# BCNV Bulletin

The Blind Center of Nevada Newsletter October 2007

# Fall Brings New Client Programs and Volunteer Opportunities

Fall has arrived, bringing much-anticipated cooler weather in the Valley and with it,

exciting new additions to our staff and client programs. Monday October 29<sup>th</sup> marks the kick off of our 7<sup>th</sup> annual holiday basket assembly fundraising event. Volunteers are needed for this fun project which runs until December 14<sup>th</sup>. No experience is necessary, so bring your friends, family, co-workers or church group and make this a rewarding experience for all. With convenient times for evening and weekend volunteers, a chance to support the Blind Center has never been so easy! The assembly schedule is Monday-Friday 10:00a.m.-7:00p.m., and Saturdays 10:00a.m.-4:00p.m. For more information, contact our Volunteer Coordinator Debra Duncan at 642-6000 or debrad@blindcenter.org.

Two new additions to our program include a state-of-the-art Computer Lab and ESL classes. In our fully equipped computer lab, participants learn to use the latest in adaptive technology with instruction. Computers allow those with vision loss to develop skills that enable them to do everything from surf the web for fun, to more important uses, like keeping track of personal finances. The computer lab has convenient hours all week, call for details. We're also proud to add to ESL class to our schedule. This class is held Mondays and Wednesdays from 12:00p.m.-2:00p.m. There is truly something for everyone at the Blind Center and we applaud the courage of our blind and visually impaired friends for stepping out of their comfort zone to try something new.

# OCTOBER 2007 WEEKLY SCHEDULE

**COMPUTER LAB OPEN MON-FRI 9:30AM – 5PM** MAIL READING ASSISTANCE AVAILABLE MON-FRI BY APPOINTMENT ARTS & CRAFTS MONDAY 10:00AM **BOWLING** MONDAY 11:15AM **BAKERY GOODS** EVERY MONDAY **DRAMA IN THE HOUSE** MONDAYS 9:00AM **ESL** MONDAYS 12:00PM-2:00PM **CERAMICS** MONDAYS 12:00PM TUESDAY 99 CENT STORE SHOPPING TRIP 9:30AM-10:30AM CHAT & GAMES IN THE **SOCIAL HOURS** TUES 9:30AM YOGA TUESDAYS 9:30AM / CERAMICS TUESDAYS 10:00AM **CHOIR REHEARSAL** TUESDAYS 10:00AM **ARTS AND CRAFTS** TUESDAY 12:00PM **GUEST SPEAKER** EVERY TUESDAY 12:30PM **EXERCISE CLASS** WEDNESDAY 9:30AM **GAME DAY WEDNESDAYS 10:00AM** ARTS & CRAFTS WEDNESDAYS 10:00AM **VISITING PHARMACIST** WEDNESDAY 10:30AM **CERAMICS WEDNESDAY 12:00PM** ESL WEDNESDAYS 12:00-2:00PM TAI CHI CLASS WEDNESDAY 12:30-1:30PM **SUPPORT GROUP WEDNESDAYS 1:00PM DANCE LESSONS WEDNESDAYS 3:30PM** WEDNESDAY **\$1 TACO DAY!** (ORDER BY TUESDAY) WALMART **SHOPPING TRIP** THURSDAYS 9:30AM **DRAMA IN THE HOUSE** THURSDAYS 12:00PM THURSDAY **GUITAR LESSONS** 3:00PM PIANO TUNING CLASS FRIDAYS 4:30PM-5:30PM PIANO-VIOLIN-ACCORDION-GUITAR -HARP LESSONS

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

FRIDAYS 12:30-4:30PM (BY APPOINTMENT)

# October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Accordion Players perform at lunchtime		5	6 Dance outing 6pm
7	8	9	10	11 FFB Guest Speaker 6:30p.m.	12	13 C.A.S.T for Kids fishing trip
14	15	16 Foot treatment day with Dr. Marek		18	19	20
21	22	23	24	25	26	27
28	29 Holiday Basket Assembly Begins!	30	31 "Freaky Fest" Member Costume Party			



# You can make a difference! Non-perishable food items needed

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!

We are always in need of non-perishable food items such as canned fruits and vegetables, canned meats, condiments, beans, pasta and sauces.

Spread the word to your family, friends, and co-workers by getting them involved in a donation project! Big or small, we appreciate all of the donations given to the Center and so do the people we serve.

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

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



# **Blind Girl**Submitted by Blind Center member Diane Fenton

There was a blind girl who hated herself because she was blind.

She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend, 'If I could only see the world, I will marry you.'

One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend. He asked her, 'Now that you can see the world, will you marry me?'

The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at them the rest of her life led her to refuse to marry him.

Her boyfriend left her in tears and days later wrote a note to her saying: 'Take good care of your eyes, my dear; for before they were yours, they were mine.'

