

Sun Mar 22, 2009

Glad to see you all at the meeting yesterday! It was a nice intimate meeting, with just us and no outside presentation.

NEW FACES

- Helen Smithers and friend Carol
- Michael Nelson and Charles
- Judy Rowley
- Lloyd and Gail Gowdy

Glad to see you folks! Judy came in late and I forgot to introduce her, so I hope to remedy that next time. I hope you can all come again.

ONE-HANDED LIVING

I went through a book I recently got for our library called "One Handed in a Two Handed World" by Tommye-Karen Mayer. The book is full of tips and tricks for one-handed living, from a woman who had a severe stroke several years ago and has learned the hard way. Her main theme is her Three Secrets: body positioning, using four fingers and a thumb (not just one hand), and gadgets. There are chapters on cooking, household tips, dressing, bathing, office work, driving, sports, and more. We went through several of her tricks and the group contributed many more. One great help in the kitchen is a cutting board with nail tips protruding through it to hold your food as you work. Jerry Boen has volunteered to make one of these for anyone interested. Thank you, Jerry! Contact him at hoosetoo@yahoo.com or (206) 427-1178. If you are interested in learning more one-handed tips, I highly recommend the book or the companion website www.princegallison.com. All the gadgets in the book (and the book itself) are available on the website, too.

GARY, DORRIT, AND J.P. PATCHES

Gary Ruen gave a great presentation on his and Dorrit's recent experience at a J.P. Patches fund-raiser. J.P., as any Seattle native knows, was a children's TV clown during our formative years. He is now in his eighties and still doing good works. Dorrit was actually on J.P.'s TV show as a 9-year-old Brownie (I was too, as a Cub Scout), so it was quite exciting to see him again. He, of course, remembered her too. :-)

HANDYMAN GARY

Frank Lim thanked Gary Ruen for the great job he did converting Frank's scooter to one-handed operation. Frank says Gary did in two hours what a commercial firm couldn't do in 10 months! Thanks for that helping hand, Gary – you get the Golden High-Five for this month.

MIKE GORDON'S SLEIGHT OF HAND

Mike gave us a demonstration of several one-handed tricks and gadgets he has come up with, including jar opening, tying a bowline knot (using an amazing "flying bowline" technique), egg cracking, shirt buttoning, and more. Mike has volunteered to help anyone with his tips – just ask him next time you see him, or contact him at Gmike41@comcast.net or (206) 527-0877.

GROUP WEBSITE?

It would be a great idea to get all our experience, tips, links, announcements, meeting minutes, etc. on our own website to share with the world. This is a lot of work, though! If anyone knows anyone with website design experience who could take this on, and is also willing to help with ongoing updating, please let me know. Our new friend Carol has offered to donate an old copy of Dreamweaver, which someone could use to create the website too.

LEFTY'S

Betsy Earl gave us details on finding Lefty's, a shop in the Pike Place Market which sells one-handed gadgets. Our intrepid Market scout Saul Pempe will do some reconnaissance and give us a report next time.

TYPING WITH YOUR MOUSE

Jerry Boen told us about a trick built into all Windows computer operating systems, for typing with your mouse. Go to Start / Programs / Accessories / Accessibility / On-Screen Keyboard, and presto, a little keyboard appears on your screen! Start clicking your mouse on the little keyboard image, and text appears just as if you were typing at the keyboard. Great tip, Jerry!

GRIPPY BLUE PLASTIC STUFF

I can only find a tiny reference to Dysem, the grippy plastic sheeting stuff we all used in rehab and which is a great aid around the house for one-handers (and two). I've tried a dozen other searches on "grippy plastic stuff", etc, and can find nothing. I have contacted a therapist at Northwest who should be able to give me a brand name and supplier, and I'll try to get a stock of it for the group.

SNEAK IN THE SIDE WAY

There is a side door to Easy Street where we meet, which is much easier than going through the maze of the rehab center as it now is. I will try to prop it open for everyone next time (if it isn't snowing....). The door exits right onto the east end of the parking lot, so look for it there. I'll have a sign up too.

Thanks to everyone for your contributions to a fun and informative meeting. See you all next time!

Gerrit