



Hello,

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

Welcome to Fall everyone! The autumnal equinox occurred on Monday, September 23<sup>rd</sup> at 7:50 am. The bad news is that summer ended, the good news is that the warm weather seems to continue for at least a few more weeks!

All the wonderful things to love about the fall season; the cider mills and their yummy donuts and delicious apples, pumpkins, the cool colors of fall and the leaves falling from the trees, and of course, Halloween! Get out enjoy the wonderful season!

I would like to share with you a list that the New York Times put together of poetry printed by and for people with disabilities. I came across the list in my research for the newsletter this month. The list is quite extensive and the work from these individuals is quite good. Just click on the link provided; <https://www.nytimes.com/column/disability>

### Upcoming U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, October 1, 2019, 5:30-7:30 PM**. On the agenda will be Cindy along with her furry companion from Sterling Service Dogs, a nonprofit organization located in Sterling Heights, who will show us the benefits of having a service animal.

### A look ahead:

**November 5<sup>th</sup>** - Halloween Party, come dressed in costume. On the agenda will be Nicole Ver Kuilen, we will be watching her documentary and she will skype in for commentary and questions. Feel free to bring a dish to pass if you like. Our theme is fall and 'Halloween' food and treats.

**December 3<sup>rd</sup>** - Holiday party pot luck and white elephant exchange

**Quote of the month:** *"How we react has a bigger impact on our lives than our physical restraints"*-  
Jessica Cox

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## Articles

- Machine learning and Virtual Reality are driving prosthetics research, digital health, September 3, 2019; <https://www.mddionline.com/machine-learning-and-vr-are-driving-prosthetics-research>
- E-glove slips over prosthetic hand to alert the senses, newatlas.com, September 4, 2019; <https://newatlas.com/medical/electronic-glove-prosthetic-hands-senses/>
- **Update to story from August:** 9-Year-old double amputee walks the runway at New York Fashion Week, cbsnews.com, September 9, 2019; <https://www.cbsnews.com/news/nyfw-daisy-may-demetre-9-year-old-double-amputee-walks-the-runway-at-new-york-fashion-week/>
- Feeling legs again improves amputees' health, sciencedaily.com, September 9, 2019; <https://www.sciencedaily.com/releases/2019/09/190909113035.htm>
- Marine veteran, double amputee completes 9/11 stair climb on his hands, wcjb.com, September 11, 2019; <https://www.wcjb.com/content/news/Double-amputee-veteran-participates-in-911-stair-climb-challenge-560075921.html>
- Smart artificial hand for amputees merges users and robotic control, sciencedaily.com, September 11, 2019; <https://www.sciencedaily.com/releases/2019/09/190911113007.htm>
- The wearable cyborg that uses brain waves to power up your muscles, [www.cnn.com](http://www.cnn.com), September 18, 2019; <https://www.cnn.com/2019/09/18/health/japan-cyberdyne-brain-wave-exoskeleton-wellness-scn-hnk-intl/index.html>
- London entrepreneurs creating prostheses with multiple attachments, uk.news.yahoo.com, September 26, 2019; [https://uk.news.yahoo.com/affordable-comfortable-alternative-prosthetic-arm-130110006.html?guce\\_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce\\_referrer\\_sig=AQAAAJvq4MhX96-tzCuCAgVQgMxQoGQhCV6A8QO91N\\_w8vwF6VMAdw6Lh8Dm2JFM62Dlp8\\_SV7M6V1kBc6aqADTEpuXpvr0i2S0-TNKKfQ689Of5NMWhONKySWLBVuTy4b4heEasZABW0qp3nfn8T\\_12F-ZGwIBLP6NFaanB33RRC0&guc\\_consent\\_skip=1569528468](https://uk.news.yahoo.com/affordable-comfortable-alternative-prosthetic-arm-130110006.html?guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAJvq4MhX96-tzCuCAgVQgMxQoGQhCV6A8QO91N_w8vwF6VMAdw6Lh8Dm2JFM62Dlp8_SV7M6V1kBc6aqADTEpuXpvr0i2S0-TNKKfQ689Of5NMWhONKySWLBVuTy4b4heEasZABW0qp3nfn8T_12F-ZGwIBLP6NFaanB33RRC0&guc_consent_skip=1569528468)

## Research Corner

- ❖ Sam Greenberg is a Sociology Honors student at the University of Michigan and is currently working on his senior thesis; Studying how people incorporate prosthetic limbs into their identities.

