

TOOLS for Independence™

making your life at home easier and safer



January 2017

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.ILPconnect.org

Published by:

The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

Help Finding Assistive Technology—

Ability Tools offers free information and referrals for assistive technology supplies, daily living devices, community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit <http://abilitytools.org/>

What is your Blood Pressure Color?

The **Color Doctor** blood pressure monitor is as easy as reading a stoplight with the wireless Color Doctor strapped to your wrist. Large backlit LCD screen glows green (normal pressure), yellow (elevated), or red (dangerously high) along with displaying numeric measurements. It displays systolic, diastolic, and pulse readings, plus irregular heartbeat alert, on one screen and can store up to 90 readings with time and date so you can share results with your doctor. The Color Doctor comes includes comfort-fit cuff with over-pressure protection and travel case. Check out this informational video on the [Color Doctor](#). We found this blood pressure monitor for \$39.99 online. Search the words “color doctor blood pressure monitor” to check out this and other like monitors that best suit you.



Whistles When it's Ready

Savor a cup of hot tea, cocoa, or instant soup at home, work, or on the road with this **Whistling Microwave Tea Kettle**. It quickly boils water for tea, cocoa, instant soup and more. This kettle



whistles to indicate when the water has reached the boiling point. The unique design prevents over-heating and the stay-cool handle is cool to the touch. It is dishwasher safe and hold up to 25 ounces of liquid. The price range on this product is \$17.95- \$ 25.99 Search online the words “whistling microwave tea kettle”

to find the vendor and price that's right for your teatime!

Smooth Spreading

How often have you tried unsuccessfully to spread cold butter on bread or a muffin? The **Butter Mill** is an innovative device that turns cold butter into a soft spread. Simply twist it and the butter is pushed through the stainless steel grater into super fine strands. With all that extra surface area, the butter is spreadable almost instantly. When you're done store the butter mill in the fridge until the next time you need it. Search the words "butter mill" to find the vendor of your choice. Price varies from \$19.99- \$29.99.



January 2017 is:

- ▶ Glaucoma Awareness Month
- ▶ Volunteer Blood Donor Month

Special Days in December

- ▶ New Years Day - 1/1
- ▶ Martin Luther King Jr. Day - 1/16
- ▶ Inauguration Day - 1/20
- ▶ Chinese New Year - 1/28
- ▶ World Leprosy Day - 1/30

Ellen DeGeneres
Born January 26, 1958

Ellen DeGeneres is an American comedian, television host, actress, writer, and producer. She has been hosting her syndicated TV talk show, The Ellen DeGeneres Show, since 2003.

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the hell she is."

Ellen DeGeneres

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- AllMed: www.allmed.com
1-800-225-2610
- Amazon: www.amazon.com
- Arthritis Supplies: www.ArthritisSupplies.com
1-800-750-0376
- Bright Life Directs: www.brightlifedirect.com
1-8977-545-8585
- Diabetic Shoe Hub: www.diabeticshoeshub.com
1-623-455-6258
- Dynamic-Living: www.dynamic-living.com
1-888-940-0605
- Elder Depot: www.elderdepot.com
1-800-910-7790
- Gold Violin: www.goldviolin.com
1-877-648-8400
- Maxi Aids: www.maxiaids.com
1-800-522-6294
- Sight Connection: www.sightconnection.com
1-800-458-4888
- Simple Comforts: www.simplecomfort.com
1-800-361-1440
- Solutions: www.solutions.com
1-877-718-7901
- Support Plus: www.supportplus.com
1-800-229-2910
- Target.com: www.target.com
1-800-591-3869
- The Alzheimer's Store: www.alzstore.com
1-800-752-3238
- The CareGiver Partnership:
www.caregiverpartnership.com
1-800-985-1353
- The Grommet.: www.the.grommet.com
- Walgreens: www.walgreens.com
1-800-925-4733
- Walmart: www.walmart.com

Products mentioned in this newsletter are available at some of the vendors mentioned above and may be available for different prices from different vendors. We encourage you to check with various vendors, merchants and Web search before making your final choice. Mention of specific products is not an endorsement of these products. Product vendors provide no compensation or other benefit to Tools.

Always a PARTY to remember!

