

 U-CAN NEWSLETTER

 January 2023

 Hello,

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

 Another year has passed us by and here we are getting ready to start a new year!

 I hope that 2023 will be a year of hope, peace and good health for everyone.

 As we close out another year of U-CAN, Brittany and I have a wish for you for the

 New Year;

 Our Happy New Year wish for you

 Is for your best year yet,

 A year where life is peaceful,

 And what you want you get.

 A year in which you cherish

 The past year’s memories,

 And live your life each day,

 Full of bright expectancies.

 We wish for you a holiday

 With happiness galore,

 And when it’s done, we wish you

 Happy New Year and many more.

 *(author unknown)*

 Did you know that December 3rd has been designated by the United Nations as the

 International Day of Persons with disabilities.

 There are one billion people (that’s 15% of the world’s population) that have some form of

 disability. Please take a few minutes and look at the website created by the UN for this day

 along with resources and videos;

 <https://www.un.org/en/observances/day-of-persons-with-disabilities>

 ***Touching animal story…***

 Therapy dog on a mission of compassion and acceptance, December, NBC News;

 [https://www.nbcnews.com/nightly-news/video/therapy-dog-on-a-mission-of-compassion- and-acceptance-156712005759](https://www.nbcnews.com/nightly-news/video/therapy-dog-on-a-mission-of-compassion-%20%20%20%20%20%20%20%20%20%20%20%20and-acceptance-156712005759)

 ***Act of Kindness stories…***

 Mindfulness program helps kids manage stress, December 2, 2022, NBC News;

 <https://www.nbcnews.com/nightly-news/video/mindfulness-program-helping-kids-manage-stress-156019781983>

 Stranger on a plane gave girls fleeing civil war $100, decades later they reunite, December

 16, 2022, CBS News; [https://www.cbsnews.com/news/steve-hartman-on-the-road- stranger-plane-100-dollars-ayda-zugay-tracy-peck/](https://www.cbsnews.com/news/steve-hartman-on-the-road-%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20%20stranger-plane-100-dollars-ayda-zugay-tracy-peck/)

  ***And now for a few laughs….***

 Enjoy this funny holiday sketch with Michael Buble’ called, “Michael Buble’ Christmas

 Duets”, from December 2011, nbc.com;

 <https://www.nbc.com/saturday-night-live/video/michael-buble-a-holly-jolly-christmas/2751855>

 **U-CAN Meeting**

  **Please note that there will be no meeting held in January.**

 **We will return with our 1st meeting of the 2023 year on February 7th!**

 **Our next support group meeting will take place on Tuesday, February 7th, virtually**

 **and in-person at O & P, 5:30-7:30 PM.**

 **A look Ahead**

 **February 7th**- our topic will be group discussion and Year in Review

 **Articles**

* How climate change affects people with disabilities, Q & A with paralympic gold medalist, weforum.org, December 2, 2022; <https://www.weforum.org/agenda/2022/12/q-a-these-are-the-climate-change-impacts-on-people-with-disabilities-according-to-a-paralympic-gold-medalist/>
* FDA calls for greater focus on clinical trial diversity, bloomberglasw.com, December 7, 2022; <https://news.bloomberglaw.com/health-law-and-business/fdas-califf-calls-for-greater-focus-on-clinic-trial-diversity>
* Amputee firefighter helps others adapt to adversity, wiu.edu, December 8, 2022; <http://www.wiu.edu/news/newsrelease.php?release_id=18910>
* Mother discovers ‘Elf on the Shelf’ mysteriously lost a leg so creates elaborate story to keep magic alive, goodnewsnetwork.org, December 10, 2022; <https://www.goodnewsnetwork.org/mom-discovers-elf-on-the-shelf-lost-a-leg-so-concocts-ruse/>
* Limb loss and Diabetes, understanding the risks, livingwithamplitude.com, December 12, 2022; <https://livingwithamplitude.com/amputation-risk-factors-of-diabetes/>
* How charity is helping is helping kids get trendy, bionic, 3D-printed prosthetics for free, reviewed.com, December 13, 2022; <https://www.reviewed.com/accessibility/features/bionic-arms-kids-limbitless-solutions-3d-printed-prosthetics-xbox>
* When sustainable solutions save lives and limbs, unric.org, December 14, 2022; <https://unric.org/en/when-sustainable-solutions-save-lives-and-limbs-cod-skin/>
* Does this Oscar contender portray limb loss realistically, livingwithamplitude.com, December 14, 2022; <https://livingwithamplitude.com/causeway-amputee-movie-brian-tyree-henry-supporting-actor/>
* Amputee from Pennsylvania is the top ranked amateur golfer in the U.S.,pennlive.com, December 15, 2022; <https://www.pennlive.com/sports/2022/12/pa-man-who-lost-part-of-leg-at-age-of-4-is-top-ranked-amateur-disabled-golfer-in-us.html>

 **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**

* **MT. Brighton Adaptive Sports, downhill skiing adaptive snow experience, 4141 Bauer Rd, Brighton. 1st clinic held on December 29, 2022.** Registration closes 12/25 at 8 PM.

Skiing clinics held in January and February. To register or for more information, please visit the website; <https://adaptivesportsconnection.org/mbasp/#calendar>

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, January 14, 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 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/>

Thank you all for a wonderful year!

See you in February!

Carla & Brittany