

# **Blind Center of Nevada**

## **Chatterbox**

JUNE 2006

### **THANK YOU FOR HELPING MAKE** **OUR EVENT A HUGE SUCCESS**

May 11, 2006 marked the date of our **6<sup>th</sup> Annual Good Old Fashioned BBQ & Auction**. This year's event was absolutely spectacular with an evening filled with great food, fun music, a huge antique auto collection, great auction items and generous guests. We would like to thank the Sunbelt Antique Auto Museum for graciously allowing us to hold our event in their gorgeous museum and banquet hall.

The success of this event was made possible by of all the community minded companies and individuals who support the Blind Center of Nevada. Please join us in thanking the supporters of this year's event.

Through your generosity and support the Blind Center is able to continue toward the goal of bringing beneficial programs and service to blind and visually impaired members of our community. Take a bow for a job well done.

Air Tran Airlines  
Applebee's  
AZ Fab  
Barnes & Noble Book Store  
Best Western Inn Zion  
California Portland Cement  
Costco  
District 4N Lions  
D.P. Curtis Trucking  
Daniel Goodsell  
David Saxe Productions  
Davis Concrete  
Designs By Jeffrey White  
Dream Dinners  
Dutch Oven Society  
Eldorado Casino  
English Garden Florist  
Fitzgerald's Hotel & Casino  
Game Works  
Georgio Café  
Goodfellow Corporation  
Headwater Resources  
Joker's Wild Casino  
Lahaina Grill  
Mandalay Bay

Merry Maids  
Mike Grey  
Mt. Rose Ski Tahoe  
Outback Steakhouse  
Painted Desert Golf  
Paymon's Mediterranean Cafe  
PF Chang's  
Redburn Tires  
Rio Hotel & Casino  
Riviera Hotel & Casino  
Sagebrush Ranch  
Sahara Hotel & Casino Scenic  
Airlines  
See's Candies  
ServiceMaster  
Sierra Ready Mix  
Southwest Airlines  
Starbucks  
Steve Walters  
Sunburst Shutters  
Sweet Tomatoes  
Ted Weins  
The Cupcakery  
The Original Pancake House  
TPC Summerlin

We would also like to say ***THANK YOU*** to all the volunteers who continually lend a helping hand to make the Blind Center of Nevada such a special place for the blind and visually members of our community.

# How To Construct A Chocolate Cake

By Jerice Ney

In our house we all had to learn to cook. It was my Dad's theory that if you could read, you could cook. I don't think at this time of my life, even though I had read Julia Childs 'Cook Book', that I could create any of her recipes. But, I tried.

My sisters and I took turns cooking different meals and snacks. Since we ranged from 6 to 12 years of age we were all at much different levels of achievement. My younger sister thought she was the master chef when she made ham sandwiches and decorated the product with Oreo cookies. My specialty was baked goods.

Outside the weather was horrible. It was bitterly cold and the rain was pouring down. It was certainly no day to make a fondant frosting, but Dad loved cakes and cookies. So, I thought he would enjoy this treat when he finished doing his outdoor chores. I made the most wonderful chocolate cake. It was the one with vinegar and hot water. It was light and fluffy and I had 3 layers to stack together with vanilla frosting, which of course is white. Maybe, you can already see the problem. I got the layers put together okay, but there it was, the problem of the century. The disaster all bakers must face at one time or another.

Continued on next page:

How do you get white frosting on a chocolate cake without getting brown crumbs mixed all through it? Ugh.. I cursed, I cried. I tried to cover it up with more frosting. Smeared some more, then cried some more.

Then the miracle worker suddenly appeared on the scene, soaked through with water. His hair was everywhere. He squished into the kitchen in his wet boots, and there he stood. "What's going on here?" he asked. "I can't get this cake right", I sniffled. My dad looked at my creation, then he calmly told me what equipment to get for him. First of all he wanted a tall glass, filled with water and next a butter knife. Then he wanted a paper towel, and this he used to wipe all the tears off my face. Then he told me that the cake would be just fine, and if it wasn't, well we'd just eat it right then and there, and no one else would ever know the difference. I began to laugh and immediately knew all would be fine. Daddy took the knife and put a generous amount of icing onto the cake. Then he dipped the knife into the glass of water, and smoothed the icing expertly over the whole cake. "Smooth it like cement, Jerice. Just spread it like cement", he advised.

