

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



December 2014

*Brought to you by:*

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.org](http://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/>

## **Get Ready For 2015**

Never forget another appointment with the **Giant Print 2015 Calendar** 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 11" x 17".

When opened, it shows 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 \$8.95 online. Search the words "giant print calendar" to find this and other style of calendars to help keep you on schedule in the new year.

JANUARY 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17

## **Low Tactile TV Remote Control**

Designed to make life simpler and better for all, the **Tek PalTV Remote** is especially helpful for the blind and those with low vision. The visually impaired will love the convenience of its large, clearly labeled lighted buttons. The 6 oversized lighted buttons control all the functions.

Each button is a different shape for easy identification by touch. It has an easy 4 steps set up, with no codes to program. This remote only works the TV. Ergonomically shaped remote tapers off at rounded bottom for comfortable feel in your hand. 5.5" long by 2.75" wide by 1" thick. Uses 2 AA batteries (not included.) We found this handy TV remote online by searching the words "low tactile



TV remote". The price ranges from \$18.95-\$22.95.

Please visit our FaceBook page and like us:

<https://www.facebook.com/pages/Independent-Living-Partnership/117930784987388>



Help support ToolsforIndependence! When you shop on Amazon your purchases can count toward an Amazon donation to support Tools. Click here to help: <http://smile.amazon.com/ch/33-0464739>

## December is:

- ▶ National Drunk & Drugged Driving Prevention Month
- ▶ World Aids Month

### Special Days in December 2014

- ▶ Pearl Harbor Day, December 7th
- ▶ Hanukkah, December 8th
- ▶ Christmas Day, December 25th
- ▶ New Year's Eve, December 31st

Tim Conway  
December 15, 1933

Thomas Daniel "Tim" Conway is an American comedian and actor, who is best known for his role Charles Parker in the 1960s World War II-set situation comedy, McHale's Navy and for his sketch comedy as a co-star on the 1970s variety program and The Carol Burnett Show.

"MY CAREER IS PRETTY MUCH OVER. I'M OUT IN THE VALLEY EATING SOFT-BOILED EGGS".

TIM CONWAY

## VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- 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
- LS & S: [www.Lssproducts.com](http://www.Lssproducts.com)  
1-800-468-4789
- Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294
- Medical Goods: [www.medicalgoods.com](http://www.medicalgoods.com)  
1-888-557-0256
- Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888
- 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
- Target.com: [www.target.com](http://www.target.com)
- The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238
- The CareGiver Partnership:  
[www.caregiverpartnership.com](http://www.caregiverpartnership.com)  
1-800-985-1353
- Walgreens: [www.walgreens.com](http://www.walgreens.com)
- Walmart: [www.walmart.com](http://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.**

## 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.

## Add Slip-Proof Safety To Rugs

Forget using damaging carpet nails, sticky tape, glue or under-rug pads. Just press these grippers onto rugs to keep them from sliding around.

The vendor says, this set of **8 Ruggies Grippers** pads have a tacky feel yet don't leave a sticky residue. The 4" x 4" x 6" grippers prevent corners from curling and bunching.

Hundreds of suction pockets keep rugs in place, even when you vacuum. They are reusable; wash with soap and water to renew their grip. Stops skids on wood, tile and linoleum. To find out more about this product search the words "ruggies grippers". We found this product online for \$9.99- \$14.99.



## Extra Leverage When Turning Keys

This practical **Dumbbell Key Holder** provides extra leverage when turning keys. Allowing the palm of the hand to assist in key turning decreasing pressure on finger joints. It helps to prevent aggravation of arthritic pain. The vendor says it is suitable for turning ignition key.



The key holder is a chrome-plated steel rod with plastic balls screwed on each end. It measures 3 1/2" x .5". The price range on this item varies from \$18.95- \$23.99. To find a supplier search the words "dumbbell key holder".

## Stop Fumbling In The Dark...

...with the **Solar Touch Keyhole Light**. It makes it easy to see a keyhole, therefore making it quicker and safer for you find the keyhole and get inside quicker. Place the light above the keyhole on your entry door, or use it on your shed, greenhouse, or garage door. With its innovative "touch-on" technology, you simply touch to activate and the light will stay on for 15 seconds so you can get in safely and quickly. The light charges without direct sunlight giving you years of worry free use. It measures 3 1/8" high x 1 5/8" wide x 1 1/4" deep. Search the words "Solar touch keyhole light" to find a supplier.



## Add A Touch Of Moisture To The Air...

...whenever or wherever you need it. This personal, **Water Bottle Humidifier** can help with your sinuses and general comfort in overly dry conditions. A portable, personal humidifier is a perfect solution to dry, desiccating air. This water bottle humidifier is especially easy to operate; simply attach a water bottle. It features a 270-rotating nozzle that can be repositioned to provide mist at whatever angle is most comfortable, without having to move the entire unit. An adjustable knob, designed to deliver mist anywhere from 1 oz per hour to 3oz per hour. At the highest setting, this mini humidifier can provide over 5 hours of ultrasonic vapor using 16 oz bottle water, or almost 7 hours using a 20 oz water bottle. It does not require filters or wicks to continue working consistently. Replenish moisture easily and efficiently with this mini personal humidifier. There are many different styles of water bottle humidifiers available online ranging in price from \$29.00- \$65.00. To locate a vendor of your choice search the words "personal water bottle humidifier".



## Something To Write About...

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 more information get in touch with: <http://www.thememoirnetwork.com>

**As The New Year Approaches With The Promise of More Prosperity and Good Fortune  
We Wish You A Year of Joy, Success and Good Tiding  
Happy New Year !**



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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### **TOOLS for Independence**

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