



VISION ACCESS

Council of Citizens with Low Vision International

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Table of Contents

<u>President's Message</u>	2
<u>Fundraising Committee News</u>	3
<u>Membership Reminder</u>	4
<u>2022 Bernice Kandarian Service Award</u>	5
<u>New CCLVI Awards Established</u>	6
<u>Philmore: Audio Update Line</u>	7
<u>Another Vision Resource</u>	8
<u>Technology in the Kitchen</u>	10
<u>Calendar of Events</u>	15

President's Message

Dear CCLVI members and friends,

When we think about advocacy, we think that we're just talking about legislation. Advocacy comes in many different forms. One of the most important ways advocacy makes a difference in an organization is by word of mouth - how we interact with others who have disabilities like ours to help others be independent.

About a year ago I took my mother to a doctor's appointment. As we were leaving and exiting an elevator, a lady asked if I could read her phone to see which office she was going to because she could not see to read it. Of course, I said I could help, but I might not be able to read it either. So I took her phone - thank goodness it was an iPhone - and I read her the suite number, but I also changed her phone settings so she could use the zoom feature to help her see her screen better.

During that conversation, we shared about CCLVI and the Kentucky chapter and told her about our Zoom calls since we were still meeting virtually. We exchanged contact information and stayed in touch for a short period of time.

A few weeks ago, this stranger in an elevator, who had kept our numbers, called because she had lost more of her vision. KCCLV had resumed our in-person peer support group and she was at our last meeting.

If you like answering emails, talking to people, giving tips and tricks on how to be more independent with vision loss, or maybe making a new friend, then please join our Advocacy Committee.

We need you, as members of CCLVI, to get involved with our committees. We need you, as members, to support not only the board you have voted in to lead this organization but the organization itself.

Patti Cox
President, CCLVI

Fundraising Committee News

By Kathy Farina

The Fundraising Committee sponsored a 50/50 drawing in July 2022. The winning ticket was drawn at CCLVI's Game Night on July 25. Greg Wandsneider from Wisconsin won

\$595.00 and immediately donated half of his winnings back to the Genensky Award Fund. Thank you, Greg!

Our walk team, the Firecrackers participated in the Brenda Dillon Memorial Walk at the ACB National Conference and Convention and raised \$537.00. Half of the funds go to ACB and the other half goes to CCLVI. Thank you to all who participated in the walk.

The Fundraising committee is busy planning activities for the coming year. Stay tuned for more information.

Membership Reminder

Watch your mailbox for your 2023 CCLVI Membership Renewal form.

2022 Bernice Kandarian Service Award



Photo Caption: The first ever Bernice Kandarian Service Award was posthumously awarded to Bernice Kandarian in July during the ACB Conference and Convention in Omaha, Nebraska. Presentation was made to Roger Peterson by CCLVI Awards Committee Chairman, Zelda Gebhard.

New CCLVI Awards Established

By Zelda Gebhard

In November 2021, two awards were established by the CCLVI Board of Directors. They give acknowledgement to members who have demonstrated exceptional service to our organization; and show appreciation to those individuals, organizations, and businesses outside of the organization who have been supportive of our members, programs, or generalized support of our organization,

The Awards Committee is set up to include a representative from the Public Relations Committee, Membership Committee, and the current Past President. Their responsibilities include development of award criteria and the ongoing promotion, application process, and annual selection of the recipients of the following two awards:

Bernice Kandarian Service Award

Awarded annually to a member who has provided dedicated, long-term service, to the organization with the first being awarded posthumously to Bernice and thereafter to an active member of CCLVI.

Criteria for Review:

- Years of membership.
- Offices and other elected leadership positions held.
- Service as chairperson or active member of a standing committee.
- Overall donation of time and talent to the organization.

Friend of CCLVI Award

To recognize those individuals, organizations, or businesses who have been supportive of our organization, members, or programs. This award provides an opportunity to encourage further development of connections and awareness of the low vision community by acknowledging our appreciation of the efforts of those who support our organization's mission.

