
the NuVisions Updater

Seww Lovely!



A few weeks ago I had the privilege of driving one of our ladies to the doctor. As we drove down the

road we chatted about this and that and she mentioned going to her sewing group at church. I was a little surprised by this, although not overly so, because I am always amazed at the wonderful resourcefulness and

ability of our customers; she went on to explain to



how the ladies of the group had made some knotting guides to enable her to be able to participate. I knew of another of our customers who attends that church and asked if she also participated in the sewing circle. I was told that she did. This other woman matches up squares and sorts colors before they are put into the quilt or comforters. This was fascinating to me and I asked if I could attend the next group meeting and made plans to take pictures. Of course Old Man Winter had some other ideas and threw a couple of curve SNOW balls and some nasty



winter colds, but finally I was able to get there and get pictures of the ladies. I was so impressed with our ladies ability to adapt, and with the

sewing group for figuring out a way to include them in these beneficial tasks.

I am aware that other customers attend knitting groups and crochet and do various crafts to keep busy. Some of our male customers enjoy a little bit of woodworking and crafting as well. I think that it is very encouraging and beneficial for others to know that despite your vision loss you can still do many of the things you love; you might have to do them differently, but with the right tools you can still do them.



Hats off to this sewing group at Locust Grove Mennonite Church and to the other community groups that our visually impaired/blind clients can attend and find a way for them to PARTICIPATE!

Jean Stoltzfus sorts squares

Miriam Peachey knots blankets.



Chicken Pie made with Bisquick

INGREDIENTS:

- 1 cup cooked chicken, cut into bite sized pieces
 - 1 $\frac{2}{3}$ cups frozen vegetables, thawed1 (10 ounce) can cream of chicken soup (I use low sodium)
-
- 1 cup **Bisquick reduced-fat baking mix** (regular Bisquick will work too)
 - $\frac{1}{2}$ cup **nonfat milk** or $\frac{1}{2}$ cup **milk**
 - 1 **egg**

DIRECTIONS:

Preheat oven to 400°F. Bake 40 mins and serves 6

1. Mix chicken, veggies and cream of chicken soup together and spread into bottom of non-greased 9-inch round glass pie pan.
2. Mix remaining ingredients (Bisquick, milk and egg) and pour on top of chicken mixture.
3. Bake in oven for 30 minutes or until top turns golden brown.

Life Skills meetings:

April 26- TBA

May 31-Mid-Penn Legal – Cathy Cella

JUNE 14-THURSDAY – ANNUAL PICNIC

July 26- TDDP-Kristen Jarmer
(phone program-rescheduled to this date)

August 30- TBA

No Group
Meeting in
November..

September 27-PRN-Kelly Sheetz

October 25-Simple balanced meal ideas -Colette

December 12 – THURSDAY - HOLIDAY LUNCH

Diabetic Support Group

April 12-Support discussion

May 10-Heart disease

July 12-Support Discussion

August 9-Pat Wolfe, Diabetic Ed.

September 13-Dental Care

October 11-Video

November 8- Support Discussion

**No Group
Meetings
in
June and
December**



NuVisions has some new wheels!

As many of you know the Grey Ford van was no longer suitable for our customer's needs. It was hard to get into and not comfortable for many of our seniors to ride in.

Katye asked our area Lions Groups to see if they could help us. They did!!! What a wonderful outpouring of kindness from our Mifflin County Lions! With their help we were able to purchase a new Ford C-MAX. It rides like a car, but has the room we need. I know so many of you will breathe a sigh of relief when we come to pick you up now.

**Do you know any Mifflin County Lions? Tell them
THANK YOU!**

BIRTHDAYS!

APRIL

Pat Pearce	7
Barry Hetrick	11
Thelma Lauver	16
Ron Hesser	30



MAY

Joanne Harlacher	1
Bud Fultz	7

JUNE

Jessica Rhoades	7
Michael Rupert	8
Evelyn Wilde	11
Mike Woodring	11
Lois Joanne Bishop	16
Lisa Palm	18
Marjorie Snook	30

YOU'RE INVITED!

THE NUVISIONS SUMMER PICNIC WILL
BE HELD ON JUNE 14TH AT 10:30 A.M.

THE LOCATION IS BENDER PARK.

IT WILL BE  **FLAG DAY** SO WE WOULD

LIKE YOU TO COME DRESSED IN: RED,
WHITE OR BLUE OR IN ALL THREE!

AS USUAL WE WILL BE SERVING UP
SOME DELICIOUS BURGERS & HOT DOGS,
AS WELL AS ALL THE FIXIN'S.

IF YOU WOULD LIKE TO ATTEND AND
NEED TRANSPORTATION PLEASE
CONTACT THE OFFICE SO WE CAN ADD
YOU TO THE LIST. IF YOU WISH TO
BRING A FRIEND YOU ARE WELCOME TO
DO SO, BUT WE ASK THAT THEY
PROVIDE YOUR TRANSPORTATION.

***CALL THE OFFICE TODAY TO TELL US IF
YOU WILL BE ATTENDING.***

717-248-1111



FROM KATYE'S DESK:

Happy spring everyone! I am postponing the article on Guide Dogs because I found this story so inspiring. After giving up at one point this



lady resurrected her talents and began again.

