



Hello,

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

Happy March! I hope this finds you and your families well. Another month has quickly gone by in 2021 but we are getting close to warmer weather and more daylight; Daylight savings starts March 14<sup>th</sup> and Spring officially starts March 20<sup>th</sup>!

Hang in there everyone!

***Fun Facts about March...***

It's the best month for basketball but the worst for productivity.

***The 'day of the dude'***, celebrated on March 6<sup>th</sup> encourages participants to honor *The Big Lebowski* by takin'er easy all day, man.

**March 8 is International Women's Day**, a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

***Pi Day, held on March 14th*** celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.

***March 17<sup>th</sup>, St. Patrick's Day***, according to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

***On March 20<sup>th</sup>***, The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

***March 21<sup>st</sup>, the day of the first tweet.*** Founder Jack Dorsey inaugurated the social media site with its profound first tweet: "just setting up my twttr", later officially changed to twitter.

***March 29-31 are known as the Borrowing Days.*** According to lore, the last three days of March have a reputation for being stormy.

***And now for a few laughs...***

*I found 2 videos for you this month that I hope will make you laugh, enjoy!*

NPR's *Delish dish*: St. Patrick's Day Cuisine, SNL 2013;

<https://www.youtube.com/watch?v=mgc4SL0iGA8>

Wheel of Fortune, SNL, 2017;

<https://www.youtube.com/watch?v=c-GAQezig8A>

**Act of Kindness segment**

Nashville friends find joy in weekly high five, CBS News;

<https://www.cbsnews.com/news/nashville-friendship-on-the-road/>

Ice Rink brings Michigan community together during dark winter, CBS News;

<https://www.cbsnews.com/news/on-the-road-steve-hartman-michigan-ice-rink/>

**Looking for adaptive workout resources to stay active and moving, here is a list of free resources;**

***Adaptive Adventures:***

<https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp>

***Move United:***

<https://www.moveunitedsport.org/adaptathome/>

**Free online Workout resources**, click on links to get your free at home workouts at your leisure;

<https://makeyourbodywork.com/how-to-exercise-at-home/>

**U-CAN Meeting**

Our next U-CAN meeting will be held on **Tuesday, March 2nd, 2021 from 5:30-7:30 p.m.**

We look forward to seeing you.

We are now utilizing Zoom for our monthly support group meetings.

The instructions are listed below to join by phone, computer, laptop or tablet.

If you already have a zoom account, just click on the link to join the meeting:

**Join Zoom Meeting**

<https://umich.zoom.us/j/98296480824>

**Meeting ID: 982 9648 0824**

**Phone:** 1 -301- 715- 8592

**Meeting ID:** 982 9648 0824

### Creating your own account

To sign up for your own free account, visit [zoom.us/signup](https://zoom.us/signup) and enter your email address. You will receive an email from Zoom ([no-reply@zoom.us](mailto:no-reply@zoom.us)). In this email, click **Activate Account**.

#### **If Joining from a Mobile Device**

If you are joining from a mobile device (Android smartphone/tablet, Apple iPhone/iPad) then it will simply prompt you to download the Zoom Cloud Meetings app from the App/Play Store.

#### **If Joining from a Computer**

When entering a Zoom meeting for the first time from a computer you will need to download a small application file.

1. Open web browser to Chrome.
2. Enter “**join.zoom.us**” in the address field which brings up “**Join a Meeting**”
3. Enter the **meeting ID** (*listed above*)
4. Click **Join**. If this is your **first time joining** from Google Chrome, you will be asked to open the **Zoom** client to **join** the **meeting**.

