



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

U-CAN NEWSLETTER

August 2021

Hello,

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

I hope you are all having a wonderful summer.

Time is just passing us by and I can't believe that August is just around the corner.

The Olympics will be done soon and soon the Paralympic games will begin.

There is a nice article that was written about how the Paralympic games got started and for those that aren't sports fans, I think you will find it interesting.

Just click on the link below;

A brief history of the Paralympics, July/August 2021 issue of Amplitude;

<https://livingwithamplitude.com/article/brief-history-of-the-paralympics-amputee-athletes/>

I am excited to announce that U-CAN will be hosting it's first in-person event this year:

A Kayak Outing, being held on Saturday, August 14, 2021 at the Gallup Livery. They have an adaptive boat launch site and there will be staff there to assist us in and out

of the water. For more information and to make reservations, please go to the **Upcoming Events Section** listed below (near the end of the newsletter). Family and friends are welcome.

Fun facts that you may not have known about....

The month of August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).

Ancient folklore has said that when it rains in August, it raises honey and wine.

August's full moon, the full **Sturgeon Moon**, reaches peak illumination in the morning hours of Sunday, August 22. For the best view of the full Moon, look skyward on the night of the 21st!

Click on the link to learn more about it: <https://www.almanac.com/content/full-moon-august>

Fun Days in August to know about.....

August 3: National Watermelon Day

Aug. 10: National S'mores Day (who doesn't like a good smore)!

August 12: Vinyl record day (remember those)

August 17: World Honeybee Day

August 25: Kiss -and- Make- up day

From the old farmers almanac, July 22, 2021

This will make you smile....

Watch how this adorable kangaroo tries to go into the wrong pouch, Good Morning America, April 2021; <https://www.goodmorningamerica.com/living/video/watch-adorable-baby-kangaroo-wrong-pouch-76883181>

Act of Kindness segment...

Florida residents look to man on bench for advice, July 16, 2021, CBS News; <https://www.cbsnews.com/video/florida-residents-look-to-man-on-bench-for-advice/>

And now for a few laughs...

Enjoy another summer sketch from SNL from 2013, titled, ' Mister Robinson's Neighborhood'; <https://www.youtube.com/watch?v=8EhgQsMdsU>

U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, August 3, 2021 from 5:30-7:30 PM at the Session Room**, 3685 Jackson Rd, Ann Arbor. They have a nice outdoor seating area and an area is being reserved for our meeting. Give the host my name- Carla Vollmer- upon entering and you will be directed to our section. It is covered so if it rains, we will be protected.

Hope to see you all there.

Quote of the month: "A sense of humor helps us get through the dull times, cope with the difficult times, enjoy the good times and manage the scary times"- Steve Goodier

Articles

- Treating every client like a champ, meet Francois Van Der Watt, the prosthetist that takes care of the US Paralympian athletes, livingwithamplitude.com, June 30, 2021; <https://livingwithamplitude.com/article/francois-van-der-watt-paralympic-prosthetist/>
- Soothe me: CBD's for amputees, livingwithamplitude.com, June 30, 2021; <https://livingwithamplitude.com/article/cbd-products-for-amputees-friction-defense-pain-relief/>
- Patients to be protected from surprise medical billing under new rule, wsj.com, July 1, 2021; <https://www.wsj.com/articles/patients-to-be-protected-from-surprise-billing-under-new-rule-11625170951>
- Phantom limb pain and magic mushrooms, livingwithamplitude.com, July 7, 2021; <https://livingwithamplitude.com/faq-phantom-limb-pain-psilocybin-mushrooms-amputee-psychedelic/>
- Discovery could lead to advances in prosthetics, medicalxpress.com, 7/8/2021;

