

# **Vision Access**

**A Magazine by, for and about  
People with Low Vision**

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**Vision Access welcomes submissions from people with low vision, from professionals such as ophthalmologists, optometrists, low vision specialists, and everyone with something substantive to contribute to the ongoing discussion of low vision and all of its ramifications. Submissions are best made as attachments to email or may also be made in clear typescript. Vision Access cannot assume responsibility for lost manuscripts. Deadlines for submissions are March 1, June 1, September 1, and December 1. Submissions may be mailed to Mike Keithley, Editor, 191 East El Camino Real #150, Mountain View, CA 94040; 650-386-6286, editor@cclvi.org.**

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## Editor's Desk By Mike Keithley

Welcome to the summer, 2013  
Vision Access. Here's to a great  
summer for you!

An item that got by me in the last  
issue was that May is Healthy  
Vision month, a great time for us  
to promote healthy eyes, even for  
people like me who don't have  
them, on national and local levels.  
But May comes around in 2014 so

there's time to plan activities. You  
or your affiliate might:

Download the .PDF version of the  
National Eye Institute's brochure  
on Healthy Vision Month at  
[www.nei.nih.gov/hvm/pdf/NEI\\_H  
VM\\_infographic.pdf](http://www.nei.nih.gov/hvm/pdf/NEI_HVM_infographic.pdf) and give  
copies to families and friends.

**Access a PDF file of tips for working with the media at [www.nei.nih.gov/nehep/media/pdf/MediaGuide.pdf](http://www.nei.nih.gov/nehep/media/pdf/MediaGuide.pdf)--make the media your ally to promote healthy vision. Taken from the website: "The National Eye Institute (NEI) and NEHEP have a variety of resources in English and Spanish you can use to engage the media, including drop-in articles; radio and print public service announcement (PSAs); and a comprehensive photo, image, and video catalog. All resources may be reproduced without permission."**

**In a related topic, June is Vision Research Month, and you'll find interesting snippets from the Foundation Fighting Blindness' coverage of the Association for**

**Research in Vision and Ophthalmology (ARVO) conference in the Science and Health section.**

**In other matters, be sure to note the schedule for the CCLVI convention in July. We'll hear from Matt Kickbush on iPhone Apps his low vision clients use plus a summary of the Let's Talk Low Vision talk about the accessibility of Windows 8 for low vision users.**

**Sarah Petersen is back with her warm writing on graduating with her degrees and the next step: finding that job! And there are tips on getting the most from audio-described movies at Cinemark theaters. Happy reading!**

## **Organization News**

### **President's Corner**

**by Jim Jirak**

**Welcome to the summer edition of Vision Access. As this edition circulates, it is a matter of days until the upcoming Conference and Convention of both the American Council of the Blind and CCLVI. If you have not yet confirmed air travel or reserved your hotel room, might I suggest you do so quickly so as not to miss out on the fun during convention week in Columbus, Ohio. The host hotel is the Hyatt Regency Columbus, 350 N High St. The overall convention dates are July 4 to 12, with CCLVI**

**programming taking place from July 5 to 9. To secure the ACB negotiated flat rate of \$89 plus 16.75% tax, visit [resweb.passkey.com/go/acb2013](http://resweb.passkey.com/go/acb2013) or call 888-421-1442. Starting on Friday, July 5, CCLVI kicks off what promises to be an interesting convention program with the Board and Nominating Committee meetings. Saturday, July 6, will feature a joint session with ACB's Board of Publications, in which CCLVI member and ACB's website administrator Annette Carter will provide a guided tour**

**of our parent organization's website and shows how it is specifically designed to be user friendly to people with low vision. In addition, the Low Vision Vendor Showcase will be available. That afternoon at 4, is the annual mixer, and Mike Gravitt, Fred Scheigert Committee chair, will introduce us to the 2013 CCLVI scholarship winners.**

**On Sunday learn about low vision issues with an international panel assembled by Jane Kardas, chair of our International Relations Committee. That evening Ken Stewart entertains us with game night. Following the Monday, July 8 business meeting, Toastmasters takes center stage. In a joint venture with the Independent Visually Impaired Enterprisers (IVIE), an ACB affiliate, learn how to incorporate leadership and public speaking. Immediately following, we will rebroadcast the movie "Going Blind, Going Forward" and have a brief Q&A after its conclusion.**

**As you can see, our convention chair, Kathy Casey and her committee, have worked diligently and tirelessly to ensure the success of our convention program. Hope to see many in Columbus over the July 4 holiday.**

**The other news of importance requires some background information. During the annual convention of the American Council of the Blind in Phoenix, Dr. Bill Takeshita, in consultation with then CCLVI President Richard Rueda, proposed the concept of a**

**book to inform low vision persons of available services and resources. With this concept, in consultation with CCLVI, a book has been produced entitled "Insights into Low Vision," (hereinafter referred to as "Insights." The authors include some of the leading experts in the field of low vision from throughout the country. I am pleased to report that "Insights" will be unveiled in Columbus during CCLVI's convention programming and go on sale to the general public at that time.**

