

April 2006

Blind Center of Nevada Chatterbox

Are We Looking For You?

Many of you may not be aware of what our Community Based Workshop has been doing these past few months. We have been in the midst of creating a brand new business that not only will it help to create jobs but it will help keep our environment clean and keep thousands of pounds of e-waste out of our landfill.

The newest job opportunities we have been working on are in our **Computer & Electronic Recycling Program**. During the summer of 2005, the Blind Center began accepting donations of obsolete computers and other small electrical equipment to be sorted and processed for reuse in this country or to be shipped for use in third world countries. In addition to eliminating costly disposal fees and saving our landfills, this program creates the opportunity for individuals to work in several areas like: customer service in processing and tracking orders through a call center, refurbishing computers and/or erasing computer hard drives, sorting and packaging computers and electronic equipment for shipping (individuals should be able to lift up to 50 lbs.) and individuals to sell merchandise - such as refurbished equipment, on E-Bay; All of these jobs can be accomplished by someone who is blind or visually impaired. If you have an interest and feel you may have the qualifications we are looking for please let us know. If you have other qualifications or are interested in training programs that may open in the future, please let us know. We are accepting applications and resumes for current and future openings.

211 Get Connected. Get Answers.

2-1-1 is an easy-to-remember telephone number that connects callers to free information about critical health and human services available in their community.

Until Nevada 2-1-1, there has been no single, comprehensive statewide provider of information and referrals for Nevadans. Now Nevadans can dial 2-1-1 Monday – Friday 8:00am – midnight. Extended days and hours will be developed/enhanced as funding becomes available.

2-1-1 is not a substitute for 9-1-1 (emergency service), 4-1-1 (directory assistance) or other specialized hotlines or automated recordings. Those with hearing/speech impairments may access this service by dialing 7-1-1.

Callers can access:

- *Basic human services*
- *Physical and mental health resources*
- *Employment support services*
- *Support for seniors and persons with disabilities*
- *Programs for children, youth, families*
- *Volunteer opportunities and donations*
- *Support for community crisis or disaster recovery*

2-1-1 is operating in 32 states and serves approximately 139 million Americans-over 46 percent of the US population. Each state is responsible for planning and operating its own 2-1-1 system.

APRIL 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

MONDAY ***AQUATIC HOUR*** 9:00AM-10:00AM

BOWLING MONDAY 11:15AM

VIOLIN LESSONS MONDAY 3:00PM

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 9:30AM

VISITING PHARMACIST WEDNESDAY 10:30AM

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

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

WEDNESDAY ***SUPPORT GROUP*** 1:00PM

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

THURSDAY ***SUPPORT GROUP*** 12:30PM

SUPPORT GROUP MEETINGS

BLIND CENTER OF NEVADA
WEDNESDAYS 1:00PM TO 2:00PM &
THURSDAYS 12:30PM TO 1:30PM
AT THE BLIND CENTER OF NEVADA
1001 N. BRUCE STREET
642-6000 FOR MORE INFORMATION

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

NEVADA BLIND CHILDREN'S FOUNDATION
PARENT EDUCATION & SUPPORT GROUP
SATURDAY, MARCH 25TH 10:00AM TO 11:00AM
100 N. GREEN VALLEY PKWY, STE 300
HENDERSON, NV 89074
735-6223 FOR MORE INFORMATION

SELF ADVOCACY GROUP
APRIL 8TH 10:00AM – 11:30AM,
CALL MARTIN CAYER AT 396-7859 FOR MOR INFO
APRIL 8TH 1:00-2:30PM 1:00PM – 2:30PM
CALL SANTA PEREZ AT 396-7859 FOR MORE INFO

April 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Spring Fling luncheon 11:30am	6	7	8
9	10	11	12 Vision Forum 10:00am	13	14	15
16 	17	18 Dr. Marek 11:30am	19 Italian Feast luncheon 11:30am	20	21	22 Saturday Dance outing 6:00pm
23	24	25	26 Sensory Safari 1:00pm	27	28	29
30						

Tips for Reducing Eyestrain

As your workday weaves its way toward afternoon and early evening, do your eyes invariably get red, itchy or sore? When working at the computer or on your normal work tasks, do you frequently develop tension headaches, neck pain or shoulder stiffness?

