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www.blindcenter.org



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BCNV Bulletin

The Blind Center of Nevada Newsletter
July 2008



Blind Center Q & A

Do you know someone who is blind or visually impaired and would benefit by joining our center? A few great reasons would be to make new friends, learn new hobbies and get involved with new activities?

What Is the Blind Center? The Blind Center is a non-profit agency that offers programs and activities, both on and off-site, that encourages independence and improves the quality of life for individuals with any degree of vision loss. The major purpose of **The Blind Center of Nevada** is to meet the challenges associated with vision loss.

Who Should Join the Blind Center?

Anyone who is experiencing a loss of vision or has a visual impairment that could lead to blindness. Teens, adults, seniors – all are welcome!



What do I have to do to join?

Call to make an intake appointment. Be sure to bring a copy of your eye report and proof of income. The intake appointment is quick and if you live within a 15 mile radius we can even pick you up if your appointment is between Monday-Thursday.

How much is it to join the Blind Center? Free! All of our services, meals, transportation and classes are no cost to the members we serve.

Why Should I Join the Blind Center? Because there is truly something for everyone here. We offer computer training in our state-of-the-art computer lab, exercise classes, emotional support, arts and crafts, choir, dance, bowling practice, theatre class, recreational outings, transportation (to and from the center to a clients home), free lunches, and more! **Call the office at 642-6000 Monday-Friday between the hours of 8am-5pm. We look forward to hearing from you!**

Guide Dogs 101

**Who is eligible for a guide dog? Is a guide dog right for me?
How do I apply? What happens next? How long does it take to
get a guide dog?**

Have you or someone you know been thinking about getting a Guide Dog, but haven't had the chance to get further information? Come and get your questions answered at an informal meeting!

**Wednesday, July 16th — Noon
The Blind Center of Nevada**

A representative from Guide Dogs for the Blind will be on hand to provide free, no-obligation information about the wonderful addition a Guide Dog can become in your life!

July 2008 Daily Schedule

MONDAY - BAKERY GOODS

9:00 DRAMA IN THE HOUSE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS

11:15AM-1:15PM BOWLING AT SILVER NUGGET

12:00 CERAMICS

E.S.L (CALL FOR TIMES)

TUESDAY- (ORDER TACOS TODAY)

9:30AM SHOPPING TRIP TO 99 CENT STORE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS -10:30 CHOIR

12:00-2:00PM PIANO CLASS WITH KATHY

11:30 GUEST SPEAKER

11:30-2:00PM HAIR STYLIST BY APPOINTMENT
(EVERY OTHER TUESDAY)

12:00 CERAMICS

WEDNESDAY – \$1 TACO DAY

9:30 COMPUTER LAB - 9:30 EXERCISE

10:00 GAMES GALORE

10:00 READING CLUB

10:00 ARTS AND CRAFTS

10:30 PHARMACISTS

12:00 CERAMICS / E.S.L (CALL FOR TIMES)

12:00 DRAMA IN THE HOUSE

3:30 DANCE LESSONS

THURSDAY

9:30 COMPUTER LAB / 9:30 SHOPPING TRIP TO WALMART

1:00 NUTRITION CLASS

3:00 GUITAR LESSONS

FRIDAY

PIANO LESSONS BY APPOINTMENT ONLY (CALL FOR TIMES)

PIANO TUNING (CALL FOR TIMES)

Krazy
Dayz of
Summer
Kids
Camp!

Mon-Thu
2-4pm.
For our
friends
who are
blind or
visually
impaired
aged
12-22!

Art,
dance,
bowling
and
more!

