

BLIND CENTER OF NEVADA CHATTERBOX

JULY 2006

July Is UV Safety Month

- 1. During July, UV Safety Month, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage.**
 - The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don't just think sunscreen – think sunglasses and a wide brimmed hat.
 - Excessive, prolonged UV exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration.
 - Extensive or intense exposure to UV rays can cause "sunburn" on the surface of your eye. Similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so protect your eyes.
- 2. To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light.**

- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- If you spend time on the water or in the snow, consider purchasing goggles or sunglasses that wrap around your temples because they block the sun's rays from entering on the sides, offering better protection.
- Remember sunglasses don't have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B protection.
- Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.

3. It's important to protect your eyes when UV light is most intense.

- Generally, UV light is at the greatest level at midday (10:00 a.m. to 2:00 p.m.), but you need to protect your eyes whenever you're outside for a prolonged period, even when it's gray and overcast.
- Reflected sunlight off water, snow and pavement can be the most dangerous type of UV light because it is intensified.
- Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays.

JULY SCHEDULED EVENTS

COMPUTER LAB INDIVIDUALIZED LESSONS

MON-WED 9:30AM-11:30AM & WED 3:30-4:30PM

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

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

BOWLING MONDAY 11:15AM BEGINS

VIOLIN LESSONS MONDAY 3:00PM

BAKERY GOODS EVERY MONDAY

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

TUESDAY ***SHOPPING TRIP*** 9:30AM

GUEST SPEAKER EVERY TUESDAY 12:30PM

SHOPPING TRIP WEDNESDAYS 9:30AM

GAME DAY WEDNESDAYS 9:30AM

VISITING PHARMACIST WEDNESDAY 10:30AM

ROUND TABLE ***DISCUSSION*** WED 12:00PM

WEDNESDAY ***BRAILLE LESSONS*** 10:30-11:30AM

WEDNESDAY ***SUPPORT GROUP*** 1:00PM

TAI CHI WEDNESDAY 12:30-1:30PM

PIANO/GUITAR WEDNESDAY 12:00PM-2:00PM

DANCE LESSONS WEDNESDAY 3:30PM

WEDNESDAY IS ***\$1 TACO DAY!*** PLACE YOUR ORDER
WITH DONNA BY TUESDAY.

MAIL READING ASSISTANCE AVAILABLE

MON-THURS BY APPOINTMENT

WALMART ***SHOPPING TRIP*** THURSDAYS 9:30AM

THURSDAY ***SUPPORT GROUP*** 11:30PM

LIFETIME MEMBER



On June 14, 2006 the Blind Center of Nevada recognized and congratulated Mr. Solomon Perry for his life long participation and membership. Solomon has been participating in Blind Center activities and programs since he was a very young boy. Many members were in attendance for this lunch and celebration. Thank you Solomon for blessing everyone at the Center with your sweet spirit and beautiful piano melodies.

SUPPORT GROUP MEETINGS

BLIND CENTER OF NEVADA

WEDNESDAYS 1:00PM TO 2:00PM &
THURSDAYS 12:30PM TO 1:30PM
AT THE BLIND CENTER OF NEVADA
1001 N. BRUCE STREET
642-6000 FOR MORE INFORMATION

BLINDCONNECT

MEETS ON THE 4TH WEDNESDAY
OF EACH MONTH
6375 W.CHARLESTON BLVD BLDG "L"
(CROSS STREET IS TORREY PINES)
AT THE CCSN CAMPUS
631-9009 FOR MORE INFORMATION

July 2006

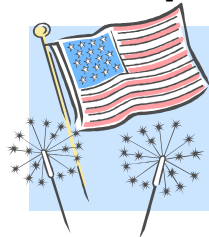
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Dr. Marek 11:00am	19	20	21 Play at Spring Mt Ranch	22
23	24	25	26	27 Music Recital 11:00am	28	29
30	31					

July is...Fireworks Safety Month

The National Council on Fireworks Safety urges everyone to use sparklers in a safe and responsible manner. The Council offers the following safety tips:

- Obey the local laws and use common sense.
- Always read and follow instructions. Always have an adult present.
- Keep burning sparklers away from clothing and flammable objects.
- Only use sparklers outdoors, away from buildings and vehicles.
- Light only one sparkler at a time.
- Alcohol, fireworks and sparklers do not mix. Be responsible.
- Do not point or throw sparklers at another person
- Children under the age of 12 should not handle sparklers.
- When finished, place used sparklers in a bucket of water.