The cake turned out beautifully, and with the completion came a wonderful memory. To this day, I ice my cakes as though I were spreading cement. I hear my dad's words in my mind, and in my eyes and heart I see that wonderful man standing there in his wet dripping clothes, wiping away my tears and spreading icing as though he were cementing the Grand Canyon.

# **JUNE SCHEDULED EVENTS**

## ***COMPUTER LAB INDIVIDUALIZED LESSONS***

MON-THU 9:30AM-1:30PM & WED 3:30-4:30PM

MONDAY ***BRAILLE LESSONS*** 10AM-11AM

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

***BOWLING*** MONDAY 11:15AM BEGINS 06/12

***VIOLIN LESSONS*** MONDAY 3:00PM

***BAKERY GOODS*** EVERY MONDAY

CHAT & GAMES ***KITCHEN CLUB*** TUES 9:30AM

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

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

***SHOPPING TRIP*** WEDNESDAYS 9:30AM

***GAME DAY*** WEDNESDAYS 9:30AM

***VISITING PHARMACIST*** WEDNESDAY 10:30AM

ROUND TABLE ***DISCUSSION*** WED 12:00PM

WEDNESDAY ***BRAILLE LESSONS*** 10:30-11:30AM

WEDNESDAY ***SUPPORT GROUP*** 1:00PM

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

***PIANO/GUITAR*** WEDNESDAY 12:00PM-2:00PM

***DANCE LESSONS*** WEDNESDAY 3:30PM

WEDNESDAY IS ***\$1 TACO DAY!*** PLACE YOUR

ORDER WITH DONNA BY TUESDAY.

***MAIL READING ASSISTANCE*** AVAILABLE

MON-THURS BY APPOINTMENT

WAL-MART ***SHOPPING TRIP*** THURSDAYS 9:30AM

THURSDAY ***SUPPORT GROUP*** 11:30PM

# **SUPPORT GROUP MEETINGS**

**BLIND CENTER OF NEVADA**  
WEDNESDAYS 1:00PM TO 2:00PM &  
THURSDAYS 11:30PM TO 12:30PM  
AT THE BLIND CENTER OF NEVADA  
1001 N. BRUCE STREET  
642-6000 FOR MORE INFORMATION

**BLINDCONNECT**  
MEETS ON THE 4TH WEDNESDAY OF THE MONTH  
6375 W.CHARLESTON BLVD BLDG "L"  
(CROSS STREET IS TORREY PINES)  
AT THE CCSN CAMPUS  
631-9009 FOR MORE INFORMATION.

## **Did you know.....?**

- June Is... Dairy Month
- June Is... National Adopt-A-Cat Month
- June Is... National Drive Safe Month
- June Is... National Fresh Fruit and Vegetable Month
- June Is... National Iced Tea Month
- June Is... National Rose Month
- June Is... National Safety Month
- June Is... National Tennis Month
- June Is... Turkey Lovers Month
- June Is... Zoo and Aquarium Month

# June 2006

				<i>1</i>	<i>2</i>	<i>3</i>
<i>4</i>	<i>5 Bowling League Meeting &amp; Pot Luck Lunch</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12 Bowling Starts !</i>	<i>13</i>	<i>14 Monthly Party 10:30am</i>	<i>15</i>	<i>16 Super Summer Theater</i>	<i>17</i>
<i>18 Fathers Day!</i>	<i>19</i>	<i>20</i>	<i>21 Italian Feast 11:30am</i>	<i>22</i>	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	

# **LET'S LOOK AT THE EYE**

## **ARE YOU AT RISK OF DEVELOPING CATARACTS?**

### **What is a Cataract?**

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina - which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

### **How common are cataracts?**

Cataracts are a leading cause of blindness among older adults in the United States. More than 20 million Americans age 40 and older have cataracts. More than half of all Americans have cataracts by the time they are 80 years old. Cataracts can also sometimes be found in young people or even newborn babies.

### **Am I at risk for developing cataracts?**

The exact cause of a cataract is unknown. Most often, a cataract is part of getting older. As you age, you are at greater risk of developing a cataract. There are also several possible risk factors for cataracts, such as:

Continued on next page:



About cataracts continued from previous page:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

### What are the symptoms of a cataract?

Generally, a cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

You have blurred vision, double vision, ghost images, or the sense of a "film" over your eyes.

Lights seem too dim for reading or close-up work, or you are "dazzled" by strong light.

You change eyeglass prescriptions often and the change does not seem to help your vision.

You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

The key to preventing vision loss is regular eye exams. If you are 65 or older, you should get a complete eye exam every one or two years, even if you have no problem seeing well. Be sure to ask your eye doctor for a dilated eye exam.

