

# Blind Center of Nevada Newsletter

September 2007

## Blind Center shows appreciation to volunteers

August 25<sup>th</sup> was the day the Blind Center of Nevada recognized volunteers in appreciation for all they do. The day was spotlighted by treating volunteers to an afternoon filled with *thank you* gifts and a delicious lunch compliments of Outback Steakhouse. "This is our way of showing our dedicated volunteers how valuable they are to our organization" stated Paula Debus, Program Director of the Blind Center.

The selfless giving and efforts of volunteers is one of the reasons we can continue to provide the quality of service we do. The remarkable Helen Keller said it best "I am only one, but still I am one. I cannot do everything, but still I can do something". At the Blind Center that remains a constant truth. Some volunteers come once a week, some once a month, but it all adds up and definitely matters to those we serve. Whether it's helping a client get familiar with using the internet, assisting during shopping trips, or leading a group activity, each and every volunteer makes a lasting impact, and their worth is priceless.

*Special thanks to the dedicated volunteers  
and local agencies that supported this event!*

Outback Steakhouse - 4141 S. Pecos Road

MGM/Mirage Voice Foundation

Bibs Talent

Venetian Hotel and Casino

PF Changs

Wal-Mart

Ryan Ahern

Mary Kay Cosmetics

Desert BMW

Starbucks

KSHP Radio

Paymon's Mediterranean  
Grill

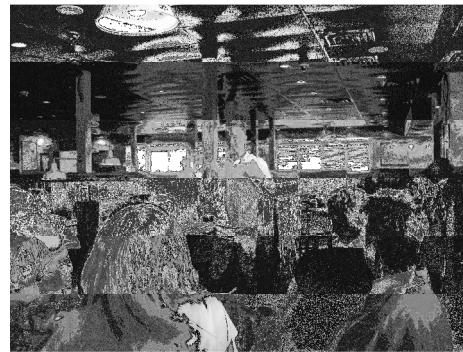
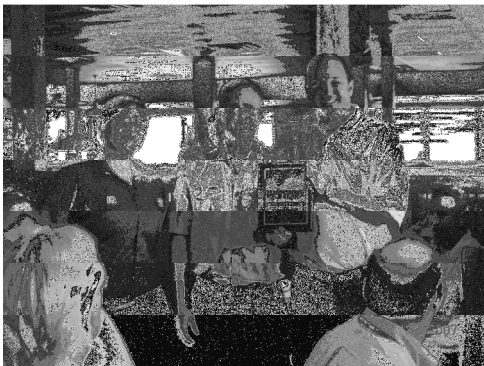
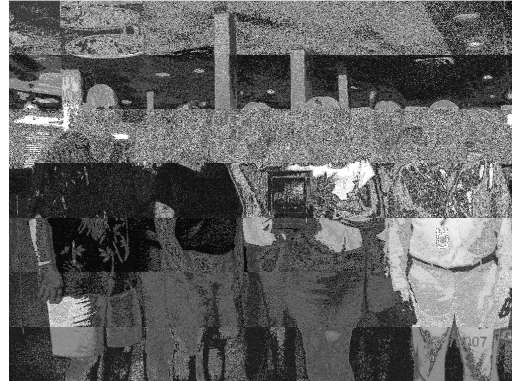
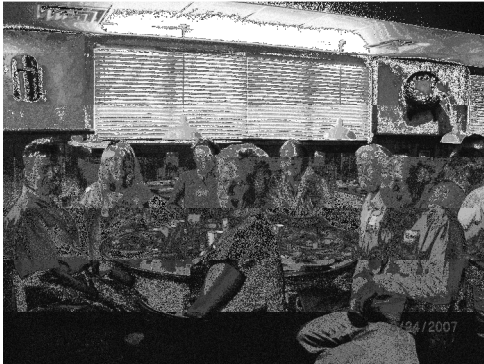
Cookie Lee

Trader Joe's

Bed, Bath & Beyond

Custom Souvenirs

**Pictures from our 2007 Volunteer Luncheon-**  
**Thanks again to all of our sponsors, the Blind**  
**Center Board and to those who attended!**