medicalxpress.com/news/2021-07-carbon-fiber-brain-implant-electrodes-animal.html

- Paralympic swimmer brings hope to refugees, livingwithamplitude.com, July 9, 2021; https://livingwithamplitude.com/mohammad-abbas-karimi-refugee-swimmer-amputee/?mc_cid=0e43938075&mc_eid=9ad15de810
- The amputee who wrote the constitution, livingwithamplitude.com, July 14, 2021; https://livingwithamplitude.com/gouverneur-morris-amputee-founding-father-constitution/?mc_cid=e0b9ee83c8&mc_eid=9ad15de810
- Standing your ground as an amputee, livingwithamplitude.com, July 14, 2021; https://livingwithamplitude.com/amputee-health-care-self-advocacy-angie-heuser/?mc_cid=e0b9ee83c8&mc_eid=9ad15de810
- The pandemic called attention to workplace barriers and now returning to the workplace highlights accessibility concerns for disabled employees, abcnews.com, July 15, 2021; <https://abcnews.go.com/GMA/Living/return-workplace-highlights-accessibility-concerns-disabled-employees/story?id=78840283>
- His hand was crushed, now new limb salvage techniques have him playing the guitar again, inquirer.com, July 19, 2021; <https://www.inquirer.com/health/limb-reconstruction-amputation-damage-penn-20210719.html>
- Paralympian drops out of the upcoming Paralympic games after being told she can't bring assistant, swimswam.com, July 20, 2021; <https://swimswam.com/becca-meyers-leaves-paralympic-team-after-being-told-she-cant-bring-assistant/>
- Maryland Governor honors Paralympian, apnews.com, July 26, 2021; <https://apnews.com/article/swimming-sports-health-coronavirus-pandemic-maryland-b99d86bdd01475231622abc30aa154a0>
- An innovation in prosthetic adaptors for upper- limb amputees, opedge.com, July 21, 2021; https://opedge.com/Articles/ViewArticle/2021-07-21/an-innovation-in-prosthetic-adapters-for-rugged-activities?mc_cid=ae772c93d7&mc_eid=9ad15de810
- Fun summer reads for amputees in 2021, livingwithamplitude.com, July 21, 2021; <https://livingwithamplitude.com/summer-books-about-amputees-2021/>
- 'Crip Cramp: A disability revolution', a film review about an Oscar nominated documentary about a camp in the summer of 1972 for disabled teens started the disability rights movement, liberationnews.org, July 25, 2021; <https://www.liberationnews.org/film-review-crip-camp-a-disability-revolution/>
- Smart Sockets for amputees, livingwithamplitude.com, July 28, 2021; https://livingwithamplitude.com/prosthetics-smart-sockets-amputees/?mc_cid=ae772c93d7&mc_eid=9ad15de810

Research Corner

- ❖ **Researchers at the University of Maryland** are interested in studying motivations in amputees in becoming physically active.

Participation Requirements:

- Age 18- 65 years of age
- Have acquired a single limb amputation
- Access to a camera and the ability to email pictures
- Access to a computer with a camera and internet connection for interviews
- Ability to read and write English

Participants will be asked to complete 2 separate interviews which will be done virtually using zoom as well as a brief photo -diary project.

Participants will receive a \$25 e-gift card after the first interview and a \$35 e-gift card for the second interview.

For questions or for more information about this study, please contact:

Sara Olsen, MS, PHD candidate

Email: solsen@umd.edu

- ❖ **Researchers at Rosalind Franklin University of Medicine and Science** in North Chicago are interested in developing interventions to reduce fear of falling in amputees and promote activity by combining physical therapy and cognitive behavioral therapy. The purpose of this research is to help understand the best ways to measure the impact of the fear of falling in people with an amputation.

Participation Requirements:

- Age 18 years and older
- Amputation has been at least 6 months ago
- Have acquired a unilateral or bilateral lower limb amputation (BK or AK)
- Be able to complete an online questionnaire that will take 25-45 minutes

Participants will receive \$15 for completing the study.

Below is the link to the survey. Click on the link to start:

https://rosalindfranklin.co1.qualtrics.com/jfe/form/SV_7Vyi4tJgrd0dcoJ

Participants can also request a personalized link to the survey by going to:

<https://tinyurl.com/footamputation> and enter your email.

For questions or for more information about this study, please contact:

Dr. Noah Rosenblatt, principle investigator

Email: noah.rosenblatt@rosalindfranklin.edu

- ❖ **A second year Masters, Fazia Farha, at Eastern Michigan University**, is conducting a research study on the prevalence of the psychological effects following an amputation.

The purpose of this study is to investigate the psychological effects of amputation and whether amputation causes emotional distress on amputees regardless of cause of amputation.

Participation Requirements:

- Age 18 years and older
- Have acquired a lower limb amputation that resulted from trauma or disease
- Have access to computer/tablet or smart phone to answer a short survey online
- Participation in the study will involve **anonymously** answering questions using google forms as the online platform. The estimated commitment for the survey is less than 5 minutes.

