** Activities Bulletin**

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

**ISSUE 5 VOLUME 5 *- We Look Beyond Vision -* SEPTEMBER-OCTOBER 2015**

**CONTACT US AT:**

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

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

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

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

This **Activities Bulletin** includes customer activities organized at both our Lehigh Valley and Monroe County offices. Generally, any customer may attend any activity regardless of where it is held. If your own driver brings you, they may stay with you for the program. Some activities, however, are noted specifically as combined activities for both offices.

**Reservations are ALWAYS required for transportation, 7 days in advance!** Transportation tickets cost $3 each way. Following each activity there may be one or more of the following abbreviations for the kinds of transportation available:

**1**

**TA**-**T**ransportation **A**vailable from Center for Vision Loss. In Allentown call Shirley at

**610-433-6018, x 226**. In Monroe County call **570-992-7787**.

**TOYO**-**T**ransportation **O**n **Y**our **O**wn

**LVCS**-**T**ransportation by **L**ANta**V**an (Allentown only).**C**all **S**hirley 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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**LEHIGH VALLEY OFFICE ACTIVITIES**

**LEHIGH VALLEY MALL WALK**

**Dates:** Wednesdays, September 2, 9, 16, 23, 30

Wednesdays, October 7, 14, 21, 28

**Topic: Leisurely stroll around the Lehigh Valley Mall**. All are welcome! Join

the gang and make new friends! Call Shirley at 610-433-6018, x. 226 for info.

**Time**: 9-10:30 am

**Transportation:** TA (Note: Transportation not available from all areas)

**------------------------------------------------------------------------------------------------------------**

**SUPPORT GROUPS**

**Dates:** Monday, September 3

Monday, October 1

**Topic: General Support Group**: Facilitated by James Van Horn. All are welcome! Join

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other customers who share similar concerns and experiences about living with vision loss.

**Time**: 10-11:30 am

**Transportation:** TA

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**Dates:** Thursday, September 10

Thursday, October 8

**Topic: Men’s Club House**: For men only-topics and activities vary.

**Time**: 10-11:30 am

**Transportation:** TOYO, LVCS

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**Dates:** Tuesday, September 22

Tuesday, October 20

**Topic: Women’s Support Group**: For women only-Tips for Dining Out in September and Shopping with Assistance in October.

**Time**: 11AM-12:30 pm

**Transportation:** TOYO, LVCS

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**3**

**Date:** Thursday, October 22

**Topic: Caregiver Support Group**: Designed to provide encouragement, suggestions and support in an understanding environment for those helping a loved one dealing with vision loss.

**Time**: 10-11:30 am

**Transportation:** TOYO

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**VISIONARIES ACTIVITY GROUP**

Meetings of this group have been postponed until further notice.

**------------------------------------------------------------------------------------------------------------LIFESKILLS EDUCATION**

**Date:** Monday, September 14

**Topic**: **Introduction to Braille-**Vision Rehabilitation Therapist Dianne Michels will provide an introduction to the Braille code, including hands-on demonstrations. After the demonstration, participants will be asked to consider if they have an interest in learning to read and write Braille grade one.

**Time**: 10-11:30 am

**Transportation:** TA

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**ASSISTIVE TECHNOLOGY**

**Dates:** Thursday, September 30

Thursday, October 28

**Topic: 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.

**Time**: 11 am-1:30 pm

**Transportation:** TA

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**Date:** Monday, October 26

**Topic: Is the iPhone For You?** This is an introduction to the accessibility capabilities for iPhone and other i devices designed for customers who wish to purchase an i device.

**Time:** 10-11:30 am

**Transportation:** TA

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**CUSTOMER ENRICHMENT PROGRAMS**

**Date:** Tuesday, September 8

**Topic: New Customer Orientation Program**.Join us to explore the kinds of services and programs you can receive from the Center for Vision Loss to assist you in adapting to vision loss.

**Time**: 10-11:30 am

**Transportation:** TA **5**

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**Date:** Thursday, September 10

**Topic: United Way of the Greater Lehigh Valley “Day of Caring” Shopping Trip to the Lehigh Valley Mall**. Volunteers from our local United Way will assist our customers in shopping. This is a fun way to start your holiday shopping or enhance your Fall wardrobe. Lunch is on your own. Limited to10 customers.

**Time**: 11 am-2 pm

**Transportation:** TA

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**Date:** Thursday, September 17

**Topic: Canal Park Walking Trail in Northampton.** Exercise your lungs and legs by walking along the Lehigh River. Bring a lunch

**Time:** 11 am-1:30 pm

**Transportation:** TA

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**Date:** Friday, October 23

**Topic: Activities Bulletin Mailing Group**. Call Rita at 610-433-6018, x 231 if

you want to help with mailing the next Bulletin.

