

 U-CAN NEWSLETTER

 March 2023

 Hello,

 March has arrived! Seems like yesterday that winter was just getting started.

 Daylight Savings will be here (starts on the 12th) and spring officially begins soon

 after. I’m hopeful that nice weather will come and stay put!

 If you are getting the itch to get outdoors, there are many accessible

 trails in Michigan you can check out and explore.

 If you are planning on a trip outside of Michigan, there are many helpful websites

 (that I put together and are listed below) to check out that give good information

 about accessible paths that you can safely get out and walk on or use an assistive

 device on:

 ***AllTrails*** has put together a list of the best wheelchair friendly trails in Michigan. It

 gives a description of the terrain, the length and a preview of the trail. Visit the

 website for more information;

 <https://www.alltrails.com/us/michigan/ada>

 **Trail Access Project** is a nonprofit dedicated to helping people with disabilities enjoy

 the outdoors through adaptive hiking on accessible trails;

 <https://www.trailaccessproject.org/>

 **Rails to Trails Conservancy** has a web page that focuses on trails that are accessible

 as well as listing links to other resources;

 <https://www.railstotrails.org/build-trails/trail-building-toolbox/design/accessibility/>

 <https://www.americantrails.org/resources/accessibility-hub>

 **The U. S. Fish and Wildlife Service** has created a list of accessible trails throughout

 the U.S.; <https://www.fws.gov/activity/accessible-trails>

 **Road Trippers Magazine** put together a list of the top 5 best wheelchair accessible

 trails in the U. S. Michigan made the list and took the #2 spot for ***The Thomas Rock***

 ***Scenic Overlook Trail in Marquette.***  You can check out the article and see the full

 list; <https://roadtrippers.com/magazine/best-wheelchair-accessible-hiking-trails/>

 ***Fun holidays in March you may not know about….***

March 1- World Compliment Day

 March 6- National Oreo Cookie Day

 March 8- International Women’s Day

 March 9- Popcorn Lover’s Day

 March 10- Harriet Tubman Day

 March 12- Plant a Flower Day

 March 14- National Potato Chip Day

 March 21- World Poetry Day

 March 31- National Crayon Day

 (from today.com/life/holidays/march)

 **Fun Information….**

 For a list of the best things to do in Michigan this month- events, festivals and

 celebrations happening all over the state, click on the link for the full listing;

 <https://mymichiganbeach.com/march-michigan/>

 **Happy Animal Story…**

2 Cats rescued from building set for demolition in Turkey, February 2023, ABC News;

 <https://abcnews.go.com/International/video/2-cats-rescued-building-set-demolition-turkey-97423025>

 ***Act of Kindness stories…***

 Opening doors to acts of kindness, February 26, 2023, CBS News;

 <https://www.cbsnews.com/video/opening-doors-to-acts-of-kindness/>

 Knitters finish craft projects for loved ones who’ve passed, February 27, 2023,

 NBC News; <https://www.nbcnews.com/nightly-news/video/knitters-finish-craft-projects-for-loved-ones-who-ve-passed-164139589758>

  ***And now for a few laughs….***

 Enjoy this St. Patrick Day’s Skit from SNL, “Celtic Woman,”

 <https://www.youtube.com/watch?v=I8OBfRyplyE>

 **U-CAN Meeting**

  Our next U-CAN meeting will be held on **Tuesday, March 7, 2023 from 5:30-7:30**

 **PM at the Orthotic & Prosthetic Center, 2850 S. Industrial Hwy, Suite 400, AA 8104.**

 On the agenda is guest speaker Amira Radovic, Founder of Thera V who will talk

 about a wearable therapy treatment on managing phantom limb pain, how it works

 and the results from users, along with time for Q & A and group discussion.

 Brittany and I hope you can join us for a fun evening with good people and lite snacks.

 If you are unable to come in-person, you can join the meeting virtually.

 If you have a zoom account, just click on the link below for quick and easy access to

 the meeting(s).

 **Join Zoom Meeting**

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

 **Meeting ID:** 975 4478 8830

 **Passcode**: 890707

 If this is your first-time using zoom and do not have an account set up, please

 read the information below and follow the steps.

