



# CHATTERBOX

SEPTEMBER 2006



## **We're Changing the Way Las Vegas Looks At the Blind Center of Nevada!**

We are making great progress with our remodeling project. It is so exciting to see the changes that are taking place from day to day. We can hardly wait for this project to be complete so that we can share this spectacular new facility with everyone!



When we are done with the remodel the Blind Center will have a spacious new 8,000 square foot second floor fully equipped with a ceramics and pottery studio, a new larger state of the art computer lab, a new cozy library, an arts and crafts studio, and a fabulous music studio available for piano, guitar, violin, harp, and more! We will also have a big meeting room for support groups and meetings, a great new dance floor area for dance and exercise classes (tai-chi, yoga, aerobics, etc.). That is in addition to the 8,000 square foot first floor, which holds our recently remodeled commercial kitchen and dinning area. Blind Center programs and services are available to blind and visually impaired individuals of all ages.



With the expansion of our building and the addition of many new classes, programs and activities we will be looking for more volunteers to join our team. Volunteers are needed in the following areas:

Ceramic Instructors and Assistants  
Pottery Instructors and Assistants  
Arts & Crafts Instructors and Assistants  
Computer Lab Mentors  
Support Group Facilitators  
Cooks and Food Servers (Prep, Serve & Clean-Up)  
Janitorial Assistance  
Yoga Teachers  
Aerobics Teachers  
Health/Nutrition Teachers  
Activity Leaders  
Drivers (for outings and special events)

For more information about the Blind Center of Nevada's programs or volunteer opportunities please call 642-6000 or email [paulad@blindcenter.org](mailto:paulad@blindcenter.org).

**\*\* Volunteer experience looks great on your resume, so think about getting some experience with us.**

# **SEPTEMBER SCHEDULED EVENTS**

**COMPUTER LESSONS** MON-THURS 9:30AM-2:00pm

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

MONDAY **ARTS & CRAFTS** 9:30-10:30AM

**BOWLING** MONDAY 11:15AM

**BAKERY GOODS** EVERY MONDAY

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

TUESDAY **SHOPPING TRIP** 9:30AM

**GUEST SPEAKER** EVERY TUESDAY 12:30PM

**VIOLIN & HARP LESSONS** TUESDAYS 1:00-3:00PM

**SHOPPING TRIP** WEDNESDAYS 9:30AM

**GAME DAY** WEDNESDAYS 9:30AM

**VISITING PHARMACIST** WEDNESDAY 10:30AM

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

**ENGLISH AS A SECOND LANGUAGE** WED 12:00PM

WEDNESDAY **SUPPORT GROUP** 1:00PM

**TAI CHI** WEDNESDAY 12:30-1:30PM

**PIANO** WEDNESDAY 12:00PM-2:00PM

**DANCE LESSONS** WEDNESDAY 3:30PM

WEDNESDAY **\$1 TACO DAY!**

ORDER WITH BY TUESDAY

**MAIL READING ASSISTANCE** AVAILABLE

MON-THURS BY APPOINTMENT

THURSDAY **GUITAR LESSONS** 1:30PM

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

THURSDAY **SUPPORT GROUP** 1:00-2:00PM

**COMPUTER LAB BILINGUAL** THURSDAYS 3:30PM



Are you or a loved one struggling with the issues that surround living with vision loss? Please know that you are not alone. We encourage you to join us for one of our support group meetings.

WEDNESDAYS 1:00PM TO 2:00PM

&

THURSDAYS 1:00PM TO 2:00PM

AT THE BLIND CENTER OF NEVADA

1001 N. BRUCE STREET

642-6000 FOR MORE INFORMATION

***More resources –phone numbers and... websites!***

Bureau of Services to Blind & Visually Impaired 702-486-5333

Nevada Council of the Blind 702-383-0600

Nevada Division for Aging Services 702-486-3545

American Council of the Blind [www.acb.org](http://www.acb.org)

American Foundation for the Blind [www.afb.org](http://www.afb.org)

Braille Institute [www.brailleinstitute.org](http://www.brailleinstitute.org)

Foundation Fighting Blindness [www.rpresearch.ca](http://www.rpresearch.ca)

Helen Keller International [www.hki.org](http://www.hki.org)

National Federation for the Blind [www.nfb.org](http://www.nfb.org)

# EMPLOYMENT OPPORTUNITIES

## **Computer Recycling Warehouse – Assistant**

Customer Service orientated, motivated, self-starting individual to assist Warehouse Manager with Computer Recycling and Distribution of Janitorial and Maintenance products. Some experience with computer, scheduling and purchasing desired, but we will train. Must be able to lift 50lbs. Drug test required.

