

 U-CAN NEWSLETTER

 December 2023

 Hello,

 Welcome to the December edition.

 Here we are, that time of year once again. How the year just seems to fly right by.

 The beautiful white snow, the decorations abound of all the wonderous

 holidays: St. Nicholas Day, Bodhi Day ,Hanukkah, Yule, Christmas, Boxing

 Day, Kwanza and New Year’s (*time.com* *to learn more about these holidays and*

 *traditions).*

 Soon there will be lots of celebrating and time with friends and family.

 Take time out to be kind to those around you and give a big hug to those special

 ones in your life.

 Brittany and I wish all of our U-CAN Community and your families a safe and joyous

 holiday season.

 I hope you enjoy this poem by a 4th grader from Carmichael California;

 ‘Peace’ *by Chelsea Airola*

 Peace feels like a friend, comforting you when you are sad.

 Peace is a flower opening and the beauty is shared with everyone.

 Peace gives the ocean a color like no other.

 Peace is a song that brightens up your day.

  ***U-CAN Study…..***

Brittany and I are asking for your help to gather information and

 feedback about U-CAN: this includes the support group, patient materials, and

 ongoing activities and events for amputees.

 We are asking as many U-CAN affiliates (amputees & their families, caregivers,

 staff, etc) to complete this survey to improve patient care, programming and

 patient materials.

 Just click on the link below to connect directly to the survey.

 It will take about 5 minutes to complete;

 <https://umich.qualtrics.com/jfe/form/SV_1Hr8lmnADX3J3JY>

 Looking for something fun to see and do this month, here is a list of the some of the

 best holiday light displays you can walk through holiday season;

 **Glenlore Trails ultimate Holiday light show**:

 <https://metrodetroitmommy.com/dont-miss-the-enchanting-glenlore-trails-forest-adventure-limited-time/>

 **Lights before Christmas at the Toledo Zoo;**

 <https://www.toledozoo.org/events/lights>

 **Wild Lights at the Detroit Zoom;** <https://wildlights.detroitzoo.org/>

 **Winter Wonder lights at Meadow Brook;**

 <https://meadowbrookhall.org/wonderlights/>

 Prefer to stay in your car, here is a list of Michigan’s 16 best drive through light

 Displays;

 <https://grkids.com/drive-through-christmas-lights-michigan/>

 **Looking for something different to listen to, try out these highly rated Amputee**

 **hosted podcasts;**

‘Two Dudes, Three Legs’

 These funny, sharp-tongued bros come at you faster with hot takes on

 entrepreneurship, leadership, disability, and more.

 **Listen:**[youtube.com/c/TwoDudesThreeLegs](http://youtube.com/c/TwoDudesThreeLegs)

‘ We’re Not Stumped’

 hosted by a professional comedian, this podcast takes plenty of risks, doesn’t shy

 away from any subject, and informs while it entertains.

 **Listen:**[podcast.werenotstumped.com](http://podcast.werenotstumped.com/)

####  ‘ Amp’d Up211’

 High-profile guests share their limb-loss experiences and life hacks, helping

 listeners navigate their own amputee journeys.

 **Listen:**[ampup211.com/episodes](http://ampup211.com/episodes)

***Just for fun….***

  See these stunning photos of wildlife, the winners of the 2023 Wildlife

 Photographer of the year winners *(note- I’m late in posting this and there may be a*

 *few photos that will make you sad), October 2023, theguardian.com,*

 <https://www.theguardian.com/environment/gallery/2023/oct/11/2023-wildlife-photographer-of-the-year-winners-in-pictures>

 ***Act of Kindness story…***

Kindness 101: A lesson in Generosity, CBS News, November 13, 2023;

 <https://www.cbs.com/shows/video/GmvwqM7m9rvn88_RCd812pUGjgVWsli1/>

 **U-CAN Meeting**

 **Our last U-CAN meeting of the year will be held on Tuesday, December 5, 2023**

 **from 5:30 – 7:30 PM** at the Orthotics & Prosthetics Center, 2850 South Industrial

Hwy, Suite 400 AnnArbor, 48104.

 *This is our annual holiday party and ‘White Elephant Gift Exchange’.*

 *Bring an item or gift you received or something unique from your home you no*

 *longer want and wrap it!*

 If you would like to bring a dish to pass, please do so but is not required.

 Come out and enjoy a wonderful evening with some great people!

 Family and friends are welcome.

 We look forward to seeing you on Tuesday!

 Take a look at what’s Ahead

 January 2, 2024- No meeting this month

 February 6th- Talk about the year ahead and group discussion

 **Articles**

* Boston Marathon survivor creates a new app, ‘Mobility Awareness Resource Community’

for everyone affected by mobility challenges, wcvb.com, November 14, 2023; [https://www.wcvb.com/article/boston-marathon-bombing-survivor-launches-new-app-for-mobility-impaired-community/45838741#](https://www.wcvb.com/article/boston-marathon-bombing-survivor-launches-new-app-for-mobility-impaired-community/45838741)