**Members of the book committee have obtained sponsors to provide "seed money" for the first run of printing. Presently we have sufficient funds to print approximately 500 books. "Insights" will be available in large print in accordance with CCLVI's Large Print Guidelines, and printed at the American Printing House.**

**Dr. Bill has shown "Insights" to many people with low vision at the Center for the Partially Sighted in Los Angeles. Clients report that "Insights" has excellent information and they found the print very readable in the large print format. Many requested alternative formats like audio and data to be read on their computers.**

**Your CCLVI Board has approved both a wholesale and retail price for the book. The retail price will be \$14.95; and low vision centers and agencies can purchase "Insights" for \$9.95. New**

members of CCLVI will be given the book as part of an incentive for membership. Likewise, the board also agreed that all CCLVI members will be charged \$5 per copy except life members, who receive the book at no cost as they've shown their dedication to the organization. A copy of "Insights" will be given to the book's authors at no charge. Additionally, a CD will be available containing data file plus an audio recording read by professional voice over artists from AIRSLA.

For tech savvy folks, the CCLVI Board also authorized a digital format of "Insights" with an audio version and a Microsoft Word document that can be downloaded from the CCLVI website for a fee of \$8.95. Please check [cclvi.org](http://cclvi.org) or watch this publication for the availability of the downloadable option.

I'd like to thank those members of the book committee, the previous CCLVI Board of Directors, Dr. Bill and Richard Rueda for their efforts in not only conceptualizing the idea but also seeing it through

to its completion. Without question, "Insights" will be a valued treasure not only for those diagnosed with low vision for the very first time, but also will serve as a valuable tool for those that have been dealing with low vision for a while.

Any CCLVI member attending the annual ACB Conference and Convention is entitled to pick up their copy of "Insights" at the above pricing structure during any CCLVI programming event, at the ACB Market Place Saturday evening from 5:30 to 7 PM or Sunday morning from 7:30 to 8:30 AM. Books will also be available at other times yet to be announced.

Finally, it seems as though a woman put all of the junk she just wanted to get rid of in a carton marked "free box." Moments after it was put at the foot of the driveway, a man drove up, looked at the box, dumped its contents on the lawn and drove off with it.

Until the ACB/CCLVI convention next month in Columbus, stay cool in the summer heat.

## **Board Meeting Summary: May 13, 2013 by Mike Keithley**

[Important note: It is possible you will not have your Vision Access before the convention. And since most of the meeting concerned its programs and schedules, they are not covered here.]

Roll call: present: Jim Jirak, Donna Pomerantz, Lindsey Tilden, Mike Godino, Richard Rueda, Leslie Spoone, Brian Petraits, Grady Ebert, Bianca Knight, Dan Smith, Allen Casey, Fred Scheigert, Annette Carter, and Mike Keithley. Not present: Michael Byington. Visitors:

**Bernice Kandarian, Kathy Casey, Mike Gravitt, Jane Kardas, and Ken Stewart.**

**Minutes and Treasurers reports: These were approved as emailed. A question arose concerning the Program Fund's name, and this will be address at the convention business meeting.**

**Convention Delegates: Richard Rueda is delegate to the nominating committee and Lindsey Tilden is CCLVI's delegate.**

### **Committee Reports**

**Convention - Kathy Casey: The convention scheduled and activities are described in the President's Corner article.**

**Membership - Jeff Harris: Jeff submitted his report by email. The committee met in March to determine the status of the certification process for the new ACB membership database. The process was long and tedious since records had to be entered individually. The final list was submitted in late April, and CCLVI has 277 members. The committee plans to implement additional data entry tasks and recruitment efforts for the 2013 Conference and Convention.**

**Scholarship - Mike Gravitt: The committee had 27 applications. Winners: Freshman: Connor Boss from North Carolina, undergraduate: Nikki Jackson from Illinois, Graduate: Bianca Knight. All winners will attend the**

**convention, some with family. Mike will introduce the CCLVI scholarship winners at Monday's general session along with the ACB winners. Names will be posted on the website and an article published in the fall Vision Access about them.**

**Website - Annette Carter: The committee now meets six times yearly rather than monthly. Issues of Vision Access are posted back to 2009. Most are text files, but we're working to include audio--check out the spring, 2013 issue. Some back issues are missing like the summer, 2010 magazine. Please let Jim know if you have it.**

**Publication - Mike Keithley: The committee had a conference call. There were a couple minor formatting issues in the last Vision Access such as misplaced page numbers, but they are doing well implementing the large print guidelines. Mike is always looking for articles. Mike Vogl resigned from the committee, and Annette Carter joined as a proofer. Bernice reports that the font in the large print issue appears smaller. There may be compatibility issues between computers, and Mike will arrange to run off one large print copy for Annette to check before the formal run from National Printing.**

**Travel Reimbursement: Concerns were raised with booking 30 days prior to travel, with people traveling to convention not being covered, and the phrase "most expedient transportation"**

remaining unclear. Donna feels the policy is too restrictive. A motion was approved to form a committee to examine it, and Richard and Leslie volunteered to help.

