



Hello,

Welcome to the April edition of the U-CAN Newsletter.

Happy Spring! Spring has officially started and we sure are ready for it! I am excited to get outside and start enjoying mother nature again! She is not much fun in the Winter.

April is Limb Loss Awareness Month. This annual event was started 7 years ago by the Amputee Coalition to spread awareness about limb loss and limb difference. It also serves as a catalyst for change- to improve the lives of the over two million Americans who have experienced amputations or were born with limb difference and the 28 million people who are at risk for amputation. The Amputee Coalition's mission includes education, support and advocacy.

Limb Loss Awareness Month gives the amputee community an opportunity to celebrate and to motivate by sharing one another's stories, letting insurance executives and your local state representatives know how important it is to have access to good prosthetic care.

There is a list of events that are celebrated throughout the month. For more information and to find out how you can participate, please visit: <https://www.amputee-coalition.org/events-programs/limb-loss-awareness-month/>

Please note in the event section U-CAN is hosting an Adaptive Rock Climbing event, Saturday May 4<sup>th</sup>. See below for all the details.

### **Upcoming Meeting**

Our next U-CAN meeting will be held on **Tuesday, April 2<sup>nd</sup>, 5:30-7:30 pm**. On the agenda will be meeting the new addition to U-CAN, Brittany Schupe-Sawyer and celebrate National Limb Loss awareness month. Hope to see you there.

**Quote of the month:** *"Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content."* - Helen Keller

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### **Articles**

- Barbie at 60: new dolls celebrate diversity, empowering girls with prosthetic legs,

bakersfieldnow.com, March 8, 2019; <https://bakersfieldnow.com/news/local/barbie-at-60-new-dolls-celebrate-diversity-empowering-local-girl-with-prosthetic-legs>

- Della Duck Intrepid Space Explorer and amputee from the Disney Channel, is coming to TV, wlos.com, March 9, 2019; <https://wlos.com/news/entertainment/della-duck-intrepid-space-explorer-and-amputee-comes-to-tv>
- Former Royal Marine becomes first amputee to row solo across the Atlantic, npr.org, March 12, 2019; <https://www.npr.org/2019/03/12/702469248/former-royal-marine-becomes-first-amputee-to-row-solo-across-atlantic>
- Amputee model star Modesta, will appear in the Paris fashion show, malaymail.com, March 14, 2019; <https://www.malaymail.com/news/life/2019/03/14/amputee-star-modesta-to-appear-in-nude-paris-show/1732433>
- Food- focused autonomous robot arm knows how to use a fork, newatlas.com, March 13, 2019; <https://newatlas.com/autonomous-robot-arm-feeding/58844/>
- Prosthetic Technician makes prosthetic out of hemp fiber, wilmingtonbiz.com, March 15, 2019; [http://www.wilmingtonbiz.com/technology/2019/03/15/tapping\\_hemp\\_fibers\\_potential/18675](http://www.wilmingtonbiz.com/technology/2019/03/15/tapping_hemp_fibers_potential/18675)
- Boy who lost his legs after torture from his parents walks again on Spider- Man legs, express.co.uk, March 18, 2019; <https://www.express.co.uk/news/uk/1101811/tony-hudgell-bones-spiderman-legs-parents>
- Robo ortho-prostheses makes movement easier, euronews.com, March 18, 2019; <https://www.euronews.com/2019/03/18/eu-funded-prosthesis-aims-to-make-life-easier-for-amputees>
- UNYQ launches 3D printed prosthetic leg socket to provide total leg solution for amputees, March 19, 2019; <https://3dprintingindustry.com/news/unyq-launches-3d-printed-prosthetic-leg-socket-to-provide-total-leg-solution-for-amputees-151487/>

## **Research Corner**

- ❖ **University of Delaware Behavioral Science student** is working on a project for a subscription box tailored to needs specific to amputees. The current proposal includes products that mostly focus on the issue of skin care. The goal of the survey is to determine what products people want and how often you would use them and any other suggestions you might have.

Participation requirements:

- Amputee

The survey will take approximately 5-10 minutes to complete. **The deadline to complete the survey is April 3<sup>rd</sup>, 2019.**

If you are interested in participating in this study, please click on the link provided:

[https://docs.google.com/forms/d/e/1FAIpQLSepN-zGBqO3\\_94FMof\\_idf1yInEu9bWTN5YDb3trgdAmEQ6g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSepN-zGBqO3_94FMof_idf1yInEu9bWTN5YDb3trgdAmEQ6g/viewform)

If you have any questions or concerns, please contact:  
Delaney Channell  
Email: [dchan@udel.edu](mailto:dchan@udel.edu)

- ❖ Eastern Michigan Masters' student in Orthotics and Prosthetics is looking for volunteers for a study concerning peer mentoring. The study involves a short, 15- minute interview regarding the experiences that you have had as a mentor in a peer mentoring program.

Participation requirements:

- Have been a peer mentor for 5 years or longer
- Willing to complete a 15- minute interview

If you are interested in participating in this study, please contact:  
Brooke Antenen  
Phone: 630-881-0043  
Email: [bantenen@emich.edu](mailto:bantenen@emich.edu)

- ❖ **University of Michigan Neurobionics Laboratory** is looking for paid volunteers with a below knee amputation to participate in research studying a new prosthetic ankle design with variable ankle stiffness.

Participation requirements:

- Have a single below knee amputation
- Attend up to 5 testing sessions that include walking tests such as level walking, walking up and down stairs and ramps while wearing the prosthesis

Participants will receive \$40 / hour during testing session and free parking.  
The study will take 25 hours or less of your time.

