

A newsletter for friends of The Blind Center of Nevada

BCNV Bulletin

January 2009

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

Dear Blind Center
Members and Friends:

It's been another great year
here at the Blind Center.

We've seen a lot of the usual faces along with many new members who quickly became a part of the Blind Center family. We've enjoyed the addition of many new volunteers and some great new classes which help to round out the choices for each member to learn something new and grow as an individual.



We look forward to another great year of fun, friendships and new opportunities. Please have a safe and happy holiday season and we can't wait to see you again in 2009! Thanks for making 2008 GREAT!

***With Gratitude,
The Blind Center Board of Directors
The Blind Center Management & Staff***

Friends for the Talking Book Library

New meeting location at Macayo's

The Friends for the Talking Book Library wants to hear from you! As you all know, this is a support group for Talking Books clients, and for those who come in contact with our clients or those who are eligible for our service.

Our meetings are basically to get your input as to what you would like to see happen with the Talking Books Library, and what changes could be made to improve our service.

We will now be meeting the first Sunday of each month at 4:00pm at Macayo's Mexican Kitchen on East Charleston at Bruce.

The address is 1741 E. Charleston BLVD.
Come have a voice in your Talking Book Library!
Hope to see you there.
Brett Silver.....702-486-3736
Sponsored by Nevada Talking Books Services.

Join the Blind Center Bell Choir

Come be a part of a new musical group at the Blind Center! New volunteer Jerry is starting the first ever Blind Center bell choir! We are looking to start the class in January and are seeking members who would like to participate. If you are interested please call the Blind Center or email Heather at heatherm@blindcenter.org. Please include your name and phone number so we can contact you to determine when would be the best time to have this class. Regular attendance will be required to participate in the class.

January 2009 Daily Schedule

COMPUTER LAB OPENS AT 9:00AM MONDAY-THURSDAY

MONDAY - BAKERY GOODS

9:00 DRAMA IN THE HOUSE

10:00 ARTS AND CRAFTS

11:15-1:15 BOWLING AT SILVER NUGGET

12:00 CERAMICS

TUESDAY- (ORDER TACOS TODAY)

9:30 SHOPPING TRIP TO 99 CENT STORE

10:00 ARTS AND CRAFTS

10:30 CHOIR

12:00 PIANO CLASS – 12:00 CERAMICS

WEDNESDAY –\$1 TACO DAY

9:00 HISTORY AND POLITICS DISCUSSION GROUP**

10:00 CROCHETING / KNITTING CLASS**

10:00 ARTS AND CRAFTS

10:30 PHARMACISTS VISIT (BLOOD PRESSURE CHECKS)

12:00 CERAMICS 12:00 MUSIC APPRECIATION CLASS**

12:00 DRAMA IN THE HOUSE

1:00 READING CLUB**

3:30 DANCE LESSONS

THURSDAY

9:30 SHOPPING TRIP TO WALMART

12:00-1:00 YOGA CLASS

3:00 GUITAR LESSONS

FRIDAY

11:00 PIANO TUNING

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- **HAIRCUTS – 10:00 FOURTH WEDNESDAY OF THE MONTH**
 - **MAIL READING BY APPOINTMENT**
 - **SIGHTED ASSISTANCE ON ALL TRIPS**
 - ****DENOTES NEW CLASS**
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January 2009 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CLOSED	2 CLOSED	3
4	5	6 Guest Speaker	7 Tzu Chi serves lunch	8	9	10
11	12	13	14	15 Lions serve lunch	16	17
18	19	20 Presidential Inauguration Day	21 Tzu Chi serves lunch / Happy Factory art class	22	23	24
25	26	27 Guest Speaker	28 Haircuts	29	30	31

**January guest speakers @the Center
Tuesday at 12:30pm**

**January 6 -Governor's office on Consumer Health
January 27-Meals on Wheels**

January is National Glaucoma Awareness Month

Gaining on Glaucoma: Detection and Treatment

Alan Cohen, a Pennsylvania eye doctor, has seen a lot of patients during his 47-plus years in practice. Here, he shares some facts about the sight-stealing condition, glaucoma. Dr. Cohen has treated hundreds of glaucoma patients during his career, and knows what to watch out for.

