

Premier Issue!

Oct/Nov/Dec 2006

UEA-Life.com

Dedicated to

Upper Extremity Amputees

A photograph of Michael Deutsch, a blues/jazz musician, playing a piano in a dimly lit bar. He has long brown hair and a full beard, and is wearing a dark beanie and a blue patterned short-sleeved shirt. He is using a red prosthetic left hand to play the piano. The background shows other patrons and a bar area.

**Michael Deutsch –
Blues/Jazz Musician**

**Fun and Games –
Nintendo Wii
Game System**

**One Handed Typing – Do You Need
A One Handed Keyboard?**

**Honesty
Counts**

Welcome to ***UEA-Life.com***

UEA-Life.com is dedicated to bringing information and inspiration, along with life experiences to Upper Extremity Amputees

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Cover photo courtesy:
Michael Deutsch



Opening Thoughts

Well, it's here! The premier issue of **UEA-Life.com**.

The path that brought me here was filled with turmoil and frustration but, now that **UEA-Life.com** is actually published I believe it will be a valuable resource for UEA's.

Let me take this opportunity to briefly explain the name of this e-zine. I chose the name **UEA-Life.com** because I want the content to not only be about life as a UEA but, also, to be about life. Being a UEA is only a part of what we are. We are also husbands, wives, brothers, sisters and co-workers. I want **UEA-Life.com** to address those areas, as well. Not to be forgotten are the fun things in life as well. Hopefully, all will be addressed in **UEA-Life.com**.

Having introduced the ezine; let me tell you a little about myself. I worked in a steel mill for 24 years; doing various types of jobs. In March of 1996 I was injured on the job. I lost my left (non-dominant) hand had six surgeries and spent 30 days in the hospital. I returned to work after a few months but in a different capacity. I still work for the same company but now, after returning to school, I write computer programs that gather data, issue reports and distributes those reports by means of email, intranet, and print. The languages I program in are Visual Basic and SQL. I use Microsoft Access to either create/distribute the reports or to control Microsoft Excel to create charts and publish them on intranet sites. I also maintain the intranet sites that display my reports. So, if you should want to discuss that area I would be happy to exchange emails. I also do internal quality audits to help maintain our QS 9000 certificate and am a trainer for OSHA required training.

On a personal side I have been married for 30+ years, have 3 grown children and 4 grandchildren (3 boys, 1 girl). So, I think that qualifies me to discuss several other areas...or maybe it doesn't!

The bottom line is that I want **UEA-Life.com** to be a resource for life, both as a UEA and otherwise. If you feel the need to "talk" about the changes in your life as a UEA or maybe just need to ask a computer "geek" question...I can do that. If you're a family member of a UEA and you have any questions...well I can get you a response to those questions, as well.

Enough about me...let's get on with the premier issue of **UEA-Life.com**.

A Little Help from Our Friends??...Questions from our readers

UEA-Life.com received the following question(s):

To help our readers with this question, or ask another, submit your answer to the address below.

<mailto:uea-life@uea-life.com>.

Readers Thoughts:

UEA-Life.com received the following comment(s):

UEA-Life.com enjoys hearing from our readers. Your comments and/or ideas for ezine content are welcome.

To submit comments to *UEA-Life.com* send an email to the address below.

<mailto:comments@uea-life.com>

Why UEA-Life.com...

UEA-Life.com is the result of a goal of mine that began in March 1996 when I became a UEA. I started searching for information, for myself and my family...assurance that life wasn't over. As many UEAs do I felt that the life I knew before was gone and I couldn't get it back. I found myself focusing on what I thought I could no longer do.

What my search found was very little information and, certainly, no inspiration concerning my new life. My desire to help provide the needed information and inspiration took me on another path. Due to disagreements about the direction of that path **UEA-Life.com** was born!

UEA-Life.com will focus on life as a UEA but will also reflect on life as a whole. I want **UEA-Life.com** to be a publication "for UEAs by a UEA".

Please feel free to contact me with ideas that you would like to see in **UEA-Life.com**. Use the link below to contact me.

Dave Hersher
LBE Amputee

Contact me: <mailto:dave@uea-life.com>

Remember...

“The only way of finding the limits of the possible is by going beyond them into the impossible.”

Arthur C. Clarke

Michael the "Hook" Deutsch - Blues/Jazz Piano Extraordinaire

Michael Deutsch was born on April Fools Day. The year was 1957. He grew up in St. Paul, Mn. and spent two years hitchhiking around the U.S.

As a guitar and bass player he played in several bands. He has played power rock, southern rock but, now, his music style, of choice, is blues/jazz.

At the age of thirteen he lost his mother and sister in a house fire. When he was twenty he lost his left hand in a machine shop accident.



Photo courtesy:
Michael Deutsch

Michael had success, as a blues/jazz pianist, but he suffered a stroke in 1997 and was forced to re-learn to play.

Today he is an award winning piano player and, also, takes the time to speak to children about overcoming life's "curveballs" and keeping

"I tell them to keep their focus on their goals, yea mine is a visual, but we all have disabilities in one way or another..."

"their focus on their goals".

Deutsch has played piano with most of the blues

bands in his area since his loss and has recorded a solo CD of his own music. He has appeared on the recordings of many other artists. He is also the subject of a short documentary film.

"I think it's a great thing for us amputees to get our story's out there so people will know our disabilities are really not, just mere curveballs in this life full of 'em."

After losing his hand he switched to playing piano. Self taught he tried many

Through all his personal losses he still loves life and lives it to the fullest! Michael feels he has a gift and wants to share his music with everyone.

Michael Deutsch is living proof that becoming a UEA isn't the end of the world!

