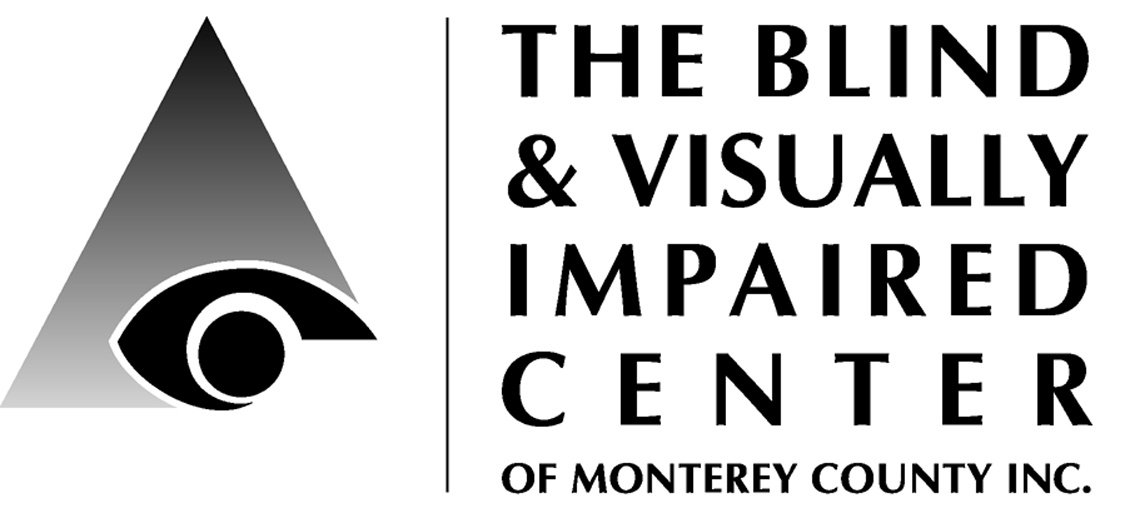
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**BLINDFOLD**



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225 Laurel Avenue, Pacific Grove, CA 93950 (831) 649-3505 www.blindandlowvision.org

**WINTER 2017**

**NEWS & ANNOUNCEMENTS**

**Annual Meeting: Feb. 16 @ 1:00pm**

We will hold our membership Annual Meeting on Thursday, February 16 at 1:00pm in the back building. If you are planning to attend, please RSVP by calling Diana at 649-3505.

**Low Vision Clinic**

**Katherine Wendt, OD**

BVIC is pleased to welcome Dr. Katie Wendt, OD to our Low Vision Clinic. Dr. Katie Wendt is originally from San Jose, California. Her educational background includes a Bachelor of Arts in Physiology and Cell Biology from the University of California at Santa Barbara, Bachelor of Science and Doctorate degrees in Optometry from the University of California at Berkeley, and a Master of Business Administration from the University of Washington.

Dr. Wendt comes to us with a wide range of Optometric experience. She has practiced in a military hospital and clinic, health maintenance organizations, and private practices in five different states due to numerous moves with her career military husband. Together Dr. Wendt and her husband have experienced the military way

of life for over 30 years. Dr. Wendt has volunteered with organizations such as the American Red Cross, Military Spouses’ Clubs, the Army Family Action Plan program, Protestant Women of the Chapel at the local and regional levels, several Army Family Readiness Groups, “Help the World See,” and with her local church.

She and her husband have an adult daughter and a high school-aged son. Dr. Wendt’s hobbies include traveling, machine quilting, and playing the flute with the Del Monte Brass Band.



Dr. Wendt will begin seeing clinic clients in February. Please call Sam at 649-3505 x101 to schedule an appointment.

**Volunteer Opportunities**

We are seeking volunteers to staff the front desk, answer the phone and greet visitors: 9:00am-1:30pm Tuesday, Thursday or Friday.

Tuesday Ceramic Art Class:

Tuesdays from 11:00am – 2:00pm with lunch or 12:00noon – 2:00pm.

