



BCNV Bulletin

The Blind Center of Nevada Newsletter –January 2008

A New Year with New Goals: A perfect time to embrace change

In order to embrace the new, we must release the old. A trapeze artist cannot swing from one bar to another without letting go. An important part of preparing for the New Year is to review the past year—to release it—and to learn from it....Reflect upon what you did, how you felt, what you liked, what you didn't and what you learned. Try to look at yourself and your experience with as much objectivity as you can—much like a biographer would.

Although the New Year is often associated with resolutions geared towards physical changes, what about changing your attitude? Did you know your attitude is extremely contagious? With each casual contact, with each phone conversation, each e-mail message, it spreads. Spreading the word works! Like the joy one smile can bring to a person, informing someone about the benefits of **The Blind Center** can be a priceless gift. **As a member or volunteer, you have the power to pass encouragement to hundreds of people.** The people affected by your attitude then pass it along to others, who pass it on to others still. And as your attitude quickly spreads each day throughout your world, it makes a difference everywhere it goes.

IN THIS ISSUE:

**BOYS SCOUT
BRING FOOD**

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CONTACT #'s

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**TALKING
BOOKS**

When you consistently act with sincere kindness, consideration, respect and positive enthusiasm, the benefits go far beyond just you alone. Your attitude in fact helps determine what kind of world you live in each day. It happens not through some hidden or mysterious force. It is something you can see, understand and influence each time you come into contact with others.

What kind of world would you most like to live in today? Live with the attitude that will indeed make it so. **Happy 2008!**

JANUARY 2008 WEEKLY SCHEDULE

MONDAY

BAKERY GOODS

9:00 DRAMA IN THE HOUSE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS

11:15 BOWLING

12:00 CERAMICS

12:00-2:00 E.S.L

TUESDAY

9:30AM SHOPPING TRIP TO 99 CENT STORE

9:30 YOGA

10:00 READING CLUB

10:00 ARTS & CRAFTS

10:00 BLIND CENTER UNIVERSITY SPEAKER

10:30 CHOIR

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

12:00 CERAMICS

12:00-2:00 BODY, MIND AND SPIRIT

WEDNESDAY – TACO DAY

9:30 COMPUTER LAB - 9:30 EXERCISE

10:00 GAMES GALORE - 10:00 ARTS AND CRAFTS

10:30 PHARMACISTS

12:00 CERAMICS - 12:00-2:00 E.S.L

1:00 SUPPORT GROUP

1:30 READING CLUB

3:30 DANCE LESSONS

THURSDAY

9:30 SHOPPING TRIP TO WALMART

12:00 DRAMA IN THE HOUSE

3:00 GUITAR LESSONS

3:30-4:30 CERAMICS

FRIDAY

1:00-4:30 PIANO LESSONS BY APPOINTMENT ONLY

4:30PM PIANO TUNING CLASS

MAIL READING BY APPOINTMENT - SIGHTED ASSISTANCE ON ALL TRIPS

JANUARY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED	2 \$1 Taco Day/ Dance lessons	3 Drama/ 9:30am Shopping	4	5
6	7 ESL class / Bakery	8 BCU/ Haircuts/ 9:30am Shopping	9 \$1 Taco Day/ Dance lessons	10 Drama/ 9:30am Shopping	11 Music lessons by appt / Piano tuning	12
13	14 ESL class / Bakery	15 BCU/ Haircuts/ 9:30am Shopping	16 \$1 Taco Day/ Dance lessons	17 Drama/ 9:30am Shopping	18 Music lessons by appt / Piano tuning	19
20	21 ESL class / Bakery	22 BCU/ Haircuts/ 9:30am Shopping	23 \$1 Taco Day/ Dance lessons	24 Drama/ 9:30am Shopping	25 Music lessons by appt / Piano tuning	26
27	28 ESL class / Bakery	29 Haircuts/ 9:30am Shopping	30 \$1 Taco Day/ Dance lessons	31 Drama/ 9:30am Shopping		

******Not all classes are listed. Be sure to check the weekly schedule on page 2 for a complete listing.*****

January 2008 is National Braille Literacy Month

January is National Braille Literacy Month. January was chosen for this celebration because it is the birth month of Louis Braille, the inventor of the system of raised dots that made it possible for people who are blind to read and write for themselves with independence and freedom. The initial idea for a raised system of dots came from a military code called "night writing" that was used by French soldiers to communicate in darkness. It was based on a pattern twelve dots arranged in a "cell." Unfortunately, the fingertip could not feel the entire raised symbol with a single touch. Louis took this idea and adapted it by reducing the number of dots to six so that the fingertip could cover the entire cell with one touch. Braille has undergone continuous modification over the years, particularly through the addition of contractions for frequently used words.

Members Enjoy Blind Center Holiday Party

On Thursday, December 13th, members, friends and family filled our Center with holiday cheer when the Blind Center became a party-filled festive scene! Hosted by the Monte Cristo Ward, those in attendance were treated to a delicious dinner, and gifts! The evening's entertainment was provided by the Center's own "Drama in the House" theatre troupe, lead by producer-director-stage manager, member Debby Callicutt. Our music director Lisa and Choir teacher Rolfe lead a beautiful musical arrangement. After months of hard work with the help of teachers and volunteers, the dedicated musicians, singers and actors pulled off a wonderful performance for all to enjoy. Thanks to the centers staff and board members for a wonderful year full of events, outings and fun! We are eagerly awaiting another bountiful year!

