

The Visionary

April 2006

Never Underestimate the Power!

Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-- Dr. Felice Leonardo Buscaglia

As I read this quote the truth in it hit me like a ton of bricks! I have seen first hand the *power* and magic of a smile, a kind word and a caring gesture. Especially at the Blind Center of Nevada, where so many people depend on us to make a difference in their lives. Most of the time we hurry through our day and we forget to realize the impact we have on other people. Something as simple as a smile can change a person's whole day in a positive way.

Think of a time when you were feeling really discouraged about something and how those feelings changed when someone gave you a warm smile or uplifting word of encouragement. This is what volunteers do, we lend a hand where needed, we give warm smiles to those who think there is no joy left in the world, we give uplifting words of encouragement to the discouraged, we care and that is what makes the difference in people's lives!

As you venture through your day today take special note of your actions and interactions with others. You may be surprised by the amount of help you give with a warm smile, encouraging word and what seems to us to be "*small gestures*". At the end of the day you can take pride in knowing you have not under-estimated the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring.



6th Annual Good Old Fashioned BBQ & Auction

Thursday, May 11, 2006 will mark the Blind Center of Nevada's 6th Annual Good Old Fashioned BBQ/Auction. We are currently accepting volunteer sign-ups for this event. Volunteers are needed between the hours of 2:00pm to 9:00pm. We need help setting up this event, serving during the event and break down and clean up at the end of the event. We would love to have people stay the full schedule, but we realize that is not always possible, we gladly accept volunteers for shorter shifts. Please call or email Paula Fike at 642-6000 or paulaf@blindcenter.org to sign up.

Mission Statement

The Blind Center of Nevada assists blind and visually impaired persons of all ages in reaching their highest physical, social, intellectual, and economic potential. To achieve these objectives, there are three focus areas: personal development, social interaction, and meaningful employment

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Volunteering Is Simple & Fun

Sometimes, one of the hardest parts of volunteering can be *finding* a volunteer opportunity that fits your personality. We created this comprehensive list to help you find the perfect match. There is much work to be done in many areas and you can be an important link in our strong chain of volunteers. We want your volunteer experience to be as valuable to you as it is to the Blind Center and the people we serve. We provide all necessary training for these and all positions.

- Activity Assistants/Leaders
- Arts & Crafts Leaders
- Bowling Team Assistants
- Computer Lab Mentors
- Cooking Class Instructors (Basic Cooking)
- Fitness Instructors
- Low Vision Technology Assistant
- Maintenance/Repair Person
- Music Teachers
- Nutrition Instructor
- Shopping Trip Companions



Things to remember when you are working with those with Vision Impairments:

- Don't assume you know what a person with vision impairment needs - ask them first.
- Describe your surroundings.
- Use light touch to help communicate your message.

Many of our opportunities offer volunteers the chance to provide friendship and community activities to our visually impaired members. If you think you would enjoy working with blind and visually impaired individuals call 642-6000 and speak with Paula today about joining our team!

April 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
30						1
2	3	4	5	6	7	8
	Bowling 11:00am		Spring Fling Party 10:30am	Shopping 9:30am		
9	10	11	12	13	14	15
	Bowling 11:00am		Vision Forum 10:30am	Shopping 9:30am		
16	17	18	19	20	21	22
	Bowling 11:00am		Italian Feast 11:30am	Shopping 9:30am		Member Dance Outing 5:30pm
23	24	25	26	27	28	29
	Bowling 11:00am		Sensory Safari 1:00pm	Shopping 9:30am		

Quote Of The Month



Don't ask what the world needs. Ask what makes you *come alive*, and go do it. Because what the world needs is people who have come alive.

-- Howard Thurman

Spotlight On Volunteer Opportunities

Have you been wanting to volunteer and aren't sure where you are needed? Every volunteer position at the Blind Center is an important link in our chain of support. However, sometimes it becomes clear that there are some positions that we need filled as soon as possible in order to keep the Center running smoothly. April's Volunteer Opportunity Spotlight features four key opportunities.

The first is for a handy dandy Maintenance and Repair person. We are looking for an energetic, handy individual to oversee the upkeep and maintenance of the Blind Center building and grounds. This position requires a

couple of days per week, the hours are very flexible.

Second, as the warm weather approaches we are beginning to attend the swimming pool at our local community center once a week. We are looking for individuals to accompany our visually impaired members during pool time, this is a group activity. This event takes place each Monday from 9:00am to 10:00am. The Blind Center provides all transportation to the community Center.

Third, if you enjoy the computer, we are seeking mentors to teach and guide members in basic computer programs, including word-processing, Internet use and key-

boarding for beginners. Low vision software is used for all these lessons. All mentors will receive on-going training. This position requires a minimum of a couple of hours once a week, the days and hours are flexible.

Last of all we encourage you to check out the BCNV bowling league that meets on Mondays from 11:00 am to 1:30 pm. Volunteers are needed to assist bowlers at lanes.

If you are interested in any of these position or know someone who might be, please let us know

Join Us For Vision Forum



"There is life after vision loss"

Join us for the Vision Forum, a day of resources, education and activities for blind and visually impaired individuals, their loved ones and services providers.

We are looking for volunteers to accompany our Blind Center members to this event on April 12, 1006 10:00am to 1:30PM. We will meet at the Center at 9:30AM and depart on Blind Center vans to the event.

If you would like to go directly to the Vision Forum it will be held at:

Las Vegas Senior Center
451 E. Bonanza Rd
Corner of Las Vegas Blvd
& Bonanza

Call 631-9009 for more
Information.



Have you completed your timesheet and turned in your monthly comments and ideas? This is an important way for you to be involved in the Center's goal to provide vital services to those with vision loss!





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*"Alone We Can Do So Little;
Together We Can Do So Much"*
~ Helen Keller

REASONS TO VOLUNTEER

You want to have fun, be involved, be active, give to the community, learn new skills, meet people, be appreciated and help others who need help.

These are just some of the reasons.

You're done with the 9 - 5 work routine, but you are not ready to "retire".

Choose to stay actively involved by contributing your talents to making our community a better place.

Enhance your resume or college application.

As you learn and grow by volunteering, you will be gaining real skills that will enhance your professional and education goals, as well as making the world better for others.

Balance your life, get out and meet more people.

You may feel that you aren't "getting out" enough -- maybe you work too many hours or you are home with your family a lot. Provide information, work on an event, get involved with one of our many departments, the opportunities are all there. You'll help the Center, you'll get to interact with other people, you'll learn new skills, and you'll help a great blind center continue to provide outstanding services to our community.

Studies show that health is often improved by participating in a meaningful, rewarding cause.

And what could be more meaningful and rewarding than volunteering for the Blind Center of Nevada and helping the people in need who come through our doors?

