



February 2015

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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—

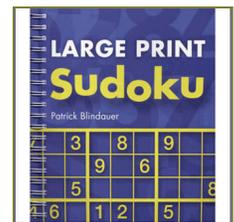
Ability Tools offers free information and referrals for assistive technology supplies, daily living devices, community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit <http://abilitytools.org/>

Work Your Brain Without Tiring Your Eyes...

... with **Large Print Crossword Puzzles and Large Print**

Sudoku Puzzles. These large print puzzles will baffle you in the most delightful way while keeping your mind stimulated. These are approved by the National Association for the Visually Handicapped.

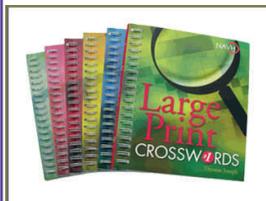
The **Large Print Crossword Puzzles** comes in seven challenging volumes each with over 120 crossword puzzles. The spiral bound large print



Sudoku puzzles includes

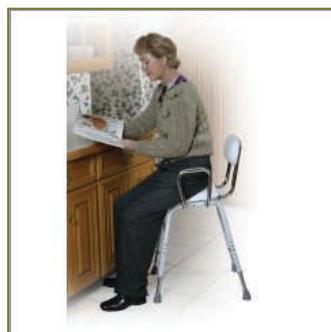
225 puzzles, printed one per page. Solutions are given at the back of the book. These books are available for \$12.99 online. Search the word "large print puzzles" to find these books.

In addition, word search "free large print puzzles printable" to print puzzles *Free* from your home computer.



Take A Seat When You Need To...

... with the **All Purpose Kitchen Stool.** Relatively lightweight and easy to move around, the all-purpose stool is a useful balance and support device. The **All Purpose Kitchen Stool** is designed to provide a safe, comfortable way of sitting while recovering from hip, back or knee surgery. It comes with four rubberized non-skid feet to help keep the stool stable on any floor surface, and a heavy-duty chrome-plated frame. This stool can be used in the



bathroom, at the sink for safe face washing and grooming, or at the dinner table, providing height and longer reach. It is ideal for those who cannot stand for a long period of time. The seat height adjusts from 21" to 27" this stool also includes adjustable and removable arm supports.

There are many styles of stools to choose from; the stool featured here sells for \$39.95. To find a stool that best suits your needs, search online using the words "all purpose kitchen stools."

Get your tickets online now and join us for an afternoon of fun with lots of opportunities to win valuable prizes!!

<http://www.ilpconnect.org/come-and-party-with-us/>



February Is:

- ▶ Black History Month
- ▶ Heart Disease Awareness Month

Special Days in February 2015

- ▶ Groundhogs Day, February 2nd
- ▶ Lincoln's Birthday Day, February 12th
- ▶ Valentine's Day, February 14th
- ▶ Washington's Birthday, February 22nd

Steven Paul "Steve" Jobs

February 24, 1955 – October 5, 2011)

An American entrepreneur, marketer and inventor, who was the co-founder, chairman, and CEO of Apple Inc. He is widely recognized as a charismatic and design-driven pioneer of the personal computer revolution and for his influential career in the computer. Transforming "one industry after another, from computers and smartphones to music and movies.

"Sometimes life is going to hit you in the head with a brick. Don't lose faith".

Steve Jobs

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- 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
- Medical Goods: www.medicalgoods.com
1-888-557-0256
- Sight Connection: www.sightconnection.com
1-800-458-4888
- 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
- Target.com: www.target.com
- 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.

A Safer Way To Pour Hot Liquids

The vendor says if you have a problem pouring tea or other hot liquids, here's a great way to help prevent burns and spills. The **Kettle/Pot Tipper** allows the user to easily control the tipping angle for pouring hot or boiling water in a safe manner without lifting any weight. It is suitable for most types of teapot or electric kettle. The nonslip feet keep the tipper from sliding, and a hook and loop strap keeps the kettle securely in place. Made completely from plastic, it is lightweight and corrosion resistant. The price range for this item from various suppliers is \$34.99 to

\$55.99. Search the words "kettle pot tipper" to find this handy beverage helper.



Step Up With Ease Through Doorways

Reduce the effort of navigating stairs by placing this wide, sturdy platform outside any doorway. The **Outdoor Riser Step** allows those with limited mobility to remain steady while stepping up or down. The slip-resistant rubber tread helps to keep the step in place. The vendor said this step can support up to 400 pounds. Check this step out and many other step options by doing a search using the words, "outdoor riser step". The lowest price we found for this item is \$39.95.



The purpose of this newsletter is to present products that appear promising for helping people remain independent. Mention of products is not an endorsement. Product manufacturers provide no compensation or other benefits.

Are Your Gloves Too Bulky To Use Your Touch Screen Phone?

This set of **Touch Screen Gloves** is a perfect addition to any winter wardrobe. Made of 100% micro velvet polyester. The gloves allow you to use your touch screen phone or iPad without taking off your gloves. The gloves are machine washable, unisex, and feature glow in the dark fingertips. Available in black, burnt orange, or grey, one size fits most. Search the words "touch screen gloves" to find these gloves and many other styles of touch screen gloves. Price for these gloves is \$14.95.



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 online for \$79.00. Google the words "Braille Yoga Mat" to find your path to physical, mental and spiritual exercise.



Stretch Yourself Back Into Shape And Improve Your Overall Health

Did you know, according to many health professionals, that poor spinal health is one of the most common contributors to overall pain and discomfort? The **Core Stretch** is an innovative design to better stretch your legs, shoulders, and back. Proper use of the **Core Stretch** allows you to stretch yourself back into shape as it works the ligaments, muscles and tendons in your back, as well as in your legs and arms that work in accordance with your back. It elongates the spine rather than forcing your back to curve-thus stretching your core. The Core Stretch features a three-plane swivel for up-and-down, side-to-side and twisting motions, 10 sizing options and 3 levels of fitness. It is lightweight and collapsible, black in color and weighs 3 pounds. For more information Google the words "Core Stretch". We found this item online for \$49.99-\$70.00.



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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