



VISION ACCESS

Council of Citizens with Low Vision International

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**Point and Click
Your Way to CCLVI**



Leader Message

I'm pleased to be asked to write a Leader Message for this issue of Vision Access.

It is my pleasure to serve the CCLVI 1st Vice President, first elected to this position in 2021 and then reelected during our CCLVI Business Meeting in June, 2023. What's a 1st VP do other than fill in for the President in their absence and being an active member of the executive board? For me, it means doing anything that needs doing.

Since I have a personal interest in the organizational process, I enjoy serving on the Constitution and Bylaws Committee. My strong desire to strengthen our public presence and information sharing has led me to the Public Relations and eCommunications committees.

I exercise my fiduciary responsibility as a board member by being a member of the Finance Committee.

I enjoy being a part of all these committees, but the position that requires most of my time and focus is that of Membership Chair, a position I have had since 2020.

According to our bylaws, my responsibilities as Membership Chair include serving on the Credentials and Awards Committees, sending out yearly membership renewals, keeping an up-to-date membership list, and maintaining our membership records on the ACB Affiliate Member Management System (AMMS).

My work experience included database management, so my time spent with the lists feels comfortable and good, but the part of being Membership Chair that I like the best is the interaction I have with all of you. Answering questions, sharing information, helping people fill out application forms and pay dues and just plain chatting by phone or through email makes me happy.

If you ever have any organization or membership questions, concerns, ideas or just want to chat, please make my day a little brighter and contact me at (701) 709-0262 or cclvimembership@gmail.com.

Zelda Gebhard
1st Vice President, CCLVI

Many Paths to CCLVI

by Zelda Gebhard

Have you ever heard the saying “All roads lead to Rome”? Sometimes it is used to remind us that different paths or approaches can lead to the same outcome. With that in mind, I would like you to consider this, “Many paths to CCLVI”.

How did you learn about CCLVI?

My personal path started in 2003 when, as a newly appointed member of our State Rehabilitation Council (SRC), I met another council member with vision loss. She told me about an adult summer camp sponsored by our ACB state affiliate, the North Dakota Association of the Blind. I went to camp a month later and became a member of NDAB. My \$15.00 dues covered not only my state affiliate dues but also dues for ACB as well.

Several years later while registering for the ACB Convention, I found myself, as a person with low vision, naturally attracted to the sessions sponsored by a low vision group called Council of Citizens with Low Vision International. After a couple of years of attending CCLVI programming, I decided to become a member of this

group that addressed my low vision perspective so well and understood the kind of information relevant to me.

My path to CCLVI began with a referral from someone, then membership in a state affiliate and ACB, followed by participation in convention programming and finally joining the group.

Some learn about CCLVI from a vision professional such as an informed eye doctor or vocational rehabilitation vision specialist. Others become aware of CCLVI by attending one of our Zoom events on ACB Community.

Still others start out as members of a local support group, chapter, state affiliate, or ACB and then gain access to an email list or presentation where our organization is mentioned.

Though the path that led you to CCLVI may be different than mine, it probably had one common denominator – **someone** either verbally or in writing passed along information which sparked an interest or fulfilled a need. You can be that **someone**.

Take time to share information about CCLVI with a friend, family member or even a total stranger. Taking the time to do so could change their life in a very positive way.

Remember to tell others about CCLVI and also make sure to maintain your connection with the organization. It's easy to renew your CCLVI membership for 2024. A renewal letter and form will be mailed to all at-large members in November.

You may either complete and return it and your dues by mail or fill out the form and pay online by going to www.cclvi.org. The direct link to the form is <https://cclvi.info/join/member-form> and the direct link to the payment is <https://cclvi.info/join/pay2022>.

If you ever have any membership questions, concerns, or ideas, please contact me at (701) 709-0262 or cclvimembership@gmail.com.

Affiliate News

Delaware Valley Council of Citizens with Low Vision

DVCCLV is happy to Introduce a new website for all to go and listen to our Zoom meeting recordings. Visit us at <http://suchasite.com/DVCCLV%20meetings.htm>

Please share this with anyone for whom it might be of interest such as family, friends, associates, clients, patients, service providers, co-workers, employees, etc.

We hope you find them interesting and informative. Be sure to check back frequently for new uploads.

Tech Corner: CVS Spoken Rx

by Kathy Casey

CVS Spoken Rx is a service provided by CVS Pharmacy that offers a way for visually impaired or print-impaired individuals to hear prescription information. It allows customers to receive spoken prescription information through a secure and automated system, making it easier for them to understand and manage their medications. This service enhances accessibility and ensures that important medication instructions are accessible to all.

How to Sign Up for Spoken Rx

To sign up for CVS Spoken Rx, you can follow these steps:

1. Contact CVS Pharmacy: Call your local CVS Pharmacy or the CVS customer service number to inquire about the

Spoken Rx service and express your interest in signing up.

2. Provide Information: You'll likely need to provide some personal information and prescription details to get started. This might include your name, contact information, prescription numbers, and any other necessary information.

