

SEPTEMBER

2005

CHATTERBOX

The goal of National Preparedness Month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action. During September, the U.S. Department of Homeland Security, the American Red Cross and the National Preparedness Month Coalition Members will ask all Americans to take some simple steps to prepare for emergencies including getting an emergency supply kit, making a family emergency plan, being informed about different threats and getting involved in preparing their communities.

Your emergency kit should include things like: clean water, non-perishable food, first aid supplies, necessary medications, special needs items and if you have small children or animals make sure you are prepared for their needs as well.

Visit www.ready.gov for helpful information about getting ready and being prepared for an emergency. You can also contact your local Red Cross office for more information.

SEPTEMBER SCHEDULED EVENTS

COMPUTER LAB MONDAY-THURSDAY 930AM-130PM

MONDAYS SHOPPING TRIP TO SAV-ON 9AM

BAKERY EVERY MONDAY

TAI-CHI EVERY MONDAY 10:30-11:30AM

CHAT & GAMES KITCHEN CLUB TUESDAYS 930AM

THIRD THURSDAY OF THE MONTH IS \$1 HOT DOG DAY
\$2 CHILI DOGS, (ORDER W/ DONNA BY PRIOR FRIDAY)

GUEST SPEAKER EVERY TUESDAYS 1230PM

DEPRESSION SUPPORT GROUP TUESDAYS 630-8PM

VISITING PHARMACIST WEDNESDAYS 1030AM

ROUND TABLE DISCUSSION WEDNESDAYS 12PM

NUTRITION & EXERCISE WEDNESDAYS 100PM

PIANO & GUITAR LESSONS WEDNESDAYS 12-2PM

DANCE LESSONS WEDNESDAYS 330PM

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

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

WAL-MART SHOPPING TRIP THURSDAYS 930AM

NON-DENOMINATIONAL BIBLE STUDY THURSDAY 1PM

BAKERY EVERY THURSDAY

WATER AEROBICS FRIDAYS 10AM-11AM



COMMUNITY
COLLEGE OF
SOUTHERN
NEVADA

BLINDNESS SUPPORT GROUP

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.



BOWLING LEAGUE NEWS

SIGN UPS FOR THE NEW BOWLING SEASON ARE BEING TAKEN NOW! HOWEVER, NO ONE WILL BE ALLOWED TO PARTICIPATE IF THEY HAVE NOT SIGNED UP WITH PAULA BY FRIDAY SEPT 23.



WE WILL BE HAVING A *BOWLING LEAGUE POTLUCK LUNCH* MONDAY SEPTEMBER 26 FROM 11:45AM TO 1:00PM, DURING WHICH WE WILL ALSO HOLD OUR MANDATORY BOWLING MEETING. EVERYONE WHO HAS SIGNED UP TO BOWL NEXT SEASON MUST ATTEND THE MEETING. IT IS VERY IMPORTANT YOU ATTEND, AS THOSE NOT IN ATTENDANCE WILL NOT BE ALLOWED TO BOWL.

SUNDAY OCTOBER 16TH



JOIN US FOR A DAY OF HORSEBACK RIDING, A HAYRIDE AND A FIRESIDE LUNCH, ALL AT BEAUTIFUL *SAGEBRUSH RANCH!* SIGN UP WITH DONNA.



Did you know?

September is Children's Eye Health and Safety Month!

September is a month filled with the anticipation of our children starting a new grade in school, the onset of autumn, and spiced apple cider. Reap the benefits of what autumn has to offer. Don't let this month slip through your fingers without doing something for yourself, and your health!

Most eye problems can be corrected if they are detected and treated early.

Appropriate eye care is essential for maintaining good vision. Some problems, if left untreated--even for a short period--can result in permanent vision loss.

The eyes of newborn infants should be evaluated in the hospital nursery. This examination can help detect several congenital eye problems, some of which can be very serious. Between six months and one year of age, infants should be checked for good eye health by a doctor or other appropriately trained health care provider during routine well-baby care or other doctor's office visits. Similarly, children's vision should be tested between 3 and 4, either during a well-child visit to the doctor, a visit to an eye doctor, or at a vision screening conducted by trained personnel.

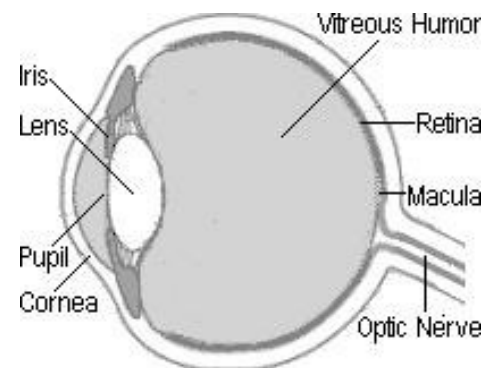


Also, the more you learn about children's eyes, the better you can help protect them. According to findings released in July 2005 from the National Eye Institute (NEI), both volunteers and nurses who have been trained in the field of vision screenings can effectively detect vision problems in preschool children. The results of the second phase of the "Vision in Preschoolers Study" underscores the importance of the work of non-profit groups, such as Prevent Blindness America (PBA), in helping to identify vision problems in children who may not already be heading to an eye care professional.

After determining which types of vision tests performed the best when used by licensed ophthalmologists and optometrists, the goal of the NEI study was to determine if these same tests worked as effective when administered by nurses and trained volunteers, or lay people. Of the more than 1,400 children in the study, the nurses were able to correctly identify 68 percent and volunteers were able to identify 62 percent of all preschoolers who had one or more of the most prevalent vision disorders: amblyopia, strabismus, refractive error and poor vision.

Both groups were able to correctly identify 80 percent of children with eye conditions considered to be severe.

