



BCNV Bulletin

The Blind Center of Nevada Newsletter -November 2007

Giving Thanks

The holiday season is right around the corner, and we're gearing up for another busy month of events at the Center. Helping to spread the word has been made just a little bit easier though, with some recent news coverage on our facility. In September, a local Las Vegas news group published an article about local charities and non-profit organizations in their **View** newspapers, which reaches over 600,000 homes in neighborhoods throughout Las Vegas, North Las Vegas, and Henderson. We've already received some positive feedback as a result of the article and hopefully this will lead to more volunteers! In a recent issue of "**In Business**" magazine, our **Computer Recycling** program took center stage in an interview with our Vice President of Operations, Bob Waldorf. As a result of the View article, local Las Vegas TV station, **KVBC Channel 3**, filmed a feature on our Bowling league which aired October 22 during their 5:00pm broadcast!

Although this time of year is normally about giving thanks and appreciating all we have, those of us at the Blind Center know that this feeling of gratitude and compassion lasts all year long.



***Calling all
volunteers!***

We need your help assembling our holiday baskets! No experience is necessary.

Convenient evening and weekend times available too! Contact our Volunteer Coordinator, Debra Duncan, for more information!

NOVEMBER 2007

WEEKLY SCHEDULE

COMPUTER LAB OPEN MON-FRI 9:30AM – 5PM
MAIL READING ASSISTANCE AVAILABLE MON-FRI BY APPOINTMENT
ARTS & CRAFTS MONDAY 10:00AM
BOWLING MONDAY 11:15AM
BAKERY GOODS EVERY MONDAY
DRAMA IN THE HOUSE MONDAYS 9:00AM
ESL MONDAYS 12:00PM-2:00PM
CERAMICS MONDAYS 12:00PM
TUESDAY 99 CENT STORE **SHOPPING TRIP** 9:30AM-10:30AM
CHAT & GAMES IN THE **SOCIAL HOURS** TUES 9:30AM
YOGA TUESDAYS 9:30AM / **CERAMICS** TUESDAYS 10:00AM
CHOIR REHEARSAL TUESDAYS 10:00AM
GENTLE YOGA WITH NANCY TUESDAYS 11:00AM-11:30AM
ARTS AND CRAFTS TUESDAY 12:00PM
COMMUNITY RESOURCE SPEAKER DAY EVERY TUESDAY 12:30PM
EXERCISE CLASS WEDNESDAY 9:30AM
GAME DAY WEDNESDAYS 10:00AM
ARTS & CRAFTS WEDNESDAYS 10:00AM
VISITING PHARMACIST WEDNESDAY 10:30AM
CERAMICS WEDNESDAY 12:00PM
ESL WEDNESDAYS 12:00-2:00PM
SUPPORT GROUP WEDNESDAYS 1:00PM
DANCE LESSONS WEDNESDAYS 3:30PM
WEDNESDAY **\$1 TACO DAY!** (ORDER BY TUESDAY)
WALMART **SHOPPING TRIP** THURSDAYS 9:30AM
DRAMA IN THE HOUSE THURSDAYS 12:00PM
THURSDAY **GUITAR LESSONS** 3:00PM
PIANO TUNING CLASS FRIDAYS 4:30PM-5:30PM
PIANO-VIOLIN-ACCORDION-GUITAR -HARP LESSONS
FRIDAYS 12:30-4:30PM (BY APPOINTMENT)

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

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Donor Appre- ciation luncheon
4 Change clocks- "Fall Back"	5	6	7	8	9	10
11	12	13	14 Thanks- giving Lunch	15	16	17
18	19	20 Lunchtime Speaker- City of Las Vegas Animal Control	21	22 Center Closed For Thanks- giving	23 Center closed For Thanks- giving	24
25	26	27	28	29	30	

Hadley School for the Blind Offers New Braille Reading Course



**THE
HADLEY SCHOOL
FOR THE BLIND**

Founded in 1920, The Hadley School for the Blind is the single largest, worldwide distance educator of persons who are visually impaired. Hadley offers

over 100 courses to eligible students. The school's 10,000 annual enrollments are from all corners of the United States and more than 100 countries. Courses are available to students who are visually impaired, family members, and professionals.

Are you eager to read contracted Braille with greater ease? Hadley's new course, "Experience Braille Reading," introduces you to many different kinds of Braille texts. This tuition-free course for high school and adult continuing education students helps you improve your reading skills at your own pace in the comfort of your home.

"Experience Braille Reading" includes 15 lessons. The first eight lessons cover short stories, travel itineraries, poetry, song lyrics, calendars, nonfiction, restaurant menus, catalogs and recipes. The remaining seven lessons cover children's stories, directions and instructions, word puzzles, financial reports and statements, myths and legends and advanced nonfiction. The prerequisite is the ability to read and write contracted Braille.

