**ACTIVITIES BULLETIN**



**ISSUE 1 VOLUME 6 JANUARY-FEBRUARY 2016**

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

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

**TA-T**ransportation **A**vailable from Center for Vision Loss. In the Lehigh Valley

Office, call Shirley at **610-433-6018, x. 226**. In the Monroe County Office,

call **570-992-7787**.

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

**LVCS-T**ransportation by **L**ANta**V**an (Lehigh Valley Office only). **C**all **S**hirley at

**610-433-6018, x 226.**

And don't forget to check out the Low Vision Buzz and any other inserts with special information you will find helpful and informative.

**Lehigh Valley Office 610-433-6018 Monroe County Office 570-992-7787**

[**www.centerforvisionloss.org**](http://www.centerforvisionloss.org) ***-We Look Beyond Vision-***

**LEHIGH VALLEY OFFICE ACTIVITIES**

**Reminder:** If you are expecting a confirmation call about a ride, remember to check your voice mail.

**LEHIGH VALLEY MALL WALK**

**Dates:** **Wednesdays, January 6, 13, 20, 27; February 3, 10, 17, 24**

**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:** **Thursday, January 7; Thursday, February 4**

**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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**Dates:** **Thursday, January 14; Thursday, February 11**

**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, January 19; Tuesday, February 16**

**Topic: Women’s Support Group**: For women only. **January: Makeup Tips with Vision Loss; February: Hair Styling Tips with Vision Loss.**

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

**Transportation:** TOYO, LVCS

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**VISIONARIES ACTIVITY GATHERING**

**Dates: Thursday, January 28; Thursday, February 25**

**Topic: January: Ice Breaker Games and Traveling Safely During the Winter Months; February: Bingo and Transportation Resources.**

**Time:** 11:30 am-2 pm

**Transportation:** TA

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**LIFESKILLS EDUCATION**

**Dates**: **Mondays, January 11, 25; Mondays, February 8, 22**

**Topic: Braille Instruction Class**-A continuation of braille instruction for clients who are dedicated to learning braille. Consistent attendance is a requirement. Facilitated by Dianne Michels.

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

**Transportation:** TA

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**Date:** **Monday, February 1**

**Topic: Basic Sewing Tips-**Are you having difficulty mending simple garments or sewing on a button due to vision loss? This class will provide basic adaptive techniques for hemming a garment and sewing on a button. Facilitated by Dianne Michels.

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

**Transportation**: TA

**----------------------------------------------------------------------------------------------------------------------ASSISTIVE TECHNOLOGY**

**Date:** **Wednesday, January 27; Wednesday, February 24**

**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 to order lunch.

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

**Transportation:** TOYO, LVCS

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**Date: To Be Announced**

**Topic**: **All You Need to Know About the Amazon Echo**. The Amazon Echo is designed around your voice. It is hands-free and always on. With 7 microphones and beam-forming technology, Echo can hear from across the room even while music is playing. Echo connects to Alexa, a cloud-based voice service, to provide information, answer questions, play music, read the news, check sports scores or the weather, and more-instantly. All you have to do is ask. Stay tuned for more info regarding the date and

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time for this demonstration. Call Rita at **610-433-6018, x 225** to register.

**Time:** To Be Announced

**Transportation:** TA

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**Date: To Be Announced**

**Topic: Accessibility Workshop Series.** To be hosted by the Apple accessibility team. Location is the Lehigh Valley Mall Store. These workshops are for individuals who wish to learn more about the accessibility features on the iPhone, iPad and MacBook and how to navigate through your device. The workshops will be tailored to your interest. Call Rita at **610-433-6018 x 255** for more information and to register.

**Time:** To Be Announced

**Transportation:** TOYO

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**CLIENT ENRICHMENT PROGRAMS**

**Dates: Fridays, January 8, 15, 22**

**Topic: Love to Line Dance.** Lehigh Valley Active Life Senior Center, Allentown.

**Tim**e: 11 am-12 pm

**Transportation**: TOYO to Center for Vision Loss. We will provide transportation to location. Arrive at agency by 10:30 am.

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**Date: Saturday, February 13**

**Topic: Karaoke-Sing Your Heart Out with Young at Heart Entertainment.**

Join us and sing your favorite tunes of yesterday and today. Snacks and soft drinks will be provided. Cost is $5. Location-Center for Vision Loss. Bring a friend. Call Rita at 610-433-6018 x 225 to RSVP by Tuesday, February 9 and give a list of 5 songs you wish to sing.

