

JULY
2005

Chatterbox



We would like to thank the Clark County School District for choosing the Blind Center of Nevada as its location to hold ***Camp Independence 2005***.

For two weeks the Blind Center was filled with the sounds of our youth learning, laughing and playing along side the rest of the Blind Center members. This has been a very exciting time for the Center. We hope to see our blind and visually impaired youth attending the Center on a regular basis in any of our numerous classes and events. We feel it is important for youth to interact with the older members of the visually impaired community to learn and gain hope that life can be anything we make of it.

The Blind Center has continuous classes, activities and events like those introduced at camp. We encourage all of the visually impaired youth in our community to get involved in the fun and excitement. Come join us for computer instruction, swimming, bowling, games and recreation, shopping trips and music and dance lessons.



Did You Know?

July is National Blueberry Month!

July was proclaimed National Blueberry Month by the United States Department of Agriculture on May 8th, 1999. Blueberries are grown in 35 states in the US, and the United States produces over 90% of all of the blueberries in the world!



They have been used in soups, stews and more, for centuries. According to Ark-LA-Tex, the Native Americans taught the pilgrims to use blueberries in many ways.



Blueberries were dried in the sun and ground into a powder. The powder was used to make a pudding called Sautauthig, and it was used to season meat as a “spice rub.”



And now you know!

EAT THOSE VEGGIES!

Think munching merrily on carrots and other richly-hued "rabbit food" to keep your peepers in peak condition isn't worth the effort? It's a darn sight better than dealing with increasingly fuzzy vision, so don't tune out this simple advice. These days, most eye doctors recognize that eating plenty of colorful fruits and veggies, *especially carrots, spinach and blueberries*, can preserve and protect your vision. *And July just happens to be national blueberry month!* Studies of bilberry (a wild blueberry popular in Europe) found that extracts and even jam can improve night vision. It's believed to help regenerate "visual purple," the purple pigment in the retina that allows us to see in dim light. Bilberry extracts also appear to strengthen the capillaries in the eyes, improving circulation to the retina.

Vitamin C to See Clearly

As a potent antioxidant, vitamin C helps protect some parts of the eye from the damage of ultraviolet light. Large population studies indicate that people who eat more vitamin C-containing fruits and veggies (like peppers, tomatoes, citrus fruits and cabbage) tend to have fewer cataracts.

The Eyes Gotta Have It!

With fresh Summer produce being delivered to grocery stores daily, this is the perfect season to get started eating better for your eyes! So, hop to it and head to the supermarket for a colorful assortment to help you strive for at least five servings of fruits and veggies!

PROTECTION AGAINST MACULAR DEGENERATION



Your mother may have told you carrots would keep your eyes bright as a child, but as an adult, it looks like fruit is even more important for keeping your sight.

Data reported in a study published in the June 2004 issue of the Archives of Ophthalmology indicates that eating 3 or more servings of fruit per day may lower your risk of age-related macular degeneration (ARM), the primary cause of vision loss in older adults, by 36%, compared to persons who consume less than 1.5 servings of fruit daily.

In this study, which involved 77,562 women and 40,866 men, researchers evaluated the effect of study participants' consumption of fruits; vegetables; the antioxidant vitamins A, C, and E; and carotenoids on the development of early ARM or neovascular ARM, a more severe form of the illness associated with vision loss.

Food intake information was collected periodically for up to 18 years for women and 12 years for men. While, surprisingly, intakes of vegetables, antioxidant vitamins and carotenoids were not strongly related to incidence of either form of ARM, fruit intake was definitely protective against the severe form of this vision-destroying disease.

Three servings of fruit may *sound* like a lot to eat each day, but by simply tossing a banana into your morning smoothie or slicing it over your cereal, topping off a cup of yogurt or green salad with a half cup of blueberries, and snacking on an apple, plum, nectarine or pear, you've reached this goal.

THE NEW COMPUTER TECHNOLOGY MENTORING PROGRAM



HERE'S HOW THE PROGRAM WORKS:
SIGN UP TO PARTNER WITH A MENTOR FOR INDIVIDUALIZED TYPING SKILLS OR COMPUTER TRAINING. YOUR MENTOR WILL MEET WITH YOU FOR SCHEDULED LESSONS. YOU WORK AT YOUR OWN PACE TO ACHIEVE YOUR COMPUTER SKILLS GOALS!

