



Hello,

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

As I reflect on how quickly 2019 is moving along, I am surprised that the weather doesn't seem to be in sync with the calendar. Here we are May 1st and the weather sure has been iffy at best. Mother Nature must have fallen asleep between winter and spring.

As you read through this newsletter today, I hope you notice that U-CAN along with many other groups are having activities all spring and summer long. These events are free or low cost.

Please take a few minutes and look at the **Upcoming Events section**. I hope you are able to participate in at least 1 of the events near you. You might be surprised how much you enjoyed going and meet new people along the way!

If you are still interested in participating in the Upcoming Rock Climbing event at Planet Rock this Saturday, **May 4th, from 1:00-4:00 pm**, there are still slots available. If you would just like to come out and watch, please do so. This is for everyone to enjoy!

Don't forget about the after party after at the Holiday Inn, just a few miles from Planet Rock. Come out and have a nice afternoon! Bring your family and friends and enjoy some good food and great people. The address is listed below for both:

Planet Rock, 82 April Dr C, Ann Arbor

After party at the Holiday Inn Express & Suites, 323 North Zeeb Rd, Ann Arbor.

To make a reservation for both events, please contact:

Carla Vollmer at 734-975-7432 or cvollmer@med.umich.edu

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, May 7th, 2019, 5:30-7:30 PM**. On the agenda is a party for Nora Rosenblum to say goodbye and wish her well. Her due date is fast approaching. Nora has been U-CAN's social worker for over 7 years and has been instrumental in helping U-CAN with programs and activities. She will surely be missed.

We will have a taco bar with all the fixings! You are welcome to bring a dish to pass to share with everyone. Come out and join us for a fun evening and wish Nora well.

Brittany Shupe-Sawyer, who will be replacing Nora, will be there to join in on the festivities. Come out and meet her if you haven't already done so!

[Here's what's ahead at our next meeting](#)

June 4th - A & W outing, 8220 Dexter Chelsea Rd, Dexter MI

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

Quote of the month: *"Difficult roads often lead to beautiful destinations"* – unknown

Articles

- Amputee creates non-profit for children with orthopedic disabilities, theepochtimes.com, April 5, 2019; https://www.theepochtimes.com/a-mission-to-help-children-with-orthopedic-disabilities_2863566.html
- Improving 3D printed prosthetics and Integrating electronic sensors, rdmag.com, April 5, 2019; <https://www.rdmag.com/news/2019/04/improving-3d-printed-prosthetics-and-integrating-electronic-sensors>
- Meet the first female amputee to complete the marathon Des Sables, the toughest foot race on earth in the Sahara Desert, virtual-strategy.com, April 14, 2019; <http://virtual-strategy.com/2019/04/13/amy-palmiero-winters-becomes-first-female-amputee-to-complete-the/>
- 24 year-old engineer builds free 3D printed prosthetics for those in need, indiatimes.com <https://www.indiatimes.com/technology/science-and-future/this-24-year-old-engineer-builds-free-3d-printed-prosthetics-for-orphans-and-poor-in-kenya-365364.html>
- New limbs new life for South Sudan amputees, medicalxpress.com, April 16th, 2019; <https://medicalxpress.com/news/2019-04-limbs-life-south-sudan-amputees.html>
- Check out the Hugh Herr biomechtronics website and meet some of the people doing the research in prosthetics work; <https://www.media.mit.edu/people/hherr/updates/>
- Computerized exoskeleton helps paralyzed man walk again, thepilot.com, April 16, 2019; https://www.thepilot.com/news/with-technology-a-new-walk-of-freedom/article_2fbb6134-607f-11e9-9b11-dbf4e67c990f.html
- Robotic students make children's toys more accessible to kids with disabilities, the advocate.com, April 16, 2019; https://www.theadvocate.com/baton_rouge/news/communities/westside/article_3ed44976-5556-11e9-800e-ef52d6e58bdb.html
- VA explores 3D printing technology for prosthesis and orthoses, nextgov.com, April 17, 2019; <https://www.nextgov.com/emerging-tech/2019/04/va-looks-3d-printing-improve-veteran-care/156382/>

