



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

October 2020

Hello,

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

Happy Fall Season!

Autumn officially started September 22nd but we still have lots of nice weather to enjoy before the “white stuff” comes! Summer always seems to go by so fast but if you enjoy the outdoors like I do, fall is a great time of year to get out and enjoy the colors and the smell of donuts and cider.

In the spirit of Halloween, I thought it would be fun to share an article from Michigan.org, titled, the “6 Haunted Places in Michigan,” from Bev and Kat’s Haunted Travels of Michigan Book Series.

In reading the article, I realized that I have been to one of the places over the years but of course didn’t know it was haunted! You may find out that you have been to a few if not all of the places yourself. It’s a spooky story!

<https://www.michigan.org/article/trip-idea/look-haunted-places-michigan>

In honor of the passing of RBG (Ruth Bader Ginsberg), I would like to share one of her famous quotes. Her words are needed now more than ever. May she rest in peace.

“If you want to be a true professional, you will do something outside yourself, something to repair tears in your community, something to make life a little better for people less fortunate than you. That’s what I think a meaningful life is- living not for oneself, but for one’s community.”

Important Reminders....

The last day to submit your household information for the 2020 Census is September 30th. Every person is important and needs be counted.

November 3rd is the national election. If you are a first time voter, you still have time to register to vote. Online registration deadline is October 19th. Make your voice heard and get out and vote.

Just a reminder to sign up if you haven't yet for "We just felt like running" Event being held on Saturday, October 3rd, 2020, 12:00 AM – Sunday, October 4, 2020, 12:00 AM.

Participation is free, but you can also make a donation. Nicole has created a team just for U-CAN and I am hoping for a good turnout for Team U-CAN! You can do any exercise you want- biking, swimming, walking, etc. It is easy to register but please don't hesitate to reach out if you need assistance.

I have included the website and the instructions on how to register below:

<https://www.eventbrite.com/e/wejustfeltlikerunning-a-virtual-race-for-disability-rights-tickets-113560366112>

Click on - [Tickets](#)

Enter promo code- [DISABILITY2020](#)

Go to bottom of page and click- [Checkout](#)

Fill in your contact information

It will ask if you are registering as part of a team, click - [Yes](#)

Select – [U-CAN](#)

Select what your activity will be- [hike, bike, hand cycle, swim, run, paddle, wheelchair, other](#)

Select approximately how many miles- [1 mile up to 100!](#)

Just for fun...

Time for an animal break. These pictures will definitely make your day: from an amputee dog being fitted for a prosthetic leg, to Covid-sniffing dogs, to animals being rescued from the wildfires, these wonderful creatures will make your heart smile.

The Atlantic, September 22, 2020;

<https://www.theatlantic.com/photo/2020/09/animals-int-the-news/616434/>

Google names fifth grader winner of the 'Doodle for Google' contest.

The theme for this year's submissions was all about kindness.

The winner's artwork titled Together as one, highlights how kindness can be practiced through "friendship and inclusion."

Click on the article to read more about this interesting 5th grader and to see her great artwork.

<https://www.nbcdfw.com/news/local/google-names-frisco-fifth-grader-winner-of-2020-doodle-for-google-contest/2448762/>

This short video was sent to me by one of our U-CAN members. It's titled, 'Yes I can.' It is an entertaining and awe inspiring video of an amazing group of determined athletes.



VID-20200628-WA00011.mp4

Act of Kindness segment

The 2 stories chosen for this month highlight how 1 simple act of kindness leads to others in the community coming together to help out.

Electrician repairs woman entire house for free, CBS News;

https://www.youtube.com/watch?v=plIDw0z3fXM&list=PLotzEBRQdc0eX6sErNJED9JuHzJ1vclu_&index=1

Virginia teen builds free desks for kids learning at home, NBC News;

<https://www.nbcnews.com/nightly-news/video/virginia-teen-builds-free-desks-for-kids-learning-at-home-91729477657>

And now for a few laughs... with help from SNL. Enjoy a little comedy that will get you up and moving and make you laugh. It's titled, the 'Cha Cha Slide'.

<https://www.youtube.com/watch?v=MC6xjO1JoR8>

U-CAN Meeting

Our next U-CAN meeting will be held on Tuesday, October 6, 2020 from 5:30-7:30 PM in the O & Parking lot. Please bring your lawn chair if you are able. There will be extra chairs available. We will practice safe social distancing along with mask wearing. Come out and enjoy a nice fall evening with the group.

Please note that in case of rain, the meeting will be held virtually.

For a reminder on how to connect, the instructions are listed below. Remember, you are able to join the meeting via video- utilizing your computer, tablet or phone. You also have the option of calling in.

Brittany and I look forward to seeing you.

