Hello,

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

As the year 2019 comes to an end, may you reflect on the year with the hope that 2020 will be brighter and better!

I wish you and your families a safe and happy New Year!

At the sound of the tolling midnight bell
A brand new year will begin.
Let’s raise our hopes in a confident toast,
To the promise it ushers in.

May your battles be few, your pleasures many,
Your wishes and dreams fulfilled.
May your confidence stand in the face of loss,
And give you the strength to rebuild.

May peace of your heart fill all your days,
May serenity grace your soul.
May tranquil moments bless your life,
And keep your spirit whole.

By Unknown

Please note that there will be no U-CAN meeting held on January 7th, 2020. We will resume in February.

Upcoming meeting
February 4th- Year in Review & group discussion

Quote of the month: “In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future.” — Mehmet Murat ildan
**Articles**

- Since losing her foot to cancer, giving new limbs to others has helped her feel whole again, charlotteobserver.com, November 27, 2019; https://www.charlotteobserver.com/living/health-family/article237659819.html
- International Day of people with disabilities, from the sporting arena to the corporate boardroom, these people are conquering the impossible, yourstory.com, December 3, 2019; https://yourstory.com/herstory/2019/12/international-day-people-disability-inspirational-women
- Researchers develop artificial brain cells that could power prostheses, stuff.co.nz, December 4, 2019; https://www.stuff.co.nz/national/health/117916379/bionic-medicine-artificial-brain-cells-could-cure-heart-failure-paralysis
- Double amputee finds strength and friendship through sled hockey, abc7chicago.com, December 9, 2019; https://abc7chicago.com/sports,double-amputee-finds-strength-friendship-through-sled-hockey/5741837/
- Surgeons test-drive the amputation of the future with a mail-ordered limb, rerouted nerve and prosthetic limb that grips like the real thing, statnews.com, December 12, 2019; https://www.statnews.com/2019/12/12/surgeons-test-drive-amputation-future-mail-order-limb-rerouted-nerve-prosthetics-like-real-thing/
- 11 Year-old amputee delivers 1,000 Christmas cards, aplus.com, December 16, 2019; https://aplus.com/v/93457/11-year-old-amputee-delivers-1000-christmas-cards/
- A business in GA is doing free decorative wraps for prostheses for the holidays, 13wmaz.com, December 18, 2019; https://www.13wmaz.com/article/news/local/the-dent-guys-wrap-prosthetics-for-free/93-6ffeabc7-367e-4443-b00e-77bf30f1e851
- Disability activist and amputee model (one of the first people who had a disability on the catwalk), dies at the age of 30, nytimes.com, December 22, 2019; https://www.nytimes.com/2019/12/22/fashion/Mama-cax-dead.html
- These prosthetic designers harness AI technology to assist India’s amputees, thenextweb.com, December 29, 2019; https://thenextweb.com/syndication/2019/12/29/these-prosthetics-designers-harness-ai-to-assist-indias-amputees/
identities.

Participation requirements:
- Amputee
- Wear prosthetic limb(s)

An in-person interview will take place and take approximately 45 - 60 minutes and can be done at your convenience.

If you interested in participating in this research project, have questions or would like more information, please contact:
Sam Greenberg
Phone: (734) 845-2529

- The University of Michigan has created a 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, Clinical Research Coordinator
Phone: (734) 647-5514
Email: klucinda@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:
Kelsey Ebbs
Phone: 734-647-5514
Email: 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:
  Catherine Kinnaird
  Phone: 734-764-6395
  Email: kinnaird@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
- Self-reported history of neurologic disorders, visual impairments, and/or balance impairments

Exclusions from this study include:

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

**Upcoming Events**

- **Japanese artist, Mari Katyama exhibit**, Saturday, October 12, 2019 - January, 26, 2020 at the University Museum of Art, Irving Stenn Jr. Family Gallery. Mari is an amputee who uses her body as art, combining photography, sculpture, and textile. *This will be the last month you can see her exhibit.* Hope you are able to visit her work.

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class** at the Fred Astaire Dance Studios in Bloomfield Hills- 2172 Franklin Rd. The date has yet to be decided, please contact the studio directly for the date and time in January. The contact information is listed at below.
  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; [https://www.fredastaire.com/bloomfield-hills/2183-2/](https://www.fredastaire.com/bloomfield-hills/2183-2/)

- **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- January 11 & 25th, 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](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

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

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: http://www.annarborcil.org

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/enhanced-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 safe and happy holiday season!
Carla