

BCNV Bulletin

The Blind Center of Nevada Newsletter -December 2007



So many exciting changes have taken place at the Blind Center over the past year, starting with the incredible transformation of our main building. If you haven't been by to see it yet, try to add it to your schedule once the hustle and bustle of the Holidays are over. You won't be disappointed!

This year our clients enjoyed many trips, including a jaunt to Lake Mead for a wonderful lunch cruise, a *Sensory Safari* at the Las Vegas Natural History Museum, a day of fishing at Lake Mead with the *C.A.S.T for Kids organization* and a trip to see the play "Ragtime" at Spring Mountain Ranch's *Super Summer Theatre*. Spring happenings at the Center in April included the *Spring Fling* party, and in May we had a visit from computer trainers for May's "*Microsoft Day of Caring*" a hands-on nationwide computer event. The month of June saw the Center honor all Moms, Daughter's, sisters and friends with *Women's Appreciation Day*. Parties at the Center included an August *50's Party with Dance Contest*, a September *Chili Cook-Off* and an October "*Freaky Fest*" Party. September and October's party featured performances by BCNV's own theatre club "*Drama in the House.*" Our thespians drew big laughs and a big crowd at both parties. In November, the lovely members of the *Pentecostal Prayer Group* served an authentic Thanksgiving lunch to our members and those in attendance were also treated to a beautiful musical performance while they dined.

We'd like to thank all of our clients, and volunteers for being a part of 2007 and we are looking forward to 2008 with excitement – we just keep growing and growing! Here's wishing you a prosperous and joyous New Year!

DECEMBER 2007 WEEKLY SCHEDULE

MONDAY-BAKERY GOODS

9:00 DRAMA IN THE HOUSE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS

11:15 BOWLING

12:00 CERAMICS

12:00-2:00 E.S.L

TUESDAY

9:30AM SHOPPING TRIP TO 99 CENT STORE

9:30 YOGA

10:00 READING CLUB

10:00 ARTS & CRAFTS

10:00 BLIND CENTER UNIVERSITY SPEAKER

10:30 CHOIR

11:30-2:00PM HAIR STYLIST AND MANICURIST BY APPOINTMENT

12:00 CERAMICS

12:00-2:00 BODY, MIND AND SPIRIT

WEDNESDAY – TACO DAY

9:30 COMPUTER LAB

9:30 EXERCISE

10:00 GAMES GALORE

10:00 ARTS AND CRAFTS

10:30 PHARMACISTS

12:00 CERAMICS

12:00-2:00 E.S.L

1:00 SUPPORT GROUP

1:30 READING CLUB

3:30 DANCE LESSONS

THURSDAY

9:30 SHOPPING TRIP TO WALMART

12:00 DRAMA IN THE HOUSE

3:00 GUITAR LESSONS

3:30-4:30 CERAMICS

FRIDAY

1:00-4:30 PIANO LESSONS BY APPOINTMENT ONLY

MAIL READING BY APPOINTMENT - SIGHTED ASSISTANCE ON ALL TRIPS

DECEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Haircuts	5	6	7 Low Vision Seminar	8
9	10	11 “Fun Time Singers” Perform at 11am	12	13 Holiday Dinner Gala 5pm	14 Last day of holiday basket assembly	15
16	17	18 Haircuts	19	20	21	22
23	24 Christmas Eve	25	26	27	28	29
		Center closed for Holiday December 24-January 2				
30	31 New Years Eve					

Blindness Myths and Realities

When sighted people encounter a person who is blind or visually impaired, they still may have the image in their minds of a blind person operating a newsstand or asking for a handout with a tin cup, as was common during the 1930's and 40's. Today, outdated stereotypes and misconceptions can be dismissed when the following myths and their opposing realities are understood.

Myth: Blind people are forced by law to carry white canes.

Reality: People who are blind or visually impaired are not required by law to carry white canes. Many choose to do so because with proper training a person can use a cane to move with confidence and safety through environments both familiar and unfamiliar.

This series to be continued in future issues.

Las Vegas Community Contact Information

Bureau of Services for the Blind	486-3555
Catholic Charities	382-0721
Food Bank of Clark County	643-0074
Division for Aging	486-3545
Easter Seals of Southern Nevada	870-7050
Helping Hands of Vegas Valley	633-7264
Helping Hands of North Las Vegas	649-7853
Home Helpers	368-7990
HUD-Housing and Urban Development	366-2100
Medicare	486-3478
Para transit	228-4800
Social Security Administration	248-8717
Nevada Talking Books Services	(800) 922-9334

Free Medical Screenings for Women

St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Center of Excellence offer a variety of screenings, programs and classes each month.

