



January 2006

# Blind Center of Nevada

First of all we would like to wish everyone a Happy New Year. 2006 has arrived and it only seems like yesterday we were ringing in 2005. As 2005 ended we have spent some time reflecting on the accomplishments and activities of the past year at the Blind Center. **It has been a very busy year.**

We have participated in a wide variety of activities everything from a marathon in January, to cooking classes, dance lessons, tai chi classes, piano and guitar lessons, field trips to the Natural History Museum, plays at Spring Mountain Ranch, horse back riding and hay rides at Sage Brush Ranch, a fishing trip at Lake Mead, a picnic at Ralph Lamb Park, frequent dances at the Senior Center. We don't want to forget our ever-popular Monday

bowling league that at times became very competitive. Our social committee was extremely busy with a party almost every month. They seemed to get more creative with their themes as the year progressed. We did many out reach activities at schools, assisted living places, the American Council for the Blind Convention and had a great time at the "Come Out and See Us" event participated by many of the other organizations, businesses and agencies involved with blindness. We enjoyed hosting Camp Independence

for the school district. Having many young students at the Center for two weeks brought a lot of enthusiasm and activity. Thankfully many of the students are still bringing their smiling faces to the Center. We hosted a wide variety of speakers and guests throughout the year that shared their talents, information and themselves with us. We instituted Blind Center University, a weekly event that brings those speakers to talk about everything from personnel safety, nutrition, coping skills and different services offered to our members. Our Tuesday Kitchen Club and Maureen's Round Table Chat continued to be two of our member's favorite activities.

We have had many improvements to our facility. The biggest and the best being the remodel of our kitchen. We now officially have a commercial kitchen ready for many great meals to be shared by all.

This is just a snap shot of some of our accomplishments and activities over the past year. None of which would have been possible without the dedication, hard work and backing of our Board of Directors, the army of volunteers that have so graciously given of their time and the support and help from all of our members. To which we say a big "THANK YOU" to everyone. We look forward to a New Year with many new members and volunteers to come join the spirit of the Center.



## **JANUARY SCHEDULED EVENTS**

**COMPUTER LAB** MONDAY-THURS 9:30AM-1:30PM

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

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

**BOWLING** MONDAY 11:15AM (STARTS 01/30)

**BAKERY GOODS** EVERY MONDAY

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

**SHOPPING TRIP** TUESDAY 9:30AM

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

**SHOPPING TRIP** WEDNESDAYS 9:30AM

**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, CONTACT PAULA.

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

**NON-DENOMINATIONAL BIBLE STUDY** 1PM

BAKERY EVERY THURSDAY

**REMEMBER: *BLINDNESS SUPPORT GROUP*** MEETS ON  
THE 4<sup>TH</sup> WEDNESDAY OF THE MONTH AT 6375 W.  
CHARLESTON BLVD (CROSS STREET IS TORREY PINES)  
AT THE CCSN CAMPUS BLINDCONNECT OFFICE.)  
FOR INFO CALL 631-9009.

# January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> LOIUS BRAILLE'S BIRTHDAY	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> BOWLING SIGN UP DEADLINE	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> GAME DAY & LUNCHEON	<b>17</b> DR. MAREK 11:30	<b>18</b>	<b>19</b>	<b>20</b> BCNV LOW VISION DEMO DAY	<b>21</b>
<b>22</b>	<b>23</b> BOWLING MEETING 11:00AM	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> BOWLING BEGINS	<b>31</b>				

# January is also...

## National Oatmeal Month!

More than 40 scientific studies show that eating oatmeal can help lower blood cholesterol levels. Benefits are greatest for those who have high cholesterol levels.

Experts believe it's the soluble fiber found in oats that helps reduce blood cholesterol levels. How? In simple terms, oat soluble fiber helps control blood cholesterol by binding some of the cholesterol in your digestive tract. This cholesterol is "trapped" and removed from your body naturally.

*Think of each rolled oat as a tiny sponge that soaks up cholesterol in your digestive tract.*

### A few more January "holidays" for you to think about...

International *Creativity* Month

International *Life Balance* Month

International *Quality of Life* Month

International *Wealth Mentality* Month

National *Be On-Purpose* Month

National *Clean Up Your Computer* Month

National *Get Organized* Month

January 4 Louis Braille's Birthday

January 16 *Martin Luther King, Jr.'s Birthday* is Observed

January 11-18 is International *Thank You* Week

January 15-19 is National *Fresh Squeezed Juice* Week

January 25 is National *Compliment* Day

January 29 is *Freethinker's* Day

# WELCOME TO THE BLIND CENTER OF NEVADA

MARILYN GREEN

ISABEL AMAYA

JAMES ELLISON



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## **Living with Glaucoma**

Many glaucoma patients ask their doctors, “What else can I do to help preserve my vision?” One answer may be to get off the couch—and get moving.

“Aerobic exercise is known to lower intraocular pressure (IOP), which we know protects retinal ganglion cells,” says Harry A. Quigley, MD, professor and director of glaucoma services at the Wilmer Eye Institute at Johns Hopkins University in Baltimore. “And short-term studies show it may improve blood flow to the retina and optic nerve as well.”

What’s interesting to note is that in order to achieve a positive neuroprotective effect, you don’t have to exercise rigorously. IOP can be lowered by exercise that raises the pulse just 20-25%—that could be a brisk walk — for 20 minutes, a minimum of four times a week.

“Exercise is free, so the price is right, and glaucoma patients should be encouraged to begin an aerobic program after getting consent from their internal medicine physician,” advises Dr. Quigley.

And of course, regular exercise brings a host of other benefits, including improving blood pressure, heart function, and making it easier to keep your weight down.

And what of the neuroprotective effects claimed by the manufacturers of some topical glaucoma medications? “There is no evidence that any topical glaucoma medicines can save nerve cells in humans,” says Dr. Quigley, after a review of the available literature on this topic. “Both patients and doctors need to be alert to false claims.”

A diagnosis of glaucoma shouldn't prevent you from enjoying your life. When you have the facts, you can take charge of your health with just a few adjustments to your routine. Remember, most cases of glaucoma are managed through medication, surgery, or a combination of treatments. With an early diagnosis, most people with glaucoma do not go blind.

*Above article was sampled from the Glaucoma Research Foundation website. For more information, check out [www.glaucoma.org](http://www.glaucoma.org) and log-on to order free brochures, or sign-up for their monthly emailed newsletter. You can also call them toll free at (800) 826-6693*



# THIS COULD CHANGE YOUR LIFE!

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 a wonderful 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. You shouldn’t go another day without this valuable information that can change your life for the good. Call 642-6000 to reserve a seat at our next demonstration.

BLIND CENTER OF NEVADA  
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LAS VEGAS, NV 89101

FREE MATTER FOR  
THE BLIND



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