



# ***BCNV Bulletin***

*The Blind Center of Nevada Newsletter*

*August 2008*

## **August is Cataract Awareness Month:**

### ***Cataracts are the leading cause of blindness worldwide***

About 20.5 million Americans age 40 and older have cataracts. More than half of all Americans develop cataracts by age 80.

Cataracts cloud the eye's clear lens, similar to a window that is "fogged" with steam. When the lens becomes cloudy, light rays cannot pass through it easily and vision becomes blurry. Cataracts start out mildly and have little effect on vision at first. But as the cataract becomes denser, so does the impact on vision. See your Eye M.D. if you experience painless blurring of vision, sensitivity to light and glare, double vision in one eye, poor night vision, fading or yellowing of colors, frequent changes in glasses or contact lens prescriptions.

Although cataracts usually develop as part of the aging process, they can also result from:

Eye injuries, certain diseases, such as diabetes, genetic inheritance, certain medications; frequent, unprotected exposure to UV-A and UV-B rays and smoking.

Currently, there are no medications or exercises that will help cataracts to disappear. However, if cataracts don't interfere with your life, you may choose not to do anything about them. Remember, cataracts are detected through a comprehensive eye exam. Early treatment may save your sight.

# August 2008 Daily Schedule

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## **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)**

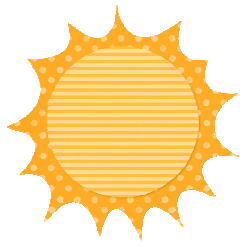
**MAIL READING BY APPOINTMENT**

**SIGHTED ASSISTANCE ON ALL TRIPS**

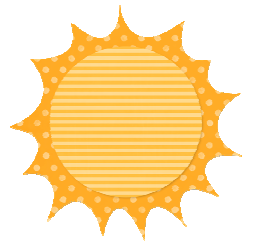
**\*BOWLING PRACTICE NOON-2:00PM TUESDAY, WEDNESDAY  
AND THURSDAY (CHECK FRONT DESK TO CONFIRM)**

# August 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Free Low Vision Seminar	<b>2</b>
<b>3</b>	<b>4</b> Talking Books meeting- 6pm at Denny's	<b>5</b> .99 store shopping trip	<b>6</b> Tzu Chi group visits/ Polka music w/ Dave Maher!	<b>7</b> Wal-Mart shopping trip/ Haircuts by Glenda & Shelly	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> .99 store shopping trip	<b>13</b> \$1.00 taco day	<b>14</b> Wal-Mart shopping trip	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> .99 store shopping trip	<b>20</b> \$1.00 taco day/ Tzu Chi group visits	<b>21</b> Haircuts / W. Charleston Lions serves lunch!	<b>22</b> "Aida" at Super Summer Theatre	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> .99 store shopping trip	<b>27</b> Member Beach Party! 10am-130pm	<b>28</b> Wal-Mart shopping trip	<b>29</b>	<b>30</b> 51's Base-ball Game
<b>31</b>	<p><b>**Please note that haircuts have been moved from every other Tuesday to every other Thursday. Haircuts will be done August 7<sup>th</sup> and 21<sup>st</sup>. **</b></p>					



# Summer Outings!



## **Super Summer Theatre -**

**“Aida” - Friday, August 22<sup>nd</sup>**

**- \$10.00 per person.**

**We will leave the center at 5pm SHARP.**

**Tickets must be paid for  
no later than August 1<sup>st</sup>.**

***Aida*** is a musical drama in two acts based on Shakespeare's Romeo and Juliet with music by Elton John and lyrics by Tim Rice.

