

The Visionary

February 2006

The Numbers Are In!

Volunteer hours for the calendar year 2005 (January 1 to December 31, 2005) are in. We are very proud to announce that volunteer hours totaled over 10,000 hours last year. This is the equivalent of having 5 extra full-time employees for the year. It is well worth singing the praises of our outstanding core of volunteers. Special people helping people is the common thread that holds this great country together and we are blessed to have the heart and spirit of Blind Center of Nevada represented by each of you. Thank you for bringing your bright smiles and abundance of joy to the Blind Center, we certainly wouldn't have had such an outstanding year without the dedication and commitment of each one of you. Take a bow for a *JOB WELL DONE!!*

Let's reflect for a moment on the fun our volunteers had last year and the joy they shared with the Blind Center Members.



Mission Statement

The Blind Center of Nevada assists blind and visually impaired persons of all ages in reaching their highest physical, social, intellectual, and economic potential. To achieve these objectives, there are three focus areas: personal development, social interaction, and meaningful employment

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Volunteering Is Simple

Sometimes, one of the hardest parts of volunteering can be *finding* a volunteer opportunity that fits your personality. We created this comprehensive list to help you find the perfect match. There is much work to be done in many areas and you can be an important link in our strong chain of volunteers. We want your volunteer experience to be as valuable to you as it is to the Blind Center and the people we serve.

- Activity Assistants/Leaders
- Arts & Crafts Leaders
- Bowling Team Assistants
- Ceramic Class Instructors
- Computer Lab Mentors
- Cooking Class Instructors
(Basic Cooking)
- Fitness Instructors
- Maintenance/Repair Person
- Music Teachers
- Nutrition Instructor
- Shopping Trip Companions

Many of our opportunities offer volunteers the chance to provide friendship and community activities to our visually impaired members. If you think you would enjoy working with blind and visually impaired individuals call 642-6000 and speak with Paula today about joining our team!



Things to remember when you are working with those with Vision Impairments:

- Don't assume you know what a person with vision impairment needs - ask them first.
- Describe your surroundings.
- Use light touch to help communicate your message.

FEBRUARY 2006

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Valentine's Day					
20	21	22	23	24	25	26
27	28					

Quote Of The Month

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

~Maya Angelou



Spotlight On Volunteer Opportunities

Have you been wanting to volunteer and aren't sure where you are needed? Every volunteer position at the Blind Center is an important link in our chain of support. However, sometimes it becomes clear that there are some positions that we need filled as soon as possible in order to keep the Center running smoothly. February's Volunteer Opportunity Spotlight features four key opportunities.

The first is for a handy dandy Maintenance and Repair person. We are looking for an energetic, handy individual to oversee in the upkeep and maintenance of the Blind Center building and grounds. This position requires a

couple of days per week, the hours are flexible.

Second, ceramics is a very popular BCNV class and we are looking for teachers and assistants to run, teach and perform upkeep of our ceramics department. Tasks include helping students finish projects, pouring of molds, etc. Class is held on Wednesdays from 9:00 am to 11:30 am, other hours or days are flexible.

Third, if you enjoy the computer, we are seeking mentors to teach and guide members in basic computer programs, including word-processing, Internet use and keyboarding for beginners. Low vision software is used for all these

lessons. All mentors will receive on-going training. This position requires a minimum of a couple of hours once a week, the days and hours are flexible.

Last of all we encourage you to check out the BCNV bowling league that meets on Mondays from 11:00 am to 1:30 pm. Volunteers are needed to assist bowlers at lanes.

If you are interested in any of these position or know someone who might be, please let us know A.S.A.P. As always thank you for all you do.

Message From Paula

**February 1-28, 2006 is
AMD/Low Vision Awareness Month**

Macular degeneration is a leading cause of vision loss, affecting 1.6 million Americans age 50 and older. The initials AMD stand for a disorder called age-related macular degeneration. AMD is a disease that affects part of the back of the eye called the macula, the central part of the retina. This can cause the center part of your vision to become blurry or wavy. It could also cause a blind spot in the center of your vision. This debilitating vision loss condition can dramatically affect a persons daily routine and ultimately severely hamper every day life.

Low vision aids can make the most of remaining vision. Items like the magnifying glass, talking watches and clocks, white canes, Video Magnifiers and other low vision aids are designed to make facing the challenge of every day life with less vision a little more comfortable.

The Blind Center offers these and other items to help those with AMD and other vision robbing eye diseases. We offer a monthly hands on low vision seminar that offers individuals the opportunity to learn about and try these low vision items.

If you would like to be a part of our low vision team, call 642-6000 and talk to Paula about available training sessions.

Have you completed your timesheet and turned in your monthly comments and ideas? This is an important way for you to be involved in the Center's goal to provide vital services to those with vision loss!





THE VOLUNTEER NEWSLETTER OF THE BLIND CENTER OF NEVADA

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*"Alone We Can Do So Little;
Together We Can Do So Much"*

~ Helen Keller

We're on the web
www.blindcenter.org

Do you have any ideas or suggestions? Let us know.

Do you have any ideas or suggestions for ways to improve or add to programs provided by the Blind Center of Nevada to assist blind and visually impaired people in our community?

We want to hear your ideas. Please contact Paula Fike at 642-6000 or paulaf@blindcenter.org. No idea is too big or too small to be heard. Let's get the ball in motion and build an extraordinary community of people who are keenly aware of the needs and desires of the blind and visually impaired.

We look forward to hearing from *YOU!*

The Blind Center is centrally located and easy to find. Easy access from both I-15 and Highway 95.

Visit our new website at www.blindcenter.org for more information about the Blind Center of Nevada.

