



United Way
of Mifflin-Juniata



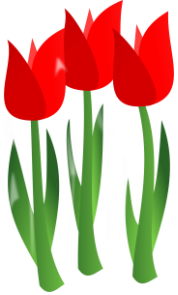
SourceAmerica



- meeting needs of special populations
658 Valley Street – Lewistown, PA 17044

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Few things make me happier in my job than to give a person exactly what they need; whether this is a magnifier, subscription to audio books or a CCTV.

Recently I have loaned out several CCTVs for some of our customers to use. What a joy it is to hear them exclaim how this piece of equipment will change their life: Finally, they are able to see to sign their own checks. Finally, they can see to read their own mail. Finally, they can look at the daily newspaper to catch up on the news and their favorite sports scores. Finally, they can read a little bit!

To see how that device has changed their quality of life is such a joy.

What have you used that has improved your ability to be independent? What do you find you are in need of?



Sadly, as our clients walk through their vision loss, progression can happen quickly; and their go-to device has lost its

usefulness. They may donate it to NuVisions for someone else to try. Then together we try to figure out if it's time to, for example, learn a new skill, go to a higher power magnifier, or request more audio books as watching TV has lost it entertainment value, or using large bold lined notebook paper because regular notebooks no longer work for their needs.

Wherever you find yourself, we are here to help. We will try to lend out whatever we have. We prefer it get items off our shelves and into your hands.

Incidentally, while writing this article I received two phone calls relating to some helpful aids and devices I was able to assist in getting for some customers; both were excited because their new device was working wonderfully for them.

Looks like its going to be a great day!



Loveliest of Trees

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide.
Now, of my threescore years and ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.

And since to look at things in bloom
Fifty springs are little room,
About the woodlands I will go
To see the cherry hung with snow.



Air Fryer Crispy Garlic Potatoes



Crispy garlic potatoes without deep frying? Yes you heard that right! Thanks to the invention of the air fryer, you are now able to have perfectly crisp potatoes without having to deep fry. Just chop the potatoes, add a little

oil and seasoning, pop in the air fryer, and boom: perfectly crisp and tender potatoes. Serve these alongside eggs and bacon for weekend brunch or make them as a side dish to a roasted chicken. Any meal will be happy to have these potatoes!

SERVINGS: 6

READY IN: 30min

PREP TIME: 10min

COOK TIME: 20min

Ingredients

- 2 pounds creamer potatoes, halved
- 2 tablespoons olive oil
- 4 garlic cloves, grated
- 1 tablespoon minced fresh rosemary
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Combine potatoes, olive oil, garlic, rosemary, salt, and pepper in a large bowl until potatoes are evenly coated.
2. Transfer potatoes to the basket of an air fryer.
3. Cook on 400°F (200° C) for 10 minutes; carefully shake the air fryer basket. Continue cooking until potatoes are crisp on the outside and tender on the inside, about 10 minutes more.

DID YOU KNOW?



A Portrait of Louis Braille

Louis Braille is the inventor of the braille code. He was born on January 4, 1809, in Coupvray, France. At the age of 3, while playing in his father's shop, Louis injured his eye on a sharp tool. Despite the best care available at the time, infection set in and soon spread to the other eye, leaving him completely blind.

Barely 16, Braille, then a student at the National Institute for Blind Youth in Paris in 1825, spent every waking moment outside class poking holes in paper, trying to come up with a more efficient way to represent print letters and numbers tactually. Until then, he and his fellow blind students read by tracing raised print letters with their fingers. It was painfully slow and few blind students mastered the technique. Writing required memorization of the shapes of letters and then an attempt to reproduce them on paper, without being able to see or read the results.