**Time**: 10 am-3 pm

**Transportation**: TOYO

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**Date: To Be Announced: Halloween Party/Fall Celebration sponsored by Alton Park and Lehigh Valley Saturday AM Lions Clubs.**

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**\*\*COMBINED CUSTOMER PROGRAMS FOR LEHIGH VALLEY**

**AND MONROE COUNTY OFFICES\*\***

**Dates:** Tuesday, September 1

Thursday, September 24

Thursday, October 8

**Topic: Living Well with Diabetes and Vision Loss Series**. **All sessions are held at the Lehigh Valley Office. Read full description on pages 13 and 14.**

**Time**: 12:15-3 pm (includes lunch, bring along $5 for each session)

**Transportation: TA for Lehigh Valley Office; Monroe Office- check transportation availability**

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**Date:** Saturday, September 12

**Topic: Philly Touch Tour- 9th Street Italian Market.** Explore one of the oldest open air markets in the United States through this rich, verbally described sensory experience. Price $25, includes transportation and admission.

**7**

**Time**: Depart Lehigh Valley Office at 9:30 am; return at 7 pm

**Transportation:** IMPORTANT! You must provide your own transportation to the Lehigh Valley Office. We will provide the round-trip transportation from Lehigh Valley Office to Philadelphia.

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**LEHIGH VALLEY CONSUMER GROUP MEETINGS**

**Date:** Saturday, September 12

Saturday, October 10

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

610-432-3276.

**Time**: 10 am-12 noon

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**Date:** Saturday, September 19

Saturday, October 10

**Topic**: **Lehigh Valley Council of the Blind, Holy Family Manor, Bethlehem**

**Time:** September’s meeting is a lunch meeting from 10 am-1 pm

October’s meeting is a regular meeting from 10 am-12 pm

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**MONROE COUNTY ACTIVITIES**

**SUPPORT GROUPS**

**Date:** Monday, September 14

Monday, October 5 **8**

**Topic: General Support Group**: Facilitated by James Van Horn. All are welcome! Join other customers who share similar concerns and experiences about living with vision loss.

**Time**: 10-11:30 am

**Transportation**: TA

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**LIFESKILLS EDUCATION**

**Date:** Thursday, September 10

**Topic: Exploring Kettle Creek Wildlife Sanctuary** (rescheduled from June cancellation). Wear comfortable shoes and enjoy a leisure walk with a guided tour of the scents, sounds and textures of nature. Cost $3.

**Time**: 10-11:30 am

**Transportation:** TA

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**Date:** Thursday, September 17

**Topic: United Way of Monroe County’s “Day of Caring” Shopping Trip to** **Crossing’s Outlet Stores**. Volunteer guides from the United Way will assist customers on this shopping and luncheon excursion.

**Time**: 11 am-2 pm

**Transportation:** TA

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**Date: Thursday, October 8**

**Topic**: **E Power Energy Presentation**. Learn about services and plans available such as rebates, recycling, etc. Hear about savings programs and tips to lower

your energy bill from a Utilities E-power instructor. Bring a bag lunch or snack to enjoy before heading home.

**Time**: 11 am-12 pm

**Transportation:** TA

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**Date:** Tuesday, October 20

**Topic: Monroe County Area Agency on Aging Presentation**. Caseworker Marie Fernan will discuss the programs and services available to seniors in Monroe County.

**Time**: 10-11 am

**Transportation:** TA

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**NUVISIONS ACTIVITY GROUP MEETINGS AND PROGRAMS**

**Date:** Friday, September 25

**Topic: Roberts Rules**

**Time:** 10-11:30 am

**Transportation:** TA

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**Date:** Friday, October 30

**Topic: Halloween Party**. Come in costume and enjoy snacks and party games after the meeting.

Time: 10-11:30 am

**Transportation:** TA

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**Date:** November 12

**Topic: Annual Nuvisions Swap Meet**. No longer using a particular adaptive aid or in need of a different device to assist you in completing a task? Come prepared to “swap” or share your unused items. You might just find something you did not know you needed! Kitchen, household and gadgets featured. Bring $4 for a pizza lunch.