COMPUTER LAB HOURS:
MONDAY 930AM-130PM
TUESDAY 930AM-130PM
WEDNESDAY 930AM-130PM
THURSDAY 930AM-130PM
FRIDAY BY APPOINTMENT

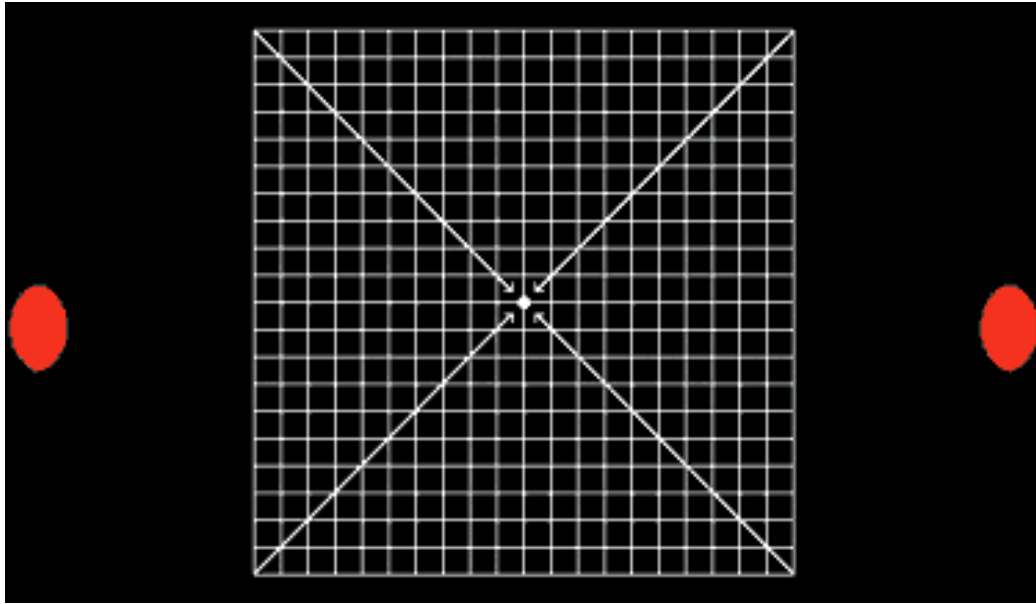


LESSONS ARE AVAILABLE FOR INDIVIDUALS AT ALL LEVELS OF COMPUTER USE. START WITH VERY BASIC TYPING OR COMPUTER LESSONS FOR MORE ADVANCED COMPUTER USERS. TRY LESSONS FOR SENDING EMAIL OR SHOPPING ONLINE!

**FOR MORE INFORMATION OR TO SIGN UP,
CONTACT PAULA AT 642-6000.**

*****If you don't know how to type yet, don't worry, we have typing classes too! Go ahead, give it a try!!!**

EYE TEST FOR MACULAR DEGENERATION



The Amsler Grid is a test for macular degeneration. Use it to monitor your vision between visits to an eye care professional.

INSTRUCTIONS:

- 1) Wear the glasses you normally wear when reading.
- 2) View the chart at arms distance and cover one eye. With the uncovered eye, stare at the white dot in the center of the grid.
- 3) To view the chart at the proper distance, slowly move in toward the grid until one of the two gray ovals **FIRST** disappears.
- 4) During the entire test, you should have one eye covered, stare at the center of the grid and only see one gray oval.

Continued on the next page

Amsler Grid test continued...

5) If your eye is functioning properly , you should be able to see the center white dot and the four corners and sides of the grid. The lines should appear to be straight and continuous from top to bottom and side to side.

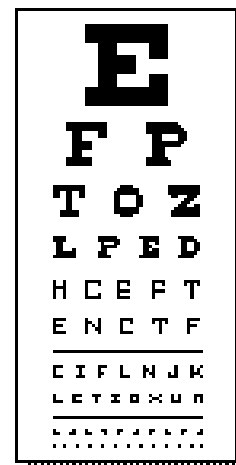
Note if there are any holes or blurry spots, or if the lines appear to be wavy, fuzzy, crooked, distorted or broken. These are indications of macular degeneration.

6) Now test your other eye.

***This test is not intended to replace the advice and care of your eye care professional, but has been made available for educational purposes.*

12 SIGNS OF VISION LOSS

1. Over cautious driving habits.
2. Find lighting either: too bright or too dim.
3. Frequent eye glass prescription changes.
4. Holding books or reading material close to face or at arm's length.
5. Squinting or tilting the head to see.
6. Difficulty in recognizing people.
7. Changes in leisure time activities.
8. Change in personal appearance.
9. Changes in table etiquette.
10. Moving about cautiously.
11. Bumping into objects.
12. Acting confused or disoriented.



JULY SCHEDULED EVENTS

COMPUTER LAB OPEN MONDAY-THURSDAY 930AM-130PM

EXERCISE MONDAYS (LOW IMPACT) 930AM

BOWLING MONDAYS 1030AM-1230PM

BAKERY EVERY MONDAY

DISCUSSION & GAMES IN THE KITCHEN CLUB TUESDAYS
930AM-1130AM

BLIND CENTER UNIVERSITY TUESDAYS 1230-2PM

FITNESS AT THE COMMUNITY CENTER TUESDAYS 10AM-
1130AM

**TUESDAY JULY 12 & WEDNESDAY JULY 13 - \$1 HOT DOGS,
WHITE ELEPHANT SALE & BAKE SALE.**

WEDNESDAY JULY 6 ICE CREAM SUNDAE SOCIAL AT 12PM!