You're not alone. Even a decade ago, the National Institute of Occupational Safety & Health reported that at least 60 million workers experienced symptoms of eyestrain while working at a computer more than three hours a day. Numerous articles report that a wide array of physical symptoms may be related to eye stress -- a phenomenon shared worldwide by computer users and other workers.

The following tips can help you reduce eyestrain:

1-When working at your computer, increase the size of the font onscreen. Instead of working at 100 percent, increase to 150 or even 200 percent. Adjust the brightness and contrast of your monitor so text and graphics are clear and sharp.. The most stressful is white or yellow text on a dark background.

2-Adjust lighting in the room to reduce glare and clearly illuminate your screen and other reading material. Ideally, the lighting in a room should be slightly dimmer than your computer monitor. To achieve comfortable lighting, you may need to draw

the drapes, wear a visor or adjust the intensity of ceiling lights and other auxiliary lighting sources.

3-When working at your computer, relax your eyes every few minutes by closing them or looking away from your screen for 15-20 seconds. Every 15-20 minutes, close your eyes or look off at a distance for a minute or two.

4-When your eyes feel dry or irritated, ask your doctor about over-the-counter eye lubrications.

5-When browsing the Internet, avoid looking for extended periods at sites that are designed with tiny, dim text.

Save the dates for these April events!

Wednesday April 5th

11:30AM

Spring Fling Luncheon

Wednesday April 12th

10:00AM

Vision Forum

Wednesday April 19th

11:30AM

Italian Feast Luncheon

Saturday April 22nd

Dance Outing 5:30pm

Sign up required

Wednesday April 26th

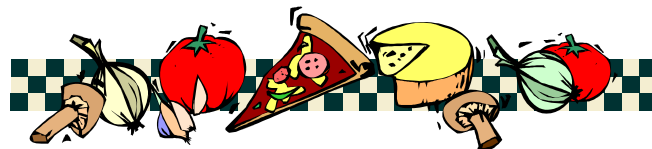
Mandatory Guide Dog

User Meeting 11:30am

Wednesday April 26th

Sensory Safari at the

Natural History Museum



Avoiding Negative Vibrations

Taking on the energy of others

There are times when you may find that being around certain individuals or groups of people leaves you with feelings of discomfort. It may be that spending time with a particular friend feels draining or that dealing with a specific coworker exhausts you. Being around toxic or angry people is also draining. And you may even find that being surrounded by a crowd of people lowers your energy levels rather than perks you up. This is not that unusual. Each of us radiates energy and is capable of being influenced by the energy of other people. It is important to learn how to shield yourself, so you don't unknowingly take on someone else's energy. While some people know how to instinctively protect themselves from being adversely affected by energy, most of us need to discover and practice the technique that works best.

There are a number of ways to avoid being affected by people's energy. Shielding is one preventative technique you can use. Center yourself and envision being enveloped in a cocoon of loving and protective light. This protective layer should allow you to consciously regulate the energy around you. The intent to shield oneself is all you need for this technique to work. You can even create a trigger word to assist you in quickly creating a shield. Say this word each time you create a new shield, until the word and the shield become automatically associated

in your mind. If you run into a person whose energy you find draining, you may want to cleanse your own energy field after your encounter. Sage, cold showers, singing, mineral water baths, spending time in nature, and a simple break to recharge are all ways to accomplish this.

While it is important to know how to shield yourself from energy, there are those energies that you may not want to shut out. The energy of laughter from a newborn baby, the feeling of joy radiating from someone in love, and the frequency of calm emanating from an enlightened teacher are just some of the energies coming from others that you may want to have around you.



BCNV Members don't forget to pick up your Bakery Goods every Monday & Thursday at the Center!

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 through 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.



Continued on next page

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) ____

YOU'RE INVITED! COME SEE WHAT'S NEW

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 an informative 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 or the life of someone you know in a very positive way. 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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