Hello,

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

Happy unofficial start to summer! I hope your Memorial day was enjoyable.

I’m glad to see the weather is finally starting to change. I don’t know about you, but I was feeling like summer was going to skip over the state of Michigan this year!

Now that the weather is getting nicer, I hope you are able to get out and enjoy the outdoors.

To keep us motivated and moving, I have listed a few resources to check out for adaptive video fitness classes:

**Move United** (was Disabled Sports USA), check out the website at:  
[https://www.moveunitedsport.org/adaptathome/](https://www.moveunitedsport.org/adaptathome/)

**Adaptive Adventures** offers fitness, cooking and health classes, check out the website for more information:  
[https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp](https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp)

**Act of Kindness segment**
The 2 stories I have chosen for this month are about a group of employees who gave up their lives for 65 days to keep their nursing home residents safe. The 2nd story is about Memorial day and how 2 men were able to get people across America to come together to honor our fallen heroes.

A nursing home staff in Ohio decide to stay and live with their residents for 65 days and care for them non-stop, ABC News;  

Tens of thousands answer the call for taps across America, On the road with Steve Hartman;  
[https://www.facebook.com/OnTheRoadCBS/videos/2974702992611702/](https://www.facebook.com/OnTheRoadCBS/videos/2974702992611702/)
Upcoming U-CAN Meeting
Our next U-CAN meeting will be held on Tuesday, June 2, 2020 at 5:30 pm via teleconference or phone utilizing BlueJeans. Both ways are easy and whichever way you are able to join us, please do so.

The information listed below tells you how to join the group meeting via telephone or video utilizing your tablet or computer via the internet. Whatever way you choose to join us, it’s simple and easy and a great way for all of us to stay connected during this time. I look forward to hearing/seeing all of you next week.

Dial:
734- 763- 1841
888-240-2560
Enter the Meeting ID: 561841736

How to Download Blue Jeans on your Computer or Mobile Device:

1. Open an internet browser on your device and go to: https://www.bluejeans.com/downloads

2. Find your device type and click the download button (for phones or tablets, it will take you to another window, which will be the Apple App Store or the Google Play Store)

iPad or iPhone:

Android Phone or Tablet:

Mac Computer
3. Once downloaded, open your Blue Jeans application on your device

4. There will be an option to “Join a Meeting” on the main screen. Click or tap this option.

5. Enter the meeting ID (you do not need a passcode) and select how you want to join:
   a. Audio and Video (will share your video and allow you to hear/speak during meeting)
   b. Dial in (will call in with just your voice, no video, and will allow you to hear/speak during the meeting)

6. You will be added to the meeting (they may be a slight delay with your video and audio)

   If you have any technical difficulties, please contact Brittany at: (734)-998-3504 to troubleshoot!

Upcoming meetings
July 7th – will notify how meeting will be held and where

Quote of the month: “The struggle you’re in today is developing the strength you need for tomorrow” - Linda Heeler

Articles
- The feeling a limb doesn’t belong is linked to a lack of brain structure and connection, sciencedaily.com, May 7, 2020; https://www.sciencedaily.com/releases/2020/05/200507131311.htm
- Double amputee Michigan native is canoeing the Mississippi to prove that the only disability is fear, Amplitude magazine, May 11, 2020; https://livingwithamplitude.com/paddling-to-persevere-nate-denofre-amputee-mississippi/
- Researchers to develop muscle driven prosthetics, mabe.utk.edu, May 13,2020; https://mabe.utk.edu/building-better-outcomes-crouch-leading-team-aiming-to-improve-prosthetics/
- Insight into the worldwide 3D printed medical prosthetics industry is being affected by the Coronavirus up to the year 2030, baytownsun.com, May 19, 2020; http://baytownsun.com/coronavirus/article_9d7ce9dd-be13-51df-a5bc-a79a7868a6c1.html

**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
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 Events**

➢ *U-CAN Detroit Tigers Game Outing scheduled for Sunday, July 19th, 2020, has been cancelled and will be rescheduled in 2021.*

➢ *Michigan Adaptive Sports Summer Program, adaptive kayak and water ski clinics in June, July and August held at Cass Lake, Waterford, MI have been cancelled.*

➢ *Lucky Fin Project Weekend, June 26-28th, 2020, in Troy, MI, has been cancelled.*

➢ *Amputee Coalition 2020 National Conference, August 20-22, 2020 in Washington D.C. Please note the AC has decided to cancel this event. The conference will be in a virtual format with more details to come soon.*

➢ *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/*
- **Michigan Sports Unlimited, Inc.**, provides unlimited access to a wide range of recreational activities in order to improve the physical, social and mental well-being of people with disabilities. They hold sports clinics, have resources and equipment and have clubs and teams. For more information, please visit the website: [http://www.misportsunlimited.com/about/mission.asp](http://www.misportsunlimited.com/about/mission.asp)

- **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/](https://www.annarborcil.org/how-we-help/)

- **National Kidney Foundation** is sponsoring **Enhanced Fitness Classes** – **Due to Covid-19, all classes have been cancelled.** But they are offering helpful tools and links for fitness. Please visit the website for more information: [https://www.nkfm.org/enhance-fitness](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/](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](https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702)

Please stay safe and well.

Carla