3. Agree to Terms: You might need to agree to the terms and conditions of the service, including giving permission to access your prescription information.

4. Set Preferences: You may have the option to customize how you receive the spoken prescription information, such as choosing the language and the format of delivery (phone call or email).

5. Verification: CVS might verify your prescription information and contact details before setting up the service for you.

Receiving Spoken Rx

Once you're enrolled, you'll start receiving spoken prescription information for your medications through the chosen communication method.

Keep in mind that the exact process might vary based on your location and CVS's current procedures. It's recommended to directly contact CVS Pharmacy for the most up-to-date and accurate information on how to sign up for their Spoken Rx service.

GuideLights and Gadgets: The Titanium Telescopic Cane

by Barry Scheur

GuideLights and Gadgets, Inc., a company founded by KaeAnn Rausch and myself in 2012, has been dedicated to producing useful products for the visually impaired. Our latest addition to the market is a locking titanium telescopic cane, a product that hasn't been available for many years.

This cane, which we designed through collaboration with a previous partner, is a 60-inch model with nine sections that can be locked and unlocked for use at different lengths. By closing one or two sections, it can also be used as a 54 or 48-inch cane.

The cane has been well received due to its light and rigid construction, rolling and contact threaded tips, and its

versatility as an everyday cane and backup. When closed, it measures only 11 inches long with a diameter of 1.5 inches, making it easily stowable in a bag or purse. The cane is silver with a red bottom section, and its luminescent joints make it visible at night. Priced at \$80, including shipping, the cane is readily identifiable as a "blind" cane. Due to its success, we have recently received a second run of canes.

In addition to our canes, we also distribute a range of talking medical products, leather hands-free pouches, bags, cases, purses, and unique electronic items.

We sell products for guide dogs and their handlers to assist with security, travel, comfort, and play. Some of our popular leather products include the "no bouncy" pouchy hands-free phone pouch, the "Hermione" bag with multiple compartments, a chest pack for secure item carrying, and a dog treat waist pack.

Furthermore, we offer a medical bundle consisting of a highly accurate medical-grade blood pressure meter, an infrared non-contact thermometer, and a talking oximeter. We are excited to announce that we are now distributing the Victor Stream 3 from HumanWare and the SensePlayer from HIMS, both with our own leather cases,

SD cards, and Bluetooth headphones in promotional bundles at competitive prices.

To order or obtain additional information, please contact Barry Scheur at (617) 969-7500 or barry.scheur@gmail.com, or KaeAnn Rausch at (781) 286-1696 or guidelighdogs@gmail.com. Visit our website at www.guidelightsandgadgets.us.

We prioritize personal interaction with our customers and assist them in selecting the right products, so we do not offer online ordering.

APH ConnectCenter's Job Seekers Toolkit

Submitted by Richard Rueda, APH

The APH ConnectCenter and NSITE partnered to create a Job Seeker's Toolkit. The Job Seeker's Toolkit is an accessible, self-paced, free online training course that helps students and job seekers who are blind or who have low vision to develop career exploration and job-seeking skills. Each course provides five 60-minute sessions that cover

- self-awareness
- career exploration tools and resources

- the preliminary employment process
- the interview, and
- maintaining employment.

The toolkit can be used by professionals to follow their student's progress and provide feedback. Additionally, parents can use the JST to help encourage and prepare students w looking for their first job, part-time job, or summer job.

Get started at: [Jobseeker's Toolkit - NSITE Talent Gateway \(nonprofitleadershipalliance.org\)](https://www.nonprofitleadershipalliance.org/jobseekers-toolkit)

We also prepared a short 6-minute video on the Job Seekers Toolkit, found at <https://youtu.be/zXQL0UnV0jk>.

ACB Employment Committee

by Peter Altschul

The ACB Employment Committee needs your input concerning how we can best serve you as you address career challenges from figuring out your strengths to landing and thriving in your work journey.

On October 1, we are launching a survey to assist us in determining our future direction. Please visit <https://forms.gle/mV3uEM1V4585Tej9A> take some time to share your thoughts and needs with us. This should take no more than 10 minutes.

The committee will also be completing an ACB Community roadshow of sorts. Join us October 22nd on Sunday Edition, and October 24th for our own community call. Please see the ACB Community Call emails for Zoom or call-in information.

Any difficulties? Please contact Peter Altschul at creatingcommonground@outlook.com.

Thanks; we look forward to your responses.

Let's get to work!

When You Can't Believe Your Eyes: Vision Loss and Personal Recovery

by Hannah Fairbairn

[When You Can't Believe Your Eyes: Vision Loss and Personal Recovery](#)

By Hannah Fairbairn, published by Charles C. Thomas

This book is for adults facing vision loss, their friends, and families. It was published in July 2019 in print and 3 accessible versions.

