

 U-CAN NEWSLETTER

 May 2023

 Hello,

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

 Can you believe that May is just around the corner! This year is going by fast and

 furious and the weather is surprising and unpredictable.

 May brings two wonderful holidays: Mother’s Day and Memorial Day.

 I wish for all the wonderful *Mothers* to enjoy their special day and for everyone to

 have a safe and happy Memorial Day weekend!

 **U-CAN Outing….**

 Don’t forget about our upcoming outing to a Detroit Tiger’s Game on July 23rd.

 Transportation and a goodie bag are included in the cost of the ticket!

 Family and Friends are welcome. Reserve your spot today.

 All the details are listed below in the ***Upcoming Events Section***.

 **Fun Michigan Springtime Activities….**

 Looking to get out and enjoy the nice spring weather. There are many fun outdoor

 Activities around the state! Check out the website below to see what ‘suits your

 Fancy’; <https://www.michigan.org/events>

 **Exercise Corner…**

Looking to start moving and getting into an exercise routine. Check out these

 Free and adaptive exercise videos that were created for amputees by prosthetists.

 For more information, visit the website;

 <https://www.bremerprosthetics.com/watch-step-up>

 Interested in training for a 5K or just trying to see if you can run?

 A program has been designed for amputees to help you get started and train.

 You can watch videos, download an app to keep on track all for free.

 If you are motivated, you can sign-up for a 5K in August held in Frankenmuth.

 To find out more information about all of this, check out the website;

 <https://www.bremerprosthetics.com/step-up-to-5k>

 ***Fun Animal Story…***

 UPS driver goes viral with animal pics, April 11, 2023, ABC News;

 <https://abcnews.go.com/WNT/video/ups-driver-viral-puppy-pics-98515571>

 ***Act of Kindness stories…***

Teens help seniors how to use technology, March 31, 2023, CBS News;

 <https://www.cbs.com/shows/video/l3Gz2ht4pkAZXn7Iq_95tKKW4j9f6rjK/>

 Boston Marathon survivor shares how marine veterans helped his recovery,

 April 17, 2023, NBC News; <https://www.nbcnews.com/nightly-news/video/boston-marathon-bombing-survivor-shares-how-marine-veteran-helped-his-recovery-170512965972>

 Wrongfully convicted man meets pen pal, April 21, 2023, CBS News;

 <https://www.cbs.com/shows/video/yQTLRpjjRuWVT9snEq4Q1s67r3SJD3h_/>

  ***And now for a few laughs….***

Memorial Day Greetings from SNL, original from May 2001;

 <https://www.youtube.com/watch?v=nruB9MEEP8c>

 **U-CAN Meeting**

  Our next U-CAN meeting will be held on **Tuesday, April 4, 2023 from 5:30-7:30**

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

 **48104.**

 On the agenda is the UM Prosthetic Residents who will present on the topic,

 ‘Sockets and suspension’ for lower and upper extremity.

 We hope you can come out and join us. Remember if you can’t make it in-person,

 You can join us virtually. All the instructions on how to join are listed below.

 Brittany and I look forward to seeing you next Tuesday.

 If you are unable to come in-person, you can join the meeting virtually.

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

 to the meeting(s).

