



# VISION ACCESS

Council of Citizens with Low Vision International  
6010 Lilywood Ln., Knoxville, TN 37921

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<https://cclvi.org>

February 2021

## From the President

by Patti Cox

The other day I received a call from a lady who has been slowly losing her vision. She had lost a little more vision a few months ago. We talked about the different things that she was having trouble doing and ways to accomplish one or two of them.

During the conversation she told me that she no longer is able to cook because she has a black flat top stove. She said she knows where the burners are and when they are hot she can see the red glow. Chicken breast with many sides is her favorite. The biggest issue is contrast and when is it done.

I asked her if she has a silver-colored skillet for contrast. I explained that I spray my skillet with non-stick, put the chicken in, season and put a lid on it. I had to admit that I do not time or measure anything. I cook on medium heat. Since chicken breast is a little dryer than dark meat, I sometimes add about 2 tablespoons of water to help keep it moist.

At this point I knew she would ask how long I cook the chicken. Again, I do not use a timer. I told her that I guess that I cook it for maybe four or five minutes. I flip it over and do the same on the other side. Then I take the lid off and cook on each side for about another minute to give the breast a nice color.

Today, she called me back to let me know that using a contrasting color skillet worked out great, her chicken breast was wonderful, and she would be calling me back for more tips and recipes.

How great is it that the little things that some of us take for granted can make such an impact on another person's life in just a few short minutes.



## **ORGANIZATION**

### **Publications Committee**

by Tom Lealos

In our efforts to keep improving Vision Access, we discussed the following items during our December committee meeting. Some of these improvements are actually incorporated into this edition of our newsletter.

To assist those readers who receive an electronic version, a black line will be used to create breaks between articles.

We have now sent out 2,164 e-mail article requests to various organizations, lists, and knowledgeable individuals. In addition, as of January 1st, we are now posting a short article request on Facebook, Twitter, and LinkedIn to reach those who live in the social media world. Our efforts are already starting to reap benefits.

The launch of our new section, "Looking Back," has not gone as well as we had expected. So, if any of you would like to write up

and submit interesting anecdotes from CCLVI's earlier days, please feel free to do so. Simply send them as a Word document in an e-mail attachment to: [vision.access@cclvi.org](mailto:vision.access@cclvi.org). Let's not let our history be forgotten.

Finally, this is YOUR newsletter. We are very open to any suggestions or ideas you might have which will improve it. Please send them to the e-mail address shown above.

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## **Fundraising Committee Report**

by Kathy Farina

### Holiday 50/50 Drawing Winner

The winner of CCLVI's holiday 50/50 drawing is Margie DeMars from Danville, VA. She received \$580. Way to go, Margie!

Stay tuned, because we are planning to do more events like this in the spring and at our national convention in July, 2021. If you have fundraising ideas, contact Kathy Farina, Chair of the Fundraising Committee, at [kfarina1954@gmail.com](mailto:kfarina1954@gmail.com) or call (518) 669-0536. Thank you to all who participated in the holiday drawing.

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## **What's up with Membership?**

by Zelda Gebhard, Membership Chairman

We really enjoyed having representatives from the CCLVI chapters as our guests at our Membership Committee meeting on November 19. Getting together gave us an opportunity to get to know each other better and have some good Q & A. We hope they will join us at another meeting soon. CCLVI is fortunate to have some very dedicated individuals in all levels of our organization.

We did some goal setting last fall and one of them is to increase membership. One of the actions taken to help us achieve that was sending the ACB state and special-interest affiliate presidents an invitation to share with their members. We think we might be a good fit for many who are also members of other affiliates. We also want them to know they are welcome at CCLVI!

Membership renewals were sent in November. Thank you to all who have already returned your form and dues. If you haven't, no problem. If you are a member of a chapter, contact your chapter representative.

For all at-large members - if you didn't receive your renewal, or if it happened to get tossed out with the Christmas wrapping paper, call me at 701-493-2399. You also have the option to renew online at <https://cclvi.org/membership-form-rm>. Thank you for paying your dues by February 1.

Our committee meets the third Thursday of each month and we are pleased to welcome Lynn Coats as a new committee member. She will attend her first meeting on January 21. She's a relatively

new member of CCLVI and eager to get active by doing some committee work. Welcome Lynn!

To find out how you can get more from your membership, see CCLVI Membership Benefits located elsewhere in this issue of Vision Access.

