

*One-Handed  
in a  
Two-Handed  
World*

[www.hemifoundation.org](http://www.hemifoundation.org)  
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July 9-12, 2009

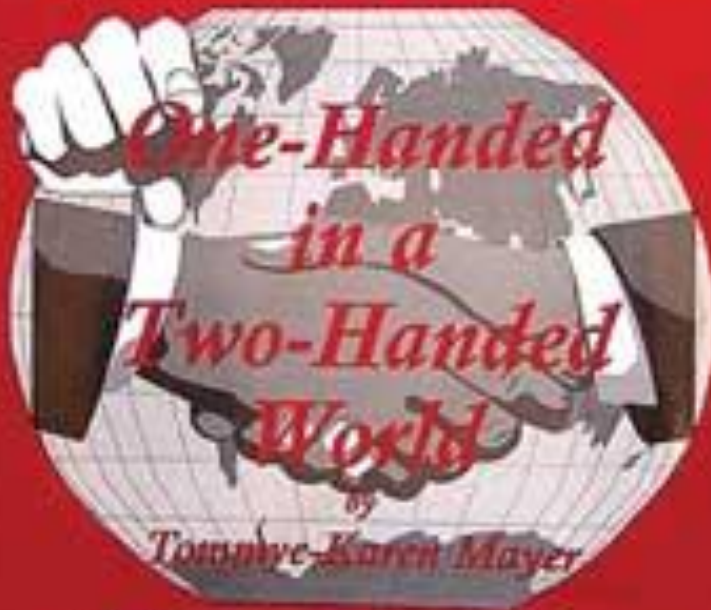
*Second Edition, Revised: Now includes a Reference Index and even more examples of managing effectively with one hand.*

Senator Bob Dole, "I could have used a book like this a long time ago!"

Dr. C. Everett Koop, M.D., Sc.D., former US Surgeon General, "An inspirational read for anyone with a handicap, permanent or temporary..."

Senator Max Cleland, D-GA, former VA Chairman, "I found your wonderful book marvelous..."

Patricia Neal, Actress, war-torn ankle survivor, & rehabilitation hospital founder for the United States and Britain, "A very good book."



Your guide to managing single-handedly, written by one who has: "Been there. Done that."

## Contact Information

Price: \$20.00

Phone: (888) 940-0605

Website:

<http://www.dynamic-living.com/product/onehanded-in-a-twohanded-world/>

5 small for \$12.50 (cans & bottles)



5 cups for \$30.00



5 insulated cups for \$20.00



10 mini for \$10.00



\$5.00 fixed shipping cost

# Lil' Suckers

How to install



## Contact Information

Website:

<http://lilsucker.com/>



# Dycem



Comes in clear too!

Website:

<http://www.sammonspreston.com>

Price: \$17.99

# Silicone, Heat-Resistant Pot Holder



## Contact Information

Where: Department Stores  
Price: \$9.99



# Lids Off



## Contact Information

Website:

<http://www.sammonspreston.com>

Price: \$79.99

# One Touch Jar Opener



## Contact Information

Website:

[http://www.asseenontv.com/product-pages/one\\_touch\\_temp.html](http://www.asseenontv.com/product-pages/one_touch_temp.html)

Price: \$19.95

# One Touch Can Opener



## Contact Information

Price: \$19.95

Website:

[www.onetouchopener.com/](http://www.onetouchopener.com/)

You can purchase can opener  
in retail stores too!



# EZ Squeeze Can Opener



## Contact Information

<http://www.sammonspreston.com>

Price: \$17.99

# 3-in-1 Opener



## Contact Information

<http://www.sammonspreston.com>

Price: \$8.95

Opens plastic and metal twist-off caps, bottles, and tab-top cans.

# Vidalia Chop Wizard



## Contact Information

Price: \$19.95

Website:

<https://www.chopwizard.com/>

# Adjustable Cutting Board



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$59.99

# Good Grip Mixing Bowls



## Contact Information

Where: Bed Bath & Beyond Stores

Prices:

1½-Quart: \$7.99

3-Quart: \$8.99

5-Quart: \$9.99

Also available on

<http://www.sammonspreston.com/>

# Bowl Holder with Bowl



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$69.99

# Kitchen Aid Stand Mixer (5 Quart) with Locking Bowls



## Contact Information

Where: Kohl's Department Stores

Regular Price: \$359.99

Sale Price: \$299.99

# Folding Pan Holder



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$22.99



# Rolling Pin



## Contact Information

Website:

<https://www.pamperedchef.com/ordering/shopOnline.tpc>

Price: \$16.50

# Measuring Cup & Spoon



## Contact Information

Website:

[https://www.pamperedchef.com/ordering/prod\\_search.tpc](https://www.pamperedchef.com/ordering/prod_search.tpc)

