



Hello,

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

What a year! Twenty-twenty hit us hard and brought much sadness. But people were resilient, adapting quickly in the face of adversity and making our world a little brighter. I am ever so thankful for our front line workers.

My wish is that 2021 will be a better year for everyone, all over the world and that we will work to understand and appreciate one another a little more.

Some Fun Facts about January...

Julius Caesar added a 31st day to the month and completed it to the full month of January we practice now!

January was a monumental year for Alaska! As of January 3rd, 1959, Alaska officially became the 49th state of the United States.

The first ever Emmy Awards were held on the 25th of this month back in 1949.

In a lot of places around the world, 4th January is celebrated as Trivia Day.

Just for fun...

Santa adjusts to the new normal, CBS News;

<https://www.cbsnews.com/news/santa-coronavirus-pandemic-new-normal/>

And now for a few laughs...

With help from SNL, enjoy this comedy skit titled, "Amazon Echo". It is guaranteed to make you laugh! Enjoy!

https://www.youtube.com/watch?v=YvT_ggs5ETk

Act of Kindness segment

The story I chose to close out the year was just what we all needed! Enjoy! It will definitely bring a tear to your eye and a smile to your face. Enjoy!

Secret Santa surprises people again but this year by mail to essential workers, CBS News;
https://www.cbs.com/shows/cbs_evening_news/video/Cd6BmnZE2VKezui5BDKKzc1LGg2QKkmT/secret-santa-mails-christmas-cash-to-essential-workers/

I leave you all with a poem to close out 2020 and to ring in the new year.

Last Year, by Catherine Pulsifer

Last Year is gone I'm happy to say
We had our challenges almost every day
But a brand new year is a brand new start
And life will be good, I feel it in my heart.

They say not to look back
Just stay on track
Don't be discouraged, don't let it get you down
Otherwise you waste your year with lots of frowns.

So let this new year begin
I say this with a grin
Each day I know, we can overcome
The challenges- and there will be some.

But the good times
Will outweigh the bad times,
And moving forward I can see
We will be as happy as we can be.

U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, January 5th, from 5:30-7:30 PM.**
Join us for the first meeting of the new year!
We look forward to seeing you.

For a reminder on how to connect, the instructions are listed below. For those that already have the link/app loaded on to your device, no need to follow the steps below.

Remember, you are able to join the meeting utilizing your computer, tablet or phone. You also have the option of calling in.

Instructions for Dial- in:

734- 763- 1841

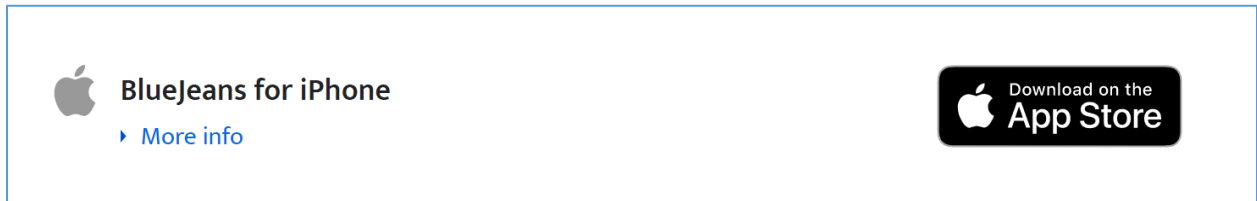
888-240-2560

Enter the Meeting ID: 561841736

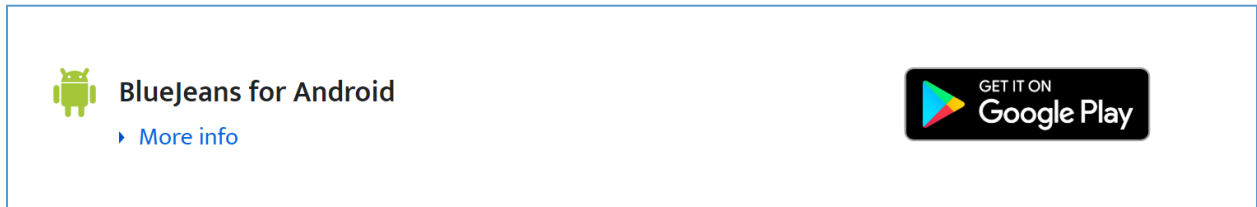
Click here to join the meeting if you are using a computer or laptop that is not a Mac;
<https://bluejeans.com/561841736/9250?src=htmlEmail>

