



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

June 2018

Hello,

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

June is right around the corner and summer is starting strong! Try to stay cool and enjoy the summer. With that said, I thought this would be a good time to share a few facts about the Summer Solstice.

The Summer Solstice is the day with the most hours of sunlight during the whole year. The word solstice is from the Latin *solstitium*, *sol* (meaning sun) and *stitium* (meaning to stop), reflecting the fact that the sun appears to stop at this time (and again at the winter solstice). The June solstice falls on Thursday, June 21st this year, in all the US and Canada time zones at 6:07 A.M.

In temperate regions, we notice that the sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle, causing the efficient warming we call summer. The timing of the solstice is not based on a specific calendar date and time. It depends on when the sun reaches its northernmost point from the equator.

Don't forget to check out the [Upcoming Events](#) section for all the great activities going on this summer. There are a variety of things to choose from and do!

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, June 5th, 5:30-7:30 pm**. We will meet at the A & W in Dexter, 8220 Dexter Chelsea Rd, Dexter, MI 48130. The meeting will be held in the outdoor picnic area. Come out and enjoy a root beer float (or whatever your preference might be) and the nice outdoors!

Please note that in case of inclement weather, we will meet at Aubree's in Dexter (about a ½ from A & W), 8031 Main street, suite 101, Dexter, 48130.

For those that would like to carpool, please be at the Orthotics & Prosthetic Center by 4:45 PM.

Here's what's ahead for our next meeting

July 3rd- Ice Cream Social and back at O & P

Quote of the month: *"Sometimes the things we can't change end up changing us"*- Anonymous

Articles

- Mitch Albom: Heroic amputee lost his leg but found something special, Detroit Free Press, May 6, 2018; <https://www.freep.com/story/sports/columnists/mitch-albom/2018/05/06/mitch-albom-sean-english-good-samaritan/583721002/>
- Artificial limbs give hope to Boko Haram, Nigeria amputees, the Citizen, May 7, 2018; <https://citizen.co.za/news/news-africa/1916394/artificial-limbs-give-hope-to-boko-haram-amputees/>
- After losing both legs, soldier recovers with sled hockey, NBC Nightly News, May 8, 2018; <https://www.nbcnews.com/nightly-news/after-losing-both-legs-soldier-famous-viral-photo-recovers-sled-n872246>

- Italian researchers develop a lighter, cheaper, robotic hand, Daily Herald, May 10, 2018; https://www.heraldextra.com/news/world/italian-researchers-develop-lighter-cheaper-robotic-hand/article_d6a923d2-ef56-51ff-96ab-fee85a8f5826.html
- 150 -pound amputee sea turtle released back into the ocean after rescue from fishing trap, kmov.com, May 13, 2018; <http://www.kmov.com/story/38177916/150-pound-amputee-sea-turtle-released-back-into-ocean-after-rescue-from-fishing-trap>
- The young amputees of the Wenchuan Earthquake, sixthtone.com, May 2018; <http://www.sixthtone.com/news/1002219/the-young-amputees-of-the-wenchuan-earthquake>
- The million dollar fit: Companies develop affordable prostheses for use in less resourced countries, May 2018 issue, O & P Edge; <https://opedge.com/Articles/ViewArticle/2018-05-01/the-million-dollar-fit-companies-develop-affordable-prostheses-for-use-in-less-resourced-countries>
- Double amputee makes history on Everest Summit, BBC News, May 14, 2018; <http://www.bbc.com/news/world-asia-44112710>
- Drew Brees, NFL Quarterback for New Orleans, delivers prosthetic leg to high school QB who needed an amputation after an on field injury, cbssports.com, May 17, 2018; <https://www.cbssports.com/nfl/news/drew-brees-delivers-prosthetic-leg-to-high-school-qb-who-needed-amputation-after-on-field-injury/>
- Russian amputee uses a 3D printed lever to enable him to deep sea dive and set a new world record, 3dprint.com, May 21, 2018; <https://3dprint.com/214339/3d-printed-deep-sea-diving-lever/>
- New tech may make prosthetic hands easier for patients to use, eurekalert.org, May 22, 2018; https://www.eurekalert.org/pub_releases/2018-05/ncsu-ntm052218.php
- The Rock plays an amputee in this Die Hard movie remake- ‘Skyscraper’, The Guardian, May 24, 2018; <https://www.theguardian.com/film/2018/may/24/how-rock-rolls-skyscraper-is-the-future-of-film>
- Athlete, studio blazing for Paralympic dance in the US, The Seattle Times, May 29, 2018; <https://www.seattletimes.com/nation-world/athlete-studio-blazing-trail-for-paralympic-dance-in-us/>

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 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.

- ❖ **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

***(Note that the last article in the above article section, was about this studio)**

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Sunday, June 3rd at 11 am 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
- **First Annual Golf Maize Outing (University of Michigan Adaptive & Inclusive Sports Experience), Friday June 8th, 2018 at Fellows Creek Golf Course, Canton MI.** For more information, contact Becky McVey at 734-936-5491 or visit the website: https://friends.umich.edu/site/Ecommerce;jsessionid=00000000.app212a?store_id=2344&NONCE_TOKEN=1BC792BA31E78AF17B6B27E24B730DEA
- **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 14-16th, 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 Detroit Tigers Game Outing, Sunday, August 12th, 2018. 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 from the elements. Handicap seats are available upon your request.** Tickets will be mailed if you choose not to ride the bus. **Reservations are required and payment must be received by July 10th, 2018.** For questions or for more information, please contact: Carla Vollmer: 734-975-7432; cvollmer@med.umich.edu
- **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 Great June and hope to see you at one of the events this summer!
Carla