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

**Quote of the month:** “Mastering others is strength, mastering yourself is true power” - Lao Tzu

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## Articles

- A new way to restore hand mobility- with an electrified patch, [www.wired.com](https://www.wired.com/story/a-new-way-to-restore-hand-mobility-with-an-electrified-patch/), January 29, 2021; <https://www.wired.com/story/a-new-way-to-restore-hand-mobility-with-an-electrified-patch/>
- AI- powered prosthetics will improve lives, Five changes to look out for, [memuk.org](https://www.memuk.org/manufacturing/5-impactful-ai-changes-to-watch-for-59583), February 2, 2021; <https://www.memuk.org/manufacturing/5-impactful-ai-changes-to-watch-for-59583>
- Researchers use computers and exoskeletons to help stroke survivors, February 2, 2021; <https://consumer.healthday.com/1-1-19-computers-and-robotics-are-giving-new-movement-to-people-disabled-by-stroke-2649916764.html>
- India’s first ever amputee clinic opens February 1<sup>st</sup>, [jagranjosh.com](https://www.jagranjosh.com/current-affairs/indias-first-amputee-clinic-launched-by-pgimer-chandigarh-1612417791-1), February 4, 2021; <https://www.jagranjosh.com/current-affairs/indias-first-amputee-clinic-launched-by-pgimer-chandigarh-1612417791-1>
- Paralympic swimmer Jessica Long, shares story of hope in powerful superbowl ad, [nbcnews.com](https://www.nbcnews.com/nightly-news/video/paralympic), February 8, 2021; <https://www.nbcnews.com/nightly-news/video/paralympic>

[swimmer-jessica-long-shares-story-of-hope-in-powerful-super-bowl-ad-100717125684](https://www.kktv.com/video/2021/02/11/first-female-amputee-return-air-now-paving-way-future-pilots-air-force/)

- First female amputee to return to air now paving the way for future pilots in the air force, kktv.com, February 11, 2021; <https://www.kktv.com/video/2021/02/11/first-female-amputee-return-air-now-paving-way-future-pilots-air-force/>
- This engineer wants to restore an amputees sense of touch with her innovation, bostonglobe.com, February 15, 2021; <https://www.bostonglobe.com/2021/02/15/business/with-her-innovation-this-engineer-wants-restore-an-amputees-sense-touch/>
- A new pairing for Team Amputee, livingwithamplitude.com, February 17, 2021; <https://livingwithamplitude.com/amputee-resources-forrest-stump-range-of-motion-project/>
- The present and future of powered knees, opedge.com, February 2021 issue; <https://opedge.com/Articles/ViewArticle/2021-02-01/the-present-and-future-of-powered-knees>
- Population growth demands more O & P Education, opedge.com, February 2021 issue; <https://opedge.com/Articles/ViewArticle/2021-02-01/population-growth-demands-more-op-education>
- Meet the Paralympic hopefuls competing in Tokyo in August, yahoo.com, February 24, 2021; <https://news.yahoo.com/paralympics-hopefuls-over-today-plaza-140359436.html>
- Move United launches redefining disability podcast, moveunitedsport.org, February 24, 2021; <https://www.moveunitedsport.org/podcast/>
- Elon Musk will soon be sending tourists into space and a quadruple amputee may be one of the earliest passengers, livingwithamplitude.com, February 24, 2021; [https://livingwithamplitude.com/amputee-in-space-astronaut-spacex-elon-musk/?mc\\_cid=85b7e21e7b&mc\\_eid=9ad15de810](https://livingwithamplitude.com/amputee-in-space-astronaut-spacex-elon-musk/?mc_cid=85b7e21e7b&mc_eid=9ad15de810)
- Adaptista wants to raise the bar on inclusive fashion, livingwithamplitude.com, February 24, 2021; [https://livingwithamplitude.com/adaptive-fashion-amputees-adaptista-survey/?mc\\_cid=85b7e21e7b&mc\\_eid=9ad15de810](https://livingwithamplitude.com/adaptive-fashion-amputees-adaptista-survey/?mc_cid=85b7e21e7b&mc_eid=9ad15de810)

## **Research Corner**

- ❖ A graduate student, Blake Loudermilk, in the Orthotics and Prosthetics program at Eastern Michigan University is conducting a research survey on prosthesis satisfaction and cosmetic appearance of prosthetic sockets.

The purpose of this research study is to observe data trends as they relate to age, gender, prosthesis satisfaction, and cosmetic appearance.

Participation Requirements:

- Age 18 years and older
- Transtibial (Below Knee) amputees
- Complete a survey that consists of 11 questions and should take between 5-10 minutes to complete

Below is the link to the survey. Click on the link to start:

[https://docs.google.com/forms/d/e/1FAIpQLScfleG\\_9DynKU1YIH2J91mCSYrAS5ngOahd3MI0cUD1b26\\_FQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScfleG_9DynKU1YIH2J91mCSYrAS5ngOahd3MI0cUD1b26_FQ/viewform)

For more information about this study, please contact:

Bladke Loudermilk

Email: [blouderm@emich.edu](mailto:blouderm@emich.edu).

