



# VISION ACCESS

Council of Citizens with Low Vision International

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<https://cclvi.info>

October 2021

## FROM THE PRESIDENT

Dear CCLVI,

I am so happy to be writing this message to you as the newly elected President of CCLVI and am very excited to be working with such a great group of people within our Board of Directors and Committee Chairs.

Some people have asked me why I wanted to be president of CCLVI with the condition it is in. I am very passionate about this organization. I was nine years old when CCLVI received its charter and I was at that convention. As a kid, I had no idea how impactful and important it was going to be to me. Growing up in the Kentucky Council the Blind, it did not seem as though there were many members who were visually impaired. In 2016, I guess you could say the lightbulb turned on and I started the Kentucky affiliate of CCLVI. I realized more and more how important it was to advocate for those who are visually impaired. Let's face it, we do not get a lot of acknowledgement. Most people seem to think someone is either sighted or blind. We are not sighted and we are not blind. We are all on the spectrum of visual impairment and have some type of vision, whether we can read large print or can just see light.

It's amazing and I am so proud of how everyone has jumped right in to begin the work of this organization. Some committees have already started working and there is a lot of work being done between committees. And I am excited to share that the transition in leadership is going well, which I hoped it would with everyone's help.

I am also excited to share, as a part of CCLVI moving forward, we will be getting an all-around new look. Our branding team will be creating a new logo to embody the organization as we are now while keeping to our roots. The Web site will also have a new and improved look and so will our Community Calls on Zoom.

Now, what do we need from you? We need you, as members, to help move us forward; get involved. I have heard our membership wants change but they do not know how to help - start by getting involved on a committee, participating in events, and give us your feedback in upcoming surveys; tell us what we can do to improve our organization.

My goal is for CCLVI to be in the forefront of everyone's mind, including ACB. Myself, along with the new board and our committees, will continue to move forward. We will continue to reach out to touch the lives of those who are losing or have lost their vision and feel less independent, to help give them the confidence and independence to continue. We will advocate within and outside of ACB for those who are visually impaired. And in between, I know we will all work together as a team, for the betterment of the whole, to become the premiere organization of those with visual impairments.

Patti Cox  
President, CCLVI

# **Tribute to Bernice**

## ***Remembering Bernice***

When you hear the name Bernice Kandarian, the Council of Citizens with Low Vision International automatically comes to mind, and it should. Bernice was instrumental in its founding more than 42 years ago; she literally helped to lay the foundation for our special interest affiliate and continued to be an active lifetime member until her passing on Saturday, October 2, 2021. She was a fierce advocate for people with low vision and so much more, focusing on making the world a better place for everyone with vision loss. She made sure to leave her mark on other affiliates she was active in, including ACB Federal Employees (the forerunner to ACB Government Employees), Friends in Art of ACB, the Arizona and California Councils of the Blind, and for many years she served on the ACB Women's Committee; the list goes on and on. We are very grateful for her many contributions and tireless dedication and she will certainly be missed.

Due to Bernice's deep roots in and impact on our organization, it seems only fitting for CCLVI to start collecting donations so she can be included on the ACB Angel Memorial Wall and on the Angels page at [acb.org](http://acb.org). Please call Patti Cox at 502-749-4751 to make your donation.

## ***In Their Own Words:***

*"I have many fond memories of Bernice. Most of them seemed to be part of great telephone discussions we would have when Bernice would call me to ask me to do something, or be on some committee or such, for CCLVI. I usually had a reason or two for*

*saying 'no.' to what she was requesting, but she never held that against me, and we used to talk incessantly.” - Michael Byington*

*“I was very sorry to hear of Bernice’s passing. She has been such a presence in ACB for many years. She was always there in my early days in ACB, giving background information, advice, opinions, and she was never shy to tell me she disagreed with something I was doing, or a position ACB was taking on an issue. She was strong, relentless, and so dedicated every day to ACB and her work for the blind and low vision community.” - Kim Charlson*

*“Not only was Bernice an encyclopedia of information and could spout off dates of what transacted when, within ACB & CCLVI, she had a unique style of reaching out getting people involved to take hold of the organization and running with it. ...she remained steadfast in her support of people with low vision believing there is, and will always be, a need for the organization.” - Jim Jirak*

*“Bernice was a charter member of CCLVI. Her care and love for this organization was next to none. Rest In Peace Bernice.” - Patti Cox*

*“Bernice had a passion for CCLVI and CCCLV. She touched and made so many feel welcome to get involved with CCLVI. May she rest in peace.” - Cathy Schmidt-Whitaker*

*“Bernice had a love for ACB that she shared with me whenever we talked.” - Charles Cronin*

# Should You Use A Cane?

by Valerie Ries-Lerman

Are you struggling with vision loss? Or perhaps you just have an interest in low vision? One of the most challenging questions that will arise for those coping with vision loss is when to start using a cane.

