Hello,

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

Here we are again, December and another year almost gone by. There is just time enough time left to prepare for and celebrate the approaching holidays; Hanukkah, Kwanzaa & Christmas. May you and your families have safe and happy holiday season.

With the year almost behind us, we can start looking forward to the coming year. May 2020 be a year of good times, good health and prosperity for everyone.

I leave you all with a poem that I thought was fitting for the holidays.
“Forecasting Life” by Dennis Tynan

Life is like the weather,
Unpredictable in many ways,
Who knows if the sun or snow,
Will greet you each new day.

Life changes as we grow,
It develops like the seasons,
And though some seasons may be tough,
They have purpose and they have reason.

For without the sun and rain in life,
So much experience we would forgo,
And like a seed discarded and washed away,
We’d never truly grow.

Upcoming U-CAN Meeting
Our next U-CAN meeting will be held on Tuesday, December 3rd, 2019, 5:30-7:30 PM. On the agenda is U-CAN’s annual Holiday Party! Come out and celebrate the last meeting of the year with great people, food and lots of fun! Friends and family are welcome! Please Bring a dish to pass along with a white elephant gift (something around your house you no longer want or a gift you never used, wrapped nicely).
Upcoming meeting
January 7th, 2020- No U-CAN Meeting held
February 4th- Year in Review & group discussion

Quote of the month: “A hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles” – Christopher Reeve

Articles

- Amputee creates another Halloween costume, see his latest costume, people.com, November 1, 2019; https://people.com/human-interest/josh-sundquist-lost-leg-cancer-pixar-lamp-halloween-costume/
- Retired truck driver can walk on two legs again thanks again to Terminator-like bionic leg, zmescience.com, November 4, 2019; https://www.zmescience.com/science/retired-truck-driver-can-walk-on-two-legs-again-thanks-to-terminator-like-bionic-leg/
- Paralympian, Amy Purdy, faces new challenges after blood clot is discovered, womenshealthmag.com, November 5, 2019; https://www.womenshealthmag.com/life/a29443515/amy-purdy-blood-clot-prosthetic-legs/
- Prosthetist helps amputees in some of the world’s poorest countries, wtoc.com, November 13, 2019; https://www.wtoc.com/2019/11/13/community-champions-pipo-missions-inc/
- London’s science museum includes early 20th century prosthetic arm, northantstelegraph.com, November 15, 2019; https://www.northantstelegraph.co.uk/retro/daventry-womans-historic-prosthetic-arm-featured-new-science-museum-exhibition-1044118
- University in Poland develops a prosthetic leg a blind amputee using an obstacle sensor, thefirstnews.com, November 17, 2019; https://www.thefirstnews.com/article/getting-a-leg-up-boffins-develop-seeing-leg-for-blind-amputee-8748
Watch how she plays the piano effortlessly; https://www.youtube.com/watch?v=IBVOnAGKJ9s
Research Corner

Sam Greenberg is a Sociology Honors student at the University of Michigan and is currently working on his senior thesis; Studying how people incorporate prosthetic limbs into their identities.

Participation requirements:
- Amputee
- Wear prosthetic limb(s)

An in-person interview will take place and take approximately 45 -60 minutes and can be done at your convenience.

If you interested in participating in this research project, have questions or would like more information, please contact:
Sam Greenberg
Phone: (734) 845-2529

The University of Michigan has created a 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, Clinical Research Coordinator
Phone: (734) 647-5514
Email: klucinda@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:
   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:
      Catherine Kinnaird
      Phone: 734-764-6395
      Email: kinnaird@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

Upcoming Events

➢ Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, December 7th, 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 about this class and to reserve a spot, please call: 248-454-1715 or visit the website; https://www.fredastaire.com/bloomfield-hills/2183-2/

➢ Japanese artist, Mari Katyama exhibit, Saturday, October 12, 2019 - January, 26, 2020 at the University Museum of Art, Irving Stenn Jr. Family Gallery. Mari is an amputee who uses her body as art, combining photography, sculpture, and textile.

➢ UMaise Wheelchair Tennis 2019-2020 Season, meets weekly from 7:00-9:00 PM and held at the UM Varsity Tennis Center, 2250 S. State St., kids and adults welcome. For more information or for questions, please contact: seonghee@med.umich.edu or PMR-UMAISETR@UMICH.EDU
- **Rollverines Basketball Recreational & Competition 2019-2020 season.** This Jr. wheelchair basketball team is open to youth, ages 5-18 with physical impairments limiting their ability to participate in able-bodied basketball. Weekly practices are held on Mondays, September, 2019 – May, 2020 from 5:30-6:30 pm for the competition team, 6:30-7:30 pm for the recreational program. For questions, directions or for more information, please contact PMR-UMAISETR@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](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: [http://www.annarborcil.org](http://www.annarborcil.org)

- **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](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/](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](https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702)

Have a safe and happy holiday season!

Carla