



# VISION ACCESS

Council of Citizens with Low Vision International

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## Remembering Dr. Bill Takeshita – A Guiding Light



Dr. Bill Takeshita, OD, FAAO, FCOVF passed away on Friday, March 3, 2023. He was a low vision optometrist, a beloved member of the Southern California visual impairment community, and especially dear to those who have had the honor to interact

with him in person and virtually online.

During his career, Dr. Bill wore many hats—he lectured across the country and served as the Chief of Optometry at the Center for the Partially Sighted as well as an adjunct professor at the Southern California College of Optometry, among other roles. After coincidentally losing his own vision, he founded the Dr. Bill Takeshita Foundation, which provides information and assistance to children with visual impairments and their families.

For over ten years, he hosted the Dr. Bill Educational Series, and served as a consulting director of low vision education here at Braille Institute. Dr. Bill taught countless

families and professionals about various low vision diagnoses as well as how to stimulate remaining vision. Families received one-on-one consultations where he shared his expertise. He turned the most complex concepts into simple explanations with his wit and knowledge. Always generous with his time, he referred staff and families to resources and even gave out his personal phone number, welcoming calls and questions.

You can read a past blog post by Dr. Bill at <https://brailleinstitute.org/blog/sight-loss-archive/retaining-a-life-of-leisure-and-travel>

Dr. Bill hosted Let's Talk Low Vision, the popular talk show and podcast, sponsored by the Council of Citizens with Low Vision International since 2010. Dr. Bill and his guests touched many lives through Let's Talk Low Vision by providing advice and informational sessions to keep people with low vision independent.

Dr. Bill Takeshita is remembered by the world of Pediatric Low Vision as a pioneer, advocate, mentor, teacher and beloved friend and colleague.

Dr. Bill's commitment and passion for helping children and teens with low vision was unparalleled. Families and professionals sought Dr. Bill's expertise and wisdom that

he shared along with his compassion and message of hope, inspiring us all to help children learn to use their remaining sight and learn to adapt to permanent vision loss. He was a hero to all of us and his legacy lives on with every life he touched so profoundly.

Sources:

**Braille Institute:**

<https://brailleinstitute.org/blog/our-stories/remembering-dr-bill-takeshita-a-guiding-light>

**Partners for Pediatric Vision:**

<https://www.partnersforpediatricvision.org/>

**Council of Citizens with Low Vision:**

<https://www.cclvi.org/>

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## **2023 CCLVI Annual Business Meeting and Elections and 2023 ACB National Convention and Conference Updates**

Can you believe it's already convention time! Your Convention Committee is hard at work putting together some fun and informative programming, keeping the spirit

of this organization in mind. We heard you from the survey we sent out and planned accordingly.

- Saturday, June 24 at 2pm: 2023 CCLVI Annual Business Meeting and Elections (virtual)
- Sunday, July 2 at 1pm: Vendor Showcase (in person))
- Monday, July 3 at 2:30pm: Living with Low Vision program partnering with the Mental Health and Wellness Committee (hybrid)
- Tuesday, July 4 at 7pm: CCLVI Dance (in person)
- Wednesday, July 5 at 4pm: High Tech, Low Tech, No Tech program focusing on the spectrum of technical skills (hybrid)

Check the CCLVI email lists, ACB convention registration website, and the June issue of Vision Access for specific program details and panelists/exhibitors.

Pre-registration opens for ACB members May 18 (non-members May 25) and closes June 16.

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# **California CCLV Jumps into Action**

by Valerie Ries-Lerman

You might have heard that CCCLV has an open “Chat” the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month. We also have a brand-new Facebook page for members to discuss anything, and everything, low vision.

Also of note, as part of the March 2023 California Council of the Blind’s Pre-Convention meetings, the following CCCLV activities were planned.

CCCLV’s Rise Diamond MA, designed an in-depth program and discussion titled “Intersectional Low Vision: Navigating Low Vision and Identity”. This discussion provided a supportive and inclusive space for people with low vision to explore their experiences, connect with others, and build resilience, community and empowerment.

Secondly, CCCLV is making significant progress in reinvigorating our affiliate. As part of the California Council of the Blind’s yearly convention, CCCLV held an open annual membership meeting on March 20, 2023. Updated Constitution and Bylaws were presented, and proceedings

commenced for the election of a permanent slate of officers and board members.