There are identification (I.D.) canes to notify the public of visual impairment, and then there are blind canes used for mobility. Which to carry or is one needed at all? I'd like to share my personal synopsis addressing the advantages and disadvantages that can come into play.

With best vision of 20/200 to 20/300 in one eye only, I started to carry an I.D. cane when I realized the trouble I had in crowds. Carrying my cane, it was like the parting of the Red Sea when they saw me coming. It was a miracle! No longer did I have to worry about running into people on my blind side. No more awkward apologies.

At first using the cane for identifying my low vision status, gradually I recognized its usefulness for mobility reasons as well. Traversing streets, curbs, feeling for uneven pavement: life was so much easier. Dare I mention trying to maneuver in a dark restaurant, or possibly in bad lighting missing a flight of stairs?

That reminds me of the day I went to do a little shopping at a local department store. Everything was gleaming and beautifully merchandised. I was so enthralled, looking here and there, I walked right into a four-foot sign, two feet in front of me. I knocked it

completely over. Talk about embarrassment. Not to mention, of course, it was a white sign on top of white tile flooring. Was I using my cane at the time? Of course not: I was in I.D. mode.

Is using a cane always a win-win? Not exactly. I do get the occasional “You are not blind”. I respond that I am “partially sighted”. If pushed I will go into a longer description of what I can and can’t see. As one might imagine, this has to be described in the most basic of terms. I top it off with “And I’m legally blind”. Bingo! That does it. I’ve educated another member of the public.

Do you need to carry a cane? I’ll close with one piece of advice. If you are legally blind and are unfortunate enough to be hit as a pedestrian, as I was, you only have legal protection if you are carrying one. Another check mark for public notification that can really pay off.

Whether to use a cane for identification or mobility purposes? You are not alone in exploring this dilemma. It took many years of missteps before I discovered its social and personal advantages.

Hope this brief, albeit personal discussion has been useful. Mine is but one experience of many. We are all unique in our degree of vision loss, and the requirements we might have in dealing with it. I wish you the best in deciding what works well for you in traveling your life’s journey.

# **The Lindsays Celebrate Their 18th Wedding Anniversary!**

by Blake Lindsay

Jennifer and I love to recall our unique and blessed introduction nearly 21 years ago. Our Heavenly Father has answered so many prayers in my life, and today we're focused on one of those real life-changing answered prayers. I recall praying to God that I would find a kind, loving wife like Jennifer has been over the past 18 years. I promised to be a faithful, loving husband which has been easy because of being blessed with a great soul mate.

In July 2000, while living in North Texas and employed with 106.1 KISS-FM Dallas Fort Worth, I got a nice surprise I'll never forget. A letter addressed to me was placed in my mailbox prior to my Saturday and Sunday shifts. I was excited to know what the note had to say. Jennifer Gable, a longtime listener of my radio show, was the writer. She did not know this DJ was totally blind and since I could not read her letter, I asked my friend Heather to do the honors. Though I could not see Heather's face, I could tell by the excitement in my assistant's voice as she read it to me that this letter was a keeper. I soon found out that Jennifer was also a keeper! In the letter, Jennifer told me about herself, including her occupation, the high school she graduated from four years prior, and the reasons she enjoyed tuning in every weekend.

I worked at Bank of America Monday through Friday to support my broadcast addiction as I like to say. At that time, Jennifer was a six-year listener to my show. I was excited that she exerted extra effort composing such a nice keepsake letter. Her note changed our lives and will be kept close to my heart for the rest of my life.

Full of intrigue and excitement, I quickly dictated a response through Heather. I didn't mind that her handwriting likely looked feminine. I wanted to respond. Jennifer and I soon began talking on the phone. I decided to inform her during our first conversation that I am totally blind. Sometimes I chuckle in thinking maybe I should have waited for her to observe that in person like I have done in some job interviews over the past 37 years. Jennifer is fully sighted and I'm happy that my blindness didn't bother her a bit.

