



June 2010

Brought to you by:

**Visiting Nurses
Association of the
Inland Counties
(VNAIC)**



For more information
about VNAIC contact us
at 1-800-498-6242 or our
web site at vna-ic.org.

NOTE TO READERS:

While we strive to
publish accurate
ordering information
for the products listed
in this newsletter, item
prices and availability
are always subject to
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Now You Can Go Outside and Enjoy the Sun



The **Cocoon Polarized Sunglasses** are designed to easily fit over your prescription glasses. The polarized lenses have advanced 360° UV protection to block glare and improve contrast, allowing your eyes to remain relaxed and focused on the task at hand. They come

in a neutral sand color, in 3 sizes and in 4 filter shades: amber, gray, yellow and copper. Medium fits glasses frames measuring up to 5-1/4" x 1-1/2" large up to 5-3/8" x 1-7/8" and extra large up to 5-1/2" x 2". They're available at \$39.92 at LS&S.

Visit www.lssproducts.com or call 1-800-468-4789. Item #301016

Save your fingers ...

...with the **Tower Fruit and Vegetable Slicer**. It quickly slices fruit and vegetable directly into a 1.4 liter container. The V-shaped blades quickly cut 11 slices in one swift motion. Easily slice everything from kiwis to carrots to tomatoes.

Perfect for making fruit salads, scalloped potatoes and tossed salads. Sturdy clear plastic container with non-slip feet minimizes countertop mess.

Includes lid cleaning tool.

The vendor says it's

dishwasher safe. The slicer measures 5"x5.5"x5". It's available for \$24.95 at www.sightconnection.com or call 1-800-458-4888.

Item # PLU-464



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Take a Cup or Bottle Wherever You Go

This **Universal Beverage Holder** attaches to the tubular frames of most walkers or wheelchairs for easy access.



You can carry any standard-size bottle, cup or can from 10

ounces up to 32 ounces. The cup holder has an optional stay-cool styrene insert. It's available for \$18.65 at Allegro Medical Supplies. Visit www.allegromedical.com or call 1-800-861-3211. Item #191915

Never Drop Your Cane Again ...

...with the **Universal Wrist Strap and Cane Holder Kit**. The handy wrist strap fits most wood and aluminum canes and holds onto your cane so you don't have to. The cane holder allows you hang your cane on a table, counter top or desk so you don't have to struggle to balance it on the handle. The cane holder fits any size standard cane. The kit includes both and is available for \$7.95 at Support Plus. Call 1-800-229-2910. or visit www.supportplus.com. Item #FB6672



Maintain Healthy Hand Strength ...

...by exercising with this medium resistance silicone putty. It's an easy and convenient way to regain hand function after an injury. The vendor says the **Hand Exercise Putty** is never greasy or sticky. The putty is soft and airy, making it easy to squeeze, pinch and stretch as you work your muscles. It cost \$9.95 at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Item #92437

Never Burn Your Hands or Arms Again ...

...when you have to reach into the oven. The lightweight **Push /Pull Helpers**, keeps your hands and arms safely away from contact with hot surfaces. The flat wooden 12-inch stick with triangular notches is idea for pulling or pushing oven racks or hot dishes. A great tool for anyone with arthritis, limitations in finger function or sensory deficits. It's available at Active forever for \$7.95 Visit www.Activeforever.com or call 1-800-377-8033. Item # A17065



Keep Your Hands Steady when You Eat...

...using the **OXO Good Grips Weighted Utensil**. Each weighted utensil features the Good Grip handle and a special twist built into the metal shaft that allows it to bend for either right- hand or left- hand use. The weighted angled rocker knife requires only minimal arm strength for cutting. **Good Grips Weighted Utensils** are idea for anyone with limited hand control, Parkinson's disease. The utensils are available from Active Forever for \$7.95 each. Visit www.Activeforever.com or call 1-800-377-8033. A17040 01 Fork, A17040 02 Teaspoon, A17040 03 Tablespoon, A127040 04 05 Rocker Knife



Keep Your Medical Records in One Place

With the **Medical Manager**. You can keep critical medical records and documents with you wherever you go.

Large size binder rings provide available space for extra notes, forms and cards.

The **Medical Manager** also features oversized retractable handles that make it comfortable to carry. You can find this handy binder at Youcan Toocan for \$28.95. Visit www.youcantooocan.com or call 1-888-663-9396. Item # 11570



Read the Small Print Without Straining Your Eyes ...

...with the **Non-Distorting Lighted Magnifiers**. This set of three hand-held acrylic lens magnifiers in strengths of 4X, 6X and 7X with LEDs illuminate your subject either on high beam or low. Perfect for fine print and hobbies that require close-up work.

The set of three is available from Gold Violin for \$24.95. Visit www.goldviolin.com or call 1-877-648-8400. Item #92258



Struggle No More With Your Front Door Lock



The **White Key Turner** features a curved built-up handle that holds one key. It provides an easy grip and good leverage to help with the lock. This tool is handy for anyone with limited hand control. Available at Youcan Toocan for \$11.90. Visit www.youcantooocan.com or call 1-888-663-9396. Item # 0156

Check Out The TOOLS Resource Center —

Our new TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information and help with your questions about assistive technology, caregiving and independent living. The site also hosts a blog written by TOOLS editor Michael Carbine with news, updates and notes of interest, and a collection of back issues of the *TOOLS for Independence* newsletter. You can also take a survey and tell us how we can make TOOLS more helpful and useful for you. Visit us at www.TOOLSforIndependence.org.

TOOLS for Independence™ . . . THIS ISSUE is brought to you courtesy of the VISITING NURSES ASSOCIATION OF THE INLAND COUNTIES (VNAIC)





TOOLS for IndependenceTM

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This newsletter is distributed to you courtesy of the *Visiting Nurses Association of the Inland Counties* (VNAIC) in cooperation with the Independent Living Partnership. VNAIC is the oldest non-profit in-home nursing and hospice provider agency serving Riverside County and the Inland Empire.

Let the Music be your Guide...

...with the **Musical liquid Level Indicator**. When the liquid reaches 1" or 25 millimeters from the top of the cup, a lovely tune is sounded alerting you to stop pouring. It uses two 357 A (button cell) Both the batteries and two spare batteries are included. It's on sale at Independent Living Aids, LLC for



\$7.45. Visit www.independentliving.com or call 1-800-537-2118. Item # 756963

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