## **Las Vegas 51's Game**

**Saturday, August 30<sup>th</sup>**

**Tickets are \$8.00 per person.**

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

**Tickets must be paid for no  
later than August 8<sup>th</sup>.**



**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.**



# **Free Monthly Low Vision Seminar -August 1<sup>st</sup>**

**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.**

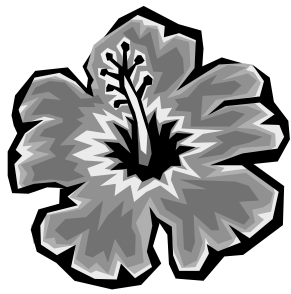


# **Leave a Lasting Legacy**

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.**



# Summer's End Beach Party!



**Wednesday, August 27th  
10:00am-1:30pm**

Don't miss the last big party of the summer! Come hang loose the island way with your B.C friends at yet another dynamite member party! Brought to you by the Party Animal Crew, and the Blind Center!

**Music!**



**Food and  
Fun!**

**Ice Cream Sundae Social!**



**Luau!**



**Drama in the House performs!**



# July brings member Rodeo Party and ample volunteers visits!

July was a busy month for us here at the Center! Our western-themed July 9<sup>th</sup> member party went off “without a hitch” thanks to our members, the Party Animal Crew, Blind Center staff, and Lonnie with his fabulous kitchen team: Betty, Kimmie and Henry. Don't forget Fred the driver, for supplying the cake-walk games with nonstop jammin' country tunes! The Happy Factory Toy

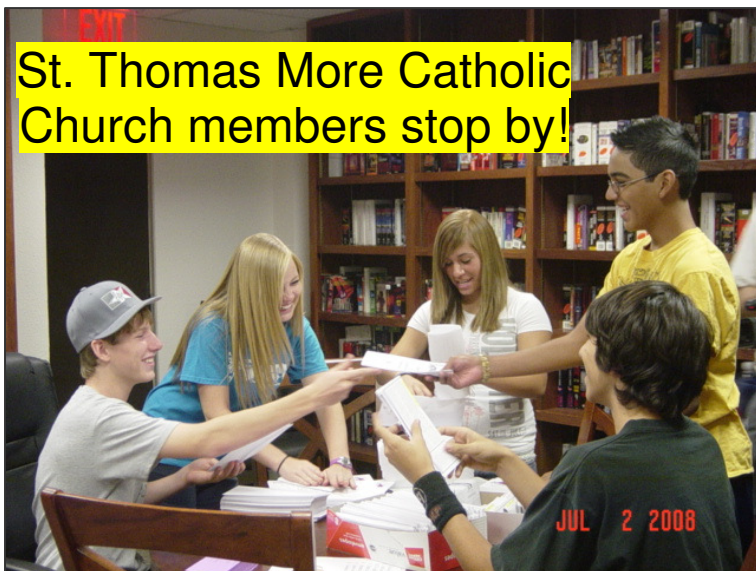
company stopped by with another great art project, and we also had visits from our friends from Tzu Chi Foundation, and St. Thomas More Catholic Church in Green Valley!



Member Chuck Hall with his dog guide Argyle



Lonnie BBQ's and Games Galore outside at the Rodeo party July 9<sup>th</sup>!



St. Thomas More Catholic Church members stop by!



