



Hello,

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

May is here which means summer is just around the corner! I know we are all looking forward to enjoying the great outdoors and be around our friends and family.

In researching the holidays for the month of May, I am amazed at the list and how some of them get put on there. I thought I would list a few that truly made me laugh:

- May 1- No Pants Day (was this created because of Zoom)
- May 2- World Laughter Day (we sure need more of these days)
- May 6- National No Diet Day
- May 13- National Apple Pie Day
- May 18- National No Dirty Dishes Day (we need this every day)
- May 20- National Be a Millionaire Day (we all could use this day)
- May 25- National Wine Day

To look at the whole list, click on the link: <https://www.calendarr.com/united-states/calendar-may-2021/>

### *Some good information to know about....*

Did you know that the Michigan Department of Natural Resources (DNR) has an adaptable website that lists the accessibility trails in the state along with beaches, kayak launches and more.

You can also reserve a *Track Chair (off- road electronic chair)*, for free but registration in advance is required.

U-CAN was lucky enough to have the maker of the *Track Chair* at one of our monthly meetings several years ago. We were able to experience the off-road experience that they are designed for.

To find out more information about Track Chairs, accessibility launches, trails, and more, visit the website: [https://www.michigan.gov/dnr/0,4570,7-350-79137\\_79782\\_94312---,00.html](https://www.michigan.gov/dnr/0,4570,7-350-79137_79782_94312---,00.html)

Adaptive bike rentals around Detroit, called MOGO starts back in May 2021. Adaptive MoGo offers cycling options for riders of all abilities! With 13 different cycles including recumbent tricycles, upright cargo tricycles, hand tricycles, tandem bicycles, tandem tricycles, and more.

To find out more information about these bikes, rental pricing and how to reserve them, visit the website: <https://mogodetroit.org/mogo-for-all/adaptive-mogo/>

***This will make you smile....***

It's time once again for an animal break. This dog is having lots of fun chasing the family chicken; dailymotion.com, April 12, 2021; <https://www.dailymotion.com/video/x80kt5b>

***Just for fun...***

A reel of videos where folks flash their kitchen skills with the aid of advanced upper-limb devices such as Taska, bebionic, Hero Arm, etc. The menu is pretty good too! They're fun to watch and the prosthetics are cool looking; <https://bionicsforeveryone.com/bionic-feats-food-preparation/>

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

This month's skit is in honor of Mother's Day, it's titled, 'Mom's Jeans' from SNL, 5/03; <https://www.nbc.com/saturday-night-live/video/mom-jeans/3505924>

**U-CAN Meeting**

Our next U-CAN meeting will be held on **Tuesday, May 4th 2021, from 5:30-7:30 PM**. The meeting will be held virtually.

***Please note that this will be our last virtual meeting till the fall.*** For the summer months, we will be holding our meetings in- person, outside. More information to come on where the meetings will be held.

What's ahead

June 1<sup>st</sup> meeting- held at A & W, 8220 Dexter Chelsea Rd, Dexter MI

See information below on how to easily join the meeting.

The instructions listed below explain how 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](https://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:** “You can’t be brave if you only had wonderful things happen to you” -  
Mary Tyler Moore

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## Articles

- Amputee practices deadlifts on one leg, news18.com, April 5, 2021;  
<https://www.news18.com/news/buzz/amputee-woman-practices-deadlifts-on-one-leg-inspiring-video-goes-viral-3609212.html>
- Amputees in the news for April 2021, livingwithamplitude.com, April 7, 2021;  
[https://livingwithamplitude.com/amputees-in-the-news-april-5-2021/?mc\\_cid=90a2e94d78&mc\\_eid=9ad15de810](https://livingwithamplitude.com/amputees-in-the-news-april-5-2021/?mc_cid=90a2e94d78&mc_eid=9ad15de810)
- Para-athlete Noelle Lambert is shattering the limits for amputees,nbcboston.com, April 12, 2021; <https://www.nbcboston.com/news/local/on-her-mark-para-athlete-noelle-lambert-is-shattering-the-limits-for-amputees/2352440/>
- Amputee from the waist down is thankful to be alive, aleteia.com, April 12, 2021;  
<https://aleteia.org/2021/04/12/amputee-from-the-waist-down-is-thankful-every-day-to-be-alive/>
- Powered prosthetic ankles can restore a wide range of functions for amputees,sciencedaily.com, April 13, 2021;  
<https://www.sciencedaily.com/releases/2021/04/210413114042.htm>
- Chemical engineers develop smart bandages, thechemicalengineer.com, April 13, 2021;

- <https://www.thechemicalengineer.com/news/chemical-engineers-develop-smart-bandages/>
- Amplified, the magazine of limbs for life, take a look at Australia's answer to the Amputee Coalition. They just came out with their 1<sup>st</sup> edition, April 14, 2021; [https://www.limbs4life.org.au/uploads/amplifiedFiles/Amplified-Edition-1-2021\\_web.pdf](https://www.limbs4life.org.au/uploads/amplifiedFiles/Amplified-Edition-1-2021_web.pdf)
- This Boston Marathon bombing survivor is on a mission to give fellow amputees the prosthetic legs insurance won't cover, cnn.com, April 14, 2021; <https://www.cnn.com/2021/04/14/us/boston-marathon-bombing-survivor-charity-prosthesis-cnnheroes/index.html>
- Adding haptics(an artificial sense of touch) to prosthetic hands eases users mental load, hub.jhu.edu, April 14, 2021; <https://hub.jhu.edu/2021/04/14/haptic-feedback-for-prosthetics/>
- Meet the rock group, ' Resilient', an all amputee group that were in April edition of Amplitude and interviewed by CBS News correspondent, David Martin, <https://www.youtube.com/watch?v=irDjDBqvcU>  
To read about other Rock-n-Roll amputee musicians, here is the recent article in Amplitude, livingwithamplitude.com, April 21, 2021; [https://livingwithamplitude.com/amputee-rock-and-roll-all-stars/?mc\\_cid=62432fcf10&mc\\_eid=9ad15de810](https://livingwithamplitude.com/amputee-rock-and-roll-all-stars/?mc_cid=62432fcf10&mc_eid=9ad15de810)
- The inspiring story of the famous singer- Merry Clayton, cbs Sunday morning, April 25, 2021; <https://www.youtube.com/watch?v=6xuUSLKzmss>

## **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\\_9DynKU1YIH2J91mCSYrAS5ngOahd3Ml0cUD1b26\\_FQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScfleG_9DynKU1YIH2J91mCSYrAS5ngOahd3Ml0cUD1b26_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-Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/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 for 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 sessions 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 May 2021 Guide for things to do in Michigan**, take a look and plan ahead or go on a whim: <https://www.travel-mi.com/May-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/>
- **Michigan Amputee Golf Association is hosting 3 golf outings for 2021**. For more information about these events, please visit the website; <http://maga.golf/events/>
- **Tokyo Paralympic Games, August 24-September 5, 2021**. The countdown has begun. NBC Universal will air a record 1,200 hours of the games. For more information on the events and for information on the Olympic Games, please visit the website: <https://tokyo2020.org/en/paralympics/>
- **Amputee Coalition National Conference September 29- October 2, 2021**. Registration is on hold till May as they decide on in-person registration. Please visit the website 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 April.

Carla