Nominations must be made by a CCLVI member to the Awards Committee at cclvimembership@gmail.com prior to April 1 for consideration of that year's awards.

Philmore: Audio Update Line

by Kathy Farina

CCLVI invites you to try our Audio Update Line. If you or someone you know does not have access to the internet,

but would like to access our publication and podcasts, call the 24/7 Philmore telephone line at (773) 572-6315.

Follow the prompts and you can listen to the latest issue of Vision Access, as well as Let's Talk Low Vision, Sound Prints, and other podcasts.

We would love to hear what you think of this service. Call our toll-free information line at (844) 460-0625 between the hours of 9am and 9pm Eastern (6am and 6pm Pacific) with your feedback, or leave us a message by pressing the pound key. You can also email us your feedback at cclviwebmaster@gmail.com with "Audio Update Line Feedback" as the subject.

Please note, the Philmore line is NOT toll-free and data and message rates may apply.

Readers Digest Partners for Sight Foundation

By Jason Eckert

The Readers Digest Partners for Sight (RDPFS) Bulletin is the only publication issued weekly that is distributed widely

to active members of the blind and visually impaired community.

It highlights resources that promote the concept that people living with blindness and vision impairment are empowered to achieve as much independence as possible while being included in, and treated equally by, all communities within which they wish to participate.

RDPFS is dedicated to fostering the independence of people who are blind and visually impaired. We have a significant grant program that works towards making a difference in the lives of people with vision loss.

The Foundation also partners with local and national organizations that assist, support, and provide training to people who are blind and visually impaired.

For more information, visit our website: [Partners for Sight – Dedicated to improving the lives of blind and visually impaired people](#)

We also invite you to submit news and other items that could be shared with our readers in this free publication.

Technology in the Kitchen

By Jeannie Johnson

For those of us who are blind or have low vision, technology can be both a blessing and a curse. This holds true, even in the kitchen. From countertop to major appliances, many are designed with what are considered to be the latest and greatest technological advances: digital displays with buttons or touchscreens and menu headings that cycle through several options, and operation via a smart phone app or wi-fi device.

When shopping for a range, you are likely to encounter smooth stovetops, touchscreens for controlling the oven, and buttons that cycle through the heat settings for the stovetop heating elements. Fortunately, for those with low vision, some of the ranges have the controls at the front, so one does not have to lean over a hot stove to try to read a panel or buttons at the back of the appliance.

The refrigerator with ice and water in the door often has a touchpad for choosing water, crushed ice, or cubes. Inside, instead of the knob that would turn for setting the temperature, again you will find a touchscreen for the refrigerator and freezer settings.

The new dishwashers may have a touchscreen or buttons that cycle through several options for a particular function, with a few having both. In some cases, manufacturers will provide braille or tactile overlays for some of their appliance models upon request, free of charge or for a nominal fee. According to the appliance manager in a well-known national-chain home improvement store, touchscreens are very popular and the way of the future. Furthermore, you can even get a stove and refrigerator that, in addition to their touchscreens, can be operated by giving commands to your favorite Wi-Fi device, designed to follow your orders. The fridge will even remind you to eat the rest of that sub sandwich that, because it is tucked behind other things so you cannot readily see or touch it when you are searching for a quick meal or snack, you may have forgotten was there.

Accessibility is also a major concern with small kitchen appliances, air fryers and multi cookers with a pressure-cooking mode being among the most popular. There are air fryers, multi cookers, coffee makers, microwave ovens, and combination countertop ovens that, like some of the large appliances, can be controlled by smartphone apps and those obedient Wi-Fi devices. Most microwave ovens have a touch pad, but there are some models with buttons and at least one model that talks.