All are welcome and encouraged to attend any of our CCCLV activities! We, as low vision individuals working together, have the power to make this world, our world, a better place of connection and resilience.

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## **Tech Tips: Todoist: A Productive Project Management Tool**

by Michael Babcock

In today's fast-paced business environment, it's essential to stay organized and on top of your tasks. Whether you're a freelancer, a business owner, or a team manager, having a reliable project management tool can make a world of difference in your productivity and success.

One tool that I've found to be particularly useful is Todoist. It's a versatile and user-friendly app that allows you to add tasks in whatever way is convenient for you and organize them into different projects. Todoist also gives you the flexibility to view your tasks by projects or filters, making it easy to find and focus on what you need to do.

On mobile devices, Todoist has a menu in the top left corner that gives you quick access to your projects or filters. Double-tapping on a project or filter will bring up the tasks that are related to it. There's also a button in the bottom right-hand corner that you can use to add new tasks. Additionally, for iOS users, the app offers support for Voiceover, which allows you to use the Magic Tap gesture to quickly access the task entry field.

One of the stand-out features of Todoist is its natural language input. Instead of having to manually enter the due date and time for a task, you can simply type something like "finish the Todoist article by January 12" and the app will automatically create a task called "Finish the Todoist Article" and set the due date to January 12. Another benefit of Todoist is that it's an internet-connected tool, which means you can leverage automation to help improve your project management. For example, you can set up email notifications for tasks and reminders to help you stay on track.

It's worth mentioning, however, that no matter how good the tool is, it's the user that makes the most of it. A tool can be great but one needs to be disciplined and use it consistently to see maximum results. Todoist is a great tool, but as with any project management tool, the key is



to use it effectively and consistently to stay organized and achieve your goals.

Overall, Todoist is a powerful and user-friendly project management tool that can help you stay organized, focused, and productive. Whether you're a freelancer, a business owner, or a team manager, Todoist can help you to keep track of your tasks and reach your goals.

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## **Clip It, Tie It, or Tape It**

by Cheryl McNeil Fisher

I love bungees! My favorite type is the plastic coil bungee with a circle key holder at one end and a lobster claw on the other. A lobster claw is a popular closure for necklaces, where you slide the claw open and connect the circle jump ring to securely hold jewelry. I found my first bungee at a dollar store, and then purchased several packages through <http://amazon.com>, both for myself and to share with friends. Bungees can be used for a variety of purposes, such as attaching a wallet or credit card to a zipper pull inside a bag. To do this, you can either use a small nail to make a hole in the corner of the credit card away from the magnetic strip and chip, or have someone with a tiny drill make the hole. Then, put the key ring

through the hole and connect the lobster claw to the zipper pull. There are many stores where you can purchase bungees, such as the \$1.25 store, Walmart, Target, and more.

I can quickly get my credit card and stretch it to the card reader. On the occasions I need to remove my card, I am less likely to miss it if a person sets it down in front of me, rather than handing it back. It's easier to see or locate with your hand because you'll feel the bungee. Another option is to create a bracelet with it and keep it on your wrist while swiping your card. Additionally, I can use a retractable metal keyring with a belt clip to attach my wallet and keep it secure. String and yarn are also great tools for attaching items to a remote control and preventing them from getting lost. By tying a knot in the end of the string and taping it onto the remote, the string won't slip through the tape. With these methods, I can easily keep track of my credit card and other items.

I also love tape. I have a variety of different types of tape, from Scotch Tape in a dispenser, to duct tape in many colors and designs, to masking tape and blue painters tape. I also have neon orange crafting tape which is similar to masking tape, but with a papery feel and no residue. I could write an entire article on the many uses for tape, but for now I will talk about creating ease of access.

During my last stay in the hospital, I used tape to create an organization system for my bed. I used an over-the-door cup holder and taped it to my bed railing with white hospital tape so my travel mug or water bottle was easily accessible. I also tied a string to the end of each charging cable and the other end to the railing, so if the wire fell to the floor, I could simply pull on the string and retrieve it. Anything else I needed that could potentially fall on the floor was attached to a string or bungee, then to the railing. Tape can also be used for a tactile marker. Simply tear off a small piece, fold it in half, and hold both ends of tape with your fingers to create a DIY bump dot.

Creating an organization system with tape, bungees and string is a great care package to give someone for a hospital stay. They may think you're a little crazy at first, but when you explain all the uses, they'll think you're a genius!

