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NO TOUCH BATHROOM

Some of us do not want to touch anything in the bathroom, even in our own homes! Some might consider this a psychological problem, but technology has now made it possible to use the bathroom in your own home without touching anything! These products are also very beneficial to PALS (people living with ALS) who do not have the strength or dexterity to operate bathroom fixtures.

There are products like the EZ Faucet that attaches to your existing faucet, and add an electronic eye to control the flow of water. You can also add the iTouchless Sensor Flush to automate flushing the toilet. With a quick web search you can also find touchless paper towel dispensers as well as trash cans.

Many PALS are able to get to the toilet on their own, but they are not able to clean themselves after using the bathroom. The use of a bidet can allow PALS to remain independent in the bathroom. You can purchase a toilet that has the bidet functions built in, but this can be very expensive. There are a range of bidet products that can be added to your existing toilet, and the price ranges from \$50 - \$1000. The very simple models use only water pressure to operate, where the fancier versions will require electricity and can include a remote control. The full service bidets will raise and lower the seat in addition to washing and drying you after using the toilet. Some bidet seats also have the option of a heated seat!

All of these products would be welcome additions to any bathroom. For PALS, these products can help maintain independence and dignity.

Here are some resources to look at for more information: www.itouchless.com - 1-800-660-7978 or www.smarthome.com - 1-800-762-7846.

For more info on specific products, go to our website www.als-ny.org. Click on "Assistive Technology" under "Patient Services," and you will find a form to fill out for more information

ARE YOU 70 1/2 OR OLDER?

If you are, you can make cash gifts to the ALS Association Greater New York Chapter totaling up to \$100,000 a year from your traditional IRA without incurring income tax on your withdrawal.

For the 2010 tax year, you have until January 31, 2011 to make a tax-free gift from your IRA to The ALS Association Greater New York Chapter.

That means you have a new source of tax-advantaged funds to use to make a gift.

For additional information, please visit our website: www.als-ny.org or call 212-720-3060.