**Peer Support Groups:**

**English:**

* 1st & 3rd Tuesday from 10:00-11:30 a.m. at 225 Laurel Ave, Pacific Grove
* 2nd & 4th Thursday from 9:00-10:30 a.m. at St. Ansgar’s Lutheran Church, 72 E. San Joaquin St., Salinas

**Spanish:**

* 1st & 3rd Thursday from 9:00-10:30 a.m. at St. Ansgar’s Lutheran Church

No reservations are required to attend our peer support groups – just show up and enjoy the benefits!

**Pacific Grove Lions Club: “The Monarchs”**

The revitalized Pacific Grove Lions Club has named itself “The Monarchs” after the

beautiful butterflies who cluster on local pine, cypress and eucalyptus trees.

Our next community outreach event will be to provide information about vision loss at Good Old Days, April 8 & 9 in Pacific Grove.

We are currently meeting on the second Wednesday of each month at 3pm in BVIC’s back build. If you are interested in learning more about the Lions and/or joining our club, please attend our meeting or call Barbara Chamberlain at 831-251-6121. You don’t have to live in PG to join the PG Lions!

**Board of Director’s Openings**

We have openings for board members and are accepting prospects with the following skills: human resources, accounting, insurance, fundraising, community connections, or non-profit management.

We are also looking for volunteers to join one of our committees:

* Finance
* Programs
* Fund Development
  + Events
  + Legacy Giving
  + Outreach, Marketing & PR
  + Fundraising

Please send your interest to:

Diana@blindandlowvision.org

We’re looking forward to hearing from you!

**Apple Store to the Rescue**

**Ron Kihara, Board President**

Two years ago, I decided to purchase an iPhone, knowing that "Siri" would help me to phone my contacts. I believed this popular device would take a certain amount of stress out of my life.

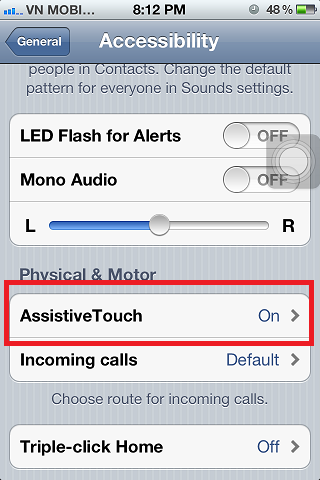
I soon discovered that the iPhone was so complicated and advanced that I was not able to master enough skills to use the many options and applications that come with the standard iPhone.

A few months ago, a staff member at the Apple Store, James Krueger, began leading "accessibility" classes for the blind and low vision users of Apple products, including Macs, iPads, and iPhones.

For example, I have now mastered the task of entering new contacts onto my phone, something I had needed assistance from a sighted person to do. Just this capability gives me control and independence I had not previously known.

My low vision friends and I have discovered that we have increased difficulty in navigating around town. Thanks to Mr. Krueger's instruction, I am now able to ask Siri for walking directions to a particular address, and Siri will tell me how to get to my destination on foot. This is very similar to the GPS instructions for auto drivers, but very useful for those of us who want to maintain our independence in and about our communities.

The Apple iPhones have a feature called "Voice Over" that helps the user to orient him/herself to the phone screen. With practice and increased familiarity, I now find that I have almost the full capability of a sighted person. I listen to news articles, listen as Voice Over reads my email, and have full access to other useful applications.



If you are low vision, and considering the purchase of a "Smart Phone," please give consideration to an iPhone. The Apple Store Accessibility Classes are provided at no charge to the clients, an important benefit.

I admit that the Apple Store has made me a happy customer, but I am writing this article not to promote their product, but to inform clients of BVIC that this iPhone has added immensely to my ability to remain independent, so important to all of us.

**Apple Store Discover Accessibility Classes**

The BVIC is pleased to collaborate with the Apple Store, Del Monte Shopping Center to provide "Discover Accessibility" workshops on the accessibility features of the Mac and iPhone/iPad. To sign-up, visit their website: https://concierge.apple.com/workshops/R305/en\_US/

**Executive Director**

**Diana Trapani**

**We are pleased to announce that BVIC was awarded a $19,200 grant from the Disability Communications Fund (DCF).** DCF supports technology and programs that serve the communication needs of Californians with disabilities. Our grant funds will be used to educate staff about various assistive technologies which will assist our clients with communication.

