

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



February 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.

Fun For The Whole Family

This **Scarlet Macaw 400-piece Family Puzzle** format will provide hours of fun for the whole family. The puzzle features larger pieces for beginning puzzlers or those with low vision, Dementia or Alzheimer's disease, as well as normal sized pieces for other puzzlers in the family.

Puzzles are a source of comfort, joy and a great way to connect with a loved one. This puzzle when finished is 26.75" x 20.5" and cost \$11.95. To find this and many



other puzzles search the words "family puzzle Alzheimer". Be inspired! Click on the link below to see the World's Largest Jigsaw Puzzle <http://www.youtube.com/watch?v=tk8BXhA0BCA>

12-Bottle Organizer

Keep your medications and supplements in one place so they are easy to find with the **Mini Stack 12-Bottle Organizer**.



Prescriptions and vitamins fit neatly on the rack that can hold up to 12 bottles. Three pull-down shelves make them easy to access. The rack can tuck easily in a kitchen or bathroom cupboard where it stays out of the damaging light. The nonslip feet, stackable organizer is made of durable plastic and can be used in the kitchen for spices as well as medication.

Included are 48 blank drawer labels. The price range for this from various suppliers is \$19.00. To find an organizer that would fit your needs search the words "bottle organizer medication spices"



Hands Free Light ...

... is convenient for walking the dog or knitting on the couch. The **Hug Light** is flexible and foam padded, it can be draped comfortably around your neck for hands free use. With LEDs on each end, you can see clearly. It has two settings, bright wide light with LEDs, or night vision preserving red light with 2 bright LEDs. It can also be shaped for a free-standing light. It uses 2AAA batteries (not Included). The lowest price we found this item for is \$9.99. Word search "hug light" to locate this handy tool. Or check out the link below to see the many purposes the **Hug Light** can be used for. <http://www.huglight.com/>



be
lt
4
-

February Is:

- ▶ Heart Disease Awareness Month
- ▶ Black History Month

Special Days in February

- ▶ Groundhog Day, February 2,
- ▶ Valentines Day, February 14
- ▶ Sidney Poitier's Birthday
February 20, 1924

Sir Sidney Poitier, KBE, is an American-born Bahamian actor, film director, author, and diplomat. In 1963, Poitier became the first black person to win an Academy Award for Best Actor for his role in *Lilies of the Field*

"I never had an occasion to question color, therefore, I only saw myself as what I was... a human being".

Sidney Poitier

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
- 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
- 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
- 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*.

Get Your Tickets to the POLO Adventure

Sunday, February 16, 2014

at the Empire Polo Club in Indio

Mexican Fiesta Lunch – 4 Night Stay in Beach Front

Condo in Kauai Door Prize – Silent Auction of Upscale

Treasures – Raffles Chances for Great Prizes

– a VIP Opportunity to Watch Professional Polo

– and Learn How the Game is Played!



I know you've been thinking about something special to do on President's weekend in February. The weather in the Coachella Valley will be really excellent and enjoying a beautiful outside experience would be perfect. - May we recommend going to the ILP *Polo Adventure Party* at the Empire Polo Club in Indio? That is where we will be having lunch, watching polo matches, winning upscale raffles, and having fun.

Join us for a time to remember!!

Clip-On Strainer Spout...

...helps you pour accurately from pans and bowls. No more messy spills pouring batter, draining grease from meats or straining water off fruits and vegetables.



The **Clip-on Strainer Spout** lets you pour easily and accurately from pots, pans, skillets, bowls and cans.

The Clip-On Strainer Spout is removable from pot to bowl, etc. Also doubles

as a handy spoon rest while cooking. Made of 100% food safe silicone. To check out this

item search the words "clip on strainer spout" we found this item online for \$4.95- \$9.95.




