



BCNV Bulletin

The Blind Center of Nevada Newsletter

September 2008

Calling all members, volunteers, family and friends of the center!

Come support research to find a cure and be a part of “**Team Blind Center**” for the Foundation Fighting Blindness’

2008 Las Vegas VisionWalk

Saturday, December 6th

9:00am registration

10am Walk

3 mile walk at UNLV’s North Field

The walk is free but fundraising for the team is welcome! Come to the center for registration forms
OR register online!

To register online: www.fightblindness.org.

Click on the top banner that says “events.”

Scroll down on the next page to Las Vegas Visionwalk!

Select “*Team Blind Center*” – this is a great morale-boosting event for our team! We hope to see you there!



September 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 CLASS TIME)

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

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 CLASS TIME)

12:00 DRAMA IN THE HOUSE

3:30 DANCE LESSONS

THURSDAY

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

11:30-2:00PM HAIR STYLIST BY APPOINTMENT

(EVERY OTHER THURSDAY)

1:00 NUTRITION CLASS

3:00 GUITAR LESSONS

FRIDAY

PIANO/FIDDLE LESSONS BY APPOINTMENT ONLY

PIANO TUNING (CALL FOR CLASS TIME)

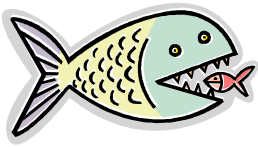
MAIL READING BY APPOINTMENT

SIGHTED ASSISTANCE ON ALL TRIPS

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

September 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Center Closed	2	3	4	5 Low Vision Seminar	6
7	8 FFB meeting 5pm-8pm	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24  Member Party 10am-1pm	25	26	27
28	29	30				



Join the “*C.A.S.T for Kids*” Foundation at their 10th annual fishing event!

Saturday, October 11, 2007
Lake Mead

- ❖ Only 10 spots are open for Blind Center members, so please sign up today! Winners will be chosen by a random drawing to be held during lunch the last week of September. Includes day of fishing, lunch and awards ceremony.
- ❖ Members must have their own transportation to the Center, but a ride to Lake Mead and home will be provided. We will leave the Center at 7am sharp.
- ❖ *The C.A.S.T. for Kids Foundation was formed in 1991 to join volunteers who love*
- ❖ *to fish with disabled and disadvantaged children for a day of fishing in the outdoors.*



Above picture-B.C. staff member Amanda Arzberger with B.C. member and music student Christina Pollock, on the water at last year's event!

Our beloved friend, Rita Abruscato, moves on

(1919-2008)



Rita touched so many lives and so many hearts throughout her life. Those of us who were able to meet her and share in the warmth of all that she was were truly lucky. She was a kindhearted, quick-witted, sharp, and compassionate lady. Always ready with a joke, a smile or a

helping hand, she will truly be missed. All of her friends at the Blind Center like to think of ourselves as her second family and we know she is enjoying her time in heaven with her husband. As her daughter Diana put it, "his wine glass is empty and he needs Mom to refill it. She wanted all of us to have full lives, like a full glass of wine."

We love you Rita. You will live forever in our hearts.

'Til we meet again-By Danielle White

When the time has come for me to go
I have a few things I'd like you to
know
Don't grieve for me nor shed a tear
Remember the good times shared
when I was here
My mission here must have been
complete
So I'll follow the path and take my
seat
The one that was made especially
for me
When my body is useless and
my soul set free

For I will be in a better place
Can you imagine the smile upon
my face
Finally at peace, no worries at all
I, too, will hear you when you call
You say dear Lord I miss her touch
Never realized I loved her so much

And even though you'll miss me
my friend
This is not goodbye
It's just till we meet again.

September is

“Eat More Fruits and Veggies” month

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight. Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.

Save Time

Pick fruits or vegetables that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.

- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.

Choose ready-packed salad greens from the produce shelf for a quick salad any time.

Top salads, sandwiches, and pasta with pre-cut vegetables.

Save Money

Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.

Prevent food waste by properly storing produce and selecting the type and amount you will consume.

Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.

Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

The least expensive way to eat fruits and veggies

Fresh

Apples, peaches, pears, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas

Frozen

Raspberries, collard greens, turnip greens, okra

Canned

Green beans, tomatoes, sweet corn, green peas, asparagus

Dried

Grapes (raisins), apricots

Juice

Grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato



Coffee 101

Cup-o-joe, java, mud, bean juice, morning mojo, no matter what you call it, its coffee and we love it. In fact, 54% of Americans drink a cup everyday! In July a charismatic and well-versed group of staff members from a local Las Vegas neighborhood Starbucks store came to our center to educate interested members and staff on coffee - including origin, regions where it is produced and multi-faceted ways of tasting and enjoying the beverage. We enjoyed their fun and informative presentation and hope to see them again!



Volunteer Friends caught on camera! – Summer 2008



Above left-Professor and Pharmacy teacher Khan and her students pose for a picture during their weekly Wednesday visits. Above right: The Fun Time Singers entertain for our members.



Left-Touro University students lead our members in an invigorating exercise class!



Left and above- Students from Wengert Elementary school spend the day learning about the Center.

