



# Heart Heart

A Newsletter for Parents of Children with Disabilities

"...that their hearts may be encouraged..." Colossians 2:2

## DYI (Do It Yourself) Ideas: Vol. 1

*Adapting objects to make every day tasks easier.*

*by Christine Whiting*

As parents or caregivers for people with disabilities, every day can be overwhelming. Basic tasks can be quite challenging or time consuming for everyone involved. Well, they say that necessity is the mother of invention. We live in a world where there are so many materials and opportunities to help make things easier and foster independence. Here are some easy and inexpensive ideas to help with some basic tasks!



### DIY Straw Holder

**Benefits:** help build independence with beverage drinking for those who may struggle with keeping the straw in place.

**Materials:** hot Glue, clothes pin, larger straw/tubing, regular straw.

**Assembly:** Using a scissors, cut the larger straw or tubing piece into a 1 inch length, and then affix it to the clothes pin with the hot glue. Then insert a regular straw into the tub, making sure it fits. Use and enjoy!



### DIY Soap Holder

**Benefits:** Gives an added grip to holding the soap in the shower, as well as a way to attach it to a bar or hook so that if the soap is "dropped" it's never far out of reach.

**Materials:** Bar of soap, Pantyhose/Nylons/Tights.

**Assembly:** Place a bar of soap in the toe portion of a nylons. Tie a knot around the top of the soap bar so it remains in place. Optional: Tie the other end of the nylons to a bar in the shower so it remains in place. Squeaky Clean!



### DIY Chair Stability

**Benefits:** Whether in a shower or for other dry purposes, making the surface of a chair non-slip is quite beneficial for safety and comfort.

**Materials:** Scissors, grip shelf lining, optional: Adhesive.

*Note, be sure there are no allergies to the lining material you are using, especially if used in the shower.*

**Assembly:** Measure out the desired surface of the chair/bench that you want to make non-slip. Cut a portion of the shelf lining. Place on the chair or area. You may use adhesive if you want it to remain more firmly in place. Enjoy staying put!

Heart to Heart is going to have a reoccurring DIY section, so let us know if you have something that works well for you and we will pass it along to others!

Original Source of various projects: Wall Street Journal :<https://www.wsj.com/articlesSB10001424127887323415304578368591622892684#project=IVHackprint&articleTabs=interactive>



*"To invent, you need a good imagination and a pile of junk."*

*– Thomas Edison*



*"He gives strength to the weary  
and increases the power of the weak.  
Even youths grow tired and weary,  
and young men stumble and fall;  
but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint."*

*Isaiah 40: 29-31*

**Do It Yourself** projects are certainly great for helping build independence and making life easier in a family. Sadly, there is no **DIY** solution for hurting hearts or the other stresses in life—we can't fix it on our own! The Creator of all things does, however, offer a promise to give **HIS** strength in our weariness. God doesn't promise to "fix" things by our standards, but He will renew your strength and remain with you always. After all, He fixed the greatest problem of all—the sin and separation of mankind—by giving His Son, Jesus, to die on a cross and take away our punishment. What a glorious day when Jesus rose from the grave to give us all new life! Truly the greatest solution the world has ever known.

## Upcoming H\*VMI Events

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|----------------|--|
| April 28       | <b>Annual BASIS Breakfast</b> , Aldan PA   |
| May 23–July 12 | <b>Handi*Camp 2018</b>   |
| August 11      | <b>Annual BASIS Picnic</b> , Akron PA  |
| August 25      | <b>Disability Ministries All-Family Picnic (PIP, Bible Club, Handi*Camp)</b> , Akron PA                            |
| September 8    | <b>BASIS Support Group Facilitators, Planning and Training Day</b> (current and potential group leaders), Akron PA |
| September 25   | <b>Golf Outing Fundraiser</b> , Tanglewood Manor Golf Club, Quarryville PA   |
| October 11     | <b>National Day of Prayer for Mental Illness Recovery and Understanding</b> , Calvary Church, Lancaster PA         |
| October 13     | <b>PA Banquet Fundraiser</b> , Yoder's, New Holland PA   |



## Support Groups:

Join other parents of "children" (of any age) with disabilities for fellowship, sharing, prayer and encouragement from God's Word at our **PIP** (Parents in Progress) Support Group meetings:

### South Jersey

Collingswood, NJ..... 3rd Thursday, 7:30 PM (Sept.-May)  
(Bible Club program available during meeting time for children, teens and adults with a disability.)

### Lancaster County

Akron, PA..... 2nd Monday, 7:30 PM (Sept-May)

Contact us at  
**717.859.4777**  
or visit  
**hvmi.org**  
for details.

**Heart to Heart** is produced  
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leadership of



## Parents In Progress

is a group designed just for parents of children with disabilities, offering resources to help them as they raise and nurture their children; and providing a "safe" environment of support and encouragement where they can freely discuss the issues unique to their families.

*"PIP is the one place I can truly express my frustrations because I know everyone there understands and cares."*

Please feel free to contact **Heart to Heart** regarding articles, resources, or information contained in this publication. We also welcome your thoughts, personal testimonies, articles, and resources that would be helpful or encouraging to other parents!

**For more information, please contact Christine Whiting at:**

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