Hello,

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

As we approach Thanksgiving and the upcoming holidays, is that they will look and feel very different. The one thing that this year has brought us, is a determination that we can make it through even the toughest of times.

With this year almost behind us, I am hopeful that 2021 will be a year that we can gather once again safely with friends and family.

Some Fun Facts about December...
Spiders and spider webs are considered good luck on Christmas.
The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
An ancient legend states that forest animals can speak in human language on Christmas Eve.
December 28th is considered by some to be the unluckiest day of the year.
“Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!

Just for fun...
It’s time once again for a much needed animal break.

Golden Tiger cubs, rarer than pandas, were born in China recently, NY Post;

Sit back, turn up the volume and enjoy this compilation of animal and nature videos, youtube;
https://www.youtube.com/watch?v=xtrebRh0Xuw

Entertainment News...
Romp is celebrating 15 years of helping amputees around the world with a mass celebration hosted by Michigan native, Zach Gowen (you know him from America Ninja Warrior and two time U-CAN presenter) that will take place on Saturday, December 5th at 7 PM. The cost is free and will be livestreamed on Zoom. There will be entertainment, surprise guests, inspiring stories and more.
For more information, click on the link below for more information;

**Act of Kindness segment**
I hope you enjoy the 2 stories I chose for this month. Enjoy!

Woman watching pig livestream jumps into action, CBS News;
https://www.cbsnews.com/video/a-pig-in-a-pickle/

A special thank you to frontline workers this holiday season, NBC Nightly News;

**And now for a few laughs...**
Here are 2 more cartoon funnies for your holiday enjoyment!

![Image of a chicken and turkey]

**Nopolymon aka T. Coffin**

![Image of a farmer with turkeys]

by gerbet
https://www.flickr.com/photos/12629613@N03/4121486980/sizes/s/in/photostream/
I leave you all with a poem I thought was fitting for the upcoming holiday season.

“The Power of One”  by Ashish Ram

One song can spark a moment,
   One flower can wake the dream.
One tree can start a forest,
   One bird can herald spring.
One smile begins a friendship,
   One handclasp lifts a soul.
One star can guide a ship at sea,
   One word can frame the goal.
One vote can change a nation,
   One sunbeam lights a room.
One candle wipes out darkness,
   One laugh will conquer gloom.
One step must start each journey,
   One word must start each prayer.
One hope will raise our spirits,
   One touch can show you care.
One voice can speak with wisdom,
   One heart can know what’s true.
One life can make the difference,
   You see, it’s up to you!

**U-CAN Meeting**
Our next U-CAN meeting will be held on **Tuesday, December 1st, 2020 from 5:30-7:30 PM.** Join us for our first ever **Virtual Holiday Party!** I hope you can join us for the last meeting of the year. I know it will be different this year but we’ll still have lots of fun. We have our first ever **virtual “white elephant party”!** Make sure you have your gift ready and join us a fun evening.

Brittany and I look forward to seeing you.

For a reminder on how to connect, the instructions are listed below. For those that have the link/app loaded on to your device, no need to follow the steps below. Remember, you are able to join the meeting utilizing your computer, tablet or phone. You also have the option of calling in.

**Instructions for Dial- in:**
Enter the Meeting ID: 561841736

Click here to join the meeting if you are using a computer or laptop that is not a Mac; https://bluejeans.com/561841736/9250?src=htmlEmail

Instructions for using your computer, tablet or mobile device:

1. Find your device type and click the download button (for phones or tablets, it will take you to another window, which will be the Apple App Store or the Google Play Store)

Android Phone or Tablet:

Mac Computer

Windows Computer

2. Once downloaded, open your Blue Jeans application on your device
3. There will be an option to “Join a Meeting” on the main screen. Click or tap this option.

