

Blind Center of Nevada Chatterbox

March 2006

Here We Grow Again!!

The Blind Center of Nevada is very excited to announce the upcoming remodel and renovation of our main building. Beginning in March 2006 the Center will undergo extensive remodeling to the entire upstairs and downstairs. We can hardly wait for the completion of this project so that we can share the beautiful new building with the Las Vegas Community.

By August 2006 the new building will reveal beautiful new areas of interest including a designated travel path that promotes independence by leading individuals to various activity and lesson areas. The new building will feature a new talking books library with a user-friendly check out system. We will be welcoming new and continuing students to our state of the art music classroom equipped for piano, guitar, violin lessons and much more. Our computer lab will be expanding in size, capability and hours to accommodate user's varied skill levels, schedules and interests. A spacious comfortable area will be available for arts and crafts for individuals who love working with their hands, and find arts and crafts therapeutic. A great addition will be a brand new room for our most popular ceramics class.

The renovation will include improving all of the restrooms, keeping the Center an ADA compliant environment and will include and upgrade in the life safety systems and a renovated elevator. The Blind Center's current schedule of activities and events will continue to run on the normal schedule throughout the remodeling period. If you have any questions please do not hesitate to contact the Blind Center at 642-6000.

MARCH SCHEDULED EVENTS

COMPUTER LAB INDIVIDUALIZED LESSONS

MON-THU 9:30AM-1:30PM & WED 3:30-4:30PM

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

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

VIOLIN LESSON MONDAY 3:00PM

BOWLING MONDAY 11:15AM

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 10:00AM

VISITING PHARMACIST WEDNESDAY 10:30AM

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

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

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

WAL-MART ***SHOPPING TRIP*** THURSDAYS 9:30AM

REMEMBER: *BLINDNESS SUPPORT GROUP*
MEETS ON THE 4TH WEDNESDAY OF THE MONTH
AT 6375 W.CHARLESTON BLVD (CROSS STREET IS
TORREY PINES) AT THE CCSN CAMPUS
BLINDCONNECT 631-9009 FOR MORE
INFORMATION.

March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Mt. Man Rendezvous To Moapa 10:00am
5	6	7	8 St. Patty's Day Lunch 11:30am	9	10	11
12	13	14	15 Italian Feast 11:30am	16	17	18 Let's Dance
19	20	21	22	23	24 Anderson Dairy Trip 1:00pm	25
26	27	28	29	30	31	

March 1-31 is National Eye Donor Month **& Save Your Vision Month**

Eye health is intrinsically linked to overall health.

This year ***Save Your Vision Month***, celebrating its 78th year in March, has taken on a greater prominence in the health world with its emphasis on “Healthy Eyes Healthy People”.

Your eyes are often the best windows to your health. By looking into your eyes, your optometrist can tell a lot about your general health. For example, did you know that some systemic and chronic diseases, especially diabetes, can often be detected by an optometrist during a comprehensive eye exam?

Since over 33 percent of people with diabetes don't know that they have it, an eye exam can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, your optometrist can see inside your eye using an ophthalmoscope, which lights and magnifies the blood vessels in your eyes. Changes to these blood vessels can signify various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During a comprehensive eye exam, your optometrist measures the pressure within your eye and examines the optic nerve in the eye, thereby determining the existence of glaucoma.

Save Your Vision Month raises awareness among the general public and targets at-risk groups to remind them of the need for regular, comprehensive eye examinations to detect eye health problems, general health issues, and vision difficulties.

St Patrick's Day History



The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn.

When he was 16, he was sold into slavery to Ireland where he was a shepherd for 6 years. While in captivity he studied and turned to religion. He escaped slavery and later returned to Ireland as a missionary, determined to convert Ireland to Christianity. He used the shamrock to explain the Holy Trinity.

One traditional symbol of the day is the shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The holiday, March 17th, is marked by parades in cities across the United States. The largest of these, held since 1762, is in New York City, and draws more than one million spectators each year. In Ireland, it is a religious holiday similar to Christmas and Easter!