We could all take a lesson from his attitude!

different methods to keep his hook from sliding off the keys and, finally, settled on a boot from a spark plug!

**Click the link below to
View Michael's documentary:**

<http://www.current.tv/pods/gigs/PD00505>



**Click the link below to
Purchase Michael's CD:**

<http://www.cdbaby.com/cd/hook>

**2002 - Winner of the Jerome Foundation \ VSA of Mn. (Artist Recognition Grant)
1996 - Winner of the Jerome Foundation \ VSA of Mn. (Emerging Artist Grant)
1992 - MN. State Arts Board - Folk Arts Directory Listing
1992 - Winner of the Best Blues Song, Living Blues Readers Poll
1992- Runner up for the Best Album of the year Living Blues Critic Poll
1990 - Winner of the W. C. HANDY Award (Best Blues Single of the Year)
1990 - 5 Nominations Mn. Music Awards; (Winning 3 Best Blues Singles of the Year)**



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You were a musician before your accident (guitar/bass). How important was music to your recovery from your loss?

M.D.

Music has always been and is in my blood when I first started with a harmonica I found as a youngin' out walkin' in my neighborhood, I picked it up and learned it right from the start. Although not well adept to the finer techniques as many of the better Blues harp players have, 'cause I never learned how to tongue block, it's a technique the pros use to get that real Bluesy tone and style. There are 3 or 4 different positions when playing the harmonica, there's 1st, position, 2nd, position, 3rd, etc. I started playin' the bass by happenstance when I was living in a halfway house, we had gym at the place, I believe it was an old school turned into a halfway house, I was walking by the gym one day looked in and saw a couple of cats, a drummer and a guitar player practicing, there was a bass guitar laying there next to an amplifier doing nothing. So I asked them, "hey you cats need a bass player?" "yea, do you play?" I replied, "sure" having never played a note in my life other than air guitar and a wanna be. They said, "come on down," I picked up the bass, was lost right away, thought I knew? The guitar player saw this right off, he showed me a couple of standard blues bass licks, and then he said, "now, when we change the keys of the songs, just do the same licks." I thought how cool, but it wasn't so easy. When we played our first dance about a week after, they gave me a bass solo, not knowing what to do? I kinda faked what I did, if I remember right, but when the audience started to hoot 'n' holler when I was done, Bingo! right then and there I knew this bein' a musician thang was for me, being the natural ham that I am, Sam I am. I've been doin' it ever since, some 35 yrs. ago or so?

I kind of fell into the blues by accident after I lost my hand, I was more into 3 piece power rock with them, then kinda went into southern rock with other bands after that, but always into the funky groove. Jam bands if you will, the Allman Bros'. Barry Oakley was one of my earlier influences, among others, Stanley Clark, "Thunder Thumbs" of the Brothers Johnson, Larry Graham, Jaco Pastorious, Funky bass players like that. I fell in love with funky grooves and way too many others to name off hand, (no pun intended, tee hee.). Speaking of that, I lost my left hand and wrist in a machine shop accident. When it happened I knew right then and there when the machine stopped at the bottom of die (a brake press), I was going to lose it. My first thoughts were, man 'o' man I'm never going play the guitars again, the thought of that sank in like right now, 'cause I knew that after I grabbed my hand just kind of dangling there, I'd never seen anything like it before. Not knowing of the future, but at the time I was prepared for the inevitable. My second thought after having the biggest rush in my life, I most likely went into shock after the machine let go, was getting down to the hospital and getting it patched up, or so I thought. They tried to re-attach it, but they didn't have the technology back then. They tried acupuncture and other various ways and means of how to get it re-attached, I just sat (laid) there and watched my hand go black kind of like an old eagle's claw or something to that effect? I said, "just take it off, I want a hook."

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After your loss you switched to playing blues/jazz on the piano. Were you self taught?

M.D.

Yes, I am self taught at the keys as I was with both the bass and guitar. I don't read sheet music, but I do study it inherently, pick it apart per se' not knowing that I do it without even trying. I think music, I eat music, I hear

music all the time in my head, I fall asleep to music every night, for me that's subliminal learning. I even surprise myself when I'm playing. I mess with all kinds of timing fluxions. Why Blues 'n' Jazz, I don't know why or how? it just happened that way. I guess I was of the mindset they would be easy, but, "NO!" there are a lot of little subtle intricate technical nuances involved, as well as gut level feelings of expressions if you will. Maybe it was my calling? It's not up to me to figure out.

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What about adapting music to your one handed/hook style? Do you do your own arranging?

M.D.

"Oh Yea!" I've definitely had to adapt my own styles indeed, being the worlds "ONLY" one (1) pawed (handed), (1) hooked piano\keyboard player extraordinaire' player, there really was (is) no-one to learn from. So, I did have to acquire my own style for 1, and "YES" to the 2nd part, I do have to of course arrange my own music because of the fact once again there are no others to take after. I compose as I play, call it spontaneous combustion or so to say. This is a gift I truly and inherently enjoy sharing with all who'll listen and watch. I have no technical training. In fact I flunked beginning piano in college back 30 yrs. come Mar. 2007. They wanted to retrain me for another occupation, at that time bein' a sound engineer wasn't a viable occupation? So they wouldn't pay for my schoolin' or give me monies to live on. I decided on airplane mechanics (a viable occupation? Yea right, that, they'd pay for). But, I needed some extra credits so I took up beginning piano, but they wanted me to learn how to read. I told them, "I don't want to learn how to read, I just want to Boogie Woogie. The teacher said, "you can't do that." Challenge number (?) CAN'T is not in my vocabulary. When I was in class I'd listen to everyone else and memorize what I heard, went home practiced a little bit, be ready with that the next day, but at the final test the teacher put a surprise piece of sheet music in front of me and said, "here read this." So I said, "to be honest with you, I can't read that." She then replied, 'well then I'm going to have to give an 'F'! I says to that, "Well I'll take that the bank someday!" Lo and behold about 5 yrs. later I was at that same college doin' a noontime performance for the students and staff, that same teacher come up and said, "young man you really are good." and of course I said back, "I told ya' I'd take it to the bank someday!" To this day I still don't know how read. Music that is, tee hee.

