

 U-CAN NEWSLETTER

 November 2021

 Hello,

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

 Happy November everyone! We are getting closer to the holidays and to the end of another year.

 I hope this year has brought you and your families joy, peace and most importantly, health and

 happiness.

 We wish a Happy Veterans’ day to all the veterans and to those currently serving. Thank you for

 your service.

 ***Fun facts that you may not have known about….***

November was the ninth month of the original ancient [Roman](https://factcity.com/facts-about-ancient-rome/) calendar and has retained its

 name from the Latin Novem, meaning nine. However, it became the 11th month of the year

 once January and February got added on via the Gregorian calendar. *(from liveabout.com)*

 **Fun & Important Days to know about…**

The first Thursday in November: National Men Make Dinner Day

 November 3: National Sandwich Day

 November 11: Veterans Day

 November 13: World Kindness Day

 November 14: World Diabetes Day and National Pickle Day

 November 16: International Day of Tolerance (created by the UN general assembly in 1996 to

 promote respect & appreciation among all cultures

 November 17: National Take a Hike Day (created in 2015 to walk and enjoy the outdoors)

 November 25: Thanksgiving Day

 *November is also Peanut Butter lover’s month and National Pepper Month*

 *(from wincalendar.com)*

 ***Act of Kindness stories…***

Woman prayed while in a flash flood & marines arrived to save her, CBS News, October 1, 2021;

 <https://www.cbsnews.com/news/marines-save-woman-flood-arlington-national-cemetery/>

 Yard sale funds womans’ random act of kindness, CBS News, October 8, 2021;

 <https://www.cbsnews.com/news/yard-sale-funds-random-acts-of-kindness/>

  ***And now for a few laughs***...

Enjoy a fun Halloween sketch from SNL, from 2014;

 Titled, “Graveyard Song,”

 <https://www.youtube.com/watch?v=rfB3gFrbthM>

  **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, November 2, 2021 from 5:30-7:30 PM.**

 Join us for our 2nd virtual Halloween Party! Come join us dressed in costume!

 We’ll show some video shorts, have group discussion and vote for your favorite costumes.

 Brittany and I look forward to seeing you.

 *Please read the information below on how to join the meeting.*

 *The instructions explain how to join by phone, computer, laptop or tablet.*

 *If you already have a zoom account, just click on the link to join the meeting.*

  **Join Zoom Meeting**

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

 **Meeting ID:** 975 4478 8830

 **Passcode**: 890707

 **Dial in by phone:**

 **Phone:** 1 -646 876 9923

 **Passcode:** 890707

 **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 of the month**: “Life isn’t about finding yourself, life is about creating yourself”- George

Bernard Shaw

 **Articles**

* The new TV show La Brea actress, Zyra Gorecki (from Michigan), talks about representing fellow amputees in historic series TV role, people.com, September 29, 2021; <https://people.com/tv/la-brea-star-zyra-gorecki-amputee-representation/>
* Tips for avoiding rock bottom, livingwithamplitude.com, September 29, 2021; <https://livingwithamplitude.com/amputee-mental-health-top-tips/>
* University of Michigan receives a 1.7M in federal funds to develop new powered exoskeleton,

Clickondetroit.com, October 4, 2021; <https://www.clickondetroit.com/all-about-ann-arbor/2021/10/04/university-of-michigan-receives-17m-in-federal-funds-to-develop-new-powered-exoskeleton/#//>

* Amputee Scuba can heal deep wounds, livingwithamplitude.com, October 6, 2021; <https://livingwithamplitude.com/scuba-diving-for-amputees-heals-deep-wounds/?mc_cid=e51c6a2a85&mc_eid=9ad15de810>
* Health system mergers drive higher healthcare costs, healthleadersmedia.com, October 7, 2021; <https://www.healthleadersmedia.com/finance/health-system-mergers-drive-higher-healthcare-costs-says-trade-association>
* Company launches AI-enabled hearing aids that react to the users environment and help detect falls, mobilehealthnews.com, October 7, 2021; <https://www.mobihealthnews.com/news/audibel-launches-ai-enabled-hearing-aids-react-users-environment>
* 2021 Nobel Prize winner explains the importance of sensing touch, scientificamerican.com, October 8, 2021; <https://www.scientificamerican.com/article/2021-medicine-nobel-prize-winner-explains-the-importance-of-sensing-touch/>
* University of Utah engineers create powered exoskeleton for amputees, abc4.com, October 11, 2021; <https://www.abc4.com/news/top-stories/university-of-utah-engineers-create-powered-exoskeleton-for-amputees/>
* Breakthrough bionic leg clears FDA hurdles, livingwithamplitude.com, October 12, 2021; <https://livingwithamplitude.com/sensy-bionic-leg-sensars-neuroprosthetics-fda-approval/>
* Sailor who lost limbs nears the end of his globe- crossing solo voyage, October 13, 2021; <https://www.valleynewslive.com/2021/10/13/sailor-who-lost-limbs-crash-nears-end-globe-crossing-solo-voyage/>
* Amputee beats breast cancer and continues to inspire, abcnews.com, October 15, 2021; <https://abcnews.go.com/WNT/video/amputee-beats-breast-cancer-continues-inspire-80611297>
* How a Native American actress overcame deafness and a right lower leg amputation to become Marvel’s next big hero, people.com, October 15, 2021; <https://people.com/tv/how-hawkeye-star-alaqua-cox-became-next-big-marvel-hero/>
* Bipartisan senate group urges medicare changes, livingwithamplitude.com, October 20, 2021; <https://livingwithamplitude.com/duckworth-blackburn-casey-medicare-power-wheelchair-policy/>
* A stork has a new prosthetic leg thanks to students in the Czech Republic, insideedition.com, October 17, 2021; <https://www.insideedition.com/a-stork-has-a-new-prosthetic-leg-thanks-to-students-in-the-czech-republic-70475>
* Decorated WW II Veteran celebrates 100th birthday and receives new prosthetic leg,wivb.com, October 23, 2021; <https://www.wivb.com/news/local-news/decorated-wwii-veteran-celebrates-100th-birthday-and-receives-new-prosthetic-leg/>
* The future of space will be ADA accessible thanks to Mission: Astro Access, lbbusinessjournal.com, October 25, 2021; <https://lbbusinessjournal.com/the-future-of-space-will-be-ada-accessible-thanks-to-mission-astroaccess>
* Photo of the year portrays father-son embrace, livingwithamplitude.com, October 27, 2021; <https://livingwithamplitude.com/father-son-amputee-embrace-photo-of-the-year-2021/>

