

 U-CAN NEWSLETTER

 June 2023

 Hello,

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

 It feels like the summer season has officially started!

 I hope you all had a relaxing holiday and were able to enjoy time with friends,

 family and good food.

  ***Reminders and upcoming U-CAN Events:***

 **Don’t forget about U-CAN’s Upcoming Detroit Tigers Game Outing held on July 23rd,**

 **2023, Game time is 12:00 PM. Transportation is provided at no extra cost but is not**

 **Required.**

 **Tigers vs San Diego Padres**

 **There is still time to reserve your spot.**

 **Please visit the Upcoming Events Section for more detailed information.**

 **U-CAN’s Summer Meeting Schedule. Come out an enjoy a nice evening and meet**

 **new people and friends:**

 **June 6th-** A & W in Dexter, outdoor patio area, 8220 Dexter Chelsea Rd, Dexter, 48130

 **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

 **Fun Facts about the month of June…**

 June has its own beetle named after it

 June is named after the Roman Goddess Juno, who was closely linked with the notion

 of energy, youth, and fertility.

 The Great Outdoors Month and National Oceans Month are recognized & celebrated

 National Rocky Road Day- June 2nd

 National Macaroon Day- June 3rd

 National Chocolate Ice Cream Day- June 7th

 (from funfactsabout.com)

 **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. Check out the website for the listing and 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>

 ***Fun Animal Story…***

 Rescue pit bull helps students tell stories, ABC News, May 2023;

 <https://www.youtube.com/watch?v=aZm7Pw9-HKo>

 ***Act of Kindness stories…***

 Clerk created art to help a patient heal, CBS News, May 5, 2023;

 <https://www.cbs.com/shows/video/ROlByXTtfYYOjU5sgf_RJpz1IKiRhR9G/>

 New graduate to work at same prosthetics center that helped her after terrible

 accident, NBC News, May 7, 2023;

 <https://www.nbcnews.com/nightly-news/video/new-graduate-to-work-at-the-same-prosthetics-center-that-helped-her-after-terrible-accident-173341253618>

  ***And now for a few laughs….***

NPR’s Delicious Dish: BBQ, from SNL, aired back in May 1997;

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

 **U-CAN Meeting**

  Our next U-CAN meeting will be held on **Tuesday, June 6th, 2023 from 5:30-7:30 PM**

 **at the A & W in Dexter: 8220 Dexter Chelsea Rd, Dexter, MI 48130.**

The A & W has a nice accessible patio area where we gather and enjoy the

 Outdoors.

 Come out and join us for a fun evening.

 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, the meeting will not be held***