**Time:** 6-9 pm

**Transportation:** TOYO

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**Date: Tuesday, February 23**

**Topic: Activities Bulletin Mailing Group**. Call Rita at **610-433-6018, x 225** if you want to help with preparing the next Bulletin for mailing.

**Time**: 10 am-3 pm

**Transportation:** TOYO

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**LEHIGH VALLEY CONSUMER GROUP MEETINGS**

**Date:** **Saturday, January 9; Saturday, February 13**

**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, January 16; Saturday, February 20

**Topic: Lehigh Valley Council of the Blind.** Location is Center for Vision Loss;

**Time:** 10 am-12 pm

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**MONROE COUNTY OFFICE ACTIVITIES**

**Reminder**: If you are expecting a confirmation call about a ride, please check your

voice mail.

**SUPPORT GROUPS**

**Date: Monday, January 4**

**Topic: General Support Group**

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

Facilitated by James Van Horn. Join other clients who share similar concerns and experiences about living with vision loss. All are welcome!

**Transportation:** TA

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**Date: Monday, February 1**

**Topic: General Support Group and Holiday Party**

Facilitated by James Van Horn. Join other clients who share similar concerns and experiences about living with vision loss. All are welcome! Bring a small covered dish and a small gift $10 maximum for gift exchange.

**Time**: 10 am-12:30 pm

**Transportation: TA 7**

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**LIFE SKILLS EDUCATION**

**Date:** **Tuesday, January 12; Tuesday, February 16**

**Topic: Swimming at Shawnee Inn.** Swim or splash around at beautiful Shawnee Inn. Life Guard on duty and Locker Rooms available.

**Time:** 10-11 am

**Transportation**: TA

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**Date:** **Thursday, January 21**

**Topic:** **Chair Yoga**. Learn modified yoga poses that are done while seated or using a chair. Get you stretch on, improve muscle tone and beat those winter blues.

**Time**: 10-11 am

**Transportation:** TA

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**Date: Friday, February 12**

**Topic: Valentine’s Day Birdfeeder Craft**. Love is in the air so join us to make bird feeders for winter birds.

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

**Transportation: TA**

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**NUVISIONS ACTIVITY GROUP MEETING AND PROGRAMS**

**Date: Friday, January 29**

**Topic: No Bake Candy for Valentine’s Day**

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

**Transportation:** TA

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**Date: Friday, February 26**

**Topic: How to Travel with Vision Loss**

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

**Transportation:** TA

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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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**The Temptation to Pretend We Don’t Have a Disability**

Excerpted from a blog written by DeAnna Quietwater Noriega posted on 10/19/15 in VisionAware

“Invisible disabilities refers to symptoms such as debilitating pain, fatigue, dizziness, cognitive dysfunctions, brain injuries, learning differences and mental health disorders, as well as hearing and vision impairments. These are not always obvious to the onlooker, but can sometimes or always limit daily activities, range from mild challenges to severe limitations and vary from person to person.

When you see a bit, you learn to maximize the use of what vision you have. That can be confusing to the public who tend to think that being blind means that you see nothing at all. If your vision is such that you can see to read…by viewing the world through a narrow aperture, people can assume you see more than you do. Some people who are visually impaired are tempted to pass as sighted rather than deal with the difficulty of trying to explain what a limited field of vision or travel vision is.

…I try to make [these] people see that they only risk injury and misunderstanding. It is better to accept visual impairment as just another part of who you are than to have others make assumptions that you are rude because you didn’t notice them wave at you in the hall. It is better to have them know that you don’t see well in certain lighting conditions than to suspect you are under the influence of drugs or alcohol or just clumsy when you trip or run in to things...

Learning to accept my blindness as just part of the total package that is me makes me comfortable in my skin and generally content in my life. I feel that learning to handle the complexity of alternative methods of doing things has made me a stronger, more flexible and resilient person. **Challenges are just opportunities in disguise**.” **10**

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

**January-February 2016**

**CCTV for Sale:** Enhanced Vision portable camera with 2 flat screen monitors (used at work, one at home). Contact Tara at 610-642-4672.

**Welcome to New Center for Vision Loss Staff!**

CVL welcomes new caseworkers Cynthia Sanchez and Lori Scheirer. We are sure you will get to know them in the near future. Anita Hertzog is our new Business Manager.

