

Blind Center of Nevada January 2007 Chatterbox



HAPPY NEW YEAR
LAS VEGAS!



So many exciting changes have taken place at the Blind Center over the past year. We are nearly finished renovating our main building and look forward to reopening this 16,000 square foot masterpiece very soon.

2007 will bring several new opportunities to the blind and visually impaired citizens of Nevada. The Blind Center will host the first of many Hospitality Training Programs by the National Statler Center, a new larger computer lab equipped with the latest adaptive technology will be available and an expanded schedule of programs promoting independence.

The Blind Center of Nevada wishes you a joyous and prosperous 2007.

**Happy New Year
Prosit Neujahr
Feliz Ano ~Nuevo
Akimashite Omedetto Gozaimasu
L'Shannah Tovah
Hauoli Makahiki Hou
Bonne Annee
Scastny Novy Rok**



January 2007

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Bowling Resumes	16 Dr. Marek 11:00am	17 Italian Feast Lunch 11:30am	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2007

WEEKLY SCHEDULE

COMPUTER LAB OPEN MON-FRI 9AM – 5PM
MONDAY **SHOPPING TRIP** 9:30-10:30AM
BOWLING MONDAY 11:15AM BEGINNING 01/08/07
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 9:30AM
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 CLASS BILINGUAL THURSDAYS 3:30PM

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



As recently as two decades ago, competitive job opportunities for the blind and visually impaired were virtually non-existent. Current advances in modern technology have helped to open a world of possibilities never before dreamed. The multi-trillion dollar industry of hospitality service is experiencing one of its most dramatic growth periods in history. Job projections for 21st century hospitality-related careers are strong. For example, between the years 2002 and 2012, the U.S. hospitality industry is expected to need an additional 2.1 million workers. This optimistic forecast, along with an extraordinary potential for advancement within the field, leaves employment options wide open. Statler Center will hold the first of its Las Vegas sessions beginning in January 2007 at the Blind Center of Nevada.

Here are just a few of the opportunities Statler Graduates chose to pursue:

Hotel / Airline Reservationists
Hotel Night Auditor
Marketing Representative
Concierge
PBX / Switchboard Operator
Accounting Clerk
Breakfast Attendant
Operations Specialist
Technical Support Representative

Hotel Front Desk Clerk
Assistant Manager
Greeter
Sales Associate
Administrative Assistant
Restaurant Host / Hostess
Human Resource Coordinator
Roadside Assistance Representative
Customer Service Representative

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THIS GREAT OPPORTUNITY, CALL 642-6000.

Early Detection is Key to Preventing Vision Loss from Glaucoma

Prevent Blindness America Urges Everyone to Get an Eye Exam to Save Their Sight

More than 2 million Americans over the age of 40 have it and there are 65 million suspected cases of it across the globe. But, despite the staggering numbers, many of those who do have it don't even know it. The disease is glaucoma, an eye disease that can rob people of their peripheral vision, and left untreated, can result in total blindness.

"Our vision is so important to our independence and our way of life," said Dr. Mildred M. G. Olivier, a glaucoma specialist. "But, we tend not to think about getting our vision checked until we notice a problem. Unfortunately with glaucoma, once you notice a problem, permanent vision loss has already occurred."

Although there are many advances in medicines that can slow the progression of vision loss, there are no cures. Once glaucoma takes away sight, it cannot be restored. It is the second leading cause of blindness in the world.

"If you are over the age of 55, quite simply you are at risk," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "In addition, Hispanic, African-American, nearsighted individuals and/or those who have ever had a serious eye injury are all at risk for the disease. There are even cases of infants being diagnosed with glaucoma."

To raise awareness of the disease, Prevent Blindness America, the leading volunteer eye health and safety organization, has joined other leading eye care groups in designating January as National Glaucoma Awareness Month. Prevent Blindness America has developed unique resources to educate consumers on glaucoma, including treatment options and general information. "The Glaucoma Learning Center," a free

Web site at www.preventblindness.org/glaucoma, contains a variety of resources including an adult vision risk assessment and an interactive guide on how to take eye drops.

Part of The Glaucoma Learning Center is "The Glaucoma Web Discussion Forum" that allows patients and caregivers the opportunity to discuss online all subjects related to the disease. Topics range from general information on the condition and its treatment, to shared experiences and emotional support.

Prevent Blindness America also offers free printed materials including the "Guide for People with Glaucoma." This comprehensive booklet serves as a handbook for patients and includes information on what to expect during treatment and even a list of questions to ask the eye doctor.

Many people with glaucoma are not aware they have it because, in the early stages, there may be no detectable symptoms. However, according to the American Academy of Ophthalmology, over time patients may experience:

- Blurred vision
- Diminished peripheral vision (or "tunnel vision")
- Difficulty focusing on objects
- Appearance of halos around lights.

"Prevent Blindness America encourages everyone to get a dilated eye exam regularly. If you should be diagnosed with glaucoma, many treatment options exist and the earlier glaucoma is detected, the sooner sight can be saved," added Garrett.

"Many insurance policies, including Medicare, will cover glaucoma exams for qualified individuals."

Prevent Blindness America offers a free resource directory for those who may require financial assistance. And, consumers can obtain free printed materials on glaucoma in both English and Spanish by calling 1-800-331-2020. Additional information can be found online at www.preventblindness.org/glaucoma.

TRY THIS TASTY DISH
IT WILL WARM YOU UP!
CHICKEN AND CORN CHOWDER

2-3 Tbs bacon grease or butter or oil or some combination
1 onion chopped
1 red bell pepper, chopped
2 Tbs flour
5 cups broth (vegetable or chicken)
2 cups peeled, seeded, butternut squash in 1/2" cubes
1 potato, peeled and chopped
1 tsp thyme
16 ounces frozen corn kernels (or fresh if you have it!)
1/2 cup milk or half and half or cream, depending on your decadence level
1-2 cups cooked leftover roast chicken, chopped
1 cup chopped green onions
3-4 springs fresh parsley, chopped

Heat the bacon grease and cook the onion and half the red pepper about 10 minutes, until soft.

Add the flour and cook, stirring, another 2 minutes or so.

Add the broth, squash, potato, and thyme and mix. Bring to a boil, then reduce the heat and simmer about 10 minutes, until the squash and potato are soft.

Stir in the corn, milk, and the rest of the bell pepper and cook about 10 more minutes. Stir in the chicken, green onions, and parsley and simmer 5 minutes. Season to taste with salt and pepper. Serve with the bacon and more green onions for garnish if you like.

DO YOU NEED ASSISTANCE?

Are you or someone you know experiencing vision loss and in need of assistance with magnifying devices, advocacy, referral, mail reading, daily living skills, 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.

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FREE MATTER
FOR THE BLIND



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