

 U-CAN NEWSLETTER

 September 2024

 Hello,

 “September tries its best to have us forget summer”

 (*Bernard Williams)*

 I hope you all had a great August. With just a few days left in the month and the

 holiday weekend fast approaching, we are nearing the end of summer.

 It’s been nice to sit outside and enjoying the nice summer sun!

 We still have till mid-September when fall officially starts (on September 22nd),

 so let’s not rush the pumpkin spice and fall activities just yet!

 The Paralympic Games officially starts today with the opening ceremonies.

 I know that France will create a beautiful grand opening ceremony for the

 para athletes as well.

 Wondering where you can watch the 2024 Paralympic games? Here is a list of where

 you can watch the games along with the websites you can check out for more

 Information;

 **International Paralympic Committee** website has a listing of all the events taking

 place, when and all the updated news and information related to the games;

 <https://www.paralympic.org/paris-2024>

 **CBC:** <https://www.cbc.ca/sports/paralympics/paris-paralympics-opening-ceremony-live-stream-1.7306752>

 **NBC**: <https://www.nbcolympics.com/>

 **Michigan Summer Festivals, Events and Activities….**

 Looking for a fun outdoor activity near you! Check out the website for a listing of

 outdoor events and activities around the state;

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

  ***Act of Kindness story….***

 Girl gets to keep money raised from lemonade stand, updated story, CBS news,

 August 18, 2024; <https://www.youtube.com/watch?v=XmoRgv2I2gw>

 *(youtube)*

 **An Incredible story….**

Meet the teenager that developed a soap to fight skin cancer and why he is Time

 Magazine’s kid of the year, August 27, 2024;

 <https://time.com/6996507/heman-bekele/>

 ***And now for a few laughs….***

 Enjoy the start to the fall season with this skit from SNL titled, “Apple Picking”,

 Youtube, September 2019; <https://www.youtube.com/watch?v=WkFhx--p2ow>

 **U-CAN Meeting**

The next meeting will be held on **Tuesday, September 3, 2024 from 5:30-7:30 pm**

 at theOrthotic & Prosthetic Center, 2850 S. Industrial Hwy, Suite 400, Ann Arbor,

48104. The meeting will be held in-person and virtually, using the zoom platform.

 On the Agenda for this month is Physical Therapist Katherine Voorhorst from

 Med Rehab. She will talk about exercise and demonstrate along with handouts

 What we can do at home (sitting, standing and on the floor)

 We look forward to seeing you next Tuesday.

 If you already have a zoom account, just click on the link below for easy

 access to the meeting;

 **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). 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 U-CAN Meetings:**

 **October 1- All about Osseointegration**

 **November 5- Halloween Party and Game Night**

 **December 3- Holiday Party**

 **Quote for the month: “**Life imposes things on you that you can’t control, but you

 still have the choice of how you’re going to live through It” - Celine Deion

 **Articles**

* Optimizing care: The latest in lower- limb prosthetics, opedge.com, August 1, 2024; <https://opedge.com/optimizing-care-the-latest-in-lower-limb-prosthetics/>
* Best new books by and about amputees for 2024, livingwithamplitude.com, August 7, 2024; <https://livingwithamplitude.com/best-books-by-amputees-2024/>
* US veteran who lost leg in Afghanistan runs 100 -mile race in record time, guinessworldrecords.com, August 7, 2024; <https://www.guinnessworldrecords.com/news/2024/8/us-veteran-who-lost-leg-in-afghanistan-runs-100-mile-race-in-record-time>
* Unstoppable tackles the inspiring true story about an amputee wrestling champion, vanityfair.com, August 8, 2024; <https://www.vanityfair.com/hollywood/story/unstoppable-movie-first-look-jharrel-jerome-jennifer-lopez?mc_cid=e05e6a866e&mc_eid=9ad15de810>
* Artificial Skin achieves life-like temperature, livingwithamplitude.com, August 14, 2024;

<https://livingwithamplitude.com/artificial-skin-achieves-life-like-temperature/>