MAIL READING BY APPOINTMENT

SIGHTED ASSISTANCE ON ALL TRIPS

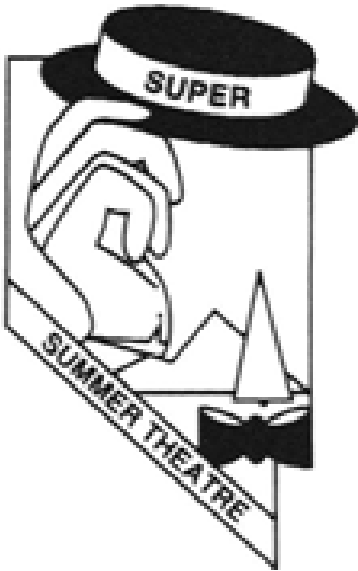
***BOWLING PRACTICE NOON-2:00PM TUESDAY, WEDNESDAY
AND THURSDAY (CHECK FRONT DESK TO CONFIRM)**

July 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 .99 Store trip/Art /Bowling practice	2 \$1 taco day /Dance Class / ESL Class	3 Wal-mart trip/ exercise/ Nutrition Class	4 4 th of July! CENTER CLOSED FOR HOLIDAY	5
	7 Talking books meeting at Denny's	8 .99 Store trip/Art /Bowling practice	9 Member Party!	10 Weingert Elementary School visits the center! 930a-230p	11 Low Vision Seminar	12
	14 Arts and Crafts/ Ceramics/ ESL	15 Dr Marek 1130am-1230pm Foot Care	16 Guide Dog Information Meeting 12pm	17 Wal-mart trip/ exercise/ Nutrition Class	18 Music lessons/ SUPER SUMMER THEATRE	19
	21 Arts and Crafts/ Ceramics/ ESL	22 .99 Store trip/Art /Bowling practice	23 \$1 taco day /Dance Class / ESL Class	24 Wal-mart trip/ exercise/ Nutrition Class	25 Music lessons	26 51'S BASE-BALL GAME
	28 Arts and Crafts/ Ceramics/	29 .99 Store trip/Art /Bowling practice	30 \$1 taco day /Dance Class / ESL Class	31 Wal-mart trip/ Exercise /nutrition		



B.C. Summer Outings



Super Summer Theatre -

"1776"

**Friday, July 18th - \$10.00 per person.
We will leave the center at 5pm SHARP.**

**Tickets must be paid for
no later than June 30th.**

It's the summer of 1776, and the nation is ready to declare independence... if only our founding fathers can agree to do it! Follow them as they attempt to convince Congress to vote for independence from the British monarchy by signing the Declaration of Independence.



Las Vegas 51's Game

Saturday, July 26th

Tickets are \$8.00 per person.

**We will leave the center at
530pm.**

**Tickets must be paid for no
later than July 14th.**



NOTE: Please sign-up at the front desk, first come first served. Members must have their own transportation to the Center for each outing, but a ride home will be provided. Phone reservations accepted.

NIB Business Basics – Building fundamental business skills at no cost

A learning opportunity at your fingertips – five, entry-level business courses offered on-line, in Braille, large print, and on audiocassette. Enrollment is simple and free. Read on to find out just how easy it is to take a course.

Business Basics is sponsored by National Industries for the Blind (NIB) in partnership with The Hadley School for the Blind. You will gain practical knowledge that you can use right away from these courses:

1. Business Writing
2. Business Communications
3. Internet: Beyond the Basics
4. Using Excel
5. Business Fundamentals (available in 2009)

Already 100 employees at agencies just like ours across the country have enrolled. They are expanding their personal and professional horizons through NIB Business Basics. They learn at their own pace any time, anywhere. They also appreciate that the courses are free and are tailored to accommodate people who are blind.

If you live in the US, are visually impaired and want more information on NIB Business Basics –

- Go to the National Industries for the Blind website at www.nib.org and click on Business Leaders Program and Business Basics.
- Contact Sandy Smith, NIB Training and Development Specialist, at ssmith@nib.org or 703-310-0506.

Contact your Human Resources representative at your agency.

