

 U-CAN NEWSLETTER

 December 2021

 Hello,

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

 I hope you and your families had a Happy Thanksgiving.

 Another year is almost come to an end. Where does the time go!

 With all the holidays of December upon us, I know that this can be a stressful time for

 many. Please remember to take time out for yourselves and may you enjoy the time together

 with friends and family.

 This is my wish for all of you this holiday season:

 Comfort on difficult days,

 Smiles when sadness intrudes,

 Rainbows to follow the clouds,

 Laughter to kiss your lips,

 Sunsets to warm your heart,

 Hugs when spirits sag,

 Beauty for your eyes to see,

 Friendships to brighten your being,

 Faith so that you believe,

 Confidence when you doubt,

 Courage to know yourself,

 Patience to accept the truth,

 Love to complete your life

 (*Poem by Ralph Waldo Emerson, titled, This is my Wish)*

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

December 12th is Poinsettia Day

 “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving

 song!

 An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green

 and sunny

 December 10th, 1896, saw the death of the Nobel Prize’s namesake, Alfred Nobel. In Nobel’s

 will, he declared that his accumulated wealth be used to give awards to members of society

 who show great achievement in the advancement of humanity. Some of the most famous

 Nobel prize recipients include Albert Einstein, Marie Curie, Martin Luther King Jr., and Mother

 (thefactsite.com & kaplaninternational.com)

  ***Article update…***

 Back in June, I posted a story about the comedy wildlife photography awards

 along with some of the photographs that were submitted for the contest.

 The winners were announced recently.

 Take a look at the prize winning animal photos. They will make you smile!

<https://www.comedywildlifephoto.com/>

***Act of Kindness stories…***

 Stranger returns hope to family with discarded army uniform, CBS News, November 12,

 2021;

 <https://www.cbsnews.com/video/stranger-returns-hope-with-discarded-army-uniform/#x>

 Teen uses Make-A- Wish Gift to give back, NBC News, November 15, 2021;

 https://www.nbcnews.com/nightly-news/video/teen-uses-make-a-wish-gift-to-give-back-

 126301765700

***Fitness Corner***

Now that the cold weather is upon us, it is harder to get out and exercise and move around.

 Below is a list of where you can get free adaptive workout videos, live virtual classes along

 with Other helpful information.

 **National Kidney Foundation is sponsoring Enhanced Fitness Classes**, offering fitness at home

 with videos and live virtual classes along with helpful tools and information about diabetes.

 Please visit the website for more information: <https://www.nkfm.org/enhance-fitness>

 **Adaptive Adventures** has online virtual Yoga classes that are free but you must register to

attend. For more information, visit the website;

<https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventures/publicaccess/eventCalendarBig.jsp>

You can also enjoy a range of workout videos on youtube from Adaptive Adventures, visit the

 website below;

 <https://www.youtube.com/channel/UChTewe2AW5Esg3Cr1zilNzA>

 **Disability Partnerships,** is a community based, non-profit that collaborates with partners in

multiple sectors to develop programs. They are offering free adaptive online wellness classes

 but you must register to attend. For more information, visit the website:

 <https://www.disabilitypartnerships.org/programs/adaptive-wellness>

 ***And now for a few laughs***...

 To end the year, I found a holiday classic from SNL from December 2013,

 Titled, “Bringing it Down to Wrappinville”. Enjoy!

 [htps://www.youtube.com/watch?v=LCUKya4gLFM](https://www.youtube.com/watch?v=LCUKya4gLFM)

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, December 7, from 5:30-8:00 PM.**

 We will be hosting a holiday party held at Paesano’s Restaurant, 3411 Washtenaw Ave, Ann

 Arbor. They have accessible parking and a wheelchair ramp in the front entrance.

 We will have our own room and will be following all covid safety measures.

 Dinner will be provided by U-CAN, family/friends are welcome.

 Please bring a White Elephant gift (wrapped) to dinner to exchange.

 Please RSVP by Saturday, December 4th to Carla at: 734-975-7432

 cvollmer@med.umich.edu

 Brittany and I look forward to seeing you.

 Please feel free to contact me with any questions or concerns.