Staff will join a number of professional organizations and will attend a variety of conferences, workshops and other training opportunities related to no-, low-, and mid-level assistive technologies this year. Additionally, we will share what we learn with clients and other service providers, as well as write articles for the newsletter and facebook. We will purchase samples of products we think will be helpful and demonstrate them to clients.

Sam Kelley and Jenny Swad just returned from the Assistive Technology Industry Association conference, which was held in Florida. In late February, Karen Levin will attend the CSUN Assistive Technology conference in San Diego. In early March, I will attend the American Federation for the Blind Leadership Conference. Jenny and Karen will both attend the AER International Orientation & Mobility Conference this July.

Be sure to read our next newsletters for more information about what we learn and how assistive technologies may help you!

**Vision Rehabilitation Benefits**

**Karen Levin, VRT**

**Vision Rehabilitation Therapists (VRT)** teach adaptive independent living skills, enabling adults who are blind or have **low-vision** to perform a wide range of essential daily living activities using devices or modifying a task and communication skills for coping with their vision loss. Some adaptive skills include: Braille, computers, handwriting, listening and recording technology, low-vision technology, mathematical calculation and keyboarding. Instruction in daily living skills includes food preparation, labeling items, money management, marking appliances, personal management, home management, home mechanics, leisure and recreation activities, and orientation and movement in familiar indoor environments.

Services are primarily provided in two major settings: rehabilitation centers designed to serve groups of people and in people's homes. Therapists work with individual clients or small groups.

When performing an in-house assessment, I conduct an in-depth interview which help me determine the present needs and skill levels of the client. Once I have identified potential problem areas, I work with the client to problem solve and create goals. We then work together toward achieving these goals and ensuring you have the skills and tools to safely and confidently engage in a variety of activities.



My goal is to meet with each of BVIC’s clients, conduct an interview, and have us determine how I can best assist you in living with vision loss. Please call me at 649-3505 x104 to schedule an appointment! I am looking forward to meeting and working with more of you in 2017.

**Low Vision Clinic**

**Jenny Swad, CLVT/COMS**

As a follow-up to my last article, here is a list of various applications for your computer and/or smartphone. These suggestions come from experts in the technology field who work solely with clients looking for high-tech solutions for everyday tasks. Some are free and some cost money.

If you have further questions about these applications, please call me and we can determine the benefit to you or find alternative applications and even low tech ideas for accomplishing the task you have in mind.

* **MONEY IDENTIFICATION:** NantMobile Money Reader by IPPLEX (*Free)*; LookTel Money Reader by IPPLEX ($9,99); EyeNote by Bureau of Engraving and Printing (*Free)*
* **COLOR IDENTIFICATION**: ColorDetect by sunset software Ltd, $1.99; Color ID by GreenCar Studios, *Free*; Color Blind Pal by Vincent Fiorintini, *Free*
* **OBJECT IDENTIFICATION:** TapTapSee by CamFind Inc, *Free;* LookTel Recognizer by IPPLEX, $9.99; Be My Eyes by Be My Eyes Inc, *Free*
* **OCR: TEXT-TO-SPEECH**: Knfb Reader by Sensotech, $99; Text Grabber by ABBY, $4.99; Prizmo by Creaceed SPRL, $9.99
* **BOOK READERS:** BARD Mobile by Library of Congress, Free; NFB Newsline by National Federation of the Blind, *Free;* Read2Go by Benetch, $19.99; Kindle by AMZN Mobile LLC, *Free*; Audible by Audible Inc, *Free*
* **OTHER IDENTIFYING APPS**: Light Detector by EveryWare Technologies, $*0.99;* Digit-Eyes by Digital Miracles LLC, $9.99; Go Find Marco Phone Finder by Sir Conrad Pty Ltd, Free
* **MAGNIFERS**: Magnifying Glass with Light; by Falcon in Motion, *Free*; BigMagnify Free by Dave Cheng, *Free*; iMagnifier + - Magnifying Glass by Scaleitapp Ltd, *$1.99*
* **GPS:** BlindSquare by MIPsoft, $39.99; Seeing Eye GPS, by Sendero Group, *Free*; Around Me by Flying Code Ltd, *Free;* Ariadne, Giovanni Ciaffoni, *$5.99*; Google Maps, *Free*; OverTHERE, Dmitrijs Prohorenkovs, *Free*
* **CONSUMER EDUCATION:** Access World by American Foundation of the Blind, *Free;* ViA by Braille Institute, *Free*; VisionSim by Evil Genius Technologies, Free
* **RESOURCES**
* **www.zoomtext.com/download-zoomtext-free-trial/**
* **https://yourdolphin.com/product/try?id=5**
* **www.freedomscientific.com/downloads/jaws**

