MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

July 2020

Hello,

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

Summer officially started June 20th, welcome to summer everyone!

Did you know this year marks the 30th Anniversary of the ADA (Americans with Disabilities Act)! The ADA is a civil rights law that made it illegal to discriminate against people based on disability in the areas of employment, public accommodation, public services, transportation and telecommunications.

It was signed into law on July 26th, 1990 by President George Bush. It was a groundbreaking piece of civil rights legislation made possible by the thousands of people behind the disability rights movement who, over the course of history, challenged social barriers in search of justice. Happy 30th ADA!

There are many organizations hosting events throughout the month of July and throughout the year dedicated to this historic day. I have listed a few of the organizations along with their websites that are hosting virtual events:

1. **ADA of Michigan** is celebrating 5 weeks of events; https://mi-ada.org/
2. **ADA National Network** is hosting events throughout the month of July; https://adata.org/
3. **Romp (Range of Motion Project)** is hosting a global movement day on July 26th to hike, bike, climb or move to raise awareness for disability rights and fair access to care. They have links to participate for free or to sponsor someone but you can also just mark your calendars to participate on your own on this day; https://give.rompglobal.org/campaign/we-still-climb-2020/c288932

I have updated the **Upcoming Events Section** to include upcoming virtual events and activities. We've all had to adapt but the good news is there are a variety of options for keeping active. Please visit this section for a variety of activities to participate in from the comfort of your home.

Don't forget to check out the Virtual adaptive workout and Informational classes from *Adaptive Adventures and Move United* to keep you moving. All the classes are free but you must pre-register to participate. The links are listed below:

https://adaptiveadventures.org/programs/
https://www.moveunitedsport.org/adaptathome/

These past several months have been difficult to say the least. I have shed many a tear for all those suffering from the loss of loved ones to Covid 19 and for those suffering due to social injustice. We have to do better as a country and do better as individuals.
What gives me hope is the kindness I have seen from people standing together and helping one another. There have been many heroes throughout the course of these past several months. I salute them and am thankful for their strength and courage.

Please, be kind to one another and look out for your neighbor. We could all use a little smile and kindness these days.

Act of Kindness segment
I have chosen 3 stories this month. I hope you enjoy them.

Moments of grace and unity during these past weeks of protests, CBS News;
https://www.youtube.com/watch?v=7eKZBi_tbt4

Watch how this teen was rewarded from the kindness of strangers for cleaning up his hometown for 10 hours, CNN news source;
https://local21news.com/news/nation-world/18-year-old-given-car-full-ride-to-college-after-spending-hours-cleaning-up-after-protest

Watch how this young boy who loves the game of baseball asks for help from Babe Ruth, CBS News,
10- year-old baseball fan pleads to Babe Ruth for the baseball season to return, CBS evening news;
https://www.youtube.com/watch?v=YG-jae8uEUI&list=PLotzEBRQdc0eX6sErNJED9JuHzJ1vcIu_&index=1

U-CAN Meeting
Our next U-CAN meeting will be held in person on **Tuesday, July 7, 2020 from 5:30-7:30. The meeting will be held at the A & W in Dexter: 8220 Dexter Chelsea Rd.**

We will meet at the outside accessible eating area. Please be mindful about social distancing and please wear a mask. I will bring wipes and Purell for everyone.
I hope you are able to come out and join us for a nice evening with great people!

Please note that in case of inclement weather, we will meet at the Marsh View Meadows Park shelter. The park has accessible bathrooms and the shelter is big enough to social distance.
Address: 300 E Textile Rd, Ann Arbor, MI 48108.

Upcoming meetings
August 4th & September 1st meetings will be held outside. I will update you on where they will be held.

Quote of the month: *"The struggle you're in today is developing the strength you need for tomorrow"*- Linda Heeler

