



BCNV Bulletin

***The Blind Center of Nevada Newsletter
October 2008***

October is World Blindness Awareness Month

Recognizing October as World Blindness Awareness Month, EyeCare America—the public service foundation of the American Academy of Ophthalmology—encourages people to call its toll-free helpline to see if they are eligible for a free eye exam and up to 1 year of eye care at no cost.

More than two-thirds of visually impaired adults in the United States are over 65 years of age. Nearly 20.5 million Americans age 6 and older are afflicted with cataracts, the leading cause of blindness in the United States. The prevalence of blindness increases rapidly in later years, particularly after age 75. The number of Americans with age-related eye disease is expected to double within the next three decades unless something is done to reverse the trend, according to the foundation.

EyeCare America is a year-round program offering eye exams and care to seniors, age 65 or older, who are without an ophthalmologist. Prospective patients can find out whether they qualify by calling 800/222-EYES (3937). The EyeCare America helpline is open 24 hours a day, seven days a week.

<p>Blind Center of Nevada 1001 N Bruce St Las Vegas, NV 89101 (702) 642-6000</p>
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October 2008 Daily Schedule

MONDAY - BAKERY GOODS

9:00 DRAMA IN THE HOUSE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS

11:15AM-1:15PM BOWLING AT SILVER NUGGET (STARTS SEPT 15)

12:00 CERAMICS

E.S.L (CALL FOR CLASS TIME)

TUESDAY- (ORDER TACOS TODAY)

9:30AM SHOPPING TRIP TO 99 CENT STORE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS

10:30-11:30 CHOIR WITH KATHY

12:00-2:00PM PIANO CLASS WITH KATHY

12:00 CERAMICS

WEDNESDAY -\$1 TACO DAY

9:30 COMPUTER LAB - 9:30 EXERCISE

10:00 GAMES GALORE

10:00 READING CLUB

10:00 ARTS AND CRAFTS

10:30 PHARMACISTS BLOOD PRESSURE CHECKS

12:00 CERAMICS

12:00 DRAMA IN THE HOUSE

3:30 DANCE LESSONS

THURSDAY

9:30 COMPUTER LAB / 9:30 SHOPPING TRIP TO WALMART

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

(EVERY OTHER THURSDAY)

12:00-1:00 YOGA CLASS

3:00 GUITAR LESSONS WITH ART

FRIDAY

11:00AM-12:30PM PIANO TUNING WITH RYAN

MAIL READING BY APPOINTMENT

SIGHTED ASSISTANCE ON ALL TRIPS

***BOWLING PRACTICE NOON-2:00PM TUESDAY, WEDNESDAY
AND THURSDAY (CHECK FRONT DESK TO CONFIRM)**

October 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Low Vision Seminar	4
5	6 Bowling at Silver Nugget	7 Guest Speaker: Heaven Can Wait Pet Org	8	9 World Sight Day 1pm Nutrition Class	10	11 CAST for Kids Fishing Trip
12	13 Bowling at Silver Nugget	14 Guest Speaker: Rebuilding All Goals Efficiently (R.A.G.E.)	15 Flu Shot Clinic 10am- 1130am	16 1pm Nutrition Class	17	18
19	20 Bowling at Silver Nugget	21 Dr. Marek Foot Care	22 Gilcrease Orchard Trip	23	24	25
26	27 Bowling at Silver Nugget	28 Guest Speaker: Nevada Federal Credit Union	29 Member Party 930am- 130pm	30	31 Halloween	

Free Monthly Low Vision Seminar -October 3rd

**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.**



Leave a Lasting Legacy

Making a gift through your will is possible for everyone, not just the wealthy. Any gift is important. The nonprofits that receive your bequest can combine it with others to make a tremendous difference to our community.

Right now you may volunteer or support a specific cause. Including a gift to that cause or organization in your will ensures that your support continues forever. If you don't have a will, we can help point **you in the right direction!**

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 for more information about how you can include a gift to the Blind Center as part of your legacy or for information regarding our Planned Giving Program; please call Veronica Wilson at 642-6000.

When is a gift

more than a gift?

When it's a Holiday basket from
The Blind Center of Nevada.

