

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



September 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/>

## **One Handed Tray**

The **One-Handed Tray** is designed to leave one hand free to hold a cane, railing or other support. The textured surface on the serving tray prevents dishes from sliding and the raised edges contain the spills. The handle is an easy on/off removable handle. This tray is made of durable plastic and supports up to 13 lbs. This tray measures 17" long x 12 1/2" wide x 10" tall. We found this handy item for \$12.99 online. To find this or other styles of a one-handed tray search the words "one handed tray disability".



## **Illuminate And Magnify...**

... with this innovative **12-LED Dual Magnifier Gooseneck Floor Lamp Magnifier**. You can read, sew, do the morning crossword, work a jigsaw puzzle and more, without straining your eyes. Twelve brilliant long-life LEDs provide excellent illumination, a 5" diameter 2X magnifying lens with 6X pinpoint inset makes small print and fine detail legible. Built with a weighted base about 9" x 11" in size and features a flexible gooseneck that bends in any direction. The magnifier/light assembly measures about 6 1/4" x 9", with a on/off switch. This lamp is made with durable ABS plastic construction. This lamp has about 28" arm as shown and comes with an AC adaptor or can be use cordless via three "D" batteries, (not Included). UL®-listed. The price range for this item is \$89.00-\$115.00. Word search "gooseneck floor lamp magnifier" to find a visual aid that suits your needs.



2X magnifier  
with 6X inset.

## Get a Handle On Your Mug

The **Vivi™ Duo Handle** attaches to mugs, glasses, and bottles for extra stability. Arthritis-friendly design offers a more comfortable grip without curling fingers. The handle easily snaps on most drinking container. In addition, the handle protects hands from



hot mugs too. This item is hand washable and measures 3 1/2" high x 3" wide x 4" deep. Search the words "vivi Duo Handle" to find a vendor of your choice. The price range we found this tool for is \$11.99 - \$14.99.

### September Is:

- ▶ National Guide Dog Month
- ▶ National Yoga Month
- ▶ Leukemia & Lymphoma Awareness

### Special Days in September 2014

- ▶ Labor Day September 1st
- ▶ Fall Begins September 23rd

### Bob Newhart

September 5, 1929—Present

George Robert "Bob" Newhart is an American standup comedian actor. Newhart came to prominence in the 1960s when his album of comedic monologues *The Button-Down Mind of Bob Newhart*. Newhart later went into acting, starring in two long-running and award-winning situation comedies. In 2013 he guest starred in three episodes of *The Bang Theory*, for one of which he won his first Primetime Emmy Award.

"Laughter gives us distance. It allows us to step back from an event, deal with it and then move on".

Bob Newhart

## 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.**

## Fall Statistics By The National Floor Safety Institute

- ▶ For mature people aged 65-84 years, falls are the 2nd leading cause of injury-related death as you get older for those aged 85 years or older, falls are the leading cause of injury-related death.
- ▶ Falls account for over 8 million hospital emergency room visits, representing the leading cause of visits (21.3%). Slips and falls account for over 1 million visits, or 12% of total falls.
- ▶ Half of all accidental deaths in the home are caused by a fall. Most fall injuries in the home happen at ground level, not from an elevation.

## Balance Exercise For Seniors

After reading the above statistics. I thought we should explore “Balance Exercise for Seniors”. There are many exercise programs available for all ages, which include many types of exercise equipment and videos to help to get us into shape or to help maintain our good health. Always check with your Physician before you start any exercise program. Listed below are a few videos that I found on the internet for your viewing. Let’s get moving!

- ▶ Standing Exercises for Older Adults <http://www.youtube.com/watch?v=mQLzNf8VOIc>
- ▶ Seated Exercises for Older Adults <https://www.youtube.com/watch?v=8BcPHWGQO44>
- ▶ Gentle Yoga in the Chair <https://www.youtube.com/watch?v=G8BsLIPE1m4>
- ▶ Standing Yoga <https://www.youtube.com/watch?v=L-YXxFHMrH0>

## Keep Track Of Your Steps



With this easy to use **Talking Pedometer**. This pedometer has multiple functions, clock, alarm and built-in safety feature. Clip it to your waist as you walk or jog. The unit counts steps, calories burned, distance traveled and time walked. It also displays results on a large LCD screen. Press the “talk” button and it announces them. Or set the device to “auto report” to hear voice announcements at preset intervals. In addition, in an emergency, pull the lanyard and a panic alarm emits a loud pulsing sound to summon help. It measures about 3¼" x 2" and uses four AG13 batteries. This and similar pedometers are available from your choice of vendors for less than \$3.99. We find this pedometer for \$15.00. Search the words “talking pedometer alarm” to get started in your daily exercise.

### TO OUR VALUED READER:

While we provide links to online educational videos we feature in each issue of TOOLS for Independence, products like them may be available from other outlets. It’s always a good idea to shop around for a product that catches your eye. You may find that it’s available somewhere else at a lower cost or in a slightly different design that better meets your needs.

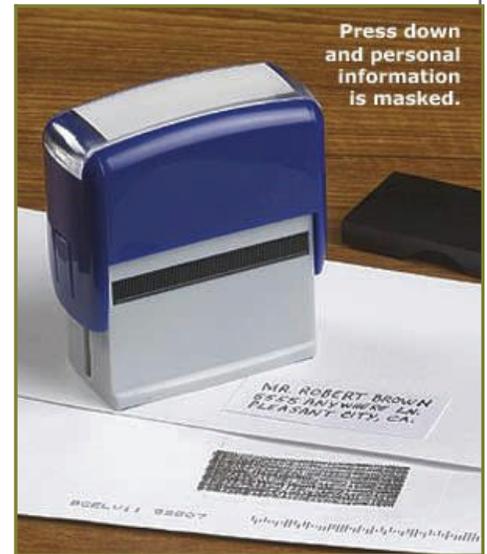
# Guard Against ID Theft

This **Hand-Held Paper Shredder** is a fast and easy way to dispose of documents with personal information. An affordable alternative to costly and bulky electric shredders, this portable unit makes it a breeze to shred unwanted credit card offers, sensitive mail or other personal papers you want to keep safe from prying eyes. To use, just fold and insert paper into unit's approximately 4½" long slot, then press the rocker button to start shredding. Paper feeds itself through. Great for home, office or travel. Uses four AA batteries and is made of plastic and metal it measures 10¼" long x 2¼" wide. This item is available from



various suppliers. Search the words "hand held paper shredder". We found this item online for \$12.99. Another way to protect your identity is with the **Black Out Stamp**, it is a quick, easy and affordable alternative to a shredder. Using a pattern of jumbled characters and indecipherable permanent ink, it stamps over personal

information. It prevents prying eyes and identity thieves from seeing your name, address, social security and account numbers or anything you wish to keep private. Use it on all your non-glossy paperwork: mail, credit card offers, checks and more. About 3" wide x 3¼" tall, ink refills are also available. The price range varies from \$8.99- \$17.95 and can be found on line by searching the words "black out stamp"



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 9

Editor: Karen Long

Managing Editor: Richard Smith

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

951-653-0740 x 21

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