**Recipe from *Cooking In The Dark* website:  
[www.blindmicemart.com](http://www.blindmicemart.com)**

*Summer is coming, and it's time for something sweet and easy to make!*

### **Chocolate Mousse**

Ingredients:

1 (1.4 ounce) package instant sugar-free chocolate fudge pudding mix

1 cup cold skim milk

1 3/4 cups light whipped topping (Cool Whip)

Whole fresh strawberries (optional)

***This is a diabetic friendly recipe but full of flavor!***

Regular instant pudding, Whole or 2% milk, and regular Cool Whip can be used for a non-diabetic version of this recipe.

### **Non Diabetic Chocolate Mousse**

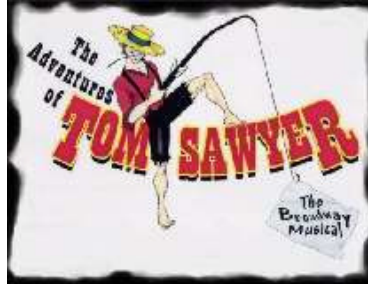
Directions:

In a mixing bowl, beat pudding mix and milk until well blended, about 2 minutes.

Fold in whipped topping.

Serve with strawberries for dipping.

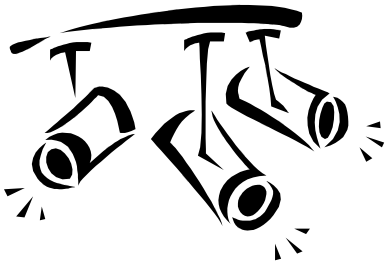
Serve this over the top of a piece of angel food cake for delicious results!



Join us Friday June 16<sup>th</sup> for  
***“The Adventures of Tom Sawyer”***  
Super-Summer Theatre!

**What is Super Summer Theatre?**

Super-Summer theatre is a nonprofit organization dedicated to bringing low cost, high quality productions to the people of Southern Nevada. The outdoor theatre is located in Spring Mountain Ranch State Park; in beautiful Red rock Canyon, just 18 miles west of Las Vegas. If you've gone to a play with us before you know the great seats we get and how much fun it is, don't forget that dinner is included! Be sure to sign up so you don't miss the fun!



# **MONEY MATTERS**

Developing systems for identifying and handling money is critical for maintaining an independent lifestyle. While you may wish to devise your own methods, the following tips have helped many people keep track of their finances.

## **PAPER MONEY**

Sort bills and place them in different sections of your wallet, and/or fold them according to different denominations. There are several folding systems. Experiment to see what works best for you. You might want to try this method to differentiate four denominations of paper money.

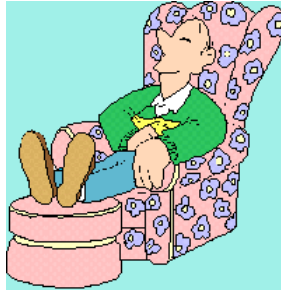
Keep bill type #1 unfolded in your wallet  
Fold bill type #2 in half with short ends together  
Fold bill type #3 in half with long sides together  
Fold bill type #4 in half and then in half again

When you receive bills, fold or otherwise identify them before placing them in your wallet.

Create sections in your wallet with flexible plastic, or simply purchase a second wallet.

Be sure to check the July issue of the Chatterbox for more on **MONEY MATTERS**.

Remember Fathers Day is Sunday June 18<sup>th</sup>!



## **EMPLOYMENT OPPORTUNITIES**

**The Blind Center of Nevada is currently accepting applications for the following positions:**

- Computer Technology Support Person
- General Assembly Personnel
- Warehouse Personnel
- Pick-Up/Delivery Driver

**Anyone interested in applying for one of these positions please call 642-6000 for an application or fax your resume to 649-6739.**

# **YOU'RE INVITED!**

## **COME SEE WHAT'S NEW**

Do you or a loved one find it increasingly difficult to complete what once were simple everyday tasks? Are you looking for something to help you read the newspaper, look up a phone number, read your prescription bottle or a menu at a restaurant? The Blind Center offers an informative low vision program. There is no fee to attend this "hands-on" learning experience. You will gain a wealth of knowledge about low vision and non-visual aids. Don't let another day pass by without this valuable information that can change your life or the life of someone you know. Call 642-6000 to reserve a seat at our next demonstration.

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

FREE MATTER  
FOR THE BLIND

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