



BCNV Bulletin

The Blind Center of Nevada Newsletter –May 2008

You're invited!

8th annual good “old fashioned” BBQ
featuring entertainment
and a live and silent auction!

May 8th, 2008
5:00pm-8:00pm

Your \$75.00 donation to support the blind and visually impaired will brighten the lives of those who have lost the precious gift of sight.

Have you heard the news? The Blind Center is proud to announce that our bowling alley is now fully functional! Members will now have the opportunity to practice their game AT the Center thanks to volunteers, staff and Board members!



Blind Center of Nevada
1001 N. Bruce St. Las Vegas, NV 89101
Phone (702) 642-6000 www.blindcenter.org

May 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

12:00 CERAMICS

12:00-2:00 E.S.L

TUESDAY (ORDER TACOS TODAY)

9:30AM SHOPPING TRIP TO 99 CENT STORE

9:30 COMPUTER LAB

10:00 ARTS & CRAFTS -10:30 CHOIR

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

11:30 GUEST SPEAKER

**11:30-2:00PM HAIR STYLIST BY APPOINTMENT
(EVERY OTHER TUESDAY)**

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

12:00 CERAMICS / 12:00-2:00 E.S.L

1:00 SUPPORT GROUP

3:30 DANCE LESSONS

THURSDAY

9:30 COMPUTER LAB

9:30 SHOPPING TRIP TO WALMART

12:00 DRAMA IN THE HOUSE

3:00 GUITAR LESSONS

FRIDAY

1:00-4:30 PIANO LESSONS BY APPOINTMENT ONLY

4:30 PIANO TUNING

MAIL READING BY APPOINTMENT

SIGHTED ASSISTANCE ON ALL TRIPS

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

MAY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Low Vision Seminar	3 Fund Raiser 9am-2pm
4	5 Bowling /ESL Class/ Arts & Crafts	6 Community Speaker/ .99 store shopping	7 \$1 Taco Day/ Pharmacists /Dance Lessons	8 Good Old Fashioned BBQ and Auction!	9 Music Lessons by Appt/Piano tuning	10
11  Mothers Day!	12 Bowling /ESL Class/ Arts & Crafts	13 Community Speaker/ .99 store shopping	14 \$1 Taco Day/ Pharmacists /Dance Lessons	15 Wal-mart shopping	16 Music Lessons by Appt/Piano tuning	17
18	19 Bowling /ESL Class/ Arts & Crafts	20 Community Speaker/ .99 store Shopping	21 \$1 Taco Day/ Pharmacists /Dance Lessons	22 Wal-mart shopping/ Drama class	23 Music Lessons by Appt/Piano tuning	24
25	26 Blind Center Closed for Holiday	27 Community Speaker/ .99 store shopping	28 Monthly member party 10am-1pm	29 Wal-mart shopping/ Drama class	30 Music Lessons by Appt/Piano tuning	31

***** **PLEASE NOTE:** Not all classes are listed.
Please refer to page 2 for a complete listing.

Cornea Transplants: Older Donors OK

Excellent Outcomes Expand Cornea Supply 20%-35%

April 1, 2008 -- Cornea transplants from older donors work just as well as corneas transplanted from younger donors.

The finding, from a clinical trial involving 43 eye banks, means that corneas from donors up to age 75 can now be transplanted. This will expand the donor pool by as much as 20% to 35%, suggests the Cornea Donor Study Investigator Group, which conducted the study.

More than half of the 33,000 corneas transplanted each year in the U.S. come from donors over age 60. But doctors have been wary of using corneas from donors older than age 65.

The study group included 105 eye surgeons from 80 participating sites. In more than 1,000 cornea transplant patients followed for five years, the surgeons saw no difference in outcomes between recipients of corneas from donors younger than 66 and recipients of corneas from donors aged 66 to 75.

In both groups, 86% of patients had successful cornea transplants. There was no evidence linking donor age to patient outcome, even among patients whose transplants failed. "Our results indicate that the donor age pool should be expanded to 75 years," the investigators conclude. The findings appear in the April issue of the journal *Ophthalmology*.

Please note: The Blind Center will be closed Monday, May 26 in honor of Memorial Day. We will reopen Tuesday, May 27 and resume our regular schedule. Be sure to sign up for Tuesday's rides by Friday to ensure you're picked up!

