



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

February 2018

Hello,

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

Happy February to everyone! 2018 is moving right along and before you know it, spring will be in the air! With that said, Groundhog's day is Saturday, February 2nd. Let's hope for an early spring and hope that 'Phil' doesn't see his shadow!

Groundhog's day derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks. If he does not see a shadow due to cloudiness, spring season will arrive early.

This weather lore was brought from German-speaking areas where the badger is the forecasting animal. This appears to be an enhanced version of the lore that clear weather forebodes a prolonged winter.

The Groundhog Day ceremony held at Punxsutawney in central Pennsylvania has become the most attended. *Grundsow Lodges* in Pennsylvania Dutch Country in the southeast part of the state celebrate them as well. Other cities in the United States and Canada have also adopted the event.

If you would like to learn more about the history of Groundhog Day and take a look at the events, I have attached the link. It is quite interesting and is definitely on my to do list!

http://www.pennlive.com/life/2018/01/groundhog_day_2018_schedule.html

The Amputee Coalition (AC) launched a new initiative called "Amplify" Yourself. Its purpose is to make sure the voice of the limb loss and limb difference community is heard. Throughout the campaign, the AC will share stories of how people with limb loss and limb difference amplify their lives and spotlight the issues involved in getting prosthetic care covered. Access to quality prosthetic care is essential to life. No is not an answer or an option. You can get involved with the Amplify initiative in many ways; by writing your insurer, to your legislator and to your local community. For more information, visit the website: <http://amplifyyourself.org>

The **XXIII Winter Olympics** will be starting next month and the Paralympics will soon follow in March. Whether you are a sports fan or not, this year will be an interesting one to watch. With both events being held in South Korea and Russia not being allowed to participate, there will definitely be a different feel to the games. I wish all the athletes the best and for a safe Winter and Paralympic Games. The links for both games are provided below:

<https://www.olympic.org/pyeongchang-2018-> February 9 -25th

<https://www.pyeongchang2018.com/en/paralympics/index-> March 9-18th

Back by popular demand, Zach Gowen will be coming to O & P on Saturday, February 17, 2018 to teach yoga. Come out and join us for some fun and to learn some stretching techniques! Get all the details below in the **Upcoming Events Section.**

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, February 6th, from 5:30-7:30 pm**. On the agenda is Year in Review and group discussion.

Here's what's ahead at our next meeting

March 6th- UM prosthetic residents

Quote of the month: "Limitations live only in our minds" - Jamie Paolinetti

Articles

- Amputee bear rescued from cruelty gets to live in sunlight for the first time, sciencealert.com, December 27, 2017; <https://www.sciencealert.com/asiatic-black-bear-amputated-paws-bile-farm-rescued-vietnam>
- Quadruple amputee teen, from You Tube star to racing driver hopeful, bbc.com, January 1, 2018; <http://www.bbc.com/news/uk-england-derbyshire-42472292>
- Nepal sets new rules for climbing Mt. Everest, banning solo, blind and double amputee climbers, www.india.com, January 2, 2018; <http://www.india.com/travel/articles/nepal-bans-solo-blind-double-amputee-climbers-from-ascending-mount-everest/>
- Future prosthetic: towards the bionic human, theengineer.co.uk, January 4, 2018; <https://www.theengineer.co.uk/future-prosthetic/>
- Globetrotters surprise 10 year old amputee and wildfire survivor, purpose2play.com, January 5, 2018; <https://purpose2play.com/2018/01/04/globetrotters-surprise-wildfire-survivor-10-year-old-amputee/>
- This bionic hand has an extra trick up its sleeve- a sense of touch, digitaltrends.com, January 8, 2018; <https://www.digitaltrends.com/cool-tech/bionic-hand-sense-of-touch/>
- Self - Healing robot muscles may revolutionize prosthetic limbs for amputees, techtimes.com, January 12, 2018; <http://www.techtimes.com/articles/218640/20180112/self-healing-robot-muscles-may-revolutionize-prosthetic-limbs-for-amputees.htm>
- Model Lauren Wasser loses her second leg after surviving from tampon- related Toxic Shock Syndrome (TSS) back in 2012, theinsider.com, theinsider.com, January 17, 2018; <http://www.thisinsider.com/lauren-wasser-loses-second-leg-toxic-shock-syndrome-2018-1>
- Design with a difference, how design for one turns into design for all, nytimes.com, January 24, 2018; <https://www.nytimes.com/2018/01/24/arts/design/cooper-hewitt-access-ability.html>
- Meet Tammy Duckworth, the first double amputee woman elected to the US Congress and will be the first senator to give birth in office, bbcnews.com, January 27, 2018; <http://www.bbc.com/news/world-us-canada-42803733>
- Star Wars inspired arm allows amputee to play piano, reuters.com, January 28, 2018; www.reuters.com/video/2018/01/28/star-wars-inspired-arm-allows-amputee-to?videoId=389292409
- Iraqis hurt in battle struggle to survive as amputees, New Straits Times, January 31, 2018; <https://www.nst.com.my/world/2018/01/330606/iraqis-maimed-battle-struggle-survive-amputees>

Research Corner

- ❖ 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

- ❖ **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

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class, February 3rd 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. 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 go to the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>
- **Yoga with the American Ninja Warrior, Zach Gowen, University of Michigan Orthotic & Prosthetic Center, February 17, 2018, 11:30 am – 1 PM.** Wear loose clothing and come out and join us for some fun and stretching. For questions or for more information, please contact Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu
- **Michigan Adaptive sports ski clinics, January – March, 2018.** The lesson includes access to specialized adaptive equipment, a certified instructor, and a lift ticket. Upcoming dates are listed below:
February 3, 10 and 24, 2018 - Pine Knob
March 3 2018 - Crystal Mountain
March 4, 2018 - Crystal Mountain

For questions or for more information, visit the website: <https://www.michiganadaptivesports.com/lessons-and-guides>

- **First Swim, Dive & Snorkel Clinic, Sunday, March 4th, 2018, from 9:30 am- 12:30 pm, held at Eastern Michigan University, Michael Jones Pool at Olds Robb Student Recreation Complex.** The event is free and open to all ability levels but pre-registration is required. To register for the event or for questions, visit the website: <https://www.eventbrite.com/e/first-swim-first-dive-and-first-snorkel-clinics-at-emu-tickets-42473760160#tickets>

- **Amputee Coalition 2018 National Conference July 12-14th, Star pass Resort & Spa, Tucson, AZ.** For more information, visit the website: <https://www.amputee-coalition.org/events-programs/national-conference/>
- **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 month and stay warm!

Carla