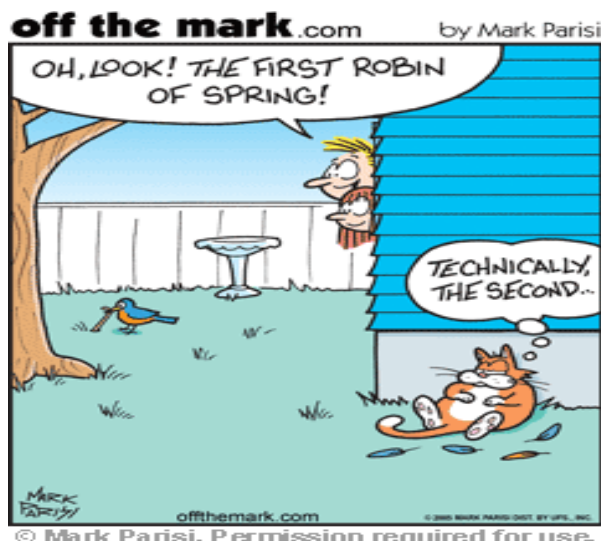
Louis got his inspiration to use embossed dots to represent letters after he watched Charles Barbier, a retired artillery officer in Napoleon's army, demonstrate a note-taking system he invented of embossed dots to represent sounds (most of the soldiers were illiterate) that would allow notes

to be passed among the ranks without striking a light, which might alert the enemy to their position. The army was not impressed, so Barbier brought his system to the school for the blind. Louis immediately recognized its merits and spent the next three years improving upon Barbier's idea.

By 1824, Louis had in place the code that bears his name and is used today in almost every country in the world, adapted to almost every



known language from Albanian to Zulu. Louis Braille died on January 6, 1852 at the age of 43, having lived a successful life as teacher, musician, researcher, and inventor. In 2009, the world celebrated Braille's Bicentennial.





PICNIC TIME!!!

THURSDAY, JUNE 13 2019

NuVisions invites you to the annual Summer Picnic.

We will be meeting at the Kish Park Pavilion in Lewistown

Come join the fun - meet new people and reconnect with old friends.

Date: Thursday June 13, 2019

Time: 10:30 a.m.

Cost \$3.00 a person

As always, your guests are welcome but they will need to provide your transportation to the event.

If you need transportation, please call the office by June 3.

Call the office if you are attending .

Call the office if you will be bringing a guest.

HOPE TO SEE YOU THERE!!

717-248-1111

Life Skills meetings:

New this year!

We have changed how we do Life Skills and Diabetic Support Groups. They are held quarterly now instead of monthly.

Our next **Life Skills Group meeting** is on:

May 30.

The following meetings are scheduled for
Sept 26 & Nov. 21.

Call in for information on the topics.

Our next Diabetic Support Groups is on:

May 9.

The following meetings are scheduled for
Aug. 8 & Oct. 10.

Life skills will primarily consist of instruction on how to accomplish various tasks at home and independently as well as product information.

BIRTHDAYS!

April

Pat Pearce	7
Christine Yetter	21

May

Joanne Harlacher	1
Lena Berrier	5
April Paige	8
Penny Goss	17

June

Herman Swartzentruber	8
Michael Rupert	8
A Frank Leister	10
Evelyn Wilde	11
Michael Woodring	11
Lois Jean Bishop	16
Linda Coy	17
Lisa Palm	18
Gary Mowery	18
Marjorie Snook	30



NUVISIONS CENTER WILL BE **CLOSED:**



**FRIDAY, APRIL 19TH FOR GOOD
FRIDAY**



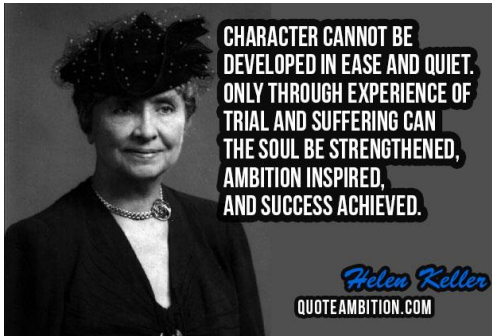
MONDAY, MAY 27TH FOR MEMORALDAY.

THANK YOU FOR YOUR UNDERSTANDING.

HAPPY EASTER FRIENDS!



Inspiration from Helen Keller



“Optimism is the faith that leads to achievement.

Nothing can be done without hope and confidence.”

“We can do anything we want to if we stick to it long enough.”

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

“I am only one, but still I am one. I cannot do everything, but still I can do something; And because I cannot do everything I will not refuse to do the something that I can do.”