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Do you feel that music has given you opportunities that you may not have gotten (as an amputee) otherwise?

M.D.

Yes, I'd have to say more-so, it's basically partly because of being a one handed player it gives me the drive to always excel at my God-given craft, and to flash my prowess' as a one handed keyboardist, which's obviously a rarity. But, I do take pride with my dedication to the preservation of our American heritages the Blues 'n' Jazz genre's. They don't teach this aspect of the arts in schools anymore, which is why as an Ambassador for V.S.A. of MN. check their site at <http://www.vsaartsmn.org> going into educational schools, institutions if you will, all grade levels and speak of my "Visual, disability pointing at my hook, yea! per se'" But we all have 'em pointing to my head. I would tell 'em to find their niche' in life, something their good at, gather all the information you can to get to where you want to be, and use that to accomplish your goals. I then proceed to play a little, have a Q. & A. session, play some more. More questions and answers period. I kinda play it by ear, depending what the situation calls for? And more important and vital telling others of the importance of Blues 'n' Jazz, keeping these time honored genre's alive. I am proud of my many accomplishments of having the opportunity of performing with some of the finest blues artists in the world is so personally rewarding to say the least.

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Do you feel that being an amputee has helped drive you to succeed in your music?

M.D.

By all means it's always about having the strive for excellence attitude to do what I'm capable of doing in any facet of my life as an amputee, I'm sure you'll agree. A lifelong driving force it is because it is part of my being. I run across people each and everyday that don't believe that I can play the piano, till I show them. I love to go into piano stores and say, "can I play your pianos?" they look down at my hook and respond with a puzzled look, "I don't know can you in disbelief?" then I do. As a musician, this too I have and will continue to convey to everyone whose path I cross. Music for me is a passion I've kept in my heart as a guiding force, it's all a part of my giving my gift away for all to see and hear. I enjoy helping people through their woes in life. As Muddy Waters put it, "The Blues is actually happy music." It's about telling of the struggles in life through musical communication, it's also about playin' of the good times. Kind of the Ying for the Yang. An emotional tide of expressionism through music. I once read "Blues is not about making yourself happy, it's about making other people feel miserable." tee hee. 'Cause everybody's experienced the Blues in their lifetime, if they say haven't then their lyin' to themselves.

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Do you feel a need to "prove yourself" to others as a musician?

M.D.

All the time, yet, not. I rightly don't have to prove myself to no-one, but if that's what they need? I'll do so. Because I can!

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Do people tell you that it's "amazing" that you play (and do it well) as an amputee? If so what is your response?

M.D.

I humbly say, "thank you," then say, "I don't know where it comes from or how? It just happens. But then again, I don't question it. Aside from bein' a mere curve ball in life it's a gift I've been given, I gots do it. Someone up there likes me." What I've really liked after all these years are the comments I get, "You sound like you have two hands." for me that's the ultimate complement. One time an elderly woman come up and said, "young man you sound like you have four hands." She must've been from that era of the barrelhouse piano players who used to do duets together, one my early on listening and learning influences. I'd listen awestruck wondering which hand to listen to. Talk about a challenge, and then to come up with my way of doin' it. In the beginning that was totally overwhelming and befuddling? Even when I saw an old restored film footage from the '20's of the only time Mead Lux Lewis & Jimmy Yancey were filmed in performance together, the same cats I'd try to learn from listening wise before, some almost 30 yrs. now. It was still really hard to decipher visually after hearing it before so many yrs. ago, I knew the music somewhat, but even still which hand to watch? I was amazed how each hand had their own part, talk about cool, but still befuddling, I'm still to this day trying to emulate my predecessors.

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How do you respond to the inevitable question "what happened to your arm"?

M.D.

I tell them honestly what happened; I have no qualms about that. The youngin's though, I tell 'em I used to wrestle alligators in Florida, most of 'em know that I'm jivin' them. Lots of classic funny reactions though. Like "NAW" really? I really dig it when some will ask, "Is your hand still in there? or "What did they do your

hand? I like to tell them, "I water it everyday hoping it'll grow back?" it's all about having fun feeling comfortable about how and who you are. People can see that in you, the more you do that, the more people will feel safe and comfortable around you.

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Do you feel others have the right to ask?

M.D.

Yes, I don't mind at all, I figure the more people I can educate who should know about our disabilities as bein' just a state of mind, speaking for myself, the more comfortable they'll be with the next person they meet with a disability. Kids are especially curious and some are frightened-curious of it (the hook), too. But when I see the latter, I tell them, "don't worry it doesn't bite. It lightens the fright part, kinda, still intrigued to know more, I say "But you know what this is really good for?" The frightened-curiosity want to know level pops up in their little faces silently saying "what" without saying it. I say, "It's really good for pulling hot pizza out of the oven." "OH YEA, I'd never've thought of that." And the mystique of it has been lifted, a sigh of relief.

Everyone needs to know it is Okay to be curious and ask, to know that we are people, too, who live our daily lives the way they do, only in a varied sort of way.

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If you could give just one piece of advice to other amputees what would it be?