Earthquake Safety - Do's and Don'ts

What to do during an earthquake

1. If you are indoors, duck or drop down to the floor. Take cover under a sturdy desk, table or other furniture. Hold on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move. Stay clear of windows, fireplaces, woodstoves, and heavy furniture or appliances that may fall over. Stay inside to avoid being injured by falling glass or building parts. If you are in a crowded area, take cover where you are. Stay calm and encourage others to do likewise.

2. If you are outside, get into the open, away from buildings and power lines.

3. If you are driving, stop if it is safe, but stay inside your car. Stay away from bridges, overpasses and tunnels. Move your car as far out of the normal traffic pattern as possible. If possible, avoid stopping under trees, light posts, power lines, or signs.

4. If you are in a mountainous area, or near unstable slopes or cliffs, be alert for falling rock and other debris that could be loosened by the earthquake.

5. If you are at the beach, move quickly to higher ground or several hundred yards inland.

Free Monthly Low Vision Seminar July 11th

The first Friday of every month!

Attend a FREE hands-on low vision seminar and learn about the latest in adaptive technology, independent living devices and low vision tools.

Call 642-6000 to reserve your seat at one of the upcoming low vision seminars.



Leave a Lasting Legacy

Making a gift through your will is possible for everyone, not just the wealthy. Any gift is important. The nonprofits that receive your bequest can combine it with others to make a tremendous difference to your community.

Right now you may volunteer or support a specific cause. Including a gift to that cause or organization in your will ensures that your support continues forever. If you don't have a will, we can help point you in the right direction!

By leaving a part of your estate to The Blind Center, you will certainly be doing a great thing for others. Leave a lasting legacy. Speak to your attorney for more information about how you can include a gift to The Blind Center as part of your legacy or for information regarding our Planned Giving Program; please call Veronica Wilson at 642-6000.



Party Update!!!

**Submitted by Blind Center
Member Debby Callicutt**



The Renaissance is alive and well in the 21st century! Thanks ever-so-much to everyone that assisted in “Lords Ladies & Peasants” (our first ever) Renaissance Fair. The member participants for this event were a little light; however the attendees had a FANTASTIC time! Some of our members were decked out in “Period Costumes”.

Our program opened with a quick skit performed by the drama group, P.A.C held a “Royal Coronation” where we chose a King, Queen, a Princess and a Prince for the day. These honored four members were led to the “Royal Table” and pampered for the day. The King was Bobby Jimenez, the Queen was Peggy Christy, the Princess was Yvonne Garapic, and our Prince was Gerry Greer. They were showered with crowns or laurels, and scepters! The ladies were each given a beautiful stole-style boa. Debby Callicutt tested the member’s knowledge of the period with a rousing trivia game!

We had an international and ethnic food contest. The main entrée winner was volunteer CeCe Jimenez for her “south of the border” dish. Member Yvonne Garapic’s “across the pond” sausage pudding won for best side dish entrée and our NEWEST member, Richard Sachartoff took home the dessert entrée award for his “down home” rice pudding!

We held our 50/50 drawing and the winner was “Big Lou” from the workshop!

The Renaissance Reward Baskets went to:

KNIGHTS: Volunteer CeCe Jimenez

DAMSEL: Member Cheryl Flessati

HOUNDS: #1-Member Bobby Jimenez

#2-Member Checkers Callicutt (Debby's Dog Guide)

WIZARD: Debby Callicutt (who re-donated it back to the auction)

P.A.C Also held a "hand servant auction" (where we auctioned off our P.A.L. kids!), CeCe Jimenez, Alice Kessinger, and our P.A.C Chairperson, Cheryl Flessati (who purchased herself).

We would also like to take this
opportunity to thank the following people:

Our WONDERFUL Board of Directors

Blind Center Staff: Ronnie, Heidi, Amanda, Heather

P.A.L volunteers: Alysha, Michelle, Esperanza

The CSN Pharmacy students, under the direction of Khan.

Blind Center Members: Jane and our longtime member and friend who recently passed away, Virginia, who made beautiful afghans for us.

