

 U-CAN NEWSLETTER

 February 2023

 Hello,

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

 I hope this finds you all staying warm and keeping busy this winter season.

 As we edge closer to spring with Groundhog Day tomorrow and Punxsutawney Phil

 letting us know when the warm weather will be starting, I came across several other states

 that have their own animal prognosticator. In case you were wondering, Michigan does

 not have one! Take a look below at the state and what animal they chose to predict their

 weather:

 1. Connecticut-Scramble the duck. Predictions have been 100% accurate due to in part

 that ducks are more intelligent and have more exposure to weather extremes.

 2. Florida- has a burrowing owl. If the owl sees his shadow, it will signal six more weeks of

 winter.

 3. New York- Clucksatawney Henrietta the chicken. Farmers say if the chicken lays an egg

 during the annual Groundhog Day ceremony, there will be an early spring. Otherwise, six

 more weeks of winter.

 4. North Carolina- has Pisgah Penny the squirrel. In addition to the weather forecast,

 this busy little squirrel will also take a stab at who will come out victorious in the upcoming

 Super Bowl.

 5. Oregon -This state has 2 animals predicting when spring will come: Fufu the

 hedgehog (has a 53% accuracy rate) and Filbert the beaver.

 6. Texas- Bob the armadillo, may not always get the forecast right but the little guy is

 tough, enduring winter cold and extreme heat.

 *(from foxweather.com, January 26, 2023)*

 ***Art and Culture…***

Usingplastic bags to create art- take a look at what this Brooklyn based artist created

 out of plastic bags. It’s available to see in-person at the 777 Building through February 5,

 2023. To learn more about this event (a video), visit the website;

 <https://arts.umich.edu/news-features/harvesting-trash-to-create-an-entirely-nutritionless-grocery-store-of-single-use-plastic/>

 ***Act of Kindness stories…***

 Students step upto make playground inclusive for those with disabilities, CBS News,

 January 13, 2023; <https://www.cbsnews.com/news/steve-hartman-on-the-road-glen-lake-elementary-school-playground/>

 A stranger gives a boy with autism a piano after hearing him play, CBS News, January 6,

 2023; <https://www.cbsnews.com/news/steve-hartman-on-the-road-jude-kofie-piano/>

 February is American Heart Month, first issued and declared by Lyndon B. Johnson back

 in 1964 to tackle heart disease in America. It has been made official by every U. S.

 President since.

 **Exercise Corner…**

 There are many alternatives to staying active that you can try safely at home.

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

  **AARP Virtual Community Center** offers free online exercise & wellness classes along with

Travel, cooking, financial planning and more. No membership required. Visit the website

 for more information; <https://local.aarp.org/virtual-community-center/>

 **Disability Partnerships** is offering free adaptive online wellness classes. To find out more

Information, please visit the website;

 <https://www.disabilitypartnerships.org/events#register>

 **The National Kidney Foundation of Michigan** is offering in-person and remote Enhanced

 Fitness Workshops. To find out more information, please visit the website;

 <https://nkfm.org/program-article/enhancefitness/>

 **University of Michigan Adaptive Sports & Fitness** has put together 8 weeks of adaptive

fitness videos that you can do at home. Just click on the individual weeks to see the list of

 videos. Visit the website for more information;

 <https://medicine.umich.edu/dept/family-medicine/programs/mdisability/community-building/adaptive-sports/staying-fit-while-staying-put>

  ***And now for a few laughs….***

Enjoy this class SNL sketch from February, 1991, titled, “Metro Card”;

 <https://www.youtube.com/watch?v=LfMt4GW0PR4>

 **U-CAN Meeting**

  Our next U-CAN meeting will be held on **Tuesday, February 7, 2023 from 5:30-7:30 PM**

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

 On the agenda is group discussion, fun trivia and chili night (enjoy 2 different styles of

 chili by chef Brittany & chef Carla).

 If you are unable to join us in-person, you can join us virtually.

 If you have a zoom account, just click on the link below for quick and easy access to the

 meeting(s).

 **Join Zoom Meeting**

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

 **Meeting ID:** 975 4478 8830

 **Passcode**: 890707

 If this is your first-time using zoom and do not have an account set up, please

 read the information below and follow the steps.