Instructions for using your computer, tablet or mobile device:

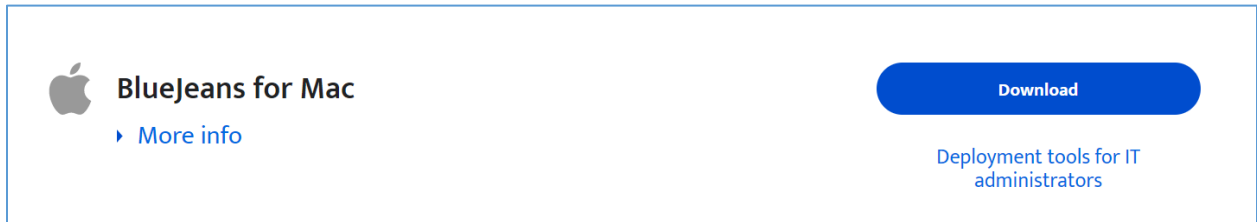
1. Find your device type and click the download button (for phones or tablets, it will take you to another window, which will be the Apple App Store or the Google Play Store)

A rectangular card with a white background and a blue border. On the left, there is a grey Apple logo followed by the text "BlueJeans for iPhone" and a blue link "More info" with a right-pointing arrow. On the right, there is a black button with a white Apple logo and the text "Download on the App Store".

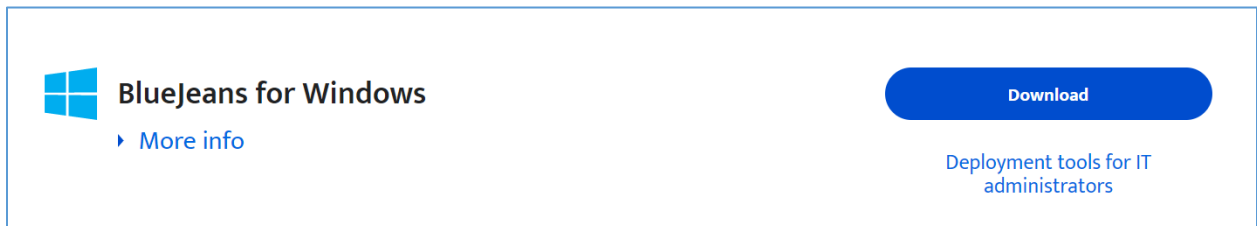
Android Phone or Tablet:

A rectangular card with a white background and a blue border. On the left, there is a green Android robot icon followed by the text "BlueJeans for Android" and a blue link "More info" with a right-pointing arrow. On the right, there is a black button with a colorful Google Play logo and the text "GET IT ON Google Play".

Mac Computer

A rectangular card with a white background and a blue border. On the left, there is a grey Apple logo followed by the text "BlueJeans for Mac" and a blue link "More info" with a right-pointing arrow. On the right, there is a blue button with the text "Download" and the text "Deployment tools for IT administrators" below it.

Windows Computer

A rectangular card with a white background and a blue border. On the left, there is a blue Windows logo followed by the text "BlueJeans for Windows" and a blue link "More info" with a right-pointing arrow. On the right, there is a blue button with the text "Download" and the text "Deployment tools for IT administrators" below it.

2. Once downloaded, open your Blue Jeans application on your device
3. There will be an option to "Join a Meeting" on the main screen. Click or tap this option.
4. Enter the meeting ID (you do not need a passcode) and select how you want to join:

- a. Audio and Video (will share your video and allow you to hear/speak during meeting)
 - b. Dial in (will call in with just your voice, no video, and will allow you to hear/speak during the meeting)
5. You will be added to the meeting (there may be a slight delay with your video and audio)

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

Quote of the month: *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."* - Maya Angelou