 ***virtually.***

 **Quote for the month**: “The healthiest response to life is joy”- Deepak Chopra

 **Articles**

* Socket Project could speed up prosthetic fitting, rehab, in May issue of O & P Edge, May 2023; <https://opedge.com/socket-project-could-speed-up-prosthetic-fitting-rehab/>
* Inventing a ‘smart’ bandage for chronic wounds (update on this article from March 24, 2023 and was in the April newsletter ), CEP Magazine, May 2023; <https://www.aiche-cep.com/cepmagazine/may_2023/MobilePagedArticle.action?articleId=1876553&amp;app=false#articleId1876553>
* Policy efforts to expand access to recreational prosthesis gains momentum, opedge.com, May 1, 2023; <https://opedge.com/let-kids-and-adults-play-policy-efforts-to-expand-access-to-recreational-prostheses-gain-momentum/>
* Better prosthetics for amputees? Bob Kerry, former governor & US Senator, has a plan for that, livingwithamplitude.com, May 2, 2023; <https://livingwithamplitude.com/better-prosthetics-xtremity-socket-bob-kerrey-amputee/>
* Financial help for amputees during mobility May, livingwithamplitude.com, May 10, 2023; <https://livingwithamplitude.com/financial-help-for-amputee-prosthesis-mobility-device/>
* MIT PHD student devises new prosthetic care model in Sierra Leone, interestingengineering.com, May 14, 2023; <https://interestingengineering.com/health/mit-phd-student-devises-of-new-prosthetics-care-model-in-sierra-leone>
* Four ways AI is making prosthetic technology smarter, livingwithamplitude.com, May 17, 2023; <https://livingwithamplitude.com/artificial-intelligence-prosthetic-technology/>
* Amputees could feel warmth of human touch with new bionic technology, reuters.com, May 18, 2023; <https://www.reuters.com/business/healthcare-pharmaceuticals/amputees-could-feel-warmth-human-touch-with-new-bionic-technology-2023-05-18/>
* Toronto startup creates AI powered bionic arm that can think and see for itself, thestar.com, May 20, 2023; <https://www.thestar.com/news/gta/2023/05/20/mind-blowing-toronto-start-up-creates-ai-powered-bionic-arm-that-can-think-and-see-for-itself.html>
* Two Ukranian amputees walk to raise funds for a military hospital, latimes.com, May 22, 2023; <https://www.latimes.com/world-nation/story/2023-05-22/ukrainian-amputees-raise-funds-for-military-hospital>
* Scientists track brain activity associated with chronic pain, interestingengineering.com, May 23, 2023; <https://interestingengineering.com/science/scientists-track-brain-activity-associated-with-chronic-pain>
* People with disabilities are finally showing up in stock photos with the help of the U.S. Consumer Product Safety Commission, kuow.org, May 23, 2023; <https://www.kuow.org/stories/people-with-disabilities-aren-t-often-seen-in-stock-photos-the-cpsc-is-changing-that>
* New prosthesis supports yoga for upper- limb amputees, livingwithamplitude.com, May 24, 2023; <https://livingwithamplitude.com/yoga-for-amputees-koalaa-prosthesis/>
* Paralyzed man able to walk again with brain and spine implants, NBC News, May 25, 2023; <https://www.youtube.com/watch?v=AARVY-3oDRQ>
* PAD (Peripheral Artery Disease) risk may be higher in cannabis users, healthline.com, May 25, 2023; <https://www.healthline.com/health-news/marijuana-users-more-likely-to-develop-vascular-disease>
* Quadruple amputee joins renowned tennis equipment brand -Wilson and shares inspiring story, essentiallysports.com, May 27, 2023 (watch the video in the article); <https://www.essentiallysports.com/atp-wta-tennis-news-quadruple-amputee-joins-renowned-tennis-equipment-brand-trusted-by-roger-federer-and-serena-williams-and-shares-inspiring-story/>
* New legislation called ‘EVAC Act’ aims to boost safety for amputee travelers, livingwithamplitude.com, May 31, 2023; <https://livingwithamplitude.com/disability-safety-airplane-evacuation/>

 **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

 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

 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

* ***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=>

 **Upcoming Events**

* **U-CAN (University of Michigan Community Amputee Network) is hosting a Tiger Game, July 23, 2023, Cost- $36.00 per person and includes transportation and a goodie bag for the bus ride.** Transportation is free – provided by UM Orthotics & Prosthetics. Family and friends of all ages are welcome.

Seats are along the 1st base line and are covered (protected from the elements). Accessible seating is available upon request.

Reservations are required and payment is due no later than June 21, 2023.

Please contact Carla Vollmer for more information:

Phone: 734-975-7432

cvollmer@med.umich.edu

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, June 10, 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.**

* **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.** 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 Summer Programs are up and ready;**

Adpative Golf Clinic, Adaptive Fishing, Adaptive Kayaking, Hand Cycling, Hiking Club and Camping. For a listing of dates, times or to register for any of these events, please visit the website; <https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/umaise-university-michigan-adaptive-inclusive-sports-experience/offered-programs>

* **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/

* **Summer camps for kids June – August, 2023.** The link includes information about all the camps, where they are located and the link to register;

 <https://livingwithamplitude.com/summer-camp-for-amputee-kids-2023/>

* **Kids Camp,** **July 23-29 in Harrisonburg, VA,** supported by USA Patriots, is for kids with an amputation or limb loss, ages 8-12 years of age. Veterans serve as coaches and mentors for these children, teaching them adaptive techniques and life lessons. All expenses are paid to attend. To fill out an application or for more information, visit the website; <https://usapatriotsathletics.org/kidscamp/>
* **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>

* **UM Adaptive Sports & Fitness program offers wheelchair tennis and basketball**.

Visit the website for more information;

 <https://www.umadaptivesports.com/>

 <https://www.umadaptivesports.com/calendar>

* **Michigan Adaptive Golf Association is hosting golfing events throughout the summer-**

**June- August.** 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