



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

May 2018

Hello,

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

Well, I don't know what to say except that I'm hoping for a much better May! I can't wait for warm weather to begin. I promise you, I will not be complaining about the heat this year.

May is the month we celebrate Cinco De Mayo (the fifth of May). It has evolved into a fun celebration for many communities throughout the U.S. to honor Mexican culture and heritage through music, dance, food and drink.

Here are some fun facts that you may not have known about this day:

Cinco De Mayo celebrates the Mexican army's victory over France at the Battle of Puebla on May 5, 1862. The battle was part of the Franco-Mexican war. The holiday started to be celebrated in the U.S. after President Roosevelt created the "Good Neighbor Policy" in 1933 to improve relations with Latin American countries.

It wasn't until the '70s and '80s that Cinco de Mayo became the party-friendly event we know today. Today, Cinco de Mayo is more of an American holiday than a Mexican one. Los Angeles hosts one of the biggest Cinco de Mayo parties in the world, called *Fiesta Broadway*.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, May 1st, from 5:30-7:30 pm**. Our guest will be Jessica Hoard who will be teaching us some chair Pilates. Hope you can join us for a fun evening of stretching and relaxation! Namaste.

The June U-CAN Meeting we will be heading outdoors to A & W in Dexter. We have had our meeting there for the past 3 years and is a good way to start the summer off! Come out and enjoy a Root Beer Float (or whatever your pleasure may be)! The A & W has a nice outdoor patio that is accessible.

I want to update you on Nicole Ver Kuilen, the amputee who came to U-CAN to talk about her 1,500 mile triathlon journey. She is continuing her journey in advocating for amputees on Capitol Hill. She met with members of Congress last month. You can watch the interview about her experience with meeting with members of congress, along with an update on Forrest Stump at: <http://mobilitysaves.org>

Nicole has just been chosen for The National Association for the Advancement of Orthotics & Prosthetics (NAAOP) as the recipient of the inaugural NAAOP Fellowship. The Fellowship is a 10-week program based in Washington D.C. As the NAAOP Fellow, she will learn about orthotic and prosthetic policy, advocacy, and how NAAOP and other O&P organizations function on behalf of O&P and within the broader rehabilitation/disability policy and advocacy community at both the federal and state levels.

Congratulations to Nicole. You will be great! We wish you all the best!

Here's what's ahead at our next meeting

June 5th- A & W outing, 8220 Dexter Chelsea Rd, Dexter MI

Please note that if it rains, we will meet at the Aubree's down the road: 8031 Main St #101, Dexter. If you would like to carpool, please contact me before the meeting on 6/5. We will leave from the O & P Center by 4:45 PM.

Quote of the month: *"Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you."*-
Bethany Hamilton

Articles

- Specialists hook an amputee squirrel with a set of prosthetic devices, cbslocal.com, April 4, 2018; <http://dfw.cbslocal.com/2018/04/04/specialists-hook-up-amputee-squirrel-with-set-of-prosthetic-wheels/>
- Former army captain the first amputee jockey to ride in 2018 horse race in Aintree, mirror.co.uk, Liverpool England, April 5, 2018; <https://www.mirror.co.uk/sport/horse-racing/captain-guy-disney-set-become-12311092>
- Chinese double amputee to climb Everest after ban revoked, Hong Kong free press.com, April 9, 2018; <https://www.hongkongfp.com/2018/04/09/chinese-double-amputee-climb-everest-ban-revoked/>
- How the marathon bombing helped bring innovation to amputation, CommonHealth, April 13, 2018; <http://www.wbur.org/commonhealth/2018/04/13/stepping-strong-brigham-amputation>
- Like something out of the Walking Dead; Medieval warrior found with knife hand prosthesis, ancient-origins.net, April 13, 2018; <http://www.ancient-origins.net/news-history-archaeology/something-out-walking-dead-medieval-warrior-found-knife-hand-prosthesis-021874>
- Video of one-armed baseball catcher unstoppable on and off the field, yahoo.com, April 21, 2018; <https://view.yahoo.com/show/nbc-today-show/clip/61101072/one-armed-baseball-player-is-unstoppable-on>
- Meet the one- handed line backer, Shaquem Griffin who may be drafted into the NFL, msn.com, April 23, 2018; <https://www.msn.com/en-us/video/c/meet-shaquem-griffin-the-one-handed-linebacker-who-may-be-drafted-into-nfl/vp-AAWeCyF>
- Watch your step: Researchers have come 1 step closer in determining what is going on in the brain when we walk to help better treat people with mobility impairments, Science Daily, April 23, 2018; <https://www.sciencedaily.com/releases/2018/04/180423125047.htm>

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](#)

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class, Saturday, May 12th, 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/>

For questions or for more information, visit the website: <https://www.michiganadaptivesports.com/lessons-and-guides>

- **The Michigan Amputee Golf Association has 4 yearly tournaments held in May, July and August.** For more information, please visit the website; <http://maga.golf/events/>
- **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=1B C792BA31E78AF17B6B27E24B730DEA
- **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>
- **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
- **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

- **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>

Carla