** InSights Newsletter**

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

**ISSUE 4 VOLUME 5 *- We Look Beyond Vision -* JULY-AUGUST 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)

This newsletter includes customer activities organized at both our Allentown and Monroe offices. We encourage you to review the listings and participate. In most cases, activities are open to all customers wherever they are held. If your own driver brings you, they may stay with you for the program. If you must sign up in advance, it will be noted.

**Reservations are ALWAYS required for transportation, 7 days in advance,**

**however.** Transportation tickets cost $3 each way. Note that each activity description may include one or more of the following abbreviations for the kinds of transportation available:

**1**

**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.**

You can also check out the occasional Low Vision Buzz and other inserts with special information you will find helpful and informative.

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**ALLENTOWN ACTIVITIES**

**WEEKLY LEHIGH VALLEY MALL WALK**

Leisurely stroll around the Lehigh Valley Mall. All are welcome! **July 1, 8, 15, 22** **and 29** and **August 5\*, 12\*, 19 and 26, 9-10:30 am.** (\*On August 5 and 12, agency transport not available as we are transporting for children’s camp.)

**SUPPORT GROUPS**

**General Support Group**. With James Van Horn. **July 2, 10-11:30 am.** No Support Group on August 6 as we are transporting for children’s camp.

**Men’s Club House**. **July 9**-Meeting at Mountainville Fire Company, 2018 S. 4th Street, Allentown; **August 13**-Topic TBA. **10-11:30 am**. TOYO, LVCS

**2**

**Women’s Support Group**. **July 21**-Fitness is fun; **August 18**-Accessible techniques when hosting a dinner party. **11 am-12:30 pm**. TOYO, LVCS

**VISIONARIES ACTIVITY GROUP**

**Visionaries Summer Picnic**. REMINDER, **July 10,** **11 am-2 pm** (note time change). Reservations closed on June 12.

**A,B,Cs of Medicare.** Presented by Ramona Harris of Silver Crest Insurance. **July 24, 11:30 am-2 pm.**

**NO Visionaries Meeting on August 14**-transporting for children’s camp.

**End of Summer Party.** Make your own ice cream sundae and play accessible games. Cost $3.00. **August 28, 11:30 am-2 pm**.

**LIFESKILLS EDUCATION**

**Summer Picnic Foods**. Prepare some light summer salads with Vision Rehab instructor Dianne Michels. Hotdogs and dessert will also be served. Bring a knife, cutting

board and measuring equipment.Class size 12-15. **July 20, 10:30 am-1 pm**.TOYO, LVCS

**Diabetes Management Series, Session 1.** With Debbie Sokol McKay. First of four sessions which will cover managing insulin, proper nutrition and its benefits and monitoring blood glucose levels. **August 20, 1-3 pm**. TA

**3**

**ASSISTIVE TECHNOLOGY**

**Demonstration of Low Vision Devices.** By Nick Johnson of The Brailler Depot. **July 23, 9:30-11:30 am.** TOYO, LVCS

**iOS Device Info Group**. Gain a better understanding of accessibility features and useful apps. You must have an iOS device to participate. Bring money for lunch. **July 29, August 26, 11 am-1:30 pm**. TOYO, LVCS.

**COMBINED CUSTOMER PROGRAMS**

**Whitewater Rafting REMINDER. July 7, 10 am.** Sign-ups closed June 20.

**Boat Club Picnic**. Sponsored by Alton Park Lions, other District 14-K Lions Clubs and members of the Bethlehem Boat Club. Rain or shine! Food, entertainment and boat rides on the Lehigh River. TA or come on your own; family members welcome. Reserve with Center for Vision Loss by July 17 even if you are coming with someone else because we need a count for the Lions. **July 26, 1 pm.**

**Allentown Art Museum Audio Described Tour of “A Shared Legacy: Folk Art in America.”** This exhibit includes 60 expressive artworks made by rural artists in New England, the Midwest and the South from 1800-1920.

**July 30, 12 noon-2:30 pm.** TA

**LEHIGH VALLEY CONSUMER GROUP MEETINGS**

**GLV/NFB of PA**. Lutheran Manor, 2085 Westgate Dr., Bethlehem. Call

**4**

610-432-3276. **July 11-NO meeting; August 15, 10 am-12 noon.**

**Lehigh Valley Council of the Blind**, Summer Picnic, Lehigh Valley Church of Christ, 3400 Brodhead RD, Bethlehem, PA 18020. **August 15, 11 am-3 pm**.

