



Blind Center of Nevada February 2007 Chatterbox

The Blind Center of Nevada is pleased to announce the much anticipated re-opening of our main building. Our newly remodeled 16,000 square foot main building will host all of our educational, social and independent living programs. Our recently remodeled building is completely ADA compliant as the Blind Center endeavors to make overcoming the challenges associated with vision loss as comfortable as possible.

Programs will include computer lessons in our 16 station state of the art computer lab that is fully equipped with the latest in adaptive technology, arts & crafts, ceramics lessons, a variety of exercise classes, daily luncheons, cooking lessons, support group meetings, music lessons, dance lessons, mail reading services, daily shopping trips with sighted assistance, game days, weekly visits by local pharmacists and much, much more.

The Center offers a convenient door-to-door transportation program to bring members into the Center and also to any of our outings or offsite programs.

We invite all of the blind and visually impaired members of our community to join us for these life enhancing programs. If you or someone you know is interested in these or other programs please call 642-6000 for more information.

February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Bowling	6	7 Taco Day	8	9	10
11	12 Bowling	13	14 Valentine's Day Party 10:30am	15	16	17
18	19 Bowling	20	21 Taco Day	22	23	24
25	26 Bowling	27	28 Taco Day			

Sponsor-A-Meal Program 2007

The Blind Center of Nevada presently serves approximately 10,000 free meals annually to blind and visually impaired people in Clark County. With the anticipated growth in services during 2007 we are seeking the support of community-minded Partners like you to help us meet the growing demand of our meal program. Currently the only means of support the Blind Center receives for this program is through the kind donations of one of our local food distributors. This support is gracious, but only supports approximately 50% of the program and we need your help with the other 50%. You can take pride in becoming a vital part of this program that is 100% donation and volunteer supported.

As a not-for-profit organization we want to share with you the reason why our nutrition program depends upon the caring support of community partners such as you.

- 1 in 6 adults, age 45 years or older, are moderately or severely visually impaired.**
- 1 out of 4 Americans, over the age of 65, will experience significant or total vision loss.**
- Of southern Nevada's approximately 160,000 senior citizens, nearly 28,000 are visually impaired or legally blind.**

Sponsor-A-Meal 2007

Yes, I would like to Sponsor-A-Meal for a blind or visually impaired individual.

- | | |
|--|---|
| <input type="checkbox"/> One month - \$40 | <input type="checkbox"/> Six months - \$240 |
| <input type="checkbox"/> Quarterly - \$120 | <input type="checkbox"/> Yearly - \$480 |

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

I have enclosed a check in the amount of \$_____ payable to Blind Center of Nevada, 1001 N. Bruce Street, Las Vegas, NV 89101.

Bill my Credit Card in the amount of \$_____

Card type _____ Card number _____

Expiration date _____ Security Code _____

Signature: _____

Detach and mail to the Blind Center

For more information on this and other programs offered to blind and visually impaired members of our community please call Paula Debus at 642-6000 or log on to our website at www.blindcenter.org.



About Valentine's Day

Valentine's Day is a celebration of love and lovers. The roots of Valentine's Day go back to ancient times, when people paid honor to the Roman God of Fertility. This was known as the Feast of Lupercalia, and was celebrated even then on February 14th.

The traditions of Valentine's Day are broad and many. It is a time to exchange cards or small gifts. Chocolates and jewelry are the big hits of this holiday as is romantic dinners.

It is a romantic event for lovers and a fun event for kids and family. Many a couple become engaged or wed on this day. For others it is a day to fall in love.

Did you know? While 75% of chocolate purchases are made by women all year long, during the days and minutes before Valentine's Day, 75% of the chocolate purchases are made by men. Over \$1billion of chocolate is purchased for Valentine's Day.

Join in the fun and festivity as you surf through the many pages and links. Make sure to surf over to the links page for quizzes, fun and games, clipart, e-cards, love poems and even take a love test. And much more too!

Saint Valentine's Day Massacre During the "Roaring twenties (1920's)", mobs, crime and gangsters were at a height in many parts of the U.S. Alcohol was banned, spawning the rise of Bootlegging and mob activity. Chicago, Illinois experienced more than it's share of mobs and gangsters. On Valentine's Day, February 14, 1929, four gangsters dressed up as policemen, massacred seven members of a rival gang.

Did you Know? February 14th was formerly thought to be the first day of bird's mating for the season. This sparked the custom of sending valentines to each other.



Macular Degeneration – FDA Approves Lucentis for Treating Wet AMD

Results from a large, two-year study showed that Lucentis™ halted vision loss in more than 90 percent of individuals with the wet form of age-related macular degeneration (AMD). In addition, Lucentis restored vision in 33 percent of those study participants. FFB has funded dozens of research projects to better understand the mechanisms that lead to vision-robbing blood vessel growth in wet AMD, giving companies like Genentech, maker of Lucentis, clear targets for the development of AMD treatments.

