** InSights**

Center for Vision Loss’s Bimonthly Newsletter for Customers and Friends

**ISSUE 3 VOLUME 5 *- We Look Beyond Vision -* MAY-JUNE 2015**

**CONTACT US AT:**

**Allentown Office-610-433-6018**

**Monroe Office-570-992-7787**

**845 West Wyoming Street, Allentown, PA 18103**

[**information@centerforvisionloss.org**](mailto:information@centerforvisionloss.org)

[**www.centerforvisionloss.org**](http://www.centerforvisionloss.org)

**ACTIVITIES-COME JOIN US!**

This newsletter includes all the customer activities for both our Allentown and Monroe offices. We encourage all of our customers to check out the offerings and participate. In most cases, activities are open to all customers. If a reservation is required, it will be noted. **Reservations are ALWAYS required for transportation, 7 days in advance, please!**

Transportation tickets cost $3 each way. If you have your own transportation, you are usually free to attend any activity listed, whether at our Allentown or Monroe County office. Your driver is invited to stay with you for the program. Come join us!

**NEW!** Please note that each calendar entry will include one or more of the following abbreviations for the kinds of transportation available:

**TA**-Transportation Available from Center for Vision Loss. In

Allentown call Shirley at 610-433-6018, x 226. In Monroe

County call 570-992-7787.

**TOYO**-Transportation On Your Own

**LVCS**-Transportation by LANtaVan (Allentown only). Call

Shirley at 610-433-6018, x. 226.

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**ALLENTOWN ACTIVITIES-MAY 2015**

**May 5-Outdoor Walk, 11 am-1:30 pm. Rodale Cycling and**

**Fitness Park, Breinigsville.** Wear comfortable walking shoes.

Bring a lunch. **TA**

**May 6-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**May 7-Support Group Meeting, 10-11:30 am.** Facilitated by

James Van Horn. **TA**

**May 8-Visionaries Activity Group,11:30 am-2 pm.**

Bring lunch. **TA**

**May 9-GLV/NFB Chapter Meeting, Lutheran Manor, 2085**

**Westgate Dr., Bethlehem, 10 am-12 noon. NOTE: new**

**location.** For more info contact Eileen Hunger at **610-432-3276.**

**May 9-Fishing Day, Moore Township Lions. REMINDER ONLY.**

**May 12-ITN Lehigh Valley, 10:30-11:30 am.** Learn how ITN

Lehigh Valley can assist you as an additional resource foryour

transportation needs. **TOYO, LVCS**

**May 13-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**May 14-Men’s Club House, 10-11:30 am.** Visit to Wildlands

Conservancy. Wear comfortable shoes. **TOYO, LVCS**

**May 16-Pennsylvania Council of the Blind North East**

**Regional Meeting, 9:30 am. SEE COMBINED CUSTOMER**

**ACTIVITIES INSERT.**

**May 16-Sock Hop, 6-9 pm.** Enjoy a fun evening of dancing

sponsored by the Emmaus Lions Lioness Club. Request your **2**

favorite hits from the past to the present and indulge in a root

beer float! Dinner will be served. **TOYO, LVCS**

**May 19-Women’s Group, 11 am-12:30 pm.** Topic-Skin Care and

the Latest Fashion Trends for Spring and Summer. Facilitated

by Rita Lang and Gretchen Evans. **TOYO, LVCS**

**May 20-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**May 21-Bingo Bash at Burnley, 11 am-1:30 pm. SEE**

**COMBINED CUSTOMER ACTIVITIES INSERT.**

**May 22-Visionaries Activity Group, 11:30 am-2 pm. Miniature**

**Golfing at Putt U.** Bring money for lunch. **TA**

**May 25-Office Closed, Memorial Day Holiday**

**May 26-Non-24 Hour Disorder: From the Lab to Real Life,**

**10:30 am-12 noon. SEE COMBINED CUSTOMER ACTIVITIES**

**INSERT.**

**May 27-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**May 27-iOS Device Support Group, 11 am-1:30 pm.** Gain a

better understanding of the accessibility features and useful apps.