M.D.

Just be yourself and be proud of who YOU are, we all have our own special gifts, to find yours if you haven't already is always an ongoing journey. Keep your head up, stand tall in your beliefs, keep your focus on your goal, once you get there, and find another one after that. Learn to accept what's been put on your plate, the cards you've been dealt. After all, your God would never give you anything you can't handle. Spread your love, share your peace, and keep on keepin' on. The reward is in your heart, to give that to others, it WILL find its way back to you. I call it a Ju Ju thang. As long as we're here, we have to find the happiness we're all searchin' for, that's the Great Mystery. Believe in yourself, "YOU CAN" and you will if you believe you can. There ain't no cants, "Hows that for a triple negative? tee hee. There are many, many ways of improvising the how to's to get them to work for your particular situation. Find a way to overcome the challenges we all have to deal with. Cherish life to its fullest, I do. Especially after having a Grand Mal seizure and stroke 9yrs. ago, putting me in a coma for roughly 3 to 4 mo's. and rendering my right (good) side paralyzed for a short time after that. Which led my secondary disability T.B.I. traumatic brain injury. But that's totally another story. Life is too short, Laugh, tell a joke, be humble, smile to at least one person a day, a humorous lifestyle will help with all that troubles you, there are plenty of opportunities to live life to it's fullest, find yours. Stay true to yourself and all you've accomplished and will accomplish in the future. "Writing is a Gift of the Writers" + "Painting is a Gift of the Artist" + "Sports is a Gift of the Athlete" + "Making Music is a Gift of the Musician" = "LOVE IS A GIFT TO ALL WHO CHOOSE IT" May your God Bless you!!

From my heart to yours, Thanks much for all of your multi-faceted unique ways of getting it done your own way! I also delve into the world of sound art design, Painting with Sounds, that's the other side of me. Michael the "Hook" Deutsch is conquering life one note at a time, my daily helpful motto being sober 8 1\2 yrs. now.

UEA-Life.com thanks Michael for taking part in this interview. His outlook on life is truly inspiring.

Visit Michael's web site.
<http://www.aabaca.com/hook.html>



One Hand Typing: Do You Need A One Handed Keyboard? – Lilly Walters

INTRODUCTION:

I have eight books in the marketplace. I typed every word myself, and I use one hand on a NORMAL keyboard (no adaptive equipment). So, why don't I use a one-handed keyboard? Why am I so passionate that it should never be suggested as an option for the one handed child?

Four reasons.

A one handed typist who uses the normal keyboard will...

- 1) type faster on a normal keyboard than on a one handed keyboard.
- 2) learn faster on a normal keyboard
- 3) actually still be using the normal keyboard 10 years after they start typing.
- 4) not feel they are disabled because they are using a tool meant only for the disabled.

I am filled with a great deal of smug pride when I see members of my work team - who are all two handed - struggling with a task on the computer, and they call out, "Lilly, HELP!" and I am able to walk right over to their keyboards and say, "Here, let me show you how ..." Two-handed people just do not understand how important that feeling of ABILITY is to those of us who work with a disabled hand. By using a normal keyboard, I was able to compete with my two handed peers in typing classes at school.

I was always in second or third place, competing on their terms with their tools.

Most one handed keyboards, and alternative keyboard layouts are suggested because the user has one hand,

THERE FORE ...

Using that same logic, why not suggest a one-handed fork? A one handed hair brush? A one handed TV remote control? Ah, you say, a one handed person can use those items just as well as a two handed person? My point exactly.

I type 35 - 80 words per minute - depending on the amount of sleep and coffee I have had. Those on handed keyboards normally average 30 wpm, *if they stick with it.* Ninety-nine percent of them do not.

A typist - with one or two hands - becomes adept not because of the keyboard, but because of the practice on the keyboard. You cannot hand a fine violin to a child and think they are now a great violinist. Handing a thousand dollar baseball bat to child will not make him a champion. But an hour of practice every day for a year with that violin, baseball bat, or keyboard, will make that child accomplished.

All of those who become fast typists use what is called TOUCH TYPING. This means their fingers know where every key is, without looking. Every finger has an assignment of taking care of certain keys on the keyboard. No matter how many fingers you are using to type, you need to learn to TOUCH TYPE if you want to be speedy.

Those of us in rehabilitation therapy help children and adults with disabilities enhance their lives, increase their independence and productivity. Teaching keyboarding is one of the most basic, and useful skills needed to be independent and productive in the workplace and in school.

In addition, practicing the keyboard can be a rehabilitative tool and help people regain or improve motor skills in their hands.

We all want to suggest the 'right' option. Let's see if you agree with my assessment of the many one hand typing options available today.

When considering which is best, you must answer these questions first:

What are the options available, and the benefit of each, for a one handed typist?

How fast will the user be able to type once they are accomplished?

How long will it take them to learn?

Will the manufacturer of the alternative be available for repairs and replacements in 10 years?

Will the user stay with the alternative?
Or will they prefer to 'fit in' with their peers who either do not use a keyboard, or hunt and peck slowly on the normal keyboard?

WHAT ARE THE OPTIONS AND THEIR BENEFITS?

Although I don't even like to mention them (because I feel strongly only two options should be suggested: One Hand QWERTY, or Half QWERTY), for those with a hand disability there are actually many alternatives to consider for those who have good use of one hand.

I'll divide these into four categories.

