

# Blind Center of Nevada Chatterbox

**August 2007**

## **Importance and Impact of Volunteers**

The Blind Center of Nevada recognizes the impact one person can make and the importance of a volunteer's contribution to our organization. Our members enjoy and benefit from the participation and interaction of all the great volunteers we have. The Blind Center understands that volunteers enable our organization to offer more activities and events for our members. We believe volunteers are a major benefit to our organization and we hope that through future volunteers we will continue to expand our services and programs.

Although on a national level, Nevada ranks one of the lowest in volunteer participation. The average for Nevada is 10% lower than the national average volunteer rate. The citizens of Nevada need to realize the importance and impact volunteers can make to the people who are in need. By just volunteering some of their time they can experience a great sense of fulfillment and accomplishment.

The Blind Center questions what would happen if every Nevadan did their part by volunteering more and how much better things would be? Las Vegas is one of the fastest growing cities in the country but the volunteer rate has not

increased due to this expansion. There are more people in need of services in this city but fewer people to offer help. We at the Blind Center know that this trend can change; people need to take the time to understand the importance and impact that volunteers truly make.

The impacts of volunteers are both social and economical which contributes to the fabric of society. Volunteers add a value to many lives which are often ignored by our fast paced society. They can offer companionship, friendship or just simply a warm smile. Our members enjoy every new and current volunteer because the love and joy they experience sometimes means more than anything. Volunteer activity can also be assigned an economic value and show a significant benefit to non-profit organizations. The Corporation for National and Community Service uses a standard measurement for the value of a volunteer's time, the value of the 8.2 billion hours annually donated by Americans equates to \$147.6 billion, a powerful economic impact of volunteering to the entire nation. If we all could find the time from our daily schedule and use it for the benefit of society by volunteering our time, the world would be in a much better place.

For information on volunteering at the Blind Center of Nevada please telephone 702-642-6000 and ask to speak with someone in detail about your specific interests.

***“The best and the most beautiful things in the world cannot be seen or even touched but be felt by the heart.”***

**~Helen Keller**

# **AUGUST 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  
**BOWLING** MONDAY 11:15AM BEGINNING  
**BAKERY GOODS** EVERY MONDAY  
TUESDAY **SHOPPING TRIP** 9:30AM-10:30AM  
CHAT & GAMES IN THE **SOCIAL HOURS** TUES 10:00AM  
**CERAMICS** TUESDAYS 10:00AM  
**YOGA** TUESDAYS 10:30AM  
**GUEST SPEAKER** EVERY TUESDAY 12:30PM  
**GAME DAY** WEDNESDAYS 9:30AM  
**ARTS & CRAFTS** WEDNESDAYS 10:00AM  
**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  
**PAINO LESSONS** FRIDAYS 12:30-4:30PM BY  
APPOINTMENT

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

## August 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Accordion Club Performs 11A-1P	2	3  Low Vision Seminar	4
5	6	7	8 Monthly Member Party Luncheon	9	10	11
12	13	14	15	16	17 Sprint Mt Ranch Play	18
19	20	21	22	23	24	25
26	27	28	29	30  Pizza Party Lunch	31	

**August is...**

## **Children's Eye Health and Safety Month**

Each year, thousands of children 5 and under have eye accidents at home, at play, or in the car. These eye injuries can damage a child's sight and even cause blindness. Taking these simple steps can help prevent eye injuries to your child:

- 1. Understand the dangers**
- 2. Find and remove hazards**
- 3. Watch your child closely**

The most common causes of eye injuries to children include:

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils)
- Contact with harmful household products (detergents, paints, glues, etc.)
- Automobile accidents.

### ***Finding and removing hazards***

**At Home:** Use safety gates at top and bottom of stairs. Pad or cushion sharp corners. Put lock on all cabinets and draws that kids can reach. Keep all sharp or pointed objects out of kid's hands. Put away all hazardous chemicals, including cleaning solutions. Keep your child out of work areas.