This is how the human brain often works when our status changes. Only a very few remember what life was like before, and who was always by their side in the most painful situations. Life Is a Gift!

Freaky Fest 2007

Wednesday, October 31 10:00am-1:00pm

Lunch will be served at 11:00am

Food – Games - Raffle "Drama In The House" Performance Choir Performance - Costume Contest

Calling all guys and GHOULS! Come in costume to our party

## October is National Eye Injury Prevention Month

More than 1 million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear.

#### **Tips to Prevent Eye Injuries**

In the house: when using household chemicals, read instructions and labels carefully, work in a well-ventilated area, and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.

**In the workshop:** think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks, ultraviolet and infrared radiation, and splashing chemicals. Many objects or substances can fly into your eyes unexpectedly and cause injury.

**In the garden:** put on protective eyewear before you use a lawn mower, power trimmer or edger and be sure to check for rocks and stones as they can become dangerous projectiles if picked up in these machines. Don't forget the risk to bystanders (including children and pets) when using these machines.

In the workplace: wear appropriate safety eyewear for your job. Many who suffer eye injuries each day don't think that they need eye protection so they don't have appropriate eyewear for the job.

**Around the car:** battery acid, sparks and debris from damaged or improperly jumpstarted auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies as well as everyday repairs.

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly.

#### **FALL PREVENTION CHECKLIST**

### **Stairs and Steps**

- Make sure light switches are at both the top and bottom.
- Install handrails on both sides of the stairway.
- Put nonskid treads on each bare-wood step.
- Repair loose stairway carpeting or boards immediately.

#### **Bathroom**

- Install grab bars near the toilet and bathtub/shower.
- Place a slip-resistant rug adjacent to the bathtub.
- Place nonskid adhesive textured strips on the bathtub/shower floor.
- Use a raised seat or a special toilet seat with armrests.

#### **Bedroom**

- Place a lamp and flashlight near your bed.
- Install night-lights between the bedroom and the bathroom.
- Sleep on a bed that is easy to get in and out of.
- Keep a telephone near your bed.

## **Living Areas**

- Arrange furniture to create clear pathways.
- Install easy-access light switches at entrances.
- Secure loose area rugs with double-faced tape or slip resistant backing. Keep electric, appliance and telephone cords out of your pathways, but don't put cords under a rug.
- Eliminate wobbly chairs, ladders and tables.
- Do not sit in a chair or on a sofa that is so low it is difficult to stand up.
- Place carpeting over concrete, ceramic and marble floors to lessen the severity of injury if you fall.

## **FALL PREVENTION CHECKLIST (CONTINUED)**

#### **Kitchen**

- Remove throw rugs.
- Immediately clean up any spills.
- Store food, dishes and cooking equipment at easy-to-reach waist-high level.
- Don't stand on chairs or boxes to reach upper cabinets. Use only a step stool with an attached handrail so you are supported.
- Repair loose flooring.
- Use nonskid floor wax.

# **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

# Support your community... Support the Blind Center!

Each day visually impaired men and women enjoy a warm, welcoming environment at **The Blind Center of Nevada** and for many, the work opportunity and social activities have become a way of life. **The Blind Center** strives to create a positive social setting and support system outside the home for individuals who are blind or visually impaired.



The Blind Center of Nevada offers programs and activities, both on and off-site, that encourages independence and improves the quality of life for individuals with visual limitations.

The major purpose of **The Blind Center of Nevada** is to meet the challenges of the blind and visually impaired and create new hope for all who have lost the gift of sight. Your contribution will assist in purchasing food and supplies needed for our many programs.

	•	
Name:		
Address:		
Phone:	onation Amount:	
Please apply my donation to:		
Nutrition/Meal Program	Music Program	
Theatre/Drama Programs	Transportation	
Arts/Crafts/Ceramics	Where needed most	
Send me more information	n about The Blind Center of NV	
Please fill out this form, attac	h your check and mail it to:	
The Blind Center of Nevada		
1001 N. Bruce Street		
Las Vegas, NV 89101		

## **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: Sign Language and Braille is the same thing.

**Reality:** Sign language is a visual means of communication used by people who are deaf or hearing impaired. It utilizes a system of arm and hand gestures that stand for letters, words and phrases. Braille is a coded system of tactile communication for people without sight. It is composed of more than 250 character and word signs created by arrangements of from one to six raised dots within a Braille cell. Braille enables blind people to read by touch or write by creating the code on special paper with slate and stylus or a braillewriter.

Still another system, used to communicate with people who are both deaf and blind, is palm printing, in which the actual letters of the alphabet are traced on the palm of the recipient's hand to spell out words and sentences.

This series to be continued in future issues.

Choir has resumed!