- Myoelectric prostheses opens up possibilities, O & P Edge, April 2019 issue, <https://opedge.com/Articles/ViewArticle/2019-04-01/ashley-sherman-myoelectric-prosthesis-opens-up-possibilities>
- Certified Rehabilitation and orthotics-prosthetics doctor envisions a Korea where people using a prosthesis can thrive, koreaherald.com, April 21, 2019; <http://www.koreaherald.com/view.php?ud=20190421000103>
- How 3D printing has changed the world of prosthetic limbs forever, digitaltrends.com, April 22, 2019; <https://www.digitaltrends.com/cool-tech/3d-printed-prostheses-revolution/>
- Deputies reunite man with his prosthetic leg he lost while skydiving, insideedition.com, April 23, 2019; <https://www.insideedition.com/california-deputies-reunite-man-prosthetic-leg-he-lost-while-skydiving-52407>
- Hairdresser from Australia makes prosthetic limbs with 3D printing and recycled plastic, heraldsun.com.au, April 23, 2019; <https://www.heraldsun.com.au/news/turning-the-waste-problem-into-a-solution-with-3d-printed-prosthetics/news-story/f1be02f8001e2d8b982dbe935d42e529>
- Double amputee and Dodgers fan to throw out the first pitch at home game in May, lompocrecord.com, April 23, 2019; https://lompocrecord.com/news/local/santa-maria-double-amputee-to-throw-out-first-pitch-at/article_cc0ac65e-9ada-5e58-911e-e50aa4da798b.html

Research Corner

- ❖ Eastern Michigan Masters' student in Orthotics and Prosthetics is looking for volunteers for a study concerning peer mentoring. The study involves a short, 15- minute interview regarding the experiences that you have had as a mentor in a peer mentoring program.

Participation requirements:

- Have been a peer mentor for 5 years or longer
- Willing to complete a 15- minute interview

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

Brooke Antenen

Phone: 630-881-0043

Email: bantenen@emich.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:

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, May 11th, 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/>
- **Walk for the Heart Association, May 11th, 2019 at Rynearson Stadium on Eastern Michigan University Campus, 799 North Hewitt Rd, Ypsilanti, MI.** Festivities begin at 8 am, check-in at 9:00 am, walk starts at 10 am. You can choose from a 1 or 3 mile walk (wheelchair, scooter or any assisted device welcome). The walk is free and is good exercise, pets are welcome. **Registration is required.** **Team U-CAN** has been set up to register under. Click on the website to find out more information or to register: http://www2.heart.org/site/PageServer?pagename=heartwalk_register&fr_id=4019
- **OPAF First Swim clinic, Saturday, May 11th, 2019, 12:30- 3 PM, Dow Bay City YMCA, Bay City, MI.** This event is an introduction to adaptive swimming. The event is free with lunch included. For more information or to register, please visit the website: <https://www.eventbrite.com/e/first-swim-clinic-participant-registration-registration-59109884255p>
- **Author Event, WWE Wrestler Zach Gowen, Thursday, May 23rd, 2019 Ann Arbor District Library- 343 S. 5th Ave.** The event is from 7:00-8:30 PM. Zach will share his unique and inspirational story chronicled in his 2018 book, "High Risk Maneuvers, How I turned my handicap into opportunities." The event will include a book signing and books will be on sale. For more information, please visit the website: <https://aadl.org/node/390800>
- **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 pre-register to attend. For more information, please visit the website: <https://www.opaffirstclinics.org/first-clinics>
- **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. For information on these activities and for the 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. To celebrate its 1st Anniversary, free rides are available all day on Wednesday, May 23rd. 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>
- **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/>

- **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_washtenaw_livingston_2.27.pdf

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