



Hello,

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

August is here and summer is slowly coming to an end! Ugh! But, there still is time for fun in the sun and nice weather to enjoy. So, get out there and enjoy what nature has to offer us.

August has many unique and bizarre holidays which I thought were quite entertaining and wanted to share a few of them with you:

*Grab some nuts day-* August 3<sup>rd</sup>  
*International Hangover Day-* 1<sup>st</sup> Sunday in August  
*National chocolate cookie day-* August 4<sup>th</sup>  
*National underwear day-* August 5<sup>th</sup>  
*Wiggle your toes day-* August 6<sup>th</sup>  
*Relaxation day-* August 15<sup>th</sup>  
*Race your mouse day-* August 28<sup>th</sup>

If you would like to see the whole list, you can visit the website at: <http://holidayinsights.com/moreholidays/august.htm>

Just a reminder that the Michigan primary elections takes place on **Tuesday, August 7<sup>th</sup>**.

### Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, August 7th, 5:30-7:30 pm**. On the agenda will be Leslie Farat from Neuros Medical to talk about a clinical study that is currently being conducted on amputation pain. Then Nora Rosenblum, U-CAN's social worker, will share information and swag from the Amputee Coalition Conference.

*[Here's what's ahead for our next meeting](#)*

**Quote of the month:** "Being challenged in life is inevitable, being defeated is optional" - Roger Crawford

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### Articles

- Veteran who lost both arms in the Iraq discovers a talent for painting, cbsnews.com, July 3, 2018; <https://www.cbsnews.com/news/veteran-peter-damon-who-lost-both-arms-in-iraq-discovers-a-talent-for-painting/>
- High School students create 3-D printed hand for amputee, evening sun.com, July 12, 2018; <https://www.eveningsun.com/story/news/2018/07/12/gettysburg-high-school-students-print-3-d-hand-amputee/777309002/>
- Dwayne 'The Rock' Johnson pays tribute to amputees after criticism for Skyscraper casting, USA Today, July 19, 2018; <https://www.usatoday.com/story/life/people/2018/07/19/dwayne-rock-johnson-pays-tribute-amputees-after-criticism-skyscraper-casting/804189002/>
- To cover or not to cover: Prostheses users have their preferences, O & P Edge, July 2018 issue; <https://opedge.com/Articles/ViewArticle/2018-07-01/to-cover-or-not-to-cover-prosthesis-users-have->

### [their-preferences](#)

- Rehabilitation, disability and O & P care in China: A firsthand account, O & P Edge, July 2018 issue; <https://opedge.com/Articles/ViewArticle/2018-07-01/rehabilitation-disability-and-op-care-in-china-a-firsthand-account>
- Canadian man born without arms and legs inspiring kindness in cross- country trek, globalnews.ca, July 19, 2018; <https://globalnews.ca/news/4341480/quadruple-amputee-inspiring-kindness-in-cross-country-trek/>
- War amputees walk again on Syrian-made prosthetics, pulse.ng, July 22, 2018; <https://www.pulse.ng/news/world/war-amputees-walk-again-on-syrian-made-prosthetics-id8642747.html>
- Amputee race driver drinks from his prosthetic leg after podium finish, independent. ie, July 24, 2018; <https://www.independent.ie/world-news/and-finally/amputee-racing-driver-drinks-from-his-prosthetic-leg-after-podium-finish-37144745.html>
- Quadruple amputee sets Russian record in diving, reuters.com, July 27, 2018; <https://www.reuters.com/video/2018/07/27/quadruple-amputee-sets-russian-record-in?videoId=449285830>
- UK retailer hires 7-year old amputee to model clothes, dailymail.co.uk, July 31, 2018; <http://www.dailymail.co.uk/femail/article-6009945/Double-amputee-models-River-Islands-new-active-wear-range.html>

## **Research Corner**

- ❖ **Nova Southeastern University** is conducting a nationwide, online survey about amputee support groups: how do they work? Why do people join? How long do they stay in a support group? Why do they leave? Why do some come back after an absence? Why do people change the groups they belong to? Can technology play a part in amputee support?