Articles

- Quadriplegic pilots race for gold in cyborg Olympics, spectrum.ieee.org, November 30, 2020; <https://spectrum.ieee.org/the-human-os/biomedical/bionics/quadruplegic-pilots-race-for-gold-in-cyathlon-brain-race>
- Books about amputees you might have missed, livingwithamplitude.com, December 2, 2020; <https://livingwithamplitude.com/top-books-about-amputees-limb-loss-2020/>
- The winners of the creative solutions contest (for recycling your prosthesis), livingwithamplitude.com, December 2, 2020; <https://livingwithamplitude.com/amputee-prosthetic-recycled-art/>
- Amputee jeweler defies disability to start over in exile, unhcr.org, 12/3/20; <https://www.unhcr.org/news/stories/2020/12/5fc803c44/venezuelan-jeweller-defies-disability-start-exile.html>
- Covid patient's comeback after amputations, cbs.com, December 8, 2020; https://www.cbs.com/shows/cbs_this_morning/video/KXXAX7fVZ267H8_975_JNTwVfmq6Cv6/covid-19-patient-recovers-after-multiple-amputations/
- Building the Limb Loss Registry, meet the doctor who is leading the effort and why, livingwithamplitude.com, December 9, 2020; <https://livingwithamplitude.com/amputee-statistics-limb-loss-registry/>
- Brain implant allows man to simultaneously control prosthetic limbs, interestingengineering.com, December 14, 2020; <https://interestingengineering.com/brain-implant-allows-man-to-simultaneously-control-prosthetic-limbs>
Watch how he uses the prosthetics to feed himself; <https://technical.ly/baltimore/2020/12/21/ai-robot-quadruplegic-johns-hopkins-applied-physics-lab/>
- Five amputees who made a difference in 2020, livingwithamplitude.com, December 15, 2020; <https://livingwithamplitude.com/five-amputees-2020-who-made-a-difference/>
- Amputee news a year in review, from the top 9 Covid amputee masks to progress in prosthetics, take a look a few top stories from 2020, livingwithamplitude.com, December 16, 2020; <https://livingwithamplitude.com/amputee-news-year-in-review-2020/>

- FDA approves prosthetic implant for above the knee amputations (osseointegration), fda.gov, December 18, 2020; <https://www.fda.gov/news-events/press-announcements/fda-approves-prosthetic-implant-above-knee-amputations>
- NFL players thrill 8- year-old amputee with legs for Christmas, orlandosentinel.com, December 19, 2020; <https://www.orlandosentinel.com/sports/ucf-knights/os-sp-gabe-davis-matt-milano-donate-prosthetic-legs-20201220-6picg5i5tbvhjstpvqyhgq4-story.html>
- Scottish researchers develop solar-powered e-skin, December 2020; <https://spectrum.ieee.org/tech-talk/robotics/robotics-hardware/solarbased-electronic-skin-that-generates-its-own-power>
- Exoskeletons may help the paralyzed walk, mindmatters.ai, December 20, 2020; <https://mindmatters.ai/2020/12/why-robotics-offers-hope-for-paraplegics/>
- Paralympic medalist cheers toddler's taking his first steps with prosthetic leg, December 28, 2020; <https://www.youtube.com/watch?v=ijtbJ90KThI>

Research Corner

- ❖ 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 below 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

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

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

For more information about this study, please contact:

Sara Olsen, MS MPH
Email: 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

- ❖ ***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

- ❖ **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

- ✚ 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>
- **Ann Arbor Center for Independent Living** is offering virtual art classes, movie nights along with other resources and activities. Check out their website for more information; <https://www.annarborcil.org/calendar/>
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering

helpful tools and links for fitness during this time. 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/>
- **Free Adapted Fitness Exercise Workout Plan**, view the various at home workout routine/exercises that you can try for free; <https://www.specialstrong.com/adapted-fitness-exercise-workout-plan-home-or-gym/>

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 these adaptive workout resources that I have mentioned in the past. They are still available to utilize but you must pre-register to attend the classes;

Adaptive Adventures:

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

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

Ottobock, has created a fitness app for amputees, available for apple and android users with specific exercises for lower and upper limb amputees. To download the app, visit;

https://www.ottobock.com/en/apps/fitness-app/?fbclid=IwAR2Swl05-5MHEu612dajqrTyNKSGLD4crPO1HJU_QUDUpn9dkPcd3yHVAJs

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