“Life is a succession of lessons which must be lived to be understood.”

“My share of the work may be limited, but the fact that it is work makes it precious.”

“No one has a right to consume happiness without producing it.”

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”

“Walking with a friend in the dark is better than walking alone in the light.”

“When one door closes, another opens. But we often look so regretfully upon the closed door that we don’t see the one that has opened for us.”

“The only thing worse than being blind is having sight but no vision.”

In the beginning of this newsletter, I talked about some great gadgets that benefit you. Here are 5 new items that may be coming down the pike in a few years. Reprinted from the DIGITAL TRENDS website.

www.digitaltrends.com

5 amazing gadgets that are helping the blind see

There is a lot of work and research being done to find ways to improve life for partially-sighted and blind people.

Reading and recognition devices could make smartphones, tablets, and smart glasses into indispensable aids for the visually impaired.

The statistics on blindness vary because there is no universal definition. In the United States it is defined as “central visual acuity of 20/200 or less in the better eye with the use of a correcting lens.. According to the [World Health Organization](#) there are 285 million visually impaired people worldwide. That’s a lot of people who could stand to benefit from some clever technology.

We have been checking out five of the most interesting technological developments that could help the visually impaired and the blind.

Assisted Vision Smart Glasses



“What we’re trying to do with the project is produce a pair of glasses that can enable someone who has very little sight to walk around unfamiliar places, to recognize obstacles, and to get a greater independence,” Dr Stephen Hicks from the University of Oxford, recently [explained to The Royal Society](#) as he showed off his smart glasses.



Image: Dr Stephen Hicks, University of Oxford
Since the vast majority of blind people have some remaining sight, these smart glasses can be tuned to make the most of it. They are constructed using transparent OLED displays, two small cameras, a gyroscope, a compass, a GPS unit, and a headphone. “Our latest prototype (pictured) has an Epson Moverio BT 100 and an Asus xtion depth camera and 3D printed frames,” explained Dr Hicks.

The incoming data can be processed and then used in various ways, for example, brightness can be used to show depth. Most visually impaired people can distinguish light and dark, these glasses can make anything that’s close to

the wearer brighter, so they can discern people and obstacles.

The cameras could also work with the computing module and the right software to recognize the number on an approaching bus, or to read a sign. The GPS module can be used to give directions. The gyroscope helps the glasses to calculate changes in perspective as the wearer moves. All of the information is spoken aloud through the built-in ear piece.

AI Glasses



Halfway around the world at CINVESTAV (Center for Research and Advanced Studies of the National Polytechnic Institute) in Mexico, there is another smart glasses

project in progress. It combines computational geometry, artificial intelligence, and ultrasound techniques, amongst other things, to create a useful aid for the visually impaired.

“We currently have a light weight, ergonomically acceptable prototype since it almost looks like a normal pair of glasses and can work in real time with batteries that last approximately four hours in continuous use. We hope to have a commercial prototype by next August at the latest, and being able to market it in early 2015.”

The prototype combines glasses with stereo sound sensors and GPS technology attached to a tablet, which can give spoken directions and recognize denominations of currency, read signs, identify colors, and other things. It also employs machine learning to recognize different places and objects. Because it uses ultrasound, it can also detect translucent obstacles, like glass doors.

Braille ebook reader



This idea first surfaced a few years back as a concept on [Yanko Design](#). Why not create a tactile digital reader device for Braille readers, like a Kindle for the blind? Braille

literacy has been in steady decline since the 1960s for various reasons. There's still a debate raging about the importance of Braille and the potential problems with talking computers after research revealed a link between Braille literacy and employment.

Image: Fraunhofer Institute <http://www.anagraphs.eu/>

FingerReader



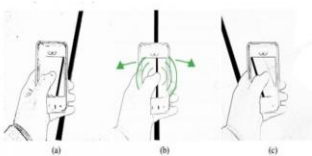
The technology for reading written text continues to improve and the FingerReader is a good example of a new way of interacting.

This MIT Media Labs project is a wearable device, a very

chunky ring that sits on the finger and is capable of detecting and interpreting 12-point printed text as the user scans his or her finger across it. It reads aloud in real-time. Small vibrations alert the wearer to any deviation off the line.