Gene Therapy in Development to Reduce Vessel Growth in Wet AMD

Scientists from FFB's Research Center at Johns Hopkins University collaborated with GenVec, a Maryland biotechnology company, to develop a gene therapy for wet age-related macular degeneration (AMD). The gene, when inserted into the eye, results in the production of a protein that inhibits the growth of unhealthy, vision-robbing blood vessels under the retina. A Phase I clinical trial of the treatment was recently completed in several US test sites. Though the study was primarily conducted to assess safety, higher doses of the treatment were effective in halting disease progression. A Phase II human study has been started to better determine the treatment's effectiveness in stopping wet AMD.

Interesting February Holidays

American Heart Month

Canned Food Month

Great American Pie Month

National Grapefruit Month

Black History Month

Creative Romance Month

National Cherry Month

National Weddings Month

Life itself

Appreciate beauty, and suddenly you are the beauty. Experience joy, and you become the joy.

There are times in your past that can bring a smile to your face whenever you recall them. Though those particular circumstances have long passed, the joy from them is still with you.

That joy continues to live within you. It is a part of who you are.

Because you are who you are, joy is able to experience itself again and again. Beauty is able to know how wonderfully beautiful it is.

Through your life, love is able to feel its presence. Truth is able to know that it is so.

You are life itself. And in this moment, the magnificent possibilities beckon.

Ralph Marston

www.greatday.com

FEBRUARY 2007

WEEKLY SCHEDULE

COMPUTER LAB OPEN MON-FRI 9AM – 5PM
COMPUTER MENTORING MON-WED 9:30AM-10:30AM
MONDAY **SHOPPING TRIP** 9:30-10:30AM
BOWLING MONDAY 11:15AM BEGINNING
BAKERY GOODS EVERY MONDAY
MONDAY **PIANO & ACCORDIAN LESSONS 1:30-4PM**
MONDAY AFTER SCHOOL **PIANO LESSONS 4-5PM**
CHAT & GAMES IN THE **KITCHEN CLUB** TUES 9:30-
11:30AM
HARP LESSONS TUESDAYS 10:00AM
TUESDAY **SHOPPING TRIP** 9:30AM-10:30AM
GUEST SPEAKER EVERY TUESDAY 12:30PM
VIOLIN LESSONS TUESDAYS 1:00-3:00PM
SHOPPING TRIP WEDNESDAYS 9:30AM
GAME DAY WEDNESDAYS 9:30AM
VISITING PHARMACIST WEDNESDAY 10:30AM
TAI CHI WEDNESDAY 12:30-1:30PM
DANCE LESSONS WEDNESDAY 3:30PM
WEDNESDAY **\$1 TACO DAY!** ORDER BY TUESDAY
MAIL READING ASSISTANCE AVAILABLE MON-FRIDAY
BY APPOINTMENT
THURSDAY **GUITAR LESSONS** 1:30PM
WALMART **SHOPPING TRIP** THURSDAYS 9:30AM
THURSDAY **SUPPORT GROUP** 1:00-2:00PM
COMPUTER CLASS BILINGUAL THURSDAYS 3:30PM

****SIGHTED ASSISTANCE PROVIDED FOR ALL TRIPS AND
OUTINGS**

Macular Degeneration

What is macular degeneration?

It is a common eye disease that results in the loss of a person's sharp, central vision - vision required for reading, driving and sewing. Often called age-related macular degeneration (AMD) because of its association with aging, AMD is the leading cause of vision loss and blindness in Americans over age 50.

What are the symptoms?

Both dry and wet AMD cause no pain. The most common early sign of dry AMD is blurred vision. The classic early symptom of wet AMD is distortion - straight lines appear crooked. There may be other changes in vision: you may notice that the size of an object appears different for each eye or that colors don't look the same for each eye.

How can you protect your vision?

If you are age 60 or older, you should have your eyes examined through dilated pupils at least once a year.

Other facts you should know

About 1.7 million people in the United States are legally blind and are unable to read, drive, watch television or recognize faces because of macular degeneration. More than 11 million have signs of the disease, and 200,000 new cases are diagnosed each year. Those numbers are expected to grow with the aging of the "baby boomers."

www.sightandhearing.org

DO YOU NEED ASSISTANCE?

Are you or someone you know experiencing vision loss and are in need of assistance with magnifying devices, advocacy, referral, mail reading, daily living skills assistance, support group meetings or other areas of assistance?

The Blind Center of Nevada offers this type of assistance as well as a host of other important programs and services to the blind and visually impaired community. Do not let another day pass by without getting the assistance you deserve. Call 642-6000 for more information.

BLIND CENTER OF NEVADA
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LAS VEGAS, NV 89101

FREE MATTER
FOR THE BLIND



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