

 U-CAN NEWSLETTER

 February 2024

 Hello,

 Happy February!

 The year 2024 is moving right along, spring will be here before we know it.

 Think spring and warm weather will hopefully appear!

  ***Happenings in February…***

 For all the Groundhog Day Fans, February 2nd will be the day we find out if

 Punxsutawney Phil will see his shadow or not and hopefully predict an early spring.

 Interested in learning more about Gobbler’s Knob and/or be a part of the festivities,

 join the Punxsutawney Groundhog Club. Click on the site to find out more;

 <https://www.groundhog.org/groundhog-day-2024>

 Mark your calendars, this is a leap year. For all those that have a birthday on this

 day, it’s your time to celebrate!

 A Happy Anniversary to Facebook (now Meta) is in order. The social media platform

 was launched on February 4. 2004. A teenage Zuckerberg launched a website to

 help college students connect with each other, which went on to become known as

 Facebook (now known as Meta). The BBC is commemorating the event by showing a

 three -part series on the founding of it and the person that started it all, Mark

 Zuckerberg.

 **The U-CAN Study** will take just a few minutesand will help us gather information

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

 ongoing activities and events. Just click on the link below for the survey.

 It will take about 5 minutes to complete;

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

 It’s that time of year once again: February is American Health Heart Month.

 Did you know the American Heart Association (AHA) was founded in 1924- six

 cardiologists formed the AHA as a professional society for doctors.

 In honor of Heart Month, check out the list of free and easy organizations with

 websites to help keep you active and moving this winter;

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

 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 **i**nformation, please visit the website;

 <https://www.disabilitypartnerships.org/programs/spirit-club>

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

 **The National Kidney Foundation of Michigan** offers a variety of free healthy living

classesand workshops. To find out more information, visit the website;

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

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

adaptivefitness 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>

 ***A great heart story….***

Can recycled pacemakers from the U.S. saves lives overseas, January 11, 2024;

 <https://www.michiganmedicine.org/health-lab/can-recycled-pacemakers-us-save-lives-overseas#msdynttrid=voRBQ-LxEtwX6x9yDYeGtBwBAU5_Scgcp3noLcXaZUc>

  ***Happy Endings (animal stories)…***

 Golden Retriever rescued from side of the cliff, ABC News, January 4, 2024;

 <https://abcnews.go.com/WNT/video/golden-retriever-rescued-side-cliff-106117602>

 *An update on a story from the April 2023 newsletter*- 2 geese who found each other

 After losing their mates are thriving. CBS Evening News, January 2024;

 <https://www.youtube.com/watch?v=ZIof05nPXs8>

 ***Act of Kindness story…***

Woman driven off land 8 decades ago owns it again, CBS News, January 12, 2024;

 <https://www.cbs.com/shows/video/rRC6E8G7LpnYEGQ0iiwoEFDNAhS3k_xJ/>

 Restaurant runs on donations to feed those in need, today.com, January 15, 2024;

 <https://www.today.com/video/alabama-restaurant-runs-on-donations-to-feed-those-in-need-201930821739>

 ***And now for a few laughs….***

Enjoy this SNL classic from February 1993 titled, “Red-Hooded Sweatshirt”;

 <https://www.youtube.com/watch?v=81WwGlbVcBg>

 **U-CAN Meeting**

The next meeting will be held on **Tuesday, February 6, 2024 from 5:30-7:30 p.m.**

 **Meeting will be held in-person at the Orthotic & Prosthetic Center, 2850 S.**

 **Industrial Hwy, Suite 400, Ann Arbor and virtually, using the zoom platform.**

 On the agenda is year in review- your input for group, presenters and activities

 for the year and group discussion.

 We are having a Superbowl theme and in support of the Lions’ great year, wear

 your Lions gear or lions colors. I know they aren’t in the game but they had a good

 run and they gave us a lot to celebrate. We will also have a nacho bar with all the

 fixings!

 We hope you can join us a fun evening.

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

 If you already have a zoom account, just click on the link below for easy

 access to the meeting;

 **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, please read the

 information below and follow the steps.