Q. What is glaucoma, and how many people have it?

A. It's an eye disorder that is caused by too much pressure in the eye. It can damage the retina, optic nerve or both, and cause vision loss and blindness. About 3 million Americans have it, and around 120,000 are legally blind because of glaucoma. It's important to catch it and treat it early, because it can lead to blindness in three to 15 years.

Q. Who's at greatest risk?

A. Like a lot of vision conditions, it typically happens to older people. Most often, people over 40. If there's a family history of glaucoma, risk goes up. Also, people who are very nearsighted or diabetic have a higher risk. Race can also play a role. Some research has shown that black Americans are about seven times more likely to develop glaucoma. In fact, it's the leading cause of blindness among black Americans. Hispanic people also are at higher risk.

Q. What causes glaucoma?

A. As part of normal functioning, your eyes produce an internal fluid to help the eyeball keep its shape. The fluid drains out of the eye all the time, but sometimes the drain “backs up” – and that’s what usually happens with glaucoma. When this happens, the pressure from the fluid starts building up inside the eye and damages sensitive nerve tissues. In most cases what you get is chronic glaucoma that slowly worsens over time. There’s also a type of glaucoma in which damage occurs without elevated pressure, but it’s very rare.

Q. What are the symptoms of glaucoma?

A. The tricky part is that early stages of glaucoma are usually symptom-free. That’s why an annual eye exam is a must. A glaucoma “puff test” is a standard part of a comprehensive eye exam. There’s also an acute form of glaucoma in which the “drain” shuts down rapidly. This condition is rare but extremely painful, so there’s no mistaking it. Acute glaucoma requires immediate attention in a hospital emergency room.

Q. Is there hope for glaucoma patients?

A. Yes – to an extent. There have been quite a few powerful new medications developed in recent years. They can be very effective at slowing or even halting the progression of glaucoma. Laser surgery, with medications, also helps make drainage in the eye better, which reduces the dangerous pressure. While it’s not curable, glaucoma is often very treatable – the earlier, the better.

Q. How do your patients feel when you detect their glaucoma early and save their eyesight with treatment?

A. Often, relieved. For example, a good friend told me a few years ago her eyes felt funny. I gave her a thorough eye exam, found she had low-pressure glaucoma and sent her to a specialist. She hasn't lost any additional vision at all, and her eyesight has improved thanks to medication and surgery.



Free Gifts

Written by Blind Center member Diane Fenton Sotelo

Comfort.
Hope
Empathy.

Share
Listen
Encourage.

Help
Humor
Affection

Acceptance
Friendship
Time

DID YOU KNOW?

You have a 1 in 649,739 chance of being dealt a Royal Straight Flush when you play poker. Your chances of getting struck by lightning is actually higher.



A small sampling of the great year we had!
Thanks to everyone who participated in our events!



Winter Steps for Healthy Living

Take advantage of winter to take stock and improve your health.

Hibernating may be a natural impulse during the winter months, whether you live in a sub-zero climate or a winter-rainy one. While it's easy to pump the remote instead of weights and to succumb to the allure of comfort food, try a different tactic this winter: Resist the urge to hibernate, take stock, and improve your winter health. Come spring, you'll be happy you did.

If you could suggest one simple change this season to boost personal health, what would it be? Here are their top tips.

1. Go Sweet on Your Diet

Ready to do just one thing this winter to spruce up your diet? Incorporate sweet potatoes, which are very much in season. A medium-sized sweet potato has about 100 calories and 4 grams of fiber, along with vitamins A and C, calcium, and iron. And it's loaded with beta-carotene, a powerful antioxidant.

Sweet potatoes are super simple to fix, too. Wash the potato well, poke it with a fork so it cooks better, wrap it in wax paper, and microwave for about six minutes. Delicious!

2. Venture Out to Work Out

Break up your indoor workout with outdoor activity. Depending on your location, try snowshoeing, trail walking, or, if you're in warmer climes, hill walking on a golf course or in a park with rain gear.

