



Hello,

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

I wish you a safe and Happy Passover and Happy Easter to those of you that celebrate!

I am happy to say that spring is officially here! I have never been more excited for the warm weather to arrive.

April is Limb Loss Awareness month and celebrating its 10 anniversary. The Amputee Coalition started this month long event back in 2011 to make society aware of the increasing numbers of amputations that occur every year.

Today, the month of April is celebrated across the United States and around the world as a time to recognize those living with limb loss and to raise awareness about limb loss prevention.

If you are interested in *TED Talks*, then this is the article is for you. A list of “12 talks every amputee should listen to” was put together but the ‘Active Amputee’. The list is very diverse, some names you will recognize and some you will meet for the first time.

Click on each person in the article and you will be taken directly to the talk;
<https://www.theactiveamputee.org/2020/12/02/infotainment-at-its-best-amazing-ted-talks/>

This will make you smile....

94 year olds find love in the time of coronavirus, CBS News;
<https://www.cbsnews.com/news/94-year-olds-love-covid-2021-03-05/>

Just for fun...

It’s time for an animal break. A pianist plays for zoo animals, ABC News;
<https://abcnews.go.com/International/video/pianist-plays-zoo-animals-76632112>

And now for a few laughs...

Spring is here and is normally the time people are wanting to exercise and get in shape for the warm weather. These 2 skits from SNL may motivate you or if anything, at least make you laugh!

Get ready for a workout from Pelotaunt, SNL, February 2021;
<https://www.youtube.com/watch?v=QOCwNpMmUfY>

Mirror Workout, SNL, February 2021;
<https://www.youtube.com/watch?v=ihYNJjykVIA>

Act of Kindness segment

Foster child gets fairy tale ending (update on a story that was aired back in 2019), CBS News;
<https://www.cbsnews.com/news/foster-child-gets-his-fairytale-ending-when-math-teacher-adopts-him/>

Son funds mother's final trip with her family, CBS News;
<https://www.cbsnews.com/video/son-sells-cheesesteaks-to-fund-moms-final-trip/>

Looking for adaptive workout resources to stay active and moving, here is a list of free resources;

Adaptive Adventures:

<https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp>

Move United:

<https://www.moveunitedsport.org/adaptathome/>

Free online Workout resources, click on links to get your free at home workouts at your leisure;
<https://makeyourbodywork.com/how-to-exercise-at-home/>

U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, April 6, 2021 from 5:30-7:30 PM**. The meeting will be held virtually. Our Topic will be Limb loss Awareness Month in lieu of its 10th anniversary and celebrate it and one another. Hope you can join us. We look forward to seeing you.

See information below on how to easily join the meeting.

We are now utilizing Zoom for our monthly support group meetings. The instructions are listed below to join by phone, computer, laptop or tablet. If you already have a zoom account, just click on the link to join the meeting:

Join Zoom Meeting

<https://umich.zoom.us/j/98296480824>

Meeting ID: 982 9648 0824

Phone: 1 -301- 715- 8592

Meeting ID: 982 9648 0824

Creating your own account

To sign up for your own free account, visit zoom.us/signup and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click **Activate Account**.

If Joining from a Mobile Device

If you are joining from a mobile device (Android smartphone/tablet, Apple iPhone/iPad) then it will simply prompt you to download the Zoom Cloud Meetings app from the App/Play Store.

If Joining from a Computer

When entering a Zoom meeting for the first time from a computer you will need to download a small application file.

1. Open web browser to Chrome.
2. Enter “join.zoom.us” in the address field which brings up “**Join a Meeting**”
3. Enter the **meeting ID** (*listed above*)
4. Click **Join**. If this is your **first time joining** from Google Chrome, you will be asked to open the **Zoom** client to **join** the **meeting**.

If you have any technical difficulties, please contact Brittany at: (734)-998-3504 to troubleshoot!

