

 U-CAN NEWSLETTER

 July 2022

 Hello,

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

 Welcome to Summer everyone! The season officially with the summer solstice on June 21st!

 Please get out if you can and enjoy the wonderful summer days and evenings!

 There are upcoming activities to enjoy this season and hope you are able to participate!

  **Don’t forget to sign up U-CAN’s Adaptive Bike Event being held on July 20th, 2022 at Island**

 **Lake State Recreation Area, in Brighton. It will be a fun afternoon.**

 **Check out the Events section below for more Information.**

  ***Something fun:***

 The month of July in Other Languages:

 Chinese (Mandarin) *–* qiyuè

 Danish- juli

 French - juillet

 Italian - luglio

 Latin –quintilis

 Spanish *-* julio

 (From Ducksters.com)

  ***Fun Activities…***

 Adaptive MOGO is back. Adaptive MoGo offers cycling options for riders of all abilities! With

 16 cycles including recumbent tricycles, upright cargo tricycles, hand tricycles, tandem bicycles,

 tandem tricycles, side-by-side quadricycles, and a box-bike, Adaptive MoGo accommodates a

 wide range of rider needs.

 For more information about cost, how to rent and where, please visit the website:

 <https://mogodetroit.org/mogo-for-all/adaptive-mogo/>

 ***Other information…***

 Looking for help with distractions in your daily life or for time for peaceful reflection.

 There is a website called, *mindful meditation*. They offer free meditations offered

 through zoom and you do not have to register.

 For more information, check out the website; <https://openmindfulnessmeditation.org/>

 ***Act of Kindness stories…***

 Musician reunites with family after fleeing Taliban, CBS News, June 3, 2022;

 <https://www.cbs.com/shows/video/ZbFAMo48UopkPo26zAhPyAda2xG8j2Ep/>

 Paralyzed in a hockey game but vowed to walk at his high school graduation, CBS News, June

 17, 2022;

 <https://www.cbsnews.com/news/steve-hartman-jake-thibeault-paralyzed-walks-graduation/>

 ***And now for a few laughs….***

In the spirit of travel and summertime, enjoy this sketch from SNL from 2019, “Romano Tours,”

 <https://www.nbc.com/saturday-night-live/video/romano-tours/3950926>

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, July 5th from 5:30-7:30 PM** at the Orthotic

 & Prosthetic Center, 2850 S. Industrial Hwy, Suite 400, AA 48104.

 We will be hosting an ice cream social (safely of course) and we will a guest speaker, Danielle

 from O & P to talk about insurance and answer your questions.

 If you are unable to be there in-person, please join us virtually. All the information is listed

 below to easily join the meeting.

 *Please note that you will be required to wear a mask.*

 Brittany and I look forward to seeing you next Tuesday.

Click on the link below to join the meeting if you already have a zoom account.

 **Join Zoom Meeting**

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

 **Meeting ID:** 975 4478 8830

 **Passcode**: 890707

 *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.*

 **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/ipdad) 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.

 *Take a look ahead at upcoming meetings:*

 August 2nd- self -defense (we will have a guest come out to teach us some self-defense

 techniques)

 September 6th- Tour of College Park Industries

 October 4th- group discussion

 November 1- Guest speaker come out to discuss results from a pain & nerve study and

 updates from a current study & Halloween party

 December 6th- Holiday Party

 **Quote for the month:** “Always be a first- rate version of yourself, instead of a second-rate

version of somebody else.” — *Judy Garland*

 **Articles**

* 10 year-old amputee tavels 1 KM (a little more than ½ mile) on one leg to reach her school in India, gulftoday.ae, May 26, 2022; <https://www.gulftoday.ae/lifestyle/2022/05/26/10-year-old-amputee-girl-travels-1km-on-one-leg-to-reach-school-in-india>
* Ukraine girds for a wave of amputees,worldnewsera.com, June 1, 2022; <https://worldnewsera.com/news/we-are-about-to-lose-a-lot-more-life-and-limbs-ukraine-girds-for-a-wave-of-amputees/>