West Location-7220 Cimarron Rd Suite 195 (Buffalo/Westcliff)

Henderson Location-100 N Green Valley Pkwy Suite 330

Memory Screening

Tuesday December 11 10am-2pm West Location

Peripheral Vascular

Thursday January 17 8am-Noon Henderson Location

Call 616-4900 for more information.

Join the Shepherd Eye Center for a free women's eye screening.

Check your current prescription, learn about glaucoma and other eye ailments. **Call 616-4900 for an appointment.**

Tuesday December 4th - 10:00am-Noon

Women's Care Center West location

7220 Cimarron Rd Ste 195.

Thursday January 17th - 10:00am-Noon

Henderson Location

Women's Care Center –Henderson

100 N Green Valley Ste 330

Community Resource Connection Day

Every Tuesday at the Blind Center ~ 10:00am


Be sure to join us for these informative **December** sessions and have your questions answered!

December 4 -Memory Loss

December 11 -LaPaloma

December 18 -Fall Prevention

December 25-Center Closed



**Let your
voice be
heard!**

Financial Assistance for Eye Care

EyeCare America provides comprehensive eye exams and care for up to one year, often at no out-of-pocket expense to eligible callers through its seniors and Diabetes EyeCare Programs. Its Glaucoma EyeCare Program provides a glaucoma eye exam. The America Children's Program educates parents and primary care providers about the importance of early childhood (newborn through 36 months of age) eye care. Telephone: 1-800-222-EYES (3937).

VISION USA provides free eye care to uninsured, low-income workers and their families. Telephone: 1-800-766-4466.

InfantSEE® member optometrists provide a free comprehensive infant eye assessment to children younger than one year. Telephone: 1-888-396-3937.

New Eyes for the Needy provides vouchers for the purchase of new prescription eyeglasses. Telephone: (973) 376-4903.

Medicare Benefit for Eye Exams

For People with Diabetes -- People with Medicare who have diabetes can get a dilated eye exam to check for diabetic eye disease. Your doctor will decide how often you need this exam.

For People at Risk for Glaucoma -- Glaucoma is a leading cause of vision loss. People at high risk for glaucoma include those with diabetes or a family history of glaucoma, or African Americans age 50 or older. Medicare will pay for an eye exam to check for glaucoma once every 12 months.

Patients must pay 20 percent of the Medicare-approved amount after the yearly Part B deductible. Telephone: 1-800-633-4227.

City of Las Vegas Holiday Events

Saturday, December 1, 10 a.m. to 3 p.m.

18th Annual Holiday Handicraft Sale (all ages)

Free admission for shoppers.

Las Vegas Senior Center

451 E. Bonanza Road, (702) 229-6454.

Purchase handcrafted items, including ceramics, artwork, jewelry, dolls, quilts, rugs, woodcrafts and more. Vendors may rent a table for \$10 or \$15, if arranged in advance.

Saturday, December 8, 2 p.m.

Vegas Valley Legacy Band Holiday Concert (all ages)

Tickets: \$7 adults, \$5 teens/seniors, \$3 children 12 & under

Reed Whipple Cultural Center

821 Las Vegas Blvd North

(702) 229-6211

Formed in 2002 to raise awareness of classical music and to support music education, the nonprofit community band plays a wide-ranging repertoire, from classical works to film scores and Broadway show tunes. This concert features popular holiday music.

Saturday, December 15, 5 to 8 p.m.

December Fiesta (all ages)

Free admission

East Las Vegas Community/Senior Center,

250 N. Eastern Avenue, (702) 229-1515

Celebrate the holiday season with a traditional Hispanic festival featuring live entertainment, food vendors, children's raffle, and Santa Claus.

Millions of Individuals with Diabetes **At Risk for Blinding Eye Disease**

CHICAGO (Nov. 1, 2007) – More than 6 million Americans have diabetes and don't know it. According to the Mayo Clinic, nearly half of all individuals with diabetes have some form of diabetic retinopathy, a potentially blinding eye disease. And, the number of those with diabetes is skyrocketing with a projected 48 million Americans by the year 2050.

Currently, diabetic retinopathy affects 5.3 million Americans. In addition to the impact that the disease can have on quality of life, diabetic retinopathy costs \$490 million annually in direct costs for outpatient, inpatient and prescription drug services, according to a recent research study by Prevent Blindness America and Johns Hopkins University.

