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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.**

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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

**Help Finding
Assistive
Technology—**

Assistive Technology Network offers free information and referrals for assistive technology supplies, daily living devices, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

It's Like Having a Helping Hand

Do you find it hard to lift or pour from large soda, juice or milk containers? The **Pour Thing** is a convenient system for dispensing beverages without putting stress on your hands or shoulders. Just place the bottle or jug in the cradle and tilt it forward to pour easily. **Pour Thing** fits on a shelf in your refrigerator. Available in two sizes at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Two-liter size, \$18.00, Item # 93206FL. Gallon size, \$20.00, Item # 93206.



Turn Any Lamp Into A Touch Lamp

The **Touch Tronic Lamp Converter** eliminates the need to use hard to reach lamp switches and is ideal for people with arthritis, according to the vendor. This converter screws easily into existing lamps. Simply touch any metal lamp surface to turn the lamp on or off. The lamp converter can use 3-way light bulbs as well as standard light bulbs. You can check it out at Wisdom King for \$25.21. Visit www.wisdomking.com or call 1-877-931-9693. Item # 3425.



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.

Help Decrease Joint Pain and Enhance Hand Function...

... with the **Carex Enabler Dexterity Kit**. The vendor says this kit is specifically designed to make daily life easier for persons with arthritis, hand tremors or other conditions by improving functional performance of common household tasks. The kit consists of five items packaged together. The curved design of the **EZ-Key Turner** begins the turning effort, so completion of the turn is accomplished with minimum additional stress. The **Button Hook /Zipper Puller** eliminate the stress and frustration of buttoning a button by pulling the button in place. The **Pen and Pencil Cushion** is designed in both shape and density to alleviate stress while



providing a secure grip. The **Spoon and Fork Holders** fit onto spoons and forks providing a larger gripping surface. The **Lamp Switch Enlarger** fits over the existing twist-style switch to provide a larger gripping area for

an easy, stress-free grip. This kit is available at The Wright Stuff for \$16.95.

Visit www.arthritissupplies.com

or call 1-877-750-0376.

Item # AEN370.

Introducing the EZ-Access Suitcase Ramp

The **EZ-Access Suitcase Ramp Advantage Series**, with its single fold design, offers a simple and convenient solution for wheelchairs and scooters to access steps, vehicles, and raised landings with ease. According to the vendor, this ultra-strong ramp provides the safety and strength required while remaining light and portable. The ramp can be separated, making it even easier to use, carry, and store. By simply removing two hinge pins, the **EZ-Access Suitcase Ramp** quickly separates into two lightweight sections, each with their own carrying handle. The ramp features high-quality skid-resistant tape with yellow safety strips and a self-adjusting bottom transition plate for easy conversion from ramp to ground. It unfolds to a 29" wide platform and comes in different lengths. To find out more about this product, visit Simple Comforts at www.simplecomforts.com or call 1-800-361-1440. The ramp is available for \$132.50. Item # EZ-Access 2' length.



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 Cecilia Burch, Editor, at editor@toolsforindependence.org or call her at (951) 653-0740 ext. 22.

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.

Soothing Relief

Cold packs provide therapeutic comfort, easing plantar fasciitis and arthritis pain. Ice packs are hard to keep in place on your feet. With the **NaturaCure Men's / Women's Cold Therapy Booties** that problem has been solved. The vendor states that you simply freeze or refrigerate the packs (two per pair) and slip them in the sleeves of the booties for instant cold therapy where you need it; on the top of the foot, around the heel or under the forefoot.



Remove the cold packs to hand wash the booties with mild soap and drip them dry.

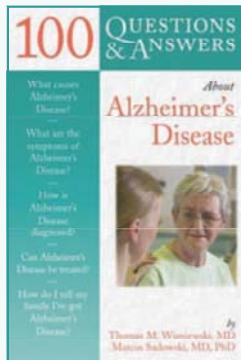
You can check them out at Foot Smart for \$19.99 per pair. Visit www.footsmart.com

or call 1-800-707-9928. Size **S/M** fits Women's shoe sizes 7-12 and Men's sizes 5-10. Size **L** fits Women's shoe sizes 13+ and Men's sizes 11+. Item #31050.



100 Qs & As About Alzheimer's Disease

Whether you are newly diagnosed with Alzheimer's disease or are a friend or relative of someone with Alzheimer's, **100 Questions & Answers about Alzheimer's Disease** gives you authoritative, practical answers to your questions about treatment options, quality of life, caregiving, sources of support, and much more. Written by two prominent neurologists specializing in



Alzheimer's disease and other dementias, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this frightening disease. The book costs \$16.95 at The Wright Stuff. Visit www.wrightstuff.biz or call 1-877-750-0376. Item # CJB2547.

Portion Control Helpers

The **Sugar Shaker** has a dial ring for shaking or pouring exact amounts: one-quarter, one-half or one teaspoon to use while cooking or with coffee. According to the vendor, the **Sugar Shaker** is the perfect tool for those with dietary needs. Also available are the **Salt Shaker** that dispenses in one eighth, one-quarter or pinch measurements and the **Butter Pro**. The dual head knife on the **Butter Pro** measures, cuts, scoops and spreads exactly one pat of butter. You can check out these handy tools at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400.

Sugar Shaker is \$3.95, Item # 93042. Salt Shaker is \$2.99, Item # 93043. Butter Pro is \$1.99, Item # 93044.





TOOLS for IndependenceTM

6235 River Crest Drive, Suite C
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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.

Easily Open Those Frustrating Packages...

...with the **Plastic Surgeon Package Opener**.

This is a cutting tool specially designed to open plastic clamshell packaging. You simply lift up the plastic auto-close protective cover, jam it into the side of a clamshell area and then slide it all the way around.



It's also great for opening CDs and DVDs, blister packs, shipping envelopes and plastic safety seals, according to the vendor. It costs \$8.95. To order visit [The Plastic Surgeon at www.theplasticsurgeonopener.com](http://www.theplasticsurgeonopener.com).

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