Blindness Myths and Realities

When sighted people encounter a person who is blind or visually impaired, they still may have the image in their minds of a blind person operating a newsstand or asking for a handout with a tin cup, as was common during the 1930's and 40's. Today, outdated stereotypes and misconceptions can be dismissed when the following myths and their opposing realities are understood.

Myth: Expensive modifications in the workplace are required to accommodate a blind employee.

Reality: Many adaptations can be made at little or no cost. Often a minor accommodation, such as improved lighting or additional software, is all that is needed. For example, a glare on her computer screen caused fatigue for a visually impaired employee. The solution was to purchase an anti-glare screen, which cost the employer only \$39.

This series to be continued in future issues.



Boys Scouts of America “Scouting for Food” Drive

Scouts across the country are giving back to their communities through Scouting for Food. Last year, Scouts spent 385,714 hours collecting, distributing, and serving 4,117,674 food items.

The Blind Center is proud to announce that the Boy Scouts of Las Vegas have collected 2,019 lbs of food for the Blind Center of Nevada!

Community Resource Connection Day

Every Tuesday at the Blind Center ~ 10:00a.m.

Be sure to join us for these informative **January** sessions and have your questions answered!

1st – Blind Center Closed

8th – Medicare SHIP program

15th – H2U. *What is it? How can it help you?*

22nd – Advanced Directives

29th – VA Benefits



***Carrots really do help you see in the dark;
beta-carotene-rich foods help prevent a
variety of eye ailments***

Your mother always told you eating carrots would help you see better, but did she ever tell you why? No, this wasn't just a trick to get you to eat your vegetables. It turns out carrots really do give your eyes a boost because they contain beta-carotene, which the body is able to convert into vitamin A, an essential vitamin for healthy

vision.

Vitamin A, also called retinol, is key in fighting vision problems like cataracts, glaucoma, macular degeneration and night blindness. It is found primarily in fish oils, liver, eggs and fortified dairy products. However, if you don't eat animal products, you can make sure you are getting plenty of vitamin A by eating fruits and vegetables that contain

carotenoids like beta-carotene, which the body then converts to useful vitamin A, called "provitamin A."

Cataracts is another common vision concern, especially for elderly patients, that can be prevented with proper nutrition. Cataracts strikes nearly everyone by the age of 75, but this is another problem that can be prevented by adding more vitamin A to the diet. Recent studies have shown that people with a higher dietary intake of mixed carotenes – the vitamin A precursors – along with higher intake of vitamins E and C have significantly lower rates of cataracts. Vitamin A is also particularly important to the elderly, who often don't get enough nutrient-rich foods, because the vitamin can combat weakened immune system function or dry skin problems in older patients.

Although vitamin A is especially vital to properly functioning eyes, it offers many other health benefits as well. It helps fight free radical damage that results from tobacco and other environmental pollutants. Vitamin A is essential for immune system function and helps build and maintain strong, healthy bones. It also regulates cell development and safeguards reproductive health. Vitamin A can also be useful topically to treat skin infections, psoriasis and acne sores. In fact, many acne medications now contain vitamin A as their active ingredient.

The health benefits of vitamin A are plentiful, especially in terms of visual health, so if you notice you're having a difficult time seeing at night, you may want to add some yellow and orange veggies to your diet. If it is important to you to protect your vision – and to most of us it is – try safeguarding your sight by eating right. In other words, it's time you listen to your mother, and start eating those carrots.

Clark County Library District's Words on Wheels

Words on Wheels is a free visiting outreach service designed to bring the services and materials of the library to people who may not be able to visit the library easily. Library staff is available to visit your facility (community center, adult day care, senior apartment facility, assisted living home) and provide the following:

- **Register for a free library card to check out materials.**
- **Popular books, large print books and books on tape or CD.**
- **“Memory kits” that stimulate sight, sound, smell and touch on a variety of subjects designed to trigger remembrance and encourage conversation. Topics include School Days, Life on the Farm, County Fair, the Depression, Pets, the Seasons, etc.**

Library staff will take requests for specific library materials and deliver them on a subsequent visit. Call 507-6315 for more information and to schedule a visit.

Las Vegas Community Contact Information

Bureau of Services for the Blind	486-5333
Catholic Charities	382-0721
Clark County Health District	383-1331
Food Bank of Clark County	643-0074
Division for Aging	486-3545
Easter Seals of Southern Nevada	870-7050
Helping Hands of Vegas Valley	633-7264
Helping Hands of North Las Vegas	649-7853
Home Helpers	368-7990
HUD-Housing and Urban Development	366-2100
Goodwill of Southern Nevada	597-1107
Medicare	486-3478
Para transit	228-4800
Social Security Administration	248-8717
Valley Braille Services	733-6941

Nevada Talking Book Services

Nevada Libraries for the Blind and Physically Handicapped

Registering with the Talking Book Library

The Nevada Talking Book Services is a program of the Nevada State Library and Archives which cooperates with the Library of Congress, National Library Service for the Blind and Physically Handicapped. The books and equipment are provided by the Library of Congress. The Nevada State Library and Archives directly administers the program in Nevada. These services are provided without charge to all eligible readers.