 **Articles**

* New wrinkles in phantom pain treatment, livingwithamplitude.com, November/December 2021 amplitude; <https://livingwithamplitude.com/article/phantom-limb-pain-conference-new-treatments-2021/>
* Smart sockets for amputees are on the horizon, livingwithamplitude.com, November 1, 2021; <https://livingwithamplitude.com/article/smart-sockets-for-amputees-prosthetics/>
* Best amputee Halloween costumes of 2021, livingwithamplitude.com, November 3, 2021; <https://livingwithamplitude.com/best-amputee-halloween-costumes-of-2021/?mc_cid=fe35a4c98e&mc_eid=9ad15de810>
* Simple color change identifies wound infections, November 5, 2021; <https://www.medgadget.com/2021/11/simple-color-change-test-identifies-wound-infections.html>
* Infrastructure bill could open new doors for amputees, livingwithamplitude.com, November 8, 2021; <https://livingwithamplitude.com/all-stations-accessibility-act-ASAP-amputees-tammy-duckworth/?mc_cid=37920f51f7&mc_eid=9ad15de810>
* Dance is a purpose: After losing his leg, South Africa’s Musa Motha is inspiring with every move, cnn.com, November 10, 2021; <https://www.cnn.com/style/article/musa-motha-amputee-dancer-south-africa-spc-intl/index.html>
* The dolphin with the prosthetic tail named Winter, passes away, November 13, 2021; <https://www.fox13news.com/news/we-did-everything-we-could-winter-the-dolphin-died-from-intestinal-torsion-vets-say>
* Mental health habits for amputees to improve resilience, livingwithamplitude.com, November 17, 2021; <https://livingwithamplitude.com/amputees-four-mental-habits-to-improve-resilience/>
* Bionic prosthesis vibrates to simulate touch, spectrum.ieee.org, November 19, 2021; <https://spectrum.ieee.org/bionic-hand-simulates-touch>
* Giving thanks for the lessons of limb loss, livingwithamplitude.com, November 20, 2021; <https://livingwithamplitude.com/lacey-henderson-amputee-athlete-giving-thanks-for-limb-loss/>
* A nurse wants to join the Navy but has been denied because she has a prosthetic leg. She is working to change that with support from members of Congress, spokesman.com, November 28, 2021; <https://www.spokesman.com/stories/2021/nov/28/a-local-nurses-dream-is-to-join-the-navy-and-she-c>
* Apple TV seeks amputee for TV series, “Little America”, livingwithamplitude.com, December 1, 2021; <https://livingwithamplitude.com/amputee-actor-casting-call-little-america/?mc_cid=f17e971ea1&mc_eid=9ad15de810>
* Last minute holiday gifts for amputees, livingwithamplitude.com, December 1, 2021;

<https://livingwithamplitude.com/gifts-for-amputees-holidays-2021/>

 **Research Corner**

* ***Researchers at the University of Washington*** 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

* ***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

* ***Liberating Technologies Inc,*** is looking for volunteers who use prosthetic socks to manage socket fit due to limb volume changes to participate in a focus group.

Participation Requirements:

* 18-80 years of age
* Have a transtibial (Below-knee) limb loss
* Use or have used prosthetic socks
* Can understand and speak English
* Have internet access

 Participants will log on to an online platform for one focus group, lasting up to 2 hours.

During the focus group, you will be asked a variety of questions about your experiences in managing limb volume changes with prosthetic socks and asked to give your opinion on a socket fit sensing system in development.

Participants who are eligible will receive $150 for completing the study.

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

 Jen Johansson

 Phone: 774-233-0874

 Email: jen.johansson@liberatingtech.com

* ***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 Rosenballt, 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- Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfP-%20Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/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 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 2 testing sessions of no more than 5 hours each 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 sessions and free parking.

 Participation in this study would take 10 hours or less.

 If you are interested in volunteering for this project, please contact:

 Hannah Frame

 Phone: 734-764-3858

 Email: hframe@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/research-resources-for-our-community/>

**Upcoming Virtual and In-person Events**

* **Dance Mobility classes are back! The next class will be held on Saturday, December 18th at 11:00 AM 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 and to reserve a spot, please call: 248-454-1715.
* **The December 2021 Guide for things to do in Michigan, fun things to do all around the state,**

holiday events and activities. Plan ahead or go on a whim, visit the website;

 <https://www.travel-mi.com/December-Michigan.html>

* **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/>

 Looking to make an end of year donation. Don’t forget about U-CAN;

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

 Have a safe and happy holiday with friends and family.

 Carla