If you are interested in volunteering for this project, please contact:

Catherine Kinnaird  
Phone: 734-764-6395  
Email: [kinnaird@umich.edu](mailto:kinnaird@umich.edu)

- ❖ **University of Michigan has 3 ongoing prosthetic research studies that are looking for volunteers to participate.** They are listed below:

***Evaluating and Improving Assistive Robotic Devices Continuously and in Real-time***

Participation requirements:

- 18+years old, unilateral transtibial amputation, K3 or above, prosthesis for 6 months, can walk 30 minutes at a time

Exclusions from this study include:

- History of orthopedic or neurologic disorder to intact limb, history of cardiovascular disease, unable to walk 30 minutes at time

### ***Mechanisms of Low Back Pain Development in People with Lower Limb Amputation***

Participation requirements:

- 18-65 years old, unilateral transtibial amputation, independently ambulating for 2 months, 10 minutes of unassisted walking

Exclusions from this study include:

- Pathology or injury to intact limb, cardiovascular or neurologic disease, uncorrected vision problems, taking medication affecting balance or ability to walk, residual limb length that prevents incorporating load cell or performing alignment adjustments

### ***Characterizing Limits of Performance Imposed by Upper-Limb Prostheses***

Participation requirements:

- 18 +years old, unilateral upper limb amputation (transradial or transhumeral), BP or MYO prosthesis, or both, Prosthesis use for at least 6 months

Exclusions from this study include:

- Self-reported history of neurologic disorders, visual impairments, and/or balance impairments

If you are interested in volunteering for any of the above projects, please contact:

Kelsey White (Study Coordinator)

Phone: 734-647-5514

Email: [klucinda@umich.edu](mailto:klucinda@umich.edu)

## **Upcoming Events**

- **Army vs Navy Wheelchair Basketball Game, Saturday, March 30<sup>th</sup>, 2019 at the Crisler Center, 333 E. Stadium Blvd, Ann Arbor.** Tipoff is at 3 PM & Admission is Free. For more information, please visit the website: <https://wheelchairbasketball.umich.edu/>
- **UMAISE adult wheelchair basketball program in partnership with U of M RecSports.** The event is free and open to anyone 18 years and over, equipment is provided. The games are held at the North Campus Recreation Building (NCRB), 2375 Hubbard Rd, Ann Arbor. The game schedule is listed below:  
April 7 - 2-4 pm  
April 17 - 6-8 pm
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, April 13<sup>th</sup>, 2019 from 11:00 am-12:30 pm at the Fred Astaire Dance Studios in Bloomfield Hills- 2172 Franklin Rd.** The Dance Mobility program provides free amputee and wheelchair ballroom group lessons led by Fred Astaire's professional, certified dance instructors with experience in teaching amputee and wheelchair ballroom dancing. Participants are welcome to bring their own dance partner or they will be paired with a volunteer partner. **The class is free but you do need to make a reservation.** For more information or to reserve a spot, please call: 248-454-1715 or visit the

website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>

- **Adaptive Climbing Event sponsored by U-CAN, the VA and Adaptive Adventures, Saturday May 4<sup>th</sup>, 2019, 1:00 – 4:00 PM at Planet Rock, 82 Aprill Dr C, Ann Arbor. There will be an after party following the event at 4 PM the Holiday Inn Express & Suites, 323 North Zeeb Rd, Ann Arbor.**  
Everyone is welcome at the after party. A room is reserved for our event. Please come out and join us for a fun afternoon, good food and good company. For more information about the event or to make a reservation for both events, please contact:  
*Carla Vollmer at 734-975-7432 or [cvollmer@med.umich.edu](mailto:cvollmer@med.umich.edu)*
- **Walk for the Heart Association, May 11<sup>th</sup>, 2019 at Rynearson Stadium on Eastern Michigan University Campus, 799 North Hewitt Rd, Ypsilanti, MI.** Festivities begin at 8 am, check-in at 9:00 am, walk starts at 10 am. You can choose from a 1 or 3 mile walk (wheelchair, scooter or any assisted device welcome). The walk is free and is good exercise, pets are welcome. **Registration is required.** *Team U-CAN* has been set up to register under. Click on the website to find out more information or to register:  
[http://www2.heart.org/site/PageServer?pagename=heartwalk\\_register&fr\\_id=4019](http://www2.heart.org/site/PageServer?pagename=heartwalk_register&fr_id=4019)
- **Michigan Amputee Golf Association** hosts 3 events annually, June 8<sup>th</sup>, July 26<sup>th</sup> and August 16<sup>th</sup>. For more information or to register for the events, please visit the website:  
<http://maga.golf/events/>
- **UMAISE (University of Michigan Adaptive & Inclusive Sports Experience)** has a list of all their programs for spring & summer for kids and adults on their website- hand cycling, kayaking, tree climbing and much more. For information on these activities and for the list of all the upcoming events, please visit the website: <https://medicine.umich.edu/dept/pmr/programs/umaise-university-michigan-adaptive-inclusive-sports-experience/current-programs>
- **Amputee Coalition 2019 National Conference, July 25-27<sup>th</sup> in San Antonio, Texas.** Scholarships are available for 1<sup>st</sup> time attendees. For more information, visit the website at: [www.amputee-coalition.org/events-programs/national-conference/](http://www.amputee-coalition.org/events-programs/national-conference/)
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2019, they offer drop in art classes and open gym as well as resources in the community. For more information, visit the website at: <http://www.annarborcil.org>
- **Amputee Coalition Travel Adventures** - To check out trips planned for 2018 or if you would like to plan your own trip and want more information on accessible travel, visit the website:  
<http://easyaccesstravel.com/>

Don't forget about U-CAN when it comes time to donate. It helps keep the group going and fund all the great activities we do:

<https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702>

Have a good month!

Carla