

the NuVisions Updater



- meeting needs of special populations

658 Valley Street – Lewistown, PA 17044
717-248-1111

October -December 2017

[Do you know about NFB-NEWSLINE?](#)

A FREE SERVICE TO THOSE WHO ARE UNABLE TO READ NEWSPRINT!

Unable to read the newspaper?

We have the answer!

It's as easy as dialing a phone! And it's FREE



NFB-NEWSLINE is a free service available to anyone who is blind, visually impaired or print-disabled. It offers over 400 publications to choose from, including ten national newspapers like the *Wall Street Journal* and *USA Today*, sixteen breaking news sources such as *CNN*, *BBC* and *ESPN Online*, fourteen international newspapers including *Financial Times* and *Vancouver Sun*, and countless state newspapers, as

well as fifty magazines like *Family Circle*, *Time*, *Consumer Reports*, *Jet*, *Guideposts*, *Smithsonian* and more. For a full list of participating publications, visit this link: [Participating Newspapers and Magazines.](http://www.nfbnewslineonline.org/signup.htm)
<http://www.nfbnewslineonline.org/signup.htm>

NFB-NEWSLINE also offers emergency weather alerts and seven day forecasts, job listings, TV listings, retail ads and more. There are a number of access methods including touch-tone telephone, a free mobile app for iPhone, iPad and iPod, on- demand emails, a secure website, and a variety of portable players including the NLS Talking Book player and Victor Reader Stream 2nd Generation. To subscribe for the services described below just call (866) 504-7300 or visit: <http://www.nfbnewslineonline.org/signup.htm>

NFB-NEWSLINE®: DELIVERING THE WORLD INTO YOUR HANDS WITH EASE!



NFB-NEWSLINE® over the Phone

- If you can dial the phone, you can use NFB-NEWSLINE®
- Easily find the information you need at the touch of a few buttons
- Unparalleled access: create your own Favorites list, skip articles or sections, repeat items you wish to re-read. Continuous reading mode that allows you to start, stop and skip articles: read the newspaper all the way through or just the items you choose.
- Alter the reading voice: change the volume, speed or pitch



iOS Mobile App for iPhone, iPod and iPad

- Download the free NFB-NEWSLINE® Mobile App, log in and read all the news and information right on your iPhone, iPod or iPad
- Easy navigation, even for those new to technology

Emergency Weather Alerts linked to your GPS – stay safe and informed wherever you are

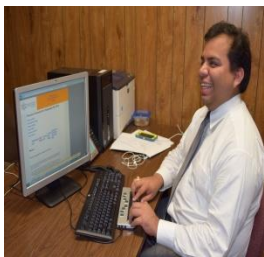
- Global Search function allows you to find articles on specific topics
- Unrivaled and immediate access to a breaking news stories
- Visit your App Store to download the free iOS Mobile App today!

Web News on Demand Offers



- A secure, text-only website that is screen-reader friendly
- The ability to search every available publication
- Easy navigation, even for those with limited knowledge of accessible technology software
- The ability to email a full publication, a section, or single article to your inbox
- Unrivaled and immediate access to a breaking news stories

NFB-NEWSLINE on Demand Email



- NFB-NEWSLINE offers your news and information emailed to your inbox.
- Provide us with an email address
- Choose your favorites
- Set your emails to come once daily, or with regular updates throughout the day

NFB-NEWSLINE® for Portable Players



- Uses dynamic software to download desired publications directly to digital talking-book players
- Works with many popular devices
- Portable, plug and play, wireless download for Victor Reader Stream 2nd Generation
- Is easy to use, even for those who are new to technology
- Allows for easy navigation of sections and articles with the use of DAISY-standard formatting
- Visit www.nfbnewslineonline.org to get started!

If you are a current subscriber you do not need to create a new account or obtain new codes; your current codes will allow you to access NFB-NEWSLINE® using any method you choose, or multiple methods. If you've forgotten your codes, please call us for assistance. If you are not a current subscriber, please contact us so that we may set up an account for you. Call 866-504-7300 or visit <http://www.nfbnewslineonline.org/signup.htm>.