Within a few weeks of chatting, we decided to meet in person. My friend Jason drove me to meet Jennifer. Her open-mindedness made me want to roll out the red carpet - to leave a fun memory that Jennifer could always treasure. We had dinner at Chili's restaurant for our first date. Jason was enthusiastic about driving us. He was excited about seeing Jennifer and me together. He probably didn't mind a good, well-deserved, free meal as a little extra motivation for serving as the evening's chauffeur. I'm eternally grateful to him for his help in getting us together.

In due course that event turned out to be even more meaningful than I could have imagined. Our ride to the restaurant was exciting as we became acquainted with one another. Jennifer quickly noticed I was "handi-capable," thank goodness, and not handicapped. She showed an interest in seeing me again, and we soon began dating regularly on Saturday nights.

On Sundays, we began attending church together. We could both feel our friendship strengthening. Our conversations became more frequent and deeper. She was very considerate, which was easy to observe and appreciate.

Jennifer and I quickly realized that we shared many of the same ideals and hobbies. We discovered we both enjoyed music. Her tastes were amazingly broad. Since first meeting, she has exposed me to many classic movie tunes and oldies I had never heard before - even gospel artists whom I now thoroughly enjoy. I had never proposed marriage before and had never been an eye-witness to the proper procedures. So, I called my longtime friend Johnny and asked him about the number of knees required to kneel during a proposal. After a chuckle, he told me one knee was all I would need. I took his advice.

It was New Year's Eve 2001, and I had great hopes for how 2002 was going to begin. Jennifer and I went to dinner at Antonio's restaurant with some true friends whom I had let in on the secret earlier that day. I was extremely eager for midnight to arrive. The clock finally struck the magic hour, and I bent down on one knee and asked Jennifer the anticipated question I had been carrying around with me all day. There was complete assurance in her unhesitating "Yes!" I learned later that she was beginning to wonder whether I would ever ask her or not, and all these years later I'm delighted I did indeed.

Jennifer and I were married at First Baptist Church of Carrollton on March 29, 2003. I thank God for her every day. I am also grateful for my broadcasting career, which was instrumental in partnering me with my soulmate. Our music library grows a little larger every year. With Jennifer in my life, I receive more pleasure than ever. We set goals together and do our best to achieve them. She shares with me what she sees in our world every day, which enables me to realize that the life we have and the world we live in are simply amazing.

Jennifer knows how to give me excellent visual insight with just a few words. She not only has a wonderful knack for describing scenery, but also enjoys helping me maximize my pleasure from the movies we see together. Many times during a film, there is often silence, and visual dialogue is taking place. Jennifer quickly fills in those blanks with a quick nutshell whisper, never distracting anyone near us.

While we are driving, Jennifer reads the signs and billboards to me. She colorfully explains our surroundings and what businesses are in unfamiliar areas. She describes what the sky looks like when it is especially beautiful or unique with a storm approaching. We have taken a number of memorable vacations, including our very first Carnival cruise vacation to Cozumel and Progreso, Mexico to celebrate our 5th anniversary. Wow! Did I ever enjoy a clear visual perspective of those magnificent sights that surrounded us because of her alert and caring explanations. I saw everything I wanted to see through her eyes.

Another example of her terrific insight is her interpretation of TV commercials. It is very common for today's TV commercials to be silent or have music but few words. Jennifer explains these kinds of commercials to me in five seconds. This brings a smile to my face when I imagine some of the visual humor and creativity in selling. I always want to tell advertising agencies, "Don't forget about people who can't see your ad and may want to purchase your products!"

I'm grateful that our Lord put Jennifer and me together through her FM radio. It's been another great year to celebrate, and we have a brand new nephew this year which adds new joy in our North Texas family visits. Jennifer and I will both be contributing all 100% to each other in making this year another great one.

Blake Lindsay is the Outreach Manager for Envision Dallas in Dallas, Texas.

[www.envisionus.com](http://www.envisionus.com)

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## **Charles Bonnet Syndrome**

by Rita Reese-Whiting

(originally published in the Winter 2020 issue of the Arkansas Council of the Blind state newsletter, Let's Just Talk)

A few months ago, a post on Vision Aware, a mailing list for facilitators of low vision support groups, caught my attention. Someone was looking for resources on a condition called Charles Bonnet Syndrome. I had never heard of it, and when one of the board moderators explained it, I realized I had it.

Charles Bonnet Syndrome (CBS) is a condition some people get when they lose all or some of their sight. CBS causes visual hallucinations, meaning the person sees things that aren't really there. In a person with healthy eyes and normal vision, light enters the eye and is received by the retina, the light-sensitive tissue at the back of the eye. The retina then converts the light into visual messages which are then sent through the optic nerve to the brain and we see.