# SEPTEMBER 2007

## WEEKLY SCHEDULE

**COMPUTER LAB OPEN** MON-FRI 9AM – 5PM

**MAIL READING ASSISTANCE**

AVAILABLE MON-FRIDAY

BY APPOINTMENT

**EXERCISE** MONDAYS 9:30AM

**ARTS & CRAFTS** MONDAY 10:00AM & 12:00PM

**BOWLING** MONDAY 11:15AM BEGINNING SEPT 24

**BAKERY GOODS** EVERY MONDAY

TUESDAY **SHOPPING TRIP** 9:30AM-10:30AM

CHAT & GAMES IN THE **SOCIAL HOURS** TUES 10:00AM

**CERAMICS** TUESDAYS 10:00AM & 12:00PM

**YOGA** TUESDAYS 10:30AM

**GUEST SPEAKER** EVERY TUESDAY 12:30PM

**GAME DAY** WEDNESDAYS 9:30AM

**ARTS & CRAFTS** WEDNESDAYS 10:00AM & 12:00PM

**VISITING PHARMACIST** WEDNESDAY 10:30AM

**TAI CHI** WEDNESDAY 12:30-1:30PM

**SUPPORT GROUP** WEDNESDAYS 1:00PM

**DANCE LESSONS** WEDNESDAY 3:30PM

WEDNESDAY **\$1 TACO DAY!** ORDER BY TUESDAY

WALMART **SHOPPING TRIP** THURSDAYS 9:30AM

**DRAMA IN THE HOUSE** THURSDAYS 12:00PM

THURSDAY **SUPPORT GROUP** 1:00PM

THURSDAY **GUITAR LESSONS** 1:00PM

**PIANO LESSONS** FRIDAYS 12:30-4:30PM

BY APPOINTMENT

**\*\*SIGHTED ASSISTANCE PROVIDED  
FOR ALL TRIPS AND OUTINGS**

## September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day- center closed	4	5 Accordion players perform	6	7 Low Vision Seminar	8
9	10	11	12	13	14	15
16	17 11am Bowling meeting	18	19 Member party & talent contest	20	21	22
23	24 Bowling starts	25	26 Pizza party	27	28	29
30						

## ***Community Resource Connection Day***

**Looking for resources? We bring it to you every Tuesday.** Each week, the Blind Center hosts an informative interactive session with representatives from various local, statewide, and national agencies, that discuss programs or services their organization provide to the citizens in our community. Past speakers have included Clark County Senior Advocacy Group, Medicare, US Department of Housing and Development, Home Helpers, and more. These sessions are a great way to learn more about community programs without the frustration of trying to locate them in the telephone directory.

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

September 4	Helping Hands of Vegas Valley
September 11	Arthritis Foundation
September 18	Summerlin Mortgage Company
September 25	American Lung Association

### **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.

This could be the most valuable information you will ever receive. Don't miss out, this could change your life or the life of someone you love. Call 642-6000 to reserve your seat at one of the upcoming low vision seminars.

## **Blind Customers Take Action Against the Cell Phone Industry**

**Washington, DC (August 2007)**—Blind and visually impaired customers are taking legal action against the cell phone industry in an effort to improve cell phone accessibility. In August, 11 customers from across the country filed complaints with the Federal Communications Commission (FCC), which enforces Section 255, the law that requires phones to be designed to be accessible for people with disabilities. Complaints were filed against both the cell phone carriers and manufacturers.

"These complaints illustrate a market failure on the part of the cell phone industry to address accessibility," said Paul Schroeder, VP, Programs and Policy Group at the American Foundation for the Blind. "While some companies have taken steps, consumers with vision loss have few good options for accessibility, and almost no reliable information about accessibility."

There is a growing need for accessible phones given the increasing rates of vision loss. Experts predict that by 2030, rates of severe vision loss will double along with the country's aging population.

For people with vision loss, finding a cell phone with a readable screen or with voice output of essential features like menus or text messages is almost impossible. Some companies, like AT&T, have taken the lead on providing accessible phones. But too often the handsets and services are not designed to

be user-friendly for those who are blind or visually impaired.

Earlier this month, AFB initiated a campaign called 255 Action to help people with vision loss understand access requirements, and if necessary, file complaints. As part of that campaign, AFB sent letters to leading cell phone service providers and manufacturers asking what they are doing to meet the needs of people with vision loss. Frequent complaints from blind and visually impaired cell phone customers include:

- cell phones do not provide for audio output of information displayed on the screen;
- the visual displays on most phones are hard to read;
- numeric and control keys are not easy to distinguish by touch; and
- product manuals or phone bills are not available in Braille, large print, or other formats they can read.