Tzu Chi Foundation: Sue, Yock, Tanya, Iris & Grace

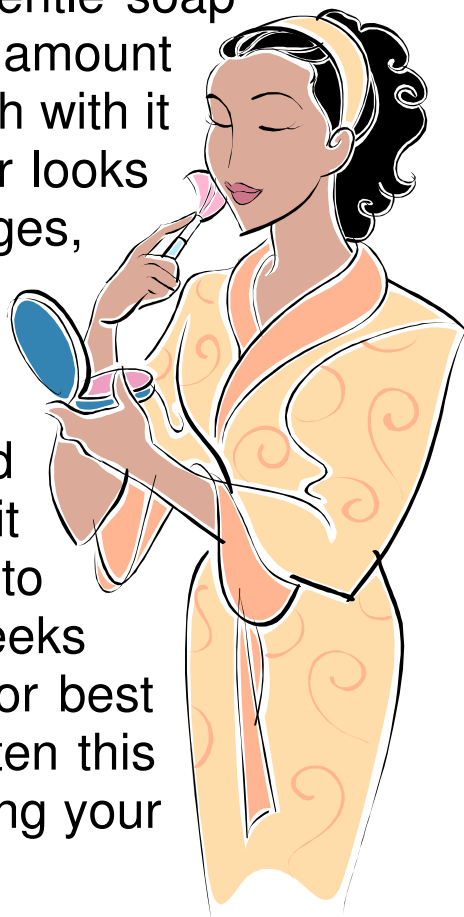
# Beauty Corner with Sylvia

Submitted by Blind Center staff member Sylvia Er-Wood

## Keeping Your Makeup Applicator Tools Clean

Hi; in this article I would like to talk to you about keeping your application tools clean. My friend at a cosmetics counter explained to me that keeping your application tools clean is very important for sanitary reasons. Brushes and sponges can collect bacteria or mildew.

Solutions - For eye shadow, lip and blush brushes, you can clean them this way: can use a gentle soap or face cleanser and put a dime-sized amount in the palm of your hand. Twirl the brush with it and warm water until the brush feels or looks clean. For powder sponges, sea sponges, and rubber wedge sponges -which you would use for foundations- you use a dime-sized amount as well. You dab the sponge on both sides and scrub both sides with warm water until it feels or looks clean. It's a good idea to clean your brushes once every two weeks and your face sponges once a week for best cleanliness. If you clean them more often this way; you will feel a freshness with putting your makeup on!





# Blind Man takes over Lions Club

July 15, 2008 Greenwich Time Newspaper

When he first moved to Greenwich, Connecticut with his family more than decade ago, Alan Gunzburg had been diagnosed with a congenital disease that would rob him of most of his eyesight.

Now legally blind, the 48-year-old father of two is taking the helm at one of Greenwich's oldest service clubs - and it is dedicated to aiding the blind.



Gunzburg last month became the first blind president of Greenwich Lions Club, the local chapter of Lions Club International. The worldwide volunteer group works to fight blindness-causing diseases and improve the lives of people with visual and hearing impairments.

"I've always had this intense desire to help people," said Gunzburg, who has the hereditary illness retinitis pigmentosis, which damages the retinas and slowly diminishes eyesight.

In Greenwich, the club's 38 members assist in a variety of ways, including raising funds for charitable projects and eye research in such areas as juvenile diabetes, glaucoma and macular degeneration. It provides support to the Greenwich Lions Foundation, which helped create one of the biggest large-print collections in the state at Greenwich Library.

Through Fidelco, Gunzburg said he found his first guide dog, a German Shepherd named Fia, shortly after joining the Lions in 2005.

"It's because of Fia, and my association with local and regional Lions," he said, "that I can say I am comfortable with my disability." Lions member Fran Blaustein, 72, a retired Cos Cob social worker who introduced Gunzburg to the group, said she believes "it's an inspiration" to see a blind member take the reins of the local chapter just five years after he joined.

"Gunzburg is so passionate about the plight of the blind," she said. "Hopefully, his induction will encourage other people who are vision impaired to realize they have something to offer and that there's a community out there to support them."

As the club's president, Gunzburg said his first priority is to "set the stage for another robust year" of fundraising through such community activities as the group's annual egg hunt and spring golf tournament. He also hopes to increase the club's membership. However, his chief goal is finding new ways to help the visual impaired in and around Greenwich. Gunzburg hopes to advocate for better public services for the disabled, including more chirping traffic lights, blind-pedestrian crossing markers and larger, more legible road signs. In addition, he's planning this year to create a youth outreach program in which Greenwich-area teen volunteer to mentor younger students afflicted with similar impairments.