2008 Economic Stimulus Payments

In March, more than 130 million American households will begin receiving IRS letters giving them general information about the economic stimulus payments. The letters will also advise Americans that to receive a 2008 stimulus payment, all they have to do is file a 2007 tax return.

Taxpayers who already file using a 1040 Form to comply with the April 15 filing deadline do not need to do anything extra to receive their one-time economic stimulus payment.

A separate IRS mailing will go out in late March to people who no longer file tax returns—certain recipients of Social Security and veterans disability benefits—explaining what they will need to do to receive their one-time and providing the necessary guidance and forms. There is plenty of time to get help and apply for the payment. April 15 is NOT the deadline for those who no longer file tax returns. The deadline for the economic stimulus payment form will likely be sometime in the fall of 2008.

People who do not need to file a tax return, but received at least \$3,000.00 from Social Security benefits, Veteran's benefits, certain railroad retirement benefits and/or earned income in 2007, must submit a simplified version of a 1040A tax form to the IRS in order to receive a stimulus payment. The minimum payment for this group

Spring Fling! Fundraiser for the Blind Center of Nevada

Date: Saturday May 3rd, 2008

Time: 9:00am–2:00pm

Location: Blind Center of NV

**Get all of your gifts for Moms,
Brides, Dads and Grads in one
place! Maybe even a little**

**something for yourself! We will
have tables set up with silent
auction items, gift baskets and
individual gifts available for
purchase. 50% of the proceeds will
go directly to The Blind Center.**

**Call The Center for more
information!**

will be \$300 for an individual and \$600 for a couple filing jointly. The IRS will never send a letter or e-mail asking for a response by phone or e-mail. IRS agents will not ask to come to a person's home for the purpose of an economic stimulus payment. Never pay anyone or go through a third-party intermediary to apply for or speed up the payment process.

Always contact the IRS directly with any questions. To do that, you can call toll free, 800-829-1040 or go to the agency's Web site, www.irs.gov.

Stimulus Payment Tool-AARP Tax-Aide and National Council on Aging

Available on www.AARP.org/stimulus

The Stimulus Payment Tool is for people who normally don't have to file a tax return, but need to do so this year to get a Stimulus Payment. This tool asks you a few questions and then fills in the 1040A tax form for you, using information you provide. Just print it out, sign it, mail it in, and get your stimulus payment check. It's quick and easy to do!

Once you print the 1040A tax form or exit the tool, your personal data is automatically deleted. The Stimulus Payment Tool is an extension of the service AARP Tax-Aide volunteers currently provide to taxpayers across the country, and was developed in cooperation with Benefits Checkup, a service of the National Council on Aging.

**Lords, Ladies
and Peasants!
Member Party
Wednesday
May 28th
10am-1pm
Don't miss it!**

February 2009 - TV Switches to Digital: Will you be ready?

It's almost official: Starting Feb. 18, 2009, millions of televisions in American households will go black unless they're outfitted to receive all-digital broadcasts.

By law, television stations nationwide must switch from the old method of transmitting TV signals known as analog to digital television (DTV) on February 17, 2009. DTV is an innovative new type of broadcasting technology that delivers movie-quality pictures and sound, more channels, and even high definition television (HDTV) to consumers with HD television sets.

While the benefits of DTV are remarkable, millions of households risk losing television reception unless they take the easy steps to receive a digital signal.

Q: Is it true if I subscribe to cable or satellite TV service, I can continue using that hand-me-down TV set from a few decades ago after the switchover?

That's right, because if you're not even using your TV set's over-the-air tuner, there's no problem. You'll continue to receive all the channels you'd expect--including local broadcast offerings, assuming the service carried them in the first place and will continue to do so--without any need to buy new equipment. And naturally, those who receive Internet Protocol or IPTV--that is, channels shuttled over the Internet--through telephone carriers like AT&T and Verizon, won't have to make any changes either.

Q: I currently rely on free, over-the-air broadcasts and have no intention of ever subscribing to cable or satellite service. What are my options?

If you bought your TV recently, it may already include a digital tuner. As of March 2007, nearly all new televisions should include a built-in digital tuner.