Join us for rehearsal

on Tuesday,

October 9<sup>th</sup> at 10am.



# October 15 is White Cane Safety Day: A Symbol of Independence

"The white cane in our society has become one of the symbols of a blind person's ability to come and go on his own. Its use has promoted courtesy and special consideration

to the blind on our streets and highways. To make our people more fully aware of the meaning of the white cane and of the need for motorists to exercise special care for the blind persons who carry it Congress, by a joint resolution approved as of October 6, 1964, has authorized the President to proclaim October 15 of each year as White Cane Safety Day. Now, therefore, I, Lyndon B. Johnson, President of the United States of America do hereby proclaim October 15, 1964 as White Cane Safety Day."

With those stirring words President Johnson issued the first White Cane Proclamation which was the culmination of a long and serious effort on the part of the **National Federation of the Blind** to gain recognition for the growing independence and self-sufficiency of blind people in America, and also to gain recognition of the white cane as the symbol of that independence and that self-reliance.

The first of the state laws regarding the right of blind people to travel independently with the white cane was passed in 1930. In 1966, Dr. Jacobus tenBroek, the founder of the National Federation of the Blind, drafted the model White Cane Law. This model act – which has become known as the Civil Rights Bill for the Blind, the Disabled, and the Otherwise Physically Handicapped – contains a provision designating October 15 as White Cane Safety Day. Today

there is a variant of the White Cane Law on the statute books of every state in the nation.

The process began in the beginning of the organized blind movement and continues today. There was a time when it was unusual to see a blind person on the street, to find a blind person working in an office, or to see a blind person operating machinery in a factory. This is still all too uncommon. But it happens more often and the symbol of this independence is the white cane.

The blind are able to go, to move, to be, and to compete with all others in society. The means by which this is done is that simple tool, the white cane. With the growing use of the white cane as an added element – the wish and the will to be free – the unquenchable spirit and the inextinguishable determination to be independent. With these our lives are changed, and the prospects for blind people become bright. That is what White Cane Safety Day is all about.

# The future depends on what we do in the present. - Mahatma Gandhi

Sooner or later we all come to the realization that we will pass on and our life's work will come to an end. What will your life's work be worth when you pass on?

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.

## 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 **October** sessions and have your questions answered!

October 2 Catholic Charities of Southern Nevada
October 9 Scleroderma Foundation of Nevada
October 16 Northwest Health Centers
October 23 Enviro Safe Pest Control
October 30 University Health Systems

## 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** 



## **Dining and Eating**

Time spent with friends and family is often shared over a meal. A concern expressed by people with low vision is "How can I eat in public without embarrassing myself?"

This skill can be mastered with practice. Here are a few suggestions.

#### **ENVIRONMENTAL CONCERNS**

When entering an unfamiliar restaurant, with its mood lighting, noise, and possible changes in elevation (random steps), consider your safety.

If you use a cane, the hostess is aware of your vision loss and may ask to assist you. If you are not asked, kindly ask for sighted guide assistance. If you choose not to use a cane, you will not be identified as having vision concerns. You may want to ask for assistance and briefly explain that you have low vision. Whenever possible, if dining during the day, sit near a window.

Choose a seat with the outside light at your back, allowing the sunlight to shine over your shoulder onto your plate. If you face the window, the outside light may cause discomfort and reduced visibility due to glare. Selecting a quiet restaurant enables communication with guests to flow more easily. It is interesting to note how much of hearing and discerning involves lip reading and seeing facial expression. A loud environment diminishes audible cues that compensate for reduced vision.

Get to know your server by name. You can ask your server for special requests, including having your salad or meat cut into bite-sized portions or having garnish removed from the plate. This person will be the one to read you the menu, help you pay the bill, assist you to the restrooms or the restaurant exit, and relate special requests to the chef.

### **EATING SKILLS**

Use your fork like a cane to familiarize you to what is on your plate. Gently probe food on the plate, moving around the plate in an orderly pattern. It's possible to identify food on the plate by texture and size. To make cutting meat easier, turn the plate so that the item to be cut is at the six o'clock position.

Spear the meat on the outside edge and use your knife to cut around the outside edges of the fork. As you spear food onto your fork, become aware of the increased weight from the food. If it seems too heavy, use the knife in your other hand to probe and determine if the item is bite-sized.

After spearing the food onto your fork, slightly jiggle it over the plate, allowing any excess food to fall onto the plate and not en route to your mouth. Always bring food to your mouth, not the other way around. When eating, to prevent food from falling off the sides of the plate, scoop the food on the fork or spoon from the outside edge of the plate towards the center.

To avoid tipping over items on the table, like your water glass, use finger trailing. Tuck your nails under your palm and gently glide them over the table surface. Your knuckles act as a bumper by tapping items at their base. Resist reaching out for your glass if your vision is not functioning at its best in the environment.