Continued next page



Children's Eye Safety continued:

In 2004, PBA volunteers screened more than 2.5 million people. In 2005 alone, PBA has assisted more than 5,000 children to receive free eyeglasses through its partnership with Vision Service Plan's "Sight for Students" program.

Vision disorders are the most prevalent handicapping condition in children. The Centers for Disease Control and Prevention reports that only a third of all children in the United States have had any form of eye care service before their sixth birthday. PBA recommends children have their vision checked at infancy, 6 months, 3 years and 5 years with follow-ups as needed.

Parents can do their part by looking for the following signs for eye trouble in their children:

What do your child's eyes look like?

- Eyes don't line up, one eye appears crossed or looks out
- Eyelids are red-rimmed, crusted or swollen
- Eyes are watery or red (inflamed)
- How does your child act?
- Rubs eyes a lot
- Closes or covers one eye
- Tilts head or thrusts head forward
- Blinks more than usual
- Squints eyes or frowns



Some tips for Children's Eye Health and Safety Month! (Which Adults should use too!)

According to the *National Society to Prevent Blindness*, the leading cause of sports-related eye injuries in:

5-14 yr. olds is **baseball** 

15-24 yr. olds is **basketball** 

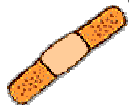
25-64 yr. olds is **racquet sports**, like racquetball and tennis. 



Walk, don't run, with sharp objects such as scissors, pens, pencils and rulers.



Use good lighting to avoid tiring your eyes when reading, writing or cruising the Internet.



Learn basic first aid for your eyes in case an injury does occur.



Wear proper eye protection when you are playing sports such as racquetball and baseball.



Wear sunglasses and never look directly at the sun.

Myths of Vision Loss

Myth: Safety goggles are more trouble than they are worth.

Fact: There are over 500,000 eye injuries every year in the USA. 50% of these accidents occur at home. The leading cause of blindness in children is eye injury. 90% of injuries can be avoided by using proper eye protection.

Myth: Blind people have a sixth sense or extraordinary talents.

Fact: Most people with 20/20 vision do not pay much attention to their other senses. Blind people have worked hard to develop their other sense to compensate for their vision loss, but there is no sixth sense. *It was a good movie though!*

Myth: Blind people live in a world of total darkness.

Fact: Only a small percentage of legally blind people see nothing at all. Darkness is the eye telling you that there is no light on. People who are totally blind do not have the ability to see light, or darkness. They see nothing at all.

Myth: All Blind people read Braille.

Fact: Only 10% of Legally Blind people read Braille. Developing the sense of touch it takes to read Braille is difficult for older people who make up 66% of the blind population. 90% of Legally Blind people have some usable vision and most of them can read print or magnified print.

Myth: Blind people can always identify you by your voice.

Fact: When answering your phone, do YOU know everyone by voice? It is a good idea to identify yourself when meeting a blind person.

WHO INVENTED BRAILLE?

Louis Braille didn't invent Braille. As a boy he attended a school for the Blind in Paris, and he learned how to read, but not to write. Back then blind people learned how to read raised letters with their fingertips. This form of writing was very difficult to read. In 1821 a soldier named Charles Barbier came to visit the school. He brought with him a system he had invented called “night writing”. Barbier had designed it for Napoleon; who wanted a secret code that could be used at night. It proved to be too complex for soldiers to learn and was rejected by the army.

But Louis Braille realized how useful this system of raised dots could be for the blind. He set to work simplifying it. His system used six dots instead of the 12 used in Barbier's code. Now blind people could learn to read as well as write. Before computer technology, the devices people used to produce Braille were as old as Braille itself. The Perkins Brailler works like an old-fashioned typewriter. Its six keys produce the six dots of the Braille cell.

The slate is a simple device used to punch out the dots using a stylus. These devices are still in use today. Computer technology has begun to replace these devices with electronic Braille note takers, refreshable Braille displays, and Braille embossers; but the old ways of producing Braille will still be around as long as sighted people keep using pens.

September 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Bakery Shopping	2 Water Aerobics	3
4	5 Bakery Sav-on Tai-Chi	6 Kitchen Club	7 \$1 taco day Pharmacist Exercise	8 Bakery Shopping	9 Water Aerobics	10
11	12 Bakery Sav-on Tai-Chi	13 Kitchen Club	14 \$1 taco day Pharmacist Exercise	15 Bakery Shopping	16 Water Aerobics	17 Dance 5:30pm
18	19 Bakery Sav-on Tai-Chi	20 Kitchen Club \$1 Hot Dogs	21 Exercise \$1 taco day Pharmacist	22 Bakery Shopping	23 Last chance to sign up for bowling!	24
25	26 Tai-Chi Bowling League Potluck 12:00pm	27 Kitchen Club	28 Exercise \$1 taco day Pharmacist	29 Bakery Shopping	30 Water Aerobics	



Blind Center of Nevada Computer and Electronic Recycling

The Blind Center of Nevada will take away your E-waste - computers, monitors, ect., and guarantee it won't end up in a landfill.

How Are We Different?

The Blind Center of Nevada is a zero landfill company 99.5% of the material collected is reused or recycled.

We also pick up the equipment at your offices and ensure that all data is wiped clean.



If you have E-Waste and you want to keep our landfills clean call us at 702-642-6000 for more information on our computer recycling program.

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



BLIND CENTER BOARD
PRESIDENT: VERONICA WILSON
CHAIRMAN: LLOYD BENSON
DON AHERN
MICHAEL ANDERSEN
JEFF DAVIS
PHIL HORRELL
DIX JARMAN
ALLEN KAERCHER
CATHERINE LAW
NEAL MAREK, DPM
CHUCK GIBLIN