stress, connection with nature and an increased sense of adventure.

Many activities can by adapted for people with disabilities and prosthetic users.

Ideas for adaptive activities:

- Swimming– a great way to get exercise, while using the buoyancy of the water for support.
- Floating– can provide off-loading to joints and pain relief.
- Hiking or walking outdoors– can help clear your mind and is a good cardiovascular work out.
- Cycling– adaptive cycles including hand cycles can make paved and off-road trails accessible.
- Kayaking– provides a low impact upper body workout. Lonestar Lake has an ADA kayak launch. BoardSafe Adaptive Kayak Launch at Lone Star Lake Park, Kansas - BoardSafe Docks

Community Resources

Accessible trails around the area:

- Lawrence Loop– 22 miles of continuous urban trails
- Lawrence Loop Trail — Accessible Routes – FLAT KS
- KU field station trail– Rockefeller trail head– paved trail, water fountains and toilets available. 0.5 mile to a covered shelter area built by KU engineering students with a view from the Kaw River Valley Overlook.
- Field Station trails | Kansas Biological Survey & Center for Ecological Research
- Lawrence Arboretum– paved trails around two ponds, an inventory of trees, a gazebo, and a shelter area. Multiple benches available and ample parking.
- Lawrence Rotary Arboretum - City of Lawrence, Kansas