



Hello,

Happy Holidays!

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

Can you believe that December is here! These past 12 months seemed like they flew by so quickly. As we get into the hustle and bustle of the holidays, may you take time out to enjoy your friends, family and being kind to one another. That is what the season is truly all about.

In fitting with the season, I would like to share a poem, titled, "My Wish for you". It's truly my wish for all of you this holiday.

**"My Wish for You,"** *by Lisa Desatnik*

May your home be filled with togetherness  
Your heart be filled with love  
Your soul be filled with song

May you celebrate the beauty  
That lies within you  
And surrounds you

May you see great possibility  
Through every doorway  
And through every smile

May your memories spark thoughts  
Of happy times  
And lessons learned

May you appreciate life  
For all that it has given you  
And all that it has in store for your future.

Nora and I would like to extend a thank you for all your support for U-CAN this past year. We wish you and your families a safe and happy holiday season and to an even better 2019!

## Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, December 4th, 5:30-7:30 pm**. On the agenda is our annual Holiday Party & White elephant gift exchange (bring something from around your home that you no longer want & wrap it)! We have added a new addition to our party this year, **ugly sweater contest!** Wear your ugliest holiday sweater, t-shirt or outfit and there will be prize for the ugliest! Please bring a dish to pass and come out and join us for a fun evening!

## A look ahead

January 1<sup>st</sup> meeting cancelled due to the holiday.

February 5<sup>th</sup> meeting resumes- on the agenda is year in review

**Quote of the month:** *"We could never learn to be brave and patient, if there were only joy in the world."* - Helen Keller

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## Articles

- Prosthetic leg specially designed for ballet dance, dezeen.com, November 2, 2018; <https://www.dezeen.com/2018/11/02/prosthetic-leg-ballet-design-jae-hyun-an-marie-t/>
- Engineer wants to make prosthetic as close as possible to human hand, designworldonline.com, November 6, 2018; <https://www.designworldonline.com/the-world-of-prosthetics-is-an-engineers-paradise/>
- Brain- computer interface advances improve prosthetics & therapies, sciencedaily.com, November 6, 2018; <https://www.sciencedaily.com/releases/2018/11/181106121415.htm>
- World's first female amputee to climb the tallest mountains in Africa, Europe, Australia & South America gets honorary doctorate, newindianexpress.com, November 7, 2018; <http://www.newindianexpress.com/nation/2018/nov/07/worlds-first-woman-amputee-to-scale-everest-gets-honorary-doctorate-1895292.html>
- Wireless neurostimulator sends 'feelings' to prosthetic hand, coventrytelegraph.net, November 8, 2018; <https://www.coventrytelegraph.net/news/uk-world-news/prosthetic-hand-system-15390187>
- How I became the world's first triple amputee rescue diver, itv.com, November 10, 2018; <https://www.itv.com/news/2018-11-10/point-of-view-josh-boggi-first-triple-amputee-rescue-scuba-diver-veteran-army-padi/>
- Researchers creating lightweight bionic prosthesis using EMG, dailysabah.com, November 15, 2018; <https://www.dailysabah.com/science/2018/11/15/lighter-cheaper-bionic-prosthetic-raises-hope-for-the-disabled>
- Fifth- graders learning how to create prosthetic prototypes, therepublic.com, November 24, 2018; [http://www.therepublic.com/2018/11/26/csa\\_lincoln\\_students\\_create\\_prosthetic\\_prototypes/](http://www.therepublic.com/2018/11/26/csa_lincoln_students_create_prosthetic_prototypes/)

## **Research Corner**

- ❖ ***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 Graduate Students*** are looking for upper extremity volunteers who are willing to be interviewed to help them create a one-handed convenience product that would help people with limited or no mobility in one hand/arm.

Participation requirements:

- Have an upper extremity limb loss at any level or those with limited hand mobility

An interview will be conducted with 1-2 participants that will help the students get a glimpse into the everyday challenges that take place. The interview will take between 20 and 30 minutes.

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

Andrea Krusheski at: [akrush@umich.edu](mailto:akrush@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)

- ❖ ***Saginaw Valley State University Occupational Therapy students*** are looking for upper extremity volunteers to participate in a research project to study to share their experiences with upper extremity prosthetic training and rejection. By studying participants in this study, the hope is to help enhance the understanding of factors leading to prosthetic rejection. The information gathered will be used to optimize future prosthetic training strategies and guide prosthetic design efforts.

Participation requirements:

- 18 years of age or older
- Have an upper extremity limb loss at any level
- have received an upper extremity prosthetic device in the past and used the prosthetic for a minimum of six months
- participants have received some form of prosthetic training or occupational therapy during the rehabilitation process and have discontinued using the upper extremity prosthetic device

A private interview will take place between late 2018 to early 2019 at a convenient location of

your choice or over the phone. The interview should take no longer than one hour, which includes the time for the interview and time spent answering any follow up questions regarding additional information or clarification following the interview.

Participants will be given a \$10 Visa gift card at the end of their interview for their contribution.

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

Jacob Rivet

Phone: 989-415- 6866

Email: [jarivet@svsu.edu](mailto:jarivet@svsu.edu)

## **Upcoming Events**

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, December 1<sup>st</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.**
- **UMAISE adult wheelchair basketball program in partnership with U of M Rec Sports.** This is open to anyone 18 and over, with equipment provided. There will be 1 drop-in wheelchair game per month. The games are held at IMSB- 606 E. Hoover (the corner of Hoover & State). The last game of the year is: Sunday, December 2<sup>nd</sup>, 2018.

For more information, please contact Amy St. Amour at: [astamour@umich.edu](mailto:astamour@umich.edu)

- **U-CAN Parent and Child Network Holiday Party, Saturday, December 8<sup>th</sup>, 2018 from 12:00-3:00 pm at the Orthotics & Prosthetics Center, 2850 S. Industrial Hwy, Suite 400, AA.** Spend a fun afternoon with other families, along with food and games. Please bring a dish to pass to share. Please RSVP by December 4<sup>th</sup>, 2018 to Carla, 734-975-7432, [cvollmer@med.umich.edu](mailto:cvollmer@med.umich.edu)
- **Free Sitting Volleyball clinics sponsored by the VA: Saturday, December 8<sup>th</sup>, 2018 and Saturday, January 12<sup>th</sup>, 2019 from 1:00-3:00 pm at Peace Lutheran Church Gym, 8260 Jackson Rd, AA.** Sitting Volleyball is recognized by the International Paralympic Committee. For questions, please call: 734-726-5225
- **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/>

Have a great month and a happy holiday  
Carla