

 U-CAN NEWSLETTER

 November 2023

 Hello,

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

 Happy November! Another year is almost coming to an end.

 These last 2 months of the year go by so quickly and with the holidays

 fast approaching we tend to get stressed out.

 Please remember to take time out for yourself and to be kind to one another.

 Happy Veterans’ Day to all those who served and to those currently serving.

 This is a time of year to reflect on ourselves, our family & friends, and

 appreciate all those around us. This poem seems appropriate for just that.

 ***“Gratitude”,*** by Ryson D’souza

 Gratitude is more than being thankful

 When the emotion is expressed

 It’s about giving more than a handful

 And yet feeling blessed

 Gratitude is being grateful

 For whatever we achieve

 Gratitude is being humble

 To the world we see

 Caring for one another

 Appreciation is the key

 Gratitude is an acknowledgement

 Of all our good deeds

 A feeling of gratitude

 Is what we all need

 It’s that time of year to see all the different light displays.

 Click on the links below to check out the most popular;

 <https://www.michigan.org/events>

 Glenlore Trails ultimate Holiday light show;

 <https://metrodetroitmommy.com/dont-miss-the-enchanting-glenlore-trails-forest-adventure-limited-time/>

 Lights before Christmas at the Toledo Zoo; <https://www.toledozoo.org/events/lights>

  ***Act of Kindness story…***

A lesson in humanity, CBS News, October 23, 2023;

 <https://www.cbsnews.com/video/kindness-101-a-lesson-in-humanity/>

 How a weekly breakfast helped students heal, CBS News, October 20, 2023;

 <https://www.cbs.com/shows/video/n41_rVMZfmDJSx26KQJV5MPkcconhxoL/>

  ***And now for a few laughs….***

 SNL classic from 1979, ‘Thanksgiving at the Kiddie Table’, youtube;

 <https://www.youtube.com/watch?v=51lPhwBp55A>

Brittany and I are asking for your help to gather information and

 feedback about U-CAN: this includes the support group, patient materials, and

 ongoing activities and events for amputees.

 We are asking as many U-CAN affiliates (amputees & their families, caregivers,

 staff, etc) to complete this survey to improve patient care, programming and

 patient materials.

 Just click on the link below to connect directly to the survey.

 It will take about 5 minutes to complete;

 <https://umich.qualtrics.com/jfe/form/SV_1Hr8lmnADX3J3JY>

 **U-CAN Meeting**

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

 **7:30 PM** at the Orthotics & Prosthetics Center, 2850 South Industrial Hwy, Suite

400 AnnArbor, 48104.

 On the Agenda is Halloween Fun Night- come dressed in costume and enjoy a fun

 evening of games, food and great people.

 We hope you can join us for a wonderful evening.

 The meeting will be held both in-person and virtually so if you are unable to come

 out, please join us virtually.

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

 to the meeting.

 We look forward to seeing you next Tuesday.

 **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 to set up a free account.

 **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.

 Take a look at what’s Ahead

 December 5th- Holiday Party (this meeting will be held in-person only)

 **Articles**

* National Institute of Health (NIH) designates people with disabilities as facing health disparities, making it easier to research why, patientengagementhot.com, September 28, 2023; <https://patientengagementhit.com/news/nih-designates-people-with-disabilities-as-facing-health-disparities?utm_source=nl&utm_medium=email&utm_campaign=newsletter>
* Above- elbow bionic arm can control every finger, scientificamerican.com, October 1, 2023; <https://www.scientificamerican.com/article/above-elbow-bionic-arm-can-control-every-finger/>
* Bioprinted skin heals severe wounds in pigs, humans are next, interestingengineering.com, October 4, 2023; <https://interestingengineering.com/innovation/bioprinted-skin-heals-severe-wounds-in-pigs-humans-are-next>
* Alpaca amputee gets new prosthetic leg, newson6.com, October 6, 2023; <https://www.newson6.com/story/6520c378d639bb026c3f2644/boynton-alpaca-amputee-gets-new-prosthetic-leg>
* Amputee Travis Mills makes the anniversary issue of Men’s Health Magazine of the 35 strongest men, wmtw.com, October 10, 2023; [https://www.wmtw.com/article/travis-mills-anniversary-cover-mens-health-magazine/45493880#](https://www.wmtw.com/article/travis-mills-anniversary-cover-mens-health-magazine/45493880)
* ‘Real bionic woman’ becomes first person to have prosthetic limb fully merged with her body, studyfinds.org, October 11, 2023; <https://studyfinds.org/real-bionic-woman-prosthetic-limb/>
* Using adaptive technology to open up wilderness trails to people with disabilities, npr.org, October 11, 2023; <https://www.npr.org/2023/10/11/1202903735/mapping-wilderness-trails-technology-people-disabilities>
* Kennesaw State professor helps company test a better prosthetic foot, Kennesaw.edu, October 13, 2023; <https://www.kennesaw.edu/news/stories/2023/kennesaw-state-professor-helps-company-test-a-better-prosthetic-foot.php>
* Amy Purdy dances with former DWTS partner after her battle to walk again after leg injury and 10 surgeries, yahoo.com, October 16, 2023; <https://www.yahoo.com/entertainment/amy-purdy-dances-former-dwts-122122433.html#:~:text=Us%20Weekly-,Amy%20Purdy%20Dances%20With%20Former%20'DWTS'%20Partner%20Derek%20Hough%204,Leg%20Injury%20and%2010%20Surgeries&text=Paralympian%20Amy%20Purdy%20is%20thankful,after%20a%20major%20health%20scare>.

Watch her dance here, ABC News; <https://abcnews.go.com/GMA/Culture/video/amy-purdy-dances-dancing-stars-partner-derek-hough-104017060>

* Robotic prosthetic ankles allow amputees more natural and stable movement, theengineer.co.uk, October 20, 2023; <https://www.theengineer.co.uk/content/news/robotic-prosthetic-ankles-allow-amputees-more-natural-and-stable-movement/>
* Researchers from the University of Missouri receive a grant from the U.S. Army to study combat wound infections, stlpr.org, October 23, 2023; <https://www.stlpr.org/health-science-environment/2023-10-23/mu-researchers-receive-1-2-million-to-study-treatments-for-combat-wound-infections>
* The world’s first quadruple amputee pilot breaks barriers, news.yahoo.com, October 26, 2023; <https://news.yahoo.com/worlds-first-quad-amputee-commercial-164412978.html>

You can watch him on the Jennifer Hudson show; <https://www.youtube.com/watch?v=_D6EhE5GXvM>

* Best 2023 Halloween costumes by amputees, livingwithamplitude.com, October 31, 2023; <https://livingwithamplitude.com/best-halloween-costumes-by-amputees-in-2023/>
* 400- year- old prosthetic hand unearthed from grave in Germany, miamiherald.com, October 30, 2023; <https://www.miamiherald.com/news/nation-world/world/article281211578.html>
* Amputee and Paralympic hopeful jumps to the front of the line, livingwithamplitude.com, November 1, 2023;

<https://livingwithamplitude.com/derek-loccident-paralympics-amputee-athlete-team-usa/>

 **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 student***in 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

* ***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, sheath 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=&sx=amputation+of+the+lower+limb>

 **Upcoming Events**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance classes for the rest of the year are as follows: November 11 & December 9, 2023. The classes are held on Saturdays 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.

* **Mary Free Bed is hosting many in-person fall activities and clinics.** To find

 out more information or to register, please visit the website;

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

We wish you and your families a safe and Happy Thanksgiving.

Carla and Brittany