Update on Prescription Working Group - Annette Carter: Read Annette's article in this issue.

Board of Publication Update - Donna and Lindsey: Nothing until after convention.

**"Insights into Low Vision"**  
Update: One draft was emailed to Annette for feedback, and the book is being pressed. Mike has not yet received an invoice. Jim describes the book in his President's Corner article.

Next Meeting: July 5 in Columbus, Ohio. Be there!

## **Further Down the Road to Accessible Prescription Container Labels by Annette Carter**

In the last issue of Vision Access (Vol. 20, No. 1, spring 2013), I updated you on what stage the working group was on concerning the "best practices document" for making prescription label information accessible. If you had not read "On the Road to Full Access to Prescription Information," you may want to do this for background. Here is an update as of the last teleconference meeting held on May 22, 2013.

We had one in-person meeting in Washington DC and five teleconference meetings. We now have a final Report on Best Practices for Providing Accessible Prescription Drug Container Labels, finishing comfortably within our timeline. At the writing of this article, the Access Board is putting the final touches on it. Then it will be reviewed by the working group,

submitted to the FDA and presented to the public via posting on the Access Board's website. It will also be posted on cclvi.org, other working group members' websites and encouraged to be shared far and wide.

### **Large Print Specifics**

Following are some specifics regarding large print that are included in the Best Practices report:

A pharmacist filling prescriptions produces hard copy large print labels upon request, and affixes the accessible labels to the prescription drug containers. Print label in 18-point bold font. Use non-glossy paper or material that is durable and of a size that is easy to manipulate. Use print with highest possible contrast between text and background color (ideally black

text on a white or pale yellow background).

Where printed on 2 sides, use material that does not bleed from one side to the other.

Use sentence case, with the initial capital letter followed by lower-case characters.

Use a non-condensed, san-serif font, such as Arial.

Provide 1.5 line spacing.

Use horizontal text only.

Securely affix the large print label to the prescription drug container.

When covering a large print label with protective tape, use non-glossy, transparent tape.

## Next Steps

The next phase is the informational and educational campaign conducted by the National Council on Disability in consultation with the working group. In January 2015 the Comptroller General will conduct a review of the extent to which

pharmacies are utilizing the best practices, and the extent to which barriers to accessible information on prescription drug container labels continue. (See previous article.) They will report to Congress including recommendations about how best to reduce the barriers that still exist in accessing information on prescription drug container labels.

In the morning of Tuesday, July 9 at the ACB 52nd Conference and convention, there will be a panel, "Accessible Prescription Drug Labels In Our Future", moderated by Mitch Pomerantz of ACB; including Mark Richert, Director Public Policy, AFB; Annette Carter, Representative, CCLVI and Susan Crawford, U.S. Access Board.

For questions or comments regarding CCLVI's involvement in the best practices report, contact Annette Carter at 559-355-4095 or [annette.carter@pacbell.net](mailto:annette.carter@pacbell.net).

## Chapter News

### When an Evil Wind May Blow Some Good by Ken Stewart

Hurricane Sandy made national headlines last Fall when it devastated much of the Northeast coastline. The infrastructure of New York City's subway system at the southern tip of Manhattan Island and in Brooklyn neighborhoods near the Ocean

were among those severely damaged.

But when the Transit Authority announced about six months later that the South Ferry subway station was about to be renovated, the Metropolitan CCLVI Chapter took special notice. That

**station had received significant notoriety when opened a few years ago due to its extremely unfriendly visuals. At the southern end of a major subway line running the north to south length of Manhattan, it became an important link to the Staten Island Ferry.**

**But the station's appearance was as bland as a public restroom! All surfaces were totally plain and light in appearance with absolutely no dark stripes or borders or other touches to offer any visual contrast.**

**So when it was announced there would be a meeting of planners to decide on its renovation at a city-wide advisory committee session, MCLVI jumped at the opportunity to affect its new face! Specific ideas were offered--or more precisely--were repeated. Those design ideas had been presented on many occasions to address problems in many subway facilities. Just as low vision advocates promote to transit authorities all around the country, they included such measures as: dark tiling along the bottoms of white walls, dark portions of standing columns along platforms,**

**and dark highlighting of other stations structures such as stairway bases.**

**To reinforce the specifics of our accessibility expectations, we re-submitted a memorandum from way back in 2000 that detailed design features like high visual contrast (not "color contrast") on stair noses, stair handrails free of support members that can strike a hand sliding along them, signage using white characters on black backgrounds, a mix of upper and lower case letters in station names to aid shape recognition of familiar words, smart coordination of signs and lighting fixtures, high visual contrast of platform items such as trash receptacles and benches, evenly distributed lighting neither too dim or so bright as to create unpleasant glare, and conspicuous public address speakers to assist the customer who needs to stand near one to listen successfully.**

**Now our Chapter must remain attentive to seize every additional opportunity to reinforce our recommendations, and hope that evil wind, Sandy, has blown some good!**

# Quality of Life

## Windows 8 for Low Vision Users by Matthew Kickbush

The February 19, 2013 edition of "Let's Talk Low Vision with Dr. Bill Takeshita" featured the new operating system from Microsoft, called Windows 8, and how accessible it is for individuals who have low vision.