"Reading Braille not only opens up a world of enjoyment, but is also an important tool that can greatly increase your independence," instructor Linda Perry says. Why not enroll today? To do so, just call Student Services at 800.526.9909. Visit them on the Web at www.hadley.edu.

Working and Living with People who are visually impaired

Introduction

People are often unaware, uncomfortable or insensitive to the needs of a visually impaired person. Once they are made aware of simple courtesies, most sighted persons can be helpful in small ways that make a major difference. The following are some guidelines regarding communication, safety and providing travel assistance to a person with impaired sight.

Communication

When entering the area where there is a person with impaired sight, make your presence known. "Hi, Michael, this is Linda."

Never leave the person without announcing that you are leaving the room.

When communicating, speak directly to the person and not through a third party.

Ask the person if assistance is needed. Never assume the person does or doesn't need help.

Avoid expressions such as "over there," or "right here." Guide a person to the location or place their hand on the object.

Be honest. Tell the person what you see, even if it is unpleasant.

"Michael, you spilled juice on your shirt."

Safety

Don't move anything in their surroundings without telling them first. If possible, explain and physically show them where the object was moved.

Make sure doors to rooms are closed or propped fully open.

Push chairs in under tables when finished with them. Encourage others to do the same.

Don't leave cabinet doors open.

Walking, Travel and Guiding Techniques

The person with low vision should always hold on to the sighted guide's arm (not vice versa). To eliminate groping, the guide should put out a hand or arm to make contact. The person with a visual impairment should then take the guide's arm just above the elbow, four fingers on the inside, thumb on the outside. This allows use of the guide's hands for carrying and opening doors. The motion of the guide's body can be easily felt and followed.

By flexing the elbow to approximately 90 degrees, the person with low vision will maintain half-step distance behind the guide, allowing time to interpret and react to the guide's movements. To avoid moving beyond the protection of the guide, the visually impaired person's arm should remain close to the body, with the shoulder directly behind the guide's opposite shoulder.

Taking a Seat

The guide should lead the visually impaired person directly up to the chair, while providing a verbal exchange as to whether it is the back, front, or side, and if it is an armchair or bench. By placing a hand on the back of the chair, it is possible for the visually impaired person to become oriented to the chair. Before sitting, a visually impaired person can make sure the seat is clear by sweeping a hand across the seat of the chair. Then they can place the back of their legs against the seat and sit down squarely.

Stairs

The guide should offer a verbal warning that they are about to go up or down a flight of stairs. The guide always approaches stairs squarely and pauses at the foot or head. The person with impaired sight may or may not wish to switch to the side with the handrail. They should then bring one foot forward to locate the first step. The guide steps up or down and both proceed. As a cue that they have reached the bottom or top, the guide should pause again. For spiral staircases, the visually impaired person is kept to the center where stairs are at the most normal width. Pausing at tops and/or bottoms of stairways can be used with street curbs, as well.

Doorways

Technique 1 (used if the door is located on the same side as the visually impaired person's free hand): the guide passes through the door providing information as to the direction of the door (i.e., left or right). The visually impaired person then locates the door by sweeping a free arm from their midline until contact is made. The door is held open until cleared.

Technique 2 (used if the door is opposite the side with the free hand): the person with impaired sight should release the guide's arm and take hold of the same arm with the other hand, thus falling behind and in line. By straightening their arm, the visually impaired person will fall a full step behind the guide (to avoid walking on the guide's heel). The free arm is used to locate and hold the door in the same manner as Technique 1 and, when cleared, the normal position is resumed.

An alternative to Technique 2: the visually impaired person can shift from one side to the other in anticipation of doorways, then use the procedure as described in Technique 1.

Narrow Passages

When there is insufficient space for two people to walk abreast (i.e. narrow aisles, doorways), the narrow passage technique is used. The guide signals a change in position by moving his arm backward and to the center of his back. The visually impaired person steps behind the guide so that the two are in single file. To prevent stepping on the guide's heels, the visually impaired person can straighten one arm, thus placing them a full step apart. After leaving the narrow passage, the guide signals by moving his arm back to his side, and then normal position is resumed.

About Face

This procedure can be used anytime a 180 degree turn is necessary (i.e., elevators, locked doors). The person with a visual impairment should disengage their hand from the guide. Both parties then proceed to make a 180-degree turn independently. The guide makes contact with the opposite arm, and the normal position is resumed.