If it's older, you're in the minority that has to do something before the deadline if you want to keep watching over-the-air TV. The simplest--and most expensive--option is to buy a new television equipped with a digital tuner. Many of them are already on the market, labeled as SDTV (standard-definition television, which refers to an analog TV equipped with a built-in digital tuner), EDTV (enhanced-definition TV, which can display high-definition images but doesn't have enough resolution to do them justice) and HDTV (high-definition TVs, which are the most common type of digital television). (Click [here](#) to view CNET's TV buying guide.) You could also choose to purchase a DVD player or recorder equipped with a digital tuner.

The most economical route may be to buy an external digital-to-analog converter box, which is a digital tuner with an analog output that will let older TVs receive digital transmissions after the switch. Beginning January 1, 2008, the federal government plans to allow households to apply for up to two \$40 vouchers to defray the cost of designated devices, which manufacturer's project will cost \$50 to \$70 when they hit stores early next year.

Q: Free money from the government?

That's right, although of course you're paying for it yourself. Regardless of how much money you make or even whether your household relies on free, over-the-air TV broadcasts, you'll be eligible to apply via phone, Web, fax or snail mail for the coupons during a first phase, in which 22.5 million coupons are expected to be available. The last day to make such requests is scheduled to be March 31, 2009. Coupons are set to expire three months after being issued.

If the first wave of coupons runs out, Congress could authorize an additional \$450 million, creating up to 11,250,000 more vouchers. But those would be limited to households that claim they rely on over-the-air TV.

TV Converter Box Coupon Program

What is the TV Converter Box Coupon Program?

Congress created the TV Converter Box Coupon Program for households wishing to keep using their analog TV sets after February 17, 2009. The Program allows U.S. households to obtain up to two coupons, each worth \$40, which can be applied toward the cost of eligible converter boxes.

A TV connected to cable, satellite or other pay TV service does not require a TV converter box from this program.

Consumers have a variety of options. Options to explore include:

1. Keep your existing analog TV and purchase a TV converter box. A converter box plugs into your TV and will keep it working after Feb. 17, 2009, or
2. Connect to cable, satellite or other pay service, or
3. Purchase a television with a digital tuner

The National Telecommunications and Information Administration (NTIA), which is overseeing the coupon program, plans to make more detailed instructions available later this year.

If you are a consumer and looking to obtain additional information about this Program or the transition to digital television, you may contact us by calling toll-free at 1-888-DTV-2009 (1-888-388-2009), or by writing to:

**TV Converter Box Coupon Program
PO Box 2000
Portland, OR 97208-2000**

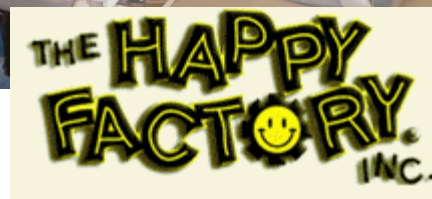
Please include your name, mailing address and the nature of your request or question when writing to us.

Deaf or hard of hearing callers may dial 1-877-530-2634 (English/TTY) or 1-866-495-1161 (Spanish/TTY). TTY Service is available from 9 AM - 9 PM Eastern Time Monday through Friday.

Happy Factory Toy Company

The Happy Factory Toy Company's motto is: *"We may not be able to make a toy for every child in the world that needs one--but we're going to try!"*

Owned by Charles and Donna Cooley, The Happy Factory Toy Company is a non-profit organization in Las Vegas that originally started in a Utah home workshop in 1995.



Happy Factory Toy staff members Joe, Chuck and Rex graciously gave of their time and materials last month when they joined Blind Center Arts and Crafts instructor Heidi and volunteer regular Cece Jimenez, as they taught the members to assemble wooden toy trains! The company has previously worked their "toy magic" for children at Utah's Shriner's Hospital and Ronald McDonald House. We would like to thank the Happy Factory Toy Company and their staff for their visit and hope to see them again soon! It is because of individuals and organizations like theirs that The Blind Center keeps going strong!

Embrace and enjoy your gifts

Junior high school students in Chicago were studying the Seven Wonders of the World. At the end of the lesson, the students were asked to list what they considered to be the Seven Wonders of the World. Though there was some disagreement, the following received the most votes:

1. Egypt's Great Pyramids
2. The Taj Mahal in India
3. The Grand Canyon in Arizona
4. The Panama Canal
5. The Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student, a quiet girl, hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The quiet girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the Seven Wonders of the World are:

1. to touch...
2. to taste...
3. to see...
4. to hear... (She hesitated a little, and then added...)
5. to feel...
6. to laugh...
7. and to love.

