



Hello,

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

Where has the time gone! Labor day is fast approaching and school will officially be back in session.

I hope you all had a wonderful summer. It is not over yet, officially the last day is September 23rd! I hope our warm weather will continue till then and into the fall season.

Be safe and have fun over the holiday weekend.

Upcoming U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, September 3rd, 2019, 5:30-7:30 PM**. On the agenda will be amputee video shorts from around the world and having some yummy movie snacks. Come out for a fun evening. Hope to see you there.

A look ahead:

October 1st - Sterling Service Dogs

November 5th - 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 after

December 3rd - Holiday party pot luck and white elephant exchange

Quote of the month: *"To accomplish great things, we must not only act, but also dream, not only plan, but believe"* – Anatole France (French Poet)

Articles

- Puppy with missing leg adopted by amputee veteran, yahoo.com, August 3, 2019; <https://www.yahoo.com/entertainment/puppy-missing-leg-adopted-amputee-221040566.html>
- This 14 year-old double amputee throws a touchdown at Lions practice, Breitbart.com, August 4, 2019; <https://www.breitbart.com/sports/2019/08/04/watch-14-year-old-double-amputee->

[throws-touchdown-at-lions-practice/](#)

- MIT Media Lab: Where tomorrow's technology is born- "60 Minutes Overtime", watch how an amputee realized the power of technology, cbsnews.com, August 4, 2019; <https://www.cbsnews.com/news/60-minutes-mit-media-lab-where-tomorrows-technology-is-born-2019-08-04/>
- Double amputee dog running marathon to raise funds for dog rescue, itv.com, August 19, 2019; <https://www.itv.com/news/granada/2019-08-19/manchester-double-amputee-dog-to-run-marathon-to-raise-funds-for-dog-rescue/>
- 'Robo-shorts' could help the elderly, accident victims walk, techcrunch.com, August 15, 2019; <https://techcrunch.com/2019/08/15/these-robo-shorts-are-the-precursor-to-a-true-soft-exoskeleton/?renderMode=ie11>
- Plastic bottles can be turned into lighter, cheaper prosthetic limbs, telegraph.co.uk, August 16, 2019; <https://www.telegraph.co.uk/science/2019/08/16/plastic-bottles-can-turned-lighter-cheaper-prosthetic-limbs/>
- Forest Stump's Nicole Ver Kuilen is officially crowned **National Champion** at the Paratriathlon National Championships in Long Beach, CA, August 16, 2019; info@forreststump.org
- From disruptor to partner: 3D- printing companies take their place in the O & P market, O & P Edge, August 2019 issue; <https://opedge.com/Articles/ViewArticle/2019-08-01/from-disruptor-to-partner-3d-printing-companies-take-their-place-in-the-op-market>
- Prosthetics in Colombia, part two; The military system, O & P Edge, August 2019 issue; <https://opedge.com/Articles/ViewArticle/2019-08-01/prosthetics-in-colombia-part-two-the-military-system>
- Prostheses technology on display at Bakken Museum in Minnesota, fox9.com, August 20, 2019; <http://www.fox9.com/news/bakken-museum-exhibit-gives-new-perspective-on-prosthetic-technology>
- A Father and daughter each lost a leg from an accident. Now, he is walking across South America to inspire hope, usatoday.com, August 20, 2019; <https://www.usatoday.com/story/life/parenting/2019/08/20/father-who-lost-leg-treks-across-south-america-inspire-hope/2062234001/>
- Amputee in training for the world's toughest ironman race, the Norseman, abc.net.au, August 24, 2019; <https://www.abc.net.au/news/2019-08-24/the-worlds-toughest-race-norseman-made-even-harder-on-one-leg/11441346>
- New hope for people with Parkinsons and MS, Exosuit may help walking easier, August 25, 2019; <https://www.healthline.com/health-news/hip-hugging-exosuit-using-ai-makes-walking-and-running-easier>

Research Corner

- ❖ My name is Sam Greenberg and I'm a Sociology Honors student at the University of Michigan. I currently am working on my 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 interested in participating in this research project, have questions or would like more information, please contact:

Sam Greenberg

Phone: (734) 845-2529

- ❖ 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:

Kelsey Ebbs

Phone: 734-647-5514

Email: 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

- ❖ **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

Upcoming Events

- **Dance Mobility- Amputee and wheelchair Ballroom Dancing class will be held on Saturday, September 7th, from 10:30 AM -12:00 PM at Camp Dearborn, 1700 General Motors Rd, Milford, MI. This class is for wheelchair only users (just for this month only).**

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/>

- **Eastern Michigan University First Tri Event Seminar, September 17, 2019 from 5:00-7:00 PM, 242 Rackham Building at EMU.** This event is designed to teach you how to safely complete a triathlon. This is a non-competitive event open to all ages and abilities.

October 5th, 4-6 pm: First Tri: Strategies for completing a triathlon
October 6th 8am (TBD): I Tri for Mac event

- **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**
- **Michigan State University Wheelchair Tennis Program & Tournament,** meet every Tuesday from 7:30-9:30 PM at the MSU Tennis courts. For more information about the weekly play and practice times or about the Tournaments, please contact: Gene at orlando@ath.msu.edu, or 517-432-0629 (office)
- **Adaptive MoGo bike share program in Detroit till October 31st, 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

- **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 good month!

Carla