



Hello,

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

November starts the beginning of the holiday season-religious, public and national holidays.

Thanksgiving is the most recognized of all the holidays in the month of November and is celebrated on the fourth Thursday. Did you know that it's not just celebrated in the U.S.? The other countries that celebrate it are: Canada, Germany, Japan, The Netherlands, Liberia & some of the Caribbean islands.

Just a reminder that the Michigan General Election will take place on Tuesday, November 6th. To view the ballot in your area, click on the link:

<https://webapps.sos.state.mi.us/MVIC/selectpublicballot.aspx>

Don't forget about the Dance Mobility amputee and wheelchair ballroom class at the Fred Astaire Studio in Bloomfield Hills on **Saturday, November 10th from 11:00 am -12:30 pm**. A group from U-CAN and Royal Oak will be going. We will be going to lunch right after class at the **Rusty Bucket**, just 2 minutes from the studio. If you would like to join us, **please RSVP by November 6th** (my contact information is listed at the end of the newsletter). **The class is free but reservations are required**. No dance experience is necessary and the studio will provide a partner for you. My contact information is listed at the end of this email.

I wanted to share an article about an amputee who graduated from the University of Michigan in Flint and has since opened her own yoga studio. She teaches a free weekly yoga class at her studio to amputees, the class is called 'No Limbitations'.

<https://news.umflint.edu/2017/11/28/um-flint-communication-studies-alumna-sends-empowering-message-through-yoga/>

For more information about the studio or the classes, the contact information is listed below:

Serenity Yoga

8469 S. Saginaw St. Grand Blanc, MI

Phone: (810) 513-2575

Email: Serenitygrandblanc@gmail.com

Facebook: <https://www.facebook.com/Serenity-Yoga-1375799162491889/>

Thanksgiving is a time to be thankful for family, friends and for what we have. On that note, I would like to share a Thanksgiving poem:

A Thanksgiving Garden by Mary Ashwood

Plant three rows of peas:
Peace in our hearts
Peace in our schools
Peace in our world

Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce really love one another

No garden should be without turnips:
Turnip for lessons
Turnip on time
Turnip to help one another

Water freely with patience; cultivate with love.
There is abundance in your garden
Because you reap what you sow.

To conclude our garden, we must have thyme:
Thyme for study
Thyme for friends
Thyme for family.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, November 6th, 5:30-7:30 pm.** On the agenda is a Halloween Party. There will be food & drinks and if you would like to bring a dish to share, please do. Come dressed in costume and there will be prizes for the best one. Hope to see you there!

A look ahead

December 4th- Holiday Party & white elephant gift exchange

Quote of the month: “Kindness should become the natural way of life, not the exception” – Buddha

Articles

- Review looks at lawn mower injuries in the US, healthday.com, September 29, 2018; <https://consumer.healthday.com/general-health-information-16/injury-health-news-413/lawn-mowers-can-be-an-accident-waiting-to-happen-738024.html>
- The limits of fashion's inclusivity, nytimes.com, September 30, 2018; <https://www.nytimes.com/2018/09/30/fashion/disabled-beauty.html>
- Man's prosthetic arm includes USB ports & drone, techstory.in, October 1, 2018; <https://techstory.in/arm-gamer-replace-2018/>
- NIH (National Institute of Health) & Department of Defense to develop limb loss database, upi.com, October 1, 2018; https://www.upi.com/Health_News/2018/10/01/NIH-Department-of-Defense-to-develop-limb-loss-database/4141538406042/
- 3D universe introduces skin tone filaments for 3D printed prosthetics, 3dprint.com, October 3, 2018; <https://3dprint.com/226534/3d-universe-skin-tone-filaments/>
- How advanced prosthetics turned this man into a 'cyborg', pcmag.com, October 4, 2018; <https://www.pcmag.com/news/363731/how-advanced-prosthetics-turned-this-man-into-an-emerging-c>
- 4 year old quadruple amputee dog named American Hero for 2018, insideedition.com, October 5, 2018; <https://www.insideedition.com/chi-chi-golden-retriever-4-amputated-legs-wins-american-hero-dog-award-47391>
- Young cellist performs with 3D- printed hand, georgiahealthnews.com, October 8th, 2018; <https://www.georgiahealthnews.com/2018/10/kind-harmony-boy-cello-prosthesis/>
- Mom who lost her hands and feet to sepsis, climbs Kilimanjaro, foxnews.com, October 9th, 2018; <https://www.foxnews.com/health/mom-who-lost-hands-feet-to-sepsis-climbs-kilimanjaro>
- Cyclist uses performance prosthesis to win championships, engineering.com, October 10th, 2018; <https://www.engineering.com/3DPrinting/3DPrintingArticles/ArticleID/17762/Power-Without-Pain-Prosthetic-Fit-Critical-to-Cycling-Championship.aspx>
- Massachusetts business uses 3D printing to create custom breast prosthesis, thelandmark.com October 11th, 2018; <http://www.thelandmark.com/news/20181011/womens-image-center-helps-cancer-patients-look-feel-their-best>
- New physical rehabilitation center in Mosul gives hope to amputees, reliefweb.int, October 14th, 2018; <https://reliefweb.int/report/iraq/mosul-new-physical-rehabilitation-center-gives-hope-amputees>
- McConnell says GOP may revive ACA (Affordable Care Act) repeal push after election, reuters.com, October 17, 2018; <https://www.reuters.com/article/us-usa-senate-mcconnell-policy/mcconnell-says-senate-republicans-might-revisit-obamacare-repeal-idUSKCN1MR2QE>
- Invictus Games competitors showcase the future of prosthetics, abc.net.au, October 18, 2018; <https://www.abc.net.au/news/2018-10-18/invictus-games-sydney-prosthetics-microprocessors/10381458>
- UK shop creating custom vinyl wraps for prosthetic limbs for free, ipsswichstar.co.uk, October

