Hello,

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

November is upon us and the year has definitely gone by fast, thankfully. The 2020 year has been challenging for us all.

Halloween starts off the next few months of celebrations that will look & feel different this year. I hope you will still be able to enjoy them.

Have a safe and spooky Halloween!
Happy Veterans Day to all the veterans and those currently serving. We appreciate and thank you for your service.

Fun Facts...
Did you know there are 63 Cider Mills in Michigan! I just love the smell of fresh donuts and cider in the Fall. I know the weather is starting to get colder. But, if you are looking for something to do, why not bundle up and venture out to one you haven’t yet visited! Some of them have wine and hard cider too. I have posted the link that lists all 63 Cider Mills along with their websites. Each one has their own safety protocols, rules for visiting & hours of operation.

O & P News Update
The Access to Assistive Technology and Devices for Americans Study Act (or Triple A Study Act) has been recently introduced into the house of Representatives. It will identify the best care practices for people living with limb loss or limb difference so they can be replicated across health systems, which will improve health outcomes for our community.

It is the companion bill to the legislation introduced by Senators Marsha Blackburn (R-TN) and Tammy Duckworth (D-IL). As you may know, legislation needs to pass both chambers of Congress, so having the Triple A Study Act introduced in the Senate and House shows an important step toward final passage.

If you would like to learn more about this bill and how it can get signed into law, click on the links below;
https://www.amputee-coalition.org/limb-loss-legislation/
https://www.votervoice.net/Amputee/Campaigns/77661/Respond

Just for fun...
Time for another animal break. Watch in amazement how the Moose runs on water!
The New York Post;
https://nypost.com/video/moose-running-on-water-is-a-miraculous-sight/

The kitten helps give a manicure, New York Post;
https://nypost.com/video/manicure-giving-kitten-totally-nails-it/

Act of Kindness segment
Hope you enjoy the 2 stories I have chosen for this month.

Community donates hundreds of cans of spaghetti-o’s for autistic girl, CBS News;
https://www.facebook.com/OnTheRoadCBS/videos/659783878008328/

89-year-old pizza delivery driver gets a surprise tip from the ‘Tik Tok’ Community, CBS 46 news;
https://www.cbs46.com/89-year-old-pizza-delivery-driver-gets-12-000-tip-surprise-from-tiktok-family/video_67ccd881-3a97-5a1d-5a1ebedd0c5e5d1aeba.html

And now for a few laughs...
For this month, I thought I would share 2 classic Halloween comic strips. They’re oldies but goodies! Enjoy!

*Comic by Scott Nickel, from the website: https://boyslife.org/home/23079/funny-halloween-jokes/

*Comic by Scott Nickel, from the website: boyslife.org/home/23079/funny-halloween-jokes/*
Our next U-CAN meeting will be held on **Tuesday, November 3rd, 2020 from 5:30-7:30 PM**. Join us for our first ever **Virtual Halloween Party**! Come dressed in costume! We’ll show some video shorts, have group discussion and vote for our favorite costumes. We hope you’ll join us for a fun evening. Brittany and I look forward to seeing you.

For a reminder on how to connect, the instructions are listed below. For those that have the link/app loaded on to your device, no need to follow the steps below. Remember, you are able to join the meeting utilizing your computer, tablet or phone. You also have the option of calling in.

**Instructions for Dial-in:**

**734-763-1841**  
**888-240-2560**  
Enter the Meeting ID: 561841736

1. Click here to join the meeting if you are using a computer or laptop that is not a Mac;  
   [https://bluejeans.com/561841736/9250?src=htmlEmail](https://bluejeans.com/561841736/9250?src=htmlEmail)

**Instructions for using your computer, tablet or mobile device:**

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)

1. Mac Computer

   ![BlueJeans for iPhone](https://bluejeans.com)  
   ![BlueJeans for Android](https://bluejeans.com)

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 the 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 (there 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!

   **Quote of the month:** “Life is like a piano, the white keys represent happiness, the black keys show sadness. But, as you go through life’s journey, remember that the black keys also create music” – Ehssan

---

**Articles**

- University of Michigan develops open-source bionic leg, spectrum.ieee.org, October 5, 2020; https://spectrum.ieee.org/the-human-os/biomedical/bionics/opensource-bionicleg
- The best Amputee Baseball team ever, livingwithamplitude.com, October 7, 2020;
All natural breast prosthesis being developed by a breast cancer survivor from PEI (Prince Edward Island), cbc.ca, October 9, 2020; https://www.cbc.ca/news/canada/prince-edward-island/pei-natural-breast-prosthesis-simmone-cormier-1.5757359

Research Corner

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_1N8uulSnGTdi0qF

For more information about this study, please contact:
Sara Olsen, MS MPH
Email: 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:
University of Michigan School of Kinesiology is looking 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 session 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

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

Looking for more research opportunities, visit the Amputee Coalition website; https://www.amputee-coalition.org/research/active-studies-seeking-participants/

**Upcoming Virtual & Live Events**

- **Experience what Michigan has to offer throughout the fall virtually and in-person.** Visit the website for more information and for a calendar of events; https://www.michigan.org/events/month

- **Ann Arbor Center for Independent Living** is offering virtual art classes, movie nights along with other resources and activities. Check out their website for more information; https://www.annarborcil.org/calendar/

- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness during this time. Please visit the website for more information: https://www.nkfm.org/enhance-fitness

- **Free online Workout resources**, click on links to get your free at home workouts at your leisure; https://makeyourbodywork.com/how-to-exercise-at-home/

- **Free Adapted Fitness Exercise Workout Plan**, view the various at home workout routine/exercises that you can try for free; https://www.specialstrong.com/adapted-fitness-exercise-workout-plan-home-or-gym/

Don’t forget about these adaptive workout resources that I have mentioned in the past. They are still available to utilize but you must pre-register to attend the classes;

**Adaptive Adventures** :
https://adaptiveadventures.z2systems.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp

**Move United** : https://www.moveunitedsport.org/adaptathome/

**Ottobock**, has created a fitness app for amputees, available for apple and android users with
specific exercises for lower and upper limb amputees. To download the app, visit; https://www.ottobock.com/en/apps/fitness-app/?fbclid=IwAR2SwI05-5MHEu612dajqrTyNKSLD4crPO1HJU_QUDUpn9dkPcd3yHVAJs

- **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 November.
  Carla