Hello,

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

I would like to start off by saying I hope that everyone is safe, staying at home and is well during this unfortunate time.

I have included a few websites as a reminder of what to do and how to protect yourself, a site that tracks the outbreak here in Michigan and around the world and a link for resources- from meals to mortgage relief to mental health for all around the state of Michigan. Please feel free to share the information:
https://www.michigan.gov/coronavirus/
https://coronavirus.jhu.edu/map.html
https://www.bridgemi.com/michigan-health-watch/michigan-families-can-get-food-cash-internet-during-coronavirus-crisis?utm_source=Bridge+Magazine&utm_campaign=c8d104a44b-EMAIL_CAMPAIGN_2019_07_02_07_45_COPY_01&utm_medium=email&utm_term=0_c64a28dd5a-c8d104a44b-73937309

I would like to add that this is a time that we need to lean on one another for support. Please take the time to reach out and say hello to your neighbor and check in on one another. Please don’t hesitate to reach out to me, either by phone or email. Many of you have already done so. I am working from home and all office calls are being forwarded.

In case you weren’t aware, the South Industrial O & P office as well as Brighton and Northville offices are temporarily closed. All emergent patients are being seen to UH. Many of the clinicians are doing video visits at this time. If you come to UM and you need to be seen, contact the call center and they will assist you (734-973-2400). If you need assistance, contact me and I’ll do my best to help you. Everyone at all the offices as well as the hospital is doing a great helping out anyway they can. The current reopen date is May 4th.

April is limb loss awareness month. This annual event was started 8 years ago by the Amputee Coalition to spread awareness about limb loss and limb difference. I would like to take a minute to share some information by the numbers about amputation; There are approximately 185,000 amputations in the US alone every year. Males make up 70% of the amputee population. Below-Knee amputations are the most common amputation. In 2017, there were 2.1 million amputees in the US, and by 2050, this figure is projected to double.
There are more than 1 million annual limb amputations globally - one every 30 seconds. The International Diabetes Federation (IDF) predicts the current global prevalence of diabetes will burgeon from 285 million to 435 million by 2030. The estimated cost to American private & public insurance agencies is $12 billion annually.

The Amputee Coalition has a list of events that are being celebrated throughout the month. Most events are being held either virtually or independently due to the outbreak. Here is a list of a few of the things going on for the month of April:

- Wear orange on Wednesdays
- Use the hashtags #LLAM #LimbLossAwareness in social media posts
- Show your mettle day on Saturday, April 25th
- Free Limb Loss ribbons (available on the website)

To find out more information of these events and how you can participate, please visit the website: https://www.amputee-coalition.org/events-programs/limb-loss-awareness-month/

If you are looking to stay active, Adaptive Adventures has created a webcast for some fitness activities you can do at home. All you have to do is sign up with your email. They have a calendar of events page on their website with dates and times. Then click on the activity you want to participate in and preregister. The steps are very easy to follow and zoom is the interactive platform they utilize for the webcam. For more information or to sign up for online activities, please visit the website: https://adaptiveadventures.org/

I have also put together a list of Free workout apps and online classes you can do to stay active. These are only suggestions. No matter what type of activity you choose, stay active:

1. Meditation App. It’s free and can be used on android and apple phones. The app has multiple meditation sessions to listen to and enjoy; ‘Simple Mediation’
2. Gentle chair yoga routine. This yoga class offers several different ways to do yoga movements in your chair; https://www.youtube.com/watch?v=KEjiXtb2hRg
3. Gentle Tai Chi class. This class can be done sitting or standing and shown in both positions with ways with how to modify the movements. Tai Chi helps improve: breathing, range of motion, strength and flexibility; https://www.youtube.com/watch?v=pa_I5NAOW4k

**Act of Kindness segment**

For this month, I am highlighting 2 videos segments. We all know that throughout this crisis, people are showing kindness and compassion to one another. I wanted to share a few that stood out to me. I hope you enjoy them.

The first video is from CNN titled, “Random acts of Corona kindness”. It highlights acts of kindness that people are showing one another during this crisis; https://www.cnn.com/videos/us/2020/03/19/coronavirus-acts-of-kindness-savidge-pkg-vpx.cnn
The second video is called, “Kindness 101, children sending thank you notes to their heroes”. It is from CBS’s Steve Hartman’s kindness 101 class for kids; https://www.cbsnews.com/news/kindness-101-on-the-road-children-write-letters-to-heroes/

**Upcoming U-CAN Meeting**
Our next U-CAN meeting held on **Tuesday, April 7, 2020** has been cancelled. The tour will be rescheduled for a later date.