Windows 8 is very different from previous versions, such as Windows 7, XP, Vista, and ME. The appearance and behavior of 8 is unlike other Windows systems, and will take a new learning curve to learn how to use it. It is designed to be used with a touch screen computer, such as a tablet or smart phone, to open programs and files, send texts and emails, or other general computing tasks. One of the biggest changes and challenges that Dr. Bill mentions is that there is no longer a start menu allowing you to easily access your programs by scrolling with a mouse or using arrow keys and clicking the enter button to activate. The start menu has been replaced by the start screen, and once you access it by using a keyboard command along with the start button, you see "tiles" that replace icons. These tiles are large in size and are very colorful, however it is very difficult to navigate through them using screen reading software. Because these tiles are not uniform in size, navigation using the arrow keys is

challenging as some of these tiles may get skipped. For other tasks like opening files or searching the web, the various screen readers such as the latest versions of JAWS and Window Eyes will work quite well.

The start screen has three different segments where you can begin to type and Windows will either open up a file, program, or change settings; and each segment is search specific. Windows 8 offers an area of the operating system where you can shop for applications (Apps) and download these application programs. Windows 8 will be compatible with Windows Office '07 and up.

At this time, all major screen enlarging software systems like ZoomText or MAGic that are used by individuals with low vision will not work with Windows eight. It is assumed that these manufacturers will soon be making announcements on making their systems compatible. Windows 8 does have a built-in screen magnifier that has been greatly improved from the magnifier in Windows 7. One of the first noticeable improvements is that it is now a full-screen magnifier, not just a partial screen. In full screen

magnification mode, you can change or reverse the contrast and customize the size of the magnifier. With 8, you can use the narrator option while using the screen enlargement feature, However the narrator feature still falls short on performance compared to regular screen reading software. Other software packages that are still not currently compatible with Windows 8 include Optical Character Recognition software for scanning like OpenBook and Kurzweil 1000.

Dr. Bill feels that the Windows 8 operating system is very secure, stable, and fast. The only major

difficulty with 8 is how different it is, such as the loss of drop down menus, including within Microsoft Office, or scrolling and moving through the start menu. An individual who has a high degree of functional vision should be able to learn and use Windows 8 quickly. However, if you use WindowEyes or JAWS to navigate through a laptop or desktop computer, it may take longer to figure out the layout of the system and the new keyboard control commands.

[Editor's note: Both OpenBook 9.0 and Kurzweil 1000 work on Windows eight with upgrades launched in April.]

## **Descriptive Video Service at Cinemark Theaters**

[This edited item was in the Reader's Forum of February 4, 2013 Matilda Ziegler magazine.]

Thanks to descriptive narration of movies at my local Cinemark, (Century) theater here in Tucson, AZ I have seen Lincoln, Argo, and Life of Pi. This is truly awesome, as I am legally blind and the new descriptive narration head sets are wonderful.

There are over 400 Cinemark theaters across the country with the same equipment--the result of a 2005 lawsuit filed by the Tucson Society of the Blind and the Arizona Center for Disability Law. You can go to [www.cinemark.com](http://www.cinemark.com) and put your zip code in the right

corner to see what movies and movie theaters are close to you. You can check to see if a movie has description narration and sign up for free coupons to reduce the cost of popcorn and fountain drinks. Also there are box office numbers where you get a live person to answer questions.

Descriptive narration is where a narrator describes the action of the movie in between the dialogue of the characters. It is only available during the movie, not during the preview movie trailers. The narrator will come in clearly.

With the new equipment, you do not have to ask your partner, "What is happening now" but, as

**with all new technology, there is a learning period. Several of us have met with the general manager of our local movie theater to make sure the needs of the legally blind are met and that the theater staff is trained and understands blindness. The movie staff was very receptive. Here are some general tips, as the people in the box office will set the headset to the channel or movie you are going to see.**

**Make sure the box office staff knows you are legally blind. Bring your white cane. Many will not know the term "Visually impaired", so say "legally blind" or "blind." Use the terms descriptive narration headsets, or narration which talks to you. Double check this point! Ask the box office people to show you how to use the headset, how to turn on the unit, and how to use**

**the volume control on the side. The narration will come in only one side of the headset. Ask the staff to call the projectionist so he can turn on the narration. If you need assistance to the theater or need to be picked up after the movie, don't hesitate to ask for this help.**

**If the description narration does not start up when the movie begins, step outside the theater, call the box office number which you have memorized or put on your cell phone to get assistance.**