NFB-NEWSLINE provides you the news and the latest in emergency weather alerts.

Emergency weather alerts and 7-day forecasts

NFB-NEWSLINE offers both seven-day weather forecasts as well as emergency weather alerts. These weather alerts are localized

to your zip code, or using your GPS for the NFB-NEWSLINE® iOS Mobile App. Now if you hear the emergency tones on your television and are unable to read the message scrolling on the screen, you can log into NFB-NEWSLINE® and the weather emergency will be provided to you immediately. You can then obtain further details if necessary, or proceed to your news and information.

Who can benefit?

- Anyone who cannot read conventional newsprint can qualify for this free service.
- Blind individuals can now gain access to the information in newspapers and on television at the same time as their sighted colleagues, friends, and family members. *Raise your expectations.*
- Blind professionals can now converse on relevant topics critical to their professions and social functions. *Removing obstacles to your goals.*
- Many seniors have lost enough vision that reading the daily newspapers is no longer possible. They will enjoy being able once again to participate actively in community affairs. *Blindness is not what holds you back.*
- Blind children are now able to research their own school assignments and do homework independently. *Blindness is not what defines your future.*
- Anyone with a physical disability who is unable to turn a page can qualify for NFB-NEWSLINE®. *Live the life you want.*

Please select one of the links below to learn more about NFB-NEWSLINE®.

NFB-NEWSLINE® is a service of the National Federation of the Blind

The National Federation of the Blind knows that blindness is not the characteristic that defines you or your future. Every day we raise the expectations of blind people, because low expectations create obstacles between blind people and our dreams. You can live the life you want; blindness is not what holds you back.



Katye's Desk

Things are always changing. We have a new piece of equipment to help with our children's vision screening program!

We have been interested in purchasing a SPOT vision screener for some time. It is a sophisticated (and expensive) piece of equipment. Although this screener has been around for a couple of years, it is considered to be the top of the line in technology; simple to use, accurate, and recognized by the entire industry as reliable.

We were finally able to purchase a SPOT vision screener due to the generosity of a benefactor who left us a bequest. We are extremely grateful.

We screen preschoolers in Mifflin-Juniata-Huntingdon counties. This screener is very child friendly and gives a rapid report. It can identify a variety of vision issues. When a child shows a deficiency in one of the areas, we notify their family that the child needs a complete eye exam. In addition, we give the family help if an exam is unaffordable for them. It is our mission to have children start school with their vision as good as it can be.

This is a free service to the children of communities, just like our services to you are free. It is another of the things we do to help our community be vision aware.



BIRTHDAYS!

October

Jody Strunk	10
Eliud Gonzalez	13
Thelma Wallace	29



November

Evelyn Gonzales	3
Joe Arborgast	8
Cathy Jo Brady	10
Pat Shawver	21

December

Kari Young	7
John Wert	10
Betty Bishop	12
Kathy Tatreaux	15
Betty Ann Utly	28

. Autumn Movement

. Carl Sandburg, 1878 - 1967

. I cried over beautiful things knowing no beautiful thing lasts.

. The field of cornflower yellow is a scarf at the neck of the
copper sunburned woman,

. the mother of the year, the taker of seeds.

. The northwest wind comes and the yellow is torn full of holes,
new beautiful things

. come in the first spit of snow on the northwest wind, and
the old things go,

. not one lasts.

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- **Life Skills meetings:**

Listed below are the meetings that remain for 2017

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- **November 2-BBVS -NOTE THE CHANGED TIME!**
- **December 14-THURSDAY HOLIDAY LUNCH
Speakers from the Abuse Network**
- **Diabetic Support Group**
- **October 12-Support Discussion**