Festivities, families, fireworks and sparklers. They seem to go hand in hand. The Blind Center of Nevada encourages everyone to enjoy the coming 4th of July safely and responsibly!



A Witch's Tale

By Jerice Ney June 2006

In the early 1950's my family and I lived in a small rural community in southern Louisiana. It was a beautiful community with soft rolling hills planted with cotton, corn, and ryegrass. The planted fields were flanked by woods of tall pines, with a mixture of live Oaks and Hickory Nut trees. Everyone also had a vegetable garden and each family had a particular crop they produced that was spectacular. This produce was sold, bartered or given to friends and neighbors.

Most of the farmhouses were built in Victorian style with a center hall, porches on each side and a turret at one corner of the front porch. The fenced-in yard around the house was swept clean each day and no grass was allowed to grow there. This custom was used to keep the varmints and snakes at a safe distance.

I was about seven years old at this time, and our community was in a great transitional stage. There were the contemporary people and there were the 'Old Timers'. Our family were considered contemporary because, we had a 1943, dark green, Chevy pick-up truck. My sisters and I were also allowed to wear shorts, which were quite controversial at his time.

The 'Old Timers' still drove mule drawn wagons, which looked like covered wagons without the canvas rigging on top. The wagons had deep beds and were used for hauling and transportation needs. The mules were taller than a horse and much stronger. Mules as you know, have long ears like a donkey. They not only pulled heavy

wagons, but they were also used to plough the fields as no one had a tractor at this time.

There was one necessity that each farm had to have. That was a good clean well with an adequate water supply. Water was usually found about 80 feet down, and was clear, cold, and delicious. This water was used not only for human consumption but to water the livestock and irrigate the crops. Now, it was at this time that our family well went dry. My dad hired the expertise of the community 'Water Witch' to solve our dilemma. My sisters and I eagerly waited for the day she would appear. We had never been in contact with a witch before, except in fairy tales.

She arrived early one morning. The first thing she did after climbing off of the wagon, was to take a bucket of water and give it to the two mules that had brought her. I still remember her standing there. She wore all earth colors mostly brown and tan. She had on a long dress with long sleeves. Her shoes were high-topped men's work boots and she had on black stockings. Her hair was pulled back and she wore a sunbonnet, just like the pioneer women. She had a chubby round face with rosy cheeks and little brown eyes. She was chewing tobacco, and of course had the juice dripping out each corner of her mouth. She smelled of sausage and biscuits, that morning's breakfast, and carried a forked willow branch in her well, calloused hands. She informed my dad that she was ready to work. She held the branch on each side of the fork with the palm of her hands held up. The branch was held firmly, and she began to walk up and down the yard. The branch would turn downward in her hand when she stood over water, and it dropped several times. My dad placed a stone at each spot. I asked if I could try and she slowly gave me her willow branch and showed me how to hold it. What a force

there was when I stepped over hidden water. If you tried to stop the branch from turning down it would actually roll the skin off of your palms. Thanks to this lost art many a family had a good well including our own.

Recently, I was admitted to the hospital and of course the first procedure they do is an intravenous line in your arm. This line is used for medication, and sometimes-emergency care. Most people can contain their line as long as they are in the hospital, but my veins will only carry them for a short period of time. After being there for a week my arms were black and blue, so sore, and I was miserable. Every morning the first thing that nurses seemed to say was, “Your line is no good, and we’ll have to put another in.” I would draw up into a little ball in fear and trepidation. How were they going to find another useable vein? How many times would they have to stick that needle into my arm or hand this time?

