



October 2012

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THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.LivingPartnership.org](http://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](http://www.atnet.org).

## **Easy-To-See Bold Print Keyboard Improves Accuracy**

This **Big Bright Keyboard** is for everyone and will be especially appreciated by those with macular degeneration and other low-vision conditions. This keyboard reduces eyestrain and improves accuracy. The **Big Bright Keyboard** is the same size as a conventional computer keyboard but the print is larger. In addition, the keys are a high-contrast green color with black print, making them easy to see. This plug and play USB-powered keyboard does not require any software installation.



The keyboard connects via any open USB port on your laptop, desktop PC or Mac. We found this product online for \$19.95. Use the Words “big bright keyboard” to search for this product.

## **Memory Games Can Help Keep Your Mind Sharp**

This challenging interactive **Memory Training Game** of sound, light, and vocal prompts is not just fun—it also helps keep your mind sharp with 12 games. You won't want to put it down. This device is designed to enhance logic coordination, memory, reasoning and more. It has big, easy push buttons and uses four AA batteries (not included). Word search “memory training electronic game” in your search engine. We found this game for \$32.00. If you are looking for memory games to play on your computer, there are memory training games available online as well. Just word search “memory training games” and select those that will be fun and challenging.



## Dribble-Free Drinking without Sitting Up

The **Vacuum Feeding Cup** permits dribble-free drinking without the need to sit up or raise your head. By placing a finger over the vent hole in the mouthpiece, the cap controls the



flow of liquid contents through the mouthpiece.

The vendor says the special design of this cup reduces the amount of spilled liquids should a mishap occur. The hole in the mouthpiece is large

enough to hold a straw and is ideal for drinking liquids while lying down. This feeding cup holds up to 8 ounces. The **Feeding Cup** is top-shelf dishwasher safe. This cup and similar drinking/feeding cups are available from several vendors for as little as \$3.95. On your computer, word search "vacuum feeding cup" to find vendors who have the cup you prefer.

### October Is:

- ▶ National Adopt a Shelter Dog Month
- ▶ National Breast Cancer Awareness
- ▶ National Diabetes Month
- ▶ Lupus Awareness Month

### Special Days in the Month of October

- ▶ Halloween: October 31
- ▶ Jonas Edward Salk's Birthday:  
October 28, 1914- June 23, 1995

Jonas Salk was an American medical researcher and virologist, best known for his discovery and development of the first polio vaccine.

**"I feel that the greatest reward for doing is the opportunity to do more".**

Jonas Edward Salk

### VENDOR RESOURCE LIST

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

## Spoken Instructions From These Kits Help You Handle Emergencies

The largest of the three **Talking First Aid Kits** has a set of nine convenient talking care packs organized by type of injury or emergency (Breathing/CPR; Bleeding; Shock; Head & Spine; Bone; Burns; Bites & Stings; and Basic). This particular kit sells for \$145.96. Each talking care pack includes accessories to assist in the treatment of the injury, as well as printed instructions complete with audio guidance to talk you through the steps necessary to handle the situation. With the squeeze of a button, a calm, clear voice provides you with the proper first aid step to manage the injury. The **Talking Safe at Home Kit** has a set of 4 talking care packs (Basic; Bleeding; Bones; Bites and Stings) and sells for \$59.95. The **Traveler's Kit** is also available for \$59.95. The vendor says, "This is simply the most advanced, easy to use first aid kit available". Check out this website to see and hear how this product works <http://www.intelligentfirstaid.com/index.php/media> Then click the video button at the bottom of the page.



## Get a Peaceful and Restful Night's Sleep

The **Marpac 580A Sound Screen and Sleep Mate Sound Conditioner** is a sleep aid device that masks unwanted sounds to provide users with peaceful night's rest. The Sleep Mate device is set with a single speed and creates white noises, such as the soothing sound of rushing air, to relax users and allow them to easily fall asleep. The vendor says the **Marpac Sound Conditioner 580A** helps reduce the sounds of street noise, barking dogs, appliance noises, conversations and even your snoring spouse to help you relax or fall asleep more easily. This item is available online from various vendors that sell assistive technology products for around \$44.95. Use your favorite search engine to find a sleep aid that will help you get a good night's sleep. Word search "sleep sound conditioner".



## Increase your Gripping Power...

...with these **Closed Cell Foam Tubing Hand Grips**. The closed-cell foam tubing is a versatile cushioning material for building up eating utensils, toothbrushes, razors, pens, and many other hard-to-grasp handles. The built-up handles provide for greater control to people who lack coordination, strength or gripping ability. Each tube is 12" in length, can be cut to the desired size, is dishwasher safe, and comes in assorted sizes for various uses. The inner hole dimensions are 1/4", 3/8", .7" to .8". The lowest price we found this item for is \$13.00. Search the web using the words "Tubing Hand Grips".



## Rest Your Neck and Get Headache Relief...

... with the **Headache Ice Pillow**, a travel neck pillow with removable cold packs. This combination neck rest and cold therapy pack provides relief from migraines and tension headaches. The vendors say by properly positioning your neck with this specialty, soft polyester pillow, the cold pack will help to decrease muscle spasms and inflammation. The pillow has a cotton/polyester cover and the gel pack provides natural cold therapy for head pain relief. The anatomically-designed soft frozen gel cold pack can be stored in the freezer until you are ready to use it. The **Headache Ice Pillow** is ideal for use when you are traveling or at home. You can use it for reading, treatment, therapy or sleeping. The lowest price we found this product selling for is \$33.95.



Word search "headache ice pillow" to find a vendor near you.

## This Device Provides a Total Body Workout

Enjoy all the benefits of bicycling and aerobic exercise. The vendor says that the **Total Body Exerciser** is ideal for cardiovascular health and muscle toning and will help improve your circulation right from the comfort of your favorite chair. This exerciser works your arms, legs, core and back muscles at the same time without putting too much stress on your joints. No need for bulky equipment to get a total body workout. Adjust the height and tension to meet your needs and exercise level. The device is made of durable carbon steel, is lightweight, and has pedal straps for safety. Put your workout shoes on and get started exercising. We found this product online for \$39.00. Word search "Total Body Exerciser" to find this device and similar products.



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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Volume 4, Issue 10

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