**Rehabilitation Assistant**

**Samantha Kelley**

This week, Jenny and I had the opportunity to attend the ATIA (Assistive Technology Industry Association) conference in Orlando, Florida. What an experience! (And I’m not just saying that because I am writing this from a lounge chair under a giant waterfall with a piña colada at my side.) People from all over the country were here to share their experiences and learn more about what’s being offered in the field of assistive technology. I attended many classes and demos and got to know more about the world of scanning pens, high tech camera-glasses, assistive options for iOS on the iPhone, and much more.

One item that really stood out to me is the OrCam - an intuitive wearable device with a smart camera and a goal in mind of promoting quality of life and giving independence to people with all levels of vision loss.



The smart camera is mounted on the user’s glasses. It interprets - in real time - what the user is seeing; it recognizes text, products and faces that have been programed in ahead of time, hand motions, and much more. It then conveys that information to the user via an ear piece.

After the presentation, I went over to the OrCam booth to ask some questions and they gave me a one-on-one demo. The representative wearing the Orcam on his glasses looked at me, pressed a button on his remote, and spoke aloud, “This is Sam.” The OrCam then stored the information and when he looked at me again, his earpiece told him, “This is Sam.” The same concept goes for common household items, kitchen cupboard items, etc. Once they are programmed in (which takes less than thirty seconds), the camera will recognize them immediately.

This is also an incredibly easy way to read the newspaper, read your email, recognize money, and tell the time. One of the most exciting things they are currently working on is giving the camera the ability to recognize bar codes. The best thing is that they have fifty engineers working on this single product, so they are constantly innovating and improving.

If you are interested in learning more about what the OrCam can do and its pricing, please contact Sam. We do not currently have a demo at BVIC, but I have connected with their representatives and hope to see about acquiring one.

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**SUPPORTING BVIC**

**Shopping to Support BVIC**

**eScript on-line.**

To sign-up simply register your phone number and select: eScrip Group ID – 500024165 Blind-Visually Impaired Ctr Monterey Co;. https://secure.escrip.com/signup/index.jsp,

eScript is good with hundreds of participating merchants.

**Goodshop**

Select Blind and Visually Impaired Center – BVIC to benefit from your use of Goodshop. www.goodsearch.com. Don’t forget to download their mobile app!

**Benefit-Mobile** is a free app you download to your smart phone, purchase cards to your phone and use when you check out. Visit: www.benefit-mobile.com to sign-up, select The Blind & Visually Impaired Center of Monterey County as your beneficiary.

**Chariots for Charity**

Operated by the Old Capitol Lions Club, Chariots for Charity vehicle donations support the BVIC with cash donations from the sale of donated vehicles. For more information or to donate a vehicle, please contact Russ Hatch at 831-659-5360.

**Facebook**

Stay up to date on current news and events by following us on Facebook: https://www.facebook.com/BVICenter/

**Kathy Henson Legacy Society**

By including BVIC in your estate plans, you can help others in the coming decades transcend the loss the sight with a legacy gift.

**Sample bequest language:** “I give, devise and bequeath to The Blind & Visually Impaired Center of Monterey County, Inc., a nonprofit corporation of the State of California, located at 225 Laurel Ave., Pacific Grove, CA 93950, (tax identification number 23-7221588), [amount, %, specific items, etc.] of my estate.”

The BVIC is sustained by fundraisers, grants and gifts from the generosity of caring individuals. **Thank you for your generous support!**

**Keeping Afloat**

Sept. 1 – Dec. 31, 2016.

