

 U-CAN NEWSLETTER

 December 2022

 Hello,

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

 We are nearing the end of another year. I hope this holiday season you are able to spend

 time with family and friends and remember to take time out for yourself.

 Brittany and I wish you and your families a happy Holiday Season!

 “My Story”, *by Nur Hafizah Isnawan*

 My story is not unlike any others,
 The bases are the same here.
 I've had ups and downs like any other,
 I've had things I love disappear.

 I've made mistakes like any other.
 And from them I've learned many things.
 In life there are no for sure reasons,
 You must learn to fly once you get wings.

 But just because my story,
 Isn't as unique as I'd yearned.
 That doesn't mean I'm not worthily,
 I've gotten what I have earned.

 If you want your life to be fulfilling,
 You have to believe in yourself.
 Put yourself out there and be thrilling,
 Never be someone else!

 ***Act of Kindness stories…***

Teacher uses on the road to teach kids kindness, CBS News, November 4, 2022;

 <https://www.cbsnews.com/video/teacher-uses-on-the-road-to-teach-kids-kindness/>

 Student buys shoes for another in class, CBS News, November 18, 2022;

 <https://www.cbsnews.com/video/111822-cbs-evening-news/>

 ***Exercise Corner….***

The cold weather is upon us which makes it harder to get out and move around safely

 outdoors.

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

 To make it easier to keep moving throughout the winter season.

 **Disability Partnerships** is a free, innovative Adaptive Health and Wellness classes for

Seniors and individuals with different types of mobilities. Classes are held on Mondays &

 Wednesdays and held via zoom, but you must register to attend. For more information,

 please visit the website;

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

 **Adaptive Adventures** offers free online webcast fitness Variety Classes. The classes are

 Free but you must register to attend. For more information, please visit the website;

<https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventures/event.jsp?event=70930>

 **AARP** has adaptive exercise and wellness events held through their Virtual Community

 Center. The classes are free for everyone (any age) and membership is not required.

 For more information, please visit the website;

 <https://local.aarp.org/virtual-community-center/exercise-wellness/>

  ***And now for a few laughs….***

 Enjoy a holiday Sketch from SNL from December 2019, “North Pole News Report”, NBC;

<https://www.nbc.com/saturday-night-live/video/north-pole-news-report/4088750>

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, December 6, 2022, from 5:30-7:30 PM**

 **at the Orthotic & Prosthetic Center, 2850 S. Industrial Hwy, Suite 400, AA 48104.**

 On the agenda is our annual holiday party!

 The festivities include food/drinks, white elephant gift exchange and an ugly sweater/t-

 Shirt/vest contest. Feel free to bring a dish to pass (note it’s not required).

 There will be plenty of food for everyone, family/friends are welcome to join the festivities.

 **There will be no virtual meeting held this month.**

 Come out and join us in-person!

 Brittany and I look forward to seeing you next Tuesday.

 **A look Ahead**

 **January 1st- Please note there will be no meeting held this month**

 **February 7th**- Group discussion and Year in Review

 **Articles**

* Best Halloween costumes by amputees in 2022, livingwithamplitude.com, November 2, 2022;

<https://livingwithamplitude.com/best-halloween-costumes-by-amputees-2022/>

* An amputees guide to overseas travel, livingwithamplitude.com, November 2, 2022; <https://livingwithamplitude.com/international-travel-tips-for-amputees/>
* Amputee dog smartly manages to direct herd of sheep, virginradio.co.uk, November 4, 2022; <https://virginradio.co.uk/entertainment/82097/eddys-good-news-amputee-dog-smartly-manages-to-direct-herd-of-sheep>
* Peloton and the Christopher & Dana Reeve Foundation Partner for accessible, inclusive fitness content, au.lifestyle.yahoo.com, November 7, 2022; <https://au.lifestyle.yahoo.com/peloton-christopher-dana-reeve-foundation-160000332.html>
* Amputee model, Lauren Wasser talks about how she drew hope from her illness, [www.msn.com](http://www.msn.com), November 11, 2022; <https://www.msn.com/en-gb/health/medical/toxic-shock-syndrome-amputee-lauren-wasser-on-how-she-drew-hope-from-the-experience/ar-AA13ZMrS>
* Ukranian startup Esper Robotic Arm is recognized as one of the best inventions of 2022 and made the cover of Time Magazine, gagadget.com, November 13, 2022;

<https://gagadget.com/en/tehnologii/187220-ukrainian-startup-esper-hand-prosthetic-robotic-arm-is-recognized-as-one-of-the-best-inventions-of-2022-and-ma/>

