

 U-CAN NEWSLETTER

 February 2022

 Hello,

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

 Happy February and hope you are all staying warm.

 It’s been quite the cold winter so far! But, we will find out next week on Groundhog Day,

 February 2nd, if we will get an early spring or not! Cross your fingers that PunxsutawneyPhil will

 not see his shadow!

 If you are looking for some fun outdoor activities, scroll down and take a look at the events

 section.

 If you are looking to stay active in-doors, take a look at Fitness Corner. They are free and an

 easy way to keep moving.

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

February is National Hot Breakfast Month!

The word February comes from the Latin word meaning “purification”

February got its start as a spring-cleaning festival, well, kind of. It’s named after one: “Februa” was an early Roman festival and cleansing ritual held on Feb. 15.

*Valentine’s Day* was first celebrated around the year 500

***Valentine’s Day* did not start on a romantic note.** According to historians, the day now synonymous with “love” probably began as a pagan fertility festival in ancient Rome.

*February 14th* is not just about humans, either. Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine’s Day.

Feb. 29 is National Frog Legs Day

The chance of being born on Feb. 29 is 1 in 1,461

### In honor of Presidents’ Day and Valentine’s Day, here are 2 questions to test your knowledge of love and history. *No cheating- don’t look them up on the internet!*

On February 4 of which year did the Electoral College unanimously elect George Washington as the first U.S. president.

*a. 1777*

*b. 1779*

*c. 1782*

*d. 1789*

In celebration of Valentine’s Day, which English poet wrote the sonnet that includes the famous line, “How do I love thee, Let me count the ways”.

a. Elizabeth Barrett Browning (1806–61)

b. Lord George Gordon Byron (1788–1824)

c. William Shakespeare (1564–1616)

 (*Answers are listed at the end of the newsletter)*

***Act of Kindness stories…***

 Acts of kindness give reason for hope in 2022, CBS News, January 7, 2022;

 <https://www.cbsnews.com/news/steve-hartman-on-the-road-2022-predictions/>

Young adults step up during EMT shortage in New York town, CBS News, January 21, 2022;

 <https://www.cbsnews.com/video/young-adults-step-up-during-emt-shortage-in-ny-town/>

***Fitness Corner***

With the new year upon us and the cold and weather making it harder to get outside and move,

 I thought it would be helpful to have information available on how to easily exercise at home.

 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** will be offering free weekly virtual fitness classes beginning on January 5th. These classes will run on Wednesdays at 2 pm CT (Central Time) through the end of February. Click on the link below to check out the class description and to register;

<https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventures/event.jsp?event=61577>

 Yoga class information and link to register:

<https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventures/event.jsp?event=61547>

 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>

**Announcements**

The 2022 Olympic Games will be held this year in Beijing, China from February 4-20th,

The 2022 Paralympics will be held from March 4 -March 13th.

The Paralympics will feature a maximum of 736 Paralympians across 78 medal events; 39 medal events for men, 35 events for women and 4 mixed events.

You can watch and stream the events on the networks and digital platforms of NBC Universal

I have added the websites where you can get up to date information on the events and stream the events live;

<https://olympics.com/en/beijing-2022/where-to-watch>

<https://www.nbcolympics.com/news/2022-paralympic-winter-games-what-you-need-know>

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

 Enjoy an SNL skit with Betty White, titled “Dusty Muffin”

 <https://www.youtube.com/watch?v=F_tVJ2rHHSA>

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, February 1st, 2022 from 5:30-7:30 p.m.,**

 using the zoom platform.

 We hope you can join us for our February meeting.

