



United Way
of Mifflin-Juniata



SourceAmerica



658 Valley St.
Lewistown, PA 17044



Free Matter for the Blind
P.L.R. SEC. 138



- meeting needs of special populations
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January – March 2018

the NuVisions Updater



IT'S A NEW YEAR!

The end of another year has come; I find it hard to believe that it has come back around so soon. Do we say this every year? Looking back over the past year we remember the picnic, various home visits, group meetings and transportation services that has taken us to the many places you have needed to go. We've had a visit from Senator Corman, moved our offices and finished the building renovations; we even started a Face book page. In the Specialized Services we have also purchased a new

car for our transport service. It has been a great year for NuVisions!

It has been a pleasure to work with all of you as well.

Here is to another year to serve you, our consumers: May we all have another great year of working together! CHEERS!

Hope you enjoy the Christmas dinner pictures; thanks to all of you who attended.



As the weather cools and winter winds begin to howl, don't forget about audio books from the Carnegie Library of Pittsburgh. The Carnegie Library for the Blind and Physically Handicapped (LBPH) provides free on loan audio books and magazines, equipment to play the recordings, large print books, downloadable books, and described videos. This is an absolutely wonderful service for anyone who loved to read, but now finds it difficult due to their vision loss. The new digital players are extremely easy to use, with audio directions given with any button you press.



An audio Bible from Braille Bibles International are now available, these can be played in the player from the Carnegie Library. They come in both the King James Version and New Living Translation; these cartridges are available to the blind and visually impaired persons for FREE. The Braille Bible International recommends the advanced player as it has better navigation functions for moving from book to book and chapter to chapter in the bible.

If you have not used audio books for a while it is a good time to check them out again. Call the office, I'll be happy to get you signed up for either the books or the bible.



HAPPY READING!

DATES TO REMEMBER

**January 1 – New Years Eve.
Office is closed**

**February 19 – Presidents Day
Office is closed**

**March 30 – Good Friday
Office is closed**

And now let us welcome

*the new year, full of things that never were.” —Rainer
Maria Rilke*



Katye's Desk

Greetings! Happy New Year! I hope you had a pleasant holiday season and that 2018 proves to be a good year.

I thought you might find the following interesting:

- 1. 19 states have cracked down on “service” animals. There are about 20,000 service dogs working in the U.S. for persons with disabilities, like vision and hearing impairments, people wheelchair bound, and those who need alerted to medical conditions. There is no certification or national registry for legitimate service dogs, so there is no way to verify a dog has undergone the necessary training.**

Many people are saying their pet is a service animal or emotional support animal in order to take them into places not normally allowed. Anyone can go online and purchase a vest for a dog in order to pass it off as a service dog. These untrained animals end up misbehaving in public places, and giving real service animals a bad name. It is just like people acquiring handicapped parking tags so they can park in designated parking spaces.

In the next newsletter, I will explain some of the things that service dogs can do. They are truly amazing.

2. Like your cell phone? What about Blue light? It is the short energetic rays at the end of the light spectrum right next to the UV rays. They are everywhere, usually outside, but also coming from computer screens, smartphones, LED lights and flat-screens. Blue light contributes to digital eye strain; the longer time you are viewing screens and the closer you have your device to your face the more you may be affected. The eye itself and sunglasses protect from UV rays, but almost all blue light reaches the retina. You can counteract this by using glasses with blue light filters from your eye doctor or using filters over your electronic screens.

3. Since it is the beginning of a new year, have you thought about how to keep your free services from NuVisions going for you and others? One way to help is through gifts. Even though we may not like to think about it, everyone wants to leave a legacy when he or she passes on. It may include family, church, a school and/or an organization. The recipients appreciate the gift, no matter the size, and use it to enhance a positive impact for their mission. Your generosity and support is your legacy for what you believe in and want to see continue for others. In addition, do not forget to let those who will be handling your affairs know your wishes. If you do not tell them, they will not know your desires.

LIFE SKILLS MEETING

<u>JANUARY 25-</u>	Adult Daycare Services- Amanda Shore
<u>FEBRUARY 22-</u>	In-Home Services-Ken Stuck
<u>MARCH 29-</u>	The Meadows-Stephanie Fry
<u>APRIL 26-</u>	TDDP-Kristen Jarmer
<u>MAY 31-</u>	Mid-Penn Legal-Cathy Cella
<u>JUNE 14 –</u>	THURSDAY ANNUAL PICNIC
<u>JULY 26-</u>	TBA
<u>AUGUST 30-</u>	TBA
<u>SEPTEMBER 27-</u>	PRN-Kelly Sheetz
<u>OCTOBER 25-</u>	Balanced meal ideas –Colette
<u>NOVEMBER –</u>	No meeting
<u>DECEMBER 12 –</u>	WEDNESDAY- HOLIDAY LUNCH



Christmas Time!