THE FOUR CATEGORIES OF ONE HANDED KEYBOARDING OPTIONS

1. Use the standard keyboard - One Hand QWERTY
2. One hand adaptive/alternative keyboards (like Half QWERTY, Maltron, the Bat, FrogPad)
3. Alternative keyboard layouts (like Half QWERTY and One Hand Dvorak)

4. Voice activation/voice recognition software

1) The Standard keyboard - One Hand QWERTY

QWERTY is the term used for the standard keyboard used by 99% of the English speaking world (see the keys on your keyboard starting at the Q in the upper left corner.) One Hand QWERTY takes the one strong hand, and has it use FGHJ as home base. The thumb operates the space bar. If possible, the less able hand operates the mouse, TAB and SHIFT.

This system allows the user to compete in any mainstream environment. The user can go to any computer, at work or at play, and operate the keyboard normal immediately. They are able to look over the shoulder of their two-handed friends, reach down, and offer assistance. Users obtain from 30 - 80 wpm.

There are 2 - one handed manuals available in the market place, \$29 - \$49, see Amazon.com or your bookstore) There are also FREE downloads of the first 39 pages of - The One Hand Typing and Keyboarding Manual:

With Personal Motivational Messages From Others Who Have Overcome! -

<http://www.aboutonehandtyping.com/manual.html>

2) One Hand Adaptive/Alternative Keyboards

There are many devices and alternative keyboards that can be used to enter data into a computer; the most popular are the Half QWERTY Keyboard, the BAT, and the Maltron. Half Qwerty is my choice out of all of these, but ****ONLY**** for those who were speed touch typists BEFORE their disability.

Speeds obtained on these are about the same as using One Hand Qwerty. (\$295 - \$1000 see <http://www.aboutonehandtyping.com/bat.html>)

3) Alternative Keyboard Layouts

Many have looked for alternatives to QWERTY to ease the strain on the typist's hands. The two most well known are Dvorak and Half-QWERTY. Both are faster, and claim to be easier on the hands of the typist. They are perhaps not necessarily smarter, as they are not used in the workplace, or in schools. (Dvorak is free, Half-QWERTY is now a hardware solution for \$299)

Dvorak takes all of keys on a normal keyboard, and moves them around to different positions on the keyboard, to positions in which are supposedly easier to use.

Half-QWERTY has the strong hand do what is already been trained to do, assuming the user was a speed touch typist before the disability. It cuts the keyboard in HALF. Each key on this half of the keyboard then does double duty. The missing half of the keyboard is also done by the good hand, on the half of the keyboard the good hand uses. The space bar is used when the missing key need to be typed.

For more, see:

<http://www.aboutonehandtyping.com/dvorak.html>

4) Voice Activation/Voice Recognition Software

Using voice recognition software, the user speaks into a microphone, and the software transcribes the user's words from the verbal dictation. Voice Activation will soon be a great tool when used AFTER a good understanding of the standard keyboard is learned. Just as the student must learn to read, before they are allowed to use books or tapes as their form of "reading," the student must learn to keyboard, before they use voice activation as their main data inputting device. Otherwise the user will not be able to operate in environments that use only common equipment, i.e., the library, the workplace, at play with friends, etc.

QUESTIONS TO ASK BEFORE HELPING YOUR CUSTOMER DECIDES ON A ONE HANDED TYPING SYSTEM

Before the one handed person makes a decision which alternative is best for them, ask these questions:

When considering which alternative is best, you must answer these questions first:

How fast will the user be able to type once they are accomplished?

How long will it take them to learn?

Will the manufacturer of the alternative be around in 10 years?

Will the user stay with the alternative? Or will they prefer to 'fit in' with their peers who either do not use a keyboard, or hunt and peck slowly on the normal keyboard?

Is the "good" hand strong? Can it take the burden normally shared by two hands?

Will the reason the hand/arm is disabled go away with time? Perhaps an injury that will heal?

Does this person work on their own - perhaps they are retired or an entrepreneur? Will they need to use other people's computers, or will others need to use their computer?

Was the user a speed touch typist before the disability?

Let's explore each of those issues for the One Handed Typist:

HOW FAST WILL THE USER BE ABLE TO TYPE ONCE THEY ARE ACCOMPLISHED?

Speed of the accomplished one handed typists seems to be about the same on all of the systems available. In theory, those using One Handed Dvorak should be faster. But research shows that is just not the case. Besides, there are just not enough people who went on with One Handed Dvorak to confirm that theory.

I, for instance, use the normal keyboard, I do 40 to 80 wpm (depending on the amount of sleep and coffee I have in my system!).

HOW LONG WILL IT TAKE THEM TO LEARN?

For those who never were speed touch typists, learning time will be fastest if they use the normal keyboard and One Hand Qwerty. Most people have at least played with a normal keyboard, and have a vague idea where the keys are.

Learning time will be faster for those who WERE speed touch typists with two hands before their disability if they use Half Qwerty.

WILL THE MANUFACTURER OF THE ALTERNATIVE BE AROUND IN 10 YEARS?

Of course we are guessing at this. But if we look at the lifespan of the average small computer manufacturer, then we have cause to worry. What will your user do if they are trained on an alternative, which eventually breaks down, and the company is gone? Well, they will go back to the normal QWERTY keyboard and start over. One thing is fairly certain, when the starship Enterprise really does launch, there is going to be a QWERTY keyboard on board.

WILL THE USER STAY WITH THE ALTERNATIVE? OR WILL THE PREFER TO 'FIT IN' WITH THEIR PEERS WHO EITHER DO NOT USE A KEYBOARD, OR HUNT AND PECK SLOWLY ON THE NORMAL KEYBOARD?

I do a survey every few years, the last was to over 9000 people: OT's, teachers, amputees, and many others with disabilities. I asked them, "Of any of the people you know, who were taught to use an alternatives to a normal keyboard, how many are now actually using that alternative in the workplace?" Two people.

