

 U-CAN NEWSLETTER

 March 2024

 Hello,

 Happy March and “the Luck of the Irish” to you!

 Spring will soon be upon us, officially starts March 19th, along with Daylight Savings-

 Starts March 10th and the itch to get outside and be with nature!

 This is the perfect time to list the Best ADA accessible hiking and bike trails in

 Michigan, along with the link to the Department of Natural Resources (DNR)

 website that lists where you can reserve the ‘Track Chair’ (all-terrain wheelchair) at

 different park locations;

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

 <https://www.michigan.gov/dnr/about/accessibility/Track-Chairs>

***An inspiring advocate…***

 Brooke Ellison, disability rights advocate and author, passed away this month at the

 young age of 45. Learn her incredible story and how she helped advocate for the

 adaptive community, today.com, February 18, 2024,

 <https://www.today.com/video/dr-brooke-ellison-disability-rights-advocate-dies-at-45-204436037764>

 ***Sweet Mammal story….***

 Meet the newest grey seal pup, one of just 22 in U.S. zoos, ABC News, February 27,

 2024;

<https://abcnews.go.com/WNT/video/grey-seal-born-brookfield-zoo-107610267>

  ***Act of Kindness story…***

 How a Vietnam vet found healing as the “Honey Do Dude”, CBS News, February 2,

 2024; <https://www.cbsnews.com/news/danny-chavin-handyman-free-honey-do-dude-vietnam-vet-mississippi/>

 ***And now for a few laughs….***

 Enjoy this SNL classic in honor of St. Patrick’s Day, ‘Irish Drinking Songs’, original air

 date, March 1990; <https://www.youtube.com/watch?v=XPhckJEyU7U>

 **U-CAN Meeting**

The next meeting will be held on Tuesday, March 5, 2024 from 5:30-7:30 p.m.

 The Meeting will be held in-person at the Orthotic & Prosthetic Center, 2850 S.

 Industrial Hwy, Suite 400, Ann Arbor and virtually, using the zoom platform**.**

 Our guest speaker will be Tom Stowers from Creative Mobility who will talk about

 adaptive driving solutions along with showing us the various driving aids available-

 you will have the opportunity to try them out.

 We hope you can join us.

 If you are unable to join us in-person, please join us virtually.

 If you already have a zoom account, just click on the link below for easy

 access to the meeting;

 **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, please read the

 information below and follow the steps.

 **Creating your 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.

 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**: “May your heart be light and happy, may your smile be big

 and wide, and may your pockets always have a coin or two inside”– Irish Proverb

 **Articles**

* Man with three fingers and no feet is first multiple amputee to climb Everest, guinessworldrecords.com, February 1, 2024(video is at end of page);

<https://www.guinnessworldrecords.com/news/2024/2/man-with-three-fingers-and-no-feet-is-first-multiple-amputee-to-climb-everest-764262>

* Aiming for sustainability in the O & P Profession, opedge.com, February 1, 2024; <https://opedge.com/aiming-for-sustainability/>
* What I didn’t learn about disability in medical school, opedge.com, February 1, 2024; <https://opedge.com/what-i-didnt-learn-about-disability-in-medical-school/>
* Researchers 3D-print functional human brain tissue, sciencedaily.com, February 1, 2024; <https://www.sciencedaily.com/releases/2024/02/240201212823.htm>
* New technology produces sense of wetness in prosthetic limbs, opedge.com, February 2, 2024; <https://opedge.com/new-technology-produces-sense-of-wetness-in-prosthetic-limbs/>
* Smart glove tracks hand movements with unprecedented accuracy, physicsworld.com, February 6, 2024; <https://physicsworld.com/a/smart-glove-tracks-hand-movements-with-unprecedented-accuracy/>
* The census bureau is dropping a controversial proposal to change disability statistics, npr.org, February 6, 2024; <https://www.npr.org/2024/02/06/1229547255/census-bureau-survey-disabled-people-with-disabilities>
* Double amputee Paralympian shares what his global travels are like wearing prosthetic legs, travelandleisure.com, February 6, 2024; <https://www.travelandleisure.com/hunter-woodhall-traveling-as-a-double-amputee-paralympian-8557676>
* Is Dateability the best amputee app ever?, livingwithamplitude.com, February 14, 2024; <https://livingwithamplitude.com/amputee-dating-app-dateability-relationships/>
* Spider-man bionic arm convinces boy to wear prosthesis, bbc.com, February 20, 2024; <https://www.bbc.com/news/uk-england-somerset-68341838>
* Swiss prosthetic limb helps amputees to feel the floor, swissinfo.ch, February 20, 2024; <https://www.swissinfo.ch/eng/science/swiss-prosthetic-limb-allows-patients-to-better-feel-the-floor/72815513>
* Amputee Coalition releases prevalence of Limb loss, limb difference study, opedge.com, February 21, 2024; <https://opedge.com/amputee-coalition-releases-prevalence-of-limb-loss-limb-difference-study/>
* Bill could allow amputees to serve in the the military, ksly.com, February 24, 2024; <https://www.kxly.com/news/im-a-fighter-local-amputee-nurse-fights-for-inclusion-in-armed-forces/article_40a9696e-d366-11ee-bc15-4b832feedd88.html>
* Severe frostbite gets treatment that may prevent amputation, spokesman.com, February 24, 2024; <https://www.spokesman.com/stories/2024/feb/24/severe-frostbite-gets-treatment-that-may-prevent-a/>
* Spinal cord stimulation zaps livingwithamplitude.com, phantom limb pain, February 28, 2024; <https://livingwithamplitude.com/phantom-pain-study-spinal-cord-stimulation/>

 **Research Corner**

* ***An Eastern Michigan University Orthotics and Prosthetics Master's student*** is examining

the effects of physical activity habits among those with limb loss / limb difference have on

 their ability to perform different activities.

