



Hello,

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

October is quickly upon us along with the cool fall weather. Even though I am sad to see summer leave us, I'm looking forward to the changing of the leaves, the smell of cider and donuts, and ghosts and goblins!

As most of you know, Halloween is one of my favorite holidays. Have you ever wondered how the holiday evolved to what it is today? The practices of Halloween mostly came from the Celtic region in the British Isles and other parts of Europe and the feast of *Samhain*, which marks the end of the harvest season and the beginning of winter. They believed it was the time when ghosts and spirits came out to haunt, and the Celts would appease the spirits by giving them treats.

Immigrants from Scotland and Ireland brought the holiday to the United States. The commercialization of Halloween started in the 1900s, when postcards and die-cut paper decorations were produced. Costumes started to appear in stores in the 1930s and the custom of 'trick-or-treat' appeared in the 1950s. With computers, smoke machines, animation and all the people that love Halloween, the holiday has become quite a production.

There are a lot of good articles for this month including Forest Stump's, Nicole VerKulen. She completed her fellowship in Washington DC this summer and talks about her experiences on the hill.

Have a cup of coffee or beverage of choice, relax and read the articles below.

### Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, October 2nd, 5:30-7:30 pm**. On the agenda will be group discussion

### A look ahead

November 6th- Halloween Party (come dressed up in costume)

December 4th- Holiday Party & white elephant gift exchange

**Quote of the month:** "Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes." - Buddha

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## Articles

- Amputees in high heels: VA research zeros in on quality of life, military.com, September 2, 2018; <https://www.military.com/daily-news/2018/09/01/amputees-high-heels-va-research->

[zeroes-quality-life.html](#)

- Partnership provides prosthetic blades for children, montanasports.com, September 5, 2018; <https://montanasports.com/more-sports/2018/09/05/missoula-company-teams-up-with-foundation-to-give-improved-mobility-with-prosthetics/>
- Why this NFL amputee rookie's success playing for the Seattle Seahawks means so much to so many, seahawks.com, September 5, 2018; <https://www.seahawks.com/news/he-went-out-and-did-it-why-seahawks-rookie-shaquem-griffin-s-success-means-so-mu>
- A new theory for phantom limb pain points the way to more effective treatment, sciencedaily.com, September 6, 2018; <https://www.sciencedaily.com/releases/2018/09/180906082022.htm>
- Occupational health research- amputation and returning to work, personneltoday.com, September 7, 2018; <https://www.personneltoday.com/hr/occupational-health-research-round-up-september-2018/>
- High School football player with prosthetic leg has NFL aspirations, September 7, 2018; <https://wtkr.com/2018/09/07/high-schooler-wont-let-prosthetic-leg-slow-him-down-on-football-field/>
- A 'feet' in itself, where they make prosthetic limbs for free in Denmark, newindianexpress, September 11, 2018, <http://www.newindianexpress.com/cities/chennai/2018/sep/11/a-feet-in-itself-1870718.html>
- Robot trousers could keep the elderly mobile, bbc.com, September 12, 2018; <https://www.bbc.com/news/science-environment-45501069>
- Rotationplasty allows 12 year old to dance, insideedition.com, September 12, 2018; <https://www.insideedition.com/12-year-old-still-dancing-after-losing-leg-thanks-rare-surgery-46709>
- Robotic arm enables man to be a professional drummer, asme.org, September 2018; <http://www.asme.org/engineering-topics/articles/bioengineering/prosthetic-arm-bangs-the-drums>
- The value of a Washington DC education, The O & P Edge, September 2018 edition, <https://opedge.com/Articles/ViewArticle/2018-09-01/the-value-of-a-washington-dc-education>
- Reducing the risk of infection with prosthetic limbs, upmatters.com, September 19, 2018; <https://www.upmatters.com/news/healthwatch/reducing-risk-of-infection-with-prosthetic-limbs/1460971272>
- Researchers patent technology for smart seat cushion & adaptable prosthetics, September 20, 2018; <https://www.sciencedaily.com/releases/2018/09/180920115523.htm>

## **Research Corner**

- ❖ **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](mailto:jarivet@svsu.edu)

- ❖ **A company in located in Detroit** is working on the development of a smart phone app that will help alleviate phantom limb pain. They are currently in the testing phase of the app and are looking for volunteers with phantom limb pain, **upper or lower extremity**, to help test the technology. You will be compensated for your time and can come to you at your convenience.

The test calls for a simple 20 to 60 second smart phone video of the participant moving his or her limb. The app will flop the video image, ultimately showing the participant a video where they can see two functioning arms and legs and hopefully alleviate the phantom pain through a version of mirror therapy.

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

Pat Grant

Pocket Lightning, LLC

Phone: 586-722-4978

[pmgrant@wowway.com](mailto:pmgrant@wowway.com)

- ❖ **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](mailto:nmunk@iu.edu)

## **Upcoming Events**

- **UMAISE (U of M Adaptive and Inclusive Sports Experience) is holding a Recreational Tree Climbing event, Sunday, September 30<sup>th</sup>, 2018 from 10:00 AM – 4:00 PM at Curtis Park in Saline** for kids ages 5 and up adults. A \$10 donation is suggested. To register or for more information, please contact Becky McVey at: 734-232-3334, [rmcvey@med.umich.edu](mailto:rmcvey@med.umich.edu)
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, October 6<sup>th</sup>, 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.** For more information or to reserve a spot, please call: 248-454-1715 or visit the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>
- **OPAF First Climb, introduction to adaptive rock Climbing or para-climbing, will be held on October 6<sup>th</sup>, 2018, 10:30 AM -12:30 PM at Planet Rock, Madison Heights for participants up to age 18.** The event is free but space is limited to 25 climbers and you must register to attend. For more information and to register, please contact 980-819-9404 or visit the website: <https://www.eventbrite.com/e/opaf-first-climb-clinic-michigan-tickets-48559736479?aff=ebdssbdestsearch>
- **UMAISE adult wheelchair basketball program in partnership with U of M RecSports.** 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:
  - October 7
  - November 18
  - December 2

For more information, please contact Amy St. Amour at: [astamour@umich.edu](mailto:astamour@umich.edu)

- **U-CAN Parent & Child Network Fall Outing to the Creature Conservancy, Saturday October 13<sup>th</sup>, 2018 from 1:00-4:00 PM, 4950 Ann Arbor- Saline Rd, AA.** The event is free and for the whole family. Please RSVP by Tuesday, October 9<sup>th</sup>. For more information, please contact Carla Vollmer at: 734-975-7432, [cvollmer@med.umich.edu](mailto:cvollmer@med.umich.edu)
  
- **SE Oakland County Amputee Support Group is hosting a variety of events this year: Cornwell Turkeyville USA in Marshall Michigan, Saturday, November 17<sup>th</sup>, 2018 (Dinner and Play included)**  
For more information about this event, please contact Kim Armitage at: 248-376-7973; [bionicwmn1@att.net](mailto:bionicwmn1@att.net)
  
- **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/>

Have a ghoulish October!

Carla