



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

January 2018

Hello,

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

The year of 2017 is coming to an end and with that the hope that 2018 will be a great year for all!
As I researched into how New Year's celebrations began, I found out there is quite a history with this holiday!

The history of New Year's day is an interesting one. New Year's is one of the oldest holidays still celebrated, but the exact date and nature of the festivities has changed over time. It originated thousands of years ago in ancient Babylon, celebrated as an eleven day festival on the first day of spring. During this time, many cultures used the sun and moon cycle to decide the "first" day of the year. It wasn't until Julius Caesar implemented the Julian calendar that January 1st became the common day for the celebration. The content of the festivities has varied as well. While early celebrations were more paganistic in nature, celebrating Earth's cycles, Christian tradition celebrates the Feast of the Circumcision of Christ on New Year's Day. However, in the twentieth century, the holiday grew into its own celebration and mostly separated from the common association with religion. It has become a holiday associated with nationality, relationships, and introspection rather than a religious celebration, although many people do still follow older traditions.

The Amputee Coalition (AC) launched a new initiative this year called "Amplify". 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. Speak up for yourself and for others. 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>

We are in the busy travel season and that means learning how to navigate the airport system. If you are wanting more information, the Amputee Coalition has put together some travel tips from the TSA. For more information, visit the website: <https://www.amputee-coalition.org/travel-tips-tsa/>

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

As a reminder, the January U-CAN meeting has been cancelled. Our next Meeting will be held on Tuesday, February 6, 2018. Our topic will be year in review and group discussion. See you in February.

Quote of the month: "However difficult life may seem, there is always something you can do and succeed at" -Steven Hawking

Articles

- TV soap opera, General Hospital to have a double amputee marine war veteran join the cast,

showbiz411.com, November 2017; <http://www.showbiz411.com/2017/11/13/general-hospital-about-to-reveal-a-first-double-amputee-marine-war-veteran-joins-cast>

- Amputee controls individual prosthetic fingers via ultrasound technology, techexplore.com, December 12, 2017; <https://techxplore.com/news/2017-12-amputee-individual-prosthetic-fingers-ultrasound.html>
- 'Blade runner legs' give maimed dog new lease on life, nst.com, December 13, 2017; <https://www.nst.com.my/world/2017/12/314025/blade-runner-legs-give-maimed-thai-dog-new-lease-life>
- The incredible story of the first quadruple pediatric amputee who received a hand transplant in whom researchers observed massive brain reorganization before and after the transplant, zmescience.com, December 13, 2017; <https://www.zmescience.com/science/hand-transplant-rewire-40432/>
- CNN Hero award of 2017 goes to advocate of disabled workers, cnn.com, December 19, 2017; <http://www.cnn.com/2017/12/17/world/amy-wright-2017-cnn-hero-of-the-year/index.html>

Research Corner

- ❖ A company 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, preferably those with upper limb phantom pain who would be willing to help us test this technology. The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her existing arm. The app will flip the video image, ultimately showing the participant a video where they can see two functioning arms and hopefully alleviate the phantom pain through a version of mirror therapy. The second phase will focus on lower limb phantom limb pain.

If you are interested in volunteering for this project, please contact:

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

pmgrant@wowway.com

- ❖ A Multidisciplinary Design team at the University of Michigan is working with a nonprofit organization called E-NABLE to improve the designs of their 3D printed prosthetic device for **Transradial** amputees. As part of their efforts to improve the device, we are interested in gaining feedback to drive the needed adjustments.

If you are interested in providing feedback about your experience using an upper limb prosthetic by participating in a brief interview, please contact:

Jackie Katz, jlkatz@umich.edu

- ❖ **Saginaw Valley State** University Occupational Therapy students are searching for participants for a study involving phantom limb pain and mirror therapy.

Participation requirements:

- 18 years of age or older
- are at least 3 months post-amputation
- currently experiencing phantom limb pain (PLP)

- ❖ **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, Saturday January 6th, 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/>
- **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:
 - January 6, 20 and 27, 2018 - Pine Knob
 - 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>
- **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/>
- **Oakland County Parks and Recreation** has adaptive recreation and assistive devices. Check out their website for more information; <https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx> They also have events throughout the fall, please visit the website for more information; <https://www.oakgov.com/parks/Pages/events.aspx>
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. They have a year round bowling league and a fitness gym that is open from 9 am- 4 pm Monday- Friday. For more details or for more information, check out their sports and recreation site:

<http://www.annarborcil.org/offices/recreation/about-sport/>

and their calendar of events: <http://www.annarborcil.org/events/>

- **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>

May you all have a Merry Christmas, Happy Kwanzaa and a safe and happy New Year!
Carla