You must have an iOS device to participate. Bring money for

lunch. **TOYO, LVCS**

**May 28-Spanish Customer Activity Group, 10-11:30 am**. Topic-

Labeling techniques and tips to help you organize items in your

home. **TOYO, LVCS**

**ALLENTOWN ACTIVITIES-JUNE 2015**

**June 2-North Penn Legal Services, 10:30 am-12 noon.** Fi**nd out**

why estate planning documents such as a will, power of

attorney and advanced directives are important. **TOYO, LVCS**

**June 3-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**June 4-Support Group Meeting, 10-11:30 am.** Facilitated by

James Van Horn. **TA 3**

**June 10-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**June 11-Men’s Club House, 10-11:30 am.** Audio darts and

other accessible games**. TOYO, LVCS**

**June 12-Visionaries Activity Group, 11:30 am-2 pm.** Program

TBA. Bring a lunch**. TA**

**June 13-GLV/NFB Chapter Meeting, Lutheran Manor, 2085**

**Westgate Dr., Bethlehem, 10 am-12 noon.** Contact Eileen

Hunger at **610-432-3276.**

**June 16-Introduction to Innovative and Useful Devices,**

**10-11:30 am.** A basic introduction to and demonstration of the

iPad. This program will offer a beginner’s level overview of the

vision accessibility features. **TOYO, LVCS**

**June 17-Mall Walk, 9-10:30 am, Lehigh Valley Mall.**

**June 17-Better Light for Better Sight (rescheduled),**

**10 am-12 noon. SEE COMBINED CUSTOMER ACTIVITIES**

**INSERT.**

**June 18-Spanish Customer Activity Group, 10-11:30 am.**

Audio-described movie**. TOYO, LVCS**

**June 19-Newletter Group, 10 am-3 pm.** Call Rita at **610-433-**

6018, x. 231 if you want to help the newsletter mailing**. TOYO**

**June 20-Lehigh Valley Council of the Blind Lunch Meeting,**

**10 am-2 pm. Location: America on Wheels Museum,**

**Allentown.** Bring a lunch.

**June 23-Women’s Group, 12 noon-2:30 pm.** Olive Garden,

Whitehall location. **TOYO, LVCS**

**June 24-Mall Walk, 9-10:30 am, Lehigh Valley Mall**

**June 24-iOS Device Support Group, 11 am-1:30 pm.** Must have

an iOS device to participate**. TOYO, LVCS**

**June 25-Outdoor Walk, 11 am-1:30 pm. Cedar Beach Park**.

Wear comfortable shoes. Bring a lunch. Call Rita at **4**

**610-433-6018, x. 231** for more details. **TA**

**June 26-Visionaries Activity Group, 11:30 am-2 pm.** Preparing

a healthy meal. Bring $5 towards lunch. **TA**

**FYI-July 10-Visionaries Activity Group Summer Picnic,**

**11 am-2 pm. Louise Moore Park, 151 Country Club Rd,**

**Pavilion 2, Easton, PA.** Catered by Dickey’s Barbque Pit.

Cost $11. **Sign up and payment deadline is JUNE 12 to**

**Theresa Diehl, 610-791-4883.**

**FYI-July 7-Whitewater Rafting Trip, 10 am. SEE COMBINED**

**CUSTOMER ACTIVITIES INSERT.**

**MONROE ACTIVITIES-MAY 2015**

**May 4-Support Group Meeting, 10-11:30 am.** Facilitated by

James Van Horn. **TA**

**May 6-Overview of Estate Planning Documentation with**

**Atty. Lori Cerato, 10-11 am.** Learn about the importance of

a will, power of attorney, and advanced directives. **TA**

**May 9-Fishing Day with Moore Township Lions Club-**

**REMINDER ONLY. TA**

**May 16-Pennsylvania Council of the Blind North East Regional**

**Meeting. SEE COMBINED CUSTOMER ACTIVITIES INSERT.**

**May 21-Bingo Bash at Burnley. 11 am-1:30 pm. SEE**

**COMBINED CUSTOMER ACTIVITIES INSERT.**

**May 23-Monroe County Council of the Blind Meeting, 10 am-**

**12 noon. Location: Pocono Medical Center, Brodhead**

**Conference Room, 206 East Brown St, East Stroudsburg, PA**

**18301.** Meetings include refreshments, guest speakers and a

chance to network with others with vision loss. For more

Info or assistance with transportation, contact Thomas Reid

at [treid99@gmaikl.com](mailto:treid99@gmaikl.com) or **570-328-0545. 5**

**May 25-Offices closed, Memorial Day Holiday**

**May 26-Non-24 Hour Disorder: From the Lab to Real Life,**

**10:30 am-12 noon. SEE COMBINED CUSTOMER ACTIVITIES**

**INSERT.**

**May 29-Nuvisions Meeting with Craft Activity, 10-11:30 am.**

Learn the art of decorating pottery. Decorate a mug (cost $2)

