Hello,

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

Happy February! Well, we are in our 2nd month of 2020 with Groundhog’s Day fast approaching. Maybe Punxsutawney Phil can tell us how much longer we have of ‘old man winter’!

February has 29 days this year! Leap year occurs every four years except years ending with ‘00’ that are not divisible by 400.

The day adjustment is needed every four years because it takes 365 days and 6 hours for the Earth to circle the Sun. An extra 24 hours thus accumulates every four years, requiring that an extra calendar day be added to align the calendar with the Sun’s apparent position. Without the added day, in future years the seasons would occur later in the calendar, eventually leading to confusion about when to undertake activities dependent on weather, ecology, or hours of daylight. So, by adding an extra day every four years, we get mighty close to keeping the calendar consistent with the earth’s annual trip around the sun, to be precise, every 365.242190 days!

**Announcements**

The 2020 Paralympics will be held this year in Tokyo, Japan from August 25th – September 9th. Some of you have asked me to share and post the information here. I have included the website here with all the event information, from the schedule to ticket information; https://tokyo2020.org/en/games/about/paralympic/

I am adding a new segment to the newsletter this year titled, ‘An act of kindness’. You may be wondering why. Well, with the disturbing world events and political climate, I feel we all need a little jolt of ‘feel good happiness’! So, I am asking for your help. If you know of a good story involving someone, something or even an animal, send it to me and I will I showcase it in the newsletter. Please send it to my personal email: cvollmer@med.umich.edu, not the U-CAN email.

I will start this segment off this month with a story I saw on the CBS Sunday morning show this past weekend. It showcases the University of Michigan. I hope you enjoy it; https://www.cbs.com/shows/cbs-sunday-morning/video/Ai5pGWhd5xHAAmzliOl1fMTpOvY8ySUX/strike-up-the-band/
Lastly, starting in March, the U-CAN monthly meetings can be accessed via video. You will be able to connect via computer or phone. I will be sending out all the information on how to join in over the next few weeks. I have chosen several people to test the system during February’s meeting so we know what to expect in March.

**Upcoming U-CAN Meeting**
Our next U-CAN meeting will be held on **Tuesday, February 4th, 5:30-7:30 PM.** On the agenda will be Joshua Nkonge, a master’s student at UM in medical Engineering who came to U-CAN back in June, looking for volunteers for a study on different socket designs. He spent the summer in Kenya interviewing amputees to find out their needs and then came up with a few designs for inexpensive sockets based on their needs due to the terrain and climate. Year in review and group discussion is also on the agenda.

**Upcoming meeting**
March 3rd- UM Prosthetic Residents
April 7th- Tour of College Park Facility in Warren, MI. *(Please note that our meeting will not be held at O & P this month)*

**Quote of the month:** “Peace, it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.” - Unknown

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**Articles**

- Exercise therapy for chronic pain might prevent suicide, overdose, medicalnewstoday.com, January 2, 2020; [https://www.medicalnewstoday.com/articles/327351.php#2](https://www.medicalnewstoday.com/articles/327351.php#2)
- UK company creating software to improve socket fit, The engineer, January 9, 2020; [https://www.theengineer.co.uk/radii-devices-prosthetic-devices-ces/](https://www.theengineer.co.uk/radii-devices-prosthetic-devices-ces/)
- Prosthetics project offers aid to amputees in the US and Canada, timescolonist.com, January
Former amputee Paralympic medalist has been nominated for the Laureus sporting moment of the last 20 Years and you can help her with your vote, sapeople.com, January 13, 2020; https://www.sapeople.com/2020/01/13/south-africas-natalie-du-toit-in-line-for-laureus-world-sports-award/

Amputee opens prosthetic company in Indiana and adopts a boy without a hand because of his own amputation, fox59.com, January 14, 2020, https://fox59.com/2020/01/14/amputee-opens-prosthetic-center-in-bloomington-adopts-boy-without-a-hand/


VA develops socket that can detect pressure points, techlinkcenter.org, January 23, 2020; https://techlinkcenter.org/technologies/prosthetic-socket-fit-sensor/

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**Research Corner**

- 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:
  Michael Gonzalez
  Phone: (954) 260-6024
  Email: magonzo@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:
  Michael Gonzalez
  Phone: (954) 260-6024
  Email: magonzo@umich.edu

- University of Michigan has 2 ongoing prosthetic research studies that are looking for volunteers to participate. They are listed below:

  **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:
  Michael Gonzalez
  Phone: (954) 260-6024
  Email: magonzo@umich.edu

**Upcoming Events**

- Parent & Child Network Pool Party, February 29th, 2020 from 12:30-3:30 PM at Mack
Indoor Pool, 715 Brooks Street, Ann Arbor. Lunch will be provided along with the cost of swimming for the kids. Please bring a swimsuit, swim gear (goggles, swim vest, etc), towel and dry clothes. Please RSVP by Tuesday, February 25th. For questions or for more information, please contact: Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu

- Michigan Adaptive sports learn to ski clinics from January – March 2020. They provide introductory ski lessons for persons of all ability levels, The lesson includes access to specialized adaptive equipment, a certified instructor and a lift ticket. The dates for 2020 are listed below:
  
  Pine Knob dates are as follows- February 1st, 8th, 22nd and 29th, 2020
  Crystal Mountain dates- March 7th & 8th

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

- MT. Brighton adaptive sports has individual and group ski lessons available. For questions or for more information, please visit the website: http://mtbadaptivesports.org/skiing2.php

- OPAF First Swim, Dive and Paddle Clinic, Sunday, March 15th, 2020 from 9:00 am- 12:00 PM at EMU (Eastern Michigan University) Jones Pool. The event is free but you must pre-register to attend. To register for the event or for more information, please visit the website: https://www.eventbrite.com/e/emu-first-swim-first-dive-first-paddle-clinics-registration-89093104875

- 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

- Ballet Chelsea Adaptive Dance program, started in January, held on Wednesdays from 4:30-5:15 PM, Ann Arbor Center of Independent Living (AACIL), 3941 Research Park Drive, AA. Classes are free but must register to attend. For more information, please contact: Will Purves, 734-475-3070, wpurves@aacil.org

- Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, February 1st, from 11:00 – 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;
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

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: https://www.annarborcil.org/calendar/

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/enhance-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/

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!
Carla