* Veteran amputees form band, turn wounds of war into music, nbc-2.com, November 14, 2022; <https://nbc-2.com/news/story2share/2022/11/14/veteran-amputees-form-band-turn-wounds-of-war-into-music/amp/>
* Saving limbs, improving lives during National Diabetes Month, livingwithamplitude.com, November 16, 2022; <https://livingwithamplitude.com/national-diabetes-month-amputation-limb-loss-health-equity/>
* 15 Inclusive Books by disabled women writers, disabilityhorizons.com, November 17, 2022; <https://disabilityhorizons.com/2022/11/15-inclusive-books-by-disabled-women-writers/>
* Meet the amputee Chef- Eduardo Garcia, who also has a cooking show, livingwithamplitude.com, November 21, 2022; <https://livingwithamplitude.com/amputee-chef-eduardo-garcia-big-sky-kitchen/>
* Europe’s Space Agency gets first ever parastronaut, abcnews.go.com, November 23, 2022; <https://abcnews.go.com/Technology/wireStory/space-diversity-europes-space-agency-gets-1st-parastronaut-93869765>
* Experimental smart bandage speeds healing by zapping chronic wounds, newatlas.com, November 25, 2022; <https://newatlas.com/medical/smart-bandage-electrical-stimulation-chronic-wounds/>
* Scientists & surgeons team up to make life easier for amputees, ucdavis.edu, November 28, 2022; <https://www.ucdavis.edu/health/news/making-prosthetics-more-life-like>
* Holiday gifts for amputees, livingwithamplitude.com, November 30, 2022; <https://livingwithamplitude.com/amputee-gifts-2022-holiday-shopping/>
* Artisit helps amputees heal, livingwithamplitude.com, November 30, 2022; <https://livingwithamplitude.com/article/amputee-prosthetics-hopi-artist-duane-koyawena/>

 **Research Corner**

* The University of Michigan Powered Prosthetic Lab Research is looking for volunteers with or without a single above-knee amputation to participate in research studying the design and control of powered prosthetic legs.

 Participation Requirements:

* Age 18 – 70 years old
* One or more AK (above knee) amputations
* Must be able to withstand testing: walking, stair climbing & sit-standing

 Participants will be compensated $40 an hour for their time.

 For questions or to learn more about this study, please contact:

 Robert Gregg, Professor

 Email: rdgregg@umich.edu

 734-763-1156

* Michigan Medicine is currently collaborating with MedStar Health Research Institute and

The Curtis Hand Center in Baltimore on a clinical trial evaluating a new surgical method to

Treat neuroma pain.

 Participation Requirements:

* Age 18 years or older
* Suffer from chronic pain from a previously amputated finger or other part

 of the hand

 Participants will agree to be randomized to one of two surgical groups to treat neuroma

 pain

 Participants will also answer questionnaires and take health measurements to record blood

 pressure and heart rate.

 To learn more about this research study, click on the link below;

 <https://www.medstarhealth.org/blog/neuroma-research-rpni>

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

 Jenni Hamill, study coordinator

 Email: jenberry@med.umich.edu

* ***University of Michigan’s*** Locomotor Control Systems is currently looking for paid volunteers with a single, above knee amputation to participate in a research studying powered prosthetic limbs. This research project seeks to improve the control of powered prosthetic legs used by lower-limb amputees.

Participation Requirements:

* Age 18 years or older
* Single Above the Knee amputation

The study involves one experiment which will take no longer than 4 hours after setup and will

Be paid for their time.

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

Dr. Bobby Gregg

Email: rdgregg@umich.edu

* ***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

* ***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

* ***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:

 Deanna Gates

 Phone: (734) 647-2698

 Email: 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

* 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/?q=Amputation&place=&geo_lat=&geo_lng=&user_country=>

* The Amputee Coalition has a listing of approved research studies.

\*Note that some of the listed studies are no longer active.

 For more information, visit the website at;

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

 **Upcoming In-person Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, December 10, 2022 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 need to register to attend. 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 or to register, please call: 248-454-1715.**
* **UMAISE (University of Michigan Adaptive & Inclusive Sports) upcoming events:**

 Adult Sports Club are 6 week sessions held on Mondays from 5:30-6:30 PM & Pre-

 Registration is required:

 Pickle Ball- January 9 – February 13

 Yoga- February 20 – March 27

 Rollervines Wheelchair Basketball (pediatric)

 Held on Mondays from 5:30- 7 PM at Peace Lutheran Church, 8260 Jackson Rd, AA.

 For more information about these events, visit the website at:

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

* **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/>

If you are looking to donate to an organization for end year contributions, U-CAN would be a great place! Any and all donations enables me to plan the fun events

Throughout the year! The link is attached below.

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

Thank you all and have a safe and happy Hanukkah, Kwanza & Christmas!

 Carla