In order to register with the Talking Book Library, you must qualify for the program. The services are available to:

- Persons who are unable to read standard print without aids or devices other than regular glasses.**
- Persons who have a visual acuity of 20/200 or less with glasses.**
- Persons who are physically unable to hold a book or turn a page.**
- Persons who have a medically documented reading disability.**

If you have one of the qualifications above, you can either call Nevada Talking Book Services at the toll free number listed below. Call toll-Free in Nevada (800) 922-9334

New Years Traditions

Traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The Tournament of Roses Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California.

Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football game returned as the sports centerpiece of the festival.

The tradition of using a baby to signify the New Year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

Although the early Christians denounced the practice as pagan, the popularity of the baby as a symbol of rebirth forced the Church to reevaluate its position. The Church finally allowed its members to celebrate the New Year with a baby, which was to symbolize the birth of the baby Jesus. The use of an image of a baby with a New Years banner as a symbolic representation of the New Year was brought to early America by the Germans. They had used the effigy since the fourteenth century.



Each week, the Blind Center serves more than 200 nutritious hot lunches to blind and visually impaired people in need.

Many of the people we serve live at or below the poverty level and find it very difficult, even close to impossible to pay for and prepare healthy, fresh meals.

One of our goals is to provide a freshly prepared meal to our blind and visually impaired clients daily at **no cost** to them.

To keep our daily service going, we need your help!

Donations are accepted
Monday-Friday
8:00am-5:00pm.

***“If you can't feed a hundred people, then feed just one.”
-Mother Teresa***

One

One song can spark a moment,
One flower can wake the dream.

One tree can start a forest,
One bird can herald spring.

One smile begins a friendship,
One handclasp lifts a soul.

One star can guide a ship at sea,
One word can frame the goal.

One vote can change a nation,
One sunbeam lights a room.

One candle wipes out darkness,
One laugh will conquer gloom.

One step must start each journey,
One word must start each prayer.

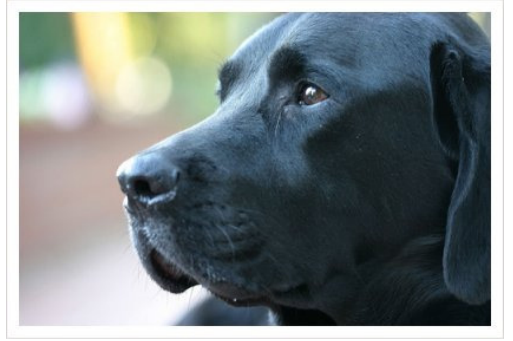
One hope will raise our spirits,
One touch can show you care.

One voice can speak with wisdom,
One heart can know what's true.

One life can make the difference,

You see, it's Up to You!

Lindy and I



She was a pup taken from a litter of mine
She was taken from her Mom to become a dog
so fine
To a family she went to be gentle and to mind
And then to a kennel, to be taught to be a
Seeing Eye canine.

The Lion's Club sponsored her and named her Lindy, to honor their town
This black beauty with eyes so brown, she was no clown
With Lindy you knew there was no fooling around
For when the harness was put on her, she uttered not a sound.

We were a pair, Lindy and I; we went together like bread and butter
She took me where I wanted to go; you just knew she didn't belong to
another
Her eyes would shine, and her body would flutter
As she took me through crowds in airports and malls like no other.

The things we did and the places we went were many, nothing was too
hard
Hiking, camping and fishing she liked, but most of all she liked our yard
Where she would romp and jump, run and roll in the beautiful sod.
Then we she grew tired, she would lie down to sleep, for today she
starred.

Time goes by and as they say, all good things come to end.
Seven years I had her as my guide, my companion, my friend
The years have taken their toll on me, for to Lindy I cannot tend
To a better home, with love and care for lindy I was to send

My summer visits were not enough, I know that today
For the next two years went by too fast, they just flew away
I wished that I could have stayed with her, but what else can I say?
I am sorry Lindy, you had to go, but I will miss you everyday

-By Tony Ticano

Q & A

The Sky is the limit
at the **Blind Center!**

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.

- **What do I have to do to join?**

Call to make an appointment with our Program Director Paula Debus. 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!

- **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, theatre class, recreational outings, transportation (to and from the center to a clients home), free lunches, and more!

**Call today to schedule YOUR appointment with
Paula, our program director!**

Computer Recycling Drop Off

**1001 N Bruce Street
Las Vegas, NV 89101
Phone 702-642-6000**

**Monday - Friday
8 AM to 3 PM**

***Items accepted:
Computers – Monitors-
Keyboards - Mice - Printers***

**Free Monthly Low Vision
Seminars 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.**

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

**FREE MATTER
FOR THE BLIND**



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