The book was first projected in 2004. I was teaching interpersonal skills at the Carroll Center for the Blind in Newton, Massachusetts. The experiences of my adult students - and my own experience of sight loss - convinced me that everyone losing vision needs to know about the process of adjustment, good resources, and how to use assertive speech.

I interviewed over a hundred adult clients to find out what they wanted to know, and my colleagues at the Carroll Center and many other experts contributed their expertise.

When You Can't Believe Your Eyes is concise, with twelve chapters and five parts, following the phases of adjustment to vision loss. Each chapter contains many short sections and bullet-points, intended to get you to the right information. There is a long list of resources at the end. The book is for adults losing vision, including young adults leaving home and seniors.

This is a short book, and I have not covered all the ways people lose sight or vision loss combined with other disabilities, nor discussed college courses or job choices.

My own expertise is in the areas of personal and household management and interpersonal skills. I have focused on practical, social, and personal tips to help people become as independent as possible.

Accessible versions:

Book: NLS Talking Books: Book #dbc 11619

Bookshare:

<https://www.bookshare.org/browse/book/3030563>

Google Playbooks:

[https://play.google.com/store/books/details/Hannah Fairbairn When You Can t Believe Your Eyes?id=I8KgDwAAQBAJ&hl=en_US](https://play.google.com/store/books/details/Hannah_Fairbairn_When_You_Can_t_Believe_Your_Eyes?id=I8KgDwAAQBAJ&hl=en_US)

Blog: <http://www.visionlossandpersonalrecovery.com/>

Microwave Recipes from the Delaware Valley Council of Citizens with Low Vision

Submitted by Bette Homer, M.S.

Apple Crisp for One

Ingredients:

- 1 apple peeled and sliced
- 2 tbsp. margarine or butter
- 1/8 cup flour
- 1/4 cup brown sugar
- 1/4 cup uncooked oats

Directions:

1. Peel and slice apple.
2. Arrange in pie plate.
3. Soften margarine in small bowl.
4. Combine remaining ingredients with margarine.
5. Microwave on high for 9 to 10 minutes.

Microwave Lasagna

Ingredients:

24 oz. spaghetti sauce

Lasagna noodles

1 lb. ricotta cheese

8 to 12 oz. mozzarella cheese shredded

Parsley flakes

Parmesan cheese

1 egg (optional)

Pepper to taste

Directions:

1. Grease 9-inch square microwave-safe dish.
 2. Spread 1 cup sauce in bottom.
 3. Break noodles to fit.
 4. Beat ricotta, pepper, egg, parsley and Parmesan together.
 5. Spread half over noodles.
 6. Layer with mozzarella and sprinkle with Parmesan.
 7. Alternate layers and cover with sauce. Double wrap with plastic wrap.
 8. Microwave for 30 minutes on medium power.
 9. Turn once.
 10. Let stand for 5 minutes.
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Calendar of Events

Everyone is welcome to attend these events by accessing the Zoom mobile app, visiting the Zoom website 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 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 Themed chat - Fifth Monday at 8:00 PM ET

Meeting ID: 896 8650 7068

Passcode: 225846

CCLVI Game Night

Second and fourth Mondays at 8:00 PM ET

Meeting ID: 896 8650 7068

Passcode: 225846

CCLVI Low Vision Peer Support Group

Third Monday at 8:00 PM ET

Meeting ID: 896 8650 7068

Passcode: 225846

CCLVI Board of Directors Meeting

Second Tuesday at 8:30 PM ET

Webinar Meeting ID: 829 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 (except for Book Chat week)

Meeting ID: 828 1584 6310

Passcode: 225848

CCLVI Coffee Hour

Fridays at 11:00 AM ET (except for Book Chat week)

Meeting ID: 898 0359 8659

Passcode: 225843

CCLVI Monthly Book Chat

Third Thursday at 8:00 PM ET and the following Friday at 11:00 AM ET

Meeting ID: 898 0359 8659

Passcode: 225843

CCLVI Affiliate Zoom Calls

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 Sunday at 7:00 PM ET

Webinar Meeting ID: 859 2669 0965

Passcode: 282367

Delaware Valley Council of Citizens with Low Vision

The monthly Zoom meeting with DVCCLV is open to all who have an interest in the issues of low vision.

First Saturday 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

First Wednesday at 8:00 PM ET: Business Meeting

Third Wednesday at 8:00 PM ET: Informative meetings for
low vision individuals across the US

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.

OFFICERS President - Patti Cox 2022-2024 1st Vice President - Zelda Gebhard 2023-2025 2nd Vice President – Terry Pacheco 2024-2025 Secretary - Melanie Sinohui 2022-2024 Treasurer - Debbie Persons 2023-2025 Immediate Past President Sara Alkmin <hr/> Publications Chair Melanie Sinohui	DIRECTORS Cynthia Hawkins 2023-2025 Tom Frank 2022-2024 Joyce Feinberg 2023-2025 Renee Zelickson 2022-2024 Cassie Trospen 2023-2025 Donna Williams 2022-2024 <hr/> Webmaster Joyce Feinberg
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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 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