



November 2013

*Brought to you by:*

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.com](http://www.ILPconnect.com)

*Published by:*

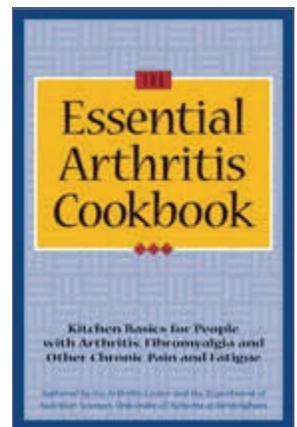
The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

## **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](http://www.atnet.org).

## **The Essential Cookbook for Any Person With Arthritis...**

...offers kitchen basics for people with arthritis, fibromyalgia and other chronic pain and fatigue. It's highly recommended by the American Arthritis Foundation and the Arthritis Society of Canada. This book demonstrates how paying attention to one's diet can reduce pain, swelling and stiffness. Learn how to fight back against energy robbers, how to pamper and protect your joints, what shortcuts can ease fatigue while in the kitchen, and how to prepare 125 highly nutritious recipes that require few ingredients and minimal clean-up. Because the body uses its natural energy to fight pain and inflammation, the arthritis sufferer is left with less energy to perform everyday tasks like cooking, eating and cleaning up. Topics include medications, kitchen layout, cooking techniques, locating handy tools, meal planning, and nutrition as it relates to arthritis. These delicious recipes suggest appropriate rest breaks during preparation, and one out of three recipes can be prepared under 20 minutes. Authored by the Arthritis Center and the Department of Nutritional Science University of Alabama at Birmingham. Check the link below to read reviews about this book. We found this informative book online for \$14.95 to \$32.00. <http://books.google.com/booksid=0mna1PogNJwC&sitesec=reviews>.



## **Weighted Cuff Helps Steady a Disposable Razor**

This **Weighted Cuff Holder** has hidden weight to help steady a shaky hand. Slip the handle of a standard disposable razor into the holder pocket. The holder has a ½" wide strap that fits comfortably over the hand. It closes securely with a Velcro closure. The vendor says the weighted cuff minimizes grasping pressure on fingers and improves hand control for shaving. We found this item for less than \$32.00. To find an online supplier search using the words "Cuff disposable razor."

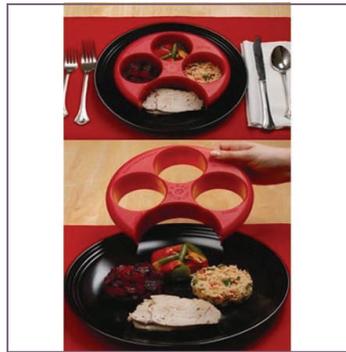


## Measure Your Way To Being Fit and Trim

Manage your weight one portion at a time with accurate USDA-approved serving sizes.

Just place the **Meal Measure** on your dinner plate and fill the compartments with the four food groups. Check out this video to get more information on how it works at <http://www.youtube.com/watch?v=IRWZc5UPv-w>.

[www.youtube.com/watch?v=IRWZc5UPv-w](http://www.youtube.com/watch?v=IRWZc5UPv-w).



We found this handy item online for \$8.95. Search using the words “meal measure portion” to find a supplier and start eating healthier portions today.

### November Is:

- ▶ National AIDS Awareness Month
- ▶ National Alzheimer's Disease Month
- ▶ National American Heritage Month
- ▶ National Diabetes Month

### Special Days in November

- ▶ Veterans' Day, Day, Nov. 11, 2013
- ▶ Thanksgiving Day, Nov. 28, 2013

Dick Clark's Birthday

November 30, 1929—April 18, 2012

Dick Clark's American Bandstand began in 1957 and continued until 1989.

“ Well, I'm using a cane, so what? So what if they shot me sitting in a wheelchair? That's life!”

Dick Clark

### 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
- 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
- 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
- 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
- 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)

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 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*.