**LIFE SKILLS MEETS ON THE
LAST THURSDAY OF EVERY
MONTH!
CHECK US OUT!**

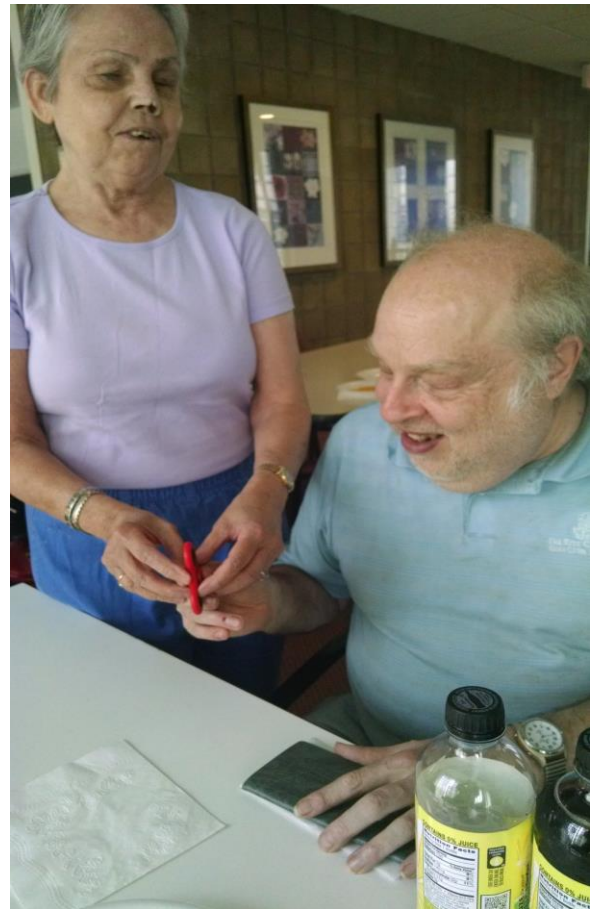


**DIABETIC SUPPORT MEETS
ON THE 2ND THURSDAY OF
EVERY MONTH!
CHECK US OUT!**

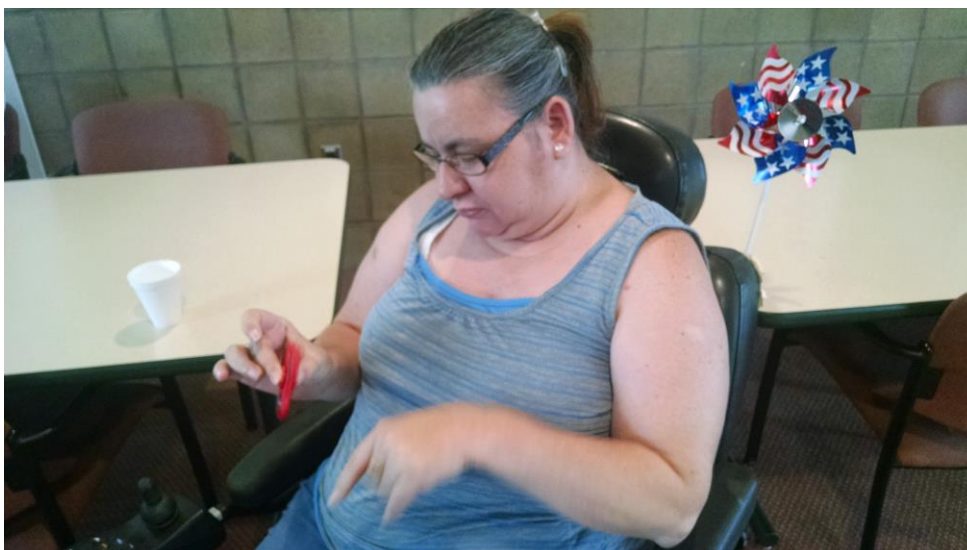
Taking A Little Spin!

Kay Groff brought her new gadget to the group meeting in August; the new fidget spinner –which has been all the rage with young people, was a hit with our group and everyone took a turn.

“The toy has been advertised as helping people who have trouble with focusing or fidgeting by relieving nervous energy or psychological stress. There are claims that a fidget spinner can be used to help calm people down who suffer from anxiety and other neurological disorders like ADHD and autism.” - Wikipedia



Evelyn Gonzalez taking it for a spin!



October is White Cane Month!

