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U-CAN NEWSLETTER

July 2023

Hello,

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

July is here and summer is has officially started!

The start of vacations, family reunions, bbq’s, outdoor music concerts, eating outside

and being able to enjoy all that the outdoors has to offer.

As we celebrate our nation’s Independence, we remember all those that lost their

lives to protect us and thank them for their service.

Brittany and I wish you all a Happy and Safe 4th of July Holiday.

**Amputee support Group Summer Meeting Schedule:**

**July 4th- No meeting held due to the holiday**

**August 1st-** **Tour of UM Ford Robotics Building**, 2505 Hayward St, Ann Arbor, 48109

**September 5th-** Adaptive Yoga Class, held at Orthotics & Prosthetics Center

**Michigan Summer Fairs and Festivals…**

It’s that time of year that brings out the summer music festivals, fairs and art shows

all around the state. For a listing of all the fairs going on for the month of July, visit

the website for more information;

<https://www.michigan.org/fairs-festivals?gclid=CjwKCAjw67ajBhAVEiwA2g_jEAn-_GMnLpYmnlYmOe1G4zgvFEgWTd46H-bqX0OiiOVbNE-T6ttl2BoC4HQQAvD_BwE&page=1>

**Exercise Corner…**

Looking to start moving and getting into an exercise routine. Check out these

Free and adaptive exercise videos that were created for amputees by prosthetists.

For more information, visit the website;

<https://www.bremerprosthetics.com/watch-step-up>

Interested in training for a 5K or just trying to see if you can run?

A program has been designed for amputees to help you get started and train.

You can watch videos, download an app to keep on track all for free.

If you are motivated, you can sign-up for a 5K in August held in Frankenmuth.

To find out more information about all of this, check out the website;

<https://www.bremerprosthetics.com/step-up-to-5k>

***Act of Kindness stories…***

Volunteers at U.S. Border care for thousands of migrants, NBC News, June 9, 2023;

<https://www.nbcnews.com/video/inspiring-america-volunteers-at-u-s-border-care-for-thousands-of-migrants-181557829731>

Jane Goodall’s program influences change in communities, NBC News, June 14,2023;

<https://www.nbcnews.com/video/inspiring-america-jane-goodall-s-program-influences-change-in-communities-182250565902>

***And now for a few laughs….***

This summer sketch from SNL in 2013 titled, ‘Carter & Sons BBQ, Swine Fever;

<https://www.youtube.com/watch?v=j-zmtTvrQoo>

**U-CAN Meeting**

**Please note that there will be no meeting held next Tuesday, July 4th due to the**

**Holiday!**

**The next U-CAN meeting will be held on Tuesday, August 1st at the UM Ford**

**Robotics Building,** 2505 Hayward St, Ann Arbor, 48109.

**Please RSVP if you are coming to the tour**

**(my contact information is listed at the end of the newsletter)**

**Quote for the month**: “Life would be tragic if it weren’t funny”- Stephen Hawking

**Articles**

* Volunteerism thrives in O & P, opedge.com, June 1, 2023; <https://opedge.com/volunteerism-thrives-in-op/>
* Afghanistan veteran and quadruple amputee builds retreat for healing and coping, nbcnews.com, June 9, 2023; <https://www.nbcnews.com/nightly-news/video/afghanistan-veteran-and-quadruple-amputee-builds-retreat-for-healing-and-coping-181543493619>
* Adaptive wheelchair camp fosters community and confidence, June 12, 2023; <https://www.postbulletin.com/sports/from-i-cant-to-i-can-stewartville-wheelchair-camp-fosters-community-confidence>
* Pennies for prosthetics, new data shows insurance reform is way affordable, livingwithamplitude.com, June 14, 2023; <https://livingwithamplitude.com/prosthetic-insurance-low-cost-amputees/>
* Texas amputee firefighter competes on American Ninja Warrior and makes it to the semifinals, dentonrc.com, June 14, 2023; <https://dentonrc.com/watch-gary-weiland-competes-on-american-ninja-warrior/html_2d999af7-613f-5ff0-bbdf-480de2ebf98b.html>
* Gaza boy brought to Detroit for prosthetic care after surviving bombing in Palestine, cbsnews.com, June 14, 2023; <https://www.cbsnews.com/detroit/news/gaza-boy-brought-to-detroit-for-prosthetic-after-surviving-bombing-in-palestine/>
* Amputee returns to Ukraine front line, dw.com, June 16, 2023; <https://www.dw.com/en/no-time-to-lose-heart-amputee-returns-to-ukraine-front-line/video-65941246>
* Lawmakers propose resolution to reduce rise in limb amputations,fox4kc.com, June 22, 2023; <https://fox4kc.com/news/lawmakers-propose-resolution-to-reduce-rise-in-limb-amputations/>
* Four U.S. Representatives introduce a bipartisan Medicare patient-centered bill, wtaj.com, June 23, 2023; <https://www.wtaj.com/news/national-news/glenn-thompson-u-s-representatives-introduces-bipartisan-medicare-patient-centered-bill/>
* Bone- anchored and socket- suspended prostheses restore gait equally, opedge.com, June 27, 2023; <https://opedge.com/bone-anchored-and-socket-suspended-prostheses-restore-gait-equally/>
* College grad designs prosthesis for farmers, spectrumnews1.com, June 28, 2023;

