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U-CAN NEWSLETTER

April 2022

Hello,

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

April is Limb Loss Awareness & Limb Difference Awareness Month and was started back in 2010

by the Amputee Coalition (AC) to honor this community and to educate others about what it’s

like to live with a limb loss or limb difference.

Today, this month is celebrated across the United States and around the world as a time to

recognize those living with limb loss and limb difference and to raise awareness about limb loss

prevention. The theme for this year is, ‘Your Ordinary is Extraordinary”.

The Amputee Coalition is hosting several webinars for the month of April, I have listed a few of

them here. All of them are free but you must register to attend. Click on the links for more

information;

‘ Why limb loss/Limb difference month matters,’ Webinar, April 14, 1:00-1:30 PM

<https://www.amputee-coalition.org/calendar-event/why-limb-loss-limb-difference-month->

matters/

New Lead Advocate Certification Training, is a 90- minute online course that is

designed for those that are good at building relationships with lawmakers are wanting to

engage with their communities.

For more information about this program, click on the link below;

<https://www.amputee-coalition.org/advocacy-awareness/leadadvocatetraining/>

The AC has also created a new blog called, ‘Thrive’. It features daily and weekly updates on

policy issues, webinars and more. Click on the link for more information;

<https://blog.amputee-coalition.org/home-feature-center/introducing-the-amputee->

coalitions-new-blog-thrive/

Limb Loss Awareness 5 K, April 30th, 2022, Kentwood, MI. For more information, check out

the website; <https://runsignup.com/Race/MI/Kentwood/LimbLossAwareness5K>

***April Fun facts that you may not have known about…***

*April is seen as the month of sun and growth, coming from the latin words aperire (to open)*

*and apricus (sunny)*

Jazz appreciation month- founded in 2001, jazz is a 30- day long festival to celebrate and

earn about it’s history

National Garden month- time to get out and plant those seeds to reap the benefits of fresh

veggies and herbs

National Ferret Day- April 2nd

National Chocolate Mousse Day -April 3rd

International Carrot Day- April 4th

Read a Road Map Day- April 5th, leave your phones behind and get our your maps and take a

hike or a drive!

National no Housework Day- April 7th, relax and take a break from cleaning

( from nationaltoday.com/April-holidays)

***Act of Kindness stories…***

This story is about a local community here is Michigan, thanks to a special lady:

An unlikely urban planner injects new life into her Michigan Community, CBS News,

March 18, 2022; <https://www.cbsnews.com/news/steve-hartman-on-the-road-highland-park->

michigan-avalon-street-shamayim-harris/

Kindness 101, with Steve Hartman, how to find empathy, see how a young boy shows hope to

so many, CBS News, March 21, 2022

<https://www.cbsnews.com/video/kindness-101-with-steve-hartman-how-to-find-empathy/>

***Touching animal story…***

Meet Sasha the goat and a few other animals saved from Ukraine, cnn.com, March 11, 2022;

<https://www.cnn.com/videos/world/2022/03/11/ukraine-animals-shelter-poland-pkg-sidner->

intl-ldn-vpx.cnn

**U-CAN Meeting**

Our next U-CAN meeting will be held on **Tuesday, April 5, 2022 from 5:30-7:30 pm.** We will be

celebrating Limb loss awareness month. The meeting will be virtual using the Zoom Platform.

We hope you can join us for fun evening.

*Click on the link below to join the meeting if you already have a zoom account.*

*If you are a 1st time user of zoom, please read the instructions below. They explain how to join*

*by phone, computer, laptop or tablet.*

**Join Zoom Meeting**

<https://umich.zoom.us/j/97544788830>

**Meeting ID:** 975 4478 8830

**Passcode**: 890707

**Dial in by phone:**

**Phone:** 1 -646 876 9923

**Passcode:** 890707

**Creating your own account**

To sign up for your own free account, visit [zoom.us/signup](https://support.zoom.us/hc/en-us/articles/zoom.us/signup) and enter your email address. You

will receive an email from Zoom ([no-reply@zoom.us](mailto:no-reply@zoom.us)). In this email, click**Activate Account**.

