



# BLIND CENTER OF NEVADA CHATTERBOX NOVEMBER 2006

## Come One Come All



The Blind Center of Nevada will hold the first of a series of computer recycling events on November 18th in the KNPR Radio parking lot, for the dual purposes of protecting the environment and showcasing the capabilities of blind, visually impaired and disable individuals in the Las Vegas valley.

We want to ensure that these old computer materials don't end up in our landfills and we want to acquaint the public with the array of talents and services for the visually impaired and disabled available through The Blind Center of Nevada and Opportunity Village.

The event will be held from 8 a.m. to noon in KNPR's parking lot on the campus of Community College of Southern Nevada at the corner of Charleston and Torrey Pines. Items that may be recycled include: keyboards, mouse devices, monitors, printers and printer cartridges, batteries including nickel cadmium, lithium ion and most other consumer rechargeable batteries, as well as cell phone batteries. **Copiers, fax machines, televisions and stereos will not be accepted.**

People are invited to drive up and drop off their old computers, then park their cars and visit the many educational booths we'll have set up. We'll be distributing information, not only about recycling, but energy conservation, health, the environment, and missing children.

We'll also have live entertainment for the whole family. Well-known local group, the Dummkopf's, will perform from 8a.m to 10a.m. Identical twin singers and concert pianists Mark and Clark will perform from 10a.m. to 12:00pm. In addition to The Blind Center of Nevada collecting old computers, other event partners will provide the following: **Opportunity Village** – document shredding; the **Nevada Division of Environmental Protection (NDEP)** – recycling and environmental information; **Paper Retrievers** – recycling of newspapers and magazines; **Cartridge World** – recycling of printer cartridges; **Republic Services** – recycling information; **Diverse Innovations** – recycling; and **Child Seekers** – fingerprinting of children and information on missing children.

E-waste, as it is known, is a growing environmental problem nationally and in southern Nevada. New computers are coming onto the market at a rapid rate, putting more and more obsolete equipment into the waste stream. This partnership with The Blind Center of Nevada and Opportunity Village is a great step forward in addressing the recycling problem in southern Nevada. Computer equipment contains small amounts of pollutants and heavy metals that environmental officials don't want deposited in landfills.

The Blind Center of Nevada has been serving the needs of blind and visually impaired in southern Nevada over 50 years. Programs focus on Socialization, Personal Development and creating Meaningful Employment opportunities. Along with our computer recycling business, the Blind Center employs individuals in EBAY sales, distribution sales, manufacturing, packaging and assembly. Opportunity Village is a non-profit organization, employing people within our community with intellectual disabilities. We provide rehabilitation, training and work to our individuals in an ongoing effort to enhance their lives and the lives of their families.

# **WEEKLY SCHEDULE**

## **NOVEMBER 2006**

**COMPUTER LAB OPEN** MON-FRI 9AM – 5PM  
MONDAY **SHOPPING TRIP** 9:30-10:30AM  
MONDAY **ARTS & CRAFTS** 9:30-10:30AM  
**BOWLING** MONDAY 11:15AM BEGINNING 11/06  
**BAKERY GOODS** EVERY MONDAY  
MONDAY **PIANO & ACCORDIAN LESSONS 1:30-5PM**  
CHAT & GAMES IN **KITCHEN CLUB** TUES 9:30AM  
**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  
**ENGLISH AS A SECOND LANGUAGE** WED 12:00PM  
**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  
**BAKERY GOODS** EVERY THURSDAY  
THURSDAY **GUITAR LESSONS** 1:30PM  
WALMART **SHOPPING TRIP** THURSDAYS 9:30AM  
THURSDAY **SUPPORT GROUP** 1:00-2:00PM  
**COMPUTER LAB BILINGUAL** THURSDAYS 3:30PM



*Beginning November 1st through  
December 16th we will be assembling  
and selling Gourmet Holiday Gift  
Baskets we will need lots of volunteers  
as well as people to purchase the  
baskets.*

*This year's goal is to assemble  
and sell 2000 gift baskets!!!!*

*It's that time again!*

*Call 642-6000 for more information*



Join us for a delicious Thanksgiving  
lunch with all the trimmings  
10:00am to 12:00pm  
Wednesday November 15<sup>th</sup>

**Provided by the Pentecostal Prayer Band**

# November 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Gift basket assembly starts!	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Bowling season begins!!!	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> BCMV Music recital	<b>15</b> Thanks- giving lunch w/all the trimmings 10:00am to 12:00pm	<b>16</b>	<b>17</b>	<b>18</b> BCNV Computer recycling event at CCSN campus 8AM- 12PM
<b>19</b>	<b>20</b> Hayride At Sagebrush Ranch 4:30pm	<b>21</b>	<b>22</b> Christmas Carols 1:00PM	<b>23</b> Thanks- giving Center Closed	<b>24</b> Center Closed	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

## **November is....Diabetic Eye Disease Month**

There are approximately 29 million Americans age 20 and older that have diabetes and almost one third of those are at risk for vision loss because they do not know they have the disease. More than one third of those diagnosed with diabetes do not adhere to vision care guidelines by forgoing a dilated eye exam every year. So, as part of November's Diabetic Eye Disease Awareness Month, ophthalmologists across the country are urging Americans with diabetes to get a dilated eye exam this year, and every year. Pregnant women with diabetes should have an eye exam in the first trimester, since diabetic eye disease can progress rapidly during pregnancy.