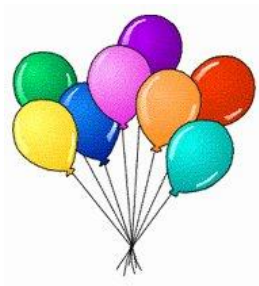
DIABETIC SUPPORT GROUP

<u>JANUARY 11-</u>	Video-Dr. Berg
<u>FEBRUARY 8-</u>	Foot Care
<u>MARCH 8-</u>	Diabetic Retinopathy
<u>APRIL 12-</u>	Support discussion
<u>MAY 10-</u>	Heart Disease
<u>JUNE -</u>	NONE
<u>JULY 12-</u>	Support discussion
<u>AUGUST 9-</u>	Pat Wolfe
<u>SEPTEMBER 13-</u>	Dental care
<u>OCTOBER 11-</u>	Dr. Berg Video
<u>NOVEMBER 8-</u>	Support discussion
<u>DECEMBER -</u>	NONE

BIRTHDAYS!

January

Melvin Arnold	1
Joe Arbogast	8
Margaret Keneppe	19
Sharon Hesketh	20
Sheryl Krebs	22
Mary Crisswell	23
Sarah Boreman	30



February

Harley Defayette	5
Danny Bell	8
Greg Miller	19

March

Emma Snyder	2
Edward Miller	8
Jean Stoltzfus	8
Lucas Leitzle	12
Terri Flowers	24
Thelma Vaughn	26
Renna Hetrick	27

Article reprinted from Nutrition Action Magazine:

New Study Confirms Buying Red Yeast Rice Supplements is a Crap Shoot

If you’ve been thinking about buying a red yeast rice supplement to lower your cholesterol levels, you’ll need a lot of luck on your side. That’s because you won’t really know what you’re getting.

These supplements are produced by fermenting rice with various strains of a yeast that makes monacolin K, which is identical to lovastatin. That’s the active ingredient in the prescription statin drug Mevacor.

Red yeast rice with enough monacolin K in it can lower LDL cholesterol levels, but identifying a product that has enough is hit-or-miss, a new study confirms.

Researchers at Harvard University and the University of Mississippi recently bought 28 brands of red yeast rice from Walmart, Whole Foods, Walgreens, and GNC and measured how much monacolin K they contained.

Two brands didn’t contain any at all!

In the 26 that did contain at least some monacolin K, the amounts ranged more than 60-fold among brands! Some had barely any, some had a lot. Six of the brands, in fact, had more of the statin than what the Food and Drug Administration considers legal for a dietary supplement.

And consumers following the different dosages recommended on the labels could get 120 times more monacolin K from one product than from another. Not good.

Since none of the red yeast rice supplements were labeled with their amounts of monacolin K, consumers have no way of knowing whether they’re buying a potentially-effective product or a dud. (The researchers did not identify the brands they tested.)

Plus, we now know that red yeast rice can cause some of the same side effects as statin

drugs, such as muscle pain in a small fraction of users. Yet only 2 of the 28 brands the researchers tested advised consumers not to take red yeast rice if they’re also on a prescription statin. Taking both would likely increase the chances of suffering side effects.

How much can red yeast rice lower cholesterol levels? A 2014 meta-analysis of 13 clinical trials in people with high cholesterol levels found that the supplement lowered total blood cholesterol by an average of about 38 mg/dl and LDL (“bad”) cholesterol by about 34 mg/dl. Of course, these studies probably were careful to make sure the red yeast rice they were using was potent. Consumers, on the other hand, are on their own.

These new results showing that buying red yeast rice is a crap shoot are consistent with earlier studies by ConsumerLab.com, a supplement-testing company.

In addition, ConsumerLab found that the amount of monacolin K could fluctuate wildly from year to year even within the same brand. So even if you find one red yeast rice product that seems to lower your cholesterol levels, you won’t know if another batch of the same brand will do the same.

That’s a lot of uncertainty – some might call it gambling – when you’re trying to control a major risk factor for heart disease, the number one killer in the United States.

Companies are supposed to be following new quality-control regulations governing the manufacture of supplements so that this kind of mess doesn’t happen. Looks like the red yeast rice folks didn’t get the memo.

So, good luck buying a red yeast rice supplement. You’re going to need it.



Grape Salad

8 OZ	Cream Cheese, softened
1 CUP	Sour Cream
2 LBS	Red Seedless Grapes
2 LBS	Green Seedless Grapes
1/3 CUP	Sugar
2 t.	Vanilla Extract
3 T	Brown Sugar
3 T	Chopped Pecans

Method: Mix cream cheese, sour cream, sugar, and vanilla extract. Fold in grapes.

Cover and refrigerate. Just before serving, sprinkle with brown sugar and pecans