Volunteers: Kimmee (for the porcelain doll she donated), Lonnie the Chef, Betty our kitchen assistant, and Teresa our driver, for judging the delectable goodies.

If you missed this amazing party, try and make the next one! Once again my deepest and most sincere thanks!

Remember-

**"ALONE WE CAN DO SO LITTLE,
TOGETHER WE CAN DO SOME MUCH!"**

-Helen Keller



Blind Center Member Profiles – Up Close and Personal

Name: James “Jimmy” Mastrino
BC Member since 2008
87 years young

James has been a colorful addition to our Blind Center gang since the beginning of the year. Not only is he a computer lover who enjoys using our lab (he also has one at home), he also likes to keep himself active outdoors.

James swims for an hour and a half every morning in his pool and walks 2.5 miles! He also believes that “a good deed a day keeps the doctor away” but his personal mantra is “***Cast your crumbs upon the water. Eventually it will come back as a loaf of bread.***” He even adds with a wink, “and I get bread here at the center every week!” He also enjoys practicing his Braille reading and talking to his new friends, like Mike and Charlie.

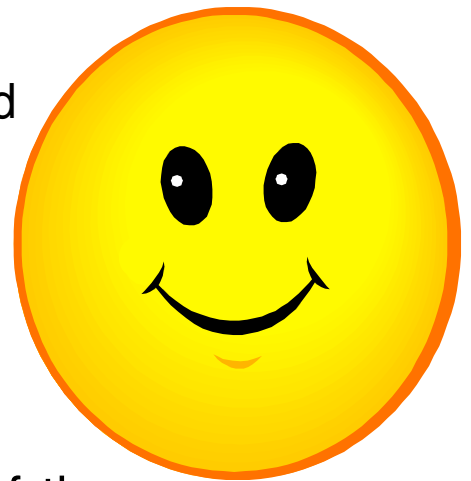


In addition to his fitness interests, James has also found himself as an advocate for local consumers, not only for those who are visually impaired. Case in point: after returning from a Tucson, AZ vocational rehab center a few years back -where he learned some valuable techniques- he applied some of them to his everyday routine. One of which was folding bills in his wallet to correctly determine and keep track of currency. While shopping at a Las Vegas store one day, he had the bills in his wallet folded, so he took out the correct bill and paid for his item. But when the employee asked for more money, James was surprised and asked to speak to

the manager. The employee claimed that James hadn't given him the bill he said he had. James asked the manager to check the register for his folded bill, and not only was it there in the amount James said he gave the employee, but was able to recall the serial number when asked to prove the bill was his! In the end, the employee was found to have 7 bench warrants at the Las Vegas Metro police department due to the mishandling of funds!

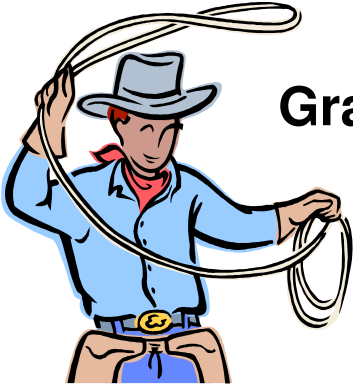
At another store James frequented, the employee tried to tell James he had the purchase price wrong for the items he was buying. Again, he called the manager over, explained the situation and when the manager lifted up the cash register drawer, there was over \$140.00 the employee had been pocketing by ringing up the wrong prices on store items! When James went back to the store a few days later, the manager told him the employee –who had been working there 7 months – had stolen an estimated \$9,000.00 from the store and customers!

This just goes to show that as consumers and everyday people– we should stand up for ourselves and say something when we think a situation doesn't feel right. Write a letter, complain anonymously, or take action right then and there like James – it's your money!



Thanks James, for being a member of the center! Its people like you that make it such a pleasure to come to the center everyday!

Howdy Partners!

