Hello,

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

Happy May everyone! I hope that this month will bring us sunshine and warm weather.

I hope that you and your families are continuing to stay safe and well. Being cooped up at home has been challenging for all of us. Now, more than ever, it’s important to stay connected with friends, family, neighbors and people in your communities.

I am looking forward to the day that we can see each other again at our monthly meetings. Until then, Brittany and I will continue to do our best to keep everyone connected and informed.

Adaptive Sports USA is holding a virtual adaptive Conference from May 11-15\textsuperscript{th}, 2020. It’s free of charge and includes conferences on ways to adapt your workout to talk about the Paralympics for next year and a host of guest speakers. There will be coffee breaks and lunch break work outs. The video format used will be ‘Zoom’. For more information or to sign-up, please visit: https://www.disabledsportsusa.org/chapters/training/2020leadershipconference/

**Act of Kindness segment**

I have chosen 2 videos again for this month and 1 is a tear jerker! The 1st story shows the kindness of strangers in all parts of the country. The 2\textsuperscript{nd} video is how a metro Detroit man is delivering kindness. Lastly, I added an extra video this month about a talking dog and how we should be taking precautions during this time. I hope you enjoy them.

Newspaper man delivers kindness, CBS on the road; https://www.facebook.com/OnTheRoadCBS/videos/267950784221889/

Metro Detroit man uses his savings to fill up gas tanks for nurses, clickondetroit.com; https://www.clickondetroit.com/news/local/2020/04/02/man-spends-savings-on-free-gas-for-nurses-at-detroit-medical-center/

Upcoming U-CAN Meeting
Our next U-CAN meeting will be held on Tuesday, May 5, 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. On the agenda will be group discussion, how we can stay connected with one another, different ideas/suggestions on how to stay active during this time and lastly how can Brittany and I support you during this time.

I have provided the information below for phone in and video connection. For those that don’t have computer or internet access. Whichever way you 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:
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**
June 2\textsuperscript{nd} meeting- details pending on where/how the meeting will take place

**Quote of the month:** “Persistence and resilience only come from having been given the chance to work through difficult problems” - Gever Tulley

**Articles**

Para hockey players from around the world are finding ways to stay active at home, Paralympic.org, April 8, 2020; https://www.paralympic.org/news/athletes-embrace-hockeyathome

Double amputee schools his friends at basketball, nypost.com, April 9, 2020; https://nypost.com/video/double-amputee-schools-his-friends-at-basketball/


On the 40th anniversary, Terry Fox’s message of hope message is essential, sportsnet.ca, April 12, 2020; https://www.sportsnet.ca/more/40th-anniversary-terry-foxs-marathon-hope-message-essential/


Tessa, the 9-year-old amputee dancer knows never give up, featured on Little Big shots with Melissa McCarthy, NBC.com, April 26, 2020; https://www.youtube.com/watch?v=LiWXs7IRx4Y

**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
Phone: (954) 260-6024
Email: magonzo@umich.edu

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: mganzo@umich.edu

**Upcoming Events**

- **U-CAN Detroit Tigers Game Outing**, Sunday, July 19th, 2020, price- $31.25 a ticket. This event is tentative due to the pandemic and the MLB season. More details to come soon. The price includes; transportation to and from the game (bus will leave from the O & P Center) and a goodie bag for the bus ride. The bus will leave promptly at 11 AM so please be on time. Family and friends are welcome! 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 no later than Tuesday, June 16th.** For questions or for more information, please contact: Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu

- **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 (**May 9th event has been cancelled**). For more information about these events, please visit the website; [http://maga.golf/events/](http://maga.golf/events/)

- **Michigan Adaptive Sports Summer Program**, adaptive kayak and water ski clinics in June, July and August held at Cass Lake, Waterford, MI. Currently on hold but more details to come. Please visit the website for more information; [https://www.michiganadaptivesports.com/charters](https://www.michiganadaptivesports.com/charters)

- **Lucky Fin Project Weekend**, June 26-28th, 2020, Embassy Suites by Hilton Detroit Troy, Auburn Hills, 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-2020-tickets-96684031541](https://www.eventbrite.com/e/lucky-fin-project-weekend-2020-tickets-96684031541)


- **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:
Ann Arbor Center for Independent Living offers sports, recreation and art all year round along with open gym time. For a calendar of events or for more information, visit the website at: https://www.annarborcil.org/calendar/

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/enhanced-fitness

Amputee Coalition Travel Adventures - To check out trips planned for 2020 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

Please stay safe and well.

Carla