When people develop diseases such as Glaucoma, Diabetic Retinopathy, and Age-Related Macular Degeneration, or as in my case, damage to the optic nerve, this visual process is disrupted and the visual system can no longer process new images. With no new images coming in, the brain makes up new images or recalls old images, creating the visual hallucinations of CBS.

Humans are very visual creatures, and the human mind likes to have order and recognition in what we see, whether in a photograph or in person. When the visual system is disrupted, the brain tries to make images or patterns out of what is being “seen.” This tendency to seek images or recognizable objects in random patterns or objects is called Apophenia. This is the term for seeing faces or animals in the clouds, or seeing the face of Jesus or the Madonna in burn marks on a piece of wood. The oldest example of these phenomena is the face of the “man in the moon”.

The symptoms of CBS are mainly visual hallucinations. Most people see these images when they first wake up, but they can occur at any time. Common things people see are repeating patterns of dots, lines, or other geometric shapes; animals, people, or insects; landscapes such as waterfalls or mountains; imaginary creatures such as dragons; and people dressed in costume from an earlier time. One lady on the email list reported she saw huge cats and lions wandering around her, and another reported seeing a wall of growing bamboo grass in front of her. Another person reported frequently seeing ants and spiders crawling on surfaces around them; they had had prosthetic eyes for 20 years. They were so relieved to have an explanation for what they were seeing.

The visual hallucinations of CBS can be in black and white or vivid color, and they can be stationary or move around. These hallucinations can last from seconds to minutes or hours.

Right after I lost my sight, I saw a perfect circular framed picture of Mount Fuji in Japan. Its iconic volcanic cone shape and snow cap were etched in detail in my vision and it would stay there for hours at a time. I also saw some patterns of squares and rectangles that reminded me of infrared aerial photos, taken at night, of farmland and crops planted in the Midwest. Occasionally I would see quilt patterns like the log cabin or wedding ring, two of my favorites.

If you have lost some or all of your vision and you are experiencing visual hallucinations, talk with your doctor. Other serious neurological and psychiatric conditions such as Parkinson's Disease, Dementia or Alzheimer's, mental disorders such as Schizophrenia, or certain medications must be ruled out as the source of your visual hallucinations before a diagnosis of CBS can be made.

There is no cure or treatment for CBS but there are some things that you can do to help manage the condition. First, don't be afraid to talk to someone about your visual hallucinations. If you don't feel comfortable talking with your family, talk with a friend, your doctor or a therapist. If I had mentioned mine to my doctor, I would have felt greatly relieved at knowing why I kept seeing things.

Find out if there is a local CBS support group, or find one online. As members of ACB, we all know the value of being able to talk about what we are experiencing with others who have gone through similar experiences. Reminding yourself and your family

that the hallucinations are not real and that they are not the result of a mental or neurological health problem can reduce anxiety. If your hallucinations occur in dim or bright light, change the lighting by either dimming the lights or turning on more lights or opening or closing the curtains. If you notice them when the house is quiet, turn on a TV or radio for some background noise.

Another technique that may help is to use your eyes as the hallucinations start. Move your eyes only, up and down or left and right, without turning or moving your head. You can also try looking away from the hallucinations. Others have found staring at the hallucinations or closing their eyes and then opening them to be helpful.

Fatigue and stress may make CBS symptoms worse, so try to reduce stress and anxiety with exercise, meditation, listening to a book or music, or whatever you find most relaxing. Try to get plenty of quality sleep to reduce fatigue.

Most people with CBS do not experience hallucinations that are threatening or scary. And in most cases, the visual hallucinations come less frequently or stop after one to two years. The images I saw were things I recognized from my memories; quilts, mountains, and satellite images certainly weren't scary or threatening. Seeing visual hallucinations after losing your sight can be frightening and upsetting. I never said anything to anyone because I was afraid of their reactions. I thought, "I'm blind. I can't see anything. Yet I am seeing these detailed images, and people will probably think I am mentally disturbed."

The visual hallucinations I saw were extremely distracting and annoying, not to mention frightening, because I did not know why I was seeing them. If I had spoken to my doctors, I would have been reassured and suffered much less anxiety and stress.

It is my hope that, by sharing about CBS, anyone currently experiencing visual hallucinations who has recently had vision loss will speak with their doctor about this condition. Many physicians and medical professionals are unaware of this condition, and my own doctors did not ever mention it to me. Take this newsletter with you to your next appointment to start a discussion with your medical professional about what you are experiencing. Show it to your friends and family to start a conversation about your symptoms.