**$1 - $999**

Anonymous

Altrusa International of Monterey Peninsula

Amazon Smile

Amundsen, Elizabeth

Anloff, Patricia

Banks, Dave & Wendy

Barnhart, Lucille

Bartels, Franzel

Bennett, Barbara

Bloch, R. Stephen

Britton, Robert

Brott, Dale

Brown, Charles

Brown, Elizabeth Plaxton

Bucquet, Barbara

Budlong, Edwin & Barberena, Celia

Bugarin, Eva

Cannery Row Company

Cardoza, Joan

Carmel Women’s Club

Carns, Victoria

Chavez, Agueda

Chiappe, Elio

Chow Hoon, Pauline

Cocker, Enid

Conlow, M Robin

Covarrubias, Fernando

Craft, Mr. & Mrs. Nick

Craig, Geoff & Carolyn

Cruz, Celeste

Cutino, Bert

D'Arrigo, John

David, Beverly

Davis, Paul

Diaz, Herminia

Dominguez

Doolittle, William & Nancy

Dority Roofing & Solar

Dunn, Virginia & Richard

e-Scrip

Farrant, Catherine

Fehl, Cecile

First Presbyterian Church

Fiske, Ernest

Festival of Trees: North Fremont Business District

Forever Friends

Frasca, Joyce

Gehringer, Helen

Goodshop

Green, Arnold

Gryp, Janice

Gunderson, Gary

Haas, Doris

Holine, Virginia

Hough, Sonia

Hurd, Sylvia

Hutchins, Charles

Jackson, Sonja

Johnson, Michaele

Johnstone, Elizabeth

Kadiev, George & Nina

Kane, Steve

Keland, Harold

Keleher, Norma

Keyser, Virginia

Kihara, Ron

Legard, Robert

Livingston, Barbara Timmins

Loop, Mel

Lotz, Margaret & John

Lundy, Jane

Lyon, Willis

Maraccini, Diane

Mehl, Geneva

Merrell, Esther

Miguel, Heide

Monterey Bay Analytical Services

Network for Good

Nicolai, Adolph

Nielsen, Gary & Deborah

O'Connor, Paula

Old Capitol Lions

Pacific Grove Hardware

Parsons, Julie

Peel, Alan

Pepperdene, Rose

Pesce, Mr. & Mrs. Thomas

Rayne, Gerda

Ruhl, Pauline

Ruiz, Kathleen

Schoenwisner, Mona

Schure, Cam

Shaffi, Frances

Sherman, Mary

Shimizu, Ronald

Shipley, Margaret

Silverman, Marv

Springer, Elizabeth

Stafford, Doug & Karen

Suarez, Jorge

Suter, Jean

Teixeira, Sylvia

Thompson, Stella

Tucker, Philip

VanArsdol, Maurice

Vaughn, Marie

Wagner, Bruce

Walters, Lila

Weismann, Richard & Joyce

Wills, Judy

Wilson, Ardith

Wilson, Janet

Young, G E

Ziegenbein, Constance

**$1,000 - $2,499**

Brown, Rosemary

Colburn, Mary

Monterey Peninsula Host Lions

**$2,500 - $4,999**

Hatch, Russ & Jo-Ann

Kihara, Ron & Ann

Old Capitol Lions

**$5,000 - $9,999**

Flicker, Perry

**$10,000 - $19,999**

Community Foundation for Monterey County

**$20,000+**

Harden Foundation

Radunich, Margaret Anderson (estate of)

**In Honor of:**

**“all you wonderful people at BVIC”**

* Brown, Elizabeth

**Shahin Anable:**

* Anable, Leonard

**Victoria Carnes:**

* Anonymous

**Beverly David:**

* Palmer Earp, Dorothy

**Doris Hale:**

* Hale, John

**Sonja Jackson:**

* Linda’s Beauty Salon

**Bob Johnson:**

* Anable, Leonard
* Rhodes, Dan & Robbie
* Yost, David and Terri

**Esther Merrell:**

* Maroot, Janice

**Mona Schoenwisner:**

* Craig, Geoff & Carolyn
* Geary, Patti
* Gamble, Barbara

**In Memory of:**

**Shirley Doolittle:**

* Ansberry, Janelle
* Blake, Joan
* Catania, Lynn
* David, Beverly
* Ferrante, Barbara
* Fishbeck, Karen
* Gruwell, Sherry
* Hamilton, Armetta
* Hawkins, Larry
* Johnson, Jackie
* Lincoln, Sara & Rosie
* Malohn, Mary Lou
* Marquez, Janis
* McRae, Debi
* Merrilees, Debbie
* Morgan, Arcola
* Quamen, Ann
* Trindad, Bernie

