



Hello,

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

Happy summer everyone! Believe it or not, July is almost here! Whether your plans are big or small, I hope you are able to get out and enjoy this short season with some fun in the sun!

There are a lot of events going on now that the weather is warm, so please check out the **Upcoming Events section below**. There is a little something for everyone to enjoy!

There are just a few weeks left to reserve your ticket for the **'U-CAN Tiger Baseball Outing' on Sunday, August 12th**. Come out and join us for a fun afternoon at the ballgame. Family and friends are welcome. Transportation is provided, courtesy of U of M. Payment is due by July 10th, accessible seating is available and all seats are in the covered section of the ball park. The bus will leave at 11 am, game time is 1 PM. For more information, please go to the **Events** section listed below.

Lastly, I thought I would share a few of the many fun holidays that are being celebrated during the month of July. Enjoy!

International Joke Day- July 1st

World UFO DAY- July 2nd

National Bikini Day- July 5th

International Kissing Day- July 6th

National Free Slurpee Day- July 11th

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, July 3rd, 2018 from 5:30-7:30 pm**. On the agenda is an ice cream social. If you would like to bring a dish to share, please feel welcome to do so. Come out and enjoy the evening with us.

Here's what's ahead for our next meeting

August 5th- Nora Rosenblum will share swag and information from attending the Amputee Coalition Conference along with group discussion.

Quote of the month: "Sometimes what looks like an obstacle in your path is really a gift" –Jane Lee Logan

Articles

- University of South Florida students create 3D-printed prosthetic grip to help disabled Marine veteran play golf again, abcactionnews.com, May 30, 2018; <https://www.abcactionnews.com/news/region-tampa/usf-students-create-3d-printed-prosthetic-grip-to-help-disabled-marine-veteran-play-golf-again>
- We've reached a new level in bionics: artificial limbs we forget are artificial, futurism.com, May 30, 2018; <https://futurism.com/bionics-artificial-limbs/>

- Former bull rider takes recovery by the reins, O & P Edge, June 2018 issue; <https://www.opedge.com/Articles/ViewArticle/2018-06-01/former-bull-rider-takes-recovery-by-the-reins>
- New techniques could help diabetes sufferers avoid amputations, 9news.com. au, June 1, 2018; <https://www.9news.com.au/national/2018/06/01/19/09/new-technique-could-prevent-serious-diabetes-complications>
- Amputees get ready for world cup, khou11.com, June 3, 2018; <https://www.khou.com/video/sports/sports-extra/amputees-get-ready-for-world-cup/285-8148856>
- Professor's work empower's amputees to walk more naturally, utdallas.edu, June 4, 2018, https://www.utdallas.edu/news/2018/6/4-32981_Professors-Work-Empowers-Amputees-to-Walk-More-Nat_story-wide.html?WT.mc_id=NewsHomePage
- Double amputee runs 400m time that would have made the U.S. Olympics team, nbcsports.com, June 4, 2018; <https://olympics.nbcports.com/2018/06/04/blake-leeper-paralympics-400-meters-olympics/>
- Wounded amputee veterans catch waves and find freedom as Operation Surf kicks off in Huntington Beach, CA, The OCR, June 4, 2018; <https://www.ocregister.com/2018/06/04/its-pretty-freeing-wounded-veterans-catch-waves-as-operation-surf-kicks-off-in-huntington-beach/>
- This Stillwater, Minnesota 11th – grader designed a prosthetic foot, June 11, 20108; <https://www.twincities.com/2018/06/11/what-was-your-high-school-science-fair-project-a-stillwater-student-developed-a-prosthetic-foot/>
- Device designed for wounded soldiers now helping civilians regain mobility, June 16, ctvnews.ca, 2018; <https://www.ctvnews.ca/health/device-designed-for-wounded-soldiers-now-helping-civilians-regain-mobility-1.3976824>
- The making of realistic- looking skin for prostheses, popular mechanics, June 17, 2018; <https://www.popularmechanics.com/science/health/a21578420/hyper-realistic-skin-gets-made-bionic-limbs/>
- Quadruple amputee becomes national trampoline Champion, msn.com, June 19, 2018; <https://www.msn.com/en-my/video/offbeat/quadruple-amputee-becomes-national-trampoline-champion/vi-AAyU7x3>
- New 'e-dermis' brings sense of touch, pain to prosthetic hands, sciencedaily.com, June 20, 2018; <https://www.sciencedaily.com/releases/2018/06/180620171004.htm>
- Insurance coverage for prosthetic limbs would be mandatory in MI under new law, Michigan Radio, June 22, 2018; <http://michiganradio.org/post/insurance-coverage-prosthetic-limbs-would-be-mandatory-mi-under-new-bill>
- This smart prosthetic ankle adjusts to rough terrain, techcrunch.com, June 25, 2018; <https://techcrunch.com/2018/06/25/this-smart-prosthetic-ankle-adjusts-to-rough-terrain/>