Disclaimer: The information in this article is for educational and informational purposes only and is not meant to be used to self-diagnose or treat symptoms. This article is simply meant to educate on the existence of Charles Bonnet Syndrome and is not to be used to treat or diagnose this condition. Consult a qualified medical professional if you are having visual hallucinations.

#### References:

“What is Charles Bonnet Syndrome?” by Daniel Porter, reviewed by G Atma Vemulakonda, MD, on The American Academy of Ophthalmology website

“What Is Pareidolia?” by Larry Sessions, in the August 19, 2018 edition of Human World, on the [EarthSky.org](http://EarthSky.org) website.).

## **What's New? AirTag**

by Bill Takeshita, O.D., F.A.A.O., F.C.O.V.D.  
Southern California College of Optometry  
Braille Institute

Do you ever lose your purse, wallet, iPad, calculator, or keys and you are already late? I know that happens to me all the time, especially since I have become low vision. Fortunately, Apple comes to the rescue with the release of their new AirTag.

The AirTag is a small digital chip that is approximately the size of a 50 cent piece. It contains a battery that lasts about one-year and it communicates with your iPhone, iPad, Mac computer, or your Android phone to tell the phone where the chip is located. Simply affix the AirTag to your key chain, laptop computer, or your wallet and the AirTag will communicate with your phone and tell you where it is! The AirTag can also emit repeated beeps so that you can locate the item by the sound of the beeps.

The AirTag is very easy to use and set up. You may purchase an individual AirTag for \$29 or a four-pack for \$99. These may be purchased online at the Apple store. Simply remove the AirTag from the package, attach it to the item you want to locate, and go to your cell phone to describe the device. A wizard will automatically come on your iPhone screen and guide you through the setup. That is all!

The AirTag is completely private such that other people who have cell phones will not be able to locate where your devices are located. This device appears to be an affordable solution to prevent us from losing important items.

# **Amazon Echo Smart Speaker**

by Bill Takeshita, O.D., F.A.A.O., F.C.O.V.D.  
Southern California College of Optometry  
Braille Institute

The Amazon Echo Smart Speaker is truly one of the best pieces of technology I have purchased in years. The Echo is a multi-purpose device that resembles a “boom box” radio but it does much more than play songs on the radio. The Echo is able to play audio books, podcasts, music by your favorite artists, and it gives you access to the internet. Best of all, you can control everything you do with your voice!

## **Listen to music:**

The Echo is a very powerful device in that it is able to produce music through its speakers with excellent range, clarity, and volume. The Echo can run on batteries and it makes it an ideal partner when going to the park or the beach. I am an Amazon Prime member which allows me to receive discounts on purchases through Amazon for \$12 per month and it gives me free access to Amazon’s entire library of music. This is fantastic as it literally means I can listen to every CD and song that I want to. Best of all, I do not have to carry all of those CD’s with me.

## **Play podcasts:**

The Echo is also a wonderful tool to listen to podcasts. You can simply tell the Echo what podcast you want to listen to and it will begin to play it. You also have the ability to go backwards if you want to hear something again or you can scan forward to skip over portions of the podcast.

**Surf the Internet:**

The Echo has wireless access to the internet and this is extremely helpful. I can ask the Echo all sorts of questions and the Echo will find the answer. Whether I am asking questions on the history of sports, actors who were in movies, or laws related to paying taxes, the Echo is able to find it.

**Keep organized:**

The Echo is also a great assistant for scheduling appointments. I can simply tell the Echo to schedule an appointment on a specific date and time and the Echo will put it in the calendar. The Echo will also remind me when the appointment is coming. This feature is very helpful when you add the birth dates of family and friends on the calendar.

**Expandable:**

The Echo also allows one to use personal devices such as earbuds, headphones, and your own microphone. The Echo has Bluetooth and this will allow you to connect a printer as well as additional speakers.

The price of the Amazon Echo 4<sup>th</sup> Generation is \$100. There are other models of the Echo and different sizes to meet your needs. Go to your nearest electronics store and try the Amazon Echo!