**It is so much fun to be able to discuss the movies I have seen. It is important that the legally blind go to movies so Cinemark theaters know that the money spent buying accessible equipment is appreciated. And I tell everybody with pride, that I too can enjoy the movies even being legally blind.**

## **Choice Magazine Listening edited press release**

**Choice Magazine Listening, a free, nationwide publication that provides current, outstanding magazine writing on audio, is available to anyone who loves quality literature but is unable to read standard print due to a loss of vision or other disability. Four times a year, professional editors select 12 hours of unabridged articles, short stories, and poetry from leading publications such as The New Yorker, National Geographic, Sports Illustrated, Time, New York Times, Granta, and many**

**others. All told, the editors at CML read approximately 100 publications a month in search of memorable writing to bring to their subscribers throughout the country. In fact, subscribers can expect to enjoy the work of many talented writers such as Stephen King, Susan Orlean, Michael Chabon, Calvin Trillin, Annie Proulx, Alice Munro, Ian Frazier, and Philip Levine, to name a few.**

**Choice Magazine Listening ([www.choicemagazinelistening.org](http://www.choicemagazinelistening.org)) is recorded on formats**

compatible with the National Library Service's digital talking-book players. To subscribe free of

charge or for more information, please call 1-888-724-6423 or email us at [choicemag@aol.com](mailto:choicemag@aol.com).

## **Embracing Bethany: My Reflections as a College Graduate**

**by Sarah Peterson**

**"Mom. Mom!" I whispered insistently.**

**"What is it, honey?"**

**"Don't you feel that? I've got goose bumps!"**

**I was a senior in high school, and it was a quiet, fragrant morning for my visit at Bethany College in the small Swedish town of Lindsborg. Twittering birds accompanied the sound of trickling water in a large fountain beneath the towering statue of Carl Aaron Swensson, a founder of Bethany in 1881. Abundant groups of bright pink roses graced many of the campus bushes beneath the warmly shining sun. Despite the breathtaking beauty and serenity of the premises, in addition to all the wonderful facilities and programs, the people were the greatest part of all. I just knew they would become a part of my family and some of the most significant agents in my journey to adulthood.**

**"Mom, this is it-this is home!" I declared with a smile spreading across my face.**

**While family friends and the Petersons' Swedish heritage often drew us to Lindsborg during much of my childhood, I never began to**

**seriously consider Bethany until my high school years. As the search for a college became pertinent, I scheduled a visit with my family. The two or three hours spent on that campus interacting with the people and learning of all the opportunities it offered solidified my future in the Bethany Swede community. I adored both of the English professors I met, looked forward to participating in Bethany's ministry, and hoped to earn a coveted spot in one of the prestigious singing groups. The small area promised good mobility for my low vision needs. But most importantly, other than succeeding academically and encountering lifelong friends, I would discover through Bethany how to find myself and that dreams do, in fact, come true.**

**Four years flew swiftly by, and before I knew it, I stood lined up in Presser Hall auditorium donned in my graduation garb with the rest of the 2013 class. All of my efforts, all those papers, cramming for texts, and late nights when I had just wanted to die I was so exhausted, had come to fruition. I was graduating magna cum laude with an English major and minors in philosophy**

and religion. As "Pomp and Circumstance" blasted grandly from the magnificent, gleaming organ pipes, it suddenly struck me-I was graduating. I was leaving my dear old Bethany to make something of myself and contribute to society. My eyes unexpectedly blurred with tears, and I bowed my head to hide it. That tingly, exhilarating feeling I experienced during my campus visit five years earlier had not diminished, and perhaps had grown even more intense. My beloved college had never lost the charm and warmth that wooed me into calling it home. My gratitude to the place will never be expressed enough, because while I embraced Bethany, Bethany embraced me in beautiful ways that I had never even imagined.

Arriving to campus freshman year as the only visually impaired student with glasses and lenses an inch thick, I had my share of insecurities. After classmates back home never really understood my disability, nor took the time to try, I was bound and determined to take advantage of the fresh start and exude a positive attitude. I was amazed that perceptions of my vision seemingly transformed overnight, as my peers came to me with a simple curiosity accompanied by no disdain and appreciated the variety I brought to the college. While Bethany boasts of valuing diversity and exemplifying that through hosting students from nearly every continent of the globe, I proudly served as

ambassador for a different kind of diversity.

Finding my niche, however, was not entirely about my disability-- in fact, that was just the beginning. Bethany provided a place where I thrived as a person with one blessing after another. Organizational involvement included Kappa Gamma Phi sorority, peer ministry, and Lambda Iota Tau literature honor society. I served as president for our chapter of Sigma Alpha Iota international women's music fraternity, Gold Key women's honor and service organization, and Chi Alpha women's Bible study. After earning a vocal performance scholarship, I spent four years battling a chronic case of stage fright, receiving an alto spot in both College and Chamber Choir ensembles. I participated in Bethany Oratorio Society's production of Handel's "Messiah," recognized as a student soloist for one of the arias my senior year during the dress rehearsal. To my great surprise and delight, my peers voted me as Homecoming queen candidate, and I received the Spencer Bartlett Award for most respectful female senior.