**At Play:** Read all warnings and instructions on toys. Avoid toys with sharp edges or hard points, spikes, and rods. Don't buy toys that fly or shoot. Be aware of items in playgrounds and play areas that are hazards. Make sure your child wears proper eye protection when playing sports.

**On the Road:** Make sure children are properly secured in baby carriers and child safety seats and that the seat and shoulder belts fit well. **Children age 12 and younger should never ride in the front seat.** Store loose items in the trunk, or secured on the floor. Any loose object can become dangerous in a crash.

\* \* \*

## **Super Summer Theatre August 17<sup>th</sup>**

### **Jesus Christ Superstar**

*Jesus Christ Superstar* chronicles the last seven days in the life of Jesus of Nazareth as seen through the eyes of his disciple, Judas Iscariot, who has become disillusioned with the movement. At the opening of the play, Judas agonizes over his perception that Jesus' followers have become fanatical and unrealistic, hailing him as a god and twisting his words into monstrous prophecies.



Tickets to the show are \$10 per person and includes dinner for Blind Center members and their guest.

For information and to sign up to attend the show call 642-6000.

## **Leave A Lasting Legacy**

***“We make a living by what we get, but we make  
a life by what we give.”***

***~ Winston Churchill***

As you reflect on the living you have earned and the wealth you have accumulated, consider making many lives better through a charitable donation to The Blind Center. And did you know that you can leave a part of your estate to The Blind Center while leaving the rest of your estate to your other heirs? Please feel free to contact us or your attorney for further direction.

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## **Are You Blind or Visually Impaired and Looking for Work?**

The Blind Center of Nevada is looking for you! We currently have positions open for internet sales people. We are seeking to fill positions that will enable you to use your computer skills. Don't have computer skills, or need to brush up on them? No problem, the Center offers a state of the art multi-user computer lab equipped with the latest in Assistive Technology. The computer lab is open Monday – Friday 9am to 5pm.

For more information on employment or computer training please call 642-6000 and speak with a member of our management team. Start transforming your tomorrow by inquiring about these and other opportunities today, you'll be glad you did.

**August is...**

## **Cataract Awareness Month**

### Cataracts

A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil. The lens works much like a camera lens, focusing light onto the [retina](#) at the back of the eye. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away.

The lens is mostly made of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it. But as we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see.

Cataracts are classified as one of three types:

- A **nuclear cataract** is most commonly seen as it forms. This cataract forms in the nucleus, the center of the lens, and is due to natural aging changes.
- A **cortical cataract**, which forms in the lens cortex, gradually extends its spokes from the outside of the lens to the center. Many diabetics develop cortical cataracts.
- A **subcapsular cataract** begins at the back of the lens. People with diabetes, high farsightedness, retinitis pigmentosa or those taking high doses of steroids may develop a subcapsular cataract.



## ***Cataract Symptoms and Signs***

A cataract starts out small, and at first has little effect on your vision. You may notice that your vision is blurred a little, like looking through a cloudy piece of glass or viewing an impressionist painting. A cataract may make light from the sun or a lamp seem too bright or glaring. Or you may notice when you drive at night that the oncoming headlights cause more glare than before. Colors may not appear as bright as they once did.

The type of cataract you have will affect exactly which symptoms you experience and how soon they will occur. When a nuclear cataract first develops it can bring about a temporary improvement in your near vision, called "second sight." Unfortunately, the improved vision is short-lived and will disappear as the cataract worsens. Meanwhile, a subcapsular cataract may not produce any symptoms until it's well-developed.

If you think you have a cataract, see an [eye doctor](#) for an exam to find out for sure.

## ***What Causes a Cataract?***

No one knows for sure why the eye's lens changes as we age, forming cataracts. Researchers are gradually identifying factors that may cause cataracts — and information that may help to prevent them.