**Prescription Accessibility**

Note: the information below was sent broadly via email from an individual and seems useful information but has not been verified by Center for Vision Loss.

ScripTalk audible prescription labels are now available nationwide at all local Rite Aid and Walmart pharmacies, as well as at several national mail order pharmacies. Rite Aid and certain mail order pharmacies also offer large print and Braille prescription labels.

Be aware that you may have to educate your local Rite Aid or Walmart pharmacist that

their employer is actually offering accessible prescription labels. Because these companies are very large, it can take time for local pharmacists to become aware of new company initiatives.

If you are a Walmart customer and your local pharmacist is not yet familiar with the

availability of accessible prescription labels, just tell the pharmacist to "Search for ScripTalk on The WIRE." The pharmacist will know to search Walmart's internal communication system to find instructions on how to get ScripTalk implemented locally.

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If you are a Rite Aid customer and your local pharmacist is not yet familiar with accessible labels, ask the pharmacist to call their corporate support number for more information, or you can also call EnVision America for assistance at 1-800-890-1180.

Accessible prescription labels are also available via mail order from the following national mail order pharmacies:

1. cvs.com Home Delivery supplies audible prescription labels.

2. CVS/Caremark PBM Mail Order supplies audible, large print and Braille prescription labels.

3. Humana Mail Order supplies audible and Braille prescription labels.

4. Rite Aid Mail Order supplies audible, large print and Braille prescription labels.

5. United Healthcare/OptumRx Mail Order supplies audible prescription labels.

6. Walmart Mail Order supplies audible prescription labels.

**LANtaVan Update**

Apparently the new scheduling software implemented by LANtaVan will now recognize that some rides being scheduled by a user do not qualify as ADA rides (where the origin and destination are within ¾ mile of a fixed route). LANta has informed us that when this

occurs, they will temporarily allow riders to book the non-ADA rides anyway, but will inform

riders that they need to also register to be eligible for their PwD program (Persons with

Disabilities) and LANTA will send out a PwD application with a deadline to return. (The PwD program covers trips with one or both ends outside of the ADA zone). Therefore, it is recommended that all users complete the PwD eligibility (regardless of whether you have experienced this issue) so that future rides will not be denied. If assistance is needed, contact your caseworker.

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**IMPORTANT LEHIGH VALLEY OFFICE TRANSPORTATION REMINDERS**

**January-February 2016**

As we begin a new year, we want to remind you of some very important points relating to our Escorted Transportation program out of the Lehigh Valley Office. Please make note of them as we want you to have the best experience possible in accessing this Center for Vision Loss program:

**Group Activities**. If you have signed up for a group activity, our office will call you the day before with your pick up time. If you do not receive this call by 12 noon, it is up to you to call the office by 4:00 pm to check on your pick up time. If we do not talk to you in person we will leave a message with someone in your household or on your answering machine or voice mail. Do not forget to check your messages!

**Individual Appointments.** If you have signed up for an individual appointment such as a doctor’s visit, our driver will call you the day before your appointment with your pick up time. If we do not talk to you in person we will leave a message with someone in your household or on your answering machine or voice mail. Do not forget to check your messages! If you do not have an answering machine or voice mail, the driver will make one more attempt the day before to reach you regarding your pick up time.

**Classes with Multiple Sessions**. If you are participating in a class with multiple sessions (braille class for example) please **call in and register for each session**. For example,

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the braille classes continue in January and February. Even if you were in the previous

classes, call again to register for the next sessions and to schedule transportation when provided.

**Inclement Weather.** The Center for Vision Loss typically cancels transportation in accordance with the Allentown School District or the East Stroudsburg School District closings. If we cancel our transportation due to the weather, you will receive a call confirming this. In the event that roads are cleared later in the day and deemed safe by our driver, your appointment and pick up time may not be affected. Note that school district late starts and early dismissals may also affect our transportation.

**Safety First for EVERYONE!** Our drivers are not permitted to shovel steps and walkways, etc. Please arrange to have them cleared before our driver arrives. If a driver arrives at your residence and it is icy or treacherous, they may determine it is not safe to transport you that day.

**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.

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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. You can also find more about legacy giving through our The Helen Keller Society on our website by clicking on the Support Us tab and then clicking on Legacy Giving.

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