 *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). 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:** “Sometimes the bad things that happen in our lives put us directly

 on the path to the best things that will ever happen to us”- Paul Millsap

 **Articles**

* Amputee innovators get hands -on experience at Nike, livingwithamplitude.com, December 31, 2021; <https://livingwithamplitude.com/article/nike-flyease-amputee-designer-inclusive-fashion-universal-design-disability/>
* Study shows world’s fastest blade runner gets no competitive advantage from prosthesis, sciencedaily.com, January 5, 2022; <https://www.sciencedaily.com/releases/2022/01/220105122355.htm>
* How well can older amputees adapt to prostheses, livingwithamplitude.com, January 5, 2022; <https://livingwithamplitude.com/senior-amputees-prosthetic-legs-rehabilitation/>
* Hemp sockets for amputees hit the market, livingwithamplitude.com, January 5, 2022; <https://livingwithamplitude.com/hemp-sockets-amputees-human-plant-solutions/>
* You could win a running blade just for completing a 10- minute survey, livingwithamplitude.com, January 11, 2022; <https://livingwithamplitude.com/amputee-community-survey-win-a-free-levitate-blade/>
* The best Tech for amputees at the annual Computer Electronics Show (CES) 2022, livingwithamplitude.com, January 12, 2022; <https://livingwithamplitude.com/best-tech-for-amputees-at-ces-2022/>
* Study to develop new measure of prosthesis awareness in individuals with lower limb loss, news.vcu.edu, January 12, 2022; <https://news.vcu.edu/article/2022/01/vcu-study-to-develop-new-measure-of-prosthesis-awareness-in-individuals-with-lower-limb-loss>
* Paralympian explains movation behind decision to make his own prosthetic leg, today.com, January 17, 2022; <https://www.today.com/news/sports/paralympian-mike-schultz-explains-inspired-make-prosthetic-leg-rcna12465>
* This Bloomfield Twp. Studio puts wheelchair users on the dance floor, January 16, 2022; <https://www.detroitnews.com/story/news/local/oakland-county/2022/01/17/wheelchair-ballroom-dancing-fred-astaire-studio-bloomfield-township/6526381001/>
* Electrocuted, now an amputee and an MD, solowmedia.com, January 18, 2022; <https://solowmedia.com/2022/01/18/electrocuted-by-11000-volts-now-an-amputee-and-an-md/>
* The amputee who marched with Dr. Martin Luther King Jr., livingwithamplitude.com, January 19, 2022; <https://livingwithamplitude.com/jim-letherer-amputee-who-marched-with-martin-luther-king/>

**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

* ***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

* ***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

 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**

* **Michigan Adaptive Sports learn to ski/snowboard clinics.** They provide introductory lessons for persons of all ability levels. The lesson includes access to specialized adaptive equipment, a certified instructor and lift ticket. The dates for 2022 are: January 29, February 5, 12 and 26th. For more information, please visit the website;

<https://www.michiganadaptivesports.com/lessons-and-guides>

* **Sled Hockey Event, Saturday, February 5th, 2022 at 2:00 PM at the Taylor Sportsplex, 13333 Telegraph, Taylor.** The event is free and open to all ages and ability levels along with all the equipment that is needed to play safely. For more information about this event or to RSVP, please email: Metrodetroitsledhockey@gmail.com or call Brandon at: 734-748-2628.
* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, February 12th, 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 Adult Sports Club Activities are held on Mondays from 6:00-7:30 at 242 Community Church, 648 S. Wagner Rd, Ann Arbor.** The upcoming schedule is listed below;

Martial Arts- 2/14 & 2/21

Yoga- 2/28 & 3/7

Pickle Ball- 3/14 & 3/21

Advance registration is required. For more questions or for more information, please contact:

PMR-UMAISETR@UMICH.EDU

* **The February 2022 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/February-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/>

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>

**Answers to trivia questions:**

D. February 4, 1789. Congress certified the vote on April 6, Washington was [inaugurated](https://en.wikipedia.org/wiki/Presidency_of_George_Washington) in New York City on April 30, 1789.

1. The poem, titled “How Do I Love Thee?,” is Sonnet 43 in Elizabeth Browning’s book of Sonnets From the Portuguese, which was dedicated to her husband, poet Robert Browning.

 Have a good month. Stay safe and warm.

 Carla