- Enjoy, Kate

Blind Canonsburg artist's vision is to give back

Mar 5, 2018 Celeste Van

Kirk/Observer-Reporter

Artist Diane Krek started going blind more than 25 years ago. But the Canonsburg woman has not let her visual impairment deter her from helping others through her artwork. Krek, who worked as a graphic artist before she lost her sight, operates BLT Art for a Cause, and she donates a portion of profits from every print she sells to blind advocacy organizations and other groups. Last year, she sold 52 prints, and since she launched BLT Art in 2016, Krek has donated to

Foundation Fighting Blindness, Pennsylvania Council for the Blind and Lions Club's Leader Dogs for the Blind program.

Each of Krek's paintings includes a bear, a train and a lighthouse, hidden "Where's Waldo"-style somewhere on the canvas. She includes those objects, which were among her favorite things to look at when she had her sight, for a reason – to make people aware of the gift of good vision. "I don't want to make (the bears, lighthouses and trains) difficult to find, I want it to be fun. But I do want people to think about what a person with no sight or impaired vision can't see," said Krek. "They would love to see what you can see in the pictures. And, many of the great advancements that have been made in the world wouldn't have been possible without doctors, scientists or engineers with sight." Krek, 58, remembers being intrigued with art at an early age. Her mother, the late Georgeanne Molnar, was an oil painter, and growing up, Krek experimented with crayon, pastels, pen and ink. She focused on painting seascapes and landscapes, using photos from family vacations and her imagination.

Krek won several art awards and honors at Mt. Lebanon High School. She studied art at Carnegie-Mellon University and Beaver College in Philadelphia, and earned an associate's degree from Art Institute of Pittsburgh. By 1990, Krek had established a successful career as a graphic artist with Pittsburgh-area companies, specializing in sign design for hospitals, airports, hotels, cruise ship lines and public transportation. Around that time, however, Krek began having vision problems.

After Krek failed to see a small group of deer on the road while driving one day and struck one, her mother encouraged her to see an eye specialist. She was diagnosed with retinitis pigmentosa, an incurable disease that causes the breakdown and loss of cells in the retina. Her younger brother, Tom, was diagnosed with the disease at the same time, and he lost his eyesight completely before he died in 2013.

Krek, who is legally blind, stopped painting after her diagnosis. Instead, she and her husband, Melvin, who married in 1991, traveled the country in a recreational vehicle, and immersed themselves in outdoor activities: boating, fishing, water skiing, skeet shooting. She played the piano and took up the accordion. But each

year, her vision deteriorated. “I’d have to readjust every time my sight decreased, and I’d buy new tools, like a talking measuring cup or a talking thermometer, to help,” she said. In 2012, she left her job at Crown Castle USA Inc. in Southpointe because of her failing eyesight. In 2013, Krek hit a low point, grappling with her brother’s death and giving up driving. She wasn’t sure how to spend the rest of her life. After watching a television show in 2014 that featured blind artists, Krek told Melvin she wanted to start painting again.

Said Melvin, “I thought, all right, let’s give this a shot.” So, for her birthday, he bought her a set of acrylic paints and canvas.

A week later, Krek invited him to the basement, which they had converted into an art studio. “She had the preliminaries of ‘Lighthouse Cove’ painted, and I thought, ‘How are you doing this?’” said Melvin. “She kept working at it and from there, she went from the next piece to the next piece, and then to the next piece.” Because Krek can barely see what she’s painting, her process is unique: She outlines the spatial position of objects on canvas by using colored tape. And because she sometimes has difficulty identifying colors, Melvin helps her mix paint.

Renowned artist James Sulkowski of Canonsburg said Krek's artwork is remarkable, technically and aesthetically. "What she's been able to do is really astounding," said Sulkowski. "She did a painting of a train, and that was just amazing to me, not only because of how well-drawn it was, but for her to actually put it in perspective the way she did takes extra talent and ability. What an inspiration she is, to me and to anyone."

Currently, Krek has eight paintings available for purchase. She has sold her prints at craft shows, and plans to sell at art shows this year. Krek also plans to complete a painting of Presque Isle Lighthouse this year to raise funds for restoration of the historic lighthouse, and is earmarking a donation for Washington Area Humane Society.

Krek devotes much of her time to serving the blind community. She is president of the Washington County chapter of Pennsylvania Council of the Blind and a member of Vision Loss Resource Group of Pennsylvania Council of the

Blind. She encourages people not to allow their disabilities to limit them. "Where there is a will, there is a way," said Krek, who also carries a 130 average in a local bowling league. "Some people feel they don't have a motivation in their lives. But because you have a limitation doesn't mean you can stop going."

To view Krek's artwork, visit her website at www.bltart.com.



NUVISIONS WILL BE
CLOSED

MEMORIAL DAY-
MAY 29

*Remember those who fought
for our freedoms*



DON'T FORGET WE
HAVE FACEBOOK!

We post news, pictures, information about our services, fun or inspirational stories and general information about our center.

We would love you to stop by and like us.

Just one more way to keep you up to date and in the KNOW!



Here are some other ladies who enjoy being crafty!

Terri Flowers & Evelyn Gonzalez crochet and Kay Groff knits.

Tell us what you like to do!



EASTER GREETING

May all the Joys of
Springtime -
The birds and flowers gay
Unfold to you the promise
true -
Of this glad Easter day.