Instructions for Dial- in:

734- 763- 1841

888-240-2560

Enter the Meeting ID: 561841736

How to Download Blue Jeans on your Computer or Mobile Device:

1. Open an internet browser on your device and go to:
<https://www.bluejeans.com/downloads>
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)
iPad or iPhone:



BlueJeans for iPhone

[▶ More info](#)



Android Phone or Tablet:



BlueJeans for Android

[▶ More info](#)



Mac Computer



BlueJeans for Mac

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Download

Deployment tools for IT administrators

Windows Computer



BlueJeans for Windows

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Download

Deployment tools for IT administrators

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 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: “A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves” - Amelia Earhart

Articles

- Amputee Entrepreneurs, read the story about this Michigan native and how he started his own business with an idea he had from wearing his prosthesis, livingwithamplitude, September 1, 2020; <https://livingwithamplitude.com/article/amputee-entrepreneurs-making-ideas-happen/>
- Beyond Laughter, Amputee Comedy and activism, read how amputees are using humor to entertain and make a difference, livingwithamplitude.com, September 1, 2020; <https://livingwithamplitude.com/article/beyond-laughter-amputee-comedy-and-activism/>
- Double amputee aims to be the first to circumnavigate the globe, mvtimes.com, September 8, 2020; <https://www.mvtimes.com/2020/09/08/single-handed-sailor-visits-vineyard/>
- The Great British Bake-off 2020 returns September 22nd and 1 of the contestants is an amputee who uses baking as a form of therapy, dailymail.co.uk, September 15, 2020; <https://www.dailymail.co.uk/tvshowbiz/article-8732089/Great-British-Bake-2020-Meet-years-line-competing-strict-COVID-19-rules.html>
- New day dawning for smart prosthetics, livingwithamplitude, September 15, 2020; <https://livingwithamplitude.com/smart-prosthetics-amputees-bioengineering-2020/>
- Jamaican documentary about an amputee who defied the odds and qualified for the Jamaican Olympic Rowing Team, won the best documentary short film awards, jamaicans.com, September 16, 2020; <https://jamaicans.com/jamaican-film-wins-award-for-best-documentary-short-film-at-trinidad-tobago-film-festival/>
- How Terry Fox continues to inspire a nation 40 years later, London.ctvnews.ca, September 16, 2020; <https://london.ctvnews.ca/someday-his-dream-will-come-true-how-terry-fox-continues-to-inspire-a-nation-40-years-later-1.5107499>
- Oscar Pistorius life comes to ESPN, people.com, September 21, 2020 (watch the trailer to get a taste of this man’s journey from incredible athlete to his sad downfall to prison); <https://people.com/sports/oscar-pistorius-30-for-30-trailer/>
- Researchers develop bionic limb that mimics real foot, brusselstimes.com, September 21, 2020; <https://www.brusselstimes.com/news/belgium-all-news/132073/research-into-a-bionic-foot-raises-e2-million-from-brussels-region/>
- Paralympians get the recognition they deserve with the opening of the US Olympic & Paralympic Museum in Colorado and click on the link below to visit the museum; <https://livingwithamplitude.com/us-olympic-and-paralympic-museum-adaptive-athletics/>
Museum website: https://usopm.org/safety/?gclid=CjwKCAjw74b7BRA_EiwAF8yHFI-m4QkonKiBEI83Vz5Se4LkYfg7EVkqFaPUltjyb9EH5qa_YudVGBBoCPXwQAVD_BwE

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_1N8uul5nGTdi0qF

For more information about this study, please contact:

Sara Olsen, MS MPH
Email: solsen@umd.edu
IRB package ID: 1599600-1

- ❖ Liberating Technologies, a College Park Company is looking for volunteers who have a lower-limb loss to participate in a focus group. The goal is to obtain input directly from prosthetic users to guide the design of a prosthetic foot for active individuals.

Participation requirements:

- 18-80 years of age
- Have a BK prosthesis
- K4 level (if unsure, ask your prosthetist)

- Can understand and speak English
- Have internet access

If you are eligible, you will receive \$150 for your participation.

For more information, please contact:

Jen Johansson

Phone (774) 233-0874

Email: Jen.johansson@liberatingtech.com

- ❖ AlphaSights, a global research firm, is looking for volunteers who are hand amputees that use a prosthetic device so they can better understand and improve the patient journey and really benefit from the patient experience. Their goal is to improve this journey and to address unmet needs with your help!

Participation requirements:

- Upper extremity hand amputee
- Currently use a prosthetic device

This is a paid volunteer opportunity.

For more information, please contact:

Rebecca Pasch

Phone (646) 453-6984

Email: rebecca.pasch@alphasights.com

- ❖ 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:

Michael Gonzalez

Phone: (954) 260-6024

Email: magonzo@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 session will be completed at the Orthotics & Prosthetics Clinic in Ann Arbor.

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

Michael Gonzalez
Phone: (954) 260-6024
Email: magonzo@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

- ❖ **University of Michigan has 2 ongoing prosthetic research studies that are looking volunteers to participate:**

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:

Michael Gonzalez

Phone: (954) 260-6024

Email: magonzo@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>
- **Experience Grand Rapids virtually!** This is a great way to visit museums and listen to concerts. See what Grand Rapids has to offer. Please visit the website for all the events virutally and in person that are going on; <https://www.experiencegr.com/events/virtual-events/>
- **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>

- **Amputee Coalition Travel Adventures** - want to plan your own trip or get information on a planned guided trip 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>

Be safe and have a fun Labor Day weekend!

Carla