Articles

- Read how this paralympian's quest for equality in sports for paralympians proved to be successful, livingwithamplitude.com; https://livingwithamplitude.com/paralympians-equality-katie-holloway-amputee/
- Meet Tilly- the amputee who defied doctor's predictions to learn to play the piano, pianistmagazine.com, June 2, 2020; https://www.pianistmagazine.com/news/meet-tilly-lockey/
- What do the street protests over George Floyd's death have to do with limb loss, livingwithamplitude.com, June 3, 2020; https://livingwithamplitude.com/black-lives-black-limbs-amputation/
- How these school kids are spreading 'pawsitivity' by creating 3D-printed artificial legs for amputee dogs, indiatoday.com, June 2, 2020; https://www.indiatoday.in/education-today/how-i-made-it/story/class-10-girls-making-prosthetic-legs-for-street-dogs-pawsitivity-project-1684722-2020-06-02
- Three mobility writers Imagine the future of mobility assistance, themighty.com, June 4, 2020; https://themighty.com/2020/06/toyota-mobility-challenge-disability-going-further/
- Documentary chronicles sledge hockey team, pembinavelleyonline.com, June 6, 2020; https://pembinavalleyonline.com/local/morden-athlete-and-team-subject-of-new-sports-documentary
- 5 predictions for Wearable technology: from Fitness trackers to Humans 2.0, forbes.com, June 8, 2020; https://www.forbes.com/sites/bernardmarr/2020/06/08/5-predictions-for-wearable-technology-from-fitness-trackers-to-humans-20/#5e450aad65a5
- Fair insurance for amputees: the state of the states, amplitude magazine, June 10, 2020; https://livingwithamplitude.com/fair-insurance-for-amputees-state-by-state/
- Update to a story I featured in the June newsletter, Mayheim on the Mississippi- Double amputee Michigan native canoeing the Mississippi to prove that the only disability is fear, amplitude magazine, June 10, 2020; https://livingwithamplitude.com/paddling-to-persevere-amputee-canoe-mississippi/
- Woman who lost her leg as a child becomes Vogue model, metro.co.uk, June 16, 2020; https://metro.co.uk/2020/06/16/woman-who-lost-leg-hit-drunk-driver-child-becomes-vogue-model-12856155/
- Summer reading roundup, amplitude magazine, June 17, 2020; https://livingwithamplitude.com/summer-reading-amputee-news/
- Amputee fulfills dream of becoming a firefighter, kltv.com, June 19, 2020; https://www.kltv.com/2020/06/19/cadet-amputee-beats-odds-attending-east-texas-fire-academy/
- Unlimited Tomorrow unveils its new robotic upper limb direct to consumer prosthetic device, ptcommunity.com, June 23, 2020, click on the link in the article to see how it works; https://www.unlimitedtomorrow.com/?gclid=CjwKCAjwxev3BRBBEiwAiB_PWEn7LyDSROcu4deogyYY4

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- Cleveland VA testing new socket liners, blogs.va.gov, June 23, 2020; https://www.blogs.va.gov/VAntage/76095/new-technology-increase-comfort-prostheses/
- Triple amputee gets back in the saddle, kbtx.com, June 27,2020; https://www.kbtx.com/video/2020/06/27/triple-amputee-gets-back-saddle/
- Prostheses have come a long way, ranker.com, June 30, 2020; https://www.ranker.com/list/whoa-historical-prosthetics/mallory-weiler

Research Corner

❖ Liberating Technologies, a College Park Company is looking for volunteers who have a lower-limb loss to participate in a focus group. The goal is to obtain input directly from prosthetic users to guide the design of a prosthetic foot for active individuals.

Participation requirements:

- 18-80 years of age
- Have a BK prosthesis
- K4 level (if unsure, ask your prosthetist)
- Can understand and speak English
- Have internet access

If you are eligible, you will receive $150 for your participation.

For more information, please contact:
Jen Johansson
Phone (774) 233-0874
Email: Jen.johansson@liberatingtech.com

❖ AlphaSights, a global research firm, is looking for volunteers who are hand amputees that use a prosthetic device so they can better understand and improve the patient journey and really benefit from the patient experience. Their goal is to improve this journey and to address unmet needs with your help!

Participation requirements:

- Upper extremity hand amputee
- Currently use a prosthetic device

This is a paid volunteer opportunity.

For more information, please contact:
Rebecca Pasch
Phone (646) 453-6984
Email: rebecca.pasch@alphasights.com

- 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:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@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:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@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: 734-734-764-3858
Email: hframe@umich.edu

- ***University of Michigan has 2 ongoing prosthetic research studies that are looking volunteers to participate:***

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:
Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@umich.edu

Upcoming Virtual & Live Events

- **Virtual Northern Michigan events and activities during summer 2020**. This is a great way to enjoy the northern part of our state without leaving your home. Visit the website for a list of activities going on throughout the summer; https://mynorth.com/2020/04/online-northern-michigan-events-activities-during-covid19/

- **Michigan Amputee Golf Association (MAGA) is hosting 3 golf events for the 2020 season with a 4th staged by students**. The Events are held throughout the summer: July 24th-26th and August 14th. For more information about these events, please visit the website; http://maga.golf/events/

- **Amputee Coalition 2020 Virtual National Conference, August 20-22, 2020.** The national conference will be virtual this year and will be a great way for those that have never gone but have always wanted to. There will be a small fee to participate. Please visit the website for more information; https://www.amputee-coalition.org/events-programs/national-conference/

- **Experience Grand Rapids virtually!** This is a great way to visit museums and listen to concerts as well as summer camps for the kids. Please visit the website for all the events going on; https://www.experiencegr.com/events/virtual-events/

- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round along with open gym time. **Due to the coronavirus, the gym and other activities are unavailable.** But resources and other services are still available for those in need. For more information, visit the website at: https://www.annarborcil.org/how-we-help/

- **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

- **Amputee Coalition Travel Adventures -** want to plan your own trip or get information on a planned guided trip that is accessible, please 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

Please stay safe and well.
Carla