November, 2015 Newsletter

Dear U-CAN Members,

Hello to everyone and I hope you are able to get out and enjoy some of the nice fall weather days that Mother Nature has given us! This newsletter is coming to you a week earlier this month.

Our next meeting will be held on Tuesday, November 3rd, from 5:30-7:30 PM. On the agenda is a Halloween party, potluck and amputee videos from around the globe! There will be prizes for the best costume. Please come dressed in costume, bring a dish to pass and come ready to enjoy the evening!

For our last meeting of the year, December 1st, we will be having our annual holiday party potluck and white elephant exchange.

October is National Disability Employment Awareness Month. This month long celebration is an opportunity to recognize the contributions made in the workforce by individuals living with disabilities. This year's theme, "My Disability is One Part of Who I Am", honors the diverse talents of employees with disabilities. According to the U.S. Department of Labor, only one-third of working-age people with disabilities were employed between 2010-2012. Compared to the over two-thirds of people without disabilities who were employed during the same time period. Individuals living with limb loss work in every job capacity in this country.

Articles

• Kansas amputee shoots for Paralympic gold, ksnt.com, October 15, 2015; http://ksnt.com/2015/10/15/kansas-amputee-shuns-self-pity-shoots-for-paralympic-gold/

• Amputee kids everywhere can soon get Disney-inspired hands and awesome 3D-printed Star Wars prosthetics, rt.com/uk, October 17th, 2015; https://www.rt.com/uk/318968-star-wars-prosthetics-amputee/

Research Corner

- Researchers at the University of Michigan are looking for volunteers to participate in a powered ankle prosthesis study. This study aims to determine the real-world benefit of powered ankle prostheses on walking performance. You may be eligible for this study if you:
  
  • are 18-65 years old
  • are able to walk for 30 minutes at a time
  • have a single below-the-knee amputation (>1 year ago)
  • have residual limb clearance of at least 8 ½ inches

If you’d like to learn more about the study, please contact Emily Gardinier at: Rehab-lab@umich.edu

Participating in the study will require 5-8 hours over 1 or 2 study visits and you will be compensated for your time.

Upcoming Events

- Ann Arbor Center for Independent Living offers fitness all year round with a facility to utilize from 9:00-4:00 Monday thru Friday. They also have a year round bowling league. Please contact Mary Stack at 734-971-0277, ext 22 or mstack@aacil.org for more information. You can check out their sports & recreation site for more details: http://www.annarborcil.org/offices/recreation/about-sport/

- Amputee Coalition Travel Adventures. Check out the trips planned throughout the 2015 year. For more information on when and where, visit the website: http://www.amputee-coalition.org/events-programs/travel-adventures/

Don’t forget about U-CAN when it comes time to donate! It helps keep the group going and fund all the great activities we do! There is a link on the website. If you have any questions or concerns, please feel free to contact me. I have attached the link below: https://leadersandbest.umich.edu/find/#!/give/basket/fund/311702

Happy Halloween and hope you to see you at the meeting!

Carla