



Hello,

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

As this week comes to an end and we get a little closer to the end of summer, I realize how short the season is. We always seem to wish for more or for what we can't have!

In spite of the sadness of the changing season, as we celebrate the upcoming Labor Day weekend, let's hope for nice weather and fun with family and friends.

Don't forget about **U-CAN's Summer picnic being held next Saturday, September 8th from 12:00-3:30 PM at Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor.** Come out and join us for a fun afternoon with good food, games and great people! Family and friends are welcome. Please bring a dish to pass and RSVP if you are coming. For more details, see the **Upcoming Events** section listed below. We look forward to seeing you there!

Upcoming Meeting

Our next U-CAN meeting will be held on **Tuesday, September 4th, 5:30-7:30 pm.** On the agenda will be Brian Lawson, a former researcher from Vanderbilt University, who will be presenting recent research from his lab work in prosthetics and provide an overview of other groups work on advancement in prosthetic knees and ankles.

Quote of the month: "Optimism is the faith that leads to achievement. Nothing can be done *without* hope and confidence." - *Helen Keller*

Articles

- 13 prosthetic arms and legs and more that appear to have come from the future, interestingengineering.com, August 4th, 2018; <https://interestingengineering.com/13-prosthetic-arms-and-legs-and-more-that-appear-to-have-come-from-the-future>
- Northwell's (a New York state healthcare provider) prosthetic leg could get amputees back in the swim, medicaldesignandoutsourcing.com, August 7th, 2018; <https://www.medicaldesignandoutsourcing.com/northwells-prosthetic-leg-could-get-amputees-back-in-the-swim/>
- Yemen facility creates prosthetic limbs for war injury victims, foxnews.com, August 13th, 2018; <http://www.foxnews.com/world/2018/08/13/yemens-war-on-body-parts-sparks-cottage-industry-in-prosthetic-limbs.html>
- Researchers pair Virtual Reality (VR) and tactile prosthetics to fight amputees' phantom limb

sensations, mobilhealthnews.com, August 15th, 2018;

<https://www.mobihealthnews.com/content/researchers-pair-vr-tactile-prosthetics-fight-amputees-phantom-limb-sensations>

- Double amputee will drive race car without his prosthetic legs, thedrive.com, August 16, 2018; <http://www.thedrive.com/accelerator/22937/double-amputee-alex-zanardi-will-race-in-dtm-without-prosthetic-legs>
- How a little girls' MLB journey inspired Derek Jeter, engineers and moms, sporttechie.com, August 21, 2018; <https://www.sporttechie.com/how-a-little-girls-mlb-journey-inspired-derek-jeter-engineers-and-moms/>
- Bill introduced to preserve pre-existing conditions protections, thehill.com, August 24th, 2018; <http://thehill.com/policy/healthcare/403459-ten-gop-senators-introduce-bill-aimed-at-preserving-obamacares-pre-existing>
- Nonprofit brings Gaza boy to the US to receive a prosthetic leg, wkyc.com, August 27th, 2018; <https://www.wkyc.com/article/news/local/akron/gaza-boy-11-fitted-for-prosthetic-leg-in-akron/95-588106637>

Research Corner

- ❖ ***Nova Southeastern University*** is conducting a nationwide, online survey about amputee support groups:
how do they work? Why do people join? How long do they stay in a support group? Why do they leave? Why do some come back after an absence? Why do people change the groups they belong to? Can technology play a part in amputee support?

Participation requirements:

- If you have attended or are currently attending an amputee support group

The survey is online and takes about 10 minutes to complete

If you are interested in completing this survey, please reach out to Ed Nathan PHDat:

amputeesurvey2018@gmail.com He will then send you a link to the survey. Due to the nature of the research and for security reasons, the link has to be sent out to each individual.

Thank you for your interest and support for this research.

- ❖ ***Graduate students*** at the University of Michigan School of Business and the School of Public Health are conducting research related to above-the-knee (AK) amputees. The goal is to utilize an **online survey** to better understand amputees' prosthetic needs and how they access information.

Participation requirements:

- Above the Knee amputees
- Completion of a multiple-choice survey, approximately 15 minutes to complete & requires an internet connection.

The survey focuses on the prosthetic knee and how you gather information about prosthetic products. Data collected will not be used in any way to personally identify you or connect you in any way to specific answers.

As a thank-you for your time, each person who completes the survey and is willing to share their name, will be entered into a raffle to win a \$25 Amazon gift card! Entering your name is **NOT** required. If you provide us with your name, it will not be used or distributed to anyone.

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

Ron Longworth at: rlongwor@umich.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

- ❖ **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

- **U-CAN Summer Picnic, Saturday, September 8th, 2018, Marsh View Meadows Park, 300 E. Textile Rd, Ann Arbor** (the park is on Textile between Platt & State St). Family and friends are welcome. Come out and join us for fun afternoon of good food, games and good people! The shelter is reserved and the park is paved with clean accessible bathrooms close by. Bring a dish to pass. Please RSVP by September 5th, 2018. For questions or for more information, please contact: Carla Vollmer, 734-975-7432, or at: cvollmer@med.umich.edu
Please note that Textile road is under construction and you will need to take a slight detour to get to the park but the slight detour signs are clearly marked; take Morgan Rd (off of Textile and turn Right), then Right onto Marton Road till it ends at Textile and you will see the park.
- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, October 6th, 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/>
- **SE Oakland County Amputee Support Group is hosting a variety of events this year: Cornwell Turkeyville USA in Marshall Michigan, Saturday, November 17th, 2018 (Dinner and Play included)**
For more information about this event, please contact Kim Armitage at: 248-376-7973; bionicwmn1@att.net
- **OPAF First Climb, introduction to adaptive rock Climbing, will be held on October 6th, 2018, 10:30 AM -12:30 PM at Planet Rock, Madison Heights.** The event is free but you must register to attend. For more information and to register, please visit the website: <https://www.eventbrite.com/e/opaf-first-climb-clinic-michigan-tickets-48559736479?aff=ebdssbdestsearch>
- **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 great September and hope to see you at the picnic!
Carla