Besides publishing **Tools for Independence**, **Independent Living Partnership** offers the **TRIP Transportation Program** for residents of Riverside County, California. **TRIP** pays a mileage reimbursement for volunteer drivers who are transporting seniors and persons with disabilities to doctor's appointments, grocery shopping, and for other needs. For more information on this program, contact us any time with comments or questions at editor@ToolsforIndependence.com or call 951-653-0740 x 21



TOOLS for Independence™ is published by the **INDEPENDENT LIVING PARTNERSHIP**
Visit us on the web at www.ILPconnect.org

Essential Quick-Reference Tool For The Cook

These stainless steel magnets can hold a note while providing you with the right information. The **Cooking Temperature Chart** (3 ¼" x 5 ½") list USDA approved internal temperatures for meat,

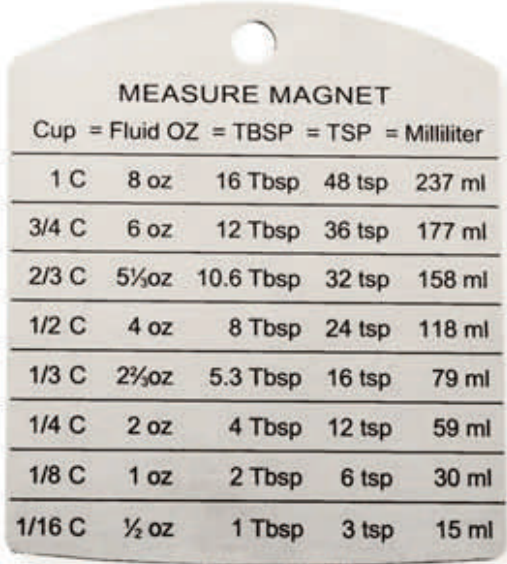


COOKING TEMPERATURE CHART
Use a food thermometer

		Fahrenheit
Beef, Veal, Lamb		
All cuts:	Medium Rare	145°
	Medium	160°
	Well Done	170°
Ground Meats		
Beef, Pork, Veal, Lamb		160°
Turkey, Chicken		165°
Poultry		
Whole Chicken & Turkey		180°
Breasts & Roasts		170°
Thighs, Wings, Legs		180°
Duck & Goose		180°
Stuffing (cooked alone or in bird)		165°
Pork		
All cuts:	Medium	160°
	Well Done	170°
Ham		
Fresh (uncooked)		160°
Cooked (reheat)		140°
Egg Dishes		
		160°
Casseroles		
		165°

Source of info: USDA Food Safety & Inspection Services

poultry and casseroles. The **Measure Chart** (3 ¼" x 4") list measuring equivalents for a quick reference to help make your food preparation successful. Word search "measuring conversion



MEASURE MAGNET
Cup = Fluid OZ = TBSP = TSP = Milliliter

1 C	8 oz	16 Tbsp	48 tsp	237 ml
3/4 C	6 oz	12 Tbsp	36 tsp	177 ml
2/3 C	5 1/2 oz	10.6 Tbsp	32 tsp	158 ml
1/2 C	4 oz	8 Tbsp	24 tsp	118 ml
1/3 C	2 2/3 oz	5.3 Tbsp	16 tsp	79 ml
1/4 C	2 oz	4 Tbsp	12 tsp	59 ml
1/8 C	1 oz	2 Tbsp	6 tsp	30 ml
1/16 C	1/2 oz	1 Tbsp	3 tsp	15 ml

magnets charts" to find an online supplier. These and similar magnet charts are available from various suppliers for less than \$5.95 each.

Check Out the TOOLS Resource Center

Our TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information. Visit us at www.TOOLSforIndependence.org.

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™

A Trademark of the Independent Living Partnership

TOOLS for Independence™, is published monthly by the Independent Living Partnership. The Partnership is a non-profit, tax-exempt corporation. The educational programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

NOTICE

TOOLS for Independence™, the Independent Living Partnership, and the distributor do not endorse, recommend or assume responsibility for any products referenced in this publication and are responsible only for the information presented. Product performance claims are those of the manufacturers. Prices quoted are subject to change without notice. Check with the merchant you select for current pricing.

TOOLS for Independence

Volume 6 Issue 2

Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740

6235 River Crest Drive, Suite C
Riverside, CA 92507-0758