Free Monthly Low Vision Seminar -September 5th

**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.**



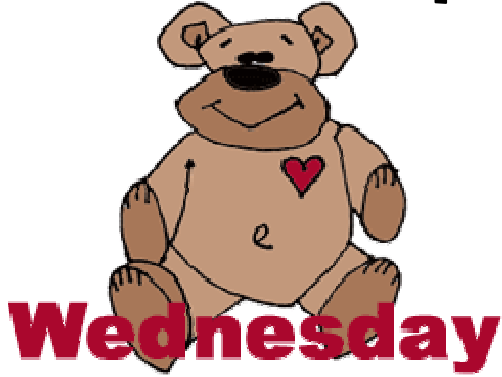
Leave a Lasting Legacy

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 our 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.

Come party at the Center!



Come to our...

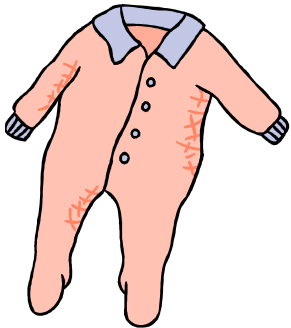


"Teddy Bears on Parade" Party!

Wednesday, September 24th
10:00am-1:00pm

Wear your PJ's and join the fun!
DON'T MISS IT!

Brought to you by the Party Animal
Crew, and the Blind Center!



Poetic Senses

Submitted by Blind Center staff member Ben E. Beckman

Without VISION,
You become blind.

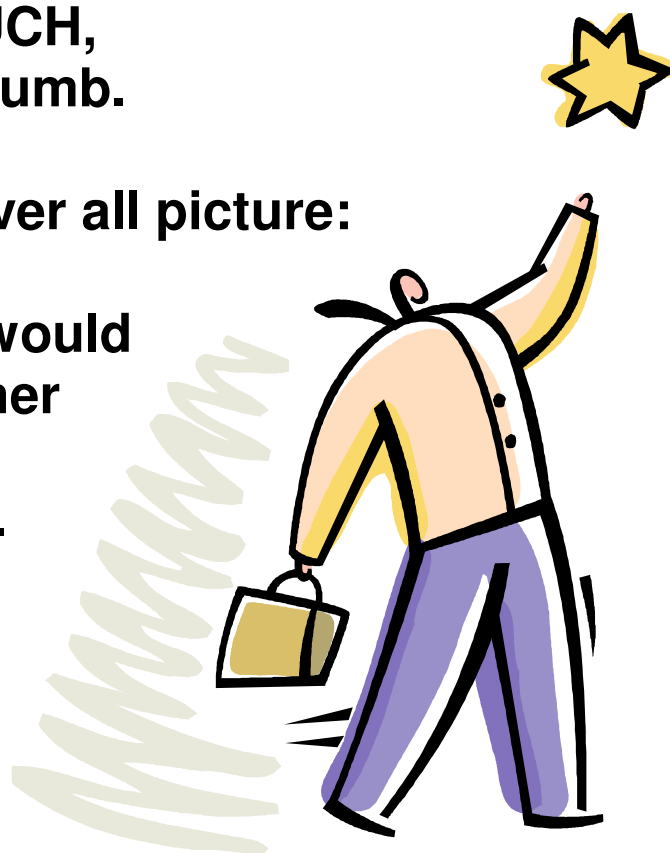
Without HEARING,
You become deaf.

Without SPEECH,
You become mute.

Without TOUCH,
You become numb.

If you were to look at the over all picture:

To lose one of your senses would
mean that you still have other
ways to experience LIFE
And for that be THANKFUL.



Beauty Corner with Sylvia

Submitted by Blind Center staff member Sylvia Er-Wood

Community Contact Information

Bureau of Services for the Blind 486-3555
Catholic Charities 382-0721
Community Food Bank of Clark County 643-0074
Division for Aging 486-3545
Easter Seals of Southern Nevada 870-7050
Energy Assistance Program 486-1452
Helping Hands of Henderson 616-6554
Helping Hands of Vegas Valley 633-7264
Helping Hands of North Las Vegas 649-7853
HUD-Housing and Urban Development 366-2100
Medicare 486-3478
Radio Reading Service 258-9895
Para transit 228-4800
Social Security Administration 248-8717

Utility Tax Rebate for Nevada Seniors

The Utility Tax Rebate Program rebates utility taxes for qualified seniors. Walk-ins are welcome and appointments are not necessary. Located at the Las Vegas Senior Center, 451 E. Bonanza Avenue (Bonanza & Las Vegas Boulevard).

Eligibility

- Resident of the city of Las Vegas
- 60 years of age or older
- Taxable income up to \$16,500 (single) or \$18,900 (married or head of household)

For more information, please call (702) 229-6454.

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).

Friends for
The Talking Books Library,

a support group for our clients, have open meetings the first Monday of each month. Come discuss what changes could be made to improve our service at Nevada Talking Book Services.

Next Meeting:

September 1st, 2008 at 6:00 PM.

Where:

Denny's -2545 Fremont St.
Las Vegas, NV 89104.

Contact Brett Silver at (702) 486-3736 for more information.

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**