Have fun, be creative, and make life more manageable, one step at a time.

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# **An Invitation to Explore APH CareerConnect (Part 1)**

Submitted by APH CareerConnect

APH CareerConnect is an integral part of the APH ConnectCenter. The mission of the APH ConnectCenter is to empower people toward greater independence and lifelong success by providing curated information and resources to assist children, parents, job seekers, adults, and older people who are blind or low vision.

In 2018, CareerConnect and the catalog of web resources including FamilyConnect and VisionAware transitioned from the American Foundation for the Blind (AFB) to the American Printing House for the Blind (APH). Currently staffed by a dozen dedicated expert professionals, the APH ConnectCenter, with its host of tangible resources, including the Information and Referral line, Directory of Services, along with web resources for all populations of blind and low vision individuals, exists with a balance of peer and professionally vetted resources.

APH CareerConnect is your resource if you are researching information on part-time or full-time employment, considering college as an older adult, exploring volunteer opportunities, or preparing to mentor

younger individuals who are blind or low vision who may be interested in your career field.

## **Diving into CareerConnect**

Over the decades, APH CareerConnect has expanded and evolved to serve thousands of career curious explorers, working professionals, rehabilitation staff, teachers of students with visual impairments, and prospective employers. Visitors to APH CareerConnect have come to rely on the vast resources readily available including transition and career exploration tools for teachers and rehabilitation practitioners.

In 2023, APH CareerConnect continues to curate materials for job seekers of all ages and for employers. From the moment you land on our homepage, you are greeted with featured blogs, stories of successful people at work who are blind or low vision, our new online Job Seekers Toolkit, video interviews, and more.

## **Job Seekers Toolkit**

We partnered with NSITE to update the long-loved Job Seekers Toolkit, an accessible, self-paced, free online training course featuring five modules: Self-Awareness; Career Exploration: Methods & Resources; Finding Employment; The Interview; and Maintaining Employment- Advancing Your Career! You can jump into the Job

Seekers Toolkit by visiting:

<https://communities.nonprofitleadershipalliance.org/nsitecommunity/home>

As the Toolkit was recently onboarded into a learning management system, we want to hear from you and your students/clients interacting with the Job Seekers Toolkit.

### **CareerConversations and CollegeConversations**

Also new this year is our CareerConversations series. On the first Thursday of the month, we bring on a working blind or low vision person who shares with us in the span of one hour how they are thriving and succeeding in their career. We've met with blind lawyers, licensed psychologists, musicians, scientists, artists, and many others. The idea behind CareerConversations is to promote informational interviewing and networking. Within the first ten minutes of the call, we encourage viewers on this Zoom webinar to ask questions by way of the chat feature or to raise their hand to be acknowledged. Since January 2022, we have had over eleven unique interviews. You can rewind back to our [webinars](#) page to view recent episodes and/or sign up for future conversations.

Similar in scope to CareerConversations, in August 2022, we launched CollegeConversations. Working with our

Student Advisory Committee, consisting of current and recent college graduates who are blind or low vision, we are bringing the conversation on how to prepare for college life to our webinar platform. Each CollegeConversation is built around a theme and our panel of college student experts share their experiences and provide authentic advice and tips as representatives of large universities, small private colleges, and community colleges. CollegeConversation's focus is on advancing the dialogue on college and academia preparedness. To sign up for future CollegeConversations, [register here](#).

Supporting our TVI and rehabilitation practitioners, most of our online webinars are ACVREP and CRCC eligible. Refer to the webinar registration page for individual events for further details.

We are here for you. We are on social media, including Twitter and Facebook.

- Website: [www.APHCareerConnect.org](http://www.APHCareerConnect.org)
- Twitter: [@APHConnect](#)
- Facebook: <https://www.facebook.com/ccforjobseekers>

Check out the June 2023 Vision Access for Part 2.