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## **CCCLV Convention Program**

by Bernice Kandarian, CCCLV President

Save the date! April 17, 2021, 1:00 to 3:00 PM

The California Council of Citizens with Low Vision is a statewide special interest affiliate of the California Council of the Blind. During the virtual CCB State Convention, CCCLV will welcome a former Californian, Ron Brooks, to speak about transportation reform as it affects people with low vision. Ron, who lives in Phoenix, is a 27-year professional in the transportation field and is a nationally recognized expert in transportation and people with disabilities.

Eugene Lozano, Jr. of Sacramento will update us on accessibility issues. Gene, who is retired after 40 years as a counselor for disabled students at California State University Sacramento, monitors state governmental activities pertaining to access. He has served for many years on the CCB Board and is a valued member of the ACB Environmental Access Committee.

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## QUALITY OF LIFE

### **ANOTHER LOOK AT LOW VISION**

by Valerie Ries-Lerman

It is always fun meeting new people. That is, of course, unless you are in a crowded store looking for your spouse. Does that shirt look familiar? The color, the design? That's got to be him. Well, "Hi Honey!" No, not him. "Oh, sorry! I Thought you were my husband."

"Your husband? What? You mistook me for him. Are you blind, drunk, or just plain crazy?"

"No, I'm just legally blind."

"Legally what?"

"That's right, legally blind." The looks that come to their faces!

Then the explanation starts. "I can see the big things, not the smaller ones." This works very well, if you are, in fact, not addressing someone that is, shall we say, obese.

"Can't see details?"

"No, I can't drive." The driving part they can relate to, and now the light of recognition starts to register.

Then there's the fun at the office. Is that my work buddy, Laura, in the red top coming my way? That must be her because I saw her

closer up wearing that color earlier. I better not seem rude. I'll say "Hi Laura," as I pass by. It's not her. My explanation. Yes, I've had plenty of practice!

The possibilities for social misunderstandings are many. That is why I decided to use a white cane. "You can't see?" I get a lot, or sometimes someone will actually come right out and accuse me of faking it. Once again, the explanation.

Don't get me wrong. I don't mind educating people. That is if, in fact, they are open to honest communication on the subject. Often though, they seem to have already made up their minds, made their assumptions, and come to their own conclusions.

That is why I so much welcome those that come right out and ask questions. Every low vision individual has a story to tell. A different story, it's true, but with similarities that we all share.

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## **Fred Scheigert Scholarship Program**

CCLVI will award three scholarships in the amount of \$3,000 each to full-time entering freshmen, undergraduate and graduate college students who have low vision, maintain a strong GPA and are involved in their school and local community.

Application materials must be received by March 15. Scholarship monies will be awarded for the 2021 - 2022 academic year.

To read the scholarship guidelines and complete an online application, please visit <https://cclvi.org> and click on the 'CCLVI Scholarship Programs link.

Applications will be available to submit online until March 15 at 11:59 PM Eastern Standard Time. Questions may be directed to CCLVI at (844) 460-0625 or [jim.jirak@cclvi.org](mailto:jim.jirak@cclvi.org)

We look forward to receiving your application materials!

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## **ASSISTIVE TECHNOLOGY**

### **That All May Read Talking Books Library for the Blind and Print Disabled**

by Alicia Waters

Talking Books Library Provides Free Accessible Reading Materials

The Talking Books Library, Rhode Island's Regional Library for the Blind and Physically Handicapped, an affiliate of the National Library Service for the Blind and Print Disabled (NLS), Library of Congress, provides books and magazines in braille and audio formats to R.I. residents who cannot read or use regular print materials as a result of a temporary or permanent visual or physical disability.

The Talking Books Library makes it easy to read your way, no matter which format you choose: braille or audio, delivered to your



door, or downloaded instantly from BARD (Braille and Audio \ Reading Download). Enjoy a wide variety of the most current reading material, including best sellers, biographies, fiction works, how-to books, magazines, and music scores. Best of all, there are no subscriptions or service fees; it is free for eligible borrowers.

For information about eligibility and how to apply, go to <https://olis.ri.gov/tbl/> or call the Talking Books Library at (401) 574-9310. You may also email us at [talking.books@olis.ri.gov](mailto:talking.books@olis.ri.gov).



## **MEMBERS**

### **“Kopings”**

by Blake Lindsay

Blake Lindsay is the Communications and Outreach Manager with Envision Dallas. They are the largest employer for people who are blind or visually impaired in all of North Texas. He wanted to share this story with our readers and what a confidence building story it is.

