

 U-CAN NEWSLETTER

 January 2024

 Hello,

 Welcome to the December newsletter.

 As another year comes to an end, it does so with much turmoil around the world.

 I am hopeful that peace prevails and will see it soon in the coming year.

 There are many new activities coming up in 2024, check out the

 ***Upcoming Events Section*** below for those listings. There are also many new

research studies including an ***adaptive yoga study***. If you are looking to try this for

 the first time or getting back into it, this is a great way to do so. It is free and a great

 way to be active. These and more are listed below in ***Research Corner Section***.

 Brittany and I would like to thank you all for being a part of U-CAN this year.

 We look forward to seeing you in the upcoming year and would love to hear from

 You with any ideas and suggestions you might have for activities, feedback on the

 newsletter or anything else you would like to share.

 You can do this is several ways- by taking the U-CAN survey or emailing me

 directly;

 **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>

 **My contact information** is listed at the end of the newsletter, please contact me

 directly (not the U-CAN email).

 Brittany and I wish you and your families a safe and Happy New Year!

 ‘ The Year’

 *by Ella Wheeler Wilcox*

What can be said about New Year’s rhymes

 That’s not been said a thousand times?

 The new years come, the old ones go,

 We know we dream, we dream we know.

 We rise up laughing with the light,

 We lie down weeping with the night.

 We hug the world until it stings,

 We curse it then and sigh for wings.

 We live, we love, we woo, we wed,

 We wreathe our prides, we sheet our dead.

 We laugh, we weep, we hope, we fear,

 And that’s the burden of a year.

***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…***

 Frugal man left millions to charities, CBS News, December 8, 2023;

 <https://www.cbs.com/shows/video/zsTkvf8_Roq6IWCa78fgv8hJc1mrlo6n/>

 A mysterious Secret Santa motivated students to raise thousands of dollars for

 those in need, CBS News, December 15, 2023;

 <https://www.cbsnews.com/video/a-mysterious-secret-santa-motivated-students-to-raise-thousands-of-dollars-for-those-in-need/>

 ***And now for a few laughs….***

Enjoy this holiday sketch from SNL titled, ‘The Christmas Conversation’, from

 December 2020 (youtube); <https://www.youtube.com/watch?v=5ytnReUSyrU>

 **U-CAN Meeting**

 **A Reminder that there will be no meeting held January 2, 2024.**

 **We will resume our regular monthly meetings back on February 6, 2024.**

 **Articles**

* How a quadruple amputee overcame countless rejections to make his dreams come true, cbxnews.com, December 1, 2023; <https://www.cbsnews.com/video/how-a-quadruple-amputee-overcame-countless-rejections-to-make-his-pilot-dreams-take-off/>
* Researchers use AI to study gripping for better prostheses, sciencedaily.com, December 5, 2023; <https://www.sciencedaily.com/releases/2023/12/231205144408.htm>
* Best Holiday gift for amputees in 2023, livingwithamplitude.com, December 6, 2023; <https://livingwithamplitude.com/best-gifts-for-amputees-holidays-2023/>
* Student receives prosthetic and specially- made violin, thestrad.com, December 8, 2023; <https://www.thestrad.com/video/omaha-violin-student-receives-prosthetic-and-specially-made-violin/17395.article>
* Stretchable E- Skin enhances robotic prosthetic sensitivity, linkedin.com, December 11, 2023; <https://www.linkedin.com/pulse/stretchable-e-skin-robotic-prostheses-muthazhagan-ns-vewcc>
* Biotech company demonstrates proof of concept in trial of maggot-derived wound gel, December 12, 2023; <https://www.biopharma-reporter.com/Article/2023/12/12/SolasCure-demonstrates-proof-of-concept-in-trial-of-new-maggot-derived-wound-gel>
* Amputee aims to compete in para- dressage in the Paralympics Games, dw.com, December 15, 2023; <https://www.dw.com/en/flore-espina-mother-model-and-amputee-equestrian/video-66147552>
* Revoulutionizing amputee care, Spinal cord stimulation alleviates pain and enhances balance, scitechdaily.com, December 17, 2023; <https://scitechdaily.com/revolutionizing-amputee-care-spinal-cord-stimulation-alleviates-pain-and-enhances-balance/>
* 5 Amputees who made a difference in 2023, livingwithamplitude.com, December 20, 2023; <https://livingwithamplitude.com/amputees-who-made-a-difference-2023-news-stories/>
* Amputee finds comfort in animal therapy- a 3- legged cat, fortune.com, December 23, 2023; <https://fortune.com/well/2023/12/23/animal-therapy-cats-amputee-disabilities/>

 **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

* 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 on 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

 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

* ***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 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**

* **University of Michigan Adaptive Sports and Fitness Wheelchair Tennis,** drop-ins held on Mondays evenings, from 6:00 – 8:00 p.m starting in January, 2024. For more information, visit the website; <https://www.umadaptivesports.com/calendar>
* **Dance Mobility- Amputee and wheelchair Ballroom Dance class held at the Fred Astaire Dance Studio, 2172, Franklin Rd, Bloomfield Hill. The first class of the New Year, will be held on Saturday, January 13, 2024, from 11:00-12:30 p.m.** 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.

* **Adaptive Intramural Sports Programs- WheelChair Basketball and Football starting in**

**January 2024** held in Allendale Mi (Grand Valley State). For more information, visit the

website; <https://www.gvsu.edu/rec/adaptive-intramural-sports-programs-128.htm>

* **Mt. Brighton Adaptive Sports Program is starting their 2024 snow sports season**. All sessions are held in Brighton and 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 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>

 Stay warm and have a great January!

Carla and Brittany