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**MONROE OFFICE ACTIVITIES**

**SUPPORT GROUPS**

**General Support Group**. With James Van Horn. **July 6, August 3, 10-11:30 am.**

**CUSTOMER ENRICHMENT PROGRAMS**

**Water Gap Trolley Experience.** Ride the air-conditionedWater Gap Trolley to experience the all-new live narrated historic virtual tour of the famous Delaware Water Gap and Shawnee on Delaware. Cost $7. Followed by a picnic lunch (bring your own) and playing miniature golf for an additional $2. **August 5, 10 am-12:30 pm.**

**Heckman’s Orchards and Farm**. Jane Heckman will explain how to use all of your senses to choose tasty seasonal produce. There will be time to shop and a quick stop on the way home for pizza lunch. Produce purchases and pizza will be at your cost.

**August 13, 10 am-lunch.**

**5**

**NUVISIONS ACTIVITY GROUP**

**Make Your Own Refrigerator Pickles**. Bring a cutting board, knife and clean jar (does not require any stove top preparation). Cucumbers will be provided.

**July 31, 10-11:30 am.**

**MONROE OFFICE ACTIVITIES CONTINUED**

**Activity Group Picnic.** All welcome! May bring 2 guests for $6 per person. Pay in exact cash or check made out to Nuvisions. Bring a covered dish/dessert, condiments, paper products or hot dog/burger buns to share. Call by August 8 to register attendance, transportation need and picnic donation. Presentation on “laugh therapy.” If you wish to share a joke or a laughable moment, please bring one for our “laughter pot.” **August 18, 12-3:30 pm. (Raindate is August 20.)**

**No Bake Desserts**. Ingredients and tools needed will be announced later.

**August 28, 10-11:30 am.**

**COMBINED CUSTOMER ACTIVITIES-**Read Full Descriptions on Page 4

**Whitewater Rafting REMINDER**. **July 7, 10 am**. Sign-ups closed June 20.

**Annual Boat Club Picnic.** **July 26, 1 pm.**

**Allentown Art Museum Audio Described Tour of “A Shared Legacy: Folk Art in America.” July 30, 12 noon-2:30 pm.**

**6**

**MONROE COUNTY CONSUMER GROUP MEETINGS**

**Monroe County Council of the Blind**-**4th Saturday of month,10 am-12 pm.** Pocono Medical Center, Brodhead Conference Room, 206 E. Brown St, East Stroudsburg, PA 18301. Contact Thomas Reid at 570-328-0545 or [treid99@gmail.com](mailto:treid99@gmail.com) for more info or assistance with transportation.

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**THE CENTER FOR VISION LOSS LOW VISION BUZZ**

**July-August 2015**

**Give Us Your Opinion!** We’d like to know what you think about InSights, the bi-monthly publication which includes the listing of our customer activities. Please take a few minutes to complete the survey (see separate attachment). Then mail it to Center for Vision Loss, 845 W. Wyoming St., Allentown, PA 18103. Or call Raquel at 610-433-6018 to complete as a phone survey. Your response is anonymous.

**Camp I CAN! is Ready to Rock and Roll!** Camp I CAN!, our summer day camp for children who are blind or visually impaired, takes place August 3-6 and 10-14. We have had to cancel some of our regular customer activities during this period because we are transporting the children attending camp. Thank you to everyone who donated to the Highmark Walk for a Healthy Community this year. You helped us raise over $5,000 to support Camp I CAN!

**7**

**Support Peaceable Kingdom!** Peaceable Kingdom, a non-profit, no-kill pet adoption organization in Whitehall will visit our Camp I Can! on August 4. Volunteers will bring some cats and dogs so that our campers can interact with them. In return we are asking for donations of pet food, treats, toys and other pet care items to give Peaceable Kingdom. You can bring them to the Center for Vision Loss from 8:30 am-4:30 pm, M-F, until August 3.

**Transportation Note**

The Center for Vision Loss does not have the capability to transport individuals in wheelchairs as stated in our Transportation Policy. If customers in wheelchairs wish to attend any Center for Vision Loss using LANtaVan, we will make accommodation so that your cost is equal to the cost of Center for Vision Loss transportation. Please let your caseworker know your situation.

**Attend a Special Accessible Theatre Event!**A special audio described matinee performance of Hello, Dolly! will be held at the Muhlenberg Summer Music Theater on July 26 at 2 pm. This performance also launches Arts and Access, a year-long celebration in the Lehigh Valley which commemorates the 25th Anniversary of the passage of the Americans with Disabilities Act on July 26, 1990. Center for Vision Loss Executive Director Doug Yingling will make some remarks at the event. We encourage our customers to attend and enjoy this special performance. Tickets

**8**

for those using the audio description are $10 and a companion may attend for $10. Call

484-664-3087 or email [boxoffice@muhlenberg.edu](mailto:boxoffice@muhlenberg.edu).

**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.

**9**