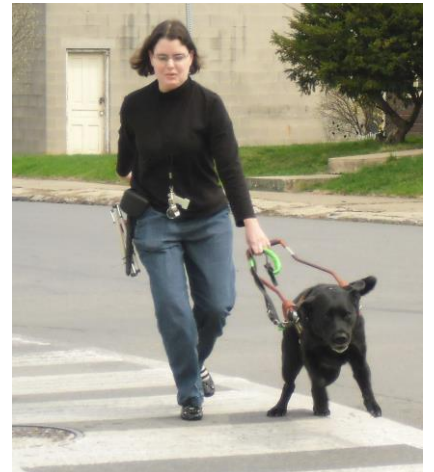


October 15th is White cane, guide dog Safety day. During this day we try to raise public awareness of these important mobility tools for people who are blind or visually impaired. In PA and across the nation, the day celebrates the independence of people who are blind or visually impaired. **In 1964 Lyndon B. Johnson first proclaimed October 15th as “White Cane Safety Day.”**

Since this first observance, White Cane Safety Day has taken on greater meaning as a time to celebrate the self-sufficiency of people who are blind or visually impaired and their right to participate fully in society.

Pennsylvania’s White Cane Law states: “The driver of a vehicle shall yield the right- of-way to any totally or partially blind pedestrian carrying a clearly visible white cane or accompanied by a guide dog and shall take such precautions as may be necessary to avoid injuring or endangering the pedestrian and, if necessary, shall stop the vehicle in order to prevent injury or danger to the pedestrian.”

Happy White Cane and Guide Dog Day!!



White Cane or Dog, we welcome them all!

5 Facts about Guide Dogs

1. It takes about 18 months to train a guide dog from birth. First the puppy must learn house training and obedience. Next, the dog must go through its formal guide dog training which lasts a few months. At about 12-18 months, the guide dog meets its blind partner and they train together for 2 weeks.
2. Guide dogs are trained to go to the locations that their blind person directs them to go. It is the responsibility of the human member of the team to listen for the movement of traffic and other sounds in the environment to determine whether it is safe to proceed. If the guide dog judges that it is unsafe, it will refuse the command. This is called “intelligent disobedience”.
3. Guide dogs are also trained to judge height and width so that their owner does not hit his/her head or shoulders into objects.
4. A blind person accompanied by a guide dog has the right to go anywhere the general public is allowed. This includes restaurants, medical centers, stores of all kinds, taxicabs and airplanes, to name a few places. These rights are guaranteed by Federal and State Laws.
5. You should not pet, feed or talk to a guide dog without asking the owner first. Guide dogs are at work and should not be distracted.





Life Skills Holiday Meal

Mark your calendars for the annual holiday meal hosted by the Burnham Lions Club on Thursday, December 14 at 10:30 a.m.

Transportation is available.

Cost is \$3.00 a person

Speaker this year is a representative from the **Abuse Network.**

Musical guest is **Duke Larson**

Please call the office if you would like to attend and/or need transportation to this event-
717-248-1111.

Your guests are welcome, but must provide your transportation.

We would love to see you there!

WOULD YOU LIKE TO HELP?

As you know, all services provided by NuVisions are absolutely free. We are here for:

- Referral services
- Transportation services
- Various Support services
- Life skills and Diabetic Support groups.

It is what we do!

Sometimes people wonder if we would accept a donation. We would say “YES!” Every gift is helpful. If you would like to send us a tax-deductible gift as we near the end of the year, fill out the bottom section and mail it to the office. We thank you for your thoughtfulness and your support.