It seems to me that 99% of those trained on one of these alternatives leave them in the closet, and instead hunt and peck on a NORMAL keyboard. Why? Because the majority of two handed people in most workplaces, in schools, and at play, are just hunt and pecking anyway. Our one-handed can get the same speed as his two handed friends. Why should he use an adaptive device and forever be put in the position of being "different"?

Since our one handed user is going to use a normal keyboard, regardless of what he was taught in rehab, why not spend that precious time learning to have competitive touch typing skills? Then, our one handed friend can be the fastest, most competent person, regardless on the number of hands he has!

IS THE "GOOD" HAND STRONG? CAN IT TAKE THE BURDEN NORMALLY SHARED BY TWO HANDS?

If one hand has good usage, then, although harder on the hands, the standard ONE HAND QWERTY is perhaps the best choice for two reasons.

One: value in the job market.

The reality is, the easier it is to bring someone into the workplace, the more appealing they are as an employee.

Two: Self value.

Selecting an alternative keyboard makes a user feel apart from their peer group. Being adept at the tool the others use at work and at play, the standard keyboard, gives their self esteem and self value a tremendous boost.

WILL THE REASON THE HAND/ARM IS DISABLED GO AWAY WITH TIME? PERHAPS AN INJURY THAT WILL HEAL?

Only learn any one hand method if you are sure there will never have enough coordination with the affected hand to type in the standard two handed method.

DOES THIS PERSON WORK ON THEIR OWN - PERHAPS THEY ARE RETIRED OR AN ENTREPRENEUR? WILL THEY NEED TO USE OTHER PEOPLE'S COMPUTERS, OR WILL OTHERS NEED TO USE THEIR COMPUTER?

If possible, avoid alternatives if our user plans to share a computer at work or at play. If not, and if the idea of a "different" keyboard intrigues them, then an adaptive device might be just the thing to add the element of fun to their training and encourage them to carry on until they become adept.

WAS THE USER A SPEED TOUCH TYPIST BEFORE THE DISABILITY?

If you can catch a former two handed speed touch typist within six months of the disability, use the HALF QWERTY SYSTEM.

If they were NOT a speed touch typist before the disability, then always suggest they use the keyboard as is! This is One Hand QWERTY: the one hand centering on FGHJ learns to touch type.

IN SUMMARY

For all of those 25 years of age and under, and for those who were not speed touch typists with two hands within the past six months:

Use One Hand Qwerty - uses a normal keyboard with the normal layout

Those who were speed touch typed with two hands within the past six months:

Use Half Qwerty - cuts the keyboard in half, and uses an alternative layout for the missing keys.

Those who will regain full use of the disabled hand.

Suggest they study 10 key skills until the disabled hand heals. Do not bother to teach them a one hand typing method.

Always try to help the one handed person use the tools commonly found at work and at play. Give them the ability to breeze into the workplace or school with confidence. Once there, they will have the typing skills to say to their two handed co-workers, "Oh here, let me show you how ... "

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Honesty Counts - Saheed Badru

A skyscraper is constructed for an organization. Few days later, a fire accident occurs and the building reduced to ashes. Assuming the organization has no insurance, then that means it has eventually collapsed. Events like this and its similitude illustrate the effect of building one's success on dishonesty. No matter how talented one is, incorporating dishonesty into his character totally destroys his success and turns his efforts and potentials into nothing. At times, we wonder why so many talented and intelligent individuals end up in a miserable state of disgrace and failure. It's not that they are not determined or focused; it is simply because they fail to possess a core value known as honesty. Lack of honesty is worse than a disease. A person who plants its seed in himself soon finds it spreading all around his life like wildfire. It keeps on manifesting until his day of reckoning. Anyone who really wants true success has to exhibit honesty in all his affairs.



For an individual to display honesty to others, he has to first develop honesty with himself. This is done by actually accepting yourself for your right actions and mistakes. Most people fail to admit their weaknesses. Such weaknesses generate into problems for them and create agonies in their lives. They tend to develop negative attitude and lose their morale. For instance, a drug addict who fails to accept the fact that drugs shorten one's life will find it difficult to put an end to the bad habit. As a result of his being dishonest with himself, he is disillusioned with the belief that drugs make him productive. He compounds his problems by the day and end up in regret. Honesty is a core value. It is the bedrock of goodwill and reputation.

Moreover, people who are not honest with themselves and others don't think big. They do not see opportunities that lie ahead for them. These guys are small-minded and keep on living their lives on the edge. For you to embark on a great task, you have to know about your self and the task ahead. However, you need honesty to achieve these two goals. You have to be truthful when accessing yourself and making productive decisions. Don't deceive yourself, be open-minded. A closed mind can never receive anything into it. That is, if one is not open-minded, there can be no room for improvement and learning for him.

Success does not come with just accomplishments, it comes with credible accomplishments. So many people are gifted and strive to get to the top. But as a result of their dishonesty, they fail to get a seat in the achievers' arena. They destroy their reputation and loose respect. This is common among people in public offices. They cling to bureaucracy, embezzlement and other forms of corruption. They believe that amassing wealth is a faster route to success. They are sure to get that short-lasting wealth. But nothing comes and goes without its price and recompense. Their recompense is disgrace and humiliation. What a loss! This is what we see in our society regularly. An example is the just-arrested former president of Liberia, Charles Taylor. The whole world knows how he deceived his people by taking them to an unreasonable war. He made them believe that he wanted the best for them. After embezzling of his nation's wealth, he sought for refuge in Nigeria. But now, nemesis has caught up with him and he is swimming in his pool of disgrace. Imagine an ex-president in handcuffs! He has lost global trust, credibility and repute.