## **Bard and Bard Express**

by Tom Frank

If you own a smart phone, tablet, Mac, or Windows computer, thousands of Braille and audio books, magazines, and music lessons are available free of charge. Simply download the Braille and Audio Reading Download (BARD) application to your electronic device and enjoy hours of entertainment. To begin, download the appropriate application to your smartphone or tablet from the App Store for iOS or Google Play Store for Android. For detailed instructions, go to the National Library Service's (NLS) Web site at: <https://www.loc.gov/nls/braille-audio-reading-materials/bard-access/> You can even download books directly to your Mac computer from the NLS website or download Bard Express to your Windows device. The files can then be transferred to an NLS cartridge or thumb drive to be played on an NLS digital player or third-party option like HumanWare's Victor Reader Stream.

To access BARD, first register with your state or regional cooperating library. Call 888-NLS-READ, (888-657-7323) and follow the voice prompts to talk to your state's librarian. (Note that some regional libraries may be closed due to the COVID-19 pandemic.)

If you have trouble accessing the BARD website or downloading software, contact your regional or local library for help. They may have a computer expert or volunteer who can help you through the process. Hadley also offers workshops to assist you, which can be found on their Web site: <http://www.hadley.edu> And last but not least, you can always call CCLVI's toll free number at: (844) 460-0625 to be referred to a CCLVI member for assistance.

## **EVENTS**

Everyone is welcome to attend these events by accessing the Zoom mobile app, visiting the Zoom Web site at <https://zoom.us> or calling (312) 626-6799, and entering the appropriate meeting ID and passcode.

You may sign-up to receive the weekly meeting reminders and Zoom details by subscribing to our CCLVI-Chat list. Please email our Webmaster to join the list at [CCLVIWebmaster@gmail.com](mailto:CCLVIWebmaster@gmail.com) In addition, all CCLVI events, except our business meetings, are listed on the ACB Community Call schedule. Those without email can access that information by phone by dialing 1-800-424-8666 and following the prompts.

### **CCLVI Low Vision Discussion**

Themed chats—First Monday at 8:00 PM Eastern

Speaker - 5th Monday at 8:00 PM Eastern

Meeting ID: 851 0259 7284

Passcode: 225846

### **CCLVI Game Night**

Second and fourth Mondays at 8:00 PM Eastern

Meeting ID: 851 0259 7284

Passcode: 225846

### **CCLVI Low Vision Peer Support Group**

Third Monday at 8:00 PM Eastern

Meeting ID: 851 0259 7284

Passcode: 225846

## **CCLVI Board of Directors Meeting**

Second Tuesday at 8:30 PM Eastern

Webinar Meeting ID: 832 0701 7136

## **Let's Talk Low Vision with Dr. Bill Takeshita**

Join Dr. Bill and his guest for this monthly informative program

Third Tuesday at 8:30 PM Eastern

Meeting ID: 874 7608 2312

Passcode: 225845

## **CCLVI Special Event**

Weekly calls on a variety of topics related to low vision

Every Thursday at 8:00 PM Eastern

Meeting ID: 826 0270 2438

Passcode: 225848

## **CCLVI Low Vision Coffee Hour**

Every Friday at 11:00 AM Eastern

Meeting ID: 829 5076 8948

Passcode: 225843

## **KCCLV Low Vision Support Calls**

Informative meetings for low vision individuals across the U.S.

First and third Wednesdays of each month at 7:30 PM Eastern

Meeting ID: 862 9889 697

Passcode: 975864

\* Topics and speakers are subject to change. Please reference the weekly CCLVI emails and ACB Community Call schedule.



## **OFFICERS**

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VISION ACCESS is published six times a year (February 15, April 15, June 15, August 15, October 15 and December 15) in large print, audio and email.

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. Submission deadlines are January 15, March 15, May 15, July 15, September 15 and November 15.

Send contributions to [CCLVIVisionAccess@gmail.com](mailto:CCLVIVisionAccess@gmail.com)

## **CCLVI VISION ACCESS SURVEY**

Below you will find a few brief questions regarding your opinions on the content included in Vision Access. We want to hear from you about what you want to read. Please fill out this form, fold it in half and tape or staple it and return it **by November 15th**. Feel free to fill out this survey online at <https://forms.gle/kPP4UaqtAwMx4Sej8>

### **1. What do you like to read about in each issue?**

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### **2. What do you tend to skip over in each issue?**

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### **3. What do you want to see in future issues?**

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**4. If you would be willing to contribute articles, please include your name and contact information below or email us at [CCLVIVisionAccess@gmail.com](mailto:CCLVIVisionAccess@gmail.com)**

Name: \_\_\_\_\_  
Contact Information: \_\_\_\_\_

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**FREE MATTER FOR THE BLIND AND  
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