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# Gardening Quiz

By Cheryl McNeil Fisher

1. What is the process of removing dead or damaged plant parts called?

- a) Fertilizing
- b) Watering
- c) Pruning
- d) Pollinating

2. Which of the following is NOT a type of soil?

- a) Sandy soil
- b) Clay soil
- c) Loam soil
- d) Wet soil

3. Which of these is a flowering plant that is commonly used in gardens and is known for its fragrance?

- a) Lilac
- b) Ivy
- c) Fern
- d) Cactus



4. What is the process of removing weeds from a garden called?

- a) Mulching
- b) Pruning
- c) Fertilizing
- d) Weeding

5. What is the technique of grafting two different plant species together to create a new variety called?

- a) Hybridization
- b) Propagation
- c) Budding
- d) Cultivation

6. Which of the following is a common garden pest that can harm plants?

- a) Ladybugs
- b) Bees
- c) Aphids
- d) Butterflies

7. Which of these can be used to conserve water in a garden?

- a) Drip irrigation
- b) Overhead sprinklers
- c) Water ponds
- d) Soil loosening

8. What is the process of adding organic matter to soil to improve its quality and fertility called?

- a) Composting
- b) Watering
- c) Fertilizing
- d) Pruning

9. What is the proper name for a gardening tool used to dig and loosen soil?

- a) Pruner
- b) Hoe
- c) Rake
- d) Trowel

10. What is the process of transferring pollen from one flower to another in order to fertilize it called?

- a) Pruning
- b) Watering
- c) Mulching
- d) Pollinating

How did you do?

Answers:

1. c) Pruning 2. d) Wet soil 3. a) Lilac 4. d) Weeding  
5. c) Budding 6. c) Aphids 7. a) Drip irrigation  
8. a) Composting 9. d) Trowel 10. d) Pollinating

# Cooking Corner: Maryland Stuffed Ham

## Ingredients:

- 1 fully-cooked ham (about 12 lbs.)
- 1 10 oz package fresh spinach
- 1 bunch green onions
- 1 bunch fresh parsley
- 1 cup dry red wine
- 1/2 cup honey
- 4 tsp. cornstarch
- 2 Tbsp. cider vinegar

## Instructions:

1. Trim thick skin from ham. With a sharp knife, make X-shaped cuts, 3 inches deep and 1 inch apart all over the fat side.
2. Trim stems and coarse ribs from spinach. Trim green onions and parsley. Wash well, dry on paper towel. Chop all fine and mix in small bowl.
3. Press greens mixture into cuts, packing in well with finger to fill openings. Place ham, fat side up, in a large shallow baking pan. Brush with part of wine.
4. Bake at 325-degree oven, brushing several times with more wine, for 2 1/2 hours.
5. Stir honey into remaining wine; brush part of mixture over ham. Continue baking and brushing with

remaining honey mixture for 30 minutes or until top is richly glazed. Remove ham from pan, let stand 20 minutes for easier carving.

6. Pour fat and juices from baking pan into 4-cup measure; skim off fat. Add water to make 3 cups. Return to pan; heat to boiling.
  7. Blend about 3 tablespoons cold water with cornstarch until smooth. Stir into boiling liquid. Cook and stir, scraping pan until sauce thickens and boils for 60 seconds. Stir in vinegar.
  8. Serve sauce in separate bowl to spoon over meat. Garnish platter with parsley, green onion curls, spinach leaves or spiced apple rings.
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## **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](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 calling 1-800-424-8666 and following the prompts.

### **CCLVI Low Vision Discussion**

Themed chats—First Monday at 8:00 PM ET

Speaker or Theme Chat - 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 0433 3824

Passcode: 784688

## **Let's Talk Low Vision**

Join our guests for this monthly informative program

Third Tuesday at 8:30 PM ET

Meeting ID: 874 7608 2312

Passcode: 225845

## **CCLVI Table Talk Thursday**

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

## **California Council of Citizens with Low Vision (CCCLV) – A Sunday Chat**

Spend part of your Sunday with members of CCCLV and enjoy “A Sunday Chat”. This is a call for those of us who are blind or with low vision and any family and friends, be they near or far. Topics will range from all things low vision to life in general as a person who is blind or low vision.

First and Third Sundays at 7:00 PM ET

Webinar Meeting ID: 859 2669 0965

Passcode: 282367

## **Delaware Valley Council of Citizens with Low Vision (DVCCLV)**

The monthly Zoom meeting of the Delaware Valley Council of Citizens with Low Vision is open to all who have an interest in the issues of low vision.

First Saturdays at 12:45 PM ET

(2nd Saturdays in July and September)

Webinar Meeting ID: 440 465 3663

Passcode: 2121

**Kentucky Council of Citizens with Low Vision  
(KCCLV) - Low Vision Support Calls**

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

Meeting ID: 862 9889 6972

Passcode: 975864

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

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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 [CCLVIVisionAccess@gmail.com](mailto:CCLVIVisionAccess@gmail.com)