**If Joining from a Mobile Device**

If you are joining from a mobile device (Android smartphone/tablet, Apple iPhone/iPad) then it

will simply prompt you to download the Zoom Cloud Meetings app from the App/Play Store.

**If Joining from a Computer**

When entering a Zoom meeting for the first time from a computer you will need to download a

small application file.

1. Open web browser to Chrome.
2. Enter “**join**.**zoom**.us” in the address field which brings up “**Join a Meeting**”
3. Enter the **meeting** ID (*listed above*)
4. Click **Join**. If this is your **first time joining** from Google Chrome, you will be asked to open the **Zoom** client to **join** the **meeting**.

**Quote for the month:** “There is only way to look at things until someone shows us how to look

at them with different eyes”- Pablo Picasso

**Articles**

* Next Gen diabetic shoes, livingwithamplitude.com, February 28, 2022; <https://livingwithamplitude.com/article/darco-sensoria-smart-diabetic-boot/>
* The Tesla of powered prostheses, livingwithamplitude.com, February 28, 2022; <https://livingwithamplitude.com/article/powered-knee-prosthesis-cleveland-state-va-amputees/>
* Older amputees get better with age, livingwithamplitude.com, March 1, 2022; <https://livingwithamplitude.com/article/aging-well-as-an-amputee-better-with-age/>
* Why isn’t speed skating a paralympic sport, livingwithamplitude.com, March 1, 2022; <https://livingwithamplitude.com/amputee-speed-skating-paralympics-caitlin-conner/>
* Read how this doctor’s quest to improve outcomes for amputees is helping, livingwithamplitude.com, March 2, 2022; <https://livingwithamplitude.com/leigh-ann-obanion-amputee-advocate-patient-navigator-vascular-surgeon/>
* How will Russia’s attack on Ukraine affect the limb- loss community, livingwithamplitude.com, March 2, 2022; <https://livingwithamplitude.com/russia-ukraine-war-amputee-community-commodities-medical-supplies/>
* Local story- a survivor of covid-19 was hospitalized for 331 days, had his legs amputated but is fighting back, freep.com, March 6, 2022; <https://www.freep.com/story/news/health/2022/03/06/covid-19-gm-engineer-amputee-recovery/6930682001/?gnt-cfr=1>
* The one- legged snowboarder who built a prosthetic for himself- and his opponents, gq.com, March 7, 2022; <https://www.gq.com/story/paralympic-snowboarder-mike-schultz>
* Can good vibes tame phantom limb pain, livingwithamplitude.com, March 9, 2022; <https://livingwithamplitude.com/elix-therav-phantom-limb-pain-vibration-therapy-amputees/>
* Limb loss and Preservation Registry is open, opedge.com, March 10, 2022; <https://opedge.com/limb-loss-and-preservation-registry-opens/?mc_cid=9389446da2&mc_eid=9ad15de810>
* Strong amputee advocates the rewrite the rules, livingwithamplitude.com, March 16, 2022;

<https://livingwithamplitude.com/amputee-advocacy-limb-loss-awareness-2022/>

* Former paralympic coach comes ‘full circle’ after losing leg, olxpraca.com, March 21, 2022;

<https://olxpraca.com/friscos-john-kremelmeyer-former-paralympic-coach-goes-full-circle-after-losing-leg/>

* Amputee from the Caribbean, who is an athlete and mother is empowering people with disabilities, blackenterprise.com, March 21, 2022; <https://www.blackenterprise.com/black-athlete-mom-of-2-whose-leg-was-amputated-after-a-cancer-diagnosis-is-now-empowering-people-with-disabilities/>
* No Limbits feeds amputee friendly jeans to ABC’s the Shark Tank (episode will air on Friday, April 1st), livingwithamplitude.com, March 22, 2022; <https://livingwithamplitude.com/no-limbits-amputee-fashion-shark-tank-erica-cole-adaptive-clothing/>
* Building a bionic knee on a budget, livingwithamplitude.com, March 30, 2022; <https://livingwithamplitude.com/low-cost-microprocessor-knee-bionic-leg-lucas-galey/>