Many pressure-cooking multi cookers have easy-to-distinguish bubble-type button controls. Some have a knob along with the buttons, but the knob does not have a definite start/stop, which may be problematic to use with low or no vision. Programmable slow cookers also generally have bubble button controls. Bread makers seem to be making a comeback and can have the bubble buttons or other tactile buttons that are easy to distinguish, each button cycling through specific menu items in a prearranged order.

Air fryers are available in a variety of sizes and styles including stand-alone and countertop oven combinations with multiple cooking functions. They may be digitally controlled through either buttons or touch screens, but some analog models with knobs are still being manufactured.

Food processors and blenders may have a touch screen or buttons, but some of the newer and most popular models of blenders have a totally different design and operation. Instead of the blades being in the narrow bottom of a tall pitcher, the blade mechanism is placed on top of the blender container. The container is then turned upside down, placed in the base and pushed down to engage the blending function. These are no nonsense, powerful food processors that have easy to use,

uncomplicated controls such as a knob that has 2 clicks to the right for low and high speeds and a turn to the left for pulsing ingredients.

In the store, appliances are not usually plugged in, so you may not know ahead of time the size of the print for controls or whether there is suitable contrast between the print and background. Of course, when you get the appliance home and find controls hard to decipher, sometimes, proper lighting and magnification can help. If you have low or no vision, often tactile adhesive shapes, braille or large print labels can be attached to touch screens. You may find it helpful to braille, print, or record notes detailing the function of each button on an appliance or the order of options when cycling through button pushes and keeping this information in the kitchen. Often, when making an entry with either a touch screen or button depression, there is an audible sound to let you know it performed the desired action.

To help you determine what brand or model of appliance you want to buy, talk to others who are visually impaired to see what has worked for them. Most user manuals are now available on line in an accessible format so you can read about the one you are considering, or compare models. If possible, go to a store and put your hands and, if you have some vision, eyes on it.

While today's kitchen technology is awesome to most people, we with low or no vision face special challenges. There are, however, solutions to help us enjoy all technology has to offer, as we prepare great foods and drinks for ourselves and others. No matter our degree of vision, or lack thereof, we all need help at times. With that in mind, should you purchase an appliance that can be operated with the help of your smartphone or Wi-Fi device, you may require assistance with the initial setup. If you do not have a friend or family member who can help you, there are smartphone apps that will connect you with a person who, through your phone camera, can assist you in gaining the information you need. Then you will likely be able to independently use the appliance. In case you want to use it and the network happens to be down, you should be familiar with its manual operation.

Enjoy technology in the kitchen. It's here to stay!

Calendar of 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.

Subscribe to our CCLVI-Chat email list to receive weekly meeting reminders and Zoom details by emailing our 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 calling 1-800-424-8666 and following the prompts.

CCLVI Low Vision Discussion

Themed chats—First Monday at 8:00 PM ET

Speaker - Fifth Monday at 8:00 PM ET

Meeting ID: 851 0259 7284

Passcode: 225846

CCLVI Game Night

Second and fourth Mondays at 8:00 PM ET

Meeting ID: 851 0259 7284

Passcode: 225846

CCLVI Low Vision Peer Support Group

Third Monday at 8:00 PM ET

Meeting ID: 851 0259 7284

Passcode: 225846

CCLVI Board of Directors Meeting

Second Tuesday at 8:30 PM ET

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 ET

Meeting ID: 874 7608 2312

Passcode: 225845

CCLVI Special Event

Weekly calls on a variety of topics related to low vision

Thursdays at 8:00 PM ET

Meeting ID: 826 0270 2438

Passcode: 225848

CCLVI Low Vision Coffee Hour

Fridays at 11:00 AM ET

Meeting ID: 829 5076 8948

Passcode: 225843

KCCLV Low Vision Support Calls

Business meeting, first Wednesday: Informative meetings for low vision individuals across the US, third Wednesday of each month at 8:00 PM ET

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.

Philmore: Audio Update Line

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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