## **Walk with the Blind Center as represent Las Vegas at the 2008 Foundation Fighting Blindness VisionWalk!**

Join the Foundation Fighting Blindness for the Las Vegas VisionWalk, our signature 5K fundraising walk-a-thon. Nationally, VisionWalk will raise millions of dollars to further our mission of funding research that will find preventions and cures for retinal degenerative diseases.

Saturday, December 6, 2008

9:00 a.m. - Registration

10:00 a.m. - Walk Begins

University of Las Vegas 4505 Maryland Parkway

- ❖ Register today at [www.VisionWalk.org](http://www.VisionWalk.org). Click on the Las Vegas link under Nevada. Join us in making this Las Vegas VisionWalk a success! By walking together...A Cure is in Sight! VisionWalk is a completely FREE event! We do not require a pledge per mile or entrance fee. While participants are under no obligation to donate to FFB, we do suggest a minimum donation goal of \$100 per walker.
- ❖ There is no age requirement. When you navigate through the registration process you will have to check a box to electronically sign a waiver. In addition, there is no required size to form a Team. Teams can be comprised of 2 members to 2,000.
- ❖ We welcome Teams of all shapes and sizes!

**Registration forms are available at the front desk. Round-trip transportation will be provided from the Center to the walk site and to your home, on a first-come first-served basis.**

## **August 4<sup>th</sup> meeting for Friends for Talking Books Library**

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

Next Meeting: When: August 4<sup>th</sup>, 2008 at 6:00 PM.

Where: Denny's -2545 Fremont St. Las Vegas, NV 89104.  
Show up at 5:30 to eat. The actual meeting will begin at 6:15.

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### **Dreamz**

**Submitted by Blind Center  
staff member Ben E. Beckman**

You do not need VISION to see DREAMS come true.  
DREAMS are accomplished by those who  
are not afraid to close their eyes and use  
their imagination to  
VISUALIZE the path it takes to  
LIVE IT.

## Volunteer Spotlight: Glenda and Shelly – *Paying it forward*



If you ventured into the center on a certain Tuesday, you would come across two wonderful gals cutting and styling hair in our back room. Here is a little background info on these gracious women who take time out of their busy week **every other Tuesday** to provide a much-needed service to many of our members, who without them, would go without a simple luxury many of us take for granted.

**Volunteer:** Glenda and Shelly Slatkin

**Specialty:** Haircutting, manicures and pedicures

*Shelly and I started volunteering in November of 2007. It was a little before Christmas when she saw an ad online asking for volunteers to cut hair for Christmas. She thought it would be fun and asked me what I thought. I agreed with her so she called and set up a meeting for us to come down and tour the center. There was another woman doing it every other Tuesday so we decided to fill in with the opposite every other Tuesdays. The other lady stopped after Christmas but we both felt that it was something we just wanted to keep doing.*

*The members are really a great bunch of people. They are fun and really appreciate everything you do for them. They are just really great folks! This isn't my first time volunteering; my list is quite long actually! **But I am a firm believer in the importance of giving back or paying forward.** I guess my daughter picked this up also since this was really her idea.*

**Thanks gals for all you do-  
you are appreciated more than you know!**





# Retinal disorders and loss of eyesight

**Retinal disorders** are a leading cause of blindness in the United States. The retina is a thin tissue that lines the back of the eye and sends light signals to the brain. Retinal disorders that affect aging eyes include:

*Age-related macular degeneration (AMD).* AMD affects the part of the retina (the macula) that gives you sharp central vision. Over time, AMD can ruin the sharp vision needed to

see objects clearly and to do common tasks like driving and reading. In some cases, AMD can be treated with lasers. Photodynamic therapy uses a drug and strong light to slow the progress of AMD. Another treatment uses injections. Ask your eye care professional if you have signs of AMD. Also ask if you should be taking special dietary supplements that may lower your chances of its getting worse.

