

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



May 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
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independently in their
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Build Hand Strength and Coordination...



...by exercising each finger separately with the **Via Gripmaster Hand Exerciser**. Because each finger in your hand is powered by a completely separate system of muscles and tendons, strength, endurance and coordination start with the hand itself, and your fingers are the key. So the best way to build hand strength is to exercise each finger individually. The vendor says that the Gripmaster awakens

the hand almost immediately. It cost \$12.95 at Youcan Toocan. Visit www.youcantooacan.com or call 1-800-663-9396.

Stay in Shape Without Strain- ing or Cramping Your Hands

When you use the **Palm Bell Hand Weights**, you can get all the benefits of traditional weight training without using your hands to hold metal dumbbells. Velcro safety straps keep the weights in your hands, while an inflatable air chamber inside the weights let you adjust the fit for better hand comfort. The weights offer an easy-to-grip alternative for people with arthritis or anyone who has trouble gripping the cable handles. Each set costs \$24.95 and includes two weights and an air pump. They are available from Simple Comforts by visiting www.simplecomforts.com or calling 1-800-361-1440. No item number listed. NOTE: The vendor strongly recommends consulting a physician before beginning this or any other exercise program.



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Keep Everything You Need Within Reach...



...with the **Wheelchair and Scooter Backpack**.

These durable ballistic nylon bags keep your personal

items well within reach and organized. Generous size backpack attaches easily to wheelchair handles or your scooter seat back with hook and loop closures. Available in navy or red from Gold Violin for \$65.00. Visit www.goldviolin.com or call 1-877-648-8400. Item #91299-300.

Rebuild Connections— Spark An Exchange...

...with someone with dementia, stroke, multiple sclerosis and other related disorders. Simply open up your copy of **Wishing on a Star** to a favorite illustration, read it from start to finish, or select a special page or two and you can rebuild your connections and spark exchanges with your loved one. **Wishing on a Star** describes favorite activities and experiences that fill each person's day. It is styled with the appeal and simplicity of a children's book but created for adult audiences. It is available for \$19.95 from the Alzheimer's Store. Call 1-800-752-3238 or visit www.alzstore.com. Item #2290.



A Bed Tray That Is Light Weight And Handy



Use this bed tray for eating, writing, or playing games in bed. Side pockets provide ample space for books, magazines, and cards. Side handles make carrying and handling easy. This tray has a 17" wide leg room and a 11" x 14" flat area with an edge rim. It is made of plastic and comes in assorted colors. It costs \$29.81. You can find out more by calling 1-800-827-8283 or at RehabMart at www.rehabmart.com. Item #MDK-H764170000.

Hot Or Cold Relief For Pain...

is available with the original **Bed Buddy Back Wrap**. Microwave it for use as a hot pack or refrigerate it for use as a cold pack. With its quick-adjusting strap, the Original Bed Buddy Back Wrap can be comfortably secured in various positions on the body. It is designed specifically for relief of nagging lower back pain, stomach cramps, and leg, arm or shoulder aches and pains. The unique moist heat or cooling sensation will give relief to the affected area while remaining comfortably secure. Contains 100% organic materials that the vendor says are safe for the environment, people and pets. It is available for \$22.95 from Youcan Toocan.

Call 1-888-663-9396 or go to www.youcantooacan.com. Item #11273.



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Through the decades
Visiting Nurse Association
of the Inland Counties
A tradition of caring

Never Sleep Through Alarm

This portable **Sonic Shaker Travel Vibrating Alarm Clock** shakes you awake with its powerful bed shaker and extra loud pulsating alarm. The Sonic Shaker comes with

batteries, pillow strap with clasp, and a protective travel case. It is available for \$29.95 at Silent Call Communications. Call 1-800-572-5227 or visit www.silentcall.com. Item #SBP100.



A Light Tells You When It's Safe To Enter Shower

The three little bears had to taste their porridge to find out if it was too hot or cold. But with the **Water Glow LED Light Shower Head**, you never have to touch the water in your shower to find out if it is too hot or too cold. If the light on the shower head is green, the water is too cold. Red means it is too hot, and flashing red means scalding. When the blue light flashes, it is safe to get in. The vendor says it is easy to install. Simply twist off your existing showerhead and replace it with the Water Glow. It is available from Active Forever for \$19.95, and you can find out more at www.activeforever.com or by calling 1-800-377-8033. Item #A17435.



Let Colors Be Your Measuring Guide

The vivid colors on the **Color-Cue Measuring Set** of five plastic measuring cups and five measuring spoons make them easy to find in a drawer. And when you are looking for a particular measurement, you can select the cup or spoon by the color rather than trying to find and read the measures marked on the cups and spoons. The vendor says they are dishwasher safe. They are available for \$7.25 at SightConnection. Call 1-800-458-4888 or visit www.sightconnection.com or call 1-800-458-4888. Item #PLU483.



Easy, Safe Way To Enjoy A Snack

Don't let arthritis keep you from enjoying hot beverages, or bowls of cereal, soup or ice cream. The ceramic **Easy-Hold Bowl** with large, thumb-sized handle rests comfortably in the palm of your hand, making it easier to enjoy a snack or a meal. The bowl holds 18 ounces and measures 3-1/4" high x 6-1/4" in diameter. The vendor says the bowl is both microwave and dishwasher safe. Available at \$22.95 from Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Item #91850.



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.

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Never Miss A Pill...

...with the help of this **Easy-Open Pill Organizer**. These 7-day pill planners keep daily medications and supplements organized so you will stay on schedule according to doctor's instructions. Both styles have easy-open, pop-up covers and sure-grip bottoms. AM/PM Planner has two sections for morning and evening meds.

Medtime Planner has four sections for morning, noon, evening and bedtime. Made of easy clean polypropylene. Priced at \$10.95 each from Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Item #92319F1.



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