Name: _____

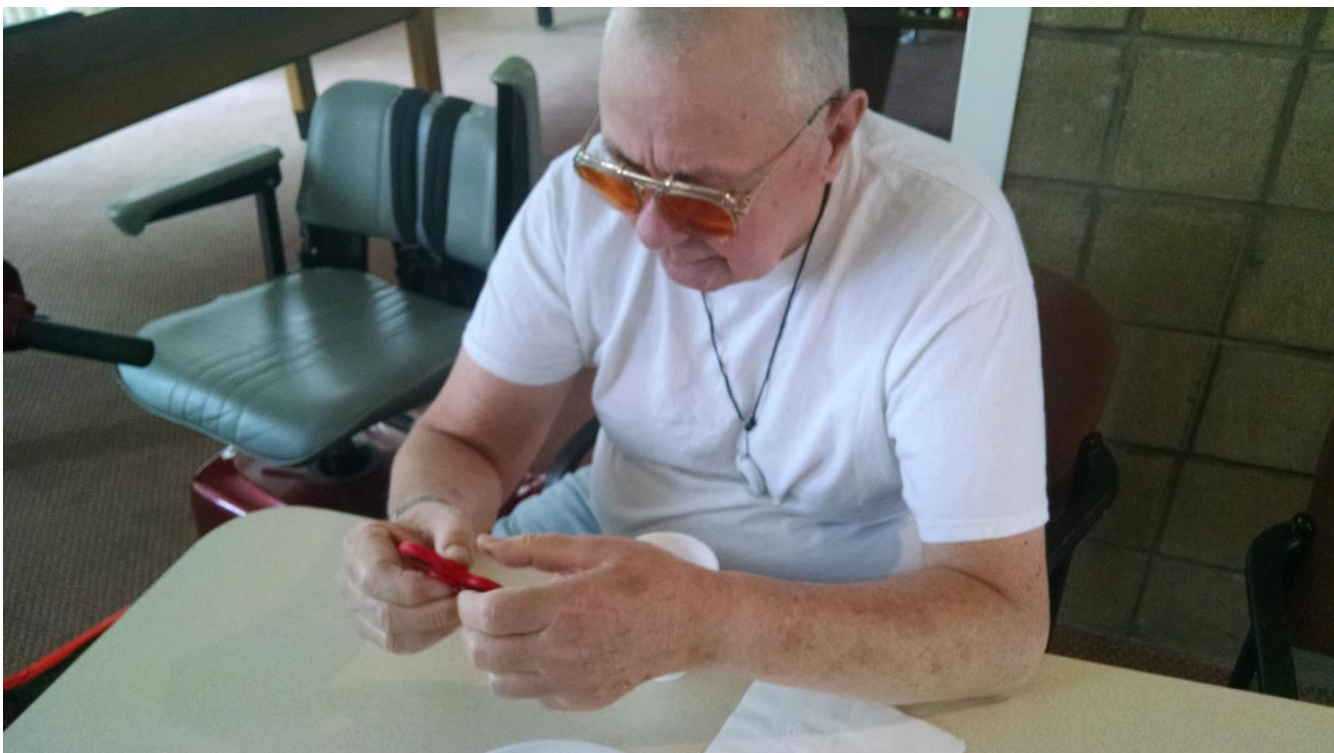
Address: _____

Gift Amount \$ _____

I would like a receipt for my tax preparer **Yes/No**



Eliud Gonzalez and Dick Gardner give the fidget spinner a try.



Apple pie-Diabetic friendly



READY IN:
1hr

SERVES: 4-6

INGREDIENTS

6 cups sliced and pared **tart apples**

4 (1 g) packets sweet 'n low **artificial sweetener**

1 tablespoon **cornstarch**

½ teaspoon **cinnamon** (or to taste)

2 tablespoons **lowfat margarine**

1 (9 inch) pastry for double-crust pie

DIRECTIONS

1. Mix sweetener, cornstarch, and cinammon.
2. Pour over apples and mix well.
3. Pour apple mixture into unbaked pie crust.
4. Cut oleo into small pieces and put on top of apples.
5. Cover with remaining crust and seal edges.
6. Bake at 425 degrees for 15 minutes.
7. Lower temperature to 350 degrees and continue baking for an additional 30-40 minutes.

DATES TO REMEMBER

October 15 – White Cane Day

**October 24-26-PAB Conference-
Colette, Katye & Willa attending**

**November 5-Daylight savings
time-“Fall Back”**

Nov. 23 (TH) & 24 (F)

Thanksgiving-closed

**Dec. 25 (M)&26 (T)-Christmas-
closed**