

 U-CAN NEWSLETTER

 June 2022

 Hello,

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

 I hope you and your families had a relaxing Holiday Weekend.

 Summer is almost here and is a great time to get out and enjoy the outdoors.

 If you like to hike and bike, there are many accessible trails in Michigan. You can

 take your own wheelchair or rent/reserve a track chair. Check out the website

 for a listing of all the parks around the state;

 <https://mymichiganbeach.com/ada-accessible-trails/>

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

 **State Recreation Area, in Brighton. Check out the Events section below for more information**.

 ***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/>

 ***Honoring the fallen….***

Taps across America, CBS News, May 31, 2022;

 <https://www.cbsnews.com/video/taps-across-america-brings-nation-together-to-remember->

the-fallen/

 ***Act of Kindness stories…***

 Inclusion, CBS News, May 2, 2022;

 <https://www.cbsnews.com/video/kindness-101-with-steve-hartman-inclusion/>

 Determination, CBS News, May 16, 2022;

 16, 2022;

 <https://www.cbsnews.com/video/kindness-101-with-steve-hartman-determination/#x>

 ***Touching animal story…***

 Baby Giraffe able to walk with the help of human orthopedic group, NBC News, May 17, 2022;

 <https://www.youtube.com/watch?v=6FtvFsZ6pxE>

 ***And now for a few laughs….***

 Enjoy this summer sketchfrom the archives of SNL, “Jacuzzi Lifeguard”, originally aired May18,

 1996 (from youtube 2013)

 <https://www.youtube.com/watch?v=_d2XfUXn0kY>

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, June 7, 2022, from 5:30-7:30 pm at the**

 **A & W in Dexter,** **8220 Dexter Chelsea Rd, Dexter, MI 48130.** They have an outdoor patio area

that is accessible.

 In case of inclement weather, we will meet at the Aubrees in Dexter, 8031 Main St., and is just

 a mile from A & W.

 ***Please note: Due to this being an outdoor event, we will not hold the meeting virtually (for***

 ***this month only).***

 ***We will resume virtually for the July 5th meeting.***

 Hope you can come out and join us for a fun evening.

 **Quote for the month:** “No matter what happens, or how bad it seems today, life does go

on and it will be better tomorrow.”- Maya Angelou

 **Articles**

* Amputee ran 104 marathons in 104 days and may have set a world record (update from an article from the March newsletter), npr.org, May 3, 2022; <https://www.npr.org/2022/05/03/1095995698/guinness-world-record-104-marathons-amputee>
* Double- Amputee war victim’s wedding heartens Ukraine, latimes.com, May 3, 2022; <https://www.latimes.com/world-nation/story/2022-05-03/double-amputee-war-victim-wedding-heartens-ukraine>
* Can a low dose medication (naltrexone) hold promise for relief of phantom limb pain, livingwithamplitude.com, May 4, 2022; <https://livingwithamplitude.com/low-dose-naltrexone-treatment-for-phantom-limb-pain-ldn/>
* New partnership delivers biocompatible materials for 3D printed prosthetics, livingwithamplitude.com, May 10, 2022; <https://livingwithamplitude.com/biocompatible-materials-for-3d-printed-prosthetics/>
* Amputee film maker wins rave reviews for his short film, “Mac N Cheese”, livingwithamplitude.com, May 11, 2022; <https://livingwithamplitude.com/sommer-carbuccia-amputee-movie-mac-and-cheese-disability-film-challenge/>
* The art of getting back up after you fall, volumeone.org, May 18, 2022; <https://volumeone.org/articles/2022/05/18/296532-the-art-of-getting-back-up-after-you-fall>
* Casey Martin lost a leg but hasn’t lost hope, golfdigest.com, May 26, 2022; <https://www.golfdigest.com/story/rebuilding-casey-martin-suing-pga-tour-right-to-use-cart>
* Can this diabetic boot save 80,000 amputations a year?,livingwithamplitude.com, June 1, 2022; <https://livingwithamplitude.com/foot-defender-prevents-amputation-limb-loss-diabetic-boot/>
* The most affordable prosthetic covers for amputees, livingwithamplitude.com, June 1, 2022; <https://livingwithamplitude.com/amputee-prosthetic-cover-shopping-guide-3d-printing/?mc_cid=762265612c&mc_eid=9ad15de810>
* Your DIY amputee life hacks could be worth thousands, livingwithamplitude.com, June 1, 2022; <https://livingwithamplitude.com/amputee-life-hacks-simply-open-awards/>
* Cheerleader inspire after devastating double amputation, nypost.com, June 1, 2022; <https://nypost.com/2022/06/01/cheerleader-double-amputee-stuns-with-active-life-despite-accident/>

**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**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, June 4 , 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 must pre-register. 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 about this class, please call: 248-454-1715.**

* **The June 2022 Guide for things to do in Michigan, fun things to do all around the state.**  Plan ahead or go on a whim, visit the website; <https://www.travel-mi.com/June-Michigan.html>
* **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>

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

* **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 great month!

 Carla