

AUGUST
2005

Chatterbox



I know if you listen to the news you have heard the familiar saying “It takes a village”. Just recently I heard a few people quoting “It takes a family”. I have been reflecting on those statements and have decided in order to manage a place like the Blind Center that “It takes a community”.

The Blind Center has been serving Nevada at the same location since December 1960. We are among one of the oldest not for profit agencies in Las Vegas. Over the years we have been privileged to receive assistance from various charitable resources. Their generosity and support has allowed the Center to grow not only in the number of people served but also in the services we are able to provide. Along with our growth we have been able to create community awareness regarding the challenges of living with a visual impairment and ways to cope with that challenge.

We have been fortunate to have “our community” continually there to not only sustain the Center but to help us create or add new programs and services. It would take a book to list all of the companies, agencies and individuals who have helped the Center throughout the years.

Continued on page 9

Life's Little Ups and Downs

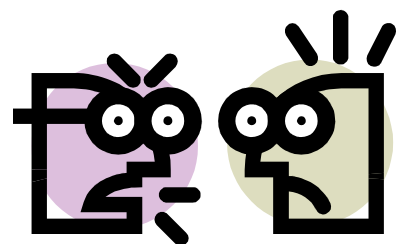
By Jerice Ney

When you are involved with a gathering of people or join a new organization, many disagreements may occur. It is only natural that everyone has their own opinion. The thing is, how far do you need to go to express that opinion? If everyone in the organization thinks their opinion is the only correct one, there will be a real problem. This person will naturally close their ears, and open their mouth. In this situation it is useless to relate your own opinion because your words will not be heard, no matter how loudly you express yourself.

When you enter a relationship with an organization, you should enter with an open mind. Listen to the other members. Listen before you speak. You might be surprised at what you learn. You may find that your opinion is the same as the other fellow's but, you express yourself using different words. Sometimes people will state their opinion just to argue with you. This may be the only way that this person can communicate. Still, there are people that are afraid of expressing their opinion because they feel that it might not be acceptable. They think that this will put them in the "STUPID FILE" and who wants to be there?



So you think that another's opinion is ridiculous? Should you laugh or ridicule that person for their thoughts? I don't think that I would take that chance, because for you to earn respect, you have to give respect.



Continued on the next page.

Life's Little Ups and Downs" continued

When you are listening to someone's opinion, with your ears wide open, there may be something in the dialog that you don't understand. Don't ask the person sitting next to you to explain, stand-up right then and there and ask the person expressing their opinion to answer your question. This is the only way you will fully understand what this person is trying to communicate.

I hope that you have read my little opinion on opinions, with an open mind and a smile. Many of these suggestions can be used by you. Always use laughter in your life and don't ever take anyone's opinion too seriously.

**Don't miss the
“Mid-Summer Bash”
Wednesday August 10th
1130AM to 200PM
Live entertainment and
food!!!**

AUGUST SCHEDULED EVENTS

COMPUTER LAB MONDAY-THURSDAY 930AM-130PM

MONDAYS SHOPPING TRIP TO SAV-ON 900AM

BOWLING MONDAYS 1100AM

BAKERY EVERY MONDAY

CHAT & GAMES **KITCHEN CLUB** TUESDAYS 930AM

THIRD TUESDAY OF MONTH **\$1 HOT DOG DAY (\$2 CHILI DOGS, ORDER WITH DONNA BY PRIOR FRIDAY!)**

HAIRCUTS EACH TUESDAY BY APPOINTMENT

GUEST SPEAKER EVERY TUESDAYS 1230PM

NUTRITION & EXERCISE WEDNESDAYS 1000AM

CERAMICS WEDNESDAYS 900AM

VISITING PHARMACIST WEDNESDAYS 1030AM

ROUND TABLE DISCUSSION WEDNESDAYS 1200PM

TAI CHI WEDNESDAYS 1230PM-130PM

PIANO & GUITAR LESSONS WEDNESDAYS 12PM-2PM

DANCE LESSONS WEDNESDAYS 330PM

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

MAIL READING ASSISTANCE AVAILABLE MONDAY-THURSDAY BY
APPOINTMENT, CONTACT PAULA

WAL-MART SHOPPING TRIP THURSDAYS 930AM

NON-DENOMINATIONAL BIBLE STUDY 100PM

BAKERY EVERY THURSDAY

WATER AEROBICS FRIDAYS 1000AM-1100AM

SPECIAL EVENTS

WEDNESDAY AUGUST 10 "*END OF SUMMER BASH*" 1130AM

LIVE ENTERTAINMENT AND FOOD

SHOPPING AT THE MALL FRIDAY AUGUST 12TH 1130AM

FRIDAY AUGUST 19 SPRING MT RANCH PLAY

"GUYS AND DOLLS" 500PM

THE BILINGUAL COMPUTER TECHNOLOGY MENTORING PROGRAM

HERE'S HOW THE PROGRAM WORKS: SIGN UP TO PARTNER WITH A MENTOR FOR INDIVIDUALIZED TYPING SKILLS OR COMPUTER TRAINING. YOUR MENTOR WILL MEET WITH YOU FOR SCHEDULED LESSONS. YOU WORK AT YOUR OWN PACE TO ACHIEVE YOUR COMPUTER SKILLS GOALS!