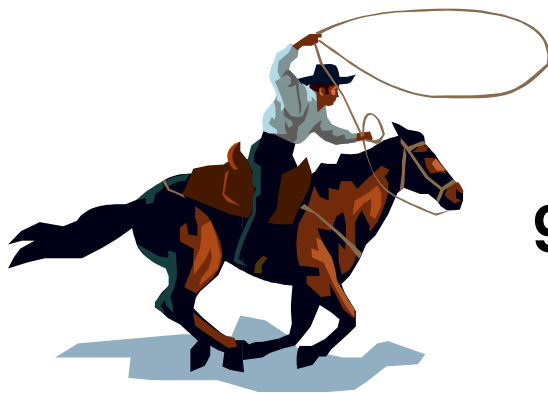


Grab your favorite filly or dude & plan on attending the 1st Annual Independence, Round-Up, Hoe-Down and County Fair and Carnival.”



There will be an all-American barbeque, plenty of music, a special kissing booth, carnival-type games, and a “verbal auction” (the opposite of a silent auction). We will also be selecting a “Rodeo Queen” and her court.

And... SO...MUCH...MORE!



Wednesday
July 9th
9:00am-1:30pm



So come dressed as your favorite cowboy, cowgirl, dude, dudette, and lets *Round ‘em up partner!*



Spring Valley Hospital Events

Spring Valley Hospital's Summer Health Fair Saturday, August 9th 11 a.m. to 1 p.m.

Free ice cream and food sampling, physician/health information tables, student sports physicals, screenings, blood pressure checks, entertainment, kids' activities, live radio remote, giveaways and raffle prizes!

Spring Valley Hospital presents a Senior Education monthly luncheon lecture series!

11 a.m. to 1 p.m.
Introducing new physicians.
Open to seniors!

Contact Senior
Advantage Coordinator
Donna McCarther
for details: 853-3276

Spring Valley Hospital
5400 S. Rainbow Boulevard
Las Vegas, NV 89118
(702) 853-3000

The hospital is located on the southeast corner of Rainbow Boulevard and Hacienda Avenue. Hacienda runs east-west and is located between Tropicana Avenue and Russell Road. **Parking** is available on all sides of the campus, with designated handicapped parking spaces available at all entrances.



Beauty Corner with Sylvia

Submitted by Blind Center staff member Sylvia Er-Wood

Hi, I hope you're all doing well. I first wanted to mention that I'm really touched by everyone who knows that my best friend Spencer, my guide dog, that I had for 10 years just had passed away June 1st from cancer.

What I believe is that he is with the Lord now, and he doesn't have to suffer any more, and I will see him again over that rainbow someday, so again I want to say thanks to you all and your prayers. He had so much love to give everyone, so those of us who have dogs can definitely understand where I'm coming from. I guess you can say that I'm contributing this beauty article to Spence the Big Guy.



When I had went to the dog school to get Spencer in 1998, I took a plane to New York where the dog school is, At that time I started using clear Ziploc bags to store my makeup and other toiletries in. I found that there very handy and convenient. I usually like to use the freezer bags in different sizes for different uses. It's a great economical way of saving money as in putting your makeup in so you don't have to buy a makeup bag, plus the other thing is you can throw it away after a few days or a week of usage. When I had to leave the house during the times it would be my dog Spencer's dinner time, I would store his food in a Ziploc freezer sandwich bag and it would keep his food fresh.

***We Love You Spencer –
You are always in our hearts***

Summertime Dehydration

Dehydration is the excessive loss of water from the body. When you do not drink enough water or when you lose large amounts of fluids from diarrhea, vomiting or sweating, the cells of your body absorb fluid from the blood and other internal stores of water. If dehydration is allowed to continue, so much of the blood's fluids can be reabsorbed by the cells that the blood vessels collapse in vascular shock. Because dehydration is extremely dangerous for older adults, infants and small children, it is important to watch closely for the early signs if vomiting, diarrhea or both are present.