**Michael Dumller:**

* Dumller, Sue

**Ted & Marie Fehring:**

* Holbrook, JoAnn Fehring

**Kathy Henson:**

* Colvin, Gloria

**Miyake, Shig, Aya & Terry Kihara:**

* Nagata, George & Joanne

**Marge Ross:**

* Moe, Alice

**Mom’s Birthday:**

* Dalkey, Sharon Lee

**Irma Ruckman:**

* Schwoerke, Karin

**Richard Takashi:**

* Nagata, George & Joanne

**Thank you to everyone for your support!**

If we misspelled your name or missed listing your gift, we sincerely apologize and ask that you contact us.

**Many thanks to everyone who made our Christmas Store Auction & Health Screening Fair a big success!**

Adventures by the Sea

Altrusa International of Monterey Peninsula

Back Porch Fabric

Bodywork & Therapeutic Massage

Cafe Fina

California Pizza Kitchen

Carmel Chamber of Commerce

Carmel Host Lions Club

Chatterbaux Children's Shoppe

Domenico's on the Wharf

Dority Roofing & Solar

El Estero Car Wash

Events by Classic Catering

Fandango Restaurant

Fish Hopper

Hattori Vision

Holly's Lighthouse Cafe

il Vecchio

Jeffrey's Grill & Catering

Katy's Place

Monterey Bay Whale Watch

Monterey Scottish Games and Celtic Festival

Monterey Symphony

Old Capitol Lions

Pacific Grove Cleaners

Pacific Thai Cuisine

Pavel's Backerei

Pebble Beach Company

Peppers Mexicali Cafe

Portola Hotel & Spa at Monterey Bay

Rosine's Restaurant

St. Moritz Sweaters

Tom's Monterey Auto

Toro Place Cafe

Vanessa of Carmel Hair Boutique

Victorian Corner

Winchester Mystery House

Anonymous

Mr. & Mrs. Jeff Angelie

Ms. Mariana Attie

Ms. Rosemarie Axton

Ms. Rosylan Bailey

Ms. Victoria Blel

Ms. Paula Browning

Mr. Edwin Budlong and Dr. Celia Barberena

Ms. Lyndy Bullock

Mr. & Mrs. Michael Carns

Mr. & Mrs. David Chamberlain

Ms. Kathleen Cozzens

Mr. & Mrs. John Dick

Ms. Sheryl Embler

Ms. Cheryl Ferguson

Ms. Carroll Fergusson

Ms. Sandra Forman

Mr. Rick Franke & Ms. Kit Hunter Franke

Mr. Donald Freeman

Ms. Roxane Fritz

Mr. and Mrs. Tom Gardner

Mr. & Mrs. Cliff Gilkey

Mr. George Hageman

Ms. Candy Haig

Mr. and Mrs. Russ Hatch

Mr. Randy Henson

Ms. Jennifer Hirsh

Ms. JoAnn Fehring Holbrook

Mr. Holger Hubbs

Mr. Bob Johnson

Ms. Annette Kearney

Ms. Guldana Khamzina

Ms. Karen Levin

Dr. & Mrs. Martin Lipp

Mr. & Mrs. Kevin Little

Dr. Willis Lyon

Ms. Paula Lyon

Ms. Yvonne Lyon

Ms. Elaine Martin

Ms. Aiko Matsuyama

Ms. Jean Moritz

Mrs. Michelle Noseworthy

Ms. Cheri Padin

Ms. Charlotte Redstone

Ms. Carmelina Schure

Ms. Clara Smith

Mr. & Mrs. Robert Stewart

Mr. Doug Tally

Mrs. Jan Tragethon

Ms. Diana Trapani

Ms. Christine Warde

Dr. Katie Wendt, O.D.

Mr. & Mrs. Bud Westcott

Ms. Roberta Williams

Ms. Janet Wilson

**A few tips to help keep your eyes healthy:**

- Consume foods with Vitamin C, E, A and Zinc

- Exercise regularly to improve circulation. This ensures your eyes get enough oxygen.

- Drink at least 8 glasses of water daily

- Do not rub your eyes

- Use clean cotton balls and a cleanser to clean your eyes

- Wear sunglasses to protect your eyes from sunrays and glare

- Wear protective glasses/goggles