Looking back, I see that none of these adventures were made possible within a day, month, or even my first year. Rather, such exciting experiences occurred after decisions I made from moment to moment during four exciting years. I learned there were times to shut my door and attack that dreaded logic homework, and other times to

make a spontaneous midnight IHOP run with good friends. Musical achievement only happened after long hours in a practice room plunking out the melody of my repertoire, and stubbornly bouncing back after each weak solo performance to try again. And receiving recognition of most respectful female senior did not occur because I consciously strived to demonstrate grand gestures of kindness. It happened because of quiet moments on campus when I smiled at every passerby, inviting other residents of Anna Marm Hall for cups of steaming coffee and warm conversation, opening my arms to those who were different, and desiring to be consciously genuine in all of my friendships. But most of all, the Spencer Bartlett Award happened not because I embraced people, but because the people of Bethany embraced me. Recognizing that it takes time and investment to become the individuals we truly want to be, my family there provided me that time and encouragement I needed to do exactly that. In the eyes of each person I reached out to during their difficult moments, I saw myself, remembering my own times of doubt when someone had graciously taken time to smile,

give me a big hug, and tell me they believed in me.

"So, what's next, Sarah?" you ask curiously as I sit in my robe sipping hazelnut coffee, basking in the joy one experiences upon realizing she never has to transcribe an Old English text ever again as her college degree graces her bedroom desk. Because my education in English, philosophy, and religion truly illustrate my passions for God, people, and writing, my ideal job would encompass all three of these. A lover of books ever since I could get my hands on them, I see myself pursuing an editing or publishing career of some kind. Graduate school is also an option, perhaps leading to a position as a professor lecturing about the Transcendentalist movement in literature class or instructing a class on the beliefs of Zen Buddhism. But for now, a summer of relaxing, reorganizing, and spending much-needed time with loved ones, as well as tackling job applications of any and every kind, are in my very near future. While I am uncertain exactly where the path may lead, I am certain that once I find it, I'll get that tingly, goosebumpy feeling, and I will know that I am home.

## **Free Apps for Individuals with CVI by Matthew Kickbush**

Here are some recommended Apps that are available for free for download by users of i-devices such as an Apple i-pad. These

Apps are ideal for use with individuals who have Cortical Visual Impairments, CVI.

**CVI is a neurological disorder which affects the visual processing stage in the brain and can be combined with other ocular eye conditions such as optic nerve hyperplasia, dysplasia or atrophy. CVI is also frequently found in individuals with multiple impairments. There are many causes of CVI, the most common being brain trauma, toxins, asphyxia, hemorrhaging in the brain, viral infections, lack of oxygen, and underdevelopment of the visual cortex. Some characteristics of CVI are color preferences, light gazing or non-purposeful gazing, latent responses to visual stimuli, poor or no blink reflex response, difficulties with novel or complex visual stimuli, and lack of visually-guided reaching.**

**The following Apps for i-devices are used by many teachers of the visually impaired, including myself, to help assist with a multi-sensory approach in improving skills in the expanded core curriculum area of sensory efficiency with cause and effect, visual stimulation, visual tracking and scanning, plus motor skills and purposeful reaching. All Apps are different so some may work better than others depending on**

**the individual and their stage of CVI. All Apps listed here are free and in the Apple App store.**

**Awesome: Games and a calendar  
Glow Coloring: A coloring App from pictures you take  
I Love Fireworks: games  
Baby Fingers: games  
Instruments Free: musical games, some are not free.  
Art Of Glow: A relaxation game  
Bright Start: Brain stimulation software  
Peek A Boo Barn: Education software  
Doodle Buddy: painting  
Glow Draw: Drawing Animals  
Hd: Screen wallpapers  
Bubble Popper: Game  
Pocket Drums: Play drums  
Falling Stars: Music creator  
Ilook: White on black picture book,  
Cosmic Top: Colorful toy  
First Colors: recognizing primary colors,  
Kaleidoscope: Drawing game  
Pocket Pond: Animal game**

**[Editor's note: The original App names were in uppercase; but since the App store recognizes mixed-case, Names were changed to conform to the low Vision guidelines.]**

# Conferences and Tours

## Candle in the Window 2013 by Donna Pomerantz

**Where:** Wooded Glen, Henryville, IN; **When:** August 7 to 11, 2013; **Topic:** "Self Advocacy"  
Presentations will include Being Your Own Best Advocate; Getting What You Need in Family Relationships; Getting What You Need From "The System" (Rehab, Government); and Getting What You Need in the Social Scene. In addition to the conference sessions, there will be plenty of time to reflect, get to know other conference participants, relax and enjoy the outdoors, and more!