*Members - Join us
Wednesday, November
14th - The Pentecostal
Prayer Band will serve
Thanksgiving Lunch!*

Enjoy the Holidays without Gaining a Holiday Belly

The average American gains five pounds between Thanksgiving and New Year's. But you don't have to! You can maintain your weight and come out of the holidays without a holiday tummy.

Consider these five tips adapted from the Duke Medical School's Diet and Fitness Center:

1. **Don't diet:** Your goal should be to maintain weight, not lose it.
2. **Plan ahead:** It's a hectic season. So pre-plan several quick, healthy meals and snacks. Have them ready so you're less likely to overeat on high-fat, high calorie goodies.
3. **Choose wisely:** You don't have to cut out all your favorites. Just choose small portions and fill your plate with low fat foods, such as veggies, fruit, cranberry dishes, and baked squash.
4. **Eat first:** Eat something light before going to a holiday party, such as a piece of fruit, two graham crackers with a light spread of peanut butter, or a non-fat yogurt. This way you will avoid being so hungry that you overeat.
5. **Drink more water:** When enjoying spiked cider or eggnog at a party, alternate one glass of water between each alcoholic beverage to help you stay hydrated and avoid overdoing it.

The American Foundation for the Blind introduces new website

(AFB) created **AFB Senior Site** to help older Americans and their family members cope with age-related eye diseases—a growing public health problem in this country.

Eye experts say that by the year 2030, rates of vision loss from diseases like age-related macular degeneration, glaucoma, and diabetic retinopathy are expected to double as the nation's 78 million baby boomers reach retirement age.

AFB Senior Site is designed to encourage aging adults with eye diseases to live independently and productively. The site connects seniors, family members, and caregivers to local services and showcases a wide range of assistive living products available to people with vision loss. It also contains information on the resources and tools needed to continue to read, shop, cook, manage finances, and go out with friends.

Visitors will also find inspiring video testimonials from seniors who have been recently diagnosed with eye diseases. Their compelling stories offer a positive outlook and help dispel fears about what living with vision loss means.

About AFB Center on Vision Loss

AFB Senior Site was designed to give people access to all the great tools and resources offered at the AFB Center on Vision Loss in Dallas, Texas. The newly established Center is the first of its kind—a unique demonstration and information center dedicated to helping people with vision loss live independently. At the Center, visitors can walk through a model vision loss-friendly

apartment, try out the various low- and high-tech gadgets in a realistic home setting, get ideas for modifications they can make in their own homes, and find out where to obtain the products they've tested.

About AFB

The American Foundation for the Blind (AFB) is a national nonprofit that expands possibilities for people with vision loss. AFB's priorities include broadening access to technology; elevating the quality of information and tools for the professionals who serve people with vision loss; and promoting independent and healthy living for people with vision loss by providing them and their families with relevant and timely resources. Headquartered in New York, AFB is proud to house the Helen Keller Archives and honor the more than forty years that Helen Keller worked tirelessly with AFB.

Steer clear of the Flu this year

Influenza, often called flu, is a contagious respiratory illness caused by a virus. It can cause mild to severe illness, and at times can lead to death. Influenza has symptoms similar to a cold, but they are usually more severe and come on quite suddenly. The most characteristic symptoms are weakness and fatigue.

Others are muscle aches, fever (101 - 102), sneezing and a runny nose. The illness can be dangerous for infants, the elderly or the chronically ill. The single best way to prevent the flu is by getting a flu vaccination each year.

PREVENTION

Immunization against influenza provides fair protection, or may lessen symptoms if the disease is contracted. Older adults or chronically ill individuals should be immunized. You must be immunized within one week to four months before exposure for the shots to be effective. Proper hand washing is vital for flu prevention. Cover your mouth and nose when you cough or sneeze, and avoid touching your face after touching surfaces which might be contaminated with the flu virus. **Remember to always wash your hands frequently.**

When to call a health professional

- ◆ If cough brings up heavy mucus
- ◆ After 3 days of fever over 102
- ◆ If there is increased difficulty in breathing

Community Contact Information

Bureau of Services for the Blind	486-3555
Catholic Charities	382-0721
Community Food Bank of Clark County	643-0074
Division for Aging	486-3545
Easter Seals of Southern Nevada	870-7050
Energy Assistance Program	486-1452
Helping Hands of Henderson	616-6554
Helping Hands of Vegas Valley	633-7264
Helping Hands of North Las Vegas	649-7853
HUD-Housing and Urban Development	366-2100
Medicare	486-3478
Radio Reading Service	258-9895
Para transit	228-4800
Social Security Administration	248-8717

Unless a life is lived for others, it is not worthwhile.

-Mother Teresa

By leaving a part of your estate to The Blind Center, you will certainly be doing a great thing for others.