<https://www.nytimes.com/2022/06/01/world/europe/ukraine-war-prosthetics.html>

* Gardening for amputees, made easy, livingwithamplitude.com, June 8, 2022; <https://livingwithamplitude.com/amputee-gardener-sue-kent-bbc-royal-horticultural-society/>
* Amputee model takes aim at Maxim’s cover, livingwithamplitude.com, June 15, 2022; <https://livingwithamplitude.com/shaholly-ayers-amputee-model-maxim-cover-girl-2022/>
* Best summer books by and about amputees, livingwithamplitude.com, June 22, 2022; <https://livingwithamplitude.com/best-books-about-amputees-limb-loss-2022/>
* A double amputee set a record sailing around the world, June 24, 2022; <https://nypost.com/2022/06/24/i-am-a-double-amputee-and-set-a-record-sailing-solo-around-the-world/>
* Amputees can control this bionic arm with their thoughts, livingwithamplitude.com, June 29, 2022; <https://livingwithamplitude.com/amputees-bionic-arm-mind-controlled-university-minnesota/>
* Government Accountability office (GAO) to study healthcare access to amputees & people with disabilities, livingwithamplitude.com, June 29, 2022; <https://livingwithamplitude.com/tammy-duckworth-gao-study-healthcare-access-amputees-people-with-disabilities/>
* This amputee firefighter from Metro Detroit appeared on America Ninja Warrior this week and taught a lesson in perseverance, June 29, 2022 (scroll down in the article to watch the video of him on the show); <https://dentonrc.com/news/denton/denton-firefighter-s-stint-on-american-ninja-warrior-a-lesson-in-perseverance-tenacity/article_386a2ad4-489c-5b5c-9c43-1eae138ad0a8.html>

**Research Corner**

* ***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 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

* 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/>

* The Amputee Coalition has a listing of approved research studies (note that the listings are

 not updated but there are some that are still ongoing). Click on the individual listings for

 more information. Visit the website for more information;

 <https://www.amputee-coalition.org/research/research-resources-for-our-community/>

 **Upcoming Virtual and In-person Events**

* **Lucky Fin Project Weekend, July 15-17, 2022 in Troy MI.** (is a nonprofit organization that exists to raise awareness and celebrate children and individuals born with a limb difference or effected by a limb difference. This is an **opportunity for those affected by limb difference to get together to connect, network and celebrate).**

The weekend will include family friendly activities, special guests, food, live entertainment silent auction and music! $20 per person. Children 24 months and younger are free. **For more information and to register for the event, please visit the website;** <https://www.eventbrite.com/e/lucky-fin-project-weekend-2022-tickets-298037507207>

* **Dance Mobility:-Wheelchair & Adapted Ballroom Dance Competition, Saturday, July 16, 2022 at Roeper Lower School, Bloomfield Hills, MI. Cost is $15 per person.**

For more information, contact: Cheryl Angelelli

Email: cangelel@dmc.org, Phone: (313)460-6371

* **U-CAN is partnering with UMaise (University of Michigan Adaptive & Inclusive Sports) for an Adaptive Bike Event held on July 20th, 2022 from 4:00-7:00 PM at Island Lake State Recreation Area, Brighton, MI.** There will be adaptive bikes and hand cycles to try out. There will be prosthetists there along with other volunteers for you to safely try out and ride bikes. If you have your own bike,

feel free to bring for a group ride, lite snacks will be provided. Family/friends are welcome. For more information or to register for this event, please contact:

Carla Vollmer, 734-975-7432 or email me at: cvollmer@med.umich.edu

**Other Umaise summer activities:**

Indoor Camping

Outdoor Camping

Adaptive Kayaking

Adaptive Fishing, Tuesdays from 5:30-7:00 PM at Argo Park, Ann Arbor (1055 Longshore Drive)

You must purchase a daily or seasonal fishing license, season will run till August 30, 2022. For more information on any of these activities, please contact:

PMR-UMAISETR@umich.edu

* **The Michigan Amputee Golf Association (MAGA) has 4** **events throughout the summer: July 22 & 23 & August 4, 2022.** Please visit the website for more information; <https://www.maga.golf/>
* Mary Free bed adaptive clinics summer & winter events. Visit the website for more information;

<https://www.maryfreebed.com/services/wheelchair-adaptive-sports/events/#mfb_open>

* **Amputee Coalition National Conference will be held August 10-13, 2022 in Palm Desert, CA.** Registration is now open and scholarships are available. For more information, 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 on a planned guided trip in the future that is accessible, please visit the website: <http://easyaccesstravel.com/>

Have a safe and happy 4th of July weekend!

 Carla