



Hello,

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

It's that time again, another year signing off and a new one signing on! Where did the year go?

The end of a year is the time when we reflect on how the year has been and to think about what that new year will bring. Whatever the year 2018 was for you, may 2019 be a better one!

I thought it would nice to share a poem to kick off the New Year.  
May you and your families have a safe and happy new year.

**'Happy New Year Wish'** *by Joanna Fuchs*

My Happy New Year wish for you  
Is for your best year yet,  
A year where life is peaceful,  
And what you want, you get.

A year in which you cherish  
The past year's memories,  
And live your life each new day,  
Full of bright expectancies.

I wish for you a holiday  
With happiness galore;  
And when it's done, I wish you  
Happy New Year, and many more.

**Upcoming Meeting**

**A reminder that Our U-CAN meeting is cancelled for January. We will resume our meetings in February.**

Our next U-CAN meeting will be held on **Tuesday, February 5<sup>th</sup>, 5:30-7:30 pm**. On the agenda is, Year in Review & Group discussion. Hope to see you there.

**Quote of the month:** *"Character cannot be developed in ease and quiet. Only through the experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved."* – Helen Keller

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## Articles

- Researchers improve process to produce electronic skin, November 29, 2018; <https://www.healthleadersmedia.com/innovation/what-feeling-researchers-improve-process-produce-electronic-skin>
- Experience of phantom limbs lets amputees control real replacements, economist.com, November 29, 2018; <https://www.economist.com/science-and-technology/2018/12/01/experience-of-phantom-limbs-lets-amputees-control-real-replacements>
- 10 –year- old leads drive to recycle prosthetic limbs, cbc.ca, December 3, 2018; <https://www.cbc.ca/news/canada/manitoba/winnipeg-prosthetics-recycling-1.4928374>
- Woman fitted with world’s first 3D printed jaw, 9news.com.au, December 3, 2018; <https://www.9news.com.au/world/2018/12/03/15/28/cancer-patient-receives-world-first-reconstructive-procedure>
- Palestinian undergrads design artificial intelligent limbs responding to brain orders, xinhuanet.com, December 6, 2018; [http://www.xinhuanet.com/english/2018-12/06/c\\_137655376.htm](http://www.xinhuanet.com/english/2018-12/06/c_137655376.htm)
- Diabetic amputations on the rise in the US, reuters.com, December 12, 2018; <https://www.reuters.com/article/us-health-diabetes-amputations/diabetic-amputations-on-the-rise-in-the-u-s-idUSKBN1OB2OK>
- How animals thrive with three legs, nationalgeographic.com; <https://www.nationalgeographic.com/animals/2018/10/amputee-three-legs-animals-news/>
- PA man hopes to create shoes for those that are suffering, thecourierexpress.com, December 16, 2018; [http://www.thecourierexpress.com/news/state/davidsville-resident-hopes-to-create-shoes-for-those-suffering/article\\_331c814f-00c5-50dd-813f-6e49b7c3e103.html](http://www.thecourierexpress.com/news/state/davidsville-resident-hopes-to-create-shoes-for-those-suffering/article_331c814f-00c5-50dd-813f-6e49b7c3e103.html)
- Brain- controlled bionic limbs developed at MIT, boston.cbslocal.com, December 17, 2019; <https://boston.cbslocal.com/2018/12/17/mind-controlled-bionic-limbs-developed-at-mit-brigham-womens-hospital/>

## Research Corner

- ❖ **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:

Catherine Kinnaird

Phone: 734-764-6395

Email: [kinnaird@umich.edu](mailto:kinnaird@umich.edu)

- ❖ **University of Michigan Graduate Students** are looking for upper extremity volunteers who are willing to be interviewed to help them create a one-handed convenience product that would help people with limited or no mobility in one hand/arm.

Participation requirements:

- Have an upper extremity limb loss at any level or those with limited hand mobility

An interview will be conducted with 1-2 participants that will help the students get a glimpse into the everyday challenges that take place. The interview will take between 20 and 30 minutes.

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

Andrea Krusheski at: [akrush@umich.edu](mailto:akrush@umich.edu)

- ❖ **University of Michigan has 3 ongoing prosthetic research studies that are looking for volunteers to participate.** They are listed below:

***Evaluating and Improving Assistive Robotic Devices Continuously and in Real-time***

Participation requirements:

- 18+years old, unilateral transtibial amputation, K3 or above, prosthesis for 6 months, can walk 30 minutes at a time

Exclusions from this study include:

- History of orthopedic or neurologic disorder to intact limb, history of cardiovascular disease, unable to walk 30 minutes at time

***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:

Kelsey White (Study Coordinator)

Phone: 734-647-5514

Email: [klucinda@umich.edu](mailto:klucinda@umich.edu)

## Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, January 12<sup>th</sup>, from 11:00 am-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 or to reserve a spot, please call: 248-454-1715 or visit the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>

For more information, please contact Amy St. Amour at: [astamour@umich.edu](mailto:astamour@umich.edu)

- **Free Sitting Volleyball clinics sponsored by the VA: Saturday, January 12<sup>th</sup>, 2019 from 1:00-3:00 pm at Peace Lutheran Church Gym, 8260 Jackson Rd, AA.** Sitting Volleyball is recognized by the International Paralympic Committee. For questions, please call: 734-726-5225
- **Michigan Adaptive Sports learn to ski clinics from January-March 2019.** The lesson includes access to specialized adaptive equipment, a certified instructor, and a lift ticket. The dates for 2019 are listed below:
  - January 5, 12 and 26, 2019* - Pine Knob
  - February 2, 9 and 23, 2019* - Pine Knob
  - March 2 2019* - Crystal Mountain
  - March 3, 2019* - Crystal Mountain

For questions or for more information, visit the website;

<https://www.michiganadaptivesports.com/lessons-and-guides>

- **Mt. Brighton Adaptive Sports has group and individual ski lessons available, for more information, visit the website; <http://mtbadaptivesports.org> or contact Mike Waning, Ski & Snowboard School Director at: [Mwaning@VailResorts.com](mailto:Mwaning@VailResorts.com), (810) 229-9581**

- **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/>

Happy New Year to you and your families.  
Carla