Research Corner

- ❖ **Nova Southeastern University** is conducting a nationwide, online survey about amputee support groups: how do they work? Why do people join? How long do they stay in a support group? Why do they leave? Why do some come back after an absence? Why do people change the groups they belong to? Can technology play a part in amputee support?

Participation requirements:

- If you have attended or are currently attending an amputee support group

The survey is online and takes about 10 minutes to complete

If you are interested in completing this survey, please reach out to Ed Nathan PHD at: amputeesurvey2018@gmail.com He will then send you a link to the survey. Due to the nature of the research and for security reasons, the link has to be sent out to each individual.

Thank you for your interest and support for this research

❖ **The University of Michigan** **Department is currently in need of volunteers for 5 different studies.**
They are listed below:

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

Participation Requirements:

- Individuals who are 18 years or older
- Individuals who have a unilateral transtibial amputation, are a K3 or above prosthetic user, have worn their prosthesis for 6 months and can walk for 30 minutes at a time

Exclusions to participating: Individuals who have a history of orthopedic or neurologic disorders to intact limb, history of cardiovascular disease or unable to walk 30 minutes at a time.

➤ **Embodiment of Upper Limb Protheses (study ends December 2018)**

Participation Requirements:

- Individuals who are 18 years or older
- Individuals who have a unilateral transradial amputation, use a Body powered (BP), Myoelectric (MYO) prosthesis or both and have used the prosthesis for 6 months

Exclusions to participating: Individuals who have a self-reported history of neurologic disorders, visual impairments, balance impairments, and/or hearing loss (moderate, severe, or profound)

➤ **Characterizing Limits of Performance Imposed by Upper-Limb Protheses**

Participation Requirements:

- Individuals who are 18 years or older
- Individuals who have a unilateral upper limb amputation (transradial or transhumeral), use a BP or MYO prosthesis, or both and have used the prosthesis use for at least 6 months

Exclusions to participating: Individuals who have a self-reported history of neurologic disorders, visual impairments, and/or balance impairments

➤ **Mechanisms of Low Back Pain Development in People with Lower Limb Amputation**

Participation Requirements:

- Individuals between the age of 18-65 years old
- Individuals who have a unilateral transtibial amputation, independently ambulating for 2 months and are able to walk for at least 10 minutes unassisted

Exclusions to participating: Pathology or injury to intact limb, cardiovascular or neurologic disease, uncorrected vision problems, taking medication that affects your balance or ability to walk, residual limb length that prevents incorporating load cell or performing alignment adjustments

➤ **Determining the Potential Benefit of Powered Protheses (end Sept 2018)**

Participation Requirements:

- Individuals who are 18 years or older

- Individuals who have a unilateral transtibial amputation, K2/K3/K4, prosthesis for at least 6 months, able to walk unassisted for at least 10 minutes

Exclusions to participating: History of orthopedic or neurologic disorders to intact limb, history of cardiovascular disease, unable to walk for 30 minutes at a time (at least 10 unassisted)

If you would like to volunteer or would like more information on any of the studies listed, please contact:

Kelsey White (Study Coordinator) 734-647-5514 or klucinda@umich.edu

- ❖ **Graduate students** at the University of Michigan School of Business and the School of Public Health are conducting research related to above-the-knee (AK) amputees. The goal is to utilize an **online survey** to better understand amputees' prosthetic needs and how they access information.

Participation requirements:

- Above the Knee amputees
- Completion of a multiple-choice survey, approximately 15 minutes to complete & requires an internet connection.

