

*A newsletter for friends of The Blind Center of Nevada*

# ***BCNV Bulletin***

*December 2008*

***The Blind Center of Nevada— (702) 642-6000  
1001 N. Bruce St. Las Vegas, NV 89101***

Support your community while you shop this Holiday Season!

*Purchase a*

## **GOURMET HOLIDAY GIFT BASKET**

*from The Blind Center of Nevada*

Perfect for family, friends and business associates! Each basket is hand-assembled and loaded with only the best gourmet treats sure to please! We can personalize a basket just for you!

All proceeds benefit The Blind Center of Nevada, a non-profit day center for blind and visually impaired people. Local delivery and nationwide shipping available. Tax deductible.



Please note The Blind Center will be closed Thursday, December 25<sup>th</sup> and Friday December 26<sup>th</sup>. We wish you a happy holiday!



# **December 2008 Daily Schedule**

## **MONDAY - BAKERY GOODS**

**9:00 DRAMA IN THE HOUSE**

**9:30 COMPUTER LAB**

**10:00 ARTS & CRAFTS. 11:00AM-12:30PM PIANO TUNING**

**11:15AM-1:15PM BOWLING AT SILVER NUGGET**

**12:00 CERAMICS**

## **TUESDAY- (ORDER TACOS TODAY)**

**9:30AM SHOPPING TRIP TO 99 CENT STORE**

**9:30 COMPUTER LAB**

**10:00 ARTS & CRAFTS**

**10:30-11:30 CHOIR**

**12:00-2:00PM PIANO CLASS**

**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 VISIT (BLOOD PRESSURE CHECKS)**

**12:00 CERAMICS**

**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)**

**12:00-1:00 YOGA CLASS**

**3:00 GUITAR LESSONS**

## **FRIDAY**

**11:00AM-12:30PM PIANO TUNING**

**-MAIL READING BY APPOINTMENT-  
-SIGHTED ASSISTANCE ON ALL TRIPS-**

# December 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Speaker: Senior Mental Health	3	4	5	6
	8	9 Speaker: Sr. Ride Program	10	11	12	13
	15	16 Speaker: Maintain Your Brain	17 Happy Factory art class	18	19	20
	22 Hanukah	23 Speaker: Clark County Sr. Advocate	24 Christmas Eve	25 Christmas Day Closed	26 Closed	27
	29	30	31 New Years Eve			

# **Volunteers caught in the act...of kindness!**



Dance teacher Jojo has been volunteering at the Center each week for over 5 years. From 330pm-430pm every Wednesday he teaches our members the latest and greatest dance styles! Boogie on, Jojo!

Pictured above left to right: Member Bobby Jimenez with volunteers Emily, CeCe and Jojo after another fun dance class!



**Big thanks to all the other volunteers that made 2008 so memorable! From the May BBQ all the way to December basket assembly – we have been so fortunate to have incredible people grace our offices.**

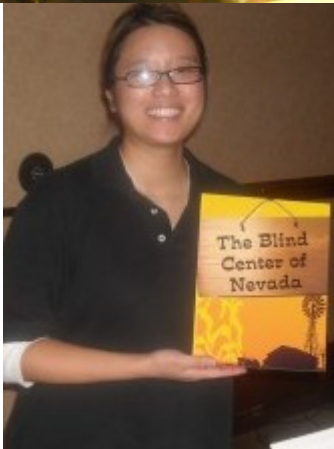


# Blind Center at the 2008 Senior Dimensions Country Fair

Texas Station was the setting for the 8<sup>th</sup> annual Senior Dimensions' Country Fair, held on November 12<sup>th</sup>. Senior Dimensions members learned about health benefits, preventive health services and community resources.



Blind Center staff members Amanda Arzberger and Heather Motogawa handed out information to many interested attendees.



# **Are you a pizza?**

**By Blind Center member Diane Fenton Sotelo**

Human beings and pizza resemble each other.

The pizza crust is like the bones of the human body. The crust and the bones are both supportive foundations that define shape and strength.

The pizza sauce is like the blood of the human body. The cheese and the skin are both very important layers. The cheese protects and holds the pizza together.

The pizza toppings such as pepperoni, sausage, anchovies, onions, mushrooms, peppers, etc., all enhance the flavor, quality and looks of a pizza.

Similarly, pizza toppings are like character traits such as sense of humor, intelligence, empathy, courage, honesty, helpfulness and laughter.

Every human being and pizza is unique and special. Every pizza and human being has toppings or character traits that can be added or taken away. Best of all, pizzas and human beings can be loved and enjoyed.

## **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: December 1<sup>st</sup>, 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.

# **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.

## **The Pentacostal Prayer band**

On November 19<sup>th</sup>, The Pentacostal Prayer band served our members Thanksgiving lunch. We have been blessed to have this wonderful group of gracious and caring individuals prepare and serve lunch to our Center friends for over 15 years.