**Time**: 11 am-1 pm

**Transportation:** TA

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**COMBINED CUSTOMER PROGRAMS**

**Dates:** Tuesday, September 1

Thursday, September 24

Thursday, October 8

**Time**: 12:15-3 pm (includes lunch, bring along $5 for each session)

**Topic: Living Well with Diabetes and Vision Loss Series**. **Read full description on pages 13 and 14. 11**

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**Date:** Saturday, September 12

**Time:** Depart Allentown office at 9:30 am; return at 7 pm

**Topic: Philly Touch Tour- 9th Street Italian Market. Read full description on page 7.**

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**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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**CINDI STARNER BIDS FAREWELL TO CENTER FOR VISION LOSS**

In September, Cindi Starner, our Monroe County Office Manager, is retiring from her long standing position, and she and her husband will be relocating out of the area. Since 2003, when the Monroe office had its humble beginnings, Cindi has developed and maintained a vibrant and respected program of services to people with vision loss in Monroe County. She has provided compassionate support and gained the respect of customers, staff and the community-at-large. We are certain that you will share our best wishes as Cindi moves ahead. We will all miss her greatly!

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**LIVING WELL WITH DIABETES AND VISION LOSS SERIES**

**Presented by Diabetes Educator Debbie Sokol-McKay, Fall 2015**

**Note:** Session 1: “Getting the Numbers” was held on August 20, 2015

**Date:** Session 2: Tuesday, September 1

**Time:** 12:15-3 pm (begins with lunch, bring a $5 donation for lunch)

**Topic**: **The Correct Medication at the Proper Amount:** Discover ways to identify your medications and measure your insulin with vision loss. Includes hands-on practice with the insulin pen which makes injecting insulin so easy and inconspicuous-you can even inject through your clothing.

**Transportation:** TA

**Date:** Session 3: Thursday, September 24

**Time:** 12:15-3 pm (begins with lunch, bring a $5 donation for lunch)

**Topic:** **The Healthy Plate:** Discover 2 easy methods to eat healthy whether you have diabetes or not. Understand the importance of carbohydrates and their effects on diabetes. Learn the importance of eating proper portions even if you cannot see well.

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**Date:** Session 4: Thursday, October 8

**Time:** 12:15-3 pm (begins with lunch, bring a $5 donation for lunch)

**Topic: I Hate to Exercise:** Everyone should be active but you don’t need to go to the gym. Did you know that vacuuming counts as exercise? Do you enjoy walking? Walking in your home, around the block or inside the mall will improve your diabetes. Try out a walking pedometer that will motivate you to keep moving!

**Date:** To be Determined

**Time:** To be Determined

**Topic**: **Too Many Shots! What Else is Out There?** A representative for the new V-Go Patch Pump will join us in this special session. Learn about and get a hands-on experience with the Patch pump and see if it will work for you! This product is best for persons with Type 2 diabetes, those that dislike injections either by syringe or pen or prefer a more discrete method (the patch is placed under your clothing and you give your insulin with a press of a button)

**Transportation Note:** Transportation will be provided for all sessions in the Lehigh Valley Office. Monroe Office customers should check with Suzanne about transportation availability for each individual session.

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

**September-October 2015**

**Thank You for Your Opinion**! In the last issue, we asked you for your opinion about InSights and you told us! 78% of you liked the new layout! Did you notice the publication’s name change to **Activities Bulletin?** There were some great suggestions and we have already implemented some and will work over the next few issues to incorporate others. Thank you again for your help.

**LANtaVan Changes**

Beginning October 1, 2015, LANtaVan will be making some important changes that will affect those customers using the service. Here is a short recap of these changes. You will receive more detailed information directly from LANTA soon.

* LANtaVan will implement new scheduling software to function in “real time.”
* The ticketing system will change to zones. You will need 2 types of tickets: one basic fare ticket ($3.50) and then additional zone tickets (35 cents each) depending on the number of zones you will travel through on your trip. You will be able to differentiate between these tickets by their size.
* Be aware that, as always, your pick up times may occur within a window of

15 minutes before or 15 minutes after your scheduled times. Make an effort to be ready at any time within that window so drivers are not delayed.

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* Standing order customers may find that their driver will not be the same every day and that other passenger stops may be scheduled.
* As with any new system change, we encourage patience as the upgrades are fully implemented.

**Center for Vision Loss Vision Aids Store and Other Low Vision Devices**

If you wish to visit our Vision Aids Store or would like to learn about other low vision products available at the agency, we ask that you call and make an appointment. That way we can better assist you by having someone available to help you during your visit. Ask for Raquel at 610-433-6018.

**Improve Your Travel Skills-Training Opportunity with Leader Dog**

Through a partnership with the Pennsylvania Association for the Blind, Leader Dogs for the Blind is offering free Accelerated Orientation and Mobility Training to adults wishing to quickly improve their travel skills. This 7-day residential training course held in Rochester Hills, Michigan is free and includes a private room, travel to and from the facility, meals, housing and the training. Call client services at 888-777-5332 or go to [www.leaderdog.org](http://www.leaderdog.org). If you need help, contact your caseworker at Center for Vision Loss.

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**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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