



May 2014

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.ILPconnect.com

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—

Assistive Technology Network 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 www.atnet.org.

Like No Other Pill Crusher

The **Pill Crusher Splitter Cups** provide the convenience of cutting and crushing tablets without a sharp razor blade. This pair of durable interlocking cups is easy to use for crushing, splitting, mixing and serving medications. Each cup has a grated design in the bottom. For crushing tablets, place the tablet



between then rotate the top and bottom cups in opposite directions. The grated design allows for uniform grinding of tablets and eliminates lumps of unground medication. The two cups can then be used to dissolve crushed pills. Simply add liquid, replace top cup and shake to dissolve. For cutting tablets, place the tablet in the triangular shaped area of the cutter and push down on the top cup to split the tablet. Tablets are cut without a sharp metal razor blade and there is no danger of finger injury. You will find these pill crushing, pill splitting, medication mixing and serving cups are convenient and easy to use. For more information, click the link below

<http://www.caregiverproducts.com/pill-crusher-splitter-cups.html>.

This item is sold online from various suppliers for \$6.95

Hear Tire Pressure Reading

The **Talking Digital Tire Pressure Gauge** has an operation range of 5-99 PSI. No more squinting and straining to see small numbers found on most common car tire pressure reading gauges. It announces the pressure reading in English and Spanish (Using a simple built-in toggle switch) as well



as speaks the last pressure reading displayed. Pressure measurement also displayed on an easy-to read LCD display. Automatic shut-off to ensure longer battery life (battery included). This and similar tire gauges are available from various online suppliers for less than \$11.99. To find out additional information search the words "talking tire gauge" .

Relief From Blinding Glare Of The Sun

Get instant relief from the blinding glare of sun and reflective surfaces while you drive. When your car's visor won't extend far enough, simply flip the **Sun Glare Zapper** into place. The visor



is made of shatterproof tinted plastic for an unobstructed view of the entire road. Dual sliding lens blocks 'hot spots' and protects you from harmful UV rays. Attaches easily to any vehicle visor. 12" x 3-3/4"

x 3". The lowest price we found this tool for is \$19.00. Search the words "sun glare zapper" to find a supplier of your choice.

May Is:

- ▶ National Older American Month
- ▶ National Foster Care Month
- ▶ National Blood Pressure Month

Special Days in May 2014

- ▶ Mother's Day, May 11th
- ▶ Memorial Day, May 26th

Harry Lillis "Bing" Crosby, Jr.
May 3, 1903 – October 14, 1977

An American singer and actor. Crosby's trademark bass-baritone voice made him one of best-selling recording artists of the 20th century, with over half a billion records in circulation.

"Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it 'white'."

Bing Crosby

VENDOR RESOURCE LIST

Active Forever: www.activeforever.com
1-800-377-8033

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

LS & S: www.Lssproducts.com
1-800-468-4789

Maxi Aids: www.maxiaids.com
1-800-522-6294

Medical Goods: www.medicalgoods.com
1-888-557-0256

Sight Connection: www.sightconnection.com
1-800-458-4888

Simple Comforts: www.simplecomforts.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

The Alzheimer's Store: www.alzstore.com
1-800-752-3238

The CareGiver Partnership:
www.caregiverpartnership.com
1-800-985-1353

Walgreens: www.walgreens.com

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*.



...is offering affordable High-Speed Internet for people with disabilities living in California.

You can qualify if you **want to get...**

- ▶ Connected to high-speed Internet service.
- ▶ Access to online job applications, social networks and medical professionals through your health insurance plan.
- ▶ High-Speed Internet service that you can afford on a low- income.

Check out the new website: <http://digitalaccessproject.org/> to find out more information and learn how to apply. Low-cost refurbished desktop computers, laptops and device are also available.

Those who qualify for high-speed internet services through the **Digital Access Project** will be entered into a monthly drawing on a one time only basis. Three names will be drawn each month. The winners will receive a refurbished desktop, laptop, device or reimbursement of their internet set-up fees with a subscription to the Digital Access Project internet services.

The Digital Access Project is a project of the California Foundation for Independent Living Centers, in part funded by the California Emerging Technology Fund. Please contact Kim Hogan, Project Coordinator at kimhogan@cfilc.org or call (800) 390-2699/(800) 900 0706 TTY if you have additional questions.



Get A Better Night's Sleep

If you suffer from sleep apnea, the **Wedge Pillow** could be the solution to your needs. Designed for multi-purpose use, the pillow elevates your upper body to allow for better breathability while you sleep, helping to relieve sinus congestion, acid reflux and snoring. On the other hand, place the pillow under your lower legs to reduce pain and sore muscles due to exercise or overexertion. The soft foam provides pressure relief to your body. Regardless of where it is placed, hopefully it will offer a more comfortable and uninterrupted sleep. There are many sizes and thickness of wedge pillows, search The words "wedge pillow acid reflux" to find a pillow that would best suit your needs. The price range for this product varies from \$14.95 to \$ 94.95.



4 Things You Never Knew Your Cell Phone Could Do



► **Emergency:**

The Emergency number worldwide for mobile is 112. If you find yourself out of the mobile network coverage area and there is an emergency, dial 112 and the mobile will search for a network to establish the emergency number for you. This number 112 can be dialed even if the keyboard is locked.

► **Have you locked your keys in the car?**

If you lock your keys in the car and the spare keys are at home, call someone at home on their phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on your end. Your car will unlock. Distance is no object. You could be hundreds of miles away.



► **Hidden Battery Power:**

If your cell battery is very low, press the keys *3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you change your cell phone next time.

► **Free directory service for cells**

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls. When you need to use the 411-service information option, simply dial: 800-FREE411 or 800-373-3411 without incurring any charges at all



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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