Besides the workout benefit, the outdoors offers you much needed light exposure, giving you not just a workout but a mood boost.

3. Winterize Those Eyes

There's no winter vacation from eye protection. Wear ski goggles when skiing and sunglasses when outdoors to protect your eyes from UV rays. Look for eyewear that blocks 100% UVA and UVB. If you're unsure about whether your glasses block the rays sufficiently, take them to your eye doctor, who can check their UV protection level.

4. Assess Your Heart Health

Winter's the season of love -- what with all the holidays and Valentine's Day -- so get serious with yourself and assess your heart health.

Ask your doctor to measure your personal health numbers and tell you the results: blood pressure, height, weight, waist circumference, blood cholesterol, and fasting blood glucose. Ask where you need improvement. Then pick one thing as your winter project. For instance, improve your diet in a small way, such as making your plate more colorful with a range of fruits and vegetables.

5. Sleep: Stay Cool

Resist the urge to crank up the thermostat to tropical levels during a chilly winter's eve. To ensure good sleep, keep your bedroom temperature at 65 degrees or 70 degrees Fahrenheit. And don't overload the blankets. Lower temperatures are more conducive to good-quality sleep.

These strategies may have you re-thinking winter as the season of stagnation. Try one tip or plunge into all 5. It'll be spring before you know it!

Fact or Myth?

QUESTION: How effective are natural remedies like zinc, echinacea, and vitamin C when it comes to treating the common cold?

ANSWER: Some studies show that zinc nasal sprays help cut a cold's severity and duration. The theory? Zinc sprays may coat the cold virus and prevent it from attaching to nasal cells where they enter the body. But other studies show that zinc is no more effective than placebo. Recent, well-done studies on echinacea show that it is not effective in preventing colds. However, in one study, 120 people with cold-like symptoms took 20 drops of echinacea every two hours for 10 days and had briefer colds than others.

As for vitamin C's effects, a recent survey of 65 years' worth of studies found limited benefit. The researchers found no evidence that vitamin C prevents colds. However, they did find evidence that vitamin C may shorten how long you suffer from a cold. One large study found that people who took a vitamin C megadose -- 8 grams on the first day of a cold -- shortened the duration of their colds.

To prevent colds the natural way, it's best to make sure you've got a well-nourished immune system. Dark greens foods like spinach are loaded with vitamins A and C. Salmon is a great source of omega-3 fatty acids, which fight inflammation. Low-fat yogurt may help stimulate the immune system.

Regular exercise - aerobics and walking - also boosts the immune system. People who exercise may still catch a virus, but they have less severe symptoms. They may recover more quickly compared with less-healthy people.

Sitting in the dark

Written by a long time friend of the center Tony Ticano

When I sit in my recliner chair
In the dark, to avoid the light glare
My eyes are closed, but I seem to stare
At all the things that I used to share

Sitting in the dark is cool in a way, for you are alone to pray and say
The things in your heart must not stay
Too long there, for then you will delay
The reason for the prayer to the Lord to be prayed

Sitting in the dark is also good for you to renew
The friendship and love that grew and grew
For the people in your heart, that have loved you too
To bring lots of happiness to you in the years that are so few

Sitting in the dark, you can also think of all the years that flew
By so fast. They didn't stop long enough for me to view
All the things we should have done, just me and you
But then we will say, we'll just wait for the day that will be new

Sitting in the dark can also relax your mind
Of all the stress and strain, off all the days grind
It relaxes your body, and makes it feel so nice to unwind
And in this mood, you will always be so kind.

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.

New Class Alert – History/Politics Discussion Group

Join us for History/Politics Discussion Group Wednesday s from 9am-10am. This class, led by members Steve and Ed, started December 17th and is a great way to get in tune to the past and the present. Join us in the conference room for some enlightening and interesting conversation.

Free Monthly Low Vision Seminar –January 9th

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.

Blind Center of Nevada E-Waste Program / Computer Recycling

(702) 642-6000 Ask for Ben

We accept: Computers, monitors, 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).

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**Free Matter for
the Blind or
Handicapped**

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