The complaints filed with the FCC came from customers in Florida, Georgia, Colorado, California, and West Virginia.

### **Foundation Fighting Blindness Guest Speaker**

Tim Schoen, Director of Research Development for Foundation Fighting Blindness will be speaking about scientific advancements and clinical human trials for retinal degenerative diseases.

Date: Thursday, October 11

Time: 6:30pm-8:00pm

Location: The Blind Center

### **Wednesday, September 5**

**Join us for some music and fun at  
11:00 am with local accordion players!**

### **Arts and Crafts Sign Ups**

**Due to the popularity of this program, those wanting to attend arts and crafts and ceramics classes will need to sign up at the front desk starting August 27<sup>th</sup>. Each class is limited to 12 people, so please sign up to ensure a seat.**

**Arts and Crafts - Mondays 10am and Noon  
Ceramics - Tuesdays 10am and Noon  
Arts and Crafts – Wednesdays 10am and Noon**

### **Ready, Set, Bowl!**

**Sign up at the front desk to be a part of another great season of bowling at the center!**

#### **Bowling schedule:**

**9/17-11am meeting is mandatory for people who want to bowl this Fall. The meeting will be followed by a banquet potluck lunch for all to enjoy. Please sign up at the front desk to join the fun!**

**9/24- First week of bowling  
12/17-End of bowling season**





## **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: All blind people are totally blind, seeing only darkness.

Reality: Most blind people who are legally blind have some residual vision. Legal blindness means that a person with normal vision can see the big "E" on a standard eye chart at 200 feet, whereas a person who is legally blind can only see it at 20 feet. A person with normal sight has a 180-degree field of vision, whereas if a persons eyesight can encompass only a field of 20 degrees or less, this is considered legal blindness. More than 75 percent of legally blind people can use their residual vision to perform many of life's daily tasks.

*This series to be continued in future issues.*

**Join the *C.A.S.T for Kids* Foundation**  
**at their 9<sup>th</sup> annual fishing event!**

**Saturday, October 13, 2007**  
**Lake Mead**

**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. The *C.A.S.T. for Kids* event was designed to create an environment whereby both children and adults could benefit, each taking from the day their own lessons and sharing some fun on the water!**

**This year's event will be held for 40 excited special-needs kids at Lake Mead on Saturday, October 13, 2007. 10 lucky Blind Center members of all ages will be chosen to join the day of fishing, boating, and barbequing!**

**Sponsors include the National Park Service at Lake Mead, Nevada Department of Wildlife, Make-a-Wish Foundation of Southern Nevada and Las Vegas Boat Harbor.**

**Winners will be chosen by a random drawing,  
but to be included you must sign up by  
Friday, October 5<sup>th</sup> to have your chance to win!**

## Food Remedies

We've all heard that old saying "*an apple a day keeps the doctor away*" but did you know bananas can help to control blood pressure? Or that cherries end insomnia? It's true!

The next time you have heartburn or a headache, you might want to consider running for the refrigerator instead of the medicine cabinet.

<b>Apples</b>	<b>Protects your heart</b>	<b>prevents constipation</b>	<b>Blocks diarrhea</b>	<b>Improves lung capacity</b>	<b>Cushions joints</b>
<b>Apricots</b>	<b>Combats cancer</b>	<b>Controls blood pressure</b>	<b>Saves your eyesight</b>	<b>Shields against Alzheimer's</b>	<b>Slows aging process</b>
<b>Artichokes</b>	<b>Aids digestion</b>	<b>Lowers cholesterol</b>	<b>Protects your heart</b>	<b>Stabilizes blood sugar</b>	<b>Guards against liver disease</b>
<b>Avocados</b>	<b>Battles diabetes</b>	<b>Lowers cholesterol</b>	<b>Helps stops strokes</b>	<b>Controls blood pressure</b>	<b>Smooths skin</b>
<b>Bananas</b>	<b>Protects your heart</b>	<b>Quiets a cough</b>	<b>Strengthens bones</b>	<b>Controls blood pressure</b>	<b>Blocks diarrhea</b>

Be sure to check out the next installment of our Food remedy chart in next month's Chatterbox!

