

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



November 2012

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.LivingPartnership.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—

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.

Now It's Easy to Identify Your Prescription Bottles...

...with the **Medi-Ring Prescription Labels**. When you take multiple medications, it can be easy to mix up drugs, especially when they come in bottles that look alike or have labels that are hard to read. The plastic **Medi-Ring** band easily snaps around medicine bottles and caps. You can label the band with a marker pen to tell you what each prescription is for, such as blood pressure, heart, back, etc. The **Medi-Ring** fits bottles up to 1-1/4" in diameter and comes in a package of 10 for \$9.00. Use the words "Medi-Ring Prescription Labels" to search for this product.



Keep Glasses and Readers at Your Fingertips

More like fine jewelry than a functional **Eyewear Hanger**, this pretty brooch, embellished with your choice of semi-precious stones, keeps your glasses at your fingertips. The magnetic closure protects your shirt, jacket or dress. The lowest price we found for this product is \$15.00. Search "jeweled specs hanger". Or try this **Eyeglass Desk Caddy**. Never misplace your readers again. Styled like a traditional pencil cup, this weighted caddy keeps eyewear safe and handy and you will always know where they are. The soft velvet lining protects lenses from scratches. The **Desk Caddy** is available online for \$13.00. Search the web using the words "eyeglass desk caddy".



Get a Firm Grip on Your Walker or Cane...

...with the **Super-Grip Fingerless Gloves**. Made of rayon, polyester and spandex, these gloves have nonslip palms that help you get a firm grip on your walker, cane, crutches or even drinking glasses while you protect your dry or sensitive skin from hard or rough surfaces. The **Super-Grip Fingerless Gloves** are washable and one size fits most. We found these gloves for \$18.00. There are many styles and textures of gloves to choose from. Search "firm grip gloves" to find gloves that best suit your needs.



November Is:

- ▶ National Alzheimer's Disease Month
- ▶ National AIDS Awareness Month
- ▶ Lung Cancer Awareness Month
- ▶ Epilepsy Awareness Month
- ▶ Aviation History Month

Special Days in the Month of November

- ▶ National Authors' Day: November 1, 2012
- ▶ Veterans Day: November 11, 2012
- ▶ Thanksgiving Day: November 22, 2012
- ▶ Samuel Clemens: Birthday November 30, 1835-April 21, 1910

Samuel Clemens better known by his pen name Mark Twain, was an American author and humorist.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter".

Mark Twain

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- Active Medical: www.activemedical.com
1-866-866-2700
- Amazon: www.amazon.com
- Arthritis Supplies: www.ArthritisSupplies.com
1-800-750-0376
- Body Back Buddy: www.bodybackbuddy.com
1-877-601-9118
- Bright Life Directs: www.brightlifedirect.com
1-8977-545-8585
- Bruce Medical: www.brucemedical.com
1-800-225-8446
- 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
- Healthykin: www.healthykin.com
- Isokinetics: www.isokinetics.com
- LS & S: www.Lssproducts.com
1-800-468-4789
- Make Life Easier: www.make-life-easier.com
- Maxi Aids: www.maxiaids.com
1-800-522-6294
- Overstock.com: www.overstock.com
- Sight Connection: www.sightconnection.com
1-800-458-4888
- Silverts: www.silverts.com
- 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
- The Alzheimer's Store: www.alzstore.com
1-800-752-3238
- Walgreens: www.walgreens.com
- Walmart: www.walmart.com

All of the 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 Google 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*.

An Easy-To-Use Dressing Device

The **Clip & Pull Dressing Aid** is a unique, easy-to-use dressing device and is ideal for people who have difficulty bending at the waist due to back pain or hip surgery, or have suffered a stroke or have partial use in one arm. Attach the

two large, plastic clips onto the waistband of your pants or skirt. Lower the clothing to your feet, and then place your feet in the waistband/skirt opening. Pulling on the webbing

strap brings the clothes up. The looped end of the strap can be pulled using one or both hands. This item is available online for \$16.95 to \$26.95 from various vendors that sell assistive technology products. Search the words "clip & pull dressing aid" to find a vendor of your choice.



Automatically Light Your Path in the Dark

Don't risk tripping or stubbing your toe in the dark. Just place this **Motion-Activated Light Owl** on the floor by your bed. When you get up in the

middle of the night, the sensor detects your movement and automatically lights your path. Self-standing, it can also be placed in a hallway or dark corner. The **Light Owl** features 6 LEDs with day/night sensitivity and adjustable

brightness, timer and automatic shut-off. It uses four AAA batteries (not included). We found this product online for \$15.00. Use the words "motion activated light owl" to search for this product.



National Life Writing Month (November 1-30)

An opportunity to celebrate and share ourselves by putting our life stories in writing. Celebration by preserving our autobiographies in writing allows us to share our stories with future generations. For Information contact Soleil Lifestory Network <http://www.turningmemories.com>

Portable Grab Bar Gives You Extra Support

The vendor says the **Bridge Medical Portable Grab Bar** provides a safe means of getting in and out of the shower or bathtub without having to drill holes in your wall. This fixed length, 13" portable grab bar looks and works great for most any basic needs at home or away. The fixed length portable bar installs and removes without any tools or professional installation costs. According to the vendor, it is manufactured using the highest quality commercial grade rubber. To use it, simply flip two levers to attach and remove the grab bar. This **Grab Bar** is 13" inches in length and the suction cups measure 4.5" in diameter. We found this item online for \$69.95. There are similar products available from various online vendors, so do your research by searching the words "Portable Grab Bar" to suit your personal needs.



No Bending With the Easy Reach Foot Brush

No more bending over, straining your back or losing your balance to scrub your feet in the shower or tub. This brush has an extra-long 30" handle that makes it easy to reach toes, arches, heels while standing. The vendor says that the flexible bristles reinvigorate skin too. The handle has a suction cup for hanging in the shower. We found this item with prices ranging from \$18.00 to \$24.00. Use your favorite search engine with the words "easy reach foot brush" to find a vendor near you.



Never Forget Another Appointment

JANUARY 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

The **Giant Print Calendar-2013** is designed to help anyone with limited vision remember appointments, birthdays and special occasions. You can hang it on a wall for easy reference or keep it on your desk as a desktop calendar. It lays flat for writing and features 8.5" x 11" sheets that open to a full 1" x 17". When opened, it shows you the entire month (days and dates) at a glance. It also features 1" high dates for easy reading and it includes ample space for writing important notes. It is available for \$7.95 online. Search the words "giant print calendar".

Avoid Stooping and Bending...

...with this **Long Handled Dust Pan and Broom**. The 32"-long handles on the dustpan and broom help reduce discomfort and make it easier when you are sweeping the floor. The lightweight, durable plastic dustpan comes with the long-handle dust brush. We found this item for \$19.00. Use the words "long handle broom and dust pan" to find this product.



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.



TOOLS for Independence™

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Editor: Michael Carbine

Associate Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740 Ext. 21

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758