

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



August 2011

Brought to you by:

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



**For more information
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The nonprofit Independent Living Partnership (ILP) - helping people to live independently in their homes. On the web at: www.livingpartnership.org

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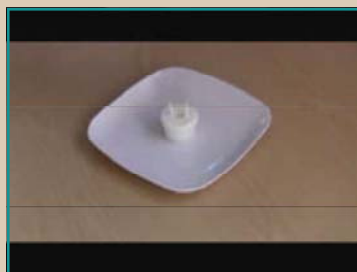
This Easy-to-Use Telescoping Self-Examination Mirror...

...is perfect for anyone with diabetes or other conditions that require daily foot care exams, skin-care monitoring, or self-examination of other hard-to-see areas. The two-sided shatter-resistant mirror features regular and 2x magnification. A soft grip handle prevents the device from slipping. It expands from 6 inches to 18 inches and easily folds down to fit in the protective storage pouch (included). It's available at Active Living Now for \$18.99. Visit www.activelivingnow.com or call 1-866-376-9981. Item # MPT20012.



No More Slipping and Sliding When You're Peeling

The **Peeling Plate** is an adapted plate with an attached vegetables and fruit holder. Two 1-inch sharp plastic prongs securely hold vegetables or fruit on the plate for peeling with one hand. The vendor says that the plate's parts are safe for food and dishwasher use. The 8-inch square plate includes a rubber nonslip mat that keeps the plate from slipping, and this makes one-hand peeling a snap. It's available at the Wright Stuff for \$13.95. Visit www.wrightstuff.biz or call 1-877-750-0376. Item# AKT110.



To Our Valued Readers:

While we provide links to stores offering the products we feature in each issue of *TOOLS for Independence*, these products and products like them may be available from other outlets. So it's always a good idea to shop around for a product that catches your eye. You may find that it's available somewhere else at a lower cost or in a slightly different design that better meets your needs.

Just the Right Temperature for Soothing Relief from Headaches, Eye Strain and Sinus Pain

The **Eye Pillow** comfortably conforms to your face and eyes and the cooling ergo Beans within the pillow are perfect for relieving the pain of migraines, headaches and sinuses, and also eyestrain. Simply place the **Eye Pillow** in the freezer and when you need it, it will offer cool relief and not the shocking feel of ice or gel packs. The vendor notes that the mask is made of breathable Cotton Lycra and smooth ergo Beans that spread a gentle, soothing weight with massaging affects around your eyes. It also features sewn-in darts to leave room for your eyes and lashes. It's available at Allegro Medical Supplies for \$10.89. Call 1-800-861-3211 or visit www.allegromedical.com . Item# 30131.



Keep Your Door Securely Locked Whenever You Are Inside Your Home or Hotel Room

While deadbolts have always provided protection from burglars and home break-ins, more burglars are now using a bump key, which unlocks deadbolts from the outside. The **Super Grip Lock** is an industrial-strength safety strap that keeps the deadbolt knob from being turned. The vendor claims that this tool is recommended by police, is easy to use and when attached correctly, it prevents the knob from being turned. You can use it at home or while staying in a hotel. It's available at Gold Violin for \$7.95. Call 1-877-648-8400 or visit www.goldviolin.com . Item # 92582.



Get a Firm Grip on Your Drinking Cup

The molded **Melamine Cup** has a large indentation at its base so your thumb and index finger will slip easily around the narrow stem of the cup, allowing for a firm grip. It's a particularly useful device for anyone with limited grasp or decreased finger strength. The cup itself holds 8 fluid ounces and the vendor says it's dishwasher safe. It's available for \$9.95 at The Wright Stuff. Visit www.wrightstuff.biz or call 1-877-750-0376. Item # AMC700.



Dear TOOLS Reader: We'd like to hear from you about your experiences with products you may have purchased after reading about them in TOOLS. Did they work? Did they meet your needs? And if they didn't work or meet your needs, tell us why. We also want to know if you experience any problem with vendors from which you order products. Your feedback will help us to make sure that we provide the most helpful information possible to you and other readers. Contact Mike Carbine, Editor, at editor@toolsforindependence.org or call him at (951) 653-0740 ext. 21

Check Out the **TOOLS Resource Center**

Our **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, care giving and independent living. The site also hosts 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.

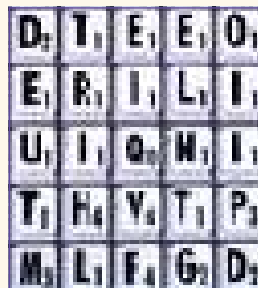
Keep The Brain Working— And Have Fun Doing It

This Scrabble set features both large letters and a white board for easy seeing. The **Large Print Scrabble Game** set has the standard size white plastic letter tiles but they are imprinted with large (1/2") bold black letters with easy-to-see point values. The large print flat game board is made of hard plastic



with a raised grid to hold the tiles in place. The game board is white with no colored grids. The set includes a large-print user's guide. It is available for \$41.50 from the Sight-Connection. Find out more about this and other games by visiting www.sightconnection.com or by calling 1-800-458-4888. Item #PLU-411.

Or.....you can use these large print Scrabble pieces on your regular Scrabble board. The **Low Vision Scrabble Tiles** make playing Scrabble easier on your eyes whenever you are using your regular Scrabble game board. They feature bold, black extra-large (1/2") letters set on a bright white tile. Each tile measures 1-1/6" x 1-1/6". The set includes 100 tiles and costs \$17.00. It's available from the SightConnection. Visit www.sightconnection.com, or call 1-800-458-4888. Item # PLU-310.



Get a Low-Impact Cardio Workout in the Comfort of Your Own Home

Now you can enjoy a safe and gentle form of low impact arm or leg exercise without traveling to a health club. The **Exercise Peddler** is an ideal tool for Increasing circulation without a bulky machine or bike. According to the vendor, you can easily adjust the tension to increase or decrease resistance for your own comfort and safety. And it's light-weight and compact so it can be stored easily. And it only costs \$21.99. For more information, contact Active Living Now at 1-866-376-9981 or visit www.activelivingnow.com. Item# 10270KDRSV-1.





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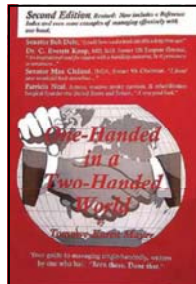
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This newsletter is distributed to you courtesy of the *Visiting Nurses Association of the Inland Counties* (VNAIC) in cooperation with the Independent Living Partnership. VNAIC is the oldest non-profit in-home nursing and hospice provider agency serving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

Tips for Getting Along One-Handed In A Two-Handed World

One-Handed in a Two Handed World is a guide to managing single-handedly. It's written by Tommye-K. Mayer, who is single-handed herself, so she has "been there, done that" when it comes to understanding how to live single handedly. The book contains 250 pages of ideas and tips for daily activities and the kinds of chores and things you have to do every day, including cooking and getting dressed. It's available at Dynamic-Living for \$20.00. Find out more at www.dynamic-living.com or call 1-888-940-0605. Item # 2100.



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Editor: Michael Carbine

Associate Editor: Ray Mastalish

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740 Ext. 21

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758

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