



May 2012

*Brought to you by:*

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).

## **Now You Can Lie Flat on Your Back and Read a Book...**

...with the **Deluxe Prism Glasses**. The **Deluxe Prism Glasses** change your view to a downward 90-degree angle, eliminating the need to lift your head to read a book or watch TV. Lie on your back with your head on a pillow, and you will be able to read a book resting on your chest or see a TV screen without moving your head. This is a perfect solution for those with limited mobility. These lightweight glasses feature brilliant optical quality, and are latex free. They do not provide any magnification. **Prism Glasses** are also recommended for use during an MRI scan. Wearing the glasses gives you the feeling that you are in a less confined space, helping considerably with the feeling of claustrophobia according to vendors. The lowest price we found for this item is \$26.99.



## **Grip Your Grocery Bags with Ease**

The **One Trip Grip** is a shopping bag holding hook that eliminates multiple trips from the car to the kitchen, up the stairs and more.



Simply press the easy-open thumb tab, slip the grip on whatever you need to carry, close the locking tab and you are ready to go. The ergonomic soft grip makes it easy to carry multiple items. Sort your bags in the trunk by how much you can carry and make sure they are not too full. This product varies in price between \$3.95 to \$5.00 online from various vendors. Google the words

“grocery bag holder” to find the vendor that suits you.

## Don't Let Poor Vision Stop You from Exercising

The **Braille and Tactile Yoga Mat** is designed to enable people who are blind, visually impaired, or who may face physical challenges due to age or disability, to practice yoga safely and confidently. This yoga mat is designed in three dimensions, with tactile raised and depressed features called "stations" strategically placed



to help any yoga student *feel* where his or her hands, feet and head should be placed for all 24 basic yoga postures. Thicker than a traditional mat, this yoga mat comes with its own handy carrying strap. This item is available on line for \$79.00. Google the words "Braille Yoga Mat" to find it.



### May Is:

Arthritis Awareness Month  
 Better Hearing & Speech Month  
 Fibromyalgia Education Awareness  
 National Family Month  
 National Smile Month

### 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*.

## Manufacturer Claims Long Time Product Relieves Back Pain

For 15 years the **Sacro Wedgy** has been helping thousands get relief from a variety of lower back problems. When a back muscle gets too tight, it may start to torque in the spinal column and in turn puts pressure on nerves and creates pain. Sciatica, back pain, hip pain, knee pain, heel pain, shoulder pain, and bad posture are just some of the symptoms associated with a muscle imbalance. Relaxing daily on the **Sacro Wedgy**, combined with neck support, may be very helpful to allow muscles to relax and rebalance. There is a male and female version of the **Sacro Wedgy** because of the differences in the shape of the sacrum. The average female sacrum is slightly wider and shorter, because of the birth canal. Taller women with a longer, narrower torso, may do better with the male version. The **Sacro Wedgy** comes with written directions and a link to view a video of how to use this tool. This item is available online from various vendors and sells for \$25.00.



## 2 Handled Mug Provides Stability for Shaky Hands...

...and personal dignity while drinking with the **Granny Jo Dignity Mug**. This is a specially designed ceramic mug that provides additional stability for shaky hands from hand tremors, flexibility or motor skills problems. The design of the mug permits multiple grip options—the user can either grasp the outside of both handles and slide their fingers through the wide openings or grip both handles or grip the body of the mug directly. The **Dignity Mug** is microwave and dishwasher safe. Google “Granny Jo



Products” to see this plain white mug for \$7.00 and hand painted mugs for \$11.00.



## Coffee or Tea in an Instant



Pour fresh water into the 16 ounce stainless container of the **Hot-Shot Beverage Maker**, press the heat button and in ninety seconds you can dispense hot water into your cup or bowl. This convenient tool lets you make coffee, tea, cocoa, powdered soup, or oatmeal in an instant and with minimal effort. Plug the 29” cord into the kitchen or bedroom for your convenience. This product is \$19.95 online. Google the words “Hot- Shot Beverage Maker, Sunbeam” to find an online vendor.

## From the Editor

Did You Know...

...that **Tools for Independence** has a website? Go here <http://toolsforindependence.org/index.htm> to find out more. You can access back issues of **Tools** featuring a wide variety of devices and gadgets to help people live more independently in their own homes. In addition, the **Tools** website has listings of a number of resources designed to assist people with their independent living needs.

...that the **Independent Living Partnership (ILP)** has a **Facebook** page? Go here and "Like" us. <http://www.facebook.com/pages/Independent-Living-Partnership/117930784987388?sk=wall>

Besides publishing **Tools for Independence**, ILP offers the **TRIP Transportation Program** for residents of Riverside County and administers the **AT Network Device Lending Library** for California residents. TRIP offers a stipend to volunteer drivers who are transporting seniors and persons with disabilities to doctor's appointments, grocery shopping, and for other needs. The Device Lending Library provides short-term loans of assistive technology equipment for persons with disabilities including seniors. For more information on these programs, contact us at the email/phone number below.

...you can contact us any time with comments or questions about **Tools for Independence**?  
[editor@ToolsforIndependence.com](mailto:editor@ToolsforIndependence.com)  
1-951-653-0740 x. 22

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

## More than Just a Walking Stick

The **Reality Track Hiking Cane** is perfect for the serious hiker or recreational walker. This lightweight and durable hiking and walking pole is fully adjustable and comes with an anti-shock system. Made out of high impact aluminum alloy, this **Hiking Cane** is equipped with a removable tip for both summer and winter

traction. The handle has a flashlight. The telescopic shaft provides different height adjustments and can break down into two 22" pieces for travel and easy storage. Google the words



"Reality Track Hiking Cane" for more information and see the lowest price available. We found this item for \$14.95.

**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 4, Issue 5

Editor: Cecilia Burch

Associate Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: [Editor@TOOLSforIndependence.org](mailto:Editor@TOOLSforIndependence.org)

951-653-0740 Ext. 22

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758