*Diabetic retinopathy.* This is a problem that may appear if you have diabetes. It happens when small blood vessels stop feeding the retina as they should. It develops slowly and there are no early warning signs. Laser surgery and a treatment called vitrectomy can help. Studies show that keeping blood sugar under control can prevent diabetic retinopathy or slow its progress. If you have diabetes be sure to have an eye exam through dilated pupils at least once a year.

*Retinal detachment.* This is when the retina separates from the back of the eye. When this happens, you may see more floaters or light flashes in your eye, either all at once or over time. Or it may seem as though there is a curtain in front of your eyes. If you have any of these symptoms, see your eye care professional at once. ***This is a medical emergency.*** With surgery or laser treatment, doctors often can bring back all or part of your eyesight.

Having regular eye exams is the best way to protect yourself. If your eye care professional finds a problem early there are things you can do you protect your eyesight.

*From the National Institute on Aging AgePage - "Aging and Your Eyes"*

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## **UCR research shows dangers of hybrid cars to visually-impaired pedestrians**

5/8/2008

Phil Weliky's night blindness caught up with him during stateside military maneuvers where he was being taught to elude the Viet Cong. At 57, Weliky has lost all peripheral vision and has only 1 or 2 percent of his sight left -- something he likens to "looking through a couple of straws." Standing on a curb or walking through a parking lot, Weliky, accompanied by his guide dog, is on high alert just like decades ago. But this time it's for silent-running hybrid vehicles. "You're scared that if you step into the street, you could get plastered by something you never heard," Weliky said. Hybrids save gasoline and run whisper-quiet at low speeds. Research at UCR is spotlighting new discoveries about the dangers hybrids pose for pedestrians. It is also helping develop a relatively inexpensive device that could keep pedestrians safe.

### **Make Some Noise**

Federal legislators, car manufacturers and entrepreneurs say they're concerned about the situation and looking for a solution. The newly introduced Pedestrian Safety Enhancement Act of 2008, H.R. 5734, requires a study about protecting all pedestrians from

hybrid, electric and other silent-engine technologies and could impose new safety standards on automakers. Toyota spokesman Bill Kwong says the auto company is already looking at the issue. "We take this seriously," he said, "We're trying to balance the needs of pedestrians with environmental issues to solve the problem."

### **'A Matter of Time'**

No blind pedestrians were killed during the last five years by hybrid vehicles, according to statistics by the National Highway Traffic Safety Administration.

About six blind pedestrians die annually in the United States, said spokesman Ray Tyson. Advocates for America's 10 million blind people want quick action before someone is injured or killed. Some say blind pedestrians will inevitably die.

"It's a matter of time," says Christopher S. Danielsen, a public relations specialist for the National Federation of the Blind. "Not a matter of if it's going to happen."

### **Researcher's Concerns**

An Inland-area researcher says hybrids operating at very slow speeds pose a danger to the blind, runners, cyclists, small children and others. "I think it's a serious problem," says Lawrence Rosenblum a perceptual psychologist at UCR. "But the solution is so straight-forward and so unobtrusive, there's absolutely no reason that this problem shouldn't be solved." A device could emit the subtle sound of a quiet combustion engine mixed with the whoosh of a waterfall, alerting the blind that a hybrid vehicle is nearby, he says. Recent testing at UCR showed how pedestrians perceived the quiet hybrids. With background noise from cars idling nearby, subjects couldn't determine the location of a slow-moving Toyota Prius hybrid until it was within one second or 7 feet of their location, Rosenblum

said. For nonhybrids, it was 28 feet from subjects' location. Research is funded by the National Federation of the Blind. Rosenblum, an adviser to the Society of Automotive Engineers, serves on committees making recommendations to the auto industry.

His research is helping a company called Enhanced Vehicle Acoustics find a safe solution for hybrids, the blind and other pedestrians.

The professor and the company recently conducted tests at UCR on a prototype device for the Toyota Prius.

Co-founder Everett Meyer says a noise-emitting system with four speakers placed near the wheel wells will retail for about \$300 and could be installed in as little as 15 minutes.