The room was so quiet; you could have heard a pin drop.

May this story serve as a gentle reminder to all of us that the things we overlook as simple and ordinary are often the most wonderful - and we don't have to travel anywhere special to experience them.



Mother's Day

**Don't forget
Mothers Day,
Sunday May 11th!**

**But it is also a day to
celebrate all the wonderful
women in our lives.**



Nest

***By Blind Center
member Diane Fenton***

***The bird nest with eggs
Hangs in the tall, green,
fruit tree***

***The eggs will hatch
soon.***

***Once the eggs have
hatched***

***Mom bird will feed
them chewed worms
Then teach them to fly.
Once the birds can fly
Each bird will build a
new nest***

For us to observe.

***Even though we're
blind***

***A bird life we can
enjoy***

***Chirping-flapping
wings***

Hypertension: High Blood Pressure and Eye Disease

In addition to causing heart and kidney problems, untreated hypertension can also affect your eyesight and cause eye disease. Hypertension can cause damage to the blood vessels in the retina, the area at the back of the eye where images focus. This eye disease is known as hypertensive retinopathy. The damage can be serious if hypertension is not treated.

What Are the Symptoms of Hypertensive Retinopathy?

Most often a person will not experience symptoms, and the retinopathy is found on routine eye exam.

Symptoms include:

- ❖ Headaches
- ❖ Vision problems

How Is Hypertensive Retinopathy Diagnosed?

An eye care professional can diagnose hypertensive retinopathy. The professional will use an ophthalmoscope, an instrument that projects light, to examine the back of your eyeball. Signs of retinopathy include:

- ❖ Narrowing of blood vessels.
- ❖ Fluid oozing from the blood vessels.
- ❖ Spots on the retina known as cotton wool spots and exudates.
- ❖ Swelling of the macula and optic nerve.
- ❖ Bleeding in the back of the eye.

How Is Hypertensive Retinopathy Treated?

The best way to treat hypertensive changes to the eye is to adequately control your blood pressure.

Can Hypertensive Retinopathy Be Prevented? To prevent hypertensive retinopathy, keep your blood pressure in control by

changing your diet, exercising more, and taking your high blood pressure medications as prescribed. In addition, see your doctor on a regular basis for follow-up care.

Nevadans can now register for a free electronic lockbox

Nevada residents can now register for a "living will lockbox." Secretary of State Ross Miller introduced a new, free electronic storage system Tuesday morning. Miller says the living will lockbox is a secure, Web-based registry that individuals can use to submit a living will or other advance directive documents to be electronically stored with password restricted access.

The Living Will Lockbox is a simple & secure approach to ensure that your medical wishes are followed. Maintained by the Secretary of State's office, a copy of your advance directive will be kept confidentially and readily available to you and your health care provider, when needed, 24-7.

The power to decide is yours. You choose who may have access to your documents filed in the Lockbox. Through the Lockbox, your health care provider may retrieve a copy of your advance directive during an emergency or illness.

Make your wishes known. For more information, contact by mail, phone or email:

The Living Will Lockbox
c/o Nevada Secretary of State
101 North Carson St., Suite 3,
Carson City, NV 89701.
PHONE: (775) 684-5708.
EMAIL: info@LivingWillLockbox.com

Aging Baby Boomers Unaware of Eye Risk

Few aging baby boomers are aware of their risk of age-related eye diseases or are doing what they need to do to protect their future vision.

is was the finding from a national survey released today by the American Academy of Ophthalmology (AAO) to coincide with new eye disease screening recommendations for adults and the launching of a nationwide public education campaign. The academy now recommends that adults with no obvious signs or risk factors for eye disease see an ophthalmologist for a baseline screening at age 40.

The AAO's Marguerite McDonald, MD, says educating baby boomers about their risk for age-related eye diseases and vision loss is critical because more than half will develop one of the diseases over their lifetimes.

McDonald is clinical professor of ophthalmology at Tulane University Health Sciences Center in New Orleans.

“There are 76 million boomers and the first one turned 60 last year,” she tells WebMD. “Since then, 330 boomers have turned 60 every hour. This is a looming health crisis, but almost all of these [age-related] conditions can be successfully treated when diagnosed early.”