**Research Corner**

* ***Researchers at the University of Washington*** in partnership with the Shirley Ryan Ability Lab, is looking to evaluate chronic pain therapy for people with disabilities, such as: amputation, spinal cord injury, brain injury, Multiple sclerosis

Participation Requirements:

* Age 18 years +
* Currently employed, working minimally 15-20 hours a week
* Self-reported physical disability
* Daily access to a phone and internet

Participants will be randomly assigned to attend eight weekly treatment sessions via

telephone over the course of 8-10 weeks, no in-person visits required.

Participants will be required to complete four online surveys, before, during and after

treatment and compensated up to $125 total.

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

Kara link

Phone: 855-887-9384 (Toll Free)

Email: [tipsstudy@uw.edu](mailto:tipsstudy@uw.edu)

* ***University of Michigan*** Graduate Innovative Design in Biomedical Engineering students are looking to better understand the problem of sweating in prosthetic liners and make a medical device to address sweat accumulation of lower limb amputees.

Participation Requirements:

* Lower Limb amputee who faces issues with sweat buildup in their liner
* Would prefer but is not inclusive to individuals who have used products to address this issue, such as:

-Antiperspirants

-sheat or sock under liner

-Iontophoresis

Participants will be required to have a short 30 -minute video Zoom meeting

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

Pit Vollmers

Phone: 616 647 7811

Email: [Pitv@umich.edu](mailto:Pitv@umich.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 Rosenballt, principle investigator

Email: [noah.rosenblatt@rosalindfranklin.edu](mailto:noah.rosenblatt@rosalindfranklin.edu)

* ***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](mailto: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:

Deanna Gates

Phone: (734) 647-2698

Email: [gatesd@umich.edu](mailto:gatesd@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:

Deanna Gates

Phone: (734) 647-2698

Email: [gatesd@umich.edu](mailto:gatesd@umich.edu)

* For a listing of all the current amputee clinical trials all over the U. S., visit the WCG

Centerwatch website and use the drop - down menu to type in amputation (a listing will

pop up with different options available);

<https://www.centerwatch.com/clinical-trials/listings/search/>

* The Amputee Coalition has a listing of approved research studies (note that the listings are

not updated but there are some that are still ongoing). Click on the individual listings for

more information. Visit the website for more information;

<https://www.amputee-coalition.org/research/research-resources-for-our-community/>

**Upcoming Virtual and In-person Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, April 2nd, from 11:00 – 12:30 PM. The classes are held at the Fred Astaire Dance Studio, 2172 Franklin Rd, Bloomfield Hills.** The class is free but you must pre-register. The Dance Mobility program provides free amputee and wheelchair ballroom grouplessons led by Fred Astaire’s professional, certified, dance instructors with experience in teaching amputee and wheelchair ballroom dance.  Participants are welcome to bring their own dance partner or be paired with a volunteer. **For more information about this class, please call: 248-454-1715.**
* **UMaise (University of Michigan Adaptive & Inclusive Sports) events calendar is up.**

Check out the latest activities for the spring/summer. All events are free but you must

Pre-register. Here is a list of some the upcoming activities:

Indoor Camping

Outdoor Camping

Adaptive Kayaking

Adaptive & hand cycling

Wheelchair & Adpative Tennis

Check out the website for dates and for more information about these events;

<https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/umaise-university-michigan-adaptive-inclusive-sports-experience/events-calendar>

* **The April 2022 Guide for things to do in Michigan, fun things to do all around the state.**  Plan ahead or go on a whim, visit the website; <https://www.travel-mi.com/April-Michigan.html>
* **Save the date- Amputee Coalition National Conference will be held August 10-13, 2022 in Palm Desert, CA.** Registration is now open and scholarships are available. For more information, please visit the website; <https://www.amputee-coalition.org/events-programs/national-conference/>
* **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/>

Want to make a donation to U-CAN, it’s easy, just click on the link;

<https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702>

Stay safe and well and celebrate yourself all month long!

Take care,

Carla