The survey focuses on the prosthetic knee and how you gather information about prosthetic products. Data collected will not be used in any way to personally identify you or connect you in any way to specific answers. As a thank-you for your time, each person who completes the survey and is willing to share their name, will be entered into a raffle to win a \$25 Amazon gift card! Entering your name is **NOT** required. If you provide us with your name, it will not be used or distributed to anyone.

If you would like more information or have any questions, please contact:

Ron Longworth at: rlongwor@umich.edu.

- ❖ **A company in 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 with phantom limb pain, **upper or lower extremity**, to help test the technology. You will be compensated for your time and can come to you at your convenience.

The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her limb. The app will flop the video image, ultimately showing the participant a video where they can see two functioning arms and legs and hopefully alleviate the phantom pain through a version of mirror therapy.

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

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

pmgrant@wowway.com

- ❖ **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

- **U-CAN Detroit Tigers Game Outing, Sunday, August 12th, 2018, Game time- 1:00 PM. Price- \$34.25 a ticket, includes: transportation and a goodie bag for the bus ride. Seats are along the 1st base line and are in the covered section to protect us from the elements. Handicap seats are available upon your request.** Tickets will be mailed if you choose not to ride the bus. *The bus will depart from the Orthotic & Prosthetic Center in Ann Arbor no later than 11:15 AM.* Reservations are required and payment must be received by July 10th, 2018. Cash or check is accepted, checks can be made out to UMHS and your payment can be mailed to: **UM Orthotics & Prosthetics Center, 2850 S. Industrial Hwy, Suite 400, Ann Arbor, 48104, Attn: Carla.** For questions or for more information, please contact: Carla Vollmer: 734-975-7432; cvollmer@med.umich.edu
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, July 7th from 11 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 questions or for more information, visit the website: <https://www.michiganadaptivesports.com/lessons-and-guides>

- **University of Michigan Adaptive & Inclusive Sports Experience (UMAISE) is hosting 4 Adaptive Kayaking Clinics throughout the summer at Gallup Park Canoe Livery.** The clinics are free & for children & adults and their families with disabilities. All adaptive equipment needed will be provided. Registration is required. For more information, please contact PMR-UMAISETR@UMICH.EDU
- **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/>
- **Lucky Fin Project Weekend, July 13-15th, Embassy Suites, 850 Tower Dr., Troy MI.** An opportunity for families who have someone with a hand or upper limb difference to get together to share, network and celebrate. Weekend will include family friendly activities, special guests, food, live entertainment and music! Tickets are 0-\$20. Children 24 months and younger Free. For more information and for a list of scheduled activities for the weekend, please visit the website: <https://www.eventbrite.com/e/lucky-fin-project-weekend-2018-tickets-43534809788>
- **NubAbility Sports Camp, July 18-22nd, 2018, Duquoin, IL,** The camp is for kids for all limb differences. The mission is to encourage, inspire, and instruct - limb different youth. For more information about the camp, please visit the website: <https://www.nubability.org/summercamp>
- **The Michigan Amputee Golf Association has 4 yearly tournaments held in July and August.** For more

information, please visit the website; <http://maga.golf/events/>

- **U-CAN Summer Picnic, Saturday, September 8th, 2018, Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor** (the park is on Textile between Platt & State St). Family and friends are welcome. Come out and join us for fun afternoon of good food, games and good people! The shelter is reserved and the park is paved with clean accessible bathrooms close by. Bring a dish to pass. Please RSVP by September 5th, 2018. For questions or for more information, please contact: Carla Vollmer, 734-9675-7432, or at: cvollmer@med.umich.edu
- **SE Oakland County Amputee Support Group is hosting a variety of events this year:**
 - Bowling - Wednesdays-- June 27th, July 25th, August 22nd, from 3-5 p.m.**
 - Wyandotte Boat Cruise-Sunday, August 19th, 2018**
 - Cornwell Turkeyville U.S.A in Marshall Michigan, Saturday, November 17th, 2018 (Dinner and Play included)**

For more information about these events, please contact Kim Armitage at:
248-376-7973; bionicwmn1@att.net

- **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/>

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 relaxing 4th of July!
Carla