 Some of these activities will be standard tasks such as walking on a level ground & cleaning

 the house. Other questions will be more specific such as the ability to run or do yard work.

 The study will be completed in survey format. The survey will be completed in Google

 Forms and is completely anonymous. The information you provide will be compared to

 other anonymous responses to identify correlations and trends.

 Participation is completely voluntary and can be terminated at any point in the survey; <https://docs.google.com/forms/d/1X7JZqpv45b219yOCs1j8xnVWLsxoFUWZ4_Na1SNBAgo/viewform?edit_requested=true>

 For questions or to learn more about this project, please contact:

 Noah Krichau

 Email: nkrichau@emich.edu

* ***Participants are needed for a Yoga Study.*** A second-year studentin the Orthotics & Prosthetics Program at Eastern Michigan University, is conducting research as part of the program. The research is looking at the effects of yoga on individuals with a lower limb amputation(s).

The classes will be held once a week for an 1 hour, on Monday Evenings at Eastern

Michigan University Recreation Center. They will be taught by a certified yoga instructor

who specializes in adaptive yoga.

 Participation Requirements:

* Age 18 years or older
* One or more lower limb amputations
* Wears a prosthetic device
* Able to ambulate with or without an assistive device

 A pre-test visit will be required prior to the classes starting where we will conduct a few

 easy tests and complete 2 short surveys. At the end of the 6-week session, a post-test

 visit will take place (same as pre-test).

 The class start date depends on how quickly participants are recruited.

 For questions or to learn more about this project, please contact:

 Jessica Townsend

 Email: Jtowns18@emich.edu

 Phone: 949-353-4811

* ***University of Michigan Research Center for Group Dynamics*** is working on gathering small focus groups of **wheelchair users** to learn about experiences and challenges of mobility with chairs, particularly when outside.

They are looking into at possible technological features and designs that could be added in the future and what would be useful to wheelchair users.

 Participation Requirements:

* Wheelchair user
* Know how to use Zoom

 Each focus group will take place for an hour or one-and-a-half hour sessions and will be

 conducted **remotely via Zoom.**  Only one session is required.

 Participants will be reimbursed $50 for an hour session or $75 for a 90- minute session.

 Payment can be by check or by Amazon.com e-gift certificate.

 For questions or to learn more about this project, please contact:

 Dr. David Dunning

 Phone: 734-763-0063

 Email: ddunning@umich.edu

* ***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 to

 participate in research studying the design and control of powered prosthetic legs.

 This research studies the design & control of powered prosthetic legs and will help new

 prosthetics improve quality of life.

 Participation Requirements:

* Age 18 – 70 years old
* Single AK (above knee) amputation

 Participants will be compensated $40 an hour for their time.

 Testing sessions will take place on the University of Michigan North Campus.

 Testing includes walking, stair climbing, sit-stand, and other lower-limb activities in a

 laboratory environment.

 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, 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

* ***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

 For a listing of all the current medical specific and/or amputee clinical trials all over the

 U.S., visit the WCG CenterWatch website and use the drop-down menu to type in location

 (to see if there is a study in your area); <https://www.centerwatch.com/clinical-trials>

 **Upcoming Events**

* **University of Michigan Amputee Soccer Camp, Saturday, March 2nd, from 4:30-6:30 pm, 46039 Grand River Ave, Novi**. Crutches will be provided. The event will be played on indoor turf fields. For more information or to sign up for this free event, contact:

Emily Eitzman, Director of Collegiate Operations for the United States Amputee Football Federation ([USAFF](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Famputeesoccer.org%2F&data=05%7C02%7Ccvollmer%40med.umich.edu%7C44d95eae256741edae0408dc122dbe96%7C1f41d613d3a14ead918d2a25b10de330%7C0%7C0%7C638405234897088282%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=o60zbKlhvxUIs5VjrHt6Bn%2BJbcGWDYgsqdd6uB9utMM%3D&reserved=0)) at: emily@amputeesoccer.com

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class will be held on Saturday, March 2, 2024 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 in advance 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.

* **University of Michigan Adaptive Sports & Inclusive Sports Experience (UMAISE) currently has 2 activities going on: Rollverines** -practices for youth wheelchairbasketball and with the Adults Sports Club - Adaptive Martial Arts. For more information and to register, please visit the website; <https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/umaise-university-michigan-adaptive-inclusive-sports-experience/offered-programs>
* **Move United**, the nation’s largest network of community-based adaptive sports & recreation organizations released it’s competitions for the 2024 year- 35 total in 24 states and Michigan will be hosting 2 of them:

**Thunder in the Valley Games in Bridgeport, MI** Archery, para powerlifting, shooting, and track & field Michigan, hosted by *Sports Unlimited, Inc*, **May 31- June 2, 2024.**

For more information, contact: Mary Kunz, gemgirl1873@gmail.com, 989-225-0545

**University of Michigan Adaptive Track & Field Meet in Ann Arbor MI, June 28-June 30,**

**2024,** *hosted by the University of Michigan Adaptive Sports & Fitness.*

For more information, please contact: Erik Robeznieks,

 erikrob@umich.edu, 734-358-0038

* **Mary Free Bed is hosting winter & spring adaptive clinics and classes.** For more information, please visit the website;

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

Best,

 Carla & Brittany