COMPUTER LAB HOURS:
MONDAY 930AM-130PM
TUESDAY 930AM-130PM
WEDNESDAY 930AM-130PM
THURSDAY 930AM-130PM
FRIDAY BY APPOINTMENT

LESSONS ARE AVAILABLE FOR INDIVIDUALS AT ALL LEVELS OF COMPUTER USE. START WITH VERY BASIC TYPING OR COMPUTER LESSONS FOR MORE ADVANCED COMPUTER USERS. TRY LESSONS FOR SENDING EMAIL OR SHOPPING ONLINE!



**FOR MORE INFORMATION OR TO SIGN UP,
CONTACT PAULA AT 642-6000.**

*****If you don't know how to type yet, don't worry, we have typing classes too! Go ahead, give it a try!!!**



Piano and Guitar Lessons available Wednesday Noon to 200PM

Not only is music fun, and challenging, it can also be therapeutic! Using music in therapy can be a very powerful way to reach children, and adults in the therapeutic setting. *Music in therapy* can be a powerful way to help people express their feelings. Creative therapy can reach people in ways that traditional therapy sometimes cannot.

But maybe you're too embarrassed to come and you think everyone will be ahead of you? Not at all!! Come down, beat the summer heat, meet some new friends, and play some tunes!

Just think: where would music be today if the Beatles hadn't picked up their guitars? Or if rhythmic Ray Charles hadn't sat at the piano?



Live Entertainment On August 10th's Mid-Summer Bash

The Blind Center is pleased to welcome two outstanding entertainers!

Pier Marini is experienced in a wide range of music from rock and jazz to classics. He has been involved in an array of Theater/Films: Guys and Dolls, Rocky II, Cannonball II, Rainman, Charlie's Angels and Hill Street Blues.

Jim Hodge has been a familiar name on the Las Vegas music scene, performing at the Desert Inn, Stardust, Dunes, Silver Slipper, Aladdin and Tropicana Hotels. Jim traveled the world for 8 years as a singing host on exotic tours in the Orient, Australia, New Zealand, Philippines, Middle East, Scandinavia and Europe.

There is too much to list! Don't miss the fun on August 10th .

Did You Know?

August is Eye Injury Prevention Month

And something as simple as remembering to wear your sunglasses in the sweltering Las Vegas heat can help your peepers!

Here are some Sunglasses Q & A's:

Why do I need Sunglasses?

Sunglasses can help your eyes in two important ways. They help filter light and they protect against the damaging rays of the sun. Good sunglasses reduce glare and filter out 99% of ultraviolet (UV) rays. They should be comfortable and protect your eyes without any distortion.

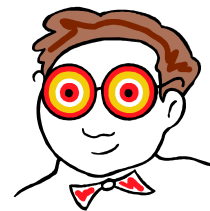
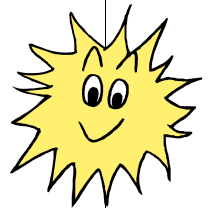
How does the sun damage the eyes?

Three types of rays come from the sun:

- **Visible:** what you see as color.
- **Infrared:** invisible but felt as heat.
- **Ultraviolet: (also called UV radiation):**

Invisible but often called “sunburn rays”.

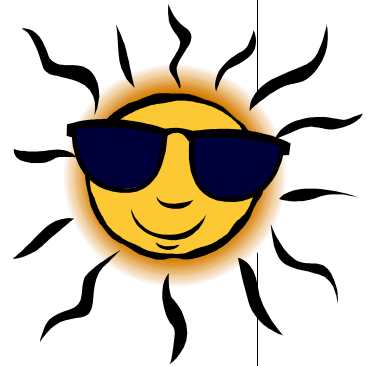
UV radiation includes two types of rays that normally reach the earth, UV-A rays and UV-B rays. These invisible UV rays can damage your eyes. Some of the damage can happen right away and some can occur over a lifetime of exposure.