## **Free Monthly Low Vision Seminar –December 5<sup>th</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.

# **How to keep a sharp mind**

We all want to keep our minds sharp and fresh. By working to keep your mind sharp, you can improve your attitude. Nothing angers a person more than not being able to remember important things or events. By having a sharp mind you can figure situations out better and make wiser decisions. Choose your friends wisely. Having a good sharp mind can improve your life all the way around, so keep that mind active! There are numerous ways to keep your mind sharp while keeping a good, well-rounded attitude

1. Heed this next statement: No matter how sharp a mind you may have, no one can remember everything. Therefore, don't beat yourself up trying. Learning to write things down helps.
2. Everyone has some type of special talent, so find out what yours is and use it. Be open to trying different things. You could find a hidden talent that you are not aware of.
3. Maintain a regular exercise program. It will help to relieve tension. Relieving tension alone can improve your thought patterns. The less tension that you have the sharper your mind will become. You will begin to develop a better attitude as time goes on. You should find a program that works for you.
4. Some people find that writing poetry can be relaxing plus it is a great way to express yourself. Not everyone writes poetry so find your own mode of self expression. Try sewing, playing a musical instrument, or gardening.
5. You are never too old to learn. Don't let learning stop just because you're out of school. Go to your local library to gain more knowledge. It is a great place to relax, gather thoughts, and focus on studying. If you have any spare time, carry a book over to the park or stop in at a family restaurant. It all aids in building a sharper better mind, and improves your attitude.



6. You should treat yourself as well as you treat others. It will improve the way you think. You will be a happier individual with a sharper mind and better attitude. Try buying yourself a small gift while out shopping for others. It is always good to give, and being generous is nice, but charity should begin at home. Remember, too, that generosity involves more than just material things and satisfaction is not achieved by consumption.
7. Figure out for yourself the true meaning of what is important in life. In doing so you will build a sharper mind and a better attitude. For where others may have failed and so never know the true meaning, you may succeed. Search deep inside for your inner self.
8. You are truly blessed if you have common sense. There is nothing like good old common sense, for without it how can you possibly achieve having a sharp mind?
9. Use your mind more instead of using a calculator or adding machine. This is to say, especially, on simple things that you can easily total up in your head or on a piece of paper. Many people haven't done long division since grade school; give it a try sometime.
10. Stay focused on making your own decisions. Don't let other people try to make decisions for you. Be firm about speaking for yourself. And don't be afraid of expressing your opinion. Everyone has an opinion and the right to have one. Who knows, your opinion may catch on.
11. You should jog, run, ski, play ball, fish, write, garden, or whatever makes you happy. Doing things that you enjoy will help you to keep your mind fresh and clear and your attitude at its best.

12. Learn some basic memory techniques. To start off with, you could find some books written by Tony Buzan or Dominic O'Brien: both of them are top people in the memory world.

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### Tips

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- Sit down and think it out, what can you do to keep a sharper mind and a better attitude? You'll be amazed at what that you figure out for yourself.
- **Don't let others rule your life, for that will make you sad and dull your mind.**
- Learn to round off numbers while grocery shopping. Try not using a calculator. Although, one may shop on a budget. If something is .69 cents, simply round it off to .70 cents in your head. I always come close to the exact amount (dollar-wise) at the check out register. This works unless you totally avoid looking at your grocery list, which is not recommended.
- **Drink plenty of water. Drinking little water every 30-40 minutes works well.**
- Thinking positive is not only healthy, but it builds a stronger mind with that well adjusted attitude.
- **Negative thinking never gets anything done; it is just setting yourself up to fail.**
- Sleep is very important to keep a sharp mind and good attitude. But laying in bed tossing and tumbling isn't any fun. So do something to assure that you are tired enough to sleep well. A few good hours of sleep are better than those broken up hours of slumber.
- **Try using your opposite hand to do everyday things, especially writing and printing. Sit down and start writing on a piece of paper using your off hand. It will probably start out like scrawl, but you will gain better control, become more**

**aware of your tense shoulders and body, and able to use both sides of your brain. This exercise is also used for epileptic patients.**

# Beauty Corner with Sylvia Er-Wood

## **Beauty Tip For The Holidays**

**By Sylvia Er-Wood Blind Center of Nevada Staff Member**

Hi there, I'd like to speak about a nice touch for the Holiday Seasons' that are coming. Just like there will be the start of lots of light, glitter and happy cheer around us, what a great way to bring this to our makeup as well. Yes indeed, I'm talking about glowing and glittering makeup shades. So if you would like to try it, here are some ways.

For your face; ask at a department store, if they will show you the different glowing shades of foundations. For your eyes; have a friend or a makeup salesperson, to gather 2 or 3 tones of glowing or glittering makeup shades. When it comes to eye shadows they can mix these shades to see which will work best for you. For your lips; go for extra shimmer!

In the cooler months; a richer color shade of lipstick is very nice, ask a makeup sales person to pick out some colors that are right for you. A flat lipstick color; with a shimmer tone of lip gloss over it of the same shade, is a wonderful choices for the holidays!!

## **Blind Center of Nevada E-Waste Program / Computer Recycling**

**(702) 642-6000 Ask for Ben**

We accept: Computers, monitors, 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).

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**Free Matter for  
the Blind or  
Handicapped**

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