Cup Price: \$16.00

Spoon Price: \$12.50

# Cookie Dough Scooper



## Contact Information

Website:

[https://www.pamperedchef.com/  
ordering/prod\\_search.tpc](https://www.pamperedchef.com/ordering/prod_search.tpc)

Prices:

Small: \$12.50

Medium: \$13.00

Large: \$14.50

# Ice Cream Scoop



## Contact Information

Website:

[https://www.pamperedchef.com/ordering/prod\\_search.tpc](https://www.pamperedchef.com/ordering/prod_search.tpc)

Price: \$14.75

# Push/Pull Helper



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$9.99

# Fruit & Veggie Scrubber



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$11.99

# Clamp-On Veggie Peeler



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$36.99

# Perfect Tear Paper Towel Holder

## Contact Information

Where: Bed Bath and Beyond Stores  
Price: \$14.99





# Salt and Pepper Grinder



## Contact Information

Website:

[http://storestockusa.com/Catalog\\_Product\\_Details.asp?PID=7315](http://storestockusa.com/Catalog_Product_Details.asp?PID=7315)

Price: \$9.98

# Rocker Knives

#1



#2



## Contact Information

#1 [www.rehabilitystores.com](http://www.rehabilitystores.com)

Price: \$19.99

#2

<http://www.sammonspreston.com/>

Price: \$10.99

# Outdoor Party Plates



## Contact Information

Website:

[https://www.pamperedchef.com/ordering/prod\\_search.tpc](https://www.pamperedchef.com/ordering/prod_search.tpc)

Price: Set of 6 for \$12.50

# Straight Cutter



## Contact Information

You can buy this at any nearby scrapbook store or just Google *Fiskars Personal Paper Trimmer*

Website:

[http://www.fiskarscrafts.com/tools/c\\_trimmers.aspx](http://www.fiskarscrafts.com/tools/c_trimmers.aspx)

Price: \$25.30

# Ultra ShapeXpress



## Contact Information

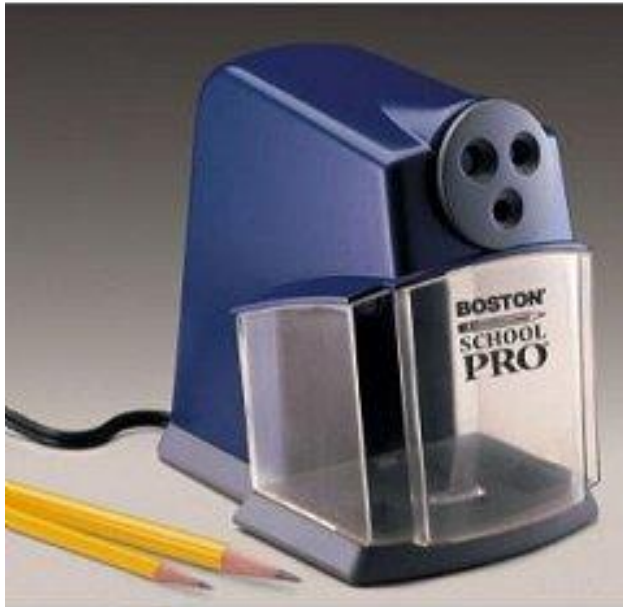
You can buy this at any nearby scrapbook store or just Google *Fiskars Shape Cutter*

Website:

[http://www.fiskarscrafts.com/tools/s\\_shape-cutting-tools.aspx](http://www.fiskarscrafts.com/tools/s_shape-cutting-tools.aspx)

Price: \$21.00

# Electric Pencil Sharpener & Electric Stapler



## Contact Information

Where: Department Stores  
Price: Varies



# Foot Funnel



## Contact Information

Price: \$12.95

Website:

[www.footfunnel.com](http://www.footfunnel.com)

# Shoe Buttons



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price for set of 4: \$9.99

Come in black, brown, and white



# Shampoo/Conditioner Dispenser

## Contact Information

Website:

[http://www.dispenser.com/index\\_shopping\\_03.mv](http://www.dispenser.com/index_shopping_03.mv)

Price: \$24.99



# Hairmade Hair Dryer



## Contact Information

Price: \$18.95

Phone: 800-216-5665

Website:

<http://www.hairmade.net/>

# Reach Flosser



## Contact Information

Price: \$2.09

Where: Department Stores

# One-Handed Nail Clipper



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$44.99



# FlipFold



## Contact Information

Website:

[www.flipfold.com](http://www.flipfold.com)

Phone: 888-201-3653

Price: \$15.99

# Envelope Opener



## Contact Information

Website:

<http://www.sammonspreston.com/>

Price: \$17.99

# Automatic Card Shuffler



## Contact Information

Website:

[http://www.funagain.com/control/product/~product\\_id=020489](http://www.funagain.com/control/product/~product_id=020489)

Price: \$18.00