Shorten your to-do list this season and avoid the rush! Order early and shop smart with a Holiday basket from the Blind Center that everyone will love! Our baskets are filled with only the most delectable goodies and each season the items change—our baskets can even be customized to your specifications! Be sure to call or check our website this Fall for more info!

**Holiday Baskets will go on sale
November 3, 2008.**

**Please call for pricing and item
information.**

**Baskets will be available for
purchase online and in person at
our office.**

**Local delivery and shipping
available for additional cost.**

**Get a head start on
your Holiday
shopping with our
gourmet basket for
family, friends,
and business
associates alike.**

**The Blind Center
assembles Gourmet
Gift Baskets uniquely
created with a personal
touch great for many
holiday occasions.
100% of the proceeds
go towards the
beneficial programs and
services provided to the
members of the Blind
Center, all of which are
at no cost to them. Your
dollars **stay** in Southern
Nevada and
directly effect the lives
of our members.**

U.S. Treasury to Launch Prepaid Cards for Unbanked Social Security, SSI Benefit Recipients

The U.S. Department of the Treasury's Financial Management Service (FMS) has designated Comerica Bank as its financial agent in a new initiative to give millions of unbanked Americans the option of using a prepaid debit card for receiving Social Security and other federal benefit payments. The "Direct Express®" card provides a safer and more convenient alternative to paper checks. Comerica Bank was selected, in part, because of its experience as a prepaid card issuer for millions of benefit recipients, particularly for state government programs.

WHAT IS THE DIRECT EXPRESS® CARD?

The Direct Express® card is a prepaid debit card offered to Social Security and Supplemental Security Income check recipients who wish to receive their benefits electronically. The debit card offers the convenience and security of using electronic transactions to spend and access your money rather than using cash for purchases. You do not need to have a bank account to sign up for the card. There is no credit check or minimum balance requirement.

When you sign up to receive your Social Security or Supplemental Security Income benefits on the Direct Express® card, you will receive your payment every month without having to worry about cashing your check, losing your check, or having it stolen. Instead of receiving a check, your money will be automatically deposited to your Direct Express® card account on your payment date. You can use your card to withdraw cash from Automated Teller Machines

(ATMs), make purchases at stores that accept Debit MasterCard®, and get cash back when you make those purchases. You can also use your debit card for online bill pay and to buy money orders at the U.S. Post Office.

WILL MY SOCIAL SECURITY AND SUPPLEMENTAL SECURITY INCOME BENEFITS BE SAFE?

Yes, with the Direct Express® card, your money is FDIC-insured up to the maximum legal limit. In addition, the consumer protections required by Regulation E (12 CFR 205) and MasterCard® Zero Liability (exceptions may apply), which protect you against unauthorized use of your card when promptly reported, apply to your debit card account. Finally, if your card is lost or stolen, it will be replaced.

DO PEOPLE WITHOUT BANK ACCOUNTS WHO RECEIVE FEDERAL BENEFIT CHECKS REALLY WANT THIS CARD?

Yes, people who receive federal benefits and don't have bank accounts are interested in safer and less costly alternatives to paper checks. Through Treasury's existing Go Direct® campaign, which encourages banked federal benefit recipients to switch to direct deposit, the Treasury found that 8,000-14,000 unbanked federal benefit recipients inquire each month about alternatives to paper checks.

HOW DO I SIGN UP FOR THE DIRECT EXPRESS® CARD?

Signing up is quick and easy. There is no credit check or minimum balance requirement. If you are currently receiving Social Security or Supplemental Security Income benefits, just call the Direct Express® card enrollment center toll free at **1(877) 212-9991**.

Do you know someone who needs access to eye care?

Founded in 1985, EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. Our mission is to reduce avoidable blindness and severe visual impairment by raising awareness about eye disease and care, providing free eye health educational materials and facilitating access to medical eye care.