Quote of the month: “Difficulties in your life don’t come to destroy you but help you realize your hidden potential” - Abdul Kalam

Articles

- Koala gets prosthetic foot from dentist, bbcnews, February 27, 2021; https://www.youtube.com/watch?v=12Zn0nf6Y_o
- One hand bands that rock, livingwithamplitude.com, March/April 2021 edition; <https://livingwithamplitude.com/article/amputee-musicians-all-star-band/>
- Sonomyography flies under the radar, livingwithamplitude.com, March/April edition 2021; <https://livingwithamplitude.com/article/sonomyography-research-arm-prosthesis-amputee/>
- Limb loss awareness turns ten, livingwithamplitude.com, March/April 2021 edition; <https://livingwithamplitude.com/article/limb-loss-awareness-month-10-years-history-amputees/>
- The future is now; Big breakthroughs in prosthetic technology are near at hand, March/April 2021 edition; <https://livingwithamplitude.com/article/the-future-of-prosthetic-technology-amputees/>
- Quadruple amputee dreams of space, euronews.com, March 1, 2021; <https://www.euronews.com/2021/02/25/my-only-chance-is-with-elon-musk-quadruple-amputee-dreams-of-space>
- The future is now, the next steps for bionic legs, livingwithamplitude.com, March 2, 2021;

- <https://livingwithamplitude.com/bionic-legs-innovations-prosthetics-amputees/>
- Amputee clothing gets a lift, livingwithamplitude.com, March 3, 2021; https://livingwithamplitude.com/amputee-clothes-uniteable-inclusive-fashions/?mc_cid=257ed7dd38&mc_eid=9ad15de810
 - 5 extraordinary women challenging the status quo, globalcitizen.org, March 8, 2021; <https://www.globalcitizen.org/en/content/women-challenge-gender-stereotype-nigeria-feminism/>
 - How a Hollywood fashion stylist is helping the fashion industry see people with disabilities as desirable fashion customers, forbes.com, March 16, 2021; <https://www.forbes.com/sites/allisonnorlian/2021/03/16/how-a-hollywood-stylist-is-helping-the-fashion-industry-see-people-with-disabilities-as-desirable-fashion-customers/?sh=5c5bcf532959>
 - Meet the 24 year-old that started a company creating prosthetics with a different approach, livingwithamplitude.com, March 24, 2021; <https://livingwithamplitude.com/3d-printed-prosthetics-unlimited-tomorrow-easton-lachappelle/>
 - Woman from New Jersey becomes the first female amputee in world to graduate from fire academy, news4jax.com, March 29, 2021; <https://www.news4jax.com/news/local/2021/03/29/nj-woman-becomes-first-female-amputee-in-world-to-graduate-from-fire-academy/>
 - Six short movies by amputees, livingwithamplitude.com, March 31, 2021; <https://livingwithamplitude.com/six-short-movies-by-amputees/>

Research Corner

- ❖ A graduate student, Blake Loudermilk, in the Orthotics and Prosthetics program at Eastern Michigan University is conducting a research survey on prosthesis satisfaction and cosmetic appearance of prosthetic sockets.
The purpose of this research study is to observe data trends as they relate to age, gender, prosthesis satisfaction, and cosmetic appearance.

Participation Requirements:

- Age 18 years and older
- Transtibial (Below Knee) amputees
- Complete a survey that consists of 11 questions and should take between 5-10 minutes to complete

Below is the link to the survey. Click on the link to start:

https://docs.google.com/forms/d/e/1FAIpQLScfleG_9DynKU1YIH2J91mCSYrAS5ngOahd3Ml0cUD1b26_FQ/viewform

For more information about this study, please contact:

Bladke Loudermilk

Email: blouderm@emich.edu.

- ❖ A second year Masters, Fazia Farha, at Eastern Michigan University, is conducting a research study on the prevalence of the psychological effects following an amputation. The purpose of this study is to investigate the psychological effects of amputation and whether amputation causes emotional distress on amputees regardless of cause of amputation.