**Upcoming meetings**
May 5th - Meeting is tentative
June 2nd - A & W outing (may be subject to change)

**Quote of the month**: “Vulnerability sounds like truth and looks like courage” - Brene Brown

**Articles**

- Amputee fashion show inspires more than its models, NBC News, March 4, 2020; https://www.youtube.com/watch?v=9shWx-KPa6E
- Researchers develop ultra-precise mind-controlled prosthetic, record.umich.edu, March 9, 2020; https://record.umich.edu/articles/its-like-you-have-a-hand-again/
- Study reports on the satisfaction of upper limb prosthetic users from findings from a survey of more than 400 Veterans, blogs.va.gov, March 11, 2020; https://www.blogs.va.gov/VAntage/72434/study-reports-satisfaction-upper-limb-prostheses/
**Research Corner**

- Liberating Technologies, a College Park Company is looking for volunteers who have a lower-limb loss to participate in a focus group. The goal is to obtain input directly from prosthetic users to guide the design of a prosthetic foot for active individuals.

  Participation requirements:
  - 18-80 years of age
  - Have a BK prosthesis
  - K4 level (if unsure, ask your prosthetist)
  - Can understand and speak English
  - Have internet access

  If you are eligible, you will receive $150 for your participation.

  For more information, please contact:
  Jen Johansson
  Phone (774) 233-0874
  Email: Jen.johansson@liberatingtech.com

- AlphaSights, a global research firm, is looking for volunteers who are hand amputees that use a prosthetic device so they can better understand and improve the patient journey and really benefit from the patient experience. Their goal is to improve this journey and to address unmet needs with your help!

  Participation requirements:
  - Upper extremity hand amputee
  - Currently use a prosthetic device

  This is a paid volunteer opportunity.

  For more information, please contact:
  Rebecca Pasch
  Phone (646) 453-6984
  Email: rebecca.pasch@alphasights.com

- The University of Michigan has created an Orthotic & Prosthetic Registry. This is a simple way to connect interested research participants with as many researchers at UM as possible.

  Participation requirements:
  - 18 years or older
  - Currently use an orthotic and/or prosthetic device
If you are interested, please fill out a short survey that is stored in a secure database and your information will only be accessible by UM research groups. These groups will then contact you if you are eligible for any future studies. To sign up, please visit the link:
https://redcapproduction.umms.med.umich.edu/surveys/?s=K4JE8F94TY

For more information, please contact:
  Michael Gonzalez  
  Phone: (954) 260-6024  
  Email: magonzo@umich.edu

- University of Michigan School of Kinesiology is looking for paid volunteers with a Transfemoral (AK) amputation to examine the effectiveness of adjustable prosthetic sockets.
  
  Participation requirements:
  - 18 years or older
  - Have an above-knee amputation of 1 leg
  - Have worn a prosthesis for at least 6 months

  Participants will receive $50 for the initial consent and monitor meeting, $40 per hour of clinic testing, $60 per socket fitting, $100 per monitoring period and whichever socket he/she prefers. All session will be completed at the Orthotics & Prosthetics Clinic in Ann Arbor.

  If you are interested in volunteering for this project, please contact:
  Michael Gonzalez  
  Phone: (954) 260-6024  
  Email: magonzo@umich.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:
  Hannah Frame  
  Phone: 734-734-764-3858  
  Email: hframe@umich.edu

- **University of Michigan has 2 ongoing prosthetic research studies that are looking*/
volunteers to participate:

**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:
  Michael Gonzalez  
  Phone: (954) 260-6024  
  Email:  magonzo@umich.edu

**Upcoming Events**

- **Michigan Amputee Golf Association (MAGA) is hosting 3 golf events for the 2020 season with a 4th staged by students.** The Events are held throughout the summer: May 6th, July 24th-26th and August 14th. For more information about these events, please visit the website; [http://maga.golf/events/](http://maga.golf/events/)

- **U-CAN Detroit Tigers Game Outing, Sunday, July 19th, 2020, price- $31.25 a ticket.** The price includes; transportation to and from the game (bus will leave from the O & P Center) and a goodie bag for the bus ride. The bus will leave promptly at 11 AM so please be on time. Family and friends are welcome! Seats are along the 1st base line and are in the covered section to protect from the elements. Handicap seats are available upon your request. Tickets will be mailed if you choose not to ride the bus. **Reservations are required and payment must be received no later than Tuesday, June 16th.** For questions or for more information, please contact: Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu
Michigan Sports Unlimited, Inc., provides unlimited access to a wide range of recreational activities in order to improve the physical, social and mental well-being of people with disabilities. They hold sports clinics, have resources and equipment and have clubs and teams. For more information, please visit the website: http://www.misportsunlimited.com/about/mission.asp

Ann Arbor Center for Independent Living offers sports, recreation and art all year round along with open gym time. For 2019, they offer drop in art classes and open gym as well as resources in the community. For a calendar of events or for more information, visit the website at: https://www.annarborcil.org/calendar/

National Kidney Foundation is sponsoring Enhanced Fitness Classes - a physical activity program for adults that is designed to improve functional fitness and well-being. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training. There are free or donation based programs all across Michigan. The link has been provided if you are interested in finding out more information: https://www.nkfm.org/enhanced-fitness

Amputee Coalition Travel Adventures - To check out trips planned for 2019-2020 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 safe and happy April.
Carla