Every one (of any category or class) needs to be honest in order to succeed. Dishonesty destroys success. A boss who is not honest with his employees might not make a good turnover in his company. He is sure to have an unhealthy employer-employee relationship and also loose existing and prospective customers. Dishonest employees are also sure to loose on the long run. Also, as citizens of our respective countries, we need to be honest by performing our civic duties for growth and stability in those countries. Why don't we have most top government officials listed or ranked among the richest men in magazines like Forbes? It's simply because most of them, despite their wealth do not earn good reputation, since they stole from public revenue. I am

not saying all of them, but most of them. Dishonest people never get good recognition.

In addition, when you are dishonest with others, you cheat yourself, not the other person. This is because a person who treats others dishonestly gets treated dishonestly. He who lives by deceit surely harvests deceit. Therefore, you must know that dishonesty doesn't pay on the long run. The rewards might be rosy and fast, but they are just short-lasting and regretful. So why gamble with your integrity? Why live in a mirage? It is your responsibility to protect your image. There is no excuse for being dishonest.

More importantly, no matter how many veils you use to cover dishonesty, it still uncovers itself. It can never be hidden for ever. People will see it vividly and build a general perception about a dishonest person. Unlock your success by being honest! Remember that; if we live by the rule of honesty and accept our problems, we can go far down the road of achievement.



Saheed Adebawale Badru (Pen-named Sahbad) is a young motivational writer who lives in Lagos, Nigeria. He loves to inspire people with his message of success and strives towards giving his best to the world. You can reach him through his weblog

<http://www.sahbadmotivation.blogspot.com>

Article Source: <http://www.EzineArticles.com>

NINTENDO'S INCOMPARABLE WII CONSOLE LAUNCHES NOV. 19

UEA-Life.com is not endorsing this product. Due to the nature of the controls (one-handed, wireless) operation UEA-Life.com felt that readers may be interested in this new game system. This is a press release provided by Nintendo.

30 New Games, 30 Retro Titles, User-Friendly 'Channels' Make it the Affordable System for Gamers, Newcomers and Families

NEW YORK, Sept. 14, 2006 – Nintendo will reshape the home entertainment and video game landscape with the launch of its heralded Wii™ home video game console. The Americas will lead the worldwide launch on Nov. 19. Wii will be sold as an affordable, mass-consumer product at an MSRP of just \$249.99. The price includes one wireless Wii Remote controller, one Nunchuk™ controller and the groundbreaking collection of five different *Wii Sports* games on one disc, which anyone can play using simple movements, experienced or not.

Every Wii console includes another distinctive feature: a series of on-screen "channels" that make up the Wii Channel Menu, which makes the console approachable and customizable for everyone, from the most avid gamer to people who have never played before. The Wii Channel Menu is the starting point for all of the console's functions. The "channels" offer a gateway to a rich variety of entertainment options. When connected to a TV, the Wii Channel Menu offers a simple interface, letting users pick games to play, get news or weather, view and send photos or even create playable caricatures of themselves to use in actual games. Additional functions allow users to redeem Wii Points and download classic games to Wii's Virtual Console™. The variety of options available through the Wii Channel Menu motivates both gamers and non-gamers to turn on Wii's power every day.

Wii is creating worldwide excitement with its unique control system, an inventive, first-of-its-kind controller whose position can be detected in a 3-D space. The new controller allows users to pinpoint targets in games or

move through the Wii Channel Menu with precision and ease. This intuitive control system will be understood immediately by everyone, regardless of their previous experience with video games. With this one small controller, Wii makes games both easier and more intense than anything previously experienced. For example, in the *Wii Sports* tennis game, players swing the Wii Remote like a racket to hit the ball, as in real life. They can add topspin or slice the ball just by angling their hands and wrist like they would in a real match.

"Wii reinvents games for the devoted player," says Nintendo of America President Reggie Fils-Aime. "But more importantly, Wii breaks the wall separating players from non-players by delivering the best game experiences for the most affordable price. We believe the next leap is games for the masses – young and old, gamer or non, alone, with a friend or with the whole family."

Fils-Aime made his remarks in New York, shortly after Nintendo executives in Japan announced Wii will launch there on Dec. 2.

Between launch day and Dec. 31, Wii owners will enjoy a robust lineup of 30 software titles, with selections for everyone from video game veterans to newcomers. Some top Nintendo launch titles include *Wii Sports*, a compilation of tennis, baseball, golf, bowling and boxing; *The Legend of Zelda®: Twilight Princess*; and *EXCITE TRUCK™*. While publishers are free to set their own prices for games, first-party Nintendo titles will have an MSRP of \$49.99. Wii's self-loading media bay also can play the entire library of more than 530 Nintendo GameCube™ titles from day one.

Third-party developers around the world have lined up to provide unprecedented support for Wii.

"The Wii is changing audience interaction, opening up whole new experiences that have never been possible in video games," says Robert Kotick, Chairman and CEO, Activision, Inc. "With the instinctual control of the Wii Remote, Nintendo is advancing the gaming experience to the broadest audience of gamers. Activision is excited about the launch of the Wii and the opportunity it offers. So much so, we plan to have five titles available at launch – our strongest lineup ever for a new console. We have more development resources devoted to the Wii than to any previous Nintendo platform. The Wii is likely to have a profound impact on the size, growth and overall opportunities for the video game market."

"I believe the Wii will attract new and casual gamers to the world of interactive entertainment," says Larry Probst, Chairman and CEO, Electronic Arts. "It's a fun, easy and economical system that will become a bridge to gaming for mainstream audiences. At EA, we are putting more support behind the Wii than any Nintendo hardware launch since the Super NES."

