



BLIND CENTER OF NEVADA

February 2006

Chatterbox

Thank You for Helping Make the Blind Center Beautiful!

We are so excited to announce the completion of another step in the beautification process at the Blind Center of Nevada. Our spectacular new *commercial kitchen* has been completed. The kitchen is topped off with a serving window and an additional room that hosts the *beverage service area*. We are so proud of this new addition and we owe our thanks to the following individuals and companies for their contributions, hard work and dedication to seeing this project to completion. Please join the Blind Center in thanking:

JE Enterprises
Southwest Rotary Club
Ahern Rentals
Murphy Electric
Davis Concrete
Pete King Corporation
Tate, Snyder, Kimsey Architects

Dynamic Décor
Lloyd's Refrigeration, Inc.
Desert Plumbing
Streamline Sealants
SCA Design
Hardy Paint & Drywall

Thank you for a job well done, we love the kitchen! We look forward to being able to serve our members with many hot, healthy meals prepared in our new kitchen.

FEBRUARY SCHEDULED EVENTS

COMPUTER LAB MONDAY-THURS 9:30AM-1:30PM
AND WEDNESDAY 3:30-4:30PM

MONDAY **BRaille LESSONS** 10AM-11AM

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

BOWLING MONDAY 11:15AM

BAKERY GOODS EVERY MONDAY

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

TUESDAY **SHOPPING TRIP** 9:30AM

GUEST SPEAKER EVERY TUESDAY 12:30PM

SHOPPING TRIP WEDNESDAYS 9:30AM

GAME DAY WEDNESDAYS 10:00AM

VISITING PHARMACIST WEDNESDAY 10:30AM

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

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

TAI CHI WEDNESDAY 12:30-1:30PM

PIANO & GUITAR LESSONS WEDNESDAY 12:00-
2:00PM

DANCE LESSONS WEDNESDAY 3:30PM

COMPUTER MENTORING (INDIVIDUALIZED LESSONS)
WEDNESDAY 3:30-4:30PM

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

REMEMBER: BLINDNESS SUPPORT GROUP MEETS
ON THE 4TH WEDNESDAY OF THE MONTH AT 6375 W.

CHARLESTON BLVD (CROSS STREET IS TORREY
PINES) AT THE CCSN CAMPUS BLINDCONNECT

631-9009 FOR MORE INFORMATION

FEBRUARY 2006

AMD Low Vision Awareness Month

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2 Bakery	3	4
5	6 Bakery	7 Shop- ping Trip to Outlet Mall	8	9 Bakery	10	11
12	13 Bakery	14 Valen- tine's Day Party 11am	15 Italian Feast 11:30am	16 Bakery	17	18
19	20 Bakery	21	22	23 Bakery	24	25
26	27 Bakery	28				



February 1-28, 2006 is AMD/Low Vision Awareness Month

Macular degeneration is a leading cause of vision loss, affecting 1.6 million Americans age 50 and older. The initials AMD stand for a disorder called age-related macular degeneration. AMD is a disease that affects part of the back of the eye called the macula, the central part of the retina. This can cause the center part of your vision to become blurry or wavy. It could also cause a blind spot in the center of your vision. This debilitating vision loss condition can dramatically affect a person's daily routine and ultimately severely hamper every day life.

Low vision aids can make the most of remaining vision. Items like the magnifying glass, talking watches and clocks, white canes, Video Magnifiers and other low vision aids are designed to make facing the challenge of every day life with less vision a little more comfortable.

The Blind Center offers these and other items to help those with AMD and other vision robbing eye diseases. We offer a monthly hands on low vision seminar that offers individuals the opportunity to learn about and try these low vision items. The low vision seminar is for everyone, not only those with vision loss.

If you would like to attend a low vision demonstration, call 642-6000 to reserve your seat at the next available session. There is never a charge to attend a demonstration and you stand to gain so much!



Valentine's Day Breakfast
French Toast With Raspberry, Chocolate
and Cream Cheese
Heart shaped French toast for two.

6 slices bread	3 teaspoons raspberry jam
2 eggs, lightly beaten	1/3 cup milk
1/4 teaspoon almond extract	1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon	1 pinch salt
1/2 tablespoon butter	1/2 tablespoon oil
1/2 cup chocolate chips	1/4 cup cream cheese
confectioners' sugar (garnish)	
syrup	

With a heart shape cookie cutter cut 6 slices of bread. Spread 1 tablespoon of cream cheese on 3 of the slices. Sprinkle on the cheese 1/3 of the chocolate chips on each pressing lightly so the chips will stick.

Spread 1 teaspoon raspberry jam on each of the other 3 slices bread. Top these on to the cream cheese halves, pressing together to adhere.

Mix eggs, milk, extracts, salt, and cinnamon together. Place the sandwiches into the egg mixture and flipping till all is absorbed.

In a hot pan heat butter and oil. Fry toast till golden brown and flip to finish browning other side. Continue cooking stove top or in a 350 degree oven till desired doneness.

Top with sugar, syrup, and or fresh berries.
Serves 2



Valentines day

By Jerice Ney.. February 2006

Can you believe that it is February already? Seems like time is just flying by. Spring is rapidly approaching as if it were on the wings of Pegasus. A breeze swirling around the midst of time.

As February slips into the hour glass of shifting sands, we are all anxious for Valentine's Day. This is a special day for celebrating "Love".

Valentine's Day has been celebrated since A.D.490, when Pope Gelasius proclaimed that a priest named Valentine would then be a saint. Valentine was a Christian priest that loved and taught children about Jesus. He was imprisoned when he wouldn't worship the Roman gods. The children missed him so much that they wrote notes and letters to the priest and when the guards wouldn't relay the messages to Valentine, they simply delivered the notes through his cell window. Valentine was known from then on as the "God of Love".

Cupid is a Roman god that is associated with "love" and "Valentine's Day". But, Cupid had a split personality. On one hand he was a happy and loving man but on the other he was a cruel husband to his wife Princess Psyche. He forbade Psyche to ever see him in daylight. He would only come to her in the dark of night and leave before dawn, but the princess wasn't compliable. One night as Cupid slept she held a lighted candle to the god's beautiful face and body. Cupid awoke in a rage, he left Psyche and never returned .

Cupid was portrayed as a young athletic god until 300 B.C.

Valentine's Day Continued:

After this date he was shown as a chubby little child with wings and a bow and arrow.

Today Valentine's Day is a day of love and is special to all of us. We all have someone we love. Our family members, our friends, and our significant other. We give cards and candy to express our admiration. We love the little candy hearts that say, "Be mine", and "I Love you". I especially adore the lovely cards that are produced for this special day. Everyone wants to have a special love and we have to remember there are many kinds of love. We all have to love ourselves before we can love someone else, just like we must be happy within ourselves before we can make our lives happy. So, I'm wishing all of you a happy and loving "Valentine's Day", from my heart to yours.

There are many of us who have hoped for and long awaited descriptive audio services in our local theaters. I am excited to announce that two local theaters currently have descriptive audio devices ready for our enjoyment. Both, Sunset Station and Texas Station theaters host closed captioning and descriptive audio. For those who would like to go as a group, both cinemas are fully equipped with twelve head sets.

You can inquire about descriptive audio by calling:

Sunset Station 702-454-1186 or Texas Station 702-631-2206

Let's show our community how much we enjoy this service so that it will continue and expand!

See you there, and don't forget the popcorn!

Do You Know The Signs?

Coronary heart disease is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

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- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away.

BLIND CENTER OF NEVADA
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**FREE MATTER
FOR THE BLIND**

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