* Control this prosthetic arm with your mind and muscles, cnet.com, August 19, 2024; <https://www.cnet.com/science/control-this-prosthetic-arm-with-your-mind-and-muscles/>
* Marine Veteran talks about revolutionary design to help other amputee veterans live a healthy lifestyle, abcnews.go.com, August 21, 2024; <https://abcnews.go.com/GMA/GMA3/video/jon-kuniholm-talks-mission-improve-lives-veterans-new-113024080>
* Water-powered bandage could prevent amputations, livingwithamplitude.com, August 21, 2024; <https://livingwithamplitude.com/water-powered-bandage-could-prevent-amputations/>
* Young amputee finds sweet( and sour) way to give back, niagrathisweek.com, August 23, 2024; <https://www.niagarathisweek.com/life/niagara-region/young-niagara-amputee-finds-sweet-and-sour-way-to-give-back/article_367b2998-c93b-5c04-b9c9-cc7675223349.html>
* He lost his legs in war, now he’s Ukraine’s most desirable bachelor, bbc.com, August 24, 2024; <https://www.bbc.com/news/articles/clywj08d89no.amp>
* Paris to inaugurate Paralympic Games with ‘never seen before’ opening ceremony in city’s heart, apnews.com, August 28, 2024; <https://apnews.com/article/2024-paralympics-opening-ceremony-paris-8edcc0df006bf081074331943d5b947d>
* New Techniques improve control of lower limb assisted devices, scienceblog.com, August 26. 2024; <https://scienceblog.com/547202/new-technique-improves-control-of-lower-limb-assistive-devices/#google_vignette>
* This amputee is pedaling for prosthetics in Ukraine, livingwithamplitude.com, August 28, 2024; <https://livingwithamplitude.com/amputees-ukraine-jakob-kepka-hope-raising-expedition/>

 **Research Corner**

* ***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

* ***University of Illinois PHD student*** is studying how users of prosthetic limbs choose and

adapt to their prostheses.

 Participant Requirements:

* Over 18 years of age
* Speak English
* Have used 3+ prosthestic limbs in your lifetime
* Be willing to share photos of prostheses (2 minimum)

 Participation involves a 2-hour interview via phone or video chat (ex. Zoom) where we will

 discuss the process of choosing and adapting to new prostheses.

 Participants will be reimbursed $40 for their time and additional $10 for providing

 feedback.

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

 Marty Health

 Email: mheath6@uic.edu

 Steven Jones

 Email: sjones@uic.ed

* ***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

* ***University of Michigan Research Center for Group Dynamics*** is working on gathering small focus groups of **wheelchair users** to learn about experiences and challenges of mobility with chairs, particularly when outside.

They are looking into at possible technological features and designs that could be added in the future and what would be useful to wheelchair users.

 Participation Requirements:

* Wheelchair user
* Know how to use Zoom

 Each focus group will take place for an hour or one-and-a-half hour sessions and will be

 conducted **remotely via Zoom.**  Only one session is required.

 Participants will be reimbursed $50 for an hour session or $75 for a 90- minute session.

 Payment can be by check or by Amazon.com e-gift certificate.

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

 Dr. David Dunning

 Phone: 734-763-0063

 Email: ddunning@umich.edu

* ***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 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

 Participants will be compensated $40 an hour for their time.

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

 Testing includes walking, stair climbing, sit-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

 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 hand

 Participants will agree to be randomized to one of two surgical groups to treat neuroma

 Pain, 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

* ***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

 For a listing of all the current medical specific and/or amputee clinical trials all over the

 U.S., visit the WCG CenterWatch website to see if there is a study in your area;

 <https://www.centerwatch.com/clinical-trials>

 **Upcoming Events**

* **University of Michigan Adaptive Sports & Inclusive Sports Experience (UMAISE) has their summer events schedule posted, these include:** Adaptive hiking club and Rollverines-youth wheelchair basketball program (runs September -May). For more information or to register for these events, please visit the website; <https://medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/umaise-university-michigan-adaptive-inclusive-sports-experience/offered-programs>
* **Dance Mobility- Amputee and wheelchair Ballroom Dance class will be held on Saturday, September 14, 2024 from 11:00 am -12:30 pm at the Fred Astaire Dance Studio, 2172, Franklin Rd, Bloomfield Hills. \*Note there is no class held in August.** 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.
* **Adaptive MOGO is back and open till October 26, 2024.** Adaptive MoGo offers cycling options for riders of all abilities, accommodating a wide range of rider needs. With 17 cycles including recumbent tricycles, upright cargo tricycles, hand tricycles, tandem bicycles, tandem tricycles, side-by-side quadricycles, and a box-bike. There are two locations, each with their own hours and inventory of cycles; Detroit Riverwalk and Ferndale. For more information on how to reserve a bike, for hours and cost, please visit the website;

<https://mogodetroit.org/mogo-for-all/adaptive-mogo/>

* **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 great Month!

 Carla & Brittany