



Hello,

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

I hope you all had a nice Memorial day weekend.

As we move forward in 2019 and hopefully into summer, make sure you are able to get out and enjoy the great outdoors. I know the rain will stop and we will get better weather soon!

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, June 4th, 2019, 5:30-7:30 PM. Please note the date (last month's newsletter had the wrong meeting date).** 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 is), good people and the nice outdoors!

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

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

Here's what's ahead at our next meeting

July 2nd, 2019- Ice Cream Social at O & P

Quote of the month: *"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible"* - Francis of Assisi

Articles

- Mideast must step up help for amputees, asiatictimes.com, April 30, 2019; <https://www.asiatictimes.com/2019/04/opinion/mideast-must-step-up-help-for-amputees/>
- Cedarville University students develop prosthetic weightlifting arm, spectrumnews1.com, May 7, 2019; <https://spectrumnews1.com/oh/columbus/news/2019/05/07/lending-a-hand--engineering-students-build-prosthetic-arm-for-fellow-student--#>
- Afghan 6 year- old amputee dances with delight after receiving prosthetic limb, newsky.com, May 10, 2019; <https://news.sky.com/video/afghan-amputee-boy-6-dances-with-delight-at-new-prosthetic-leg-11716511>

- Quadruple amputee, Travis Mills, inspires graduates at Unity College, usnews.com, May 11, 2019; <https://www.usnews.com/news/best-states/maine/articles/2019-05-11/quadruple-amputee-inspires-graduates-at-unity-college>
- New bipartisan house bill to end surprise medical bills is ramping up, vox.com, May 14, 2019; <https://www.vox.com/policy-and-politics/2019/5/14/18622825/surprise-medical-bills-trump-house-health-care-legislation>
- Look at all the animal amputees walk again with the help of mobility devices ,msn.com, May 15, 2019; <https://www.msn.com/en-us/news/good-news/animal-amputees-walk-again/ss-AABp4cJ#image=1>
- Owner of missing prosthetic leg found on Panama city Beach found, tampabay.com, May 21, 2019; <https://www.tampabay.com/breaking-news/a-woman-will-soon-be-reunited-with-the-prosthetic-leg-she-lost-on-panama-city-beach-20190521/>
- High School students create charging system for prosthetic limbs, weau13.com, May 22, 2019; <https://www.weau.com/content/news/Local-high-school-group-shows-off-new-invention-that-could-benefit-amputees-510293821.html>
- Woman continues to play golf with specialized prosthetic arm, fox10phoenix.com, May 22, 2019; <http://www.fox10phoenix.com/news/arizona-news/valley-woman-able-to-continue-playing-golf-with-prosthetic-arm>
- Triple amputee army vet uses surfing to get through his struggles, foxnews.com, May 22, 2019; <https://www.foxnews.com/sports/jose-martinez-triple-amputee-army-vet-uses-surfing-to-get-over-struggles-its-changed-everything-for-me>
- Amusement park in Pittsburgh, PA reconsiders ride policy for amputees after complaint, pittsburghcbslocal.com, May 22, 2019; <https://pittsburgh.cbslocal.com/2019/05/22/kennywood-amputee-policy/>

Research Corner

- ❖ University of Michigan Masters’s student in Medical Engineering is looking for volunteers to complete a short survey in regards to discovering and defining needs about prosthetic sock fit as well as usage in different types of terrain.

Joshua will be spending the summer in Kenya and will be conducting interviews of prosthetic users there along with clinicians. He is looking for input on how to develop the survey questions and is interested in interviewing you, the user.

Participation requirements:

- Any level Amputee, their family members & prosthetists
- Complete a 15 question survey that will take approximately 5 minutes to complete
- Additionally, anyone willing to conduct an interview as to gain insight so that I can benefit the needs of those amputees in Kenya, that would be greatly appreciated.

If you are interested in participating in this study, please contact:

Joshua Nkonge

Email: jnkonge@umich.edu

The link and further information about this study/survey is included:

https://docs.google.com/forms/d/e/1FAIpQLScHEZSEth7T6PMWK7WzBildgB8nnV1zG-5F3ncCBEVCD1A1EA/viewform?usp=sf_link

- ❖ **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 Saturday, June 1st, 2019 from 11:00 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- June 8th, July 26th and August 16th.** For more information or to register for the events, please visit the website: <http://maga.golf/events/>
- **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 June 22, 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>
- **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