The longer a person has diabetes, the greater the risk for developing diabetic retinopathy. However, diabetic retinopathy does not only affect people who have had diabetes for many years, it can also appear within the first year or two after the onset of the disease. For some people, diabetic retinopathy is one of the first signs of the disease.

High blood sugar levels can weaken blood vessels in the eye's retina causing them to leak blood or fluid. This causes the retina to swell and can lead to vision loss. Blood sugar fluctuations can also promote growth of new, fragile blood vessels on the retina, which can break easily and leak blood into the vitreous (the clear, jelly-like substance that fills the center of the eye.) This can blur vision and lead to permanent vision impairment. High blood pressure and smoking can further damage blood vessels as well.

What are the signs to look for? "Fluctuations in blood sugar levels can temporarily affect vision, so it's sometimes difficult to know if a serious eye problem is developing," says Dr. [name]. "That's one of the reasons strict control of your blood sugar is so important. If you notice a vision change in one eye, a change that lasts more than a day or two or changes

not associated with fluctuations in blood sugar, call your Eye M.D. promptly."

If you're diagnosed with diabetes, be sure to schedule a complete dilated eye exam once a year or as often as your Eye M.D. suggests. Don't smoke and keep your blood sugar under control through diet and exercise.

## *November is also....*

American Indian and Alaska Native Heritage Month

American Diabetes Month

Aviation History Month

Diabetic Eye Disease Month

Epilepsy Awareness Month

Good Nutrition Month

"I Am so Thankful" Month

Lung Cancer Awareness Month

National Adoption Month

National AIDS Awareness Month

National Alzheimer's Disease Month

National American Indian Heritage Month

National COPD Awareness Month (chronic obstructive pulmonary disease)

National Family Caregivers Month

National Georgia Pecan Month

National Hospice Month

National Inspirational Role Models Month

National Pomegranate Month

Peanut Butter Lovers' Month

## **Courage of Your Convictions**

Listen to your critics and learn what you can from them. But don't let them dissuade you from what you know is best.

A bright and shining vision has value only when you have the courage to follow it. When you know that it is the thing to do, then step up and do it.

Pay attention to what others have to say, without becoming a slave to their opinions of you. Consider differing and diverse perspectives, while keeping the substance of your most deeply held values intact.

Much of the effort of achievement is in keeping yourself focused. Choose to intentionally make that effort, to maintain that focus, and all the rest will more readily fall into place.

Though the world may seem to be against you at times, keep in mind that you are working to make that world a better place. Start to show some progress, and others will soon be buying into your vision.

Remember who you are, where you've come from, and the real value of what you have to offer. Then step forward, with renewed courage and commitment, and make it real.

-- Ralph Marston





# YOUR CHILD'S EYE CARE

*Prevent Blindness America* recommends a continuum of eye care for children that can include both vision screening and comprehensive eye exams. All children, even those with no signs of trouble, should have their eyes checked at regular intervals. Any child who experiences vision problems or shows symptoms of eye trouble should receive a comprehensive eye exam by an optometrist or an ophthalmologist.

If you are planning to take your child to the eye doctor, here are some helpful tips.

1. Ask your relatives, friends and neighbors if they know the name of an eye doctor who is good with children.
2. Schedule the appointment when your child is not likely to be sleepy or hungry. If your child has a "cranky" time of day, schedule around it.
3. Make a list of your questions and bring it with you. Take notes when speaking to the doctor, so that you can refer to them later.
4. Have a plan ready in case you need to spend time in the waiting room. Bring a favorite storybook, coloring book or small toy that your child can play with quietly. A snack can also help to pass the time.
5. Let your child watch a family member get an eye exam. Have the doctor explain what is being done, step-by-step and encourage the child to ask questions.
6. Bring your child's favorite cuddly toy. The doctor can "examine" the bear or doll and holding a toy may keep little hands off of expensive equipment.
7. Relax. Children look to adults for cues: if you seem nervous, your child may become anxious. A trip to the eye doctor should be fun for both of you.

**\*A Comprehensive Eye Examination** includes an evaluation of the refractive state, dilated fundus examination, visual acuity, ocular alignment, binocularity, and color vision testing, where appropriate.

## **Announcing the Arrival of the Newest** **In Adaptive Technology** **and Low Vision Items!**

Do you find that drug store magnifiers and reading glasses don't quite clear things up the way they used to? Have you been looking for items to use around the house that will allow you the independence you once had? We have great news for you! The Blind Center offers an informative low vision program. There is ***No Qualifying*** and there is never a fee required to attend this hands-on learning experience. You will gain a wealth of knowledge about low vision and non-visual aids. Don't let another day pass by without this valuable information that can change your life or the life of someone you know. Call 642-6000 to reserve a seat at our next demonstration.

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FREE MATTER  
FOR THE BLIND



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