**Research Corner**

* ***Liberating Technologies Inc,*** is looking for volunteers who use prosthetic socks to manage socket fit due to limb volume changes to participate in a focus group.

Participation Requirements:

* 18-80 years of age
* Have a transtibial (Below-knee) limb loss
* Use or have used prosthetic socks
* Can understand and speak English
* Have internet access

 Participants will log on to an online platform for one focus group, lasting up to 2 hours.

During the focus group, you will be asked a variety of questions about your experiences in managing limb volume changes with prosthetic socks and asked to give your opinion on a socket fit sensing system in development.

Participants who are eligible will receive $150 for completing the study.

 For questions or for more information about this study, please contact:

 Jen Johansson

 Phone: 774-233-0874

 Email: jen.johansson@liberatingtech.com

* ***Researchers at the University of Maryland*** are interested in studying motivations in amputees in becoming physically active.

Participation Requirements:

* Age 18- 65 years of age
* Have acquired a single limb amputation
* Access to a camera and the ability to email pictures
* Access to a computer with a camera and internet connection for interviews
* Ability to read and write English

 Participants will be asked to complete 2 separate interviews which will be done virtually using

 zoom as well as a brief photo -diary project.

 Participants will receive a $25 e-gift card after the first interview and a $35 e-gift card

 for the second interview.

 For questions or for more information about this study, please contact:

 Sara Olsen, MS, PHD candidate

 Email: solsen@umd.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

* ***A second year Masters, Fazia Farha, at Eastern Michigan University*,** is conducting a research study on the prevalence of the psychological effects following an amputation.

The purpose of this study is to investigate the psychological effects of amputation and whether amputation causes emotional distress on amputees regardless of cause of amputation.

Participation Requirements:

* Age 18 years and older
* Have acquired a lower limb amputation that resulted from trauma or disease
* Have access to computer/tablet or smart phone to answer a short survey online
* Participation in the study will involve **anonymously**answering questions using google forms as the online platform. The estimated commitment for the survey is less than

5 minutes.

 You may choose to leave the study at any time. If you leave the study, the information you

 provide will still be collected anonymously and will be kept confidential.

 Below is the link to the survey. Click on the link to start:

 [https://docs.google.com/forms/d/e/1FAIpQLSfP- Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfP-%20Mh3KNaii6qEqC2zR15iJYklsUYLO5GnEVwBurfOJgL25Q/viewform)

 For more information about this study, please contact:

 Fazia Farha

 Email: ffarha1@emich.edu

 Phone: (734) 972-0850

* ***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:

 Kelsey Ebbs

 Phone: (734) 647-5514

 Email: klucinda@umich.edu

* ***University of Michigan Neurobionics Laboratory*** is looking for paid volunteers with a below knee amputation to participate in research studying a new prosthetic ankle design with variable ankle stiffness.

Participation requirements:

* Have a single below knee amputation
* Attend 2 testing sessions of no more than 5 hours each that include walking tests such as level walking, walking up and down stairs and ramps while wearing the prosthesis

 Participants will receive $40 / hour during testing sessions and free parking.

 Participation in this study would take 10 hours or less.

 If you are interested in volunteering for this project, please contact:

 Hannah Frame

 Phone: 734-764-3858

 Email: hframe@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:

 Kelsey Ebbs

 Phone: (734) 647-5514

 Email: klucinda@umich.edu

* Looking for more research opportunities, visit the ***Amputee Coalition*** website; <https://www.amputee-coalition.org/research/active-studies-seeking-participants/>

 **Upcoming Virtual and In-person Events**

* **Dance Mobility classes are back! The next class will be held on Saturday, October 30th, at 11:00 AM 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 and to reserve a spot, please call: 248-454-1715.

* **The November 2021 Guide for things to do in Michigan,** holiday events, activities and fun

things to do in Michigan. Plan ahead or go on a whim, visit the website;

 <https://www.travel-mi.com/November-Michigan.html>

* **National Kidney Foundation is sponsoring Enhanced Fitness Classes** – They are offering helpful tools and links for fitness at home along with helpful information about diabetes. Please visit the website for more information: <https://www.nkfm.org/enhance-fitness>
* **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/>

 Don’t forget about U-CAN when it comes time to donate. It helps keep the group going

 <https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702>

 Have a safe and happy November!

 Carla