Aging Eyes = Higher Risk

McDonald said the survey results show that most Americans know very little about the five main age-related eye diseases: cataracts, glaucoma, diabetic retinopathy, dry eye, and age-related macular degeneration.

The group estimates that by 2020, 43 million people in the U.S. will suffer from age-related eye diseases, compared with 28 million today.

In addition to age, major risk factors include a family history of eye disease, diabetes, and high blood pressure.

Among the major findings from the survey of 1,200 adults: Despite the fact that age is one of the largest risk factors for eye disease, only 10% of people aged 65 or older considered them at high risk.

More than a third of people in this age group said they did not get annual eye exams.

Just 17% of people with a family history of eye disease saw themselves as being at high risk, suggesting that they did not know family history was a strong risk factor for age-related eye disease. 42% of those who answered the survey didn't know that diabetes was a risk factor for diabetic retinopathy, which is a leading cause of blindness.

Just one in four African-Americans, Hispanics, and Asians surveyed knew that their ethnicity put them at higher-than-average risk for glaucoma.

Only 14% of people who did not wear glasses considered themselves at moderate to high risk for eye disease. Good vision in early to middle adulthood has little bearing on risk for age-related eye disease.

Boomers in the Dark

Fewer than one in seven people surveyed (15%) correctly identified at least half of the listed risk factors for age-related eye diseases.

“The survey shows that Americans are more worried about losing weight or back pain than the possibility of losing their vision,” San Francisco ophthalmologist and AAO spokesman Andrew Iwach, MD, tells WebMD.

The world’s largest association of eye physicians and surgeons, the AAO has launched a new web site -- **www.geteyesmart.org** -- in its effort to open the public’s eyes about age-related vision problems. Remaining in the dark, Iwach says, will needlessly increase millions of aging baby boomers' risk of losing their sight.

“The good news is that we are living longer,” he says. “The bad new is that our parts aren’t all lasting so we have to put the effort into maintaining them. People have no problem getting their oil changed when their car is running fine, but

they usually don't think about their vision until there is a problem."

Blind Center Community Appearances

In our ongoing efforts to get the word out about the Blind Center's computer recycling program and all the benefits it brings to those involved – not to mention the community and the environment- Blind Center staff hit the road this past month at events around town. We stocked the booths with brochures, postcards and even electronic products, in hopes of educating attendees on the service the Blind Center provides, both to present members, prospective members, and those interested in our electronics recycling program! We had booths at the Las Vegas Solar Home Tour at the Springs Preserve, Galleria Mall in Henderson, Summerlin Earth Faire and Councilman Wolfson's Community Fair Day!



Summerlin Earth Faire Pictures!
Above: Bob Waldorf, V.P. of Operations, talks to earth day attendees about our computer recycling program.



Bob Waldorf and Volunteer Coordinator Heather Motogawa at our booth at the Faire!

Sylvia's Beauty Corner

Hi everyone; this month I'm going to touch on a problem with people who have Dry to Overly Dry Skin. This is definitely a problem with people who live in very dry to hot climates like the Desert or places that have very cold temperatures that could dry out the skin as well.

Solutions if you have this problem - you should use a face cleanser for dry skin, because it has more moisture or oils in it, you should even use a moisturizer that has more emollients for dry skin. I know a lady friend who works at a drug store that told me that using an AHA face lotion is very good, because it will turn over the skin in your face to give your complexion a more hydrated and smoother appearance. I suggest a rich night cream to put on before you go to bed at night, it's to keep your face moist and hydrated. I even suggest using a moisturizer with a sunscreen of 40 or higher to protect your skin from the harm of U V.

Men who have dry skin; I suggest using a shaving cream for dry Skin, the good news is that shaving Creams have different formulas for different skin types. I also suggest using an oil-based aftershave to help keep your skin from being dry after shaving.

People with dry to over-dry skin should find hydrated moisturized body washes for the shower, and always try to drink plenty of water.

Computer Recycling Drop-Off

We accept:

***Computers – Monitors-
Keyboards - Mice - Printers
Fax Machines-Servers-
Networking Equipment***

**1001 N. Bruce Street
Las Vegas, NV 89101
Phone 702-642-6000**

**Monday - Friday
8 AM to 3 PM**

Free Monthly Low Vision

**Seminars 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.**

**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
Handicapped**