Participation requirements:

- Amputee
- Wear prosthetic limb(s)

An in-person interview will take place and take approximately 45 -60 minutes and can be done at your convenience.

If you are interested in participating in this research project, have questions or would like more information, please contact:

Sam Greenberg

Phone: (734) 845-2529

- ❖ The University of Michigan has created a 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, Clinical Research Coordinator

Phone: (734) 647-5514

Email: [klucinda@umich.edu](mailto:klucinda@umich.edu)

- ❖ University of Michigan School of Kinesiology is looking for paid volunteers with a 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.

If you are interested in volunteering for this project, 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:

Catherine Kinnaird

Phone: 734-764-6395

Email: [kinnaird@umich.edu](mailto:kinnaird@umich.edu)

- ❖ ***University of Michigan has 3 ongoing prosthetic research studies that are looking for volunteers to participate.*** They are listed below:

#### ***Evaluating and Improving Assistive Robotic Devices Continuously and in Real-time***

Participation requirements:

- 18+years old, unilateral transtibial amputation, K3 or above, prosthesis for 6 months, can walk 30 minutes at a time

Exclusions from this study include:

- History of orthopedic or neurologic disorder to intact limb, history of cardiovascular disease, unable to walk 30 minutes at time

#### ***Mechanisms of Low Back Pain Development in People with Lower Limb Amputation***

Participation requirements:

- 18-65 years old, unilateral transtibial amputation, independently ambulating for 2 months, 10 minutes of unassisted walking

Exclusions from this study include:

- Pathology or injury to intact limb, cardiovascular or neurologic disease, uncorrected vision problems, taking medication affecting balance or ability to walk, residual limb length that prevents incorporating load cell or performing alignment adjustments

#### ***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 any of the above projects, please contact:

Kelsey White (Study Coordinator)

Phone: 734-647-5514

Email: [klucinda@umich.edu](mailto:klucinda@umich.edu)

### Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, October 5<sup>th</sup>, from 11:00 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 about this class and to reserve a spot, please call: 248-454-1715 or visit the website; <https://www.fredastaire.com/bloomfield-hills/2183-2/>

- **Penny Stamps Speaker Series, Mari Katyama, My body as Material, October 10, 2019, from 5:10-6:30 PM, Michigan Theater.** The Japanese artist is an amputee (has only 2 fingers on one hand and had both legs amputated at 9 years of age), she uses her body as art to understand prosthetics as "materials" to be used in photographs, read as soft sculptures and decorated with shiny objects. Her work will be exhibited starting **Saturday, October 12, 2019- January 26, 2020 at the University Museum of Art, Irving Stenn Jr. Family Gallery**

- **UMaise Wheelchair Tennis 2019-2020 Season, meets weekly from 7-9 PM and held at the UM Varsity Tennis Center, 2250 S. State St, kids and adults welcome.** For more information or for questions, please contact: [PMR-UMAISETR@UMICH.EDU](mailto:PMR-UMAISETR@UMICH.EDU)

- **Rollverines Basketball Recreational & Competition 2019-2020 season.** This Jr. wheelchair basketball team is open to youth with physical impairments limiting their ability to participate in able-bodied basketball. Weekly practices are held on Mondays, September-May from 5:30-6:30 pm for the competition team, 6:30-7:30 pm for the recreational program. For questions, directions or for more information, please contact [PMR-UMAISETR@UMICH.EDU](mailto:PMR-UMAISETR@UMICH.EDU)

- **Adaptive MoGo bike share program in Detroit till October 31<sup>st</sup>, 2019.** The bicycles will be available at Wheelhouse Detroit in Rivard Plaza. For more information, please visit the website: <https://mogodetroit.org/adaptive-mogo/>

- **Michigan Sports Unlimited, Inc.,** provides unlimited access to a wide range of recreational activities in order to improve the physical, social and mental well-being of people with

disabilities. They hold sports clinics, have resources and equipment and have clubs and teams. For more information, please visit the website: <http://misportsunlimited.net/clinics/>

- **Ann Arbor Center for Independent Living** offers sports, recreation and art all year round. For 2019, 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>
  
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** - a physical activity program for adults that is designed to improve functional fitness and well-being. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training. There are free or donation based programs all across Michigan. The link has been provided if you are interested in finding out more information:  
[https://www.nkfm.org/sites/default/files/documents/pages/2019\\_ef\\_brochure\\_washtenawlivingston2.27.pdf](https://www.nkfm.org/sites/default/files/documents/pages/2019_ef_brochure_washtenawlivingston2.27.pdf)
  
- **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/>

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