



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

August 2017

Hello,

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

I hope you had a nice 4th of July! The summer is moving right along and next week it will be August already! When we're having fun, the time always seems to go by fast! Enjoy the rest of the summer.

Don't forget to look at the **Upcoming Events** section for activities and events going on for the rest of July and August. There still is plenty of time to get out there and enjoy the sun. Don't forget about the **U-CAN annual summer Picnic being held on Saturday, August 26th at Marsh View Meadows**. All the details are listed below. Come out and join us for a nice afternoon of great food and great people!

Lastly, Zach Gowen, who came out to O & P in January this year will be climbing the Antisana Volcano in Ecuador with a team of 10 people (amputees and able bodied) on July 29th for the Range of Motion Project (ROMP) to help amputees in need receive treatment and get good prosthetic care. We wish him all the best in his journey to climb the 4th largest volcano in the northern Andes.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, August 1st from 5:30-7:30 pm**. We will be having a guest speaker, Nicole Ver Kuilen who will talk about her journey she will be embarking on called "Forest Stump" that will extend the entire west coast, totaling 1,500 miles. For more information please visit the website :

<http://www.forreststump.org/> Hope you can join us.

A look ahead

September 5th- Group Discussion

Quote of the month: "The strongest people are not those who show strength in front of us but those who win battles we know nothing about." - unknown

Articles

- Veteran and amputee Kirstie Ennis on the power of sports and on the cover of ESPN's the Body Issue out July 7th, [espn.com](http://www.espn.com/olympics/story/_/page/espnwbodiyennis/mountaineer-wounded-warrior-kirstie-ennis-long-road-recovery-body-2017), June 30, 2017;
http://www.espn.com/olympics/story/_/page/espnwbodiyennis/mountaineer-wounded-warrior-kirstie-ennis-long-road-recovery-body-2017
- Inspiring America one armed baseball player dares to dream, NBC news, July 9, 2017;
<https://www.youtube.com/watch?v=7BPOaDKGK3c>
- Male model becomes first amputee to win Mr. England, [telegraph.co.uk](http://www.telegraph.co.uk/news/2017/07/17/male-model-becomes-first-amputee-win-mr-england-going-compete/), July 17, 2017;
<http://www.telegraph.co.uk/news/2017/07/17/male-model-becomes-first-amputee-win-mr-england-going-compete/>

- ABC Nightly news person of the week - Isiah, born without legs and lives life to the fullest, abcnews.com, July 14, 2017; <http://abcnews.go.com/WNT/video/person-week-isiaiah-bird-48647827>
- Paramobile makes the impossible possible for golfers with disabilities, newstimes.com, July 6, 2017; <http://www.newstimes.com/local/article/Paramobile-makes-the-impossible-possible-for-11268550.php>
- Amputee soldier to take on epic 2,000 mile sailing venture, devonlive.com, July_18, 2017; <http://www.devonlive.com/amputee-devon-soldier-to-take-on-epic-2-000-mile-sailing-venture/story-30445926-detail/story.html>
- The Art of the Cosmetic Covering, O & P Edge, July 2017 issue; <https://opedge.com/Articles/ViewArticle/2017-06-21/the-art-of-the-cosmetic-covering-massachusetts-womans-skintones-keep-things-real>
- Medics use drainpipes to help amputees in Bangladesh, BBC News, July 14, 2017; <http://www.bbc.com/news/av/uk-england-tyne-39296635/the-medics-using-drainpipes-to-help-amputees>
- Students low- cost prosthetic design may improve life for amputees, NIU Today, July 19, 2017; <http://www.niutoday.info/2017/07/19/students-low-cost-prosthetic-design-may-improve-life-for-amputees/>

Research Corner

- ❖ A Multidisciplinary Design team at the University of Michigan is working with a nonprofit organization called E-NABLE to improve the designs of their 3D printed prosthetic device for **Transradial** amputees. As part of their efforts to improve the device, we are interested in gaining feedback to drive the needed adjustments.

If you are interested in providing feedback about your experience using an upper limb prosthetic by participating in a brief interview, please contact:

Jackie Katz, jkatz@umich.edu

- ❖ **Saginaw Valley State** University Occupational Therapy students are searching for participants for a study involving phantom limb pain and mirror therapy.

