



Hello,

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

Summer officially started June 21st and so far it has not disappointed us! I am crossing my fingers for the rest of the season and hoping for the best!

As the 2019 year moves right along, the summer becomes the busy time for graduations, weddings and family reunions. It is also the time when most accidents happen occur. Please take your time and be careful out there.

Don't forget to check out the [Upcoming Events](#) section for all the great activities going on this summer. This list is long with many activities to choose from!

[Upcoming Meeting](#)

Our next U-CAN meeting will be held on **Tuesday, July 2nd, 2019, 5:30-7:30 PM**. We will be having an ice cream social with all the fixings! Please feel free to bring a dish to share if you would like. Come out and enjoy a nice evening with the group!

[Here's what's ahead for our next meeting](#)

August 6th- I will be sharing information and swag from the Amputee Coalition National Conference, along with group discussion.

Quote of the month: *"Every day may not be good but there is something good in every day"- unknown*

Articles

- After amputation, middle-schooler raises community awareness about limb loss, June 3, 2019; <https://www.newsleader.com/story/news/2019/06/03/middle-schooler-raising-awareness-limb-loss-after-amputation/1259559001/>
- Open source bionic leg: First of its kind platform aims to rapidly advance prosthetics, news.engin.umich.edu, June 5, 2019; <https://news.engin.umich.edu/2019/06/open-source-bionic-leg-first-of-its-kind/>

- Study examines the who, why and how of fall prevention among lower-limb amputees, O&P Almanac, June 9, 2019; [https://issuu.com/americanoandp/docs/6 - june/44](https://issuu.com/americanoandp/docs/6_-_june/44)
- Teen undergoes amputation, reconstructive surgery after shark attack, savannahnow.com, June 9, 2019; <https://www.savannahnow.com/zz/news/20190609/teen-attacked-by-shark-had-14-hour-surgery-to-rebuild-her-hands>
- Amputee college student sets golfing record, wibc.com, June 11, 2019; <https://www.wibc.com/news/local-news/marian-university-golfer-sets-record-amputee-long-drive-event>
- Bringing hope and mobility in the lives of Kenyan amputees, bethel.edu, June 11, 2019; <https://www.bethel.edu/news/articles/2019/june/greg-ekbom>
- Brain-computer interface could improve performance of prosthesis, theengineer.co.uk, June 13, 2019; <https://www.theengineer.co.uk/bci-prosthetics-neurons/>
- Cardio prosthetics get an added makeover, June 14, 2019; <https://www.theengineer.co.uk/cardio-prosthetics-get-additive-makeover/>
- Amputee makes USA surfing Team, ksby.com, June 17, 2019; <https://ksby.com/news/local-news/2019/06/17/ampsurf-founder-makes-the-u-s-surfing-team-will-compete-at-nationals>
- Arctic marathoner donates amputated toes to a Yukon hotel's infamous cocktail drink, anchorage daily news, June 14, 2019; <https://www.adn.com/outdoors-adventure/2019/06/14/arctic-marathoner-donates-amputated-toes-for-yukon-hotels-infamous-cocktail/>
- Ohio lawmakers considering changes to O & P license requirements, wyso.org, June 14, 2019; <https://www.wyso.org/post/prosthetics-organization-seeking-change-state-regulation>
- Study analyzes stumble response to build better prosthetic legs, sciencedaily.com, June 19, 2019; <https://www.sciencedaily.com/releases/2019/06/190619130257.htm>
- Designing a perfect –fit prosthetic for amputees, reuters.com, June 24, 2019; <https://www.reuters.com/video/2019/06/24/designing-a-perfect-fit-prosthetic-for-a?videoid=565159195>

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

- ❖ **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

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Wednesday, July 10th, 2019 from 11:30 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/>