HELPFUL TELEPHONE NUMBERS

American Optometric Association (AOA) 800-365-2219 www.aoanet.org	Sponsors a program that offers free eye exams all year round. Call 800-766-4466 to request an application.
The Medicine Program 573-996-7300 www.themedicineprogram.com	Assistance with one or more patient assistance programs that provide prescription medication free to those in need.
Mission Cataract USA 800-343-7265 *Please leave contact info and someone will return your call.	Program provides free cataract surgery to people of all ages who have not other means to pay.
Opportunities for the Blind Equipment Grants 800-884-1990 www.opportunitiesfortheblind.org	Provides career oriented financial assistance to legally blind US citizens through their programs of Scholarships and Training, Job Related Services, Special Equipment and Self Employment Projects.
Sight for Students Vision Service Plan (VSP) 888-290-4964 www.sightforstudents.org	In partnership with the Entertainment Industry Foundation, and provides eye exams and glasses to children 18 years old and younger whose families cannot afford vision care.

VISION FORUM . . .
“There is life after vision loss”
Wednesday, April 12, 2006

Las Vegas Senior Center
451 E. Bonanza Road

10:00 am to 2:45 pm

For all ages
Child thru Adult

**Keynote speaker is Carl Augusto, CEO,
of American Foundation for the Blind**

Breakout sessions:

ADA
Blindness skills
Assistive computer programs

Breakout Sessions:

Local resource
Talking about blindness
Non-traditional work

Breakout Sessions:

Water Aerobics
Canoeing and kayaking
Parent/child issues

VENDORS: learn about local and State blindness organizations and see low and high-tech equipment from national and local providers.

Pre-registration form and schedule on reverse side. Pre-registration is encouraged to guarantee lunch and a raffle ticket.



VISION FORUM . . . “There is life after vision loss”

Cosponsored by Blindconnect, Blind Center of Nevada, Bureau of Services to the Blind and Visually Impaired, City of Las Vegas Leisure Services, Nevada Council of the Blind.

SCHEDULE OF ACTIVITIES

9:00 – 10:00 Registration and Exhibit Hall

10:00 – 10:45 Welcome

Carl Augusto, American Foundation for the Blind

10:55-11:25 Session 1: (a) Computer Overview, (b) ADA rights/responsibilities, (c) Community Resources, (d) Communication

11:35-12:05 Session 2: (a) Computer lab, (b) Daily Living and Travel Skills, (c) Blind Talk About Blindness, (d) Families Talk About Blindness

12:15-12:45 Session 3: (a) Computer Lab, (b) Daily Living and Travel Skills-part 2, (c) Non-Traditional Employment, (d) Families Talk About Blindness

12:15-1:15 Lunch – FREE.

1:15-1:45 Session 4: (a) Computer Lab, (b) Daily Living and Travel Skills, (c) Blind Talk About Blindness, (d) Parents of Blind Children

1:55-2:25 Session 5: (a) Computer Lab, (b) Daily Living and Travel Skills-part 2, (c) Community Services, (d) Blind Adults and Sighted Children

2:30-2:45 Closing Session and raffle drawing

Some guidelines: Select a topic in each session. If you attend daily living and travel skills (OA and OM) you attend both Sessions 2 and 3 or Sessions 4 and 5.

Please note: If you wish to participate in aquatics programs (water aerobics, kayaking, or canoeing, you must pre-register. Kayak and Canoe: (a) 11 am (b) 12 noon (c) 1 pm
Clip the form. Keep this flyer for information.

To pre-register (guaranteeing lunch and raffle ticket) complete this form and return to: Vision Forum at 1604 Bluestone Drive Las Vegas, NV 89108 no later than **March 31, 2006.**

Name: _____ Telephone _____

Address: _____
Street Number/Name City zip code

I am visually impaired____ the spouse/friend of a visually impaired person____, parent of a blind child ____, an eye professional_____.