Participation requirements:

- 18 years of age or older
- are at least 3 months post-amputation
- currently experiencing phantom limb pain (PLP)

The study will occur on the campus of Saginaw Valley State University (SVSU) in Saginaw, MI and within your own home between the first week of June 2017 to mid-July 2017. You will participate in 18 sessions of mirror therapy, three times a week, over a period 6 weeks. Each mirror therapy session will last for thirty minutes. The 1st & last sessions will be conducted on the SVSU campus along with completing a pain questionnaire, the other 16 sessions will be conducted within your home. During the first session, the researchers will teach you how to self-administer mirror therapy. You will then independently conduct the mirror therapy within your own home, by following a home exercise program. This program will outline specific instructions for each exercise. The researchers will supply you with a mirror box, a home exercise program instruction sheet and a daily progress log on which you will document.

If you are interested in participating in the study or have questions, please contact:

Katelyn Murphy

Saginaw Valley State University
980-600-6083
kamurphy@svsu.edu

❖ **Researchers** at Indiana University's Department of Health Sciences are conducting a study to better understand the experiences that individuals with amputations have with massage therapy.

Participation requirements:

- Individuals who are 18 years or older and have at least one amputation
- Individuals who have or have never received a massage therapy treatment
- Completion of an online survey, between 20-30 minutes

You can access the survey at: <https://redcap.uits.iu.edu/surveys/?s=HAWRN4JJ87>

*In appreciation of participants' time, each who completes a survey will be entered to win a \$20 Amazon gift card

If you would like more information or have any questions, please contact:

Dr. Niki Munk:

Phone: 317-278-8658

Email: nmunk@iu.edu

Upcoming Events

- **Dance Mobility- Amputee & wheelchair Ballroom Dancing, Saturday August 19th from 11:00 am-12:30 pm at 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. To register for the class or for more information, please call 248-454-1715; <https://www.fredastaire.com/bloomfield-hills/>
- **Michigan Amputee Golf Association (MAGA) has 4 events throughout the year from May-August.** Checkout out their website for more information; <http://maga.golf/events/>
- **AACIL Celebrating the ADA's 27th Anniversary, July 26th 2017 at 3941 Research Park Dr., AA, from 4-7 pm.** There will be music, food, games, prizes & activities along with tours. The event is free. For more information or for accommodation requests, please contact the CIL at: 734-971-0277 or info@aacil.org
- **Michigan Adaptive Sports water ski and Kayak at Pontiac Lake, July 28th and August 25th from 9 am- 4:00 PM.** For more information, please contact Sue Boeve at: sboeve@dmc.org, <https://www.michiganadaptivesports.com/charters>
- **Amputee Coalition 2017 National Conference, August 3-5th, Gait House Hotel, Louisville, KY.** The conference this year is approximately a 5 ½ drive. If you have thought about attending, this is a good year to go. Please visit the website for more information; <http://www.amputee-coalition.org/events-programs/national-conference/>
- **4th Annual Guiding Star Foundation Golf Outing, Friday, August 25th, 2017, The Captain's Club, Grand Blanc, MI.** For more information, call the office at: 810-334-9810 or visit the website: <http://www.theguidingstarfoundation.com/events.html>
- **U-CAN Picnic, Saturday August 26th, 12:00-3:30 PM at Marsh View Meadows Park, 300 E Textile Rd, Ann Arbor** (the park is on Textile between Platt & State St)

Friends and families welcome. Join us for a fun afternoon of food, games and good company! Please bring a dish to pass. **Please RSVP by August 22nd.**

For questions or for more information, please contact: Carla Vollmer, 734- 975-7432 or cvollmer@umich.edu

- **Free Gait Training Clinics for individuals with lower extremity amputations, STAR Rehab, Grand Blanc, MI.** For more information, contact 810- 733-3375. The clinic dates are listed below:
September 28th 4:30- 6:30
October 26th 4:30- 6:30
November 30th 4:30- 6:30
- **Oakland County Parks and Recreation** has adaptive recreation and assistive devices. Check out their website for more information; <https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx>
They also have events throughout the fall, please visit the website for more information;
<https://www.oakgov.com/parks/Pages/events.aspx>
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. They have a year round bowling league and a fitness gym that is open from 9 am- 4 pm Monday- Friday. For more details or for more information, check out their sports & recreation site:
<http://www.annarborcil.org/offices/recreation/about-sport/>
and their calendar of events: <http://www.annarborcil.org/events/>
- **Amputee Coalition Travel Adventures** Check out the trips planned throughout the 2016 year. For more information on when and where, visit the website:
<http://www.amputee-coalition.org/events-programs/travel-adventures/>

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 great month!
Carla