

# TOOLS for Independence™

*making your life at home easier and safer*



December 2016

**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/>

## **Stay Warm This Winter with a Comfort Zone for Sensitive Feet**

Place the **Foot-Free Pillow** at the foot of the bed to relieve the aggravating weight of blankets and sheets. The breathable space reduces pressure, pain and irritation on sensitive feet without sacrificing warmth. The vendor says that this pillow is ideal for anyone who is recovering from surgery or who suffers from poor circulation. It is easy to slide into place, It is made of 100% polyurethane which is a fire resistant foam. This pillow measures 17" long x 8" deep x 9" high. The cover is removable and washable. It is available on online for \$24.95 and up. Search using the words "foot free pillow" to find the pillow t and vendor hat suits your personal needs.



## **This Device Provides a Total Body Workout**

Enjoy all the benefits of bicycling and aerobic exercise. The vendor says that the **Total Body Exerciser** is ideal for cardiovascular health and muscle toning and will help improve your circulation right from the comfort of your favorite chair. This exerciser works your arms, legs, core, and back muscles at the same time without putting too much stress on your joints. No need for bulky equipment to get a total body workout. Adjust the height and tension to meet your needs and exercise level. The device is made of durable carbon steel, is lightweight, and has pedal straps for safety. Put your workout shoes on and get started exercising. We found this product online for \$39.00. Word search "Total Body Exerciser" to find this device and similar products.



## Easy to Dispense

Dispense cotton swabs one at a time with the **Pop up swab dispenser** it is a convenient, sanitary way to store one of life's everyday necessities. The perfect assistive technology tool for persons with

tremors. Push the top down for a clean swab to pop up. Clear top lets you know when it's time to refill. This dispenser can up to 30 swabs. The online price for this tool is \$3.95-\$5.99.

Search the words "Pop up swab dispenser".



### December Is:

- ▶ National Drunk & Drugged Driving Prevention month
- ▶ World Aids Month

### Special Days in December

- ▶ Pearl Harbor Remembrance Day 12/7
- ▶ Virgin of Guadalupe 12/12
- ▶ Hanukkah Begins 12/24
- ▶ Christmas Day 12/25
- ▶ Kwanzaa Begins 12/26
- ▶ New Year's Eve 12/31

Dick Van Dyke

Birthday December 12, 1925

Richard Wayne "Dick" Van Dyke is an American actor, comedian, writer, singer, dancer, and producer whose career in entertainment has spanned almost seven decades.

*"In my seventies, I exercised to stay ambulatory. In my eighties, I exercise to avoid assisted living."*

*Dick Van Dyke*

## VENDOR RESOURCE LIST

Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033

Alimed: [www.alimed.com](http://www.alimed.com)  
1-800-225-2610

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

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

Simple Comforts: [www.simplecomfort.com](http://www.simplecomfort.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)  
1-800-591-3869

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

The Grommet.: [www.the.grommet.com](http://www.the.grommet.com)

Walgreens: [www.walgreens.com](http://www.walgreens.com)  
1-800-925-4733

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.**

## Enjoy VIP Treatment and a Afternoon of Fun with Friends at the Empire Polo Club in Indio

We hope you will plan to join us on February 26, 2017 to help us celebrate 26 years of service to our communities. The setting at the Empire Polo Club is upscale and grand, an enchanting Desert afternoon of fun and excitement under huge shading canopies. We always schedule our events to coincide with the very best polo of the season – *the Rose and Emerald Cup final matches!* If you have never been to a polo match before don't miss out this time! Tasty food, a valuable door prize, and choice silent auction and raffle opportunities round out the afternoon. Unlike with other nonprofit events, there are no boring speeches and no endless award ceremonies!! Just a party designed for your pleasure and enjoyment. Hope to see you there!



## A Secure Hand Grip for Those ...

... Arthritis. This **Palm Handheld Shower Spray** includes a palm feature that allows a comfortable, easy and secure handgrip. Simply removing the base handle converts this versatile hand shower into an even more maneuverable lighter weight palm shower. It offers three spray functions and an 7-foot flex-soft hose for added reach in the shower. This product is available from various vendors that sell assistive technology for



\$27.96 to \$34.95. Search the web using the words "Palm Handheld Shower Spray".

## Read Your Prescription Bottle Instructions With Ease

This power clip–on **Prescription Bottle Magnifier** is designed to fit on most standard prescriptions bottles. The 2X magnification will help avoid mistakes in reading vital dosage or instructional information listed in the difficult-to-read fine print. Simply clip the magnifier to a prescription bottle and swing the magnifying lens outward to magnify the text. Then fold the magnifying lens inward against the bottle when it's not in use. The magnifier is available online from many vendors starting price \$6.99. Search the word "prescription bottle magnifiers" to get yours.







**As The New Year  
Approaches**

**We Wish You A Year  
of Joy,  
Success,  
Good Tiding**

**And A Healthy  
Happy New Year !**



## Get Ready for 2017

Never forget another appointment with the **Giant Print 2017 Calendar** designed to help anyone with limited vision remember appointments, birthdays and special occasions. You can hang it on a wall for easy reference or keep it on your desk as a desktop calendar.

It lays flat for writing and features 8.5" x 11" sheets that open to a full 11" x 17". When opened, it shows the

JANUARY 2017						
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				

entire month (days and dates) at a glance. It also features 1" high dates for easy reading and it includes ample space for writing important notes. It is available for \$8.95 online. Search the words "giant print calendar" to find this and other style of calendars to help keep you on schedule in the new year.

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.



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### NOTICE

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