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U-CAN NEWSLETTER

November 2024

Hello,

Happy November.

We are in the home stretch of the 2024 year! How quickly this year has seemed

to have passed us by.

With the new year fast approaching, U-CAN will start to plan for the 2025 year

and would like to hear from you. What topics/presenters would you like to see

and hear about for next year? What activities/events would you like to attend?

Your input and ideas are important to us. Help U-CAN continue to grow and to

support one another.

Please send your ideas/suggestions to my direct email:

[cvollmer@med.umich.edu](mailto:cvollmer@med.umich.edu)

*\*(Please do not send to the U-CAN email).*

Thank you for your help and support.

The Amputee Coalition has not yet to determined where next year’s National

Conference will be held. If you are interested in giving feedback, you can do so

by emailing your suggestions to: [communications@amputee-coalition.org](mailto:communications@amputee-coalition.org)

***Memorable Dates for the month of November….***

1st: National Cook for your Pet Day

3rd : End of Daylight Savings, Don’t forget to set those clocks back!

5th: Election Day, make your voice heard by voting

11th: Veterans Day, Wishing A Happy Veterans Day to all those who have served in

in the military. We thank you for your service.

15th: Full Moon Day

*November’s full moon has been traditionally called the* ***Beaver Moon*** *because in the*

*Colonial Era, this was the month to set one’s traps before the swamps froze and*

*beavers retired to their lodges to ensure a supply of warm winter furs.*

21st: National Button Day

23rd: World Hello Day

28th: Thanksgiving Day

***Act of Kindness story….***

Kindness 101 brings lessons of kindness to classrooms nationwide, CBS News,

October 18, 2024;

<https://www.cbsnews.com/video/kindness-101-brings-lessons-of-kindness-to-classrooms-nationwide/>

School names building after dedicated custodian, CBS News, October 19, 2024;

<https://www.cbs.com/shows/video/_RUDZqYd8GOPGUNqLBFcC6fy4zvxcFO0/>

***Time for a few laughs…***

Sofia Vergara and Penelope Cruz sell Pantene Shampoo, Youtube, 2013;

<https://www.youtube.com/watch?v=jJKEkZL9qrM>

**U-CAN Meeting**

The November meeting will be held on **Tuesday, November 5th, 2024, from 5:30 –**

**7:30 pm** in-person at the Orthotics & Prosthetics Center, 2850 S. Industrial Hwy,

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

On the agenda for the evening is a Halloween costume party and Game

Night! Come dressed in your favorite costume and enjoy homemade chili and

all the fixings.

We hope you can come out and join us for a fun evening! If you can’t join us in-

person, pop on zoom and come in costume!

Brittany and I look forward to seeing you at the meeting.

**To join the meeting virtually, click on the link below for easy access;**

**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](mailto: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 for our next U-CAN Meeting:**

**December 3rd- Holiday Party with white elephant Gift Exchange**

\*Please note this meeting will be held in-person only (no virtual meeting)

**Articles**

* Meet the U.S. Women’s Amputee Soccer Team going to Columbia to play in their 1st World Cup, usampsoccer.org, October 1, 2024; <https://www.usampsoccer.org/post/u-s-national-women-s-amputee-soccer-team-concludes-final-training-camp-ahead-of-world-cup>
* Veteran creates prosthetic arm with running shoe material, koin.com, October 1, 2024; <https://www.koin.com/news/portland/portlander-uses-running-shoe-material-for-prosthetic-arms/>
* Fish- skin grafts outperform current treatments in diabetic foot ulcers, clinicaltiralsarena.com, October 7, 2024; <https://www.clinicaltrialsarena.com/news/fish-skin-grafts-outperform-current-treatments-in-diabetic-foot-ulcers/>
* Survey: Amputees can’t get no satisfaction, livingwithamplitude.com, October 9, 2024; <https://livingwithamplitude.com/prosthesis-survey-amputees-satisfaction/>
* Independent disability film ‘Daruma’ coming to theaters next month, caribbeanlife.com, October 9, 2024; <https://www.caribbeanlife.com/independent-disability-film-daruma-coming-to-theaters-next-month/>
* Teen from Gaza saved by Bay area doctor awaits prosthetic legs with help from Shriners Hospital, cbsnews.com, October 15, 2024; <https://www.cbsnews.com/sanfrancisco/news/teen-from-gaza-saved-by-bay-area-doctor-after-drone-strike-awaits-prosthetic-legs/>
* Decision aid helps amputees choose the right prosthesis, livingwithamplitude.com, October 16, 2024; <https://livingwithamplitude.com/prosthesis-decision-making-aid-amputee-prosthetic/>
* New movie documents amputee athletes all all abilities, livingwithamplitude.com, October 16, 2024; <https://livingwithamplitude.com/power-of-sports-for-amputees-movie/>
* Paracyclist brings hope to amputees in Ukraine, kitchener.ctvnews.ca, October 17, 2024; <https://kitchener.ctvnews.ca/kitchener-paracyclist-bringing-hope-to-amputees-in-ukraine-1.7077640>
* Amputee dog trying to give owner her ‘ghost paw’ melts hearts, newsweek.com,October 21, 2024; <https://www.newsweek.com/amputee-dog-giving-owner-ghost-paw-1972063>
* 11-year -old publishes book inspired by amputee brother, goodmorningamerica.com, October 25, 2024; https://www.goodmorningamerica.com/family/video/11-year-author-publishes-book-inspired-amputee-brother-115118342
* Amputees get a leg-up with new tech, asianscientist.com, October 28, 2024; <https://www.asianscientist.com/2024/10/print/amputees-get-a-leg-up-with-new-tech/>
* Unstoppable gets the green light, livingwithamplitude.com, October 30, 2024; <https://livingwithamplitude.com/article/unstoppable-amputee-movie-anthony-robles-one-legged-wrestler/>

