



February 2010

Brought to you by:

Visiting Nurses
Association of the
Inland Counties
(VNAIC)



For more information
about VNAIC contact us
at 1-800-498-6242 or our
web site at vna-ic.org.

NOTE TO READERS:

While we strive to
publish accurate
ordering information
for the products listed
in this newsletter, item
prices and availability
are always subject to
change by vendors.

Published by:

The nonprofit Independent
Living Partnership (ILP) -
helping people to live
independently in their
homes. On the web at:
www.livingpartnership.org

For Those Night—Time Trips To The Bathroom, Kitchen, Walking The Dog

This novel flashlight lets you see ahead where you are going and down so you don't trip and fall. The **Dual Beam Oval Flashlight** shines a bright beam ahead of you while also shining a light down so you can navigate stairs, steps and pathways. It features an ergonomic grip and a light-weight design so it is easier to hold than a heavy, straight-ahead flashlight. And the vendor says that the super-bright LEDs never need replacing. It operates on 3 AA batteries (included), and measures 5-3/4" long by 4" wide. Available for \$29.95 at Gold Violin. Take a look at www.goldviolin.com or call 1-877-648-8400. Product # 92269.



Talking Dictionary

This talking dictionary tells you the definition plus how the word is used. It is no ordinary computer-based talking dictionary. According to the vendor, the **Ultimate Talking Dictionary (UTD)** reads the definition of the word and then uses it in a sentence so you can get a true understanding of the word. In addition to containing definitions of 250,000 words, it also features a fully integrated thesaurus so you can find synonyms for words. It features a Power Search in case you don't know how to spell the words you are looking for. Designed to work with screen readers and screen magnifiers, the UTD's voice can be turned off so it does not interfere with a screen reader's voice. It can also be used with simple keyboard commands, eliminating the need for a mouse. The UTD will work with Windows XP or Vista (other Windows system requirements can be found on the vendor's web site). It costs \$39.95 at Enable Mart. Visit www.enablemart.com or call 1-888-640-1999. No item number so simply enter Talking Dictionary in the search box.



Trouble Reaching a Wall-Mounted Light Switch?



For anyone who has trouble reaching a wall-mounted light switch, a **Wall Switch Extender** can do the trick. Ideal for anyone using a wheelchair, the extender measures 12 inches and makes any wall on-off switch easy to reach. Slide it up, and it turns the switch on; slide it down, and the switch goes off. The vendor says it is easy to install, and it fits all standard

single switches by fitting over the top of the existing wall plate. Screws and bushings are included. It comes in a clear (white) color. Price for a two-pack set (total of 4 extenders) is \$30.92. Reach more about this product at Rehab Mart by visiting www.rehabmart.com or calling 1-800-827-8283. Item #MDK-F754141000(2).

A Thermometer That Talks To You

This indoor/outdoor thermometer announces the temperature in Spanish and it can be used as a wake-up alarm as well. The **Talking Indoor/Outdoor Digital Thermometer** is great for anyone with a vision impairment. A dual display offers the choice of four display modes: Indoor/Outdoor, Indoor/Time, Outdoor/Time, and Time/Alarm. And it can be preset to announce the temperature as a wake-up alarm. It can also be programmed to announce the temperature every hour between 7 a.m. and 9 p.m. An added health and safety feature also alerts the user when the temperature reaches 100F (38C) or drops to 32F (0C). There is also a volume control and shut-off feature. The device uses three AAA batteries (not included). It is available for \$15.95 and you can find it at MaxiAIDS by visiting www.maxiaids.com or calling 1-800-522-6294. Item #708846.



Enjoy The Brightness Of LED Lights Wherever You Want Them

Now you can enjoy the brightness of LED Lights wherever you want them without having to plug them in. These self-stick **LED Push Lights** will brighten any dark space instantly by simply placing them wherever you need extra lighting. The puck-sized lights go on and off with a simple push, and they come in an attractive wood grain plastic design so you can put them anywhere—inside stor-

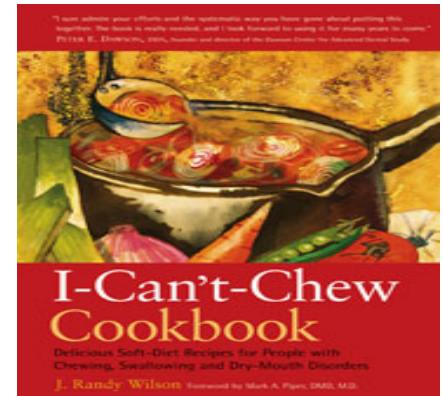


age cabinets, over your kitchen counters, in a closet or even in your medicine cabinet. The illuminators have three super-bright 10,000 hour LEDs for wherever you need spot illumination. The lights measure about 2-3/4" diameter, are 3/4" high. Each uses 3 AAA batteries (not included). A set of two costs \$6.00 at Starcrest of California. Visit www.starcrest.com or call 1-800-551-2843. Item #21525.

