



Hello,

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

Happy February! I can't believe that we are near the 2<sup>nd</sup> month of the new year already! Time is sure flying by. I hope this finds everyone safe and well. It is difficult keeping busy during the winter but there this is a good time to catch up on that 'To Do' list you have been wanting to get to! I know I'm trying to get to it myself! Ha!

There are several free at home exercise programs that are adapted and I have listed them below. If you find an interesting story, event or anything else you would like to share with the group, please send it my way. I will be happy to share it.

### ***Fun Facts about February...***

Did you know that it is one of the most frequently misspelled words in the English Language.

Ground hog Day, February 2<sup>nd</sup>, is based on a German superstition. But, in Germany, its a Badger that forecasts the early spring or long winter.

February is national snack food month! Way before the Super Bowl took over the first weekend of the month, it was pretty slow for snack sales—and National Snack Food Month was born. Sales are up a little bit now.

Valentine's Day is not just for humans! Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.

### ***This will make you smile....***

Patient dog waits for days outside hospital, The Guardian;

<https://www.theguardian.com/world/2021/jan/22/patient-dog-waits-for-days-outside-hospital>

### ***And now for a few laughs...***

Last minute Valentine Day gifts at CVS,

<https://www.nbc.com/saturday-night-live/video/valentines-day-commercial/n45814>

[Act of Kindness segment](#)

Here are 2 stories that touched my heart this month. Enjoy.

ICU nurse and Covid patient have a story to share, CBS News;

<https://www.cbsnews.com/video/icu-nurse-and-covid-19-patient-have-message-for-divided-country/>

Limping dog copies his injured owner out of sympathy, sky news Australia;

<https://www.youtube.com/watch?v=DH8GdWBqM6Q>

**Looking for adaptive workout resources to stay active and moving, here is a list of free resources;**

***Adaptive Adventures:***

<https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp>

***Move United:***

<https://www.moveunitedsport.org/adaptathome/>

### **U-CAN Meeting**

Our next U-CAN meeting will be held on **Tuesday, February 2nd, 2021 from 5:30-7:30 p.m.** We look forward to seeing you.

Starting with our February meeting, we will no longer be using Bluejeans for our monthly virtual meetings. Zoom will be our new video conferencing application. Since we are using it under the University of Michigan, there is no time limit.

The instructions are listed below to join by phone(dialing in), computer, laptop or tablet.

**To join the meeting by phone, dial number and follow the prompts:**

**312 -626- 6799**

**Enter the Meeting ID: 971 2570 1913**

Click the link below to join the meeting;

<https://umich.zoom.us/j/97125701913>

Enter meeting ID: **971 2570 1913**

### **Creating your own account**

To sign up for your own free account, visit [zoom.us/signup](https://zoom.us/signup) and enter your email address. You will receive an email from Zoom ([no-reply@zoom.us](mailto:no-reply@zoom.us)). In this email, click **Activate Account**.

### **If Joining from a Mobile Device**

If you are joining from a mobile device (Android smartphone/tablet, Apple iPhone/iPad) then it will simply prompt you to download the Zoom Cloud Meetings app from the App/Play Store.

### **If Joining from a Computer**

When entering a Zoom meeting for the first time from a computer you will need to download a small application file.

1. Open web browser to Chrome.
2. Enter “**join.zoom.us**” in the address field which brings up “**Join a Meeting**”
3. Enter the **meeting ID** (*listed above*)
4. Click **Join**. If this is your **first time joining** from Google Chrome, you will be asked to open the **Zoom** client to **join** the **meeting**.