***Somewhere the Sun is Shining***

(In memory of Hallie Jeffery,  
a member of the Blind Center)  
By Blind Center member Jeanie Tuten

**Somewhere the sun is shining,  
and the clouds are not in sight.**

**Somewhere someone is laughing,  
and talking about what might.**

**What might have been another year,  
for us to spend together.**

**What might have been another time,  
that I could cherish forever.**

**Somewhere two people laugh and joke,  
and carry on all day.**

**Talk about the past and future,  
in an extraordinary way.**

**To talk about the last few years,  
and how they made a bond.**

**They found it funny that they were both so  
different,  
but both were especially fond.**

**Fond of each other every day,  
so genuine and true.**

**A friend to tell all of your worries,  
if ever you were blue.**

**To trust with all my secrets,  
and keeping yours close to my heart.**

**Knowing that you will comfort me,  
and put my mind at ease.**

**Although you've left and walk above,  
I'm never alone because I feel your love.**

**We will meet again...become the friends we  
always were...and talk about what's been.**

**Although you're gone, I know you're here,  
to help me through hard times.**

**Help me make the right decisions,  
when I don't see the signs.**

**What you taught me in our short time together,  
will live in my heart forever.**

**For you were like a mom to me,  
and we shall never part.**

**I want to let you know how much I really care,  
And I'll always wonder how you are.**

**I love you for you, no matter what, and will cherish the moments we shared forever in my heart.**

**Enjoy now your long-awaited reward,  
feel peace that your love continues on.**

---

***Ode to my guide***

By Blind Center member Debby Callicutt

I have a very special friend and devoted companion  
Whom I love so much, and I'll never abandon  
You are a faithful friend, so loyal and true  
You always seem to know just what to do.

I love the smell of your fur as it brushes my cheek  
Before we became a team, I was so timid and meek  
Afraid to begin to live and gain independence again  
You're my eyes, my reason for being, you are truly a  
godsend

You don't want a paycheck, just lots of love and  
attention  
You tirelessly work, without any distraction  
You need daily grooming, feeling, lots of petting and  
play,  
Just having you around, always brightens my day

It doesn't matter if I'm up or down, or if I'm happy or  
sad  
Having you near me always makes me feel glad

You are a gift from God, sent straight from the heavens  
A joy to behold, everyday that you're here, it's oh so pleasant

I'm so lucky to have such an incredible partner  
Each day you amaze me, as you grow smarter and smarter  
Whether we spend many years together, or just a short few  
As you've probably guessed – that partner is you.

### **Giving the newsletter a new name**

Let's get creative!

We need your suggestions to help us re-name our monthly newsletter. With our recent \$1.6 million dollar renovation, we're looking for a new name to reflect the growth, change and future of the Blind Center.

Call 642-6000 or email your ideas to: [amandaa@blindcenter.org](mailto:amandaa@blindcenter.org)

*The winning entry will appear in the next issue!*

*"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." –Albert Pike*

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 about how you can include a gift to The Blind Center as part of your legacy.

## **RECYCLE E-WASTE**

If you have old, out-dated electronic products (e.g., personal computers, peripherals, laptops, monitors, fax machines and copiers) in your office or home, you're not alone. According to the Institute for Local Self-Reliance, approximately 75 percent of obsolete electronics are currently being stored or warehoused without any idea on the best way to handle these materials.

***The Blind Center of Nevada*** provides high quality professional computer recycling services. We have developed recycling and computer waste solutions that focus on assured data privacy, maximization of raw material extraction and customer satisfaction.

For more information, please call 642-6000.

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

FREE MATTER  
FOR THE BLIND



### **BLIND CENTER BOARD**

PRESIDENT: VERONICA WILSON  
CHAIRMAN: NEAL MAREK, DPM  
JASON ADAMS  
DON AHERN  
MICHAEL ANDERSEN  
LLOYD BENSON  
JEFF DAVIS  
CHUCK GIBLIN  
DANIEL V. GOODSSELL, ESQ.  
PHIL HORRELL  
DIX JARMAN  
WM. ALLEN KAERCHER  
CATHERINE LAW  
GARN MABEY, MD