**Research Corner**

* ***The University of Michigan Biomechanics Lab*** is investigating the performance of multi-

grasp upper limb prosthetic users.

Participant Requirements:

* 18 years or older
* Have an upper limb amputation
* Have used a multi-grasp prosthesis for at least 2 months
* Have no visual impairment
* Have no history of chronic back injury
* Proficient in English

Participants will be asked to answer questions regarding their prosthesis use experience

and to control their multi-grasp upper limb prosthetic and complete a functional

assessment.

Participants will be paid $20 /hour for their time during two-4 hour study sessions,

a minimum of one week apart.

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

Kayla Russell-Bertucci Study Coordinator

Phone: 734-764-3832

Email: [kaylarb@umich.edu](mailto:kaylarb@umich.edu)

* ***The Rehabilitation Biomechanics Lab at the University of Michigan*** is researching hip

strength and balance in individuals with unilateral transfemoral amputations. Researchers

are examining how different sockets impact fall risk.

Participant Requirements:

* 18 years or older
* Have an above-knee amputation of one leg
* Have worn a prosthesis for at least 6 months.

Participants will be asked to visit the lab at the School of Kinesiology for 3 testing sessions,

complete testing to evaluate hip muscle strength, and complete testing to evaluate balance.

The total time commitment will range from 9-12 hours.

Participants will be paid $20 an hour.

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

Kristin Perrin, Study Coordinator

Phone: 734-647-2876

Email: [kperrin@umich.edu](mailto:kperrin@umich.edu)

* ***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 or limb difference

Participants will be compensated $40 an hour for their time (2-3 sessions, 4 hours each)

Travel and lodging reimbursement may be available for eligible participants

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

Testing includes walking, stair climbing, sit-to-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](mailto: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 neuromas of the hand and digits.

Participation Requirements:

* Age 18 years or older
* Suffer from chronic pain from an amputated finger or another part of your hand
* History of unilateral digit, multiple digit, or partial hand amputation

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

Jenni Hamill, study coordinator

Email: [jenberry@med.umich.edu](mailto: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.

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](mailto:gatesd@umich.edu)

For a listing of all the ongoing clinical research opportunities, visit the Amputee Coalition

research website:

<https://www.amputee-coalition.org/research/volunteer-research-opportunities/>

**Upcoming Events**

* **Dance Mobility (the last 2 classes of the year) Amputee and wheelchair Ballroom Dance class will be held on Saturday, November 9th (learning Dance Coast Swing) & December 14 (holiday performance) 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.
* **The Detroit Curling Club in Ferndale is hosting a free adaptive clinic on November 10, 2024, from 1:00-3:30 pm. For more information or to register for this event, please visit the website:** <https://members.detroitcurlingclub.com/index.php/events/event-listings/learn-to-curls/november-adaptive-curling-clinic-2024>
* **Adaptive Sports & Fitness will be hosting their annual Wolverine Open Wheelchair Tennis Tournament at the Varsity Tennis Center in Ann Arbor on November 15-17, 2024. There will be universities from across the country participating.**

**In addition, they will be holding a kid's clinic on Saturday from 1-4pm with an opportunity to tour our facilities and watch matches in the morning.**

For more information about these events, please contact:

Brian Dean, [briandean313@yahoo.com](mailto:briandean313@yahoo.com)

* **Mary Free Bed has a list of their fall fitness and recreational classes.** To find out more information, please visit their website;

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

Have a safe and Happy Thanksgiving

Carla & Brittany