



## Simple To Use Carton Holder

Just put this sturdy **Carton Holder** handle on a carton of milk or juice, and you are ready to pour. The vendor says this handy kitchen item is ideal for arthritic hands, or hands that have trouble gripping a bulky container. Constructed of polypropylene plastic and is dishwasher safe. This Item comes in a gallon size carton holder also. Search the words "gallon quart carton holder" to find the size and style you prefer. These and similar products are available from various online vendors for less \$3.95.



### March 2017 is:

- ▶ National Disability Month
- ▶ National Nutrition Month

### Special Days in March

- ▶ Ash Wednesday 3/1
- ▶ Daylight Savings Time 3/12
- ▶ St. Patrick's Day 3/17
- ▶ Springs Begins 3/20

### Cesar Chavez

Mar 31, 1927- Apr 23, 1993

Cesar Chavez was an American labor leader and civil rights activist. A federal commemorative holiday in the U.S. by proclamation of President Obama in 2014, on March 31 of each year, it celebrates the birth and legacy of the civil rights and labor movement activist Cesar Chavez

*We need to help students and parents cherish and preserve the ethnic and cultural diversity that nourishes and strengthens this community - and this nation".*

*Cesar Chavez*

## VENDOR RESOURCE LIST

Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033

AliMed: [www.alimed.com](http://www.alimed.com)  
1-800-225-2610

Amazon: [www.amazon.com](http://www.amazon.com)

Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
1-800-750-0376

Bright Life Directs: [www.brightlifedirect.com](http://www.brightlifedirect.com)  
1-8977-545-8585

Diabetic Shoe Hub: [www.diabeticshoeshub.com](http://www.diabeticshoeshub.com)  
1-623-455-6258

Dynamic-Living: [www.dynamic-living.com](http://www.dynamic-living.com)  
1-888-940-0605

Elder Depot: [www.elderdepot.com](http://www.elderdepot.com)  
1-800-910-7790

Gold Violin: [www.goldviolin.com](http://www.goldviolin.com)  
1-877-648-8400

Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294

Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888

Simple Comforts: [www.simplecomfort.com](http://www.simplecomfort.com)  
1-800-361-1440

Solutions: [www.solutions.com](http://www.solutions.com)  
1-877-718-7901

Support Plus: [www.supportplus.com](http://www.supportplus.com)  
1-800-229-2910

Target.com: [www.target.com](http://www.target.com)  
1-800-591-3869

The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238

Walgreens: [www.walgreens.com](http://www.walgreens.com)  
1-800-925-4733

Walmart: [www.walmart.com](http://www.walmart.com)  
1-800-925-6278

**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.**

## Sometimes, All that is Needed for Someone to Remain Independent is a Shower Chair

This **Invacare Shower Chair** features a contoured seat with drain holes, and plastic legs with numbered height adjustments that allow the user to modify the height to their personal comfort level. Additional large wide flanged rubber tips provide extra security and help keep the shower seat from slipping or sliding. The **Invacare Shower Chair** fits most bathtubs or showers of standard size and can support up to 400 pounds. The tool-less assembly is a quick and no hassle job and height adjustments require only a twist of the all composite legs. This easy to assemble bath bench is manageable for seniors and those with mobility issues. This bath or shower chair is available online for \$33.99. If you want to relax safely, search the words "bath shower chair". There are many styles, prices, and size chairs available online, select the vendor of your choice.



## A Helping Hand at Bath Time

The **DMI Suction Cup Dual Grip Grab Bar** is essentially two grab bars in one. This bar provides excellent short term balance assistance and suctions to any non-porous surface, like a shower wall. A grab bar is used to steady oneself in the event of dizziness, to wash a hard to reach part of the body or to get in and out of the tub or shower. This durable grab bar is ideal for those with limited mobility such as Parkinson's, stroke, arthritis, or other physical ailments, or even those that just had hip, leg or foot surgery. The vendor says the best feature of this grab bar is that there is no permanent installation. It is very simple to use; just push the bar up against a flat, non porous and clean surface, then push down the blue levers to attach. That's it! The color indicator provides a visual cue that bar is attached to the surface properly; red indicates not secure, green is secure. Want to move your bar to a different configuration or location? No problem! Just flip up the levers, re-adjust, and push levers back down to secure. The **DMI Suction Cup Dual Grip Grab Bar** can easily be rotated in any position to assist your needs by swiveling 180°.



Put both arms vertical from each other to have a full 19.25" long bar or rotate one arm down to have both a vertical and horizontal bar. Made of durable, latex-free plastic, this bar measures 19.25" long x 3.75" wide x 3" deep, each suction cup is 3.75" wide, and comes away from the wall 2". This product is available online for \$19.99. Please search the words "suction cup grab bars" to do your research on this and many similar grab bars that would best suit your personal needs.



## Reflexology For Your Aching Feet

The vendor says, place your feet on the **Foot Vibe Plus** reflexology foot pad and relax, while 8 levels of infrared heat, 15 high frequency vibration speeds, plus powerful magnetism stimulate vital acupressure points, encouraging overall healing, stronger immune system and pain relief. It doesn't matter if your foot pain is caused from work, sports, or is a result of a medical condition, you simply want it to go away. By targeting the pressure points in your feet this massaging foot pad can help alleviate tension and pain. Durable and long lasting it can make your feet feel better and get you back to living your life again. We found this product online for \$79.00- \$129.00. Search the words "foot vibe foot massager" to find this and other like products that can give you comfort and ease of pain.



## A Market Cart On Wheels, Even Climbs Stairs

With most trolleys, it's an uphill (or downhill) battle all the way when you get to the stairs or curbs. However, with this lightweight trolley, you won't struggle going up or down thanks to its unique, triple-wheel design that carries it over steps with ease. The spacious, durable, polyester bag has a rigid floor, umbrella holder, rear zippered pocket, reflector strip and drawstring closure. A "kickstand" keeps it upright. The **Stair Climbing Trolley Bag** is 12"wide x 9"deep x 22" high and can be removed for washing. Just click on the wheels and you are ready to roll. This item is available online from various vendors that sell AT products for \$30.00 to \$60.00. Search the words "Stair Climbing Trolley Bag" to find the perfect trolley for you.



This Newsletter is published by the  
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(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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