In the early and most treatable stage, called non proliferative, patients will not likely notice any symptoms or change in vision. If left untreated, patients may enter the proliferative stage with symptoms such as blurred or cloudy vision, an increase in "floaters," or tunnel vision, among others.

Untreated diabetic retinopathy can also lead to macular edema, which is the swelling of the macula due to leaking blood vessels. Or, it can lead to retinal detachment, one of the most common causes of blindness in diabetes. This occurs when growing blood vessels pull the retina from the back of the eye.

"The diabetes epidemic is showing no signs of slowing down anytime soon," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "We can't stress enough how imperative it is for those with diabetes to get an annual dilated eye exam to help save their sight."



December 7 marks anniversary of the First Corneal Transplant

Lions and Lions Eye Banks are encouraged to commemorate the anniversary of the first corneal transplant performed by Dr. Eduard Zirm on December 7, 1905 in the present-day Czech Republic.

Following Zirm's successful corneal transplant, other doctors began to replicate the sight-saving surgery. In 1944, the Eye-Bank for Sight Restoration in New York City became the world's first eye bank. Soon thereafter, the Staten Island Central Lions, New York, USA, began supporting this new non-profit facility.

Lions Clubs International officially adopted the Lions Eye Bank Program in 1984.



Taking Care of Your Mouth and Teeth as you get older

It's easy to forget that your mouth and teeth are aging right along with the rest of your body and require the same amount of quality health care. Taking care of your oral health is as important to seniors as it is to kids. Not taking care of your oral health can lead to serious diseases.

Tips for Happy Teeth

1. Visit your dentist regularly (every six months if you have no problems) for checkups and cleanings.
2. Brush your teeth twice a day. Floss them once a day.
3. Eat a healthy diet and don't use tobacco products.
4. Use lip cream with sunscreen when you're outdoors.

Education – Services – Training

Definitions of words you will hear while looking for information on vision loss and blindness, and dealing with agencies for the blind.

Legal Blindness

The definition of Legal Blindness is used to determine who can get government services for the Blind. Only 1 in 10 people who are legally blind see nothing at all. A person with normal eyesight has 20/20 vision, right? Legal Blindness, in the USA, is defined as vision of 20/200 or less in the better eye with best correction or a visual field of 20 degrees or less. We have the Snellen chart, the eye chart, to blame for these fractions. The line on the eye chart a person with 20/200 vision sees at 20 feet a person with normal vision sees at 200 feet. The 20 degrees or less refers to tunnel vision. If you look through a toilet tissue tube your vision is restricted to less than 20 degrees. You can have 20/20 vision with a visual field of less than 20 degrees and be considered legally blind.

Mainstreaming

Teaching (Legally Blind) children in public schools instead of schools for the blind. It is also used to describe disabled adults who are living in the community instead of in institutions.

Orientation and Mobility Instructor

Teaches people how to use a white cane or guide dog so they can travel safely with their remaining vision or no vision.

Low Vision

Vision that cannot be corrected with standard lenses. The person can't read the news paper at a normal distance even with glasses or contacts. They can't see well enough to drive a car safely or may only have a day time driver's license. About one in every 20 Americans has low vision.

Low Vision Doctor

An eye doctor who is trained to fit Visual Aids. Things like: strong magnifying glasses, telescopic glasses, hand held telescopes, etc. These devices are called Visual Aids they will not correct a person's vision, back to normal, but will make daily tasks that require vision easier.

Rehabilitation

A term used by professionals that covers all aspects of learning to live with vision loss and become independent again.

Rehabilitation Teacher

Teaches personal and Household Management skills like: cooking, cleaning, money management, personal care, etc.

Sheltered Work Shop

Programs run by state or non profit agencies to give disabled people, that are not ready for gainful employment, training in a work type setting.

Visual Aids

Special eye glasses, scopes, and magnification devices that help a person see better with there remaining vision. A white cane or talking clock could also be considered a visual aid.

Visually Impaired

Usually means the same thing as Low Vision, but can sometimes include people that are (Legally Blind) that have some remaining vision.

Vocational Rehabilitation Counselor

If you are looking to keep your current job and need adaptive equipment or training this is the person you will be working with. They can arrange for: testing, counseling and training, if you need to change jobs because of your disability.



THE HADLEY SCHOOL FOR THE BLIND

What is life like with a guide dog?

The Hadley School for the Blind's new story-based distance education course "Guide Dogs" can help by giving you important information about guide dogs and their handlers. If you are blind or visually impaired, or if you are living or working with individuals who are considering a guide dog, this course will provide insight into the decision-making process as you learn about the guide dog lifestyle.