CERAMICS WEDNESDAYS 9AM-1130AM

VISITING PHARMACIST WEDNESDAYS 1030AM

ROUND TABLE DISCUSSION GROUPS WEDNESDAYS 12PM

TAI CHI WEDNESDAYS 1230PM-130PM

PIANO & GUITAR LESSONS WEDNESDAYS 12PM-2PM

DANCE LESSONS WEDNESDAYS 330PM

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

MAIL READING ASSISTANCE AVAILABLE MONDAY-
THURSDAY BY APPOINTMENT, CONTACT PAULA OR DONNA
AT 642-6000.

SHOPPING TRIP THURSDAYS 930AM-1130AM

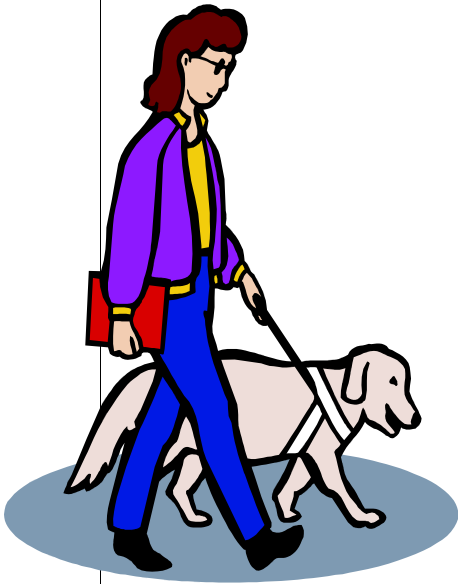
BAKERY EVERY THURSDAY

WATER AEROBICS FRIDAYS 10AM-11AM

PIANO LESSONS FRIDAY 1-3PM

FRIDAY JULY 22 SPRING MT RANCH PLAY
"ONCE UPON A MATTRESS" -5PM

THE COURTESY RULES OF BLINDNESS



*When you meet me, don't be ill at ease.
It will help both of us if you remember
these simple points of courtesy.*

1. I'm an ordinary person, just blind. You don't need to raise your voice or address me as if I were a child. Don't ask my spouse what I want, "Cream in the coffee?" Ask me.
2. I may use a long white cane or a guide dog to walk independently, or I may ask to take your arm. Let me decide, and please don't grab my arm; let me take yours. I'll keep a half-step behind to anticipate curbs and steps.
3. I want to know who's in the room with me. Speak when you enter. Introduce me to the others including children, and tell me if there's a cat or dog.
4. The door to a room or cabinet left partially open is a hazard to me.
5. At dinner, I will not have trouble with ordinary table skills.
6. Don't avoid using words like "see." I use them, too. I'm always glad to see you.

Continued on next page

The Rules continued...

7. I don't want pity, but don't talk about the "wonderful compensations" of blindness. My sense of smell, taste, touch or hearing did not improve when I became blind, I just rely on them more and, therefore, may get more information through those senses than you do—that's all.
8. If I'm your houseguest, show me the bathroom, closet, dresser, window, the light switch, too. I like to know whether the lights are on or off.
9. I'll discuss blindness with you if you're curious, but it's an old story to me. I have as many other interests as you do.
10. Don't think of me as just a blind person. I'm just a person who is blind.
11. You don't need to remember some "politically correct" term, "visually impaired," "sight challenged, etc. Keep it simple and honest. Just say "blind."



In all fifty (50) states, the law requires drivers to yield the right of way when they see my extended white cane.

Only the blind may carry white canes.

You see more blind persons today walking alone, not because there are more of us, but because we have learned to make our own way.

Remember...

**Tuesday July 12 and
Wednesday July 13**

\$1.00 hot dogs
White Elephant Sale
and Bake Sale!

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**Wednesday July 6
at Noon**

Ice Cream
Sundae Social

Friday July 22

Spring Mtn Ranch
presents the play
"Once upon a Mattress"



**Mail reading assistance
available** Monday-Thursday by
appointment. Contact Paula or
Donna at 642-6000.

WE WON'T SAY GOOD-BYE, JUST "SEE YOU LATER"

Our dear friend of many years, James L. Waggoner 77, passed away peacefully on June 6, 2005.

*He'll stay with you as long as the wing blows
he'll always be in your heart
he didn't leave you all alone he has eternal life
his spirit is always within you
and if the sun shines in the sky and rain should fill the air
and a rainbow lights up your day, know that he is there.*

We will miss you.

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

**FREE MATTER FOR
THE BLIND**

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Please call or visit our website for information
about the Center and current events.
WWW.BLINDCENTER.ORG (702) 642-6000