Tests for dehydration:

- ◆ Saliva becomes dry and sticky
- ◆ Darker, more concentrated urine
- ◆ Feeling of thirst
- ◆ “Sunken eyes” appearance
- ◆ Skin feels doughy and doesn’t snap right back when pinched and released

Home treatment for mild to moderate cases:

- ◆ Control vomiting and diarrhea; then give clear liquids a little at a time. Drink at least 10 glasses of liquid a day to replace lost fluids.
- ◆ Prop up your feet.
- ◆ Use Tylenol or Motrin to reduce a fever.
- ◆ A potassium salt electrolyte solution or a sports drink like Gatorade may be substituted for water since it will restore some of the salts lost with the fluids. **If symptoms persist or worsen, consult a health care professional immediately.**



You've heard of the Wedding Singer...?

How about the Wedding Volunteers!?

A touch of the coast visited the desert last month when the Blind Center was host to a selfless group of friends, who not only came to Las Vegas to attend a wedding, but to help out the center! The bride and groom, Ryan and Sharlynn Leong, were married at the Excalibur and the next day brought their 8 friends (from California and Hawaii) along to volunteer at the center! The group, part of an organization called *Hands In Helping Out* (H.I.H.O), accompanied the members on a shopping trip, cleaned vans and even helped our Lonnie and the kitchen staff serve lunch! All of this was planned weeks in advance when Heather Motogawa, our Volunteer Coordinator, received a call from the groom asking about volunteer opportunities his wedding party could partake in during their trip! Thanks gang, we hope to see you again and greatly appreciate the time you spent here!



The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live. --Ethel Percy Andrus

Glaucoma Questions and Answers

Q: What are the symptoms?

A: Initially, there are no symptoms. Your vision may appear normal for years, in spite of gradual damage from glaucoma. That's why it's so important to have annual eye examinations.

Q: Am I at risk?

A: Although anyone can get glaucoma, the following people are at higher risk:

- ❖ African Americans over age 40
- ❖ Everyone over age 60, especially Mexican Americans
- ❖ People with a family history of glaucoma

Q: How may I be affected?

A: There are number of way, including:

- ❖ Missing things in the periphery (side, above or below), causing you to bump into people, knock things over or trip on uneven terrain
- ❖ An increased risk when crossing streets, if moving vehicles are outside your line of vision
- ❖ Diminished contrast sensitivity, which affects your ability to recognize faces and detect curbs or steps
- ❖ Difficulty driving at night or on a cloudy day

Q: What can I do?

A: Vision rehabilitation experts recommend the following helpful strategies:

- ❖ Focus light directly on the task; the amount of light may need to be fine-tuned to increase contrast
- ❖ Enhance contrast and block UV light outdoors with yellow, light amber or light brown sunglasses – be sure the tint isn't too dark as it may reduce your vision
- ❖ Consider coated (anti-reflective) or Polaroid lenses to manage glare outdoors
- ❖ Experiment with print size that takes into account the extent of your field of view; larger is not always better
- ❖ Turn your head to scan the surroundings in order to get all the visual information you need
- ❖ Consult with a certified orientation and mobility specialist to learn techniques to move around at home or in the community safely
- ❖ Follow your eye doctors advice and faithfully adhere to your medication schedule.

Blind Center of Nevada
E-Waste Program / Computer Recycling
(702) 642-6000 Ask for Ben

We accept: Computers, printers, printer cartridges, speakers, fax machines, cell phones, telephones, servers, networking equipment, mice, and keyboards. Working or not!

Drop-offs accepted Monday-Friday 8am-3pm.

\$40.00 pickup fee for smaller quantities.

Fee is waived on pickups of 20 systems
(1 monitor + computer).

Blind Center of Nevada
1001 N Bruce St
Las Vegas, NV 89101
(702) 642-6000

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**Free Matter for
the Blind or
Handicapped**