Seniors EyeCare Program

The Seniors EyeCare Program helps to ensure that all eligible seniors have access to medical eye care and promotes annual, dilated eye exams. This program raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care. **1-800-222-EYES (3937)**

Glaucoma EyeCare Program

The Glaucoma EyeCare Program promotes early detection and treatment of glaucoma by raising awareness of glaucoma risk factors (family history, race, age), and providing free glaucoma educational materials. The program also facilitates access to a glaucoma eye exam. **1-800-391-EYES (3937)**

Diabetes Eyecare Program

The Diabetes EyeCare Program promotes annual, dilated eye exams for people with diabetes. This program raises awareness about diabetic eye disease, including diabetic retinopathy, provides free diabetic eye disease educational materials, and facilitates access to eye care. **1-800-272-EYES (3937)**

AMD EyeCare Program

The AMD EyeCare Program promotes annual eye exams for people 65 and older, raises awareness of AMD, provides the latest information about treatment options and low vision services, offers free AMD educational materials, and facilitates access to eye care. **1-866-324-EYES (3937)**

Children's EyeCare Program

The Children's EyeCare Program is designed to educate parents on how to recognize the symptoms of eye diseases and disorders in their children between newborn and 36 months of age. This program encourages parents who think their child has a vision or eye problem to have their child's eyes examined by their pediatrician, family physician or, if necessary, by an ophthalmologist. **1-800-628-6733. This line operates 8 a.m. to 4 p.m. (Pacific), Monday through Friday.**

Beauty Corner with Sylvia Er-Wood

Blind Center of Nevada Staff Member

Hi; I would like to touch upon Mascara; O the wonder of Mascara! There are different ways of applying it on your lashes; you can wear it on just your top lashes, you can wear it on your top and bottom lashes for a more finished look which is very nice for the evenings. Another way you can apply it on your lashes is you can apply it on the top lashes then apply it from the bottom of the outer lash line to the bottom center of the lash line. This makes a nice look for evenings as well.

Solutions: Start by finding a short vase that's narrow enough to set the mascara tube in. I find this a great idea for holding the mascara tube, this also helps keep the mascara tube standing up straight and prevent the tube from tipping over. You also want to make sure the vase has the mascara tube sticking out halfway; so you can grab it with your other hand while you're using your other hand to use as a guide.

When you're ready to apply the mascara, shake the tube a few times, this will prevent clumping. Then take your index finger and place it gently at a vertical angle on either side of your lash line. This works as a border and will help you feel and keep the wand brush on your lashes and not go beyond it. The best place to start is to place the wand brush in the center of the upper lash line this works as a landmark to start; this makes it easier to brush the mascara on your lashes from side to side of the lash line.

Also when you're ready to apply it, close your eye halfway; then use your other index finger as a border gently at a horizontal angle underneath the top of lash line. It's a good idea to start with a clear mascara at first until you get the hang of it, then with practice, applying a color mascara will be easier to apply on with out it showing on the outside of the lash line.

Remember mascara will always wash off your hands. Just remember to give yourself time when your applying it, you don't want to wind up poking your eye with the mascara wand brush, witch could cause irritation or tearing of the eye. If this should occur, use an eye makeup remover to gently remove the mascara immediately. It's also pretty handy to keep a hand held eye washer near by in case you need it, and always get immediate assistance if

the eyes start to get seriously infected. It's a good idea to buy a new tube of mascara every 2 to 3 months to prevent irritation to the eyes'; it's also a good idea to try hypoallergenic mascara, which is less likely to cause irritation to the eyes.

party time!

Don't miss the Blind Center's next member party!
Wednesday October 29th
9:30am-1:30pm

“Blind Terror” costume party!

**So all you guys and ghouls come dressed
to win some fabulous prizes and have a
howlingly good time!!!!**



**Blind Center of Nevada
E-Waste Program /
Computer Recycling
(702) 642-6000 Ask for Ben**

We accept: Computers, printers, printer cartridges, speakers, fax machines, cell phones, telephones, servers, networking equipment, mice, and keyboards. Working or not! **Drop-offs accepted Monday-Friday 8am-3pm.** **\$40.00 pickup fee for smaller quantities.**

Fee is waived on pickups of 20 systems (1 monitor + computer).

**Friends for
The Talking Books Library,**

a support group for our clients, have open meetings the first Monday of each month. Come discuss what changes could be made to improve our service at Nevada Talking Book Services.

Next Meeting:

October 6th, 2008 at 6:00 PM.

Where:

Denny's -2545 Fremont St.
Las Vegas, NV 89104.

Contact Brett Silver at
(702) 486-3736 for more information.

**Blind Center of Nevada
1001 N Bruce St
Las Vegas, NV 89101
(702) 642-6000**



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**Free Matter for
the Blind or
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