The cost of the conference, per person is \$500 double occupancy, \$480 triple occupancy and \$430 quad occupancy. The cost includes room, all meals and ground transportation between Louisville and Wooded Glen. When making transportation arrangements, plan to arrive in Louisville, Kentucky

where transportation will be provided to the conference center. We limit attendance to 20 participants, so it is advisable to make your reservations early. A \$40 non-refundable deposit will reserve your spot. Registration closes August 1, 2013. Payment by check may be sent to: Carlos Taylor, 925 S Luick Ave., Muncie, IN 47302; email: cetaylor1@gmail.com. Make checks payable to Candle in the Window. Email acandleinthewindow1@gmail.com for PayPal information.

Any questions may be directed to Deb Lewis at debbiel09@insightbb.com or 502-721-9129 or Becky Barnes at beckyjim@optonline.net or 914-393-6613. We hope to see you at this year's Candle in the Window!-  
-The Candle Board

## Set Sail for Hawaii by Dave Kronk

[Editor's Note: The ACB works with Dave on setting up cruises for visually-impaired folks and their families and friends.]

Hi Everyone! Listed below is the information on the upcoming Hawaiian cruise: 15 Day cruise round trip from San Francisco

with Princess Cruise Lines. We will board the Grand Princess on April 28, 2014 and travel to Hilo, Honolulu, and Kauai, Hawaii, and Ensenada Mexico before returning to San Francisco. Rates are as follows:  
Inside cabin: \$2,339.50, Ocean view cabin: \$3,039.50, and

private Balcony cabin: \$3,389.50. Rates include cruise, port charges, taxes and gratuities. What is not included is your airfare, transfers and insurance. Also, I am planning for those who would like

to fly in on Saturday, April 26 to do a tour of Alcatraz on Sunday. To book your fabulous cruise to Hawaii, call me at 618-409-0143. See you on the cruise.

## Science and Health

### Research Snippets compiled by Mike Keithley

The annual meeting of the Association for Research in Vision and Ophthalmology (ARVO) was held last May, and a major event there was the announcement of National Eye Institute's "Audacious Goal," an array of research programs suggested by 500 experts. The items below are summaries of some projects discussed on the Foundation Fighting Blindness Eye on the Cure blog. You can read them by accessing [www.blindness.org/blog](http://www.blindness.org/blog). NEI's audacious goal is to promote research on the regeneration of the neurons and neural connections in the eye and visual system using gene therapies and stem cell research.

#### Optogenetics

A promising approach to restoring vision in people with advanced retinal diseases is an early-stage therapy called optogenetics. This type of treatment restores light sensitivity in the retinas of people who have very little remaining vision through a chip that injects genes to promote healthy retinal

cells. An important benefit of optogenetics is that it should work regardless of the underlying genetic defect causing the retinal disease. Read more about it at [www.fightblindness.org/site/R?i=dHhZ-7Dyaj5IZVuOXViYzw](http://www.fightblindness.org/site/R?i=dHhZ-7Dyaj5IZVuOXViYzw).

#### Retinal Regeneration

Compared to some fish and amphibians, once human photoreceptors are lost, they don't grow back. There are a number of promising projects to replace lost retinal cells with those derived from a number of sources, including a patient's own skin or blood. But a more elegant approach to overcoming retinal degenerative diseases is to stimulate the patient's retina to regenerate its own photoreceptors. There's hope for retinal regeneration for humans, thanks to Foundation-funded researcher Dr. Thomas Reh, who has reported progress on this treatment approach at a couple of ARVO sessions.

Dr. Reh is investigating how to derive new photoreceptors from

retinal cells called Muller glia. In the developed retina, Muller glia provides architectural support and a number of protective and waste-disposal functions. But Dr. Reh has shown that Muller glia can be reprogrammed to become neurons--cells that are closely related to photoreceptors.

A key benefit of a regenerative treatment is that researchers don't have to worry about getting

### **Clinical Human RP Gene Therapy Trial**

A new clinical trial is underway for a gene therapy for people with autosomal recessive retinitis pigmentosa (MERTK mutations) at King Khaled Eye Specialist Hospital in Saudi Arabia. A recombinant adeno-associated virus serotype 2 vector has been altered to carry the human MERTK (hMERTK) gene (which has shown

transplanted cells to functionally integrate with the patient's existing retina--a big hurdle at the moment. Regeneration would also eliminate the concern of immune reactions that might come from newly introduced photoreceptors.

Read about this at [www.fightblindness.org/site/R?i=G1lalo7DGYu1Ikp2HQBjw](http://www.fightblindness.org/site/R?i=G1lalo7DGYu1Ikp2HQBjw).

to restore vision in animal models) into the retina.

Six patients have been treated thus far, and they are doing relatively well. While it is too early to make a definitive judgment about the treatment's safety or efficacy, two patients have demonstrated some vision improvement, which is reason for cautious optimism. For FFB's explanation of RP, access [www.fightblindness.org/site/R?i=U5vtLqDg67gkazpHjK1jCg](http://www.fightblindness.org/site/R?i=U5vtLqDg67gkazpHjK1jCg).

