



U-CAN NEWSLETTER

July 2021

MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Hello,

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

As we move right along into 2021, it's good to see things trying to get back to some normalcy. It's good to see people's faces once again.

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 getting the boats in and out of the water.

All the details are listed below in the **Upcoming Events Section.** I hope you will be able to come out and join us for a fun day out on the water!

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

Did you know there are other holidays in July besides the 4th? I have listed just a few from the list of holidays in the month of July that you may or may not have heard about. Which one is your favorite! To view the entire list, click on the link: <https://www.calendarr.com/united-states/calendar-july-2021/>

- 7/1- International Joke Day
- 7/2- World UFO Day
- 7/10- National Kitten Day
- 7/13- Cow Appreciation Day
- 7/17- National Lottery Day
- 7/18- National Ice Cream Day
- 7/23- National Gorgeous Grandma Day
- 7/30- National Cheesecake Day
- 7/31- National Avocado Day

This will make you smile....

This story is from several years ago but I just read about it this week and had to include it in the newsletter for you to enjoy. "Dogs on the Road", CBS news, October 2015; <https://www.cbsnews.com/video/dogs-on-the-road/>

Did you know....

How one man is trying to help bison roam free and help the surrounding communities, CBS News, July 19, 2021; <https://www.cbsnews.com/video/man-pushes-to-turn-bridge-set-for-demolition-into-national-monument-for-bison/>

And now for a few laughs...

Enjoy the start of summer with a sketch from SNL, 2015 titled, "Summertime Cold Open"; https://www.youtube.com/watch?v=1B4bA1U5taA&list=PLS_gQd8UB-hLWYz1tYES80zXgXZ6QGjba&index=29

U-CAN Meeting

Our next U-CAN meeting will be held on **Tuesday, July 6, 2021, 5:30-7:30 PM. The meeting will be held at the County Farm Park, 2230 Platt Rd, Ann Arbor** (the park is off Washtenaw and next door to the Meri Lou Recreation Center). They have a big shelter off to the right of the parking lot with accessible bathrooms.

Hope to see you all there.

In case of inclement weather, we will hold the meeting virtually.

A reminder will be sent out on Tuesday, July 6th about the meeting and access to the virtual link. If it rains.

Quote of the month: "Nothing will work unless you do"- Maya Angelou

Articles

- Check out the extraordinary moves of Venezuelan dancer Andreyana Hernandez, a hip disarticulation amputee who is trying to raise money to buy a prosthesis, June 3, 2021; <https://www.instagram.com/p/CPqrv1ypwKa/>
- Tammy Duckworth keeps amputees on the agenda, livingwithamplitude.com, June 9, 2021; <https://livingwithamplitude.com/triple-a-study-act-tammy-duckworth/>
- A Kalamazoo startup that has invented a therapeutic boot to improve lower-extremity circulation is starting to get attention, livingwithamplitude.com, June 6, 2021; <https://mibiz.com/sections/health-care/kalamazoo-startup-s-medical-device-fills-unmet-needs-for-diabetic-patients>
- Roughly 29 wheelchairs are damaged by airlines each day, simpleflying.com, June 8, 2021; <https://simpleflying.com/airlines-damage-wheelchairs-daily/>
- A new restaurant in New York City was designed both by and for people with disabilities, June 10, 2021; <https://www.today.com/food/new-nyc-restaurant-contento-was-designed-people-disabilities-t221137>
- Bruisable artificial skin opens up opportunities for detecting damage in prosthetic devices,

news-medical.net, June 16, 2021; <https://www.news-medical.net/news/20210616/Bruisable-artificial-skin-opens-up-opportunities-for-detecting-damage-in-prosthetic-devices.aspx>

- Many amputees never get seen by a prosthetist, livingwithamplitude.com, June 16, 2021; <https://livingwithamplitude.com/amputee-prosthesis-referrals-study-vascular-surgeons/>
- Hot amputee summer, how to survive the sweaty season, livingwithamplitude.com, June 16, 2021; <https://livingwithamplitude.com/amputee-sweat-survival-skills/>
- Man becomes first person ever to use prosthetic tattoo gun arm, ca.finance.yahoo.com, June 21, 2021; <https://ca.finance.yahoo.com/news/man-becomes-first-person-ever-142214561.html>
- A startup company in India built a mind-controlled prosthetic arm that's 90 % cheaper and more functional, freethink.com, June 22, 2021; <https://www.freethink.com/articles/inexpensive-bionic-arm>
- The amputee odd couple, livingwithamplitude.com, June 23, 2021; https://livingwithamplitude.com/amputee-bachelor-meets-amputee-cat/?mc_cid=8b5ab5f279&mc_eid=9ad15de810
- *Chocolate lovers, this is a story we've been waiting for:* High intake of chocolate in the morning helps reduce blood sugar and weight, medicaldialogues.in, June 25, 2021; <https://medicaldialogues.in/diet-nutrition/news/high-intake-of-chocolate-in-morning-helps-reduce-blood-sugar-and-weight-study-79015>
- Virtual travel company launched by a bilateral amputee offers interactive guided tours of destinations all over the world, livingwithamplitude.com, June 30, 2021; [Beeyond Offers Virtual Travel for Amputees | Amplitude \(livingwithamplitude.com\)](#)

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_7Vyj4tJgrd0dcoJ

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-Mh3KNaii6qEqC2zR15jYklsUYLO5GnEVwBurfOJgL25Q/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 July Guide for things to do in Michigan**, take a look and plan ahead or go on a whim; <https://www.travel-mi.com/July-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/>
- **Amputee Coalition National Conference September 29- October 2, 2021 to be held virtually**. They have decided to hold the conference virtually again this year. Open registration will start the end of June. Please visit the website for more information;
https://www.amputee-coalition.org/events-programs/national-conference/?utm_source=Amputee+Coalition+Master+Created+2019&utm_campaign=f8c164c787-CONFERENCE+2021+003&utm_medium=email&utm_term=0_1ba571d004-f8c164c787-69589797
- **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home. 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 4th of July.

Carla