

 U-CAN NEWSLETTER

 October 2021

 Hello,

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

 Fall officially started this week on Wednesday and immediately the weather

 Is autumn mode! I am still holding out for some summer- like days to come!

 There is still lots of time to get out and enjoy this wonderful time of the year.

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

The month of October is one of the fun months of year, with the changing of the leaves,

 Halloween and it’s national pizza month!

 **Fun Days to know about…** (from kidadl.com)

 October 1st: National Homemade Cookies Day

 October 5:National Do Something Nice Day

 October 15: World Animal Day

 October 28: National Chocolate Day

***This will make you smile…***

Diver and Grey Seal share a moment, ABC News, September 7, 2021;

 <https://abcnews.go.com/International/video/diver-seal-share-adorable-moment-79882178>

 ***Act of Kindness stories…***

A young girl’s thank you letter to a World War II Veteran, brings him so much joy, CBS

 News, September 3, 2021;

 <https://www.cbsnews.com/news/steve-hartman-on-the-road-wwii-veteran-letter/>

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

 To honor the return of Broadway and the passing of Norm MacDonald, enjoy a SNL

 sketch titled, “Cobras & Panthers”, October 2013;

<https://www.youtube.com/watch?v=qNzNeGw8Fmo>

 **U-CAN Meeting**

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

 The meeting will be held virtually.

 See information below on how to easily join the meeting.

 The instructions listed 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/95796954733>

 **Meeting ID:** 957 9695 4733

 **Phone:**   1-312-626-6799

 **Meeting ID:** 957 9695 4733

 **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**.

 If you have any technical difficulties, please contact Brittany at: (734)-998-3504 to troubleshoot!

 **Quote of the month**: “So often in life things that you regard as an impediment turn out to be

great good fortune”- Ruth Bader Ginsburg

 **Articles**

* How sensors, rewiring nerves could help prosthetics feel and function like real limbs, pbs.org, September 1, 2021; <https://www.pbs.org/newshour/show/how-sensors-rewiring-nerves-could-help-prosthetics-feel-and-function-like-real-limbs>
* Nasal cartilage relieves osteoarthritis in the knee, sciencedaily.com, September 1, 2021; <https://www.sciencedaily.com/releases/2021/09/210901142723.htm>
* Former US marine can feel sensations in bionic arm, consumer.healthday.com, September 3, 2021; <https://consumer.healthday.com/9-2-a-bionic-arm-that-feels-like-your-own-2654837772.html>
* First year medical student at the University of Michigan wins gold at Tokyo Paralympics, labblog September 9, 2021; <https://labblog.uofmhealth.org/med-u/first-year-medical-student-wins-gold-at-paralympics>
* Researchers develop prosthetic ankle to help with balance, newwise.com, September 10, 2021; <https://www.newswise.com/articles/neurally-controlled-prosthetic-ankle-allows-for-intuitive-balance-correction>
* Rescue dog who lost her back paws is adopted by amputee, people.com, September 13, 2021; <https://people.com/pets/rescue-dog-amputated-paws-adopted-by-san-diego-man-with-prosthetic/>
* Amputee Yoga brings liberation, livingwithamplitude.com, September 14, 2021; <https://livingwithamplitude.com/arpita-roy-amputee-yoga-teacher-india/>
* French performer Oxandre (who was born with a limb difference) & choreographer Sadeck performed at the Tokyo Games handover ceremony for the 2024 Paralympic games. Enjoy this amazing performance with a team of 126 dancers- read the story and scroll down to youtube and watch the video, openbionics.com, September 2021; <https://openbionics.com/bionic-oxandre-performs-at-paralympics-closing-ceremony/?mc_cid=549a93be0c&mc_eid=9ad15de810%EF%82%A7>
* The trouble with treatments for Phantom limb pain, livingwithamplitude.com, September 22, 2021; <https://livingwithamplitude.com/why-treatments-for-phantom-limb-pain-dont-work/>
* These free amputee workout classes are available 24/7 and for all ability levels, livingwithamplitude.com, September 22, 2021; <https://livingwithamplitude.com/amputee-fitness-classes-move-united-ondemand-fitness/>

**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 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**

* **The October Guide for things to do in Michigan,** from cider mills, to festivals to destinations, plan ahead or go last minute; <https://www.travel-mi.com/October-Michigan.html>
* **Amputee Coalition National Conference September 29- October 2, 2021 to be held virtually.**

There is still time left to register. Visit the website for more information:

[www.amputee-coalition.org/events-programs/national-conference/](http://www.amputee-coalition.org/events-programs/national-conference/)

* **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 October!

 Carla