

 U-CAN NEWSLETTER

 May 2024

 Hello,

 The warm weather has begun.

 Summer is definitely on its way to Michigan! Hooray! It’s nice to see the flowers

 Bloom, gardens being planted and the smell of barbecues.

 With the nice weather brings lots of fun activities.

 **U-CAN** has several events planned this summer and we hope you can join us:

  **Motown Museum Tour, Sunday, July 21, 2024, Detroit MI.**

Cost- $20.00 per person, kids 4 years & younger are free.

 Space is limited to 30 people

 **Toledo Mudhens Game (AAA Affiliate of the Detroit Tigers- just below the**

 **Major leagues), Sunday, September 8, 2024.**

Cost is $11.00 per person and includes transportation and a goodie bag for the bus

 Ride. These games are lots of fun and they have lots of free giveaways throughout

 the game.

 **For more information about these events and other events going on this summer,**

 **please visit the Upcoming Events Section near the end of this newsletter.**

 Looking to get out and enjoy the weather. Oakland County Parks has adaptive

 equipment and services that can help (make it easier). This includes: golf carts,

 kayak launches, pedal boats, pool transfer chairs, picnic tables, campgrounds, trails,

 and more.

 Visit the website for more information on all these and for a list of events

 throughout the year;

 <https://www.oakgov.com/Home/Components/Calendar/Event/1313/720>

 **Fun Michigan Springtime Activities….**

 Looking to get out and enjoy the nice spring weather. There are many fun outdoor

 activities around the state! Check out the website below to see what ‘suits your

 Fancy’; <https://www.michigan.org/events>

  ***Act of Kindness story…***

 Retired officer reunites with man he saved as a baby followed in his footsteps***,***

 CBS News, April 26, 2024;
 <https://www.cbs.com/shows/video/9Nn1zTrkvZouNd0zdiV2SDJDItndIs_0/>

 Kindness 101, Modesty, CBS News, April 26, 2024;

 <https://www.cbsnews.com/video/kindness-101-modesty/>

 ***And now for a few laughs….***

 Enjoy this classis sketch from SNL,” Celebrities visit Jay-Z & Beyonce to see their

 new baby, YouTube, February 2012;

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

 **U-CAN Meeting**

 **The next meeting will be held on Tuesday, May 7th, 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 is Debra from Easy Access Travel who will talk about how to

 navigate traveling with wheelchairs, scooters, how to get through airports easily and

 more.

 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.

 ***What is upcoming for Group…***

 **June 4**- U-CAN meeting will be held away at, Los Amigos Mexican Restaurant,

 2851 E. Michigan Ave, Ypsilanti. The meeting will be held outside in their covered

 outdoor patio. There is a section reserved (in Carla’s name).

 **Quote for the month**: “Make each day your masterpiece”- John Wooden

 **Articles**

* O & P humanitarian efforts for Gaza,opedge.com, April 1, 2024; <https://opedge.com/if-i-must-die-let-it-bring-hope-op-humanitarian-efforts-for-gaza/>
* Limb loss registry enters new era, livingwithamplitude.com, April 10, 2024; <https://livingwithamplitude.com/article/limb-loss-registry-thought-leadership-amputee-coalition/>
* University college graduate creates product for amputees, hartselleenquirer.com, April 10, 2024; <https://hartselleenquirer.com/2024/04/10/hartselle-graduate-creates-product-for-amputees/>
* Paralympians urge Nike to allow single shoe sales, bbc.com, April 11, 2024; <https://www.bbc.com/news/newsbeat-68739752>
* Technology giving quadruple amputee and others with a disability the chance to drive, abc.net.au, April 13, 2024; <https://www.abc.net.au/news/2024-04-14/quadruple-amputee-jessica-haldin-learning-to-drive-wa/103579374>
* Do running blades give amputee sprinters and unfair advantage, livingwithamplitude, April 15, 2024; <https://livingwithamplitude.com/do-running-blades-give-amputee-sprinters-unfair-advantage/>
* Amputee film makers shine in 2024 disability film challenge, livingwithamplitude.com, April 17, 2024; <https://livingwithamplitude.com/best-amputee-films-disability-film-challenge-2024/>

Checkout all the films from the 2024 Easterseals Disability Challenge;

<https://disabilityfilmchallenge.com/>

* Why do women get less effective amputee care, livingwithamplitude.com, April 24, 2024; <https://livingwithamplitude.com/women-amputee-health-disparities/>
* After his career as an award winning animator, Paul Demeyer is documenting his limb-loss journey on paper, livingwithamplitude.com, April 30, 2024; <https://livingwithamplitude.com/article/paul-demeyers-amputee-sketchbook/>
* Prosthetic Insurance Reform,livingwithamplitude.com, April 30, 2024; <https://livingwithamplitude.com/article/prosthetic-insurance-reform-cost-cutting-amputee-health/>

 **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

* ***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**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class will be held on Saturday, May 4, 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) has their summer activity calendar listed and includes:** Adaptive Kayaking, adaptive fishing, Yoga in the park, handcycling and hiking club. For more information or to register for 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>
* **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

* **Michigan Amputee Golf, June 26, July 26-28, and August 16, 2024.** For more information about these events please visit the website; <https://www.maga.golf/events>
* **Lucky Fin Project Weekend, July 26-28, 2024, Embassy Suites by Hilton Detroit Troy Auburn Hills.** General Admission is $20, children under 24 months are free. The Weekend will include family friendly activities, special guests, catered lunch, live entertainment, silent auction and music! Children 24 months and younger Free. For more information or to register for this event, please visit the website;

<https://www.eventbrite.com/e/lucky-fin-project-weekend-2024-tickets-874135602117>

* **Step Up 5K Fun Run, for people of all ability levels, August 3, 2024, Frankenmuth, MI.** For more information about this event, please visit the website;

<https://www.bremerprosthetics.com/5k>

* **Amputee Coalition National Conference, August 8-10th, 2024, Hyatt Regency Atlanta, GA.** Registration is open and for first time attendees can apply for a scholarship that will pay for your registration. For more information about this event, visit the website;

[https://web.cvent.com/event/58aadbcc-aa31-4131-bb2e-0805995e8606/websitePage:cf593ef0-d788-4686-9cf4-bde9435cf572?rp=e5c678f2-95a5-4da5-94df-2d0ca230f4a3](https://web.cvent.com/event/58aadbcc-aa31-4131-bb2e-0805995e8606/websitePage%3Acf593ef0-d788-4686-9cf4-bde9435cf572?rp=e5c678f2-95a5-4da5-94df-2d0ca230f4a3)

* **U-CAN is hosting an outing to a Toledo Mudhens Game (AAA Affiliate of the Detroit Tigers- a step below the majors) Sunday, September 8, 2024. Cost is $11.00 per person and includes transportation and a goodie bag for the bus ride.** Transportation is free- being provided by UM Orthotics & Prosthetics. Family & friends are welcome. Seats are covered, along the 1st base line and accessible seating is available upon request. Reservations are required and payment is due no later than August 14, 2024. We hope you will come out and join us for a fun afternoon. For more questions, reservations or for more information, please contact: Carla Vollmer, 734-975-7432, cvollmer@med.umich.edu

For information on what you can bring into the ballpark, visit the website:

<https://www.milb.com/toledo/ballpark/gate-and-bag-policy>

* **Mary Free Bed is hosting spring and summer adaptive events.** For more information, please visit the website;

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

Have a safe and happy Memorial Day Weekend!

 Carla & Brittany