Image: Fluid Interfaces Group MIT Media Lab

It's currently just a concept with a prototype, but it has potential applications beyond the visually impaired for teaching children to read or translating languages. We already have apps capable of doing this on our smartphones, and OCR (optical character recognition) is getting fairly reliable, but the FingerReader provides a more natural way of interacting.



ARIANNA app Sometimes the best solutions are the ones that take advantage of the technology you already have. There are a few great apps available for the blind and partially sighted, such as [TapTapSee](#), which can recognize objects that you take a photo of and tell you what they are.

The ARIANNA app ([pAth Recognition for Indoor Assisted Navigation with Augmented perception](#)) solves another difficult problem. GPS and other navigation systems tend to struggle with indoor environments. The name of the app is

a reference to Greek mythology and a clue to how it works. Before it can be used you must stick colored tape to the ground to mark out specific routes, much like you see in hospitals.

Users of the app point their smartphone camera at the ground, and as they wave it back and forth there's a vibration when it finds the line. This means that there's no problem with audio interference, and people can use the device without headphones. As an extra layer, it's possible to place QR codes that give additional information, like telling the user there's a water fountain nearby, or a toilet.

Going further

Technology is supposed to make our lives easier. Too often accessibility is seen as something to tick off the list for developers, and there's a missed opportunity to transform lives for the better.

To an extent, the natural development of some technology brings unexpected benefits, like the recent story about Alex Blaszcuk, a [paralyzed woman who credited Google Glass](#) with boosting her confidence and aiding her independence.

Consider how much more can be achieved when bright minds target disabilities like blindness specifically.

Remember when using NuVision's transportation:

1. If appointments have been cancelled by your doctor; please remember to call our office right away to help us change the schedule for our drivers
2. In order to be eligible for NuVisions transportation, you need to be able to transition from your wheelchair to the car and vice versa. Our drivers are not trained medical staff and can not lift you into the car.
3. When using transportation please be completely ready to go. Drivers often have a tight schedule; it is important to them to get you to your appointment so they are able to get the next person to their appointment on time.
4. Repeat of number 3.

Be ready, be ready, be ready!

Thank you for your help. Together we can keep everyone going to where we need to go and we can **KEEP ON TRUCKING!**



Staying active over the Summer months

By Julia Dennis

The benefits of exercise for seniors are many, helping to keep your body in shape, your mind sharp and a positive mood. Even light activities can make a difference in improving your health.

The summer months can make it hard to stay active. As you age, you're at greater risk of heat-related illnesses, such as dehydration, heat exhaustion, and heat stroke, so you may be spending more time indoors to avoid the sun. How do you get around this?

Make it a morning walk. Get up early and head out!

1. **Visit a museum, aquarium, or indoor cultural event.** Too hot to take a walk outdoors even in the morning? Take one indoors. Visiting most museums, art shows, and other similar events requires a lot of walking if you want to get the most out of it. Many offer discounts to seniors, too!
2. **Join a senior center.** Many offer indoor exercise classes specifically designed for seniors, so you won't feel behind.
3. **Go to a dance.** If you live in a senior community, find out if they have a dance scheduled. If they don't, find out how to organize one yourself. Dancing is a great way to get the body moving, and it's a fun event that lets you socialize, too.
4. **Go for a swim.** Find a community pool or rec center with a pool and dive in! The water will help keep your body temperature down while you get your heart rate up.
5. **Sign up for water aerobics.** Not sure what to do once you get in the water? One of the best exercise routines for seniors is [water aerobics](#) since it is low impact.

6. **Use that green thumb.** Many people don't think about gardening as a physical activity, but it requires a lot of movement and burns more calories than you realize. If you don't have a backyard, you can look into helping out at a local community garden, or join a gardening club.
7. **Volunteer your time.**
8. **Join a golf club.** Golfing is a light physical activity that's safe for most seniors, though during the summer months you may want to sign up for an early morning game. It is also a great way to help you stay active mentally.
9. **Continue your normal routine.** Do you regularly engage in exercises during the other months? It is likely that you can keep it going even in the summer – just take it down a notch or schedule it earlier in the day.