Participation requirements:

- If you have attended or are currently attending an amputee support group

**The survey is online and takes about 10 minutes to complete**

If you are interested in completing this survey, please reach out to Ed Nathan PHDat: [amputeesurvey2018@gmail.com](mailto:amputeesurvey2018@gmail.com) He will then send you a link to the survey. Due to the nature of the research and for security reasons, the link has to be sent out to each individual.

Thank you for your interest and support for this research.

- ❖ **Graduate students** at the University of Michigan School of Business and the School of Public Health are conducting research related to above-the-knee (AK) amputees. The goal is to utilize an **online survey** to better understand amputees' prosthetic needs and how they access information.

Participation requirements:

- Above the Knee amputees
- Completion of a multiple-choice survey, approximately 15 minutes to complete & requires an internet connection.

The survey focuses on the prosthetic knee and how you gather information about prosthetic products. Data collected will not be used in any way to personally identify you or connect you in any way to specific answers. As a thank-you for your time, each person who completes the survey and is willing to share their name, will be entered into a raffle to win a \$25 Amazon gift card! Entering your name is **NOT** required. If you provide us with your name, it will not be used or distributed to anyone.

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

Ron Longworth at: [rlongwor@umich.edu](mailto:rlongwor@umich.edu).

- ❖ **A company in located in Detroit** is working on the development of a smart phone app that will help alleviate phantom limb pain. They are currently in the testing phase of the app and are looking for volunteers with phantom limb pain, **upper or lower extremity**, to help test the technology. You will be compensated for your time and can come to you at your convenience.

The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her limb. The app will flop the video image, ultimately showing the participant a video where they can see two functioning arms and legs and hopefully alleviate the phantom pain through a version of mirror therapy.

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

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

[pmgrant@wowway.com](mailto:pmgrant@wowway.com)

- ❖ **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 \$25 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](mailto:nmunk@iu.edu)

## **Upcoming Events**

- **U-CAN Summer Picnic, Saturday, September 8<sup>th</sup>, 2018, Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor** (the park is on Textile between Platt & State St). Family and friends are welcome. Come out and join us for fun afternoon of good food, games and good people! The shelter is reserved and the park is paved with clean accessible bathrooms close by. Bring a dish to pass. Please RSVP by September 5<sup>th</sup>, 2018. For questions or for more information, please contact: Carla Vollmer, 734-9675-7432, or at: [cvollmer@med.umich.edu](mailto:cvollmer@med.umich.edu)
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, August 4<sup>th</sup> 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/>

- **Free DDP Yoga Class taught by Zack Gowen on Wednesday, August 8<sup>th</sup>, 2018 at 6:00-7:00 PM at Little Caesars Arena, first floor.** All fitness levels welcome and encouraged to come. For more information and to register, please visit the website: <https://www.nhl.com/redwings/community/summer-yoga-series>
- **Hand Cycle Race & Run, Sunday, August 12<sup>th</sup>, 2018 at Lake St. Clair Metropark, Harrison Township.** For more information and to register, please visit: [www.rimfoundation.org/wheelsandheels](http://www.rimfoundation.org/wheelsandheels)
- **The Michigan Amputee Golf Association is holding their last tournament for the summer on August 17<sup>th</sup>, 2018 at Beacon Hill Golf Course in Commerce, MI.** For questions or for more information, please contact: Bryan Biagioli, MAGA President at 248-676-0859 or 586-201-5764, or [bbiagioli@comcast.net](mailto:bbiagioli@comcast.net)
- **SE Oakland County Amputee Support Group is hosting a variety of events this year:**  
**Bowling - Wednesdays-- August 22nd, from 3-5 p.m.**  
**Wyandotte Boat Cruise-Sunday, August 19<sup>th</sup>, 2018**  
**Cornwell Turkeyville U.S.A in Marshall Michigan, Saturday, November 17<sup>th</sup>, 2018 (Dinner and Play included)**  
 For more information about these events, please contact Kim Armitage at:  
 248-376-7973; [bionicwmn1@att.net](mailto:bionicwmn1@att.net)
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2018, 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 great August and hope you are able to get to one of the above events.

Carla