I want to participate in water aerobics (TBA)____ canoe (session) ____ kayak (session) _____

How to Conquer The Enemy

Jerice Ney

In this world of time and space, most normal people think they are indestructible. They live their life as if they can go on forever on nothing more than will power. After all, if you watch T.V. all you need is a multi-vitamin and a protein bar. If only life were that simple. People have a way of pushing their mental and physical capacity way beyond normal endurance.

Sometimes we have to jump from one frame of mind to another in computer like time. This often is too fast for both mind and body. This is when the enemy enters the scene, and can you guess who that is? Why old frustration, of course.

Frustration is one of the most dangerous enemies of the body and mind. It grabs you at the most inopportune moment of time. When you have to get a job done, and you are running out of time, it enters into your mind and is known to cause regrettable results.

Frustration is; "I want to accomplish this task, in a reasonable amount of time, and I have no idea how or where to begin". This tells you that you're not capable of handling this project. This makes you find fault with yourself and then you become angry with yourself. When this happens, nothing seems to go right.

Most of us have to deal with frustration almost every day. You start for work and the bus is late. You stop for coffee, and you spill it on your shirt. You get on the elevator and it gets stuck between floors. You get to your desk and you forgot your work at home. Lunch is late and your children aren't where they said they would be. All of this aftermath is frustration.

Frustration is the enemy, and you have to get it out of your system. But how do you deal with it? There are only two ways to

deal with the problem and you have to be the judge in how you settle this fire within yourself.

You can use frustration in a constructive or a destructive manner. Destructive elimination of course causes more problems. You may throw an object through the window, and then realize that the object you threw was a priceless heirloom. Besides, now you have to pay to have a new window put in. You may rant and rave about what someone has said about you. Words are always remembered however, and though you may be forgiven for your outburst, those words are never forgotten. You could have traffic rage and ram your new car into the offending vehicle. But you just end up with a lawsuit. You made your point but look at what you will have to pay for that one frustrating moment. All of these scenarios are destructive. You lose something you value for that one moment of a hurt ego.

When applying a constructive endeavor, you always gain. Next time you are frustrated and cannot figure out why, try taking a walk. First you will walk very fast. Your feet will pound the pavement. Your hands are in a fist. Then as you walk you will find yourself calming down. You can now think more clearly. Your body loosens up. Your head stops hurting. You have conquered the enemy. You are in control. You didn't let anger make you do harm to your body or mind.

Lack of control causes anger, and this causes frustration. To deal with this anger, in a constructive manner is a sign of maturity. Every one of us has to deal with frustration it is the way of life. To gain is to beat the problem and you are a better person. The more constructive activities will soon become a wanted commodity. So smile, you know the problem and you know how to deal with it. This is a lesson everyone must learn to make it in life. You are now an architect instead of a demolition squad. You build, instead of tear down. Congratulations, you are a Winner.

Reading Material Resources for the Blind **(from the Library of Congress' website)**

Southern Nevada Talking Books Library

2960 Sunridge Heights Pkwy.

Suite #110

Henderson, NV 89052

Hours of Operation: 9:00-5:00 M-F

Librarian: Rebecca Snetselaar

Library Code: NV1B

Telephone: (702) 733-1925

FAX: (702) 263-9541

E-mail: rasnetse@clan.lib.nv.us

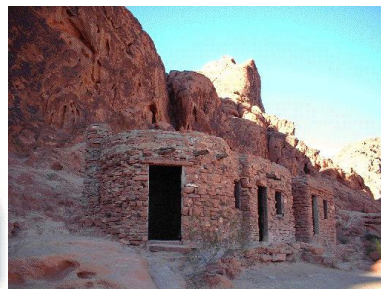
Web site: <http://www.NevadaCulture.org>

Blind Center presents Mountain Man Rendezvous

Saturday March 4th 10:00AM-4:00PM

A day trip to Moapa Indian Reservation and the theme is from the 1700-1800's. There will be all kinds of "old time" stuff from that era and the staff there will be dressed up too!

Be sure to sign up!



THIS COULD CHANGE YOUR LIFE!

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 a wonderful 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. You shouldn’t go another day without this valuable information that can change your life for the good. 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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