



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

October 2017

Hello,

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

Fall officially started last week and it has been a good start to the season! It's cider mill time and with that comes the cider, donuts, corn mazes, and of course, apples! I hope you are able to get out and enjoy one near you! Mitten Crate, which is an online company that sells Michigan made artisan foods, put together a list of must see Michigan cider mills. I have provided the link in case you're interested: <http://www.mittencrate.com/michigans-must-visit-cider-mills/>

Here are some facts about autumn. It once had a different name. The season we call fall was once referred to simply as "harvest" to reflect the time when farmers gathered their crops for winter storage, roughly between August and November. In the early 1600s, as more people started moving into cities, the word harvest fell out of use. During the 17th century, English emigration to the British colonies in North America was at its peak, and the new settlers took the English language with them. While the term *fall* gradually became obsolete in Britain, it became the more common term in North America.

I wanted to update you on Nicole Ver Kuilen, whom I mentioned in the August Newsletter and also came to the U-CAN meeting to talk about her 1,500 mile journey across the entire west coast called, "Forest Stump". The team started out in Seattle and is currently making their way through California. They've had some tumbles and bruises along the way but are continuing on. Check out the website : <http://www.forreststump.org/> to get weekly updates on the team's journey. From the link, you can also access their Facebook page and blog.

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, October 3rd from 5:30-7:30 pm**. On the agenda is guest speaker Amira Idris, founder of the Elix band, a new concept to help with phantom limb pain. She will be joining us by skype.

Quote of the month: "When we are no longer able to change a situation, we are challenged to change ourselves"
- Viktor Frankl

Articles

- The Biomechatronic man, outsideonline.com, September 6, 2017; <https://www.outsideonline.com/2238401/biomechatronic-man>
- Good Samaritan returns prosthetic leg lost by Army amputee while surfing in Huntington Beach, ocregister.com, September 6, 2017; <http://www.ocregister.com/2017/09/06/army-amputee-loses-prosthetic-leg-while-surfing-in-huntington-beach/>
- Marine veteran amputee reaches summit of Mount Kilimanjaro, foxnews.com, September 7, 2017; <http://www.foxnews.com/us/2017/09/07/marine-veteran-amputee-reaches-summit-mount-kilimanjaro-it-s-closest-thing-to-getting-to-heaven.html>
- Prince Harry 'stepped up to the plate for veterans', people.com, September 8, 2017; <http://people.com/royals/stefan-leroy-invictus-games-interview-prince-harry/>

- A found photo from the World War I Australian War Memorial collection of a double or possibly triple amputee is looking for information, abc.net, September 14, 2017; <http://www.abc.net.au/news/2017-09-15/do-you-know-who-this-wounded-anzac-australian-war-memorial/8893066>
- Amputee who lost her leg in rollercoaster crash bravely takes the catwalk at London's Fashion Week showing off her prosthetic limb, dailymail.co.uk, September 16, 2017; <http://www.dailymail.co.uk/news/article-4890274/Alton-Towers-amputee-models-London-Fashion-Week.html>
- Jake Gyllenhaal plays double amputee Boston Marathon bomb survivor in 'Stronger', wtop.com, September 19, 2017; <http://wtop.com/entertainment/2017/09/qa-jake-gyllenhaal-plays-boston-marathon-bomb-survivor-in-stronger/>
- Singing through triumph and disaster, the earthquake amputee who captured the hearts of the Chinese nation, scmp.com, September 17, 2017; <http://www.scmp.com/news/china/society/article/2111317/singing-through-triumph-and-disaster-earthquake-amputee-whose>
- A Better way to amputate, Harvard magazine, September/October 2017; <http://harvardmagazine.com/2017/09/prosthetic-limbs-advancements>
- In quake-torn Mexican town, amputee toils to clear debris, nydailynews.com, September 22, 2017; <http://www.nydailynews.com/news/wires/news/world/quake-torn-mexican-town-amputee-toils-clear-debris-article-1.3518877>
- The movie, 'The Ant man and the Wasp' stunt double is an amputee, debuting in theaters July 2018, comicbook.com, September 25, 2017; <http://comicbook.com/marvel/2017/09/25/ant-man-stunt-double/>

Research Corner

- ❖ A Multidisciplinary Design team at the University of Michigan is working with a nonprofit organization called E-NABLE to improve the designs of their 3D printed prosthetic device for *Transradial* amputees. As part of their efforts to improve the device, we are interested in gaining feedback to drive the needed adjustments.