It could hit test markets, including California, by the end of summer, Meyer said. Noise would only be emitted when a hybrid vehicle is traveling 15-20 miles an hour or less and would shut off automatically at higher speeds, he said. The National Federation of the Blind provided grant money, but has no financial interest in the device, Meyer said. "Cars should sound like cars," says Danielsen of the federation.

### **Teaching Service Animals**

An Inland group working with the blind and guide dogs is part of a growing national effort aimed at making the sightless -- and eventually other pedestrians -- safer around hybrids.

Guide Dogs of the Desert, headquartered in Whitewater, near Palm Springs, exposes the canines to a hybrid vehicle. "It's important that dogs have an understanding these vehicles are just as dangerous as other vehicles -- even though they are quiet," said Bob Wendler, director of canine operations for Guide Dogs of the Desert.

A pair of yellow Labrador retrievers named Trooper and Candie recently came nose-to-nose with a Prius that Toyota donated for

training. The dogs' encounter, under a variety of circumstances, occurred on the streets of Banning. They were taught "intelligent disobedience" -- refusing a command if the owner doesn't sense approaching danger, such as a hybrid vehicle. Apprentice instructor Mindy Romero played the part of a blind person with the harnessed dogs. Wendler took the wheel of the hybrid. The guide dogs covered a few side streets in a tree-shaded neighborhood and then went downtown. During individual training, the hybrid zoomed at them in the crosswalk, swung into their path during turns and darted out from an alley. Both dogs got high marks during traffic checks.

"Not only did they show intelligent disobedience, but bounced right back and didn't shut down or lose confidence," Romero said. "They wanted to keep working."

## **Computer Games for the Blind created by the Blind**

Gamers are amazing people and are always surprising us. However, when I heard about a company that makes computer games especially for blind and visually-impaired people it really blew me away. At first, I thought it was a joke website because I couldn't help thinking "how can it be possible for a blind person to play a *computer game*?"

BSC Games, a sub-division of blindsoftware.com LLC, specializes in creating accessible computer games for the blind or visually impaired. The games are created using the latest technologies. "This technology makes our games top quality entertainment and allows us to offer extremely competitive pricing," says BSC Games owner and operator Justin Daubenmire, who is himself blind.



Daubenmire oversees all the work of the company's dedicated programmers, sound engineers, content writers, sales support, technical support, technical writers, marketing, and beta testers- all of whom are blind. Daubenmire has been developing software products for 7 years and brings an array of programming experience to the visually impaired population. It is his deep respect and personal identification with this community that fuels his desire to bring games to the visually impaired.

Daubenmire creates the exact types of games sighted gaming enthusiasts play with one exception: no graphics. "Not only does this cut back substantially on development, but it forces us to be more creative with audio imagery. In other words, we have only sounds at our fingertips to paint all the scenes of the games in the mind of the blind gamer. If you think of it, next time you are playing a game, close your eyes and just listen to the sounds. That is what we do for our customers. We create audio games with vivid sound imagery," he says with obvious passion for his work. Currently, BSC Games offers three arcade games, several educational games, and several freeware games. In 2004, The Void will be the company's first FPS larger-scaled game. However, BSC Games isn't stopping there. Daubenmire states, "My customers always want more from me. They hear their sighted friends playing online games and want that experience. My company is finally at a place where we too can tap into the available technology and bring it to the blind community. This is very exciting to me. It will stretch me, but all of us at BSC Games are up for the challenge."

For more information on BSC Games, visit the company's website:  
[www.BscGames.com](http://www.BscGames.com)

Sales Office: (559)224-2436 Mon-Fri 9 AM to 5 PM PST

Email: [sales@BSCGames.com](mailto:sales@BSCGames.com).

Mailing Address: BSC Games c/o Justin Daubenmire PO Box 145  
East Palestine, Ohio 44413

**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**



**Free Matter for  
the Blind or  
Handicapped**

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