Trouble Chewing or Swallowing?

The **I Can't Chew Cookbook** is a real find for anyone with chewing, swallowing and dry-mouth disorders. The cookbook, by J. Randy Wilson, contains delicious recipes from casseroles to creamy shrimp and noodle dishes. It features chapters on special drinks, soups, entrees, vegetables, deserts and more.

The vendor notes that this is **not** a liquid diet or a blender cookbook. Rather, it has recipes for all kinds of dishes ranging from crab and salmon to ham and chicken. The **I Can't Chew Cookbook** is available from the Alzheimer's Store for \$16.95. Visit www.alzstore.com or call 1-800-752-3238. Item #2221.



No More Burning Wrists or Arms...

...When you reach into the oven to take out a casserole or check on that roast. The **Long Oven Mitt** is a great idea for anyone with a vision impairment because it reaches all the way up to the elbow and provides maximum protection against burns. The mitt is available for \$6.95 at YouCan TooCan by visiting www.youcantoocan.com or calling 1-888-663-9396. Product #1159.



Check Out The TOOLS Resource Center —

Our new TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information and help with your questions about assistive technology, caregiving and independent living. Our web site also hosts a blog written by TOOLS editor Michael Carbine with news, updates and notes of interest, and a collection of back issues of the *TOOLS for Independence* newsletter. You can also take a survey and tell us how we can make TOOLS more helpful and useful for you. Visit us at www.TOOLSforIndependence.org.

If Using Scissors Is Painful Or Tiring...

...These ergonomically designed multi-purpose scissors may be just what you are looking for. The Fiskars award-winning **Spring Action Multi-Purpose Scissors** have oversized cushion grip handles specially designed for comfort. The scissors feature an easy-action spring that gently opens the blades after each cut, greatly reducing hand pain and fatigue as well as repetitive strain injuries. They have flat bottom styling and an easy-lock slide. There is also an adjustable pivot screw. They cost \$20.95 at Life With Ease. Visit www.lifewithease.com or call 1-800-966-5119. Product #LWE99117097.



Reader's Response: There are so many items in this newsletter each month that seem like they would be helpful to manage daily living in my home. However, it would really be helpful if there was a way to try them out before making a final purchase....Is that possible? *Nancy A, Sacramento, CA.* **Editor's Note:** See answer in the March issue.

TOOLS for Independence™ . . . THIS ISSUE is brought to you courtesy of the VISITING NURSES ASSOCIATION OF THE INLAND COUNTIES (VNAIC)





TOOLS for IndependenceTM

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Riverside, CA 92507-0758

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This newsletter is distributed to you courtesy of the *Visiting Nurses Association of the Inland Counties* (VNAIC) in cooperation with the Independent Living Partnership. VNAIC is the oldest non-profit in-home nursing and hospice provider agency serving Riverside County and the Inland Empire.

Easily Reach Your Feet For Washing



Now you can easily reach your feet to wash them without bending over. This device is great for those with mobility problems and who cannot easily wash their feet. **Dr. Joseph's Original Footbrush** features a unique sponge tip for cleaning between your toes. Its soft nylon brush gently cleans your feet while a cord at the end of the handle wraps around your wrist to prevent the unit from falling during use and allows you to hang the unit on a hook to dry. The footbrush measures 25-1/2" long, and the brush itself measures 3-3/4" in length. The footbrush costs \$16.95, including two sponge tips. Refills (in packs of 3) are available for \$7.95. They are available at Active Forever, www.activeforever.com or call 1-800-377-8033. Brush is item #A13036-01, refills #A13036-02.

TOOLS for IndependenceTM

Volume 2, Issue 2

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TOOLS for IndependenceTM is published monthly by the Independent Living Partnership, 6235 River Crest Drive, Suite C, Riverside, CA 92507-0758. The Partnership is a non-profit, tax-exempt corporation organized for the purpose of improving or preserving the independence and dignity of older adults, people with disabilities, their caregivers and families. The education programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

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