If you are interested in providing feedback about your experience using an upper limb prosthetic by participating in a brief interview, please contact:
Jackie Katz, jkatz@umich.edu

- ❖ **Saginaw Valley State** University Occupational Therapy students are searching for participants for a study involving phantom limb pain and mirror therapy.

Participation requirements:

- 18 years of age or older
- are at least 3 months post-amputation
- currently experiencing phantom limb pain (PLP)

The study will occur on the campus of Saginaw Valley State University (SVSU) in Saginaw, MI and within your own home between the first week of October 2017 to mid- November 2017. You will participate in 18 sessions of mirror therapy, three times a week, over a period 6 weeks. Each mirror therapy session will last for thirty minutes. The first and last sessions will be conducted on the SVSU campus, along with completing a pain questionnaire, the other 16 sessions will be conducted within your home. During the first session, the researchers will teach you how to self-administer mirror therapy. You will then independently conduct the mirror therapy within your own home, by following a home exercise program. This program will outline specific instructions for each exercise. The researchers will supply you with a mirror box, a home exercise program instruction sheet and a progress sheet in which you will document exercises you completed during each session.

To thank you for participating in this study, you will be entered for the chance to win a \$25 Visa gift card

If you are interested in participating in the study or have questions, please contact:

Katelyn Murphy
Saginaw Valley State University
980-600-6083
kamurphy@svsu.edu

❖ **Researchers** at Indiana University's Department of Health Sciences are conducting a study to better understand the experiences that individuals with amputations have with massage therapy.

Participation requirements:

- Individuals who are 18 years or older and have at least one amputation
- Individuals who have or have never received a massage therapy treatment
- Completion of an online survey, between 20-30 minutes

You can access the survey at: <https://redcap.uits.iu.edu/surveys/?s=HAWRN4JJ87>

In appreciation of participants' time, each who completes a survey will be entered to win a \$25 Amazon gift card

If you would like more information or have any questions, please contact:

Dr. Niki Munk:
Phone: 317-278-8658
Email: nmunk@iu.edu

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class, Saturday October 7th 2017 from 11 am-12:30 pm at 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. To register for the class or for more information, please call 248-454-1715; <https://www.fredastaire.com/bloomfield-hills/>
- **University of Michigan Parent & Child Network Fall outing, October 14th, 2017 11:30 am –2:30 PM at the Petting Farms at Dominos Farms, 3001 Earhart Rd, Ann Arbor.** A tour of the animals, petting time and our own private tractor ride. Bring a dish to pass. Please RSVP by Monday, October 9th. For more information, please contact Carla Vollmer, 734-975-7432 or at cvollmer@med.umich.edu
- **Free Gait Training Clinics for individuals with lower extremity amputations, STAR Rehab, Grand Blanc, MI.** For more information, contact 810- 733-3375. The clinic dates are listed below:
September 28th 4:30- 6:30
October 26th 4:30- 6:30
November 30th 4:30- 6:30
- **University of Michigan Adaptive Basketball Clinic, October 14, 2017 1:00-4:00 PM at Peace Lutheran Church, 8260 Jackson Rd, Ann Arbor.** For kids 5-18 years in need of modification to play basketball due to physical disability. For more information, please contact Rebecca McVey at rmcvey@med.umich.edu
- **Oakland County Parks and Recreation** has adaptive recreation and assistive devices. Check out their website for more information; <https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx>

They also have events throughout the fall, please visit the website for more information;

<https://www.oakgov.com/parks/Pages/events.aspx>

- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. They have a year round bowling league and a fitness gym that is open from 9 am- 4 pm Monday- Friday. For more details or for more information, check out their sports and recreation site:

<http://www.annarborcil.org/offices/recreation/about-sport/>

and their calendar of events: <http://www.annarborcil.org/events/>

- **Amputee Coalition Travel Adventures** Check out the trips planned throughout the 2017 year. For more information on when and where, visit the website:

<http://www.amputee-coalition.org/events-programs/travel-adventures/>

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 great month!

Carla