* Overcoming the 5 main obstacles to amputee fitness, livingwithamplitude.com, November 15, 2023; <https://livingwithamplitude.com/amputee-fitness-5-main-obstacles/>
* An amputee chases his dream amidst the Gaza War, applevalleynewsnow.com, November 20, 2023; <https://www.applevalleynewsnow.com/news/shareable-stories/an-amputee-chasing-his-dreams-amidst-the-gaza-war/video_7110f9bc-e272-5e25-9a24-82c11c9503c7.html>
* HHS (Health & Human Services) proposes rule to bolster prohibitions against discrimination on the basis of a disability on HHS programs, medcitynews.com, November 23, 2023; <https://medcitynews.com/2023/11/hhs-proposes-rule-to-bolster-prohibitions-against-discrimination-on-the-basis-of-a-disability-in-hhs-programs/>
* Astronaut’s prosthetic leg tested over concerns of poisoning space station, news.sky.com, November 25, 2023; <https://news.sky.com/story/disabled-astronaut-john-mcfalls-prosthetic-leg-tested-over-concerns-of-poisoning-space-station-13015627>
* Tuscons’ high school students make prosthetic legs for developing countries,Tucson.com, November 25, 2023; <https://tucson.com/news/local/education/precollegiate/tucson-sunnyside-desert-view-high-school-students-manufacture-prosthetic-legs-developing-countries/article_333e4754-7dd0-11ee-bc2d-dbcc8b86f227.html>
* Meet the young Ukranian soldier fighting for amputee visibility, theguardian.com, November 26, 2023; <https://www.theguardian.com/world/2023/nov/26/ukraine-amputee-veterans-disability-war-invasion-daniel-melnyk-marta-syrko>
* Amputee and adoptive mom writes book, ‘Broken, Brave and Bittersweet: forging fiercely through disability and parenthood’, speaks at an upcoming event about her story, sheyboganpress.com, November 27, 2023; <https://www.sheboyganpress.com/story/news/local/2023/11/27/amputee-and-adoptive-mom-to-speak-at-uptown-social-in-sheboygan/71493919007/>
* Global explorer Alibert Lin almost lost another limb in the making of National Geographic’s, Lost City, livingwithamplitude.com, November 29, 2023; <https://livingwithamplitude.com/albert-lin-amputee-lost-cities-revealed-national-geographic/>

 **Research Corner`**

* ***An Eastern Michigan University Orthotics and Prosthetics Master's student*** is examining the effects of physical activity habits among those with limb loss / limb difference have on their ability to perform different activities.

Some of these activities will be standard tasks such as walking on a level ground & cleaning the house. Other questions will be more specific such as the ability to run or do yard work.

 The study will be completed in survey format. The survey will be completed in Google Forms

 and is completely anonymous. The information you provide will be compared to other

 anonymous responses to identify correlations and trends.

 Participation is completely voluntary and can be terminated at any point in the survey; <https://docs.google.com/forms/d/1X7JZqpv45b219yOCs1j8xnVWLsxoFUWZ4_Na1SNBAgo/viewform?edit_requested=true>

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

 Noah Krichau

 Email: nkrichau@emich.edu

* ***Participants are needed for a Yoga Study. A second year student***in the Orthotics & Prosthetics Program at Eastern Michigan University, is conducting research as part of the program. The research is looking at the effects of yoga on individuals with a lower limb amputation(s).

The classes will be held once a week for an 1 hour, on Monday Evenings at Eastern

 Michigan University Recreation Center. They will be taught by a certified yoga instructor who

 specializes in adaptive yoga.

 Participation Requirements:

* Age 18 years or older
* One or more lower limb amputations
* Wears a prosthetic device
* Able to ambulate with or without an assistive device

 A pre-test visit will be required prior to the classes starting where we will conduct a few

 easy tests and complete 2 short surveys.

 At the end of the 6-week session, a post-test visit will take place (same as pre-test).

 The class start date depends on how quickly participants are recruited.

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

 Jessica Townsend

 Email: Jtowns18@emich.edu

 Phone: 949-353-4811

* ***Undergrad students at the University of Chicago*** are currently working with the Polsky

 Center on a research project that is aiming to improve prosthetic usability.

 They would like to hear about your experiences with your prosthetic devices- what are your

 likes/ dislikes, how can the devices be improved upon, etc.

 Participation Requirements:

* Age 18 years or older
* One or more amputation
* Complete a 5-10 minute survey online;

 <https://docs.google.com/forms/d/1ljZiJWps7eFCzr8Vo1oO2lLXtsBDon3g8kCItBgin1c/viewform?edit_requested=true>

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

 Katja Edwards

 Email: katjae@uchicago.edu

 Phone: 312-894-9066

* ***The Veterans Health Administration*** is conducting research on how well upper limb

 prosthetic users can do everyday activities and comparing the abilities of people who use

 different types of prosthetic systems. The study will provide evidence to help consumers

 and clinicians make informed choices about upper limb devices.

 Participation Requirements:

* 18 years of age or older
* Ability to understand English
* Have a unilateral, upper limb amputation at the transhumeral, elbow disarticulation, transradial, or wrist disarticulation levels
* Have a body powered, myoelectric or hybrid prosthesis that fits and is in good working condition

 Participants will be reimbursed for their study visit time and effort as well as travel expenses

 and accommodations.

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

 John Davey

 Phone: 401-273-7100 X16535

* ***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

 Phone: 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, sheath 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 location (you can see what

 If there is a study in your area;

 https://www.centerwatch.com/clinical-trials/listings/search?q=Amputation&place=&geo\_lat=&geo\_lng=&user\_country=&sx=amputation%20of%20the%20lower%20limb

 **Upcoming Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance classes for the rest of the year are as follows: December 9, 2023. The classes are held on Saturdays from 11:00 AM -12:30 PM at the Fred Astaire Dance Studio, 2172 Franklin Rd, Bloomfield Hills.** The classes are free but you must register in advance to attend. 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.

* **Mary Free Bed is hosting many in-person fall activities and clinics.** To find

 out more information or to register, please visit the website;

 <https://maryfreebed.app.neoncrm.com/np/clients/maryfreebed/eventList.jsp>

Have a great December!

Carla and Brittany