I was sitting there in a terrified state of anticipation, waiting for them to start the painful procedure, when this nice cheerful lady came into my room. She started joking and talking with me. She was neat and tidy, carried a little bag and though cheerful, had an air of authority surrounding her. I soon realized I was at ease with her. She came over to my chair, and took my arm. She began to run her fingers horizontally from wrist to elbow. She talked to me the whole time putting me more and more at ease. I realized she was a ‘Veining Witch’. She found a good vein by just using her fingers. No slaps, no pumping and no elastic bands... She followed the veins with her fingers and I could hear her mumble, “Now, where did you go..? You aren’t supposed to go that way.” She soon found a usable vein, and with one simple stick she was in! And it didn’t hurt at all.

The ‘Water Witch’ and the ‘Veining Witch’ each with a special gift; one gave an essential element so that man could live, and one took away pain and suffering, so that man could endure. Both shared their gift for the betterment of the human race.

This makes me wonder..? “How many of us have gifts, but never share them with others? How many of us have a gift, but keep it hidden?” We all have a gift you know. This gift will only grow if you share it. Some of us know our gifts. They’re obvious. Things like singing or playing the piano. Yes, these gifts are obvious but some gifts may not be as noticeable. Some have the gift of making people feel better by talking to them. Some can put other people at ease. Some can make other people laugh. The thing is, sharing your gift is not only good for the people you are sharing it with, but it is also good for you. So, pay attention! Discover your own individual gift and use it to help all mankind. You will find that the more you use your gift, the more gifts you will receive from others. Life is tough enough. Just to see someone’s life go a little easier is a gift you may give. You will not only give the gift of a lighter heart, but you will receive the gift of happiness yourself. So.., let your little light shine. Don’t hide it under a basket this week. You will see yourself grow and become a better person. You may even surprise yourself..!



Upcoming Blind Center Events

July 17th Dr. Marek “foot care” 11:30am – 1:00pm. Do you need your nails trimmed, but have a difficult time seeing them? Come down and let Dr. Marek DPM care for your feet. There is no fee involved with this service.



July 21st Spring Mt. Play “Return to the Forbidden Planet” Tickets are \$8 per person and dinner is included. Call Donna or Paula at 642-6000 to reserve your seat.

July 27th Pizza Party and Music Recital at the Blind Center 11:00am. Join us for a great performance by our music students.

MONEY MATTERS

Developing systems for identifying and handling money is critical for maintaining an independent lifestyle. While you may wish to devise your own methods, the following tips have helped many people keep track of their finances.

CONTINUED FROM JUNE CHATTERBOX:

COINS

- Identify coins by touch. Some coins have smooth edges; others have rough edges. Use your fingernail for easier identification.
- Pay attention to coin size to distinguish between coins with similar edges (i.e., smooth or rough). For example, in the United States, with smooth edged coins, the nickel is larger than the penny; with rough edged coins, the quarter is larger than the dime.

MONEY SAFETY

- When making a purchase, try to use bills closest to the amount of the sale, minimizing the amount of change you will need to recognize and sort.
- Tell the cashier which bill denomination you are using to pay, and ask the cashier to state the bills you are receiving as change.

TAKE NOTE

- The design of currency is changing. In the United States, for example, on the back of each newly designed bill, the denomination is printed – in large print on a plain background – in the lower right-hand corner.
- ATMs and other banking services vary from location to location and bank to bank. Some have accessibility features – Braille, audio output, “talking” features, large-print touch screens, buttons with raised indicators and assistance via telephone handset at the machine.
- If you use online banking services, you can access your statement and account information in the format that you prefer through assistive technology.

Are you interested in learning about the programs and services offered by the Blind Center of Nevada? Are you a care provider who would like us to come and meet with you, your staff or the population you serve? Call us today at 642-6000 to schedule a time for us to come out to you or for you to tour the Blind Center. Part of our goal is to educate the public about vital programs and services and available technology. We are here to help.

YOU'RE INVITED!

COME SEE WHAT'S NEW

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 an informative 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. Don't let another day pass by without this valuable information that can change your life or the life of someone you know. Call 642-6000 to reserve a seat at our next demonstration.

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

FREE MATTER
FOR THE BLIND



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