- ❖ A second year Masters, Fazia Farha, at Eastern Michigan University, is conducting a research study on the prevalence of the psychological effects following an amputation. The purpose of this study is to investigate the psychological effects of amputation and whether amputation causes emotional distress on amputees regardless of cause of amputation.

Participation Requirements:

- Age 18 years and older
- Have acquired a lower limb amputation that resulted from trauma or disease
- Have access to computer/tablet or smart phone to answer a short survey online
- Participation in the study will involve **anonymously** answering questions using google forms as the online platform. The estimated commitment for the survey is less than 5 minutes.

You may choose to leave the study at any time. If you leave the study, the information you provide will still be collected anonymously and will be kept confidential.

Below is the link to the survey. Click on the link to start:

<https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNaii6qEqC2zR15jYklsUYLO5GnEVwBurfOJgL25Q/viewform>

For more information about this study, please contact:

Fazia Farha

Email: [ffarha1@emich.edu](mailto:ffarha1@emich.edu)

Phone: (734) 972-0850

- ❖ **Researchers at Northwestern University** are studying attitudes, preferences and information needs about hand/arm transplantation among people with upper limb amputations. The purpose of this study is to assess people's attitudes, decisions and expectations about hand transplant as a treatment option.

Participation requirements:

- Age 18-45 years of age
- Have an acquired unilateral or bilateral upper limb amputation
- Be able to use a smartphone or landline phone as a communicating device

- Be able to work independently

Participants will receive compensation for each interview or focus section.

For more information about this study, please contact:

Elisa Gordon, PHD, MDH

Email: [e-gordon@northwestern.edu](mailto:e-gordon@northwestern.edu)

Phone: (312) 503-5563

- ❖ **Researchers at the University of Maryland** are looking for amputees of all levels (upper or lower extremity) to try a new fitness tracking app.

The app allows users to set goals, track progress, learn exercise techniques and workout virtually with other users through a live streaming function.

Participation requirements:

- Age 18-45
- Single limb amputation
- Able to participate in exercise activities
- Able to read and write English
- Having access to the internet and phone, tablet, computer or smart TV to access the fitness app

Participants will be asked to use the app for 8 weeks and respond to 4 surveys over the course of 3 months

If you are eligible, you will receive:

- Unlimited access to a fitness tracking app at no cost to you
- 3 months unlimited access to amputee specific workouts as well as all other workouts, yoga and nutrition
- \$10 incentive for completing all 4 surveys

If you are interested in this study, you can click the link below that will take you through a screening process and to the first set of survey questions. This will take about 25 minutes to complete. The 3 other surveys will take approximately 10 minutes to complete;

[https://umdsurvey.umd.edu/jfe/form/SV\\_1N8uul5nGTdi0qF](https://umdsurvey.umd.edu/jfe/form/SV_1N8uul5nGTdi0qF)

For more information about this study, please contact:

Sara Olsen, MS MPH

Email: [solsen@umd.edu](mailto:solsen@umd.edu)

IRB package ID: 1599600-1

- ❖ **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:

Kelsey Ebbs

Phone: (734) 647-5514

Email: [klucinda@umich.edu](mailto:klucinda@umich.edu)

❖ **University of Michigan School of Kinesiology** is looking volunteers for the two studies listed below:

*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.

*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 the above projects, please contact:

Kelsey Ebbs

Phone: (734) 647-5514

Email: [klucinda@umich.edu](mailto:klucinda@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: 734-764-3858

Email: [hframe@umich.edu](mailto:hframe@umich.edu)

- ✚ Looking for more research opportunities, visit the **Amputee Coalition** website; <https://www.amputee-coalition.org/research/active-studies-seeking-participants/>

## **Upcoming Virtual & Live Events**

- The ultimate source for fun things to do in Michigan in March, take a look at this guide, from maple syrup events to watching colorful butterflies; <https://www.travel-mi.com/March-Michigan.html>
- **Move United Virtual Education & Awareness Conference, May 10<sup>th</sup>-14<sup>th</sup>, 2021.** For more details and to register, please visit the website: <https://www.moveunitedsport.org/2021educationconference/>
- **Amputee Coalition National Conference September 29- October 2, 2021 held at the Renaissance in Schaumburg, IL (near Chicago).** Please visit the website for registration information and for more details: [www.amputee-coalition.org/events-programs/national-conference](http://www.amputee-coalition.org/events-programs/national-conference)
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home. 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 in the future 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>

Have a safe and happy March!

Carla