 **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/iPad) 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.

 **Quote for the month:** “To succeed in life you need 3 things: A wishbone, a

 backbone and a funny bone.”- Reba Mcintire

 **Articles**

* Universal Theme Parks leave amputees fuming, livingwithamplitude.com, February 1, 2023; <https://livingwithamplitude.com/universal-studios-amputee-disability-banned-from-ride/>
* World Leader in 3D printed sockets heads to the U.S., livingwithamplitude.com, February 1, 2023; <https://livingwithamplitude.com/prosfit-3d-printed-prosthetic-sockets-for-amputees-united-states/>
* Residual upper-limb optimization: surgeon and prosthetist collaboration, opedge.com, February 1, 2023; <https://opedge.com/residual-upper-limb-optimization-surgeon-and-prosthetist-collaboration/>
* Soft robotic wearable helps people with ALS raise their arms, newatlas.com, February 6, 2023; <https://newatlas.com/wearables/soft-robotic-wearable-als-raise-arms/>
* 3D- printed prosthetics- accessible and affordable, techbriefs.com, February 7, 2023; <https://www.techbriefs.com/component/content/article/tb/pub/features/technology-society/47557>
* Google Doodle for Black History Month honors amputee model Mama Cax, cnet.com, February 8, 2023; <https://www.cnet.com/culture/internet/google-doodle-for-black-history-month-honors-amputee-model-mama-cax/>
* These prosthetics break the mold, technologyreview.com, February 10, 2023; <https://www.technologyreview.com/2023/02/10/1067838/prosthetics-that-break-the-mold/>
* New bill aims to boost airline accessibility for amputees, livingwithamplitude.com, February 15, 2023; <https://livingwithamplitude.com/disability-air-travel-tammy-duckworth-new-legislation/>
* Once aiming for the Olympics, skier embraces new life after accident, uchealth.org, February 15, 2023; <https://www.uchealth.org/today/teenage-skier-tackles-new-life-after-below-knee-amputation/>
* Helping Ukraine’s wartime amputees, livingwithamplitude.com, February 21, 2023; <https://livingwithamplitude.com/ukraine-war-amputees-how-you-can-help/>
* Ace goalie shares secret to success with one hand, fox8.com, February 21, 2023; <https://fox8.com/news/ace-goalie-shares-secret-to-success-with-one-hand-stubborn/>
* Hip muscle exercises could help amputees improve functional mobility,medicalexpress.com, February 21, 2023;

 <https://medicalxpress.com/news/2023-02-hip-muscle-amputees-functional-mobility.html>

* Amputee surgeon hopes to take his career to new heights- as an astronaut, uk.news.yahoo.com, February 27, 2023; <https://uk.news.yahoo.com/amputee-surgeon-hopes-career-heights-175934785.html>
* Camp looking for kids with amputations to play ball, northjersey.com, February 27, 2023; <https://www.northjersey.com/story/news/health/2023/02/27/this-summer-softball-camp-is-for-kids-with-amputations/69941775007/>
* Getting around rural America without a car is hard. These communities developed solutions, nebraskapublicmedia.org, February 27, 2023; <https://nebraskapublicmedia.org/en/news/getting-around-rural-america-without-a-car-is-hard-these-communities-developed-solutions/>

 **Research Corner**

* 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

 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 In-person Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, March 11, 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.**
* **UMAISE (University of Michigan Adaptive & Inclusive Sports) upcoming events:**

 Adult Sports Club are 6 week sessions held on Mondays from 5:30-6:30 PM & Pre-

 Registration is required:

 Yoga- February 20 – March 27

 Rollervines Pediatric Wheelchair Basketball, new players are welcome to join anytime

 Held on Mondays from 5:30- 7 PM at Peace Lutheran Church, 8260 Jackson Rd, AA.

 For more information about these events, visit the website;

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

* **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>

* **Mary Free Bed is hosting many in-person adaptive clinics and activities during the**

 **winter- skiing, sled hockey, swimming, Yoga and more.**  To find out more

 information,please visit the website;

 <https://maryfreebed.app.neoncrm.com/np/clients/maryfreebed/eventList.jsp>

* **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/>
* **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 safe and happy March!

Carla