 **Creating your 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.

 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: “**Life is like riding a bicycle, to keep your balance you must

 keep moving” – Albert Einstein

 **Articles**

* Expanding O & P care for animals, opedge.com, opedge.com, January 1, 2024; <https://opedge.com/serving-the-voiceless-expanding-op-care-for-animals/>
* Addressing the unique needs of women who wear prostheses, opedge.com, January 1, 2024;

<https://opedge.com/addressing-the-unique-needs-of-women-who-wear-prostheses/>

* Is your state on the affordability bandwagon, livingwithamplitude.com, January 3, 2024;

<https://livingwithamplitude.com/amputee-prosthetic-insurance-so-everybody-can-move-2024/>

* Prioritizing public policy issues for the Amputee Coalition in 2024, amputee-coalition.org, January 4, 2024; <https://blog.amputee-coalition.org/advocacy/prioritizing-public-policy-issues-for-the-amputee-coalition-in-2024/>
* Marvel’s ‘Echo’ series actress Alaqua Cox shares her incredible life story- deaf and wears a prosthetic, fandomwire.com, January 7, 2024; <https://fandomwire.com/alaqua-coxs-incredible-life-story-is-the-echo-star-completely-deaf-and-has-a-prosthetic-leg/>

Watch her recent appearance on the Tonight Show with Jimmy Fallon; <https://www.youtube.com/watch?v=qOL9y_Q0z9Q>

* US Researchers develop robotic wearable garment for Parkinson’s patients, medicaldevice-network.com, January 8, 2024; <https://www.medicaldevice-network.com/news/us-wearable-parkinsons/>
* Hospital- at- home program study shows promising results, healthday.com, January 8, 2024; <https://www.healthday.com/health-news/general-health/getting-hospital-level-care-at-home-is-safe-effective-study>
* A beating biorobotic heart aims to better simulate valves, sciencedaily.com, January 10, 2024; <https://www.sciencedaily.com/releases/2024/01/240110120213.htm>
* Kurt Yaegar shows he’s more than just an amputee actor, forbes.com, January 16, 2024; <https://www.forbes.com/sites/gusalexiou/2024/01/16/sunrise-star-kurt-yaeger-shows-hes-about-more-than-just-being-an-amputee-actor/?sh=3ce7d5f018f0>
* Double amputee racing champ gives back at Urban Youth Racing School, 6abc.com, January 16, 2024; <https://6abc.com/urban-youth-racing-school-philadelphia-racecar-education/14312451/>
* Feds move to enforce Accessibility standards for medical equipment, disabilityscoop.com, January 17, 2024; <https://www.disabilityscoop.com/2024/01/17/feds-move-to-enforce-accessibility-standards-for-medical-equipment/30697/>
* The best new amputee tech at CES (Consumers Electronic Show) 2024, livingwithamplitude.com, January 17, 2024; <https://livingwithamplitude.com/best-amputee-products-ces-2024/>
* Anatomy of an amputee’s viral TikTok, livingwithamplitude.com, January 24, 2024; <https://livingwithamplitude.com/sierra-diller-amputee-viral-video-tiktok/>
* Proposed LCD (local coverage determination) expands access to microprocessor technology, amputeecoalition.org, January 23, 2024; <https://blog.amputee-coalition.org/advocacy/proposed-lcd-expands-access-to-microprocessor-technology-and-what-this-means-for-you/?utm_source=Amputee+Coalition+Master_Created+2019&utm_campaign=f0bd8f8005-EMAIL_CAMPAIGN_2024_01_25_08_03&utm_medium=email&utm_term=0_-f0bd8f8005-%5BLIST_EMAIL_ID%5D>
* Amputee in Wuhan discovers purpose, chinadaily.com, January 24, 2024; <https://www.chinadaily.com.cn/a/202401/24/WS65b06d33a3105f21a507e040.html>
* Amputee 2024 summer camps for kids, livingwithamplitude.com, January 31, 2024; <https://livingwithamplitude.com/article/amputee-summer-camps-kids-2024/>

 **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 studentin 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

* ***University of Michigan Research Center for Group Dynamics*** is working on gathering small focus groups of **wheelchair users** to learn about experiences and challenges of mobility with chairs, particularly when outside.