 **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:** “It’s only after you’ve stepped outside your comfort zone that you

 begin to change, grow, and transform.” - *Roy T. Bennett*

 **Articles**

* Unpacking the myths about 3D printed prosthetics, December 30, 2023; <https://livingwithamplitude.com/article/amputees-3d-printed-prosthetics-bionics-limbs-myths-vs-reality/>
* Sea turtle that became an amputee from a net entanglement, finds a forever home, cnn.com;

<https://www.cnn.com/2022/12/21/world/national-marine-aquarium-rescued-sea-turtle-scn/>

* The present and future of osseointegration, opedge.com, January 1, 2023; <https://opedge.com/the-present-and-future-of-osseointegration/>
* The best new technology for amputees at the 2023 Computer Electronics Show, livingwithamplitude.com, January 11, 2023; <https://livingwithamplitude.com/best-technology-for-amputees-CES-2023/>
* Veterans lunge into the world of wheelchair fencing, airforcetimes.com, January 16, 2023; <https://www.airforcetimes.com/news/your-military/2023/01/20/veterans-lunge-into-world-of-wheelchair-fencing/>
* Amputee Coalition joins the Amputee Prevention Alliance to address the urgent public health challenge of preventable amputations, livingwithamplitude.com, January 17, 2023; <https://livingwithamplitude.com/amputation-prevention-alliance-partnership/>
* How Michigan and other states rank in providing support to caregivers, livingwithamplitude.com, January 18, 2023; <https://livingwithamplitude.com/amputee-caregivers-state-by-state-policies/>
* Ms. Wheelchair Oregon advocates for alter-able accessibility across the U.S., koin.com, January 19, 2023; <https://www.koin.com/news/oregon/ms-wheelchair-oregon-advocates-for-alter-able-accessibility-across-u-s/>
* Exoskeleton boot improves walking speed, offers new hope for people with mobility challenges, asme.org, January 19, 2023; [https://www.asme.org/topics-resources/content/exoskeleton-boot-improves-walking-speed,-offers-new-hope-for-those-with-mobility-challenges](https://www.asme.org/topics-resources/content/exoskeleton-boot-improves-walking-speed%2C-offers-new-hope-for-those-with-mobility-challenges)
* Teen born without legs inspires on the court, cbsnews.com, January 20, 2023; <https://www.cbsnews.com/video/teen-born-without-legs-inspires-on-the-basketball-court/>
* Veteran amputee finds purpose in wheelchair fencing,airforcetimes.com, January 20, 2023; <https://www.airforcetimes.com/news/your-military/2023/01/20/veterans-lunge-into-world-of-wheelchair-fencing/>
* Labor shortage and remote work boosted employment for people with disabilities, hrdrive.com, January 24, 2023; <https://www.hrdive.com/news/labor-shortage-remote-work-boosted-employment-of-people-with-disabilities/641073/>
* The amputee insurance law you know about right now, livingwithamplitude.com, January 25, 2023; <https://livingwithamplitude.com/amputee-new-mexico-prosthetic-insurance-law/>
* Author looks at how people with disabilities can improve urban spaces, ny1.com, January 30, 2023; <https://www.ny1.com/nyc/all-boroughs/mornings-on-1/2023/01/30/author-looks-at-how-people-with-disabilities-can-improve-urban-spaces->

 **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=>

 **Upcoming In-person Events**

* **MT. Brighton Adaptive Sports, downhill snow sports, Brighton, MI.** If you are interested in learning how to ski or snowboard or just want to get out with other skiers, this is for you. They have lessons throughout the month of January and February. Please visit the website for more information;

<https://adaptivesportsconnection.org/mbasp/#calendar>

* **Michigan Adaptive Sports snowboard and ski lessons at Pine Knob.** The dates are: 1/28, 2/4, 2/11 & 2/25. If you are interested in learning how to ski or snowboard or would like to find out more information, please contact Kathy at: kdebaker@aol.com or 586-772-8213. You can visit the website at;

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

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, February 11, 2023 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;

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

* **UM Adaptive Sports & Fitness program offers wheelchair tennis and basketball**. Check out the website for more information; <https://www.umadaptivesports.com/>

<https://www.umadaptivesports.com/calendar>

* **Mary Free Bed is hosting many in-person adaptive clinics and activities during the**

 **winter- skiing, sled hockey, swimming, Yoga and more.**  To find out more information,

please visit the website;

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

* **Amputee Coalition National Conference will be held August 2-5, 2023 in Orlando Florida**. Registration is open. To find out more information about this event, 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 for a planned guided trip in the future that is accessible, please visit the website: <http://easyaccesstravel.com/>

 Keep safe and warm and stay moving.

 Take care

 Carla