Participation Requirements:

- Age 18 years and older
- Have acquired a lower limb amputation that resulted from trauma or disease
- Have access to computer/tablet or smart phone to answer a short survey online
- Participation in the study will involve **anonymously** answering questions using google forms as the online platform. The estimated commitment for the survey is less than 5 minutes.

You may choose to leave the study at any time. If you leave the study, the information you provide will still be collected anonymously and will be kept confidential.

Below is the link to the survey. Click on the link to start:

<https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/viewform>

For more information about this study, please contact:

Fazia Farha

Email: ffarha1@emich.edu

Phone: (734) 972-0850

- ❖ **Researchers at Northwestern University** are studying attitudes, preferences and information needs about hand/arm transplantation among people with upper limb amputations. The purpose of this study is to assess people's attitudes, decisions and expectations about hand transplant as a treatment option.

Participation requirements:

- Age 18-45 years of age
- Have an acquired unilateral or bilateral upper limb amputation
- Be able to use a smartphone or landline phone as a communicating device
- Be able to work independently

Participants will receive compensation for each interview or focus section.

For more information about this study, please contact:

Elisa Gordon, PHD, MDH

Email: e-gordon@northwestern.edu

Phone: (312) 503-5563

- ❖ **Researchers at the University of Maryland** are looking for amputees of all levels (upper or lower extremity) to try a new fitness tracking app. The app allows users to set goals, track progress, learn exercise techniques and workout virtually with other users through a live streaming function.

Participation requirements:

- Age 18-45
- Single limb amputation
- Able to participate in exercise activities
- Able to read and write English
- Having access to the internet and phone, tablet, computer or smart TV to access the fitness app

Participants will be asked to use the app for 8 weeks and respond to 4 surveys over the course of 3 months

If you are eligible, you will receive:

- Unlimited access to a fitness tracking app at no cost to you
- 3 months unlimited access to amputee specific workouts as well as all other workouts, yoga and nutrition
- \$10 incentive for completing all 4 surveys

If you are interested in this study, you can click the link below that will take you through a screening process and to the first set of survey questions. This will take about 25 minutes to complete. The 3 other surveys will take approximately 10 minutes to complete;
https://umdsurvey.umd.edu/jfe/form/SV_1N8uul5nGTdi0qF

For more information about this study, please contact:

Sara Olsen, MS MPH

Email: solsen@umd.edu

IRB package ID: 1599600-1

- ❖ **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:

Kelsey Ebbs

Phone: (734) 647-5514

Email: klucinda@umich.edu

- ❖ **University of Michigan School of Kinesiology** is looking volunteers for the two studies listed below:

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.

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 the above projects, please contact:

Kelsey Ebbs

Phone: (734) 647-5514

Email: klucinda@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: 734-764-3858

Email: hframe@umich.edu

- ✚ Looking for more research opportunities, visit the **Amputee Coalition** website; <https://www.amputee-coalition.org/research/active-studies-seeking-participants/>

Upcoming Virtual & Live Events

- **The Ultimate Guide for spring in Michigan of things to do during the month of April.** This Guide of 46 things to do in April will help you; <https://www.travel-mi.com/April-Michigan.html>
- **Amputee Coalition Virtual Advocacy Forum, April 11-12, 2021.** The event is free but the deadline to register is April 9th. For more information, please visit the website; <https://www.amputee-coalition.org/advocacy-awareness/advocacy-forum/>
- **Move United Virtual Education & Awareness Conference, May 10th-14th, 2021.** For more details and to register, please visit the website: <https://www.moveunitedsport.org/2021educationconference/>
- **Amputee Coalition National Conference September 29- October 2, 2021 held at the Renaissance in Schaumburg, IL (near Chicago).** Please visit the website for registration information and for more details: www.amputee-coalition.org/events-programs/national-conference
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home. Please visit the website for more information: <https://www.nkfm.org/enhance-fitness>
- **Amputee Coalition Travel Adventures** - want to plan your own trip or get information on a planned guided trip in the future that is accessible, please 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