

 U-CAN NEWSLETTER

 September 2022

 Hello,

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

 What happened to summer! Just like that, it’s September and almost ready

 for the fall season.

 Even though the cool nights, the changing of the colores,

 the cider mills and pumpkin everything and of course- Halloween. I will miss the

 sunny summer days and nights. Till next year.

  ***Some interesting facts about the month of September…***

 Did you know that September is National Yoga awareness month.

 A national observance designated by the Department of Health & Human Services and

 designed to educate about the health benefits of yoga and to inspire a healthy lifestyle.

 It started in northern India in 2700 B.C. It reached the U.S. in 1893.

 The first yoga mat was made by Angela Farmer who made it using a carpet underlay.

 Currently there are 18,000 schools in the United States and 36 million Americans practicing

 To date.

 The benefits of yoga have been proven to help:

 Reduce stress, delay aging, help improve mental health and reduce stress.

 (from the goodbody.com & nationaltoday.com)

 Here are some places to find free or reasonably priced classes:

 To make your search a little easier, we’ve rounded up 10 unique places to find free yoga

 classes.

 *Meetup*

 *Facebook*

 *Eventbrite*

 *Local Yoga studios and fitness stores*

 *Senior centers*

 *Community Colleges*

 *Churches*

  **Upcoming U-CAN Activities**

 **Reminder about our upcoming U-CAN Outing to College Park on Tuesday,**

  **September 6, 2022**. We will get a guided tour of the facility with plenty of time to ask

questions. This is one of the makers of upper and lower extremity devices.

 This is our support group meeting day so please note the time change:

 Tour time: 3:45 PM – 5:00 PM, with dinner after at a nearby restaurant.

 **We will be carpooling for those that do not want to drive. We will leave from the O & P**

 **Center at 2:30 PM.** **Please note the time change for this date only.**

 *\****Also, there will be no virtual meeting held.**

 **Please RSVP by Friday, September 2, 2022 to:**

 Carla Vollmer

 Email: cvollmer@med.umich.edu (not the U-CAN group email please)

 Phone: 734-975-7432

 **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.** It will take place at the facility where all the

floats are made for the Thanksgiving Day Parade.

 Come join us for a fun

 afternoon and learn all about the floats 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 end of this newsletter.*

 ***Act of Kindness stories…***

 Basketball player saves referre’s life, August 19, 2022, CBS News;

 <https://www.cbsnews.com/video/basketball-player-saves-referees-life-after-heart-attack/>

 ***And now for a few laughs….***

 National Anthem, SNL, September 2013;

 <https://www.youtube.com/watch?v=VUT80JVy3v4>

 **U-CAN Meeting**

 Our next U-CAN meeting will be held on Tuesday, September 6th at College Park Industries,

 27955 College Park Dr, Warren, MI 48088. The tour will start at 3:45 PM. Please arrive by

 3:30. We will get a personal guided tour of the facility.

 If you would prefer not to drive, please meet at the Orthotics & Prosthetics Center by 2:30

 PM. We will meet outside in the parking lot and leave from there.

 After the tour, we will go to dinner at a restaurant close by.

 Please RSVP by Friday, September 2nd, 2022 to:

 Carla Vollmer

 Phone: 734-975-7432

 Email: cvollmer@med.umich.edu

 Brittany and I look forward to seeing you next Tuesday.

 Look at what’s upcoming:

 **October 4th**- group discussion

 **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:** “Not all storms come to disrupt your life, some come to clear your

 Path”- anonymous

 **Articles**

* New breath driven concept set to transform access to hand prosthetics, sciencedaily.com, July 29, 2022; <https://www.sciencedaily.com/releases/2022/07/220729173154.htm>
* Help is on the way for Ukranian amputees, livingwithamplitude.com, August 10, 2022; <https://livingwithamplitude.com/ukraine-amputee-relief-penta-prosthetics-limbs-for-life-foundation/>
* The amputee movie character John Lawson has always wanted to play livingwithamplitude.com, August 10, 2022; <https://livingwithamplitude.com/daruma-movie-about-amputees-disability-john-lawson-tobias-forrest/>
* Cancer forces surf dog to ride her last wave, surfertoday.com, August 16, 2022;

<https://www.surfertoday.com/surfing/cancer-forces-surf-dog-ricochet-to-ride-her-last-wave>

* New Evidence on Peripheral Nerve Stimulation studies, livingwithamplitude.com, August 17, 2022; <https://livingwithamplitude.com/phantom-limb-pain-peripheral-nerve-stimulation/?mc_cid=eca529c33c&mc_eid=9ad15de810>
* A new startup company is helping to wage the war on diabetic foot amputations, livingwithamplitude.com, August 17, 2022; <https://livingwithamplitude.com/podimetrics-wants-to-eradicate-diabetic-foot-amputationss/>
* AI predicts fall risk for lower limb amputees with a 6 minute smartphone test, August 19, fiercebiotech.com, 2022; <https://www.fiercebiotech.com/medtech/ai-predicts-fall-risk-lower-limb-amputees-six-minute-smartphone-test-study>
* The bionic-hand arms race, spectrum.ieee.org, August 21, 2022; <https://spectrum.ieee.org/bionic-hand-design>
* Missing grizzly bear toes results in call to change practices, sciencedaily.com, August 25, 2022; <https://www.sciencedaily.com/releases/2022/08/220825164120.htm>
* Amputees rely on clinics to fit them with prosthetics. What happens when the manufacturer owns the clinic?, why.org, August 26, 2022; <https://whyy.org/segments/amputees-rely-on-clinics-to-fit-them-with-prostheses-what-happens-when-a-manufacturer-owns-the-clinic/>
* Ossur acquires finger prosthetics company- Naked Prosthetics, massdevice.com, August 29, 2022; <https://www.massdevice.com/ossur-acquires-finger-prosthetics-naked-prosthetics/>
* Take a peek at the top amputee runway models in New York’s Fashion Week 2022, livingwithamplitude.com, August 31, 2022; <https://livingwithamplitude.com/top-amputee-models-runway-of-dreams-nyfw-2022/>

 **Research Corner**

* ***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**

* **Dance Mobility- Amputee and wheelchair Ballroom Dance class, will be held on Saturday, September 10th, 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 about this class, please call: 248-454-1715.**
* **UMAISE (University of Michigan Adaptive & Inclusive Sports) upcoming events:**

UMAISE annual Golf Outing on Friday, September 16, 2022, held at Hickory Creek Golf Course, Ypsilanti.

Rollverines pediatric wheelchair basketball, held on Mondays from 5:30-7:30 PM at

Peace Lutheran Church, Jackson rd, Ann Arbor.

 Tree Climbing – Sunday September 18 (10am-4pm)

 Adult Sports Club, more information coming soon.

For more information about these events, please email; pmr-umaisetr@umich.edu

* **Free Adaptive Paddling Workshop September 17th & 18th, 2022 at Bay Cliff Health Camp in Big Bay, MI.** The workshop includes 2 free days of kayak instruction along with free room and board. For more information or to sign up for this event, please contact:

Nancy Uschold, lead instructor, at: (906) 458- 2450, Nancy.moveability@gmail.com

* **Mary Free Bed Adaptive Archery Clinic, September 13th, 2022 from 6-7 PM.** For more information about this event, please email:

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

* **Adaptive Adventures is hosting a free ‘Camping Without Limits’ weekend at Camp Bull Frog, Williow Springs, IL.** 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:

greg@adaptiveadventures.org

* **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. Transportation will be provided at no cost. 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.**

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

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

* **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 safe and happy holiday weekend.

 Carla