### **JUMPING INTO THE DEEP END**

As a person who is totally blind, my life has certainly been interesting. I’ve learned, however, that we all have hurdles to hop over in life, whether it’s blindness or something else, and we can learn a lot from one another’s life experiences when we’re willing to share them. For the sake of educational entertainment, or a

word I like, edutainment, I hope we are all taking time to share our significant stories with one another. To get the ball rolling, here's one of my own.

One summer when I was seven years old, my family traveled to Louisville, Kentucky for a five-day vacation. My parents got me all excited reading the brochure of where we were vacationing and about a high diving board that jutted over the pool. As soon as we arrived, I grabbed my towel and swimsuit and headed to the pool. I will never forget climbing the ladder, counting each step until I reached the diving board. I centered myself by carefully walking down the board until the tips of my toes were touching the end. Standing 12 feet above the water and completely fearless, I leaped into the air. My body tingled as I experienced the free falling sensation. And then, SPLASH!

What a rush! With great excitement, I made that fearless jump more than a dozen times. Little did I know, my high diving fun was about to come to an end.

The adults and kids who were watching me began to tell me how brave I was for jumping at such a dangerous height. Many stated they would never do what I was doing, and that if I could actually see how high I was on that diving board, that I wouldn't either. They were sowing fear into my life. They thought they were complimenting me, but as I heard how daring it was, doubt and fear completely consumed me.

So, as I began the much slower climb up the high dive ladder for another flight from the diving board, I became utterly cautious, carefully counting each step up the ladder, which now seemed as

tall as Mount Everest. When I finally reached the top, I started to panic as the words of the spectators replayed in my head. I crept forward on the diving board at a snail's pace. When my toes felt the end where I had so excitedly leaped off before, terror seized me, and I froze on the edge of the board, teetering over the water.

Dad told me not to be afraid and that it was not an option for me to back down now. He wanted me to face my fear and stand it down, but I was scared. Dad could be kind, but also stern. He commanded me to face this fear since I had done it so many times before. He was simply trying to teach me the power of negative words and how they can cause us to miss out on some exciting episodes of our lives if we allow them to take root. Dad knew that I could make the jump at least one more time. He also knew "God does not give us a spirit of fear, but of love, power, and a sound mind." (1 Timothy 1:7)

With eyes wide open, I finally made the jump. SPLASH! I came out of the water grinning from ear to ear. I had conquered my fear for good. I climbed up again and jumped a second time, just for good measure.

That day, I learned a valuable lesson on the high dive. If we're not careful, we can allow people to infuse fear in us even when there is nothing to be afraid of. I appreciate the fact that Dad did not want me to become the victim of unnecessary fear and doubt, but instead to be confident and face challenges head-on.

Maybe you're facing a high dive situation in your own life. Don't let fear and doubt hold you back. Make today the day to make a splash.

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# Maximize Your CCLVI Membership Benefits

by Zelda Gebhard

Sometimes we join an organization with little thought of what we have to offer or to receive from that membership. To make the most of your involvement in this organization, we have put together a few suggestions that may result in increased participation that will benefit both you and CCLVI through personal growth, information sharing and formation of positive relationships.

1. Be bold and ask questions.
2. Become familiar with the history, mission, and purpose of CCLVI. (see [CCLVI.org](https://cclvi.org)) This will help you focus your efforts no matter how you plan to be involved - as an active member, member of a committee, committee chairperson, or as an officer or board director.
3. Get acquainted with our leaders. They are all very approachable and are willing to share about their roles and responsibilities. To contact officers, board members and committee chairs go to <https://cclvi.org/officers-and-directors> or see the list at the end of each Vision Access or call 844-460-0625.
4. What do you like to do? Do a personal inventory of your interests, talents and abilities and let others in the organization know the things you are comfortable doing as they may well lead to opportunities of satisfying service.
5. Attend monthly board meetings and get familiar with activities and issues currently being addressed. Participate in weekly

"coffee chats", monthly membership chats and other chapter calls. These are great opportunities to get to meet other members.

6. During the ACB Convention, plan to attend the CCLVI programming – low vision vendor showcase, sessions, mixer, game night and especially the membership meeting.

7. Faithfully read the organization's newsletter, *Vision Access*, to learn varied information about living with low vision, available resources, and CCLVI activities.