...beautiful people enjoying an enchanting Desert afternoon of fun and excitement under huge shading canopies at the Empire Polo Club in Indio....

- Rose and Emerald Cup final matches guarantee great polo
- FREE parking, privileged viewing and selfie with player and his pony
- Have a fun afternoon with friends and receive free commemorative photos
- Low admission and party group discount for 6 friends
- Delicious food - No boring speeches or award ceremonies!!
- \$1,000 Apple Vacations gift certificate door prize.



...Everyone always says they really enjoy our annual polo party!! ...and it's for a GREAT CAUSE.

TRIP volunteer driver assistance program serves a vital purpose in our communities. TRIP is the critical independent living support for many of Riverside County's elderly, sick and disabled.

A portion of all ticket purchases and sponsorships are tax deductible. Party proceeds go to strengthen this non-profit!!

 **APPLE VACATIONS**

\$1,000 GIFT CERTIFICATE

Door Prize at February 2017 ILP Polo Party!

Learn more at: ilpconnect.org/party

Get more info at ilpconnect.org - Come to the party!

Buy your tickets online at <http://ilpconnect.org/store-3/>

No Spill Light Up Cup

Even at night, this light-up sippy cup won't spill, break, or hide. Not just for kids. When the lights are off, **Litecup** emits a blue glow so you don't have to fumble in the dark. In fact, you can drink from anywhere on the lid. There's a 360-degree valve. You need to almost act like you're using a sippy cup to



draw the water out. And when you're done, the valve locks automatically. So even if you knock it over, it won't spill.

The reassuring nightlight keeps a midnight drink in view and arm's reach. This assistive technology cup can be purchased for \$16.95. View the attached link for more information [Litecup](#). Here's to a spill free night !

No Tie Shoelaces

Get in and out of your shoes in a snap with **Sunlaces**. Shoelaces get replaced by these clip and loop closures that stay secure but give a little stretch. Made in the USA, they're designed by a triathlete for other athletes; however they work just as well for anyone who can't tie laces. Each set of laces secures your sneaker snugly with tension you set yourself, acting like a tiny bungee cord. You can adjust them as needed to get a perfect fit. Laces fasten on and off without any tying and will never untie and they maintain their tension. The only laces that can be tied with one hand. That's right, if you have trouble tying shoes, these laces allow you to fasten your laces with just one hand. Search the words "no tie shoe laces" to get more information. These laces are available for \$14.95.



Keep your Fruits and Vegetables Fresher

A perfectly ripe avocado is one of life's simple pleasures. This smart set of 2 silicone **Avocado Huggers** lets you enjoy half now and keep the other half fresh longer than ordinary storage containers. To use, slip the narrow avocado end into the hugger, then pull the flexible hugger over the back to fully enclose the cut half. The pit pocket pushes in or out depending on if the half you're saving has



a pit. The hugger's nests together for compact storage and are made from 100% FDA quality silicone; BPA and phthalate free, dishwasher, microwave, and freezer safe. We found this avocado hugger online for \$10.95. We also found **Food Huggers** online for \$10.95. Food Huggers are also reusable wraps that preserve leftover fruits and vegetables without disposable cling plastic or aluminum foil. Check out this link to see more about this item



[Food Huggers](#). To find this handy kitchen helper search the words "food huggers"

Body Pampering Spa Set

Never bend, twist or strain in the shower again with this **15 Piece Body Pampering Spa Set** comes with a convenient 15" handle that gives you the reach to make scrubbing your entire body effortless. Light weight and shower safe, it features 4 interchangeable heads (Loofah, Sponge, Pumice & Lotion Applicator) and 10 reusable applicators pads for shower gel or lotion. Foldable handle lets you adjust for the perfect angle. To find this and other like products search the words "body pampering spa set" We found this set for \$19.99.



This Newsletter is published by the
INDEPENDENT LIVING PARTNERSHIP
(ILP)

ILP works to insure the independence and dignity of older adults and people with disabilities, their families and caregivers through education and access to empowering services and resources. This is accomplished through collaborative and cooperative partnering with public and private organizations, agencies and businesses. The goal is to help people lead more satisfying and rewarding lives, often in spite of significant health and mobility challenges.



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