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

**Quote of the month:** “Mastering others is strength, mastering yourself is true power” - Lao Tzu

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## **Articles**

- Five new postage stamps that celebrate the spirit of American Innovation that are available now, news.mit.edu; <https://news.mit.edu/2020/new-us-postal-stamp-highlights-mit-research-0802>  
[https://store.usps.com/store/product/buy-stamps/innovation-S\\_476204](https://store.usps.com/store/product/buy-stamps/innovation-S_476204)
- Physical Therapist Cosi Belloso is educating, informing and empowering amputees, ospreyobserver.com; <https://www.ospreyobserver.com/2020/12/physical-therapist-cosi-belloso-is-educating-informing-and-empowering-amputees/>
- Making care giving and care receiving an equal partnership, livingwithamplitude.com, January 3, 2021; <https://livingwithamplitude.com/article/making-caregiving-and-care-receiving-an-equal-partnership/>
- Engineer uses AI technology to power his prosthesis movements, bloomberg.com, January 5, 2021; <https://www.bloomberg.com/news/videos/2021-01-05/bringing-ai-to-prosthesis-video-kjka1flk>
- Road to Tokyo: 5 amputee paralympians on the rise, livingwithamplitude.com, January 6, 2021; <https://livingwithamplitude.com/tokyo-paralympics-amputee-athletes-on-the-rise/>
- Amputees and exercise, check it out and take the survey, livingwithamplitude.com, January 6, 2021; <https://livingwithamplitude.com/amputee-exercise-research-study-move-united/>
- Perceiving prosthesis as lighter thanks to neurofeedback, sciencedaily.com, January 8, 2021; <https://www.sciencedaily.com/releases/2021/01/210108093906.htm>
- The Wikipedia of bionic limbs, livingwithamplitude.com, January 12, 2021; <https://livingwithamplitude.com/bionic-limbs-information-bionics-for-everyone/>
- Hemp gives amputees a material advantage, livingwithamplitude.com, January 13, 2021;

<https://livingwithamplitude.com/hemp-prosthesis-for-amputees-human-plant-solutions/>

- The funniest quad amputee rapper/gamer on Tik Tok, livingwithamplitude.com, January 20, 2021; <https://livingwithamplitude.com/nubs-quadruple-amputee-rapper-tiktok/>
- Pilot and Airforce Academy grad makes history as the first female amputee to return to flying, Denver.cbslocal.com, January 18, 2021; <https://denver.cbslocal.com/2021/01/18/christy-wise-air-force-amputee-return-flying-air-force/>
- Electrical Stimulation restores movement for paralyzed, eandt.theiet.org, January 22, 2021; <https://eandt.theiet.org/content/articles/2021/01/the-neuroscientist-changing-the-meaning-of-spinal-cord-injury/>

## **Research Corner**

- ❖ A graduate student, Blake Loudermilk, in the Orthotics and Prosthetics program at Eastern Michigan University is conducting a research survey on prosthesis satisfaction and cosmetic appearance of prosthetic sockets.  
The purpose of this research study is to observe data trends as they relate to age, gender, prosthesis satisfaction, and cosmetic appearance.

Participation Requirements:

- Age 18 years and older
- Transtibial (Below Knee) amputees
- Complete a survey that consists of 11 questions and should take between 5-10 minutes to complete

Below is the link to the survey. Click on the link to start:

[https://docs.google.com/forms/d/e/1FAIpQLScfleG\\_9DynKU1YIH2J91mCSYrAS5ngOahd3Ml0cUD1b26\\_FQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScfleG_9DynKU1YIH2J91mCSYrAS5ngOahd3Ml0cUD1b26_FQ/viewform)

For more information about this study, please contact:

Bladke Loudermilk

Email: [blouderm@emich.edu](mailto:blouderm@emich.edu).

- ❖ 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 to start:

<https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNaii6qEqC2zR15iYklsUYLO5GnEVwBurfOJgL25Q/viewform>

For more information about this study, please contact:

Fazia Farha

Email: [ffarha1@emich.edu](mailto: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](mailto: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\\_1N8uuI5nGTdi0qF](https://umdsurvey.umd.edu/jfe/form/SV_1N8uuI5nGTdi0qF)

For more information about this study, please contact:

Sara Olsen, MS MPH  
 Email: [solsen@umd.edu](mailto:solsen@umd.edu)  
 IRB package ID: 1599600-1

- ❖ ***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](mailto: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](mailto: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](mailto: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**

- **Experience what Michigan has to offer throughout the winter virtually and in-person.** Visit the website for more information and for a calendar of events; <https://www.michigan.org/events/month>
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home. Please visit the website for more information: <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/>
- **Zach Gowen is hosting an online virtual DDP Yoga Class being held on Sunday, February 1, 2021 at 1:00 PM.** There is a cost for this event. For more information, visit the link; <https://www.facebook.com/events/452616269104661/>
- **Zehnder's of Frankenmuth Snowfest, January 29-31<sup>st</sup>, 2021.** See snow and ice sculptures around the town on display. For more information, visit the website; <https://www.zehnders.com/snowfest/>
- **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/>

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 safe and happy New Year!

Carla