

BLIND CENTER OF NEVADA'S

CHATTERBOX

OCTOBER 2005

October is National Disability Employment Awareness Month?

Congress designated each October as National Disability Employment Awareness Month (NDEAM). The Office of Disability Employment Policy has the lead in planning NDEAM activities and materials to increase the public's awareness of the contributions and skills of American workers with disabilities. Various programs carried out throughout the month also highlight the specific employment barriers that still need to be addressed and removed.

This effort to educate the American public about issues related to disability and employment actually began in 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month."

OCTOBER SCHEDULED EVENTS

COMPUTER LAB MONDAY-THURSDAY 930AM-1130AM

SHOPPING TRIP TO SAV-ON MONDAY 9AM

BOWLING MONDAY 11AM

BAKERY GOODS EVERY MONDAY

CHAT & GAMES KITCHEN CLUB TUESDAY 930AM

GUEST SPEAKER EVERY TUESDAY 1230PM

DEPRESSION SUPPORT GROUP TUESDAY 2-330PM

VISITING PHARMACIST WEDNESDAY 1030AM

ROUND TABLE DISCUSSION WEDNESDAY 12PM

TAI CHI WEDNESDAY 1230-130PM

PIANO & GUITAR LESSONS WEDNESDAY 12-2PM

INDIVIDUALIZED COMPUTER TRAINING WITH MARIA-
WEDNESDAY 3:00-4:30PM

DANCE LESSONS WEDNESDAY 330PM

WEDNESDAY IS \$1 TACO DAY! PLACE YOUR ORDER
WITH DONNA BY TUESDAY.

MAIL READING ASSISTANCE AVAILABLE MON-THURS
BY APPOINTMENT, CONTACT PAULA.

WAL-MART SHOPPING TRIP THURSDAY 930AM

NON-DENOMINATIONAL BIBLE STUDY
THURSDAY 1PM

BAKERY GOODS EVERY THURSDAY

SPECIAL MEETING INFO

BLINDNESS SUPPORT GROUP MEETS 4TH
WEDNESDAY OF THE MONTH AT 6375 W.
CHARLESTON BLVD (CROSS STREET IS
TORREY PINES AT THE CCSN CAMPUS
OFFICE OF BLINDCONNECT).
FOR INFO CALL 631-9009.



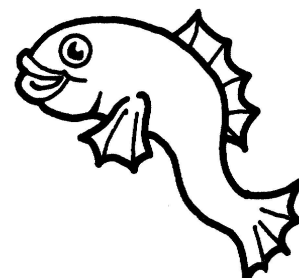
COMMUNITY
COLLEGE OF
SOUTHERN
NEVADA



October Special Events

SUNDAY OCTOBER 9TH

BLIND CONNECT IS HOLDING ITS
2ND ANNUAL POKER RUN FOR MORE INFO
CALL 631-9009



SATURDAY OCTOBER 15TH

CAST FISHING TRIP. PLEASE NOTE WE ONLY HAVE 5 SEATS
OPEN. SIGN UP WITH DONNA, AND WE WILL PUT NAMES IN
FOR A DRAWING TO SEE WHICH MEMBERS CAN ATTEND.



SUNDAY OCTOBER 16TH FROM 1-5PM, JOIN US FOR
HORSEBACK RIDING (OPTIONAL), HAYRIDES AND A FIRESIDE
LUNCH, ALL AT BEAUTIFUL *SAGEBRUSH RANCH*! SIGN UP
WITH DONNA BY 5PM MONDAY OCTOBER 10TH.

WEDNESDAY OCTOBER 19TH

OCTOBER 19TH IS NATIONAL DEPRESSION SCREENING DAY.
WE WILL HAVE FREE DEPRESSION SCREENING FOR
MEMBERS AND FRIENDS/FAMILY OF MEMBERS, AT THE
CENTER FROM 10AM-2PM.



October 15th is National White Cane Day

The white cane is not just a tool that can be used to achieve independence; it is also a symbol of the blind citizens in our society. To honor the many achievements of blind and visually impaired Americans and to recognize the white cane's significance in advancing independence, we observe October 15 of each year as "White Cane Safety Day."

Today, the white cane works both, as a tool for the blind as well as a symbol, but this has not always been the case. Throughout history, the cane, staff, and stick have existed as traveling aids for the blind and visually impaired. Dating back to biblical times records show that a shepherd's staff was used as a tool for solitary travel. The blind used such tools to alert them to obstacles in their path.

For centuries, the "cane" was used merely as a tool for travel and it was not until the twentieth century that the cane, as we know it today, was promoted for use by the blind as a symbol to alert others to the fact that an individual was blind.

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White Cane continued:

The White Cane reminds us that the only barriers against people with disabilities are discriminatory attitudes and practices that our society has too often placed in their way.

As we observe White Cane Safety Day, 2005, let us recall the history of the white cane, its emergence as a tool and a symbol through history; a staff of independence. Let us also recall the events that have permitted us to celebrate October 15 as White Cane Safety Day.

Source: American Council of The Blind web site: www.acb.org.

Beginning November 1st we will be starting our holiday fundraiser! Come down and help us make our fabulous **Gourmet Holiday Gift Baskets.**

Monday-Friday 8am-7pm

Saturdays 10am-4pm

We need help assembling baskets, and making bows for them too!

October 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 New bowling season starts!	4	5	6	7	8
9	10	11	12	13	14	15 CAST Fishing trip
16 Sage- brush Ranch	17	18	19 Depression Screening 10a-2p	20	21	22
23	24	25	26	27	28	29
30	31 Goblin Lunch!					

Monday October 31, join us from 12pm-2pm for a "Goblin Luncheon Muncheon!" Have a sandwich with a ghost, and ghoul or two!

Poems to Ponder...

I KNOW NOT WHAT

By Mary Bagley

I know not what
the future holds for me;
Or if alive I'll even be;
Or if success I'll ever see;
Or if from cares I'll be set free

But if success I never know,
I will have felt friendship's glow;
And if cares infest my day,
I will have learned how to pray;
And if I no longer have breath,
I will have known - LIFE.

BELIEVE

By Ana L. Miss

Just as the river
flows to the sea
All things will come easy
if they are meant to be
All you have to do is just believe
it does not matter what anyone says
No one's going to rain
on your parade
Some may believe that life has to be
hard
but, their belief you can disregard
you don't have to swim up stream
that is how you kill a dream
All you have to do is let it flow
Just believe and let it go
Your dreams child, will grow
Just believe in what you know

LAUGHTER

By Bonnie Ruth Shaulis

Laughter is a pleasant sound, it spreads joy all around
Whether you're young or old, laughter can be like
Magic to our souls, whenever we're feeling sad
Laughter can sustain us so that things don't seem
Quite so bad, if we give into laughter, it can be like
A cure for something that seems impossible to endure
So any time your spirits need a lift fill yourself
With laughter and you will find, a much happier
Person with a peaceful frame of mind

We have magnifiers and low vision aids!

Are you looking for something to help you read the newspaper, look up a phone number, read your prescription bottle or a menu at a restaurant? The Blind Center offers a wonderful low vision program. There is no fee to attend this “hands-on” learning experience. You will gain a wealth of knowledge about low vision and non-visual aids. You shouldn’t go another day without this valuable information that can change your life for the good. Call 642-6000 to reserve a seat at our next demonstration.

BLIND CENTER OF NEVADA
1001 N. BRUCE STREET
LAS VEGAS, NV 89101

FREE MATTER FOR
THE BLIND



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