"Guide Dogs" includes five lessons and supplemental information. Using fictional characters, the course discusses the guide dog lifestyle, dispelling some common misconceptions, and describing the successful guide dog and its training. The course also offers information about applying to guide dog schools examines the relationship between the handler and the dog and explores daily life with a guide dog. The appendix has a self-assessment to help a person in the decision-making process. Note: This course is not intended as a training course for guide dog use.

"By entering the lives of the fictional characters in this course, you gain important information about having a guide dog. The information can help you weigh the benefits of such a companion and make the right decision for you," says instructor Patti Jacobson, who has had her current guide dog, Chrissi, since 2004.

Students in Hadley's High School, Adult Continuing Education and Family Education programs may take the course now at no charge. **For questions about this course or to enroll, call Student Services at 800-526-9909.**

A final goodbye from the 2007 Advisory Council

We've come to the end of our term, and have we've really enjoyed the programs, the committees you've had us lead and guide. Although our struggles were sometimes great, through the ups and downs we've had a blast. We wanted to thank you for all that you've done.

We wanted to tell you that we've all had fun. You've given us a reason to be and to live, and helped us become a family, through thick and through thin.

The kitchen staff has been great...with the countless meals that they've made. Bringing in the **volunteers** both old and then new, has given us all amazing things to do. **B.C.U** has given us valuable information that's helped us live and to grow, **teaching Braille** had made us part of the world again and made us feel whole. The **chat and games** have made us feel great, they've sharpened our skills and helped to keep our memories straight. **Drama in the house** has made people laugh and we are all really grateful for that. With **yoga, dance, bowling** and **exercise**, we've straightened our bodies and expanded our minds. While **caning, ceramics, shopping** and **arts & crafts** are pure fun, it's all been for a reason; usefulness, practicality, and they're pretty when done. **Computers** and **employment** have again given purpose, jobs like **production** and **e-bay** (to name a few) has brought us back to the surface with music classes of all kinds and yes choir too, at this newly built blind center there's always things to do. Thanks to the corporate board of directors, drivers, employees, and staff.

We want you to know you lift up our spirits, dried our tears and made us laugh. We hope you enjoyed this poem we bring, we promise we wont make you list to us all sing! Seriously though, it's been our honor to serve.

So thank you from the bottom of our hearts the memories we take from here never will part, you've brought us joy and you've brought us cheer, so thank you for allowing us to serve as you're advisory council this year. We have one more task we have to do, and simply put, **THANK YOU!**

-Debby Callicutt

I WILL
Submitted by Elsa Russo

“I WILL LIVE THROUGH THE NEXT 12 HOURS AND TRY NOT TO TACKLE ALL OF LIFE’S PROBLEMS AT ONCE. I WILL IMPROVE MY MIND. I WILL LEARN SOMETHING THAT REQUIRES EFFORT AND CONCENTRATION.

I WILL BE AGREEABLE. I WILL LOOK MY BEST, SPEAK IN A WELL MODULATED VOICE, AND BE COURTEOUS AND CONSIDERATE.

I WILL NOT FIND FAULT WITH A FRIEND, RELATIVE OR COLLEAGUE. I WILL NOT TRY TO CHANGE OR IMPROVE ANYONE BUT MYSELF.

I WILL HAVE A PROGRAM. I MIGHT NOT FOLLOW IT EXACTLY, BUT I WILL HAVE IT. I WILL SAVE MYSELF FROM TWO ENEMIES: HURRY AND INDECISION.

I WILL DO A GOOD TURN AND KEEP IT A SECRET. IF ANYONE FINDS OUT, IT WILL NOT COUNT.

I WILL DO TWO THINGS I DON’T WANT TO DO, JUST FOR THE EXERCISE.

I WILL BELIEVE IN MYSELF. I WILL GIVE MY BEST TO THE WORLD AND FEEL CONFIDENT THAT THE WORLD WILL GIVE IT’S BEST TO ME.”

-Anonymous

Love to read?

*Then this is the book
club for you!*

Clark County Library Great Books Reading and Discussion Group



Twice a month we'll dive into classic and modern works of literature.

When: The 2nd and 4th Tuesday of each month at 7pm.

Where: **Clark County Library** - 1401 E. Flamingo Road

Phone: (702) 507-3400 or (702) 454-1941

Free and open to the public! Call the library for more information.

But don't forget our reading club Wednesdays at 1:30pm!

BLIND CENTER OF NEVADA
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LAS VEGAS, NV 89101

**FREE MATTER
FOR THE BLIND**



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