8. Attend "Let's Talk Low Vision with Dr. Bill" (held the 3rd Tuesday of each month via Zoom or listen to archived sessions located at [ltlv.cclvi.org](http://ltlv.cclvi.org)) to learn valuable information that will enrich your life as a person with low vision.

9. Ask about the committees available. You may be able to assist the organization in achieving its goals and objectives by using your skills and abilities in the most effective and efficient manner.

10. Read through the organization's governing documents – the constitution and by-laws located at <https://cclvi.org/constitution-and-bylaws>.

11. Get social by connecting with CCLVI through Facebook, Twitter, and LinkedIn.

12. Pay your annual dues faithfully and encourage others to do the same. Share the membership benefits you have experienced with others and invite them to join as well.

Remember: The more you know and the more you become involved, the more you will be prompted to share your personal CCLVI story. CCLVI is a great organization and someone out there is just waiting to hear about it so they may also benefit from CCLVI membership.

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## **EVENTS**

Events held on Zoom now require a passcode along with the meeting ID. To join our meetings, visit <https://zoom.us>, click on join meeting and enter the appropriate meeting ID and passcode. Or call (312) 626-6799 and enter the appropriate codes. Signup to get all the meetings and their information by subscribing to our Constant Contact list; visit <https://cclvi.org>. Meeting reminders are sent the week of each event..

### **CCLVI Coffee Break:**

Join Kathy Farina and Tom Lealos for a morning chat. Each Friday morning at 11:00 AM Eastern.

Meeting ID: 838 9349 7160

Passcode: 432483

### **Ham Chat:**

Want to know about amateur radio, or just want to meet others.

Join us each Thursday evening at 7:00 PM Eastern.

Meeting ID: 883 1823 6600

Passcode: 360613

### **CCLVI Game Night:**

Come join the fun the second and fourth Mondays of each month at 8:00 PM Eastern.

Meeting ID: 857 3352 6427

Passcode: 257307

### **CCLVI Chat:**

First and third Mondays of each month (also on the fifth Monday should there be one) at 8:00 PM Eastern.

Meeting ID: 950 2360 8739

Passcode: 655392

### **CCLVI Board of Directors Meeting:**

held the second Tuesday of each month at 8:30 PM Eastern.

Meeting ID: 896 397 845

Passcode: 225841

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

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

The third Tuesday of each month at 8:30 PM Eastern.

Meeting ID: 793 242 226

Passcode: 270147

### **KCCLV Low Vision Support Calls:**

First and third Wednesdays of each month, these meetings are informative for all low vision individuals across the United States.

## **OFFICERS**

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VISION ACCESS is published six times a year in large print, audio and email.  
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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. Submission deadlines are January 15, March 15, May 15, July 15, September 15 and November 15. Send Contributions to [vision.access@cclvi.org](mailto:vision.access@cclvi.org).



**Council of Citizens with Low Vision International  
2021 Membership**

**Please print using dark ink or type**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Preferred method of contact:**    \_\_\_ Phone    \_\_\_ Email

**Birthdate:** \_\_\_\_\_

**Vision Status:**

\_\_\_ Sighted (20/20 to 20/70)

\_\_\_ Vision impaired (20/70 to 20/200)

\_\_\_ Legally blind (20/200 or worse)

\_\_\_ Blind (totally blind)

**Membership Status:**

\_\_\_ New at-large member

\_\_\_ Renewing at-large member

\_\_\_ New CCLVI life member

\_\_\_ CCLVI life member updating my information

\_\_\_ I am an ACB life member

**Publication Format:**

**Vision Access:**

**CCLVI newsletter.**

**Large print**

**Email**

**ACB Braille Forum:**

**ACB membership newsletter.**

**Large print**

**Braille**

**NLS cartridge**

**Email**

**I already receive this product.**

**Membership:**

**Annual at-large CCLVI membership \$15.00**

**CCLVI life membership \$300.00 (May be paid in three equal payments. Contact the CCLVI Treasurer for more information.)**

**PAYMENT.**

**\$\_\_\_\_\_ Dues payment**

**\$\_\_\_\_\_ I would like to make a donation to CCLVI**

**\$\_\_\_\_\_ TOTAL**

**Return this form along with your payment to:**

**Linda Allison, CCLVI Treasurer, 6010 Lilywood Ln.,  
Knoxville, TN 37921.**