23, 2018; <http://www.ipswichstar.co.uk/news/ipswich-garage-to-offer-free-designs-on-prosthetic-limbs-1-5747125>

- 3D-printed transmission gives robotic arm speed and strength,techly.com, October 25, 2018; <https://www.techly.com.au/2018/10/25/robotic-arm-catching-crushing-can-beer-big-deal/>
- London college researchers to create prostheses that can feel, theengineer.co.uk, October 25, 2018; <https://www.theengineer.co.uk/imperial-erc-touch-prosthetics/>

Research Corner

- ❖ **University of Michigan Graduate Students** are looking for upper extremity volunteers who are willing to be interviewed to help them create a one-handed convenience product that would help people with limited or no mobility in one hand/arm.

Participation requirements:

- Have an upper extremity limb loss at any level or those with limited hand mobility

An interview will be conducted with 1-2 participants that will help the students get a glimpse into the everyday challenges that take place. The interview will take between 20 and 30 minutes.

If you are interested in volunteering for this project, please contact:

Andrea Krusheski at: akrush@umich.edu

- ❖ **Saginaw Valley State University Occupational Therapy students** are looking for upper extremity volunteers to participate in a research project to study to share their experiences with upper extremity prosthetic training and rejection. By studying participants in this study, the hope is to help enhance the understanding of factors leading to prosthetic rejection. The information gathered will be used to optimize future prosthetic training strategies and guide prosthetic design efforts.

Participation requirements:

- 18 years of age or older
- Have an upper extremity limb loss at any level
- have received an upper extremity prosthetic device in the past and used the prosthetic for a minimum of six months
- participants have received some form of prosthetic training or occupational therapy during the rehabilitation process and have discontinued using the upper extremity prosthetic device

A private interview will take place between late 2018 to early 2019 at a convenient location of your choice or over the phone. The interview should take no longer than one hour, which includes the time for the interview and time spent answering any follow up questions regarding additional information or clarification following the interview.

Participants will be given a \$10 Visa gift card at the end of their interview for their contribution.

If you are interested in volunteering for this project, please contact:

Jacob Rivet

Phone: 989-415- 6866

Email: jarivet@svsu.edu

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, November, 10th from 11 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.**

There is a group from U-CAN attending this class. If you would like to attend, please RSVP by November 6th. If you would like to carpool, we will be leaving from the Orthotics & Prosthetics Center at 9:45 am. For more information or RSVP, please contact:

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

- **UMAISE adult wheelchair basketball program in partnership with U of M Rec Sports.** This is open to anyone 18 and over, with equipment provided. There will be 1 drop-in wheelchair game per month. The games are held at IMSB- 606 E. Hoover (the corner of Hoover & State). The dates are as follows:

November 18

December 2

For more information, please contact Amy St. Amour at: astamour@umich.edu

- **SE Oakland County Amputee Support Group is hosting a variety of events this year: Cornwell Turkeyville USA in Marshall Michigan, Saturday, November 17th, 2018 (Dinner and Play included)**

For more information about this event, please contact Kim Armitage at:

248-376-7973; bionicwmn1@att.net

- **U-CAN Parent and Child Network Holiday Party, Saturday, December 8th, 2018 from 12:00-3:00 at the Orthotics & Prosthetics Center, 2850 S. Industrial Hwy, Suite 400, AA.** Spend a fun afternoon with other families, along with food and games. Please bring a dish to pass to share. Please RSVP by December 4th, 2018 to Carla, 734-975-7432, 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/>

Happy Thanksgiving to you and your families
Carla