- **OPAF First Friday swim clinics, Dow Bay City YMCA, June through August.** The swim clinics will teach basic water safety skills, transfers at poolside and swim strokes for individuals with limb loss. These classes are free but you do need to register prior to attending. **The first class will be on Friday, June 7th, 5:00-7:00 PM.** For more information, please visit the website: <https://firstfridayswimmichjune7.eventbrite.com>
- **Michigan Amputee Golf Association hosts 3 events annually- July 26th and August 16th.** For more information or to register for the events, please visit the website: <http://maga.golf/events/>
- **U-CAN Diamond Jack River Boat Tour Outing, July 27th, 1:00 PM, 2701 Van Alstyne St., Wyandotte, MI 48192.** The River boat will leave out of Wyandotte at 1:00 PM for a 2 hour narrated cruise. **Ticket prices: Adults, \$21, Seniors 60 years & older, \$19, children, \$16.** Please arrive by noon to get in line with the group to get your ticket. Boarding will be 30 minutes prior and you pay at that time. Parking is free and is accessible. After the boat tour, the group will be going out to eat near 1 of the close by restaurants by the waterfront. Come out for a nice afternoon with the group. Two of the U-CAN group members are organizing this event. If you would like more information or have any questions, please feel free to contact me (**my contact information is listed at the end of this email**)
- **UMAISE (University of Michigan Adaptive & Inclusive Sports Experience)** has a list of all their programs for the spring & the summer for kids and adults - kayaking, tree climbing, camping and more **Summer Kayaking sessions are July 13 and August 3rd, 2019.** To pre-register for the kayaking sessions, for more information or for a list of all the upcoming events, please visit the website: <https://medicine.umich.edu/dept/pmr/programs/umaise-university-michigan-adaptive-inclusive-sports-experience/current-programs>
- **Michigan State University Wheelchair Tennis Program & Tournament**, meet every Tuesday from 7:30-9:30 PM at the MSU Tennis courts. There are two local tournaments: July 11th-14th in Grand Rapids, & August 24th-25th in East Lansing. For more information about the weekly play and practice times or about the Tournaments, please contact: Gene at orlando@ath.msu.edu, or 517-432-0629 (office)
- **Lucky Fin Project Weekend, July 12th-14th, 2019**, Embassy Suites by Hilton Detroit Troy,

850 Tower Drive, Troy MI. For more information or to register for the event, please visit: <https://www.eventbrite.com/e/lucky-fin-project-weekend-2019-tickets-57534275567>

- **Amputee Coalition 2019 National Conference, July 25-27th in San Antonio, Texas.** Scholarships are available for 1st time attendees. For more information, visit the website at: www.amputee-coalition.org/events-programs/national-conference/
- **U-CAN Summer Picnic, Saturday August 17th, 12:00- 3:30 PM at Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor.** Family and friends are welcome. Come out and join us for fun afternoon. We will have games and food. The shelter is reserved and the park has accessible bathrooms. Please bring a dish to pass. For questions or for more information, please contact: Carla Vollmer, 734-9675-7432, cvollmer@med.umich.edu
- **Wheels and Heels HandCycle Race and Run, Saturday August 10th, 2019, Lake St. Clair Metro Park, Harrison Twp, MI.** For more information and to register, please visit the website: <https://www.rimfoundation.org/wheelsandheels2019.html>
- **11 Legged Lake Tour Bike Ride, Saturday, August 17th, Elk Rapids, MI.** The bike ride started with 6 teens, 1 of whom was an amputee to support their friend who passed away and 16 years later has become an annual bike outing to raise money for charity. This is the 16th annual bike ride benefiting Children's charities. Choose from 3 routes in beautiful northern Michigan, breakfast and lunch are included in the registration: \$35 individual, \$75 family. For more information, please visit the website: <https://11-leggedlaketour.weebly.com/>
- **Adaptive MoGo bike share program in Detroit till October 31st, 2019.** The bicycles will be available at Wheelhouse Detroit in Rivard Plaza. For more information, please visit the website: <https://mogodetroit.org/adaptive-mogo/>
- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2019, 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>
- **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/sites/default/files/documents/pages/2019_ef_brochure_washtenawlivingston2.27.pdf
- **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 good month!

Carla