Leave a lasting legacy.

Speak to your attorney about how you can include a gift to The Blind Center as part of your legacy.

Do you know of someone who would be interested in becoming a member of The Blind Center? Do you want more information about our programs?

Call to schedule an appointment or for more information!

(702) 642-6000

Monday-Friday

8:00am-5:00pm

Computer Recycling Drop Off

1001 N Bruce Street Las Vegas, NV 89101

Monday - Friday 8 AM to 3 PM

Items accepted:

Computers – Monitors-

Keyboards - Mice - Printers

Low Vision Seminars the first Friday of every month!

Attend a FREE hands-on low vision seminar and learn about the latest in adaptive technology, independent living devices and low vision tools.

Call 642-6000 to reserve your seat at one of the upcoming low vision seminars.



You can make a difference! ***Non-perishable food items needed***

Each week, the Blind Center serves more than 200 nutritious hot lunches to blind and visually impaired people in need. Many of the people we serve live at or below the poverty level and find it very difficult, even close to impossible to pay for and prepare healthy, fresh meals. One of our goals is to provide a freshly prepared meal to our blind and visually impaired clients daily at no cost to them. **To keep our daily service going, we need your help!**

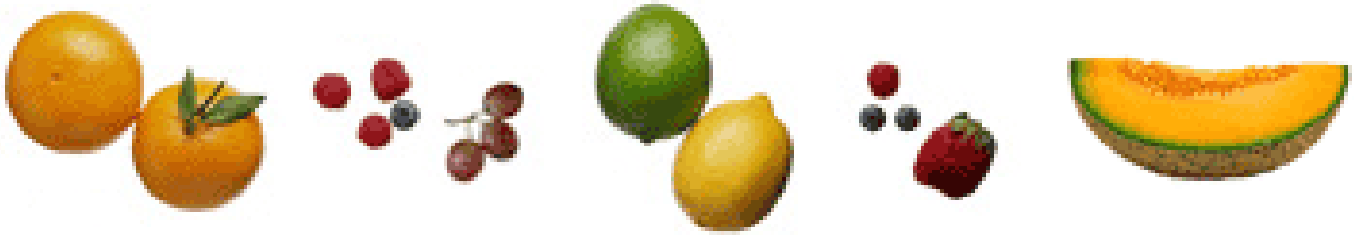
We are always in need of non-perishable food items such as canned fruits and vegetables, canned meats, condiments, beans, pasta and sauces.

Spread the word to your family, friends, and co-workers by getting them involved in a donation project! Big or small, we appreciate all of the donations given to the Center and so do the people we serve.

Donations are accepted at our offices:
1001 N. Bruce St Las Vegas, NV 89101
Monday-Friday 8:00am-5:00pm.

***"If you can't feed a hundred people,
then feed just one."***
-Mother Teresa





Fruits and vegetables are part of a well-balanced and healthy eating plan. Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

Breakfast-Start the day right.

Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.

Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

Lighten up your lunch

Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap or burrito.

The new version will fill you up with fewer calories than the original.

Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

Dinner

Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions or peppers, while removing 1 cup of the rice or pasta in your in your dish. The dish with the

vegetables will be just as satisfying but have fewer calories than the same amount of the individual version.

Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. But remember to use a normal sized plate, not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.



**Don't forget to change your
clocks on Sunday,
November 4th.
Remember to turn
your clock back
one hour.**

Costumes needed
Adult-sized costumes needed for
our ongoing drama program and
will be used in monthly party
performances, and rehearsals!
We accept donations Monday-
Friday 8:00am-5:00pm.



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: All blind people read Braille.

Reality: Only about 10 percent of people who are blind read braille. And as people age, many of them are forced to stop reading Braille because of the loss of sensation in their fingertips, a common effect of diabetes and other diseases.

About 75 percent of people who are legally blind can read printed material, using a combination of their own limited vision and visual aids that provide magnification and special light. Many can read print if it is enlarged.


This series to be continued in future issues.

Community Resource Connection Day

Every Tuesday at the Blind Center ~ 12:30pm

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

November 6	RTC Para Transit
November 13	Catholic Charities
November 20	City of Las Vegas Animal Control (11:30am)
November 27	State of Nevada Department of Health and Human Services, Division of Health Care Financing



Let your
voice be
heard!

November 5-10, 2007

Free Eye Screening for Diabetic Patients

Vision Source offices throughout Las Vegas

Free eye-health screenings will be given for diabetic patients who have not had an eye exam in the past year.

Call 1-800-393-7911 for more information.

Schedule early as spots fill up quickly.

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

**FREE MATTER
FOR THE BLIND**



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