## Open Screen Or Storm Doors More Easily

Does Arthritis or some other ailment make it difficult to deal with that annoying door latch? The **E-Z Open Door Latch** could be your answer. It works on most common screen and storm door handles. The vendor says that the **E-Z Door Latch** is 5 to 10 times bigger than your current push latch, and a larger target means it



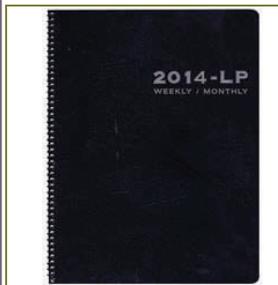
is easier to see. And more handle means more leverage, less effort, and easier to open. No tools Required, and it installs in seconds. The black molded polymer push disk slides over your existing door latch. To check out this assistive technology item search using the words "E-Z door screen handle latch". This item is available online from suppliers that sell AT products for \$15.95 - \$18.95.



## Be More Organized For The New Year...

... with the **2014 Jumbo Print Calendar**. This large print calendar is a great tool for those with low vision. The calendar measures 11"x 17" and when opened measures 22"x 17". One-inch bold black numbers printed on bright white paper makes it easier to see than smaller calendars. View a month at a time when the calendar is opened. It shows holidays and includes plenty of room for notes on each day plus an additional notes and appointments section at the top of each month. The lowest price we found this item for is \$7.95. Search the words "2014 jumbo print calendar". For those who would like to carry your organizer with you, we found this **2014 Large Print Organizer** for \$21.99. Designed with the low vision person in mind, it has easy to read large print pages in a sleek classic style leatherette cover. The 8.5"x11" with 146-page spiral bound book opens to 17" x 11". To find an organizer that suits your needs search "large print weekly monthly notebook".

DIRECT ENDORSEMENTS							JANUARY 2014						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4							
5	6	7	8	9	10	11							
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30	31								



## Bath Mitt Helps With Bathing

Protect your finger joints from excessive pressure by allowing use of stronger palms for bathing. Interchangeable for either hand, this **Bath Mitt** has a pocket for bar soap that dispenses soap more easily. The vendor says if your skin is frail, the sheepskin side can be soaped with liquid or bar soap. When soaped, the mesh side mitt exfoliates gently. The mitt's hypo-allergic material is mildew resistant. This bath mitt measures 5" wide x 8" long, and is available from various online suppliers for less \$18.95. There are many styles of bath mitts available online. Search using the words "bath mitt soap pocket" to find the bath mitt that fits your needs.



# Ideal Dressing Aids For Buttoning a Shirt

For the more than 40 million Americans with arthritis or the growing population of seniors living with physical challenges that limit daily activity, simple tasks like buttoning a shirt can be a struggle. The problem-solvers at Velcro USA Inc. have come up with an easy and innovative solution to assist with independent living: **the VELCRO® brand Button Conversion Kit**. The new system replaces the existing buttons on a garment with alternate buttons that are backed with an iron-on hook and loop closure, providing ease and convenience while maintaining the original look of the garment. There are no visible signs that the fasteners are anything but standard buttons. The easy-to-fasten closures provide greater independence and enable individuals to simply convert and wear their own clothes, shop at their favorite stores and maintain their own sense of style; no need to limit clothing choices to pullover tops.

All that's required to complete the simple no-sew conversion of any garment is an iron. The original shirt buttons are removed and replaced with long-lasting **VELCRO® brand fasteners**.

The new buttons on the fasteners are inserted through the buttonholes on the shirt. A hot iron is used to fuse fastener to fabric for a permanent, washable bond. Each Kit contains nine sets of closures, enough for the front of a shirt and each of the cuffs. The button closures are available in black, pearl and tortoiseshell, and come in both standard men's and women's shirt and blouse button sizes, providing easy closures with a truly buttoned-up look. The price for the button conversion kit from various supplier is \$5.99. For more information check out this website

[www.velcro.com](http://www.velcro.com)



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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