**Bon Appetit!** 

### **Contrast Helps When Eating**

Contrast can help you better distinguish items on the table. For example, at home you might want to use a bright-colored plate on a white tablecloth so that you can distinguish the plate from the cloth. Or, use a colored placemat to define a white plate from a white tablecloth. The contrast between the plate and the placemat will help you see it. Using colored glasses instead of clear ones may also make them easier to recognize. When pouring liquids into a glass, use contrast to help you see when the cup is filled. For example, pour dark liquids like coffee into a light cup and light liquids like milk into a dark cup.

# FREE SERVICE TO THOSE WHO CANNOT READ REGULAR NEWSPRINT! HUNDREDS OF NEWSPAPERS AVAILABLE

#### **How to Sign Up**

Anyone who cannot read printed newspapers due to blindness or a physical disability is eligible to receive NFB-NEWSLINE<sup>®</sup>. Register by calling the National Federation of the Blind toll-free at **1** (866) 504-7300 to request an application. After your registration is processed, you'll receive a letter containing your activation codes and instructions for how to begin reading the newspaper with NFB-NEWSLINE<sup>®</sup>.

Who Can Benefit? **Anyone** who cannot read conventional newsprint could qualify for this free service. Many **seniors** have lost enough vision that reading the daily newspaper is no longer possible. They will enjoy being able once again to participate actively in community affairs. **Blind children** are now able to research their own civics assignments and do their homework independently. NFB-NEWSLINE® is the only service that makes so much information available to these eligible people twenty-four hours a day, seven days a week.

#### **Nevada Talking Book Services**

Nevada Libraries for the Blind and Physically Handicapped

#### WHAT IS THE LIBRARY FOR THE BLIND OR TALKING BOOKS?

The Nevada Libraries for the Blind and Physically Handicapped are part of the Library of Congress' National Library Service for the Blind and Physically Handicapped (NLS) network of libraries providing services to blind, visually or physically handicapped individuals. Books and magazines are available on cassette, disc or in Braille. Recorded books and magazines and special playback equipment are loaned to eligible readers **free of charge**. All reading materials are sent to and returned by readers through postage-free mail.

#### WHO IS ELIGIBLE FOR THESE SERVICES?

Anyone temporarily or permanently unable to see or hold print material is eligible for library services for the blind. eligibility includes certification as "legally blind," visually or physically impaired, and reading or learning disabled. An application form must be completed and signed by a professional trained in the evaluation of visual or physical handicaps such as a doctor of medicine, optometrist, physical therapist, etc.

In 1999, the Nevada Libraries for the Blind and Physically Handicapped served over 2,938 eligible readers.

#### WHAT TYPES OF BOOKS AND MAGAZINES ARE AVAILABLE?

Talking Books cover a large variety of popular adult reading interests. The collection of recorded books available is similar to that of any public library. It includes bestsellers, mysteries, westerns, science fiction, romances and biographies for all ages. Books in foreign languages and reference books are also available. Readers may request specific titles and authors or they may ask the librarian to select books for them based on their reading interests. Readers can also choose from over fifty popular magazines recorded on disc, cassette or in Braille. Nevada's collection of talking books includes over 60,000 titles and more than 109,000 copies. Over 325,000 titles are available through interlibrary loan on the NLS national network of libraries. In FY 1999 over 117,000 books were circulated to eligible Nevadans.

#### DO I NEED SPECIAL EQUIPMENT?

The recorded books must be played on special machines designed specifically for this use. Several different playback machines and accessories are available to adapt the machines to an individual's needs. These machines play cassette tapes and phonograph records slowly to allow more material on each recording. Once an application has been received the library sends a talking book cassette and disc player.

#### WHERE CAN I GET Braille BOOKS?

The Nevada Talking Book Services contracts with the Utah State Library to provide Braille books to eligible Nevadans. These books are loaned through **postage-free** mail directly to the reader. An application is required to receive this service.

#### WHERE DO I SIGN UP?

For an application or more information contact:

Nevada Talking Book Services Nevada State Library and Archives 100 N. Stewart Street Carson City, NV 89701-4285

or call: (775) 684-3354 Carson City/Reno

E-mail to: keputnam@clan.lib.nv.us

Toll-free in Nevada: 1-800-922-9334

Volunteers needed for Holiday Basket assembly!
October 29-December 14<sup>th</sup>

Monday-Friday 10:00am-7:00pm Saturdays 10:00am-4:00pm

For more information, contact:
Volunteer Coordinator
Debra Duncan at 642-6000 or
e-mail debrad@blindcenter.org.

"Technology is what allows people to do things that otherwise would not be possible."

-Jerrier A. Haddad

#### 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 – MonitorsKeyboards - 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





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