 **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.

 **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 upcoming

 June 6th – Meeting held at A & W in Dexter

 July 4th- no meeting held due to holiday

 **Quote for the month**: “Peace is necessary. For justice it is necessary. For hope, it is

necessary for our future “- Harry Belafonte

 **Articles**

* A new goal for US Amputee Soccer Team, fox5ny.com, March 29, 2023; <https://www.fox5ny.com/news/us-amputee-soccer-team-athletes-new-york>
* How O & P care is provided around the world, opedge.com, April 1, 2023; <https://opedge.com/how-its-done/>
* Amputee top model, Laura Wasser champions body positivity, dw.com, April 10, 2023; <https://www.dw.com/en/amputee-top-model-lauren-wasser-champions-body-positivity/a-65188537>
* How Boston Marathon runner Heather Abbott is changing the lives of other amputees, nbcboston.com, April 11, 2023; <https://www.nbcboston.com/news/sports/boston-marathon/boston-marathon-bombing-survivor-heather-abbott/3018033/>
* Challenge Aspen partners with former Miss Colombia, aspendailynews.com, April 11, 2023; <https://www.aspendailynews.com/news/challenge-aspen-partners-with-former-miss-colombia/article_b89c3902-d843-11ed-a159-231d22c270e4.html>
* Best amputee entries in the Easterseals Disability Film Challenge, livingwithamplitude.com, April 12, 2023; <https://livingwithamplitude.com/best-amputee-films-2023-easterseals-disability-film-challenge/>
* Beyond surviving, quadruple amputee uses adaptive equipment to build a new life, va.gov, April 18, 2023; <https://www.va.gov/northeast-ohio-health-care/stories/beyond-surviving-quadruple-amputee-uses-adaptive-equipment-to-build-new-life/>
* How electricity can heal wounds three times faster, sciencedaily.com, April 18, 2023; <https://www.sciencedaily.com/releases/2023/04/230418011121.htm>
* The Limb Loss Prevention Registry(LLPR) kicks into high gear, livingwithamplitude.com, April 18, 2023; <https://livingwithamplitude.com/amputee-data-limb-loss-preservation-registry-danielle-melton/>
* The best gifts to celebrate Limb loss/limb difference awareness month, livingwithamplitude.com, April 19, 2023; <https://livingwithamplitude.com/gifts-for-amputees-limb-loss-awareness-month-2023/>
* Zach Gowen interview on how and why he was hired by WWE, April 26, 2023; <https://wrestlingnews.co/wwe-news/zach-gowen-says-it-wasnt-him-getting-shoved-downstairs-by-brock-lesnar-why-and-how-he-was-hired-by-wwe>

 **Research Corner**

* 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

 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, 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=>

 **Upcoming Events**

* **U-CAN (University of Michigan Community Amputee Network) is hosting a Tiger Game, July 23, 2023, Cost- $36.00 per person and includes transportation and a goodie bag for the bus ride.** Transportation is free – provided by UM Orthotics & Prosthetics. Family and friends of all ages are welcome.

Seats are along the 1st base line and are covered (protected from the elements). Accessible seating is available upon request.

Reservations are required and payment is due no later than June 21, 2023.

Please contact Carla Vollmer for more information:

Phone: 734-975-7432

cvollmer@med.umich.edu

* **Step up Peer Community and exercise class, May 10, 2023 from 4:00-6:00 PM in Frankenmuth, MI**. You can attend in-person or virtually. To find out more information or to register, please visit the website; <https://www.bremerprosthetics.com/step-up>
* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, May 13, 2023 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 need to register to attend. 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.**

* **Programs to Educate all Cyclists (PEAC) Summer Cycling Program** is for individuals with a disability that want to learn to ride a bike, for ages 5 and up. An instructor will assess every person’s ability level and set a unique cycling goal. Bikes are provided but you are allowed to bring your own bike.

For more information about the program, please visit the website;

https://www.bikeprogram.org/summer-cycling-program-2/

* **Summer camps for kids June – August, 2023.** The link includes information about all the camps, where they are located and the link to register;

 <https://livingwithamplitude.com/summer-camp-for-amputee-kids-2023/>

* **Kids Camp,** **July 23-29 in Harrisonburg, VA,** supported by USA Patriots, is for kids with an amputation or limb loss, ages 8-12 years of age. Veterans serve as coaches and mentors for these children, teaching them adaptive techniques and life lessons. All expenses are paid to attend. To fill out an application or for more information, visit the website; <https://usapatriotsathletics.org/kidscamp/>
* **Lucky Fin Project Weekend, July 21-23, Troy MI**. The Weekend will include family friendly activities, special guests, catered lunch, live entertainment, silent auction and music! $20 per person. Children 24 months and younger FREE. Lucky fin is for those affected by limb difference to come together to connect, network and celebrate.

For more information, please visit the website;

<https://www.eventbrite.com/e/lucky-fin-project-weekend-2023-tickets-593815216297>

* **UM Adaptive Sports & Fitness program offers wheelchair tennis and basketball**.

Visit the website for more information;

 <https://www.umadaptivesports.com/>

 <https://www.umadaptivesports.com/calendar>

* **Michigan Adaptive Golf Association is hosting golfing events throughout the summer-**

**June- August.** Visit the website for more information;

<https://www.maga.golf/>

* **Mary Free Bed is hosting many in-person adaptive spring/summer clinics.** To find

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

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

* **Amputee Coalition National Conference will be held August 2-5, 2023 in Orlando Florida**. Registration is open. To find out more information about this event, visit the website; <https://www.amputee-coalition.org/events-programs/national-conference/>

Have a great month!

Carla