



March 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.**

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

Spring Is Just Around The Corner...



ActiveForever.com

...And that means getting ready to start on your garden. This three-pack of **Easi-Grip Garden Tools** include three ergonomically designed tools: A cultivator, trowel and a fork to help you keep your garden in tip-top shape without hurting your hands. The tools are made of high-quality stainless steel and feature soft-feel non-slip handles. A set of three costs \$29.95 at Active Forever. Visit www.activeforever.com or call 1-800-377-8033. Item #A15133.

Keep An Aspirin At Your Fingertip

Taking an aspirin at the onset of a heart attack can improve your change of survival by up to 50%, according to the vendor. The **Heartsaver Aspirin Case** is waterproof and is made of FDA-approved anodized aluminum and holds three aspirin or nitroglycerin tablets, instantly ready to take on the advice of a 911 operator or your doctor. The case can be attached to a key ring, golf bag or necklace chain. It measures 3/4" long by 1/2" in diameter. It is available at Gold Violin for \$11.95. Visit www.goldviolin.com or call 1-877-648-8400. Product code 1574436.



Have an idea on what kinds of assistive devices and gadgets should be available for California's disabled and aging citizens? The California Department of Rehabilitation (DOR) recently convened a task force to address this issue and wants your input. DOR is asking Californians to send their comments, recommendations and observations on what should be available for consumers by the year 2015. Send your ideas and comments to editor@toolsforindependence.org and we'll forward them to the TF.

Mark Your Calendar-

California State University Northridge's **International Technology & Persons With Disabilities Conference** is being held in San Diego March 22-27. It provides an opportunity to network, learn about innovative Assistive Technology (AT) solutions and engage in hands-on experiences with a variety of new and existing AT devices. This year's conference features 2 days of pre-conference workshops, over 300 general sessions and workshops, and 140 exhibitors. You can even follow the conference on Twitter. More about the conference at www.csunconference.org.

Here's a Reader's Energy Saving Tip:

Bob in Boynton Beach, FL tells TOOLS that since his primary use for hot water is for showering, "I set my hot water thermostat to a temperature that is comfortable for that purpose. When I need hotter water for the dishwasher after an occasional dinner party or for laundry every 10 or so days, I temporarily increase the temperature. That way I neither waste energy or risk burning my skin. And it is a money saver as well!"

Send TOOLS Your Savings Tips.....

Protect Your Knives and Your Fingers...

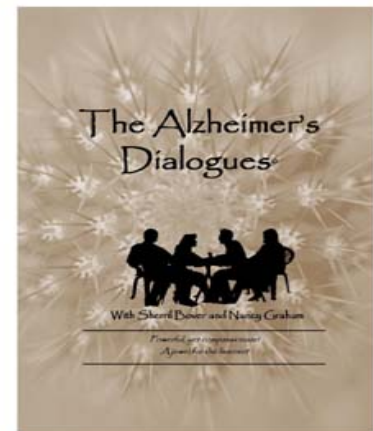


...with these bright **Neon Knife Guards**. The guards protect the sharp edges of your knives when they are being stored in a drawer, and they also protect you from accidentally cutting your fingers. Flared edges on these durable poly-styrene sheathes make it safe to insert any type of knife. And you can easily spot the bright colors in a crowded utensils drawer. The Neon Knife Guards come in orange, blue and pink, based on knife size. Orange fits knives up to 10-1/2", blue up to 8", and pink from 2" to 4-1/2". They are \$3.95 each at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Product code 91267-69 (depending on color).

Get Answers When Caring For Someone With Alzheimer's Disease

If you are caring for someone with Alzheimer's and cannot attend a support group or easily get the answers you need, these CD's may be just what you need. The **Alzheimer's Dialogues** provide four one-on-one "support group" meetings on two CD's. They were recorded at a real support group and feature Sherril Bover, a real support group leader, providing advice and answering the ques-

tions that caregivers typically have when they are caring for someone with Alzheimer's. Topics include the basics of dementia, how to communicate with an Alzheimer's patient, understanding and dealing with different behavior patterns, and tips for caregivers on how to take care of their own needs. The set is available for \$39.95 at the Alzheimer's Store. Visit www.alzstore.com or call 1-800-752-3238. Item #0184



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This Cushion Will Give You A Needed Lift...

...if you have trouble getting up from your chair. The **Rise With Ease Cushion** keeps your hips higher than the chair seat, giving you the extra boost you need to stand up. It is made of firm polyurethane foam, so it also helps relieve pressure on your lower



back, spine and hips. The cover is machine washable. It measures 14" x 14" x 5" and is available for \$24.95 at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Item #91839. Extra cushions and covers area also available.

Need Help Putting on Jewelry?

If you are not wearing your bracelets or watches because you have trouble with the clasps—here is good news. The clip at the end of the **Bracelet Buddy** secures one end of your bracelet, allowing you to use your free hand to wrap the bracelet around your wrist and fasten it. It is made of a comfortable beaded design with a brilliant gold-tone finish. And it comes with a handy carrying case and simple instructions. It is available for \$8.95 at Aids for Arthritis. Visit www.aidsforarthritis.com or call 1-800-654-0707. No item number was listed.



Get A Grip On Small Zipper Tabs...



...with these **Ring Zipper Pulls**. The Pull is ideal for anyone with arthritis, limited dexterity or poor pinch ability. The Pull ring measures 1" in diameter and hooks onto regular zipper tabs for easy pulling. The Pulls are sold in pack-

ages of three for \$13.53. Take a look by visiting RehabMart at www.rehabmart.com or call 1-800-827-8283. Item #NC-28631.

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.

TOOLS Response: For the reader (February issue) who asked about testing products before purchasing—some vendors have a return policy that allows you to return purchases if you decide it is not what works for you. Some vendors will not allow a return for products related to personal hygiene. So check with the vendor regarding their return policy on each item purchased prior to placing your order.

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TOOLS for IndependenceTM

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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.

Prevent Dangerous Injuries From Falls and Slipping

The **Low Vision Anti-Slip Tapes** can be used on steps to help anyone with low vision see them more easily. According to the vendor, the grit sandpaper surface provides traction while the adhesive back applies easily and holds securely once in place. Great



for basement and other steps in the house. The strips measure 2" wide by 60' long and come in black, yellow, and black and yellow. They are available at MaxiAIDS for \$49.95. Call 1-800-522-6294 or visit www.maxiaids.com. Item #507187, 503765 and 503764.

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