Many studies suggest that exposure to ultraviolet light is associated with cataract development, so eye care practitioners recommend wearing sunglasses and a wide-brimmed hat to lessen your exposure. Other types of radiation may also be causes. For example, a 2005 study conducted in Iceland suggests that airline pilots have a higher risk of developing

nuclear cataract than non-pilots, and that the cause may be exposure to cosmic radiation. A similar theory suggests that astronauts, too, are at risk from cosmic radiation.

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## **Cataracts and Nutrition**

Age-related cataract is a leading cause of blindness in the world today. While the exact cause of cataracts is unknown, scientific investigation is continuing to determine whether consuming herbs, nutritional supplements, and healthy foods can reduce the risk of developing cataracts. Human studies exploring use of herbs to slow or prevent cataracts appear scarce. But researchers have also cited that the herb, turmeric, reduced cataract formation. Remember, however, to never undertake use of any herb as a medicinal remedy without consulting your doctor first.

Turmeric is an antioxidant. And generally eating a healthy diet rich in antioxidants and certain vitamins has been shown in some studies to possibly reduce the risk of cataracts or their progression.

## ***Diet, Oxidative Stress, and Cataracts***

Oxidative stress results when we have an imbalance between damaging free radicals and the antioxidants that keep them in check. Free radicals are atoms or groups of atoms (molecules) that are highly reactive with other atoms and molecules because they have unpaired electrons. In the body, a free radical is usually an oxygen molecule that self-stabilizes by taking an electron from another molecule, which in turn tries to take an electron from another molecule, and so on. Free radicals damage the body by stealing

electrons from the normally healthy cells of organs and other tissues. This process of stealing electrons from healthy cells is called oxidation.

In the eye, oxidation affects proteins and fats in the lens to the extent that the lens becomes damaged and cloudy, creating what we call cataracts.

Preventing free radical damage with healthy foods, particularly those containing antioxidants, may help slow down this process.

Free radicals that damage our eyes and the rest of the body may originate from exposure to pollution or chemicals, smoking, radiation exposure, and eating unhealthy foods. Some free radicals occur from normal daily metabolism, which means even people who don't have those exposures need antioxidants found in the healthy foods we eat.

Antioxidants include some vitamins and phytochemicals that can be found in the foods we eat. Vitamin C, vitamin A, lutein, and vitamin E are some examples of antioxidants that have been shown in studies possibly to reduce the risk of cataracts. These antioxidants, as well as others, are easily obtained from eating a diet containing plentiful amounts of fruits and colorful or dark green vegetables. The compounds that give fruits and vegetables their colors contain the antioxidants that help keep us healthy.

# **LAS VEGAS**

## **TRIVIA QUESTIONS**

1. What hotel was the first to sign entertainers to exclusive contracts?
2. What was the first Las Vegas resort to host international bowling tournaments?
3. Who bought the downtown Las Vegas Eldorado Club in 1951?
4. The El Rancho Vegas is credited with what phase in the entertainment industry?
5. Who was the leading star at the Riviera for many years?
6. Which U.S. president made his only nightclub appearance in Las Vegas?
7. In what hotel did he appear, and what did his act feature?
8. What is Nevada's official state rock?
9. What are the closest towns to it in all directions?
10. When and to whom was the first gambling license issued?

**Answers will be posted in Sept. Chatterbox**

## ***August, 2007 Bizarre and Unique Holidays***

### **Month:**

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month

### **Weekly Events:**

- Week 1 National Simplify your Life Week
- Week 2 National Smile Week
- Week 3 Friendship Week
- Week 4 Be Kind to Humankind Week

## **Living With Low Vision**

Are you or someone you know experiencing vision loss and in need of assistance with magnifying devices, assistive technology, advocacy, referral, mail reading, daily living skills, support group meetings or other areas of assistance?

The Blind Center of Nevada offers this type of assistance as well as a host of other important programs and services to the blind and visually impaired community. Do not let another day pass by without getting the assistance you need and deserve. Call 642-6000 for more information.

## 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***, in association with Computer-recycler.com, 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.

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FREE MATTER  
FOR THE BLIND



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