## **Tidbits**

**compiled by Mike Keithley**

### **Fee-based Webinars**

AFB has announced two new fee-based webinars: "Developing Friendships: A Preschool Priority": [www.afb.org/store/Pages/ShoppingCart/ProductDetails.aspx?ProductId=eDevFriendships](http://www.afb.org/store/Pages/ShoppingCart/ProductDetails.aspx?ProductId=eDevFriendships) and "Blind Teaching the Blind: Effective Strategies for Vision Loss Professionals Who Are Blind or Visually Impaired":

[www.afb.org/store/Pages/ShoppingCart/ProductDetails.aspx?ProductId=eBlindTeachBlind](http://www.afb.org/store/Pages/ShoppingCart/ProductDetails.aspx?ProductId=eBlindTeachBlind).

### **New Social Security Requirements**

Lost your Social Security card? Need a list of your Social Security numbers for your family? Beginning June 24, 2013, you

**must show documents to prove your identity, age, and U.S. citizenship or lawful immigration status.**

**Before visiting a Social Security office, check out the new requirements on [www.socialsecurity.gov](http://www.socialsecurity.gov). There, you will find a list of documents you must bring with you to the Social Security office. This will save you a good bit of time! All documents must be either originals or copies certified by the issuing agency. Photocopies or notarized copies of documents are not acceptable.**

**The parts of the Social Security website that offer the most relevant details include:**  
**Documents You Need for a Social Security Card:**  
[www.socialsecurity.gov/ssnumber/ss5doc.htm](http://www.socialsecurity.gov/ssnumber/ss5doc.htm)  
**Frequently Asked Questions:**  
[www.socialsecurity.gov/faqs](http://www.socialsecurity.gov/faqs)  
**and Get a Publication:**  
[www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**You also may want to take a look at the specific online fact sheets and publications that address the requirements for getting a printout or card. They include the following:**

**U.S. Citizen/Adult - Social Security Card and Number Printout: SSA Publication No. 05-10512**  
**U.S. Citizen/Child - Social Security Card and Number Printout: SSA Publication No. 05-10514**  
**and Non-U.S. Citizen/Adult - Social Security Card and Number Printout: SSA Publication No. 05-10515**

**Employers and third parties can find out how to verify Social Security numbers at [www.socialsecurity.gov/employer](http://www.socialsecurity.gov/employer)**

**For questions, visit [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 800-772-1213 (TTY 800-325-0778).**

### **AFB TV Survey**

**Since July 1, 2012, America's leading broadcast and cable television channels have been required by law to provide at least 50 hours of primetime or children's programming with description in every calendar quarter, approximately four hours per week per channel.**

**Please take just a few minutes and participate in AFB's Described TV Survey, and let us know about your experiences accessing and enjoying television programming with video description. You'll be invited to tell us what your favorite described programs are and which programs you would really like to be described, but aren't! By taking this survey, you will help AFB and our field as we work to better understand how well the major broadcast and cable networks are complying with the law and how satisfied you are with their program offerings.**

**Your answers will be completely anonymous. You may choose, however, to provide your zip code. The law requires that video**

**description must be provided in the top 25 TV markets, but all broadcast stations and cable companies must pass description through to customers unless some exception applies. So providing your zip code will help us better track how well broadcast stations**

**and cable companies in specific TV markets around the country are doing.**

**To take the AFB Described TV Survey, access [www.surveymonkey.com/s/CFTZ\\_RJ6](http://www.surveymonkey.com/s/CFTZ_RJ6).**

## **Request for Contributions**

**CCLVI gratefully accepts contributions from readers and members to help pay for the costs of publishing Vision Access, the costs related to our 800 line and Project Insight, and for funding the Carl E. Foley and Fred Scheigert Scholarships. Please send contributions to CCLVI Treasurer, Mike Godino, 104 Tilrose Avenue, Malverne, NY 11565-2040. Our Tax ID number is 1317540.**

**CCLVI 2012 Membership Application**  
**Council of Citizens with Low Vision International, an Affiliate of the**  
**American Council of the Blind**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Country \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

**Membership Status: I am:**

New member.

Life member of CCLVI.

Renewing my membership.

Life member of ACB.

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person with low/no vision.

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**I wish to receive the CCLVI publication, Vision Access in:**

Large print  Cassette  E-mail

Audio CD  Data CD  Do not send

**Please send the American Council of the Blind ACB Braille Forum in:**

Large Print  Cassette  Computer Disk  E-mail  Braille

Do Not Send

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**Payment Due:**

\$ \_\_\_\_\_ Annual Dues \$15.00 \*

\$ \_\_\_\_\_ Life Membership Dues \$150.00

(full or installment)

\$ \_\_\_\_\_ Professional membership: \$25.00

\$ \_\_\_\_\_ Additional Donations

\$ \_\_\_\_\_ Total Amount

**Make check or money order payable to "CCLVI" and send to CCLVI**

**Treasurer:**

**Mike Godino**

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**Phone: 800-733-2258**

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# CCLVI Officers and Board Members

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