## **Distribution Sales Representative**

- Job Duties – Inside Sales / Customer Service
- Janitorial and Maintenance Products
- State, Local Government and Commercial Sales
  - Answer sales inquiries by phone, fax or email
  - Enter orders per customer and customer instructions
  - Check current inventory for available products
  - Order out of stock items
  - Verify orders

## **Ebay Sales Service Representative**

- Computer hardware and accessory knowledge
- Familiar with computer technology
- Item selection and listing
- Answering questions by email
- Scheduling shipment

Interested candidates should telephone Bob Waldorf at 642-6000, fax resume to 649-6739 Attn: Bob Waldorf or email resume to [bobw@blindcente.org](mailto:bobw@blindcente.org)

## *Thoughts of the Day*

By Jerice

If we could have only one thought for today, we might be in a bit of trouble. Thoughts always seem to be jumping around in my mind. Sometimes I can't think of what I'm thinking. Most of us just call this a "Senior Moment". It's easy to think of ways to remedy these problems. We could make lots of notes, we could record our thoughts with words and we could make videos and rely on them to keep us straight. All of these things we could do to be more organized. We could be so efficient, if we could only think to remember to follow these suggestions.

We all have so many things to think about. From the time you wake up in the morning, until you fall asleep at night thoughts ramble and rage in the caldron of our brain and just when you think you have a break...you have a dream, or worse yet a nightmare. And you thought you were safe! Ha, Ha, Ha.

Wouldn't it be peaceful, if we had nothing to think about at all? Or, would it be boring? I like to think. It keeps me busy. Sometimes I can figure out problems before I even have them. There are people called philosophers. That's what they are famous for, figuring out problems before they happen.

Most of us float along trying to be happy all of the time and when a problem pops up we try to ignore it, because we don't want anything to disturb our routine. But, if we don't solve our problems when they are small they grow and grow until they become overwhelming. Even though you know there will be problems in your life and you try to think of ways to avoid them, wise council would be "never worry about a problem until it is there". To worry about a problem before it happens will cause great anxiety, and this becomes a problem unto itself.

So don't think so hard. You'll get a headache. Or if you have to think about something, think about something that makes you happy. After all what you think shows on your face whether you are frowning or smiling. I always say, "I'll think about it tomorrow." For as Scarlet O'Hara said in the great movie, *Gone With the Wind*, "Tomorrow is another day".

# **Calling all walkers! Walk for a GREAT cause!**

**Join your friends and neighbors on Saturday September 23<sup>rd</sup>  
at America's Walk for Diabetes.**

**Blind Center members must sign up with Paula by  
September 18<sup>th</sup>.**

**Participating members must be at the Center  
by 8am Saturday, Sept 23rd.**

**Log on to [www.diabetes.org/walk](http://www.diabetes.org/walk) for more info!**



*The Walk route begins and ends at McDermott Complex Center at the University of Nevada Las Vegas. "America's Walk for Diabetes" will be a fun-filled day for the entire family. Children will enjoy interactive games and raffles while adults will be able to meet with vendors and health care providers for the most updated information on diabetes health. Breakfast and a delicious lunch will be served.*

## September Dates to Remember:

09/04 Center Closed for Holiday - No bowling  
09/13 Fall Ball & Talent Show Luncheon

09/20 Italian Lunch (\$1 tacos won't be served today)  
09/23 America Walks for Diabetes



## October Dates to Remember:

10/14 Dance Outing  
10/17 Foot Care with Dr. Marek, DPM

### **Have you moved?....**

*If you have recently moved, please let us know your new address. Having your mailing address current helps us to keep mailing costs down and you won't miss future issues of the CHATTERBOX!*

Name \_\_\_\_\_  
Old Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

Name \_\_\_\_\_  
New Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

**DROP-OFF OR MAIL TO:**  
**BLIND CENTER OF NEVADA**  
**1001 N. BRUCE STREET**  
**LAS VEGAS, NV 89101**



# September 2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 CENTER CLOSED FOR LABOR DAY	5	6	7	8	9
10	11	12	13 FALL BALL LUNCH & TALENT SHOW	14	15	16
17	18	19	20 ITALIAN LUNCH **NO \$1 TACOS	21	22	23 AMERICA'S WALK FOR DIABETES JOIN US!
24	25	26	27	28	29	30

## **Announcing the Arrival of the Newest In Adaptive Technology and Low Vision Items!**

Do you find that drug store magnifiers and reading glasses don't quite clear things up the way they used to? Have you been looking for items to use around the house that will allow you the independence you once had? We have great news for you! The Blind Center offers an informative low vision program. There is *No Qualifying* and there is never a fee required 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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