



Newsletter

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Welcome to the August Edition of StrokeNet. This issue includes three articles focused on helping stroke survivors negotiate the world more easily. These include an article where readers share wisdom on products. The focus is on using one hand, but, the advice often can be of help with 2 hands or with no hands. There is an article on keyboarding which is aimed to share information that might help your computer interaction. Michael Roberts reviews the book "One-Handed in a Two-Handed World," by Tommye K. Mayer.

Also in the issue you will find an article where Rhonda Peterson reveals her relationship with her cars. David Ray writes his monthly column on Living with Stroke in New Zealand. Barbara Layne provides a website review. At the end of the newsletter are this month's bios featuring Timothy Minikel and Kit Morrison. Happy Reading! To write to the editor chose to reply to this email.

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Organization Highlights, by Steve Mallory

Steve shares news of the Stroke Network. First he comments on the new chat room and site search purchased this month for the website.

He tells of a newsletter article, which was published in his local newspaper. In addition to great publicity for the Stroke Network it also initiated some donations.

[Read Steve's Remarks...](#)

 *Life in New Zealand with a Stroke, by David G. Ray*

This month's Stroke Club meeting included a talk by a rugby commentator and a report from a fellow stroke survivor's recent trip to North America. Finally David shares with us information about Queenstown, including skiing data.

[David's Article...](#) »

Car Titles, by Rhonda Peterson

Rhonda shares a brief story she wrote for "The Ramblings." In it she introduces two cars she has owned. Do you have a close personal relationship with your vehicle???

[Rhonda's Article](#) »

Stroke Survivor Rehabilitation Recommendations



We asked readers to help with ideas of how they manage with one hand in a two handed world. Several made suggestions that will be helpful to stroke survivors whether they have the use of two, one, or no hands. The list includes everything from dental floss that can be used with one hand to having a cell phone handy. The listing shows that there is no end to the ingenuity stroke survivors have used to make the world a more workable place.

Take a look at the ideas and see if there isn't something that could help to you!

[The Recommendations...](#) »

Keyboarding Alternatives, by Lin Wisman

Keyboarding problems have frustrated most stroke survivors. No matter how many hands you have available the keyboard has probably been a source of irritation. In the article various options to alleviate this frustration are discussed. In addition there are links, which will help you find more information.

[Keyboarding Options...](#) »

*Book Review: One Handed in a Two Handed World,
by Michael Roberts*

Michael recommends this book which includes practical advice for stroke survivors.

[The Review](#) »

Website Review, by Barbara Layne

This month's stroke website is: www.mayo.edu

It is a site about stroke from the Mayo Clinic. It contains all the usual sections - "what is a stroke?" - "types of strokes" - "warning signs", etc. A different twist are the sections, "Impact of Stroke on Family and Support Groups" and "Emotional Response to Stroke". Explore all of the sections and you will, hopefully, learn something new about a subject that has become all too familiar to us all!

[The Mayo Website](#) »

Bio: Kit Morrison

Timothy shares his stroke stories including his frustration of wanting to return to work, vision problems and problems with memories and dreaming.

Kit shares with us his 15 years journey of recovery. He proves that the long haul is not only possible, but worth it!

[Read Bio](#)

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About Us



What is The Stroke Network? Where did it come from? Who are the people that work there? Read the FAQ if you would like to know.

Just with is FAQ? I've seen it on the Internet several times but I've never understood what it stood for. What is FAQ and why does our organization have these letters? FAQ is an acronym for Frequently Asked Questions. It's basically questions that most people are going to ask if they want to know about your web site and service.

Our organization has a FAQ in order to give you some background information and insight into our organization. The FAQ is linked from virtually every single page on our whole web site. If you scroll down

the page and look on the left column you will see a button with a question mark. Click on the button and you will be hyperlinked to our FAQ web page.

You will learn about the formation of our organization and it's history. You can find out who are our partners and learn about our basic policies. Most of the frequently asked questions can be found here but if you have more please let us know.

[About Us](#) »

Quick Links...

- [Chat Schedule](#)
- [Newsletter Archive](#)
- [Donate to Us](#)
- [Stroke Caregivers Handbook](#)
- [Stroke Awareness](#)
- [Aphasia Information](#)

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