4. Enter the meeting ID (you do not need a passcode) and select how you want to join:
   a. Audio and Video (will share your video and allow you to hear/speak during meeting)
   b. Dial in (will call in with just your voice, no video, and will allow you to hear/speak during the meeting)

5. You will be added to the meeting (there may be a slight delay with your video and audio

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

Quote of the month: “Confidence is the ability to feel beautiful without needing someone to tell you” - Mandy Hale

Articles

- Adapting your home one modification at a time, livingwithamplitude, November 2, 2020; https://livingwithamplitude.com/article/adapting-your-home-one-modification-at-a-time/
- Robot bicycle helps people with disabilities compete in cycling events, ajudaily.com, November 2, 2020; https://www.ajudaily.com/view/20201102174721162
   Click here to read more (in and from this article) 13 prosthetics that appear to have come from the future; https://interestingengineering.com/13-prosthetic-arms-and-legs-and-more-that-appear-to-have-come-from-the-future
- Researchers say “electronic skin” can measure health data, theengineer.co, November 9, 2020; https://www.theengineer.co.uk/electronic-skin-recyclable-wearable-devices/
- Lifeguard who has 1 leg, rescues driver who plunged into the water in New Jersey, newyork.cbslocal, November 12, 2020; https://newyork.cbslocal.com/2020/11/12/amputee-lifeguard-anthony-capuano-suv-into-water-bayonne/
- Amputee relies on the help of 130 pound Rottweiler, Edmonton.ctvnews, November 13, 2020; https://edmonton.ctvnews.ca/the-outside-world-is-less-terrifying-amputee-relies-on-help-of-
Research Corner

- 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 below to start: [https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNai6qEqC2zR15iYklsUYLO5GnEVwBurfOJgL25Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNai6qEqC2zR15iYklsUYLO5GnEVwBurfOJgL25Q/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_1N8uu15nGTDi0qF

For more information about this study, please contact:
Sara Olsen, MS MPH
Email: solsen@umd.edu
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 33rd Hartford Ski Spectacular, December 1-3, 2020, hosted by Move United. The event is virtual this year and free to attend. Take a look at the calendar of events for the many topics and guest speakers. To register or for more information, visit the website; https://www.moveunitedsport.org/virtual-ski-spectacular-2020/

- Experience what Michigan has to offer throughout the fall virtually and in-person. Visit the website for more information and for a calendar of events; https://www.michigan.org/events/month

- Ann Arbor Center for Independent Living is offering virtual art classes, movie nights along with other resources and activities. Check out their website for more information; https://www.annarborcil.org/calendar/

- National Kidney Foundation is sponsoring Enhanced Fitness Classes – They are offering helpful tools and links for fitness during this time. Please visit the website for more
information: [https://www.nkfm.org/enhance-fitness](https://www.nkfm.org/enhance-fitness)

- **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/](https://makeyourbodywork.com/how-to-exercise-at-home/)

- **Free Adapted Fitness Exercise Workout Plan**, view the various at home workout routine/exercises that you can try for free; [https://www.specialstrong.com/adapted-fitness-exercise-workout-plan-home-or-gym/](https://www.specialstrong.com/adapted-fitness-exercise-workout-plan-home-or-gym/)

**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/](http://easyaccesstravel.com/)

Don’t forget about these adaptive workout resources that I have mentioned in the past. They are still available to utilize but you must pre-register to attend the classes;

- **Adaptive Adventures**: [https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp](https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp)

- **Move United**: [https://www.moveunitedsport.org/adaptathome/](https://www.moveunitedsport.org/adaptathome/)

**Ottobock**, has created a fitness app for amputees, available for apple and android users with specific exercises for lower and upper limb amputees. To download the app, visit; [https://www.ottobock.com/en/apps/fitness-app/?fbclid=IwAR2SwI05SMHEu612dajqrTyNKSGLD4crPO1HJU_QUDUpn9dkPcd3yHVAJs](https://www.ottobock.com/en/apps/fitness-app/?fbclid=IwAR2SwI05SMHEu612dajqrTyNKSGLD4crPO1HJU_QUDUpn9dkPcd3yHVAJs)

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