Sunglasses Q & A continued next page

Sunglasses Q & A continued

Constant exposure to bright sunlight can damage the cornea (the clear outer part of the eye that allows light through to the retina), the lens (the part of the eye responsible for focusing), and the retina (the innermost layer of the eye that sends an image to the brain).



How can sunglasses protect my eyes from UV radiation?

Two types of eyewear, including prescription and nonprescription glasses, contact lenses and lens implants, should absorb UV-A and UV-B rays. UV protection does not cost a lot of money and does not get in the way of seeing clearly. Shop for sunglasses that block 99% to 100% of both types of ultraviolet rays: UV-A and UV-B. Sunglasses should also eliminate glare and squinting. Be wary of labels that claim a product blocks harmful UV without specifying exactly what amount of UV rays they block.



Who is at risk for eye problems caused by UV rays?

Anyone who spends time in the sun is at risk, but those who spend long hours in the sun because of work or sports, have a higher health risk.

Continued from front page

To give everyone a glimpse at the “community” it takes to support our efforts I would like to have everyone join me in thanking the following companies, agencies and foundations that have helped us just this year.

Sierra Ready Mix	Elks Club
City of Las Vegas	AARP
City of North Las Vegas	Fraternal Order of the
PacifiCare Foundation	Eagles
Golden Nugget	Lloyd’s Refrigeration
Task Force for a Healthy	Carson Host Lions Club
Nevada	Las Vegas Host Lions Club
Sunrise Auxiliary	Sunburst Shutters
Tate Snyder Kimsey	City of Henderson
Architects	MGM Grand Voice
Von Tobel’s Foundation	Foundation
Triangle Steel	Nevada Division for Aging
West Charleston Lions Club	Services
Henderson Green Valley Lions	Instant Air
Club	Sam’s Club
Century Steel	Catholic Charities
Ahern Rentals	Riviera Employees
Nevada Power	Foundation
Davis Concrete	B n D Plastering
Wells Fargo Bank	Stewart Archibald &
Kummer Kaempfer Bonner	Barney, LLC
& Renshaw	

Out of respect for the privacy of our individual donors and volunteers , we have not listed their names but would like to send a heartfelt ***THANK YOU*** to each and every one that has helped us with our mission this year.

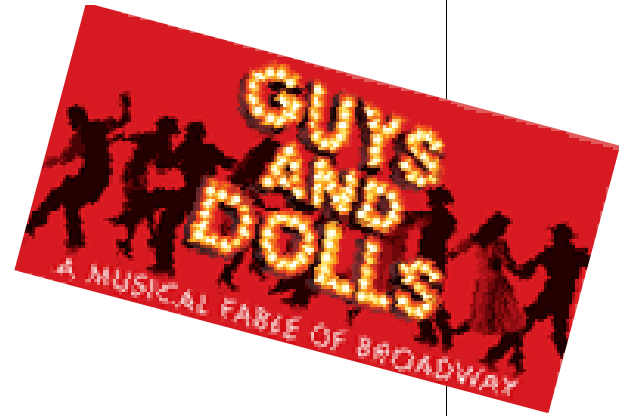
August 2005

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	1 Bakery	2	3	4 Bakery	5	6
7	8 Bakery	9	10 Mid Summer Bash 11:30am	11 Bakery	12 Shopping Trip to Mall 11:30- 1:30pm	13
14	15 Bakery	16	17	18 Bakery	19 Guys & Dolls 5:00pm	20
21	22 Bakery	23	24	25 Bakery	26	27
28	29 Bakery	30	31			

Remember...

Friday August 19

Spring Mt. Ranch
presents the play
"Guys and Dolls"



Haircuts available every
Tuesday, by appointment
See Paula for details.

Visiting Pharmacists
Every Wednesday At
1030am



Water Aerobics
Every Friday
10am-11am

We have magnifiers and low vision aids!

Thanks to a generous grant from the Task Force for a Healthy Nevada, the Blind Center is now facilitating hands on low vision demonstrations. The demonstrations include a full explanation of low vision aids as well as an individual consultation. This is a great way for people with low vision needs to sit down and experiment with different magnifiers, low vision aids and non-visual aids. There is no charge to attend a low vision demonstration. Call 642-6000 for more information or to schedule an appointment. You have nothing to lose by attending a demonstration, however you stand to gain a wealth of information from this service. If you are a friend or family member of someone who needs this service but they won't attend, call us, you are welcome to attend, this information is for everyone.

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

**FREE MATTER FOR
THE BLIND**

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Please call or visit our website for information
about the Center and current events.
WWW.BLINDCENTER.ORG (702) 642-6000