"The Wii control scheme opens up unexplored areas for our talented teams to innovate when creating games," says Laurent DeToc, President of Ubisoft North America. "It's invigorating for us. We believe that it will help create a new level of interest in video games and engage more players around the world."

Additional information about the list of Virtual Console games and the pricing structure will be revealed in the coming weeks.

The worldwide innovator in the creation of interactive entertainment, Nintendo Co., Ltd., of Kyoto, Japan, manufactures and markets hardware and software for its Nintendo DS™, Game Boy® Advance and Nintendo GameCube™ systems, and upcoming Wii™ console. Since 1983, Nintendo has sold nearly 2.2 billion video games and more than 375 million hardware units globally, and has created industry icons like Mario™, Donkey Kong®, Metroid®, Zelda™ and Pokémon®. A wholly owned subsidiary, Nintendo of America Inc., based in Redmond, Wash., serves as headquarters for Nintendo's operations in the Western Hemisphere. For more information about Nintendo, visit the company's Web site at <http://www.nintendo.com>.



Manufacturer's Forum

The forum is a line of communication from companies that manufacture or distribute products for upper extremity amputees or researchers searching for UEAs to be part of the development process.

This forum is used to communicate new ideas for products, gain valuable feedback on existing products or recruit testers for new products specifically for arm amputees.

UEA-Life.com does not endorse or promote these companies. Any company who wishes to post in this section may do so for no charge.

UEA-Life.com does reserve the right of editorial control.

UEA Links

ARM-AMP: A Web site For Arm Amps by Arm Amps	http://www.arm-amp.com
OADH: One Armed Dove Hunt- fellowship and helping recent amputees is the primary focus	http://www.onearmdovehunt.com
Helpful Tips For Arm Amps	http://loricase.com/tips4arm-amps
MTB-Amputee - amputee mountain biking and cycling enthusiasts	http://www.mtb-amputee.com/index.htm
Amputee and Disability Resource Directory inc.	
Phantom Pain Support Group, Humor, Stories, News and more for the active or new amputee	http://www.amputee.ca
The Global Resource for Orthotics and Prosthetics Information	http://www.oandp.com

Links for Veterans

Department of Veterans Affairs	http://www.va.gov
Disabled American Veterans	http://www.dav.org
VA Rehabilitation Research & Development Service	http://www.vard.org/rehab.htm
Walter Reed Health Care System: Walter Reed Army Medical Center	http://www.wramc.amedd.army.mil

UEA Language

UEA	Upper Extremity Amputee
Residual Limb	Extremity Remaining After Amputation
Dis articulate	Amputate or separate at a joint
LAE/RAE	Left Above Elbow/Right Above Elbow
LBE/RBE	Left Below Elbow/Right Below Elbow
BBE/BAE	Bi-Lateral Below Elbow/Bi-Lateral Above Elbow
LWD/RWD	Left Wrist Dis articulate/Right Wrist Dis articulate
LED/RED	Left Elbow Dis articulate/Right Elbow Dis articulate
LSD/RSD	Left Shoulder Dis articulate/Right Shoulder Dis articulate
Socket	part of the prosthesis where the residual limb fits
Cable	connects terminal device and harness. A separate cable connects elbow joint lock to harness
Electrode	contact (on myoelectric prosthesis) located inside the socket which detects muscle activity to open and close the terminal device
Harness	straps which cross the back and shoulder, attaching to the cable and elbow lock. Used to open and close terminal device and lock/unlock elbow
Prosthesis	a device to replace the missing portion of arm
Prosthetist	person who designs prosthesis
Terminal device (TD)	a hand, hook, or specialty device attached to the wrist unit of the prosthesis
Wrist unit	attaches the terminal device to the socket

UEA-Life.com is looking for writers!

If your spouse, significant other, brother, sister or any family member (or even your friends) are interested in contributing please use the contact information below.

Your article about coping with someone's loss may just change someone's life!

Parting Thoughts

If you're reading this then you must have finished the issue! I hope you agree that UEA-Life.com is the source for UEAs.

I also hope you agree that the gentleman who graces the front cover of this issue is quite an inspiration! His is an attitude we should all strive for! Over the past couple of months, through an email "conversation" I can honestly say that he has inspired me to go on with the work I began last year.

Typing is an issue many of us deal with daily. I choose to use a one-handed keyboard but, in this issue, Lilly Walters presented an alternate point of view on that subject.

Saheed Badru's article about honesty really hit home for me. What a great world this would be if everyone were honest in dealing with others.

Once again I hope you enjoyed this issue and I look forward to our next meeting. Please forward this issue (or the link to <http://www.uea-life.com>) to anyone you feel may benefit from reading this publication.

Please send any comments on this issue to: <mailto:dave@uea-life.com>. I welcome your comments or suggestions.

The publication schedule is quarterly so the next issue will be Jan. 1, 2007

Thanks for reading UEA-Life.com

If you would like to become a guest columnist in **UEA-Life.com** use the link below.

The message text should include your name as well as the topic you wish to write about.

<mailto:uea-life@uea-life.com>

Just for Fun

So there were two guys on a roof, pounding nails. One guy pounded a nail in, and then picked up another. He was holding the nail upside down. He unexpectedly threw the nail away. He picked up another nail, right side up this time, and pounded this in. He eventually threw so many upsides down nails away, that his friend came over. "Eh, what you doing? How come you're throwing away all those nails?" he asked. "Because they're upside down," the friend replied. The other guy looks at the friend, then, after some thought, says, "You Idiot, save them for the ceiling!"