<https://spectrumnews1.com/oh/columbus/news/2023/06/22/cedarville-university-grad-puts-focus-on-prosthetics-for-farmers->

* New film tells the inspiring story of double abcnews.com, amputee runner, abcnews.com, June 29, 2023;

<https://abcnews.go.com/GMA/GMA3/video/new-film-tells-inspiring-life-story-double-amputee-100491443>

**Research Corner`**

* ***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](mailto: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 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance classes for the rest of the year are as follows: August 12, September 9, October 14, November 11 & December 9, 2023. The classes are held on Saturdays 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 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 MOGO is back through October 28, 2023.** Adaptive MoGo offers cycling options for riders of all abilities! With 16 bicycles 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 with 2 locations to choose from: **Detroit and Ferndale.**

Anew Life Prosthetics has partnered with MOGODetroit to give you your first ride free-

just mention Anew Life Prosthetics & Orthotics.

To find out more information about cost, hours, location and bike rental, please visit the website; <https://mogodetroit.org/mogo-for-all/adaptive-mogo/>

* **UMAISE (University of Michigan Adaptive & Inclusive Sports Experience) has many summer activities for you to enjoy:** Adpative Golf Clinic, Adaptive Fishing, Adaptive Kayaking, Hand Cycling/adaptive cycling and Camping. Please visit the website for more information and to register for these events;

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

* **UMAISE** **is partnering with Bedrock Detroit,** **Come Play Detroit, and Detroit Disability Power** to bring adaptive and inclusive recreation to the Monroe Street Midway! Please come out and join us on **Friday July 28 and Thursday August 24 from 2-7pm**. Programming includes: Slalom Obstacle Course, Yoga, Pickle Ball, Martial Arts Lessons, 2v2 Basketball Tournaments, and Knockout Basketball. For more information, please visit the website; <https://www.deckedoutdetroit.com/events/>
* **Programs to Educate all Cyclists (PEAC) Summer Cycling Program** is for individuals with a disability that want to learn to ride a bike, for ages 5 and up. An instructor will assess every person’s ability level and set a unique cycling goal. Bikes are provided but you are allowed to bring your own bike.

For more information about the program, please visit the website;

https://www.bikeprogram.org/summer-cycling-program-2/

* **Lucky Fin Project Weekend, July 21-23, Troy MI**. The Weekend will include family friendly activities, special guests, catered lunch, live entertainment, silent auction and music! $20 per person. Children 24 months and younger FREE. Lucky fin is for those affected by limb difference to come together to connect, network and celebrate.

For more information, please visit the website;

<https://www.eventbrite.com/e/lucky-fin-project-weekend-2023-tickets-593815216297>

* **Michigan Adaptive Golf Association has 3 more golf outings for the summer:**

**July 28 at Pineview Golf Club in Three Rivers, August 11 at Mystic Creek Golf Course, Milford.** Visit the website for more information;

<https://www.maga.golf/>

* **Mary Free Bed is hosting many in-person adaptive spring/summer clinics.** To find

out more information or to register, 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, visit the website; <https://www.amputee-coalition.org/events-programs/national-conference/>

Have a great month!

Carla