and pick it up at next meeting. **TA**

**MONROE ACTIVITIES-JUNE 2015**

**June 1-Support Group,** **10-11:30 am.** Facilitated by James

Van Horn. **TA**

**June 17-Better Light for Better Sight (rescheduled),**

**10 am-12 noon. SEE COMBINED CUSTOMER ACTIVITIES.**

**June 18-Scents, Sounds and Textures of Nature, Guided**

**Walk at the Kettle Creek Wildlife Sanctuary, Bartonsville, PA,**

**11 am-1:30 pm.** Wear comfortable walking shoes. Cost is $3. **TA**

**June 23-Meditation with Katie, 10-11:30 am.** Learn how to relax

and focus on your inner self. No equipment is needed and

exercise will be done in a chair. **TA**

**June 26-Nuvision Activity Group, 10-11:30 am.** Instruction on

low impact exercise using a chair. **TA**

**FYI-July 7-Whitewater Rafting Trip, 10 am. SEE COMBINED**

**CUSTOMER ACTIVITIES INSERT.**

**THE LOW VISION BUZZ**

**The folding system is a tactile method you can use to tell your different bills apart independently. For example:**

* Keep the $1 bill flat and unfolded
* Fold the $5 bill in half crosswise (the short ends together) **6**
* Fold the $10 bill in half lengthwise (with the long sides together)
* Fold the $20 bill like a $10 bill lengthwise, and then in half again crosswise, like the $5 bill

**MAY-JUNE 2015**

**COMBINED CUSTOMER ACTIVITIES INSERT**

**FYI LISTING**

**July 7-Whitewater Rafting Trip, 10 am.** Tw**o**-hour rafting trip

with lunch. Cost-$48.50-everyone must register and pay on their

own. When calling company to pay at **570-839-2265** inform them

that reservation is under Kathie Hayes/Center for Vision Loss,

Reservation #165875. **Consider paying by debit/credit card as**

**a check takes 2 weeks to clear and all payments must be**

**received by June 20, 2015**. Company will provide life jackets

and rafts. There will be one guide per raft. This is an outdoor

adventure activity that will require moderate to high physical

exertion. To register: Allentown customers call Rita at **610-433-**

**6018, x. 231. TA**; Monroe customers call **570-992-7787**. **TA**

**REGULAR CALENDAR LISTINGS**

**May 16-Pennsylvania Council of the Blind North East Regional**

**meeting hosted by the Monroe County Council of the Blind,**

**9:30 am.** Offering a variety of topics related to vision loss, some

fun and fully accessible activities, a chance to network with others

and make new friends. Pocono Medical Center, Brodhead

Conference Room, 206 E. Brown St, E. Stroudsburg, PA 18301.

Contact Thomas Reid at [treid99@gmail.com](mailto:treid99@gmail.com). or **570-328-0545** for

more information or assistance with transportation.  **7**

**May 21-Bingo Bash at Burnley**. Try your luck at winning special

items that make doing everyday tasks with low vision easier at

our special bingo/pizza lunch. Please contribute $3 for lunch.

Allentown customers call Rita at **610-433-6018, x. 231, TA**;

Monroe customers call **570-992-7787. TA**

**May 26-Non-24 Hour Disorder: From the Lab to Real Life,**

**10:30 am-12 noon.** None-24 Disorder (Non-24) is a circadian

rhythm disorder affecting the majority of people with no light

perception. It results in cycles if difficulty sleeping at night and

strong desire for sleep during the day. Join Seminars@Hadley

as Dewey McLinn, III, PhD, Director of Medical Science Liaisons

at Vanda Pharmaceuticals, reviews the aspects of Non-24 and

discusses the disorder with a person living with this condition. A

discussion will follow the presentation. **In Allentown: TOYO,**

**LVCS. In Monroe, call 570-992-7787.**

**June 17-Better Light for Better Sight (rescheduled),**

**10 am-12 noon.** Discover how a variety of light sources can help

you use your remaining vision to complete everyday tasks.

Facilitated by Dianne Michels. This program will be streaming live

to PAB agencies across the Commonwealth. In Allentown: **TA.**

In Monroe**, TA.**

**GIVING PAGE**

The Center for Vision Loss is the region’s only non-profit agency dedicated to improving the lives of people affected by vision loss and promoting healthy vision. Help us continue our work in Lehigh, Northampton and Monroe Counties with a tax-deductible gift. Send your gift to: Center for Vision Loss, 845 West Wyoming Street, Allentown, PA 18103.

You can also go to our website at [www.centerforvisionloss.org](http://www.centerforvisionloss.org) and click on the **Donate Now** icon to print out a Giving Page or make your gift by PayPal. You may also wish to consider a legacy gift such as a Bequest (Gift by Will) as a gift option to help ensure the agency’s future and financial health. Contact your tax and/or legal advisor for more details.

Find out more about legacy giving through our new The Helen Keller Society on our website by clicking on the Support Us tab and then clicking on Legacy Giving.

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