They are looking into at possible technological features and designs that could be added in the future and what would be useful to wheelchair users.

 Participation Requirements:

* Wheelchair user
* Know how to use Zoom

 Each focus group will take place for an hour or one-and-a-half hour sessions and will be

 conducted **remotely via Zoom.**  Only one session is required.

 Participants will be reimbursed $50 for an hour session or $75 for a 90- minute session.

 Payment can be by check or by Amazon.com e-gift certificate.

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

 Dr. David Dunning

 Phone: 734-763-0063

 Email: ddunning@umich.edu

* ***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 to

participate in research studying the design and control of powered prosthetic legs.

This research studies the design & control of powered prosthetic legs and will help new

prosthetics improve quality of life.

 Participation Requirements:

* Age 18 – 70 years old
* Single AK (above knee) amputation

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

 Testing sessions will take place on the University of Michigan North Campus.

 Testing includes walking, stair climbing, sit-stand, and other lower-limb activities in a

 laboratory environment.

 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, 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

* ***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

 For a listing of all the current medical specific and/or amputee clinical trials all over the

 U.S., visit the WCG CenterWatch website and use the drop-down menu to type in location

 (to see if there is a study in your area); <https://www.centerwatch.com/clinical-trials>

 **Upcoming Events**

* **Club Create is Michigan Arts Access' (MiAA) program for adults with disabilities.** Club Create members meet once a month to participate in an art experience, share a snack, and socialize. Registration is free with $3 fee collected at each session.

Meetings are held on the 1st Friday of each month at the Maggie Allesee Studio, Bloomfield Hills. **The next meeting will be held on February 2, 2024 from 4:00-5:30 p.m.** For more information, visit the website; <https://eisenhowerdance.org/clubcreate>

Or call 248-594-9400.

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class will be held on Saturday, February 10th, 2024 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.

* **An** **Educational workshop called ‘Fitness for Life’, put on by the Physical Therapy Assistant Students, is being held at Macomb Community College (MCC), Tuesday, February 20, 2024, from 9 am- 12 pm.**  The event will focus on various prosthetics, exercises, as well as balance and walking. Since this is a teaching event, the students will also be learning from you. For questions or to learn more about this event, contact: Allan Moltmaker, 586-260-4737, Email: moltmakera303@macomb.edu

address: 44575 Garfield Rd, Clinton Twp, 48038

Building E, room 224, upper level

* **University of Michigan Adaptive Sports and Fitness Wheelchair Tennis,** drop-ins held on Monday evenings, from 6:00 – 8:00 p.m. For more information, visit the website; <https://www.umadaptivesports.com/calendar>
* **University of Michigan Amputee Soccer Camp, Saturday March 2nd, 4:30-6:30 pm at 46039 Grand River Ave, Novi**. Crutches will be provided. The event will be played on indoor turf fields. For more information or to sign up for this free event, contact:

Emily Eitzman, Director of Collegiate Operations for the United States Amputee Football Federation ([USAFF](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Famputeesoccer.org%2F&data=05%7C02%7Ccvollmer%40med.umich.edu%7C44d95eae256741edae0408dc122dbe96%7C1f41d613d3a14ead918d2a25b10de330%7C0%7C0%7C638405234897088282%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=o60zbKlhvxUIs5VjrHt6Bn%2BJbcGWDYgsqdd6uB9utMM%3D&reserved=0)) at: emily@amputeesoccer.com

* **Mt. Brighton Adaptive Sports Program**. All sessions are held in Brighton on Sundays and Thursdays in February. All the adaptive equipment is provided. For more information on how you can participate, please visit the website;

<https://mtbadaptivesports.org/>

* **Mary Free Bed is hosting winter adaptive clinics and classes.** To find

 out more information, please visit the website;

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

 Try to stay warm and have a great month!

 Carla & Brittany