You may choose to leave the study at any time. If you leave the study, the information you provide will still be collected anonymously and will be kept confidential.

Below is the link to the survey. Click on the link to start:

<https://docs.google.com/forms/d/e/1FAIpQLSfP-Mh3KNaii6qEqC2zR15iYklsUYLO5GnEVwBurfOJgL25Q/viewform>

For more information about this study, please contact:

Fazia Farha

Email: ffarha1@emich.edu

Phone: (734) 972-0850

- ❖ **Researchers at Northwestern University** are studying attitudes, preferences and information needs about hand/arm transplantation among people with upper limb amputations. The purpose of this study is to assess people's attitudes, decisions and expectations about hand transplant as a treatment option.

Participation requirements:

- Age 18-45 years of age
- Have an acquired unilateral or bilateral upper limb amputation
- Be able to use a smartphone or landline phone as a communicating device
- Be able to work independently

Current recruitment for telephone interviews and telephone focus groups will be conducted over the next few months.

Participants will receive compensation for each interview or focus section.

For more information about this study, please contact:

Elisa Gordon, PHD, MDH

Email: e-gordon@northwestern.edu

Phone: (312) 503-5563

- ❖ **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:

Kelsey Ebbs

Phone: (734) 647-5514

Email: klucinda@umich.edu

- ❖ **University of Michigan School of Kinesiology** is looking volunteers for the two studies listed below:

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

In this study, you will test three adjustable sockets, both in the lab and at home. At the end of the study, you are able to keep the socket you had the best experience with.

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.

Runners to test a newly designed foot.

Participation requirements:

- 18 years or older
- Have an AK, BK or bilateral amputation(s)
- Are able to run or have owned a running foot in the past

If you are interested in volunteering for the above projects, please contact:

Kelsey Ebbs

Phone: (734) 647-5514

Email: klucinda@umich.edu

- ✚ Looking for more research opportunities, visit the **Amputee Coalition** website; <https://www.amputee-coalition.org/research/active-studies-seeking-participants/>

Upcoming Virtual and In-person Events

- **U-CAN Kayak Outing, August 14th, 2021 at 11 am at the Gallup Livery**, 3000 Fuller Road, Ann Arbor. Friends and family are invited. Prices are as follows: \$22 for a double kayak, Single is \$17 and paddle boats are \$17 (no pre-payment is needed, will be taken at the livery). Rental times are for 2 hours but can be extended.
Please RSVP no later than August 12th so there will be enough boats held for our group.
For more information or to make a reservation, please contact:
Carla Vollmer at: 734-975-9732 or cvollmer@med.umich.edu
- **UMAISE is back with Adaptive Kayaking**, please visit the website for dates/times and registration details; <https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/umaise-university-michigan-adaptive-inclusive-sports-experience/events-calendar>
- **The August Guide for things to do in Michigan**, take a look and plan ahead or go on a whim; <https://www.travel-mi.com/August-Michigan.html>
- **Michigan Amputee Golf Association is hosting 3 golf outings for 2021**. For more information about these events, please visit the website; <http://maga.golf/events/>
- **Tokyo Olympic & Paralympic Games, July 23-August 8, August 24-September 5, 2021**. The countdown has begun. NBC and NBC Universal will air a record 1,200 hours of the Paralympic games along with countless hours of the Olympic games. For more information on all the events, please visit the websites:
<https://tokyo2020.org/en/paralympics/>
<https://olympics.com/tokyo-2020/en/>
- **Zach Gowen Live Event Show, September 23, 2021 at 7:00 PM held at the Sanctuary Detroit, 2932 Caniff St, Hamtramck**. Tickets are \$15.00 per person. For more information about this event, please visit the website: <https://www.ticketweb.com/event/zach-gowen-the-sanctuary-detroit-tickets/11143495?REFID=clientsitewp>
- **Amputee Coalition National Conference September 29- October 2, 2021 to be held virtually**. They have decided to hold the conference virtually again this year. Registration is officially open. Please visit the website for more information:

www.amputee-coalition.org/events-programs/national-conference/

- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home along with helpful information about diabetes. 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 in the future 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>

Have a safe and happy August.

Carla