

 U-CAN NEWSLETTER

 October 2022

 Hello,

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

 Welcome to the 1st day of Fall!

 The cool breeze and the smells of autumn all that we have to look forward to!

 Thre are lots of outdoor activities to enjoy: festivals, cider mills, and haunted houses!

 Take a look at the fall festivals going on across the state;

 <https://michiganlife.com/Fall-Festivals>

 Did you know that October is a great month for star gazing!

 Click on the site below to learn more about the constellations. You can also print out

 a sky map and take it outside!

 <https://www.almanac.com/night-sky-map-october-constellations-then-and-now>

 ***Don’t forget about U-CAN’s* Upcoming Outing….**

 **October 22, 2022- A guided tour of the Detroit Parade Company.** **The tour will start**

 **at 12:00 PM and will run roughly 90 minutes.**

 Come join us for a fun afternoon and learn all about the floats that are in the Thanksgiving

 Day Parade and the people that create them!

 The tour is wheelchair/scooter accessible.

 Transportation will be provided at no cost. Friends and family are welcome and goodie

 bags will be provided for the bus ride!

 *For more information about this event, please go to the* ***Upcoming Events*** *section listed at*

 *the bottom of the newsletter.*

 ***Act of Kindness stories…***

 Community rallies behind brothers who lost their mother and home, September 2, 2022,

 CBS News; <https://www.cbsnews.com/video/community-rallies-behind-texas-brothers-who-lost-their-mother-and-home/>

 ***This will make you smile……***

 Meet the 15 finalists of the 2022 Wildlife photographer of the year awards, the guardian,

 September 1, 2022;

 [https://www.theguardian.com/environment/gallery/2022/sep/01/wildlife- photographer-of-the-year-2022-highly-commended-pictures](https://www.theguardian.com/environment/gallery/2022/sep/01/wildlife-%20photographer-of-the-year-2022-highly-commended-pictures)

  ***And now for a few laughs….***

 Enjoy a scary Halloween sketch from SNL, that originally aired, October 2006, ‘The Curse of

 Frankenstein’, Youtube;

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

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on **Tuesday, October 4th, 2022 from 5:30-7:30 PM**

 **at the Orthotic & Prosthetic Center, 2850 S. Industrial Hwy, Suite 400, AA 48104.**

 If you are unable to be there in-person, please join us virtually. All the information is listed

 below to easily join the meeting.

 Brittany and I look forward to seeing you next Tuesday.

 To join the meeting virtually,Click on the link below if you already have a

 zoom account.

 **Join Zoom Meeting**

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

 **Meeting ID:** 975 4478 8830

 **Passcode**: 890707

 *If you are a 1st time user of zoom, please read the instructions below. They explain how to join*

 *by phone, computer, laptop or tablet.*

 **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.

 Brittany and I look forward to seeing you on soon.

 Look at what’s upcoming:

 **November 1st**- Guest speaker from Neuros Medical to talk about results from a long ongoing

 pain & nerve study that recently ended and how you can

 updates from a current study & Halloween party

 **December 6th**- Holiday Party

 **Quote for the month:** “If life were predictable it would cease to be life and be without

 flavor.” – **Eleanor Roosevelt**

 **Articles**

* Opting for Osseointegration, livingwithamplitude.com, September 5, 2022; <https://livingwithamplitude.com/article/osseointegration-for-amputees-faq-pros-and-cons/>
* Amputation in 31,000-year-old-skeleton may be sign of prehistoric medical advance, capradio.org, September 7, 2022; <https://www.capradio.org/news/npr/story?storyid=1121535411>
* Freelance marketplace, ‘Fiverrr Empower program, boosts amputee careers, livingwithamplitude.com, September 8, 2022; <https://livingwithamplitude.com/disability-jobs-freelance-workers/>
* Meet the 1st Amputee to complete the Ninja Warrior course, express.co.uk, livingwithamplitude.com, September 11, 2022; <https://www.express.co.uk/showbiz/tv-radio/1667659/Ninja-warrior-amputee-history-first-amputee>
* Mind over matter: helping amputees regain their independence, sciencedaily.com, September 15, 2022; <https://www.sciencedaily.com/releases/2022/09/220915123621.htm>
* A better way to teach amputees how to use prosthetics, livingwithamplitude.com, September 20, 2022; <https://livingwithamplitude.com/amputee-prosthetic-teaching-lessons-physical-therapy/>

 **Research Corner**

* 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, sheat 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=>

* The Amputee Coalition has a listing of approved research studies.

\*Note that some of the listed studies are no longer active.

 For more information, visit the website at;

 <https://www.amputee-coalition.org/research/research-resources-for-our-community/>

 **Upcoming Virtual and In-person Events**

* **U-CAN Parade Company Tour, October 22, 2022 at 12:00 PM in Detroit, MI.**  The tour will take place at the facility where the floats are made for the Thanksgiving Day Parade. The tour will be 90 minutes long. A bus will be provided at no extra cost.The bus will leave from The Orthotic & Prosthetic Center, 2850 S**.** Industrial Hwy, AA, no later than 10:45 am.

The Tour is accessible and the bus can accommodate wheelchairs, scooters, walkers, etc. Friends and family are welcome and a goodie bag will be provided for the bus ride!

***Cost is as follows***: $10.00 Seniors & Veterans, $12.00 Adults, $8.00 children 3-17 years of age, children 2 years & younger, free.

**Payment: Cash or checks only and checks made out to Michigan Medicine.**

**Reservations are required and must be made by October 14, 2022.**

*\*Please note that you are not required to ride the bus, you can meet the group at the Location site.*

 For Reservations, payments, and/or questions, please contact:

 Carla Vollmer at: 734-975-7432 or email: cvollmer@med.umich.edu

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, October 8th, 2022 from 11:00 – 12:30 PM. The classes are held 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 or to register, please call: 248-454-1715.**
* **UMAISE (University of Michigan Adaptive & Inclusive Sports) upcoming events:**

 Adult Sports Club are 6 week sessions held on Mondays from 5:30-6:30 PM;

 Martial Arts Mondays – October 10 – November 14

 Pickle Ball- January 9 – February 13

 Yoga- February 20 – March 27

 Rollervines Wheelchair Basketball (pediatric)

 Held on Mondays from 5:30- 7 PM at Peace Lutheran Church, 8260 Jackson Rd, AA.

 For more information about these events, visit the website at:

 [https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other- services/umaise-university-michigan-adaptive-inclusive-sports-experience/offered-programs](https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-%20%20%20services/umaise-university-michigan-adaptive-inclusive-sports-experience/offered-programs)

* **Adaptive Adventures is hosting a free ‘Camping Without Limits’ weekend at Camp Bull Frog, Williow Springs, IL., October 1-2, 2022.** The camp is 4.5 hours from Michigan (depending where you live). The weekend includes fishing, kayaking & cycling. Lodging, equipment, activities and food are all included. Friends & family are welcome. For questions or for more information about this wonderful opportunity, please contact, Greg Zbrzezny at:

Phone: 847-533-2060

Email: Greg@adaptiveadventures.org

* **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/>

Have a fun October!

 Carla