



VISION ACCESS

Council of Citizens with Low Vision International

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**Point and Click
Your Way to CCLVI**



President's Message

It is so rewarding to be able to help others through volunteer work.

The Kentucky State Fair takes place in the middle of August and runs for a week and a half. The Kentucky Lions Eye Foundation has a booth set up to do eye screenings for patrons of the fair. For many years during the Kentucky State Fair, I have volunteered at this booth. I got involved originally because I volunteered to work shifts for my mother's and Adam's Lions Club.

The eye screenings check visual acuity, field of vision, and intraocular pressure. They also screen children in their KIDS SIGHT tent. At the end of each screening, the individual visits a check-out table, where a Lion will either recommend an appointment as soon as possible, or let the person know their vision is not presenting any immediate concerns.

In every shift I worked, we always recommended at least one person seek immediate medical eye care. During one particular shift, a man came in to have his eyes checked. He could not read the visual acuity for distance better than 20/200. His reading acuity was passable while wearing his

reading glasses. Next, they checked his visual field, which showed a bit of a deficit in both eyes. The last test was for his intraocular pressure, which he resisted at first due to not liking the puff of air. After some urging from a Lion who stressed the significance of this test, he agreed. His intraocular pressure was 38 in one eye and 32 in the other eye. Anyone who has Glaucoma knows that this is a serious situation. I talked to him and explained how important it was for him to be seen right away. He discussed reaching out to an eye doctor next week, but I explained these situations deteriorate quickly and the sooner the better. He also told me he sometimes has headaches, a telltale sign of high eye pressure. I gave him the information he would need to contact a local eye institute and he told me he would call the next day. I did not want to scare the man, but I wanted him to know how important it was for him to be seen.

I was in the grocery store recently when a lady came up to me and thanked me enthusiastically. I did not recognize her so I politely asked how I knew her. She told me we talked at the booth at the fair. She told me how glad she was that I pushed for her to get an eye exam. After getting an eye exam, her new glasses allow her to drive safely and read smaller print. She told me she used to be very reluctant to help her daughter with her schoolwork because she could not see it. Her daughter is upset with

her now because she makes her do her homework every night and can check through it with ease.

Throughout the week at the fair, we had over 2,600 people complete the eye screening. It is so rewarding to see someone I have screened come up to me and share their gratitude for the encouragement to be more proactive when it comes to bettering their visual health.

Patti Cox
CCLVI, President

CCLVI's Email Lists, Why So Many?

by Kathy Farina

We've been hearing that some people who are subscribed to our email lists are confused about which lists to use for what topic. Some individuals are frustrated with how many emails they get. I am here to help provide some clarity.

CCLVI-Info Email List:

This is a two-way list for members and non-members of CCLVI. Its purpose is to publish the weekly schedule of CCLVI events, and to provide a place where subscribers can ask questions about low vision. Our affiliates can also

make announcements, such as when the Delaware Valley Council of Citizens with Low Vision and the California Council of Citizens with Low Vision announce their upcoming events.

CCLVI-Members-Only Email List:

This is a one-way list that contains information and announcements of the annual business meeting, the monthly board meeting, minutes of these meetings, constitutional amendments, resolutions, and other things that members need to vote on. Since it is one-way, there is limited traffic to clog your inbox.

CCLVI-Vision-Access Email List:

This is a one-way list where members receive our newsletter called Vision Access. There is limited traffic on this list because it is one-way. If you unsubscribe from the Vision Access list, you will no longer receive our publication, Vision Access, and you'll miss out on some interesting and informative articles.

If you unsubscribe from the information list, but still are on the ACB Conversation email list, you will still get the CCLVI weekly schedule of events. Of course, they also appear on ACB's Community schedule.

Hopefully the above information helps to clear up some confusion.

Explore Membership in 2024

by Zelda Gebhard, Membership Chair

There are always great things happening in CCLVI. Read below to find out how to renew your membership so you won't miss anything!

If you are a member of one of the following CCLVI Affiliates, you will be contacted by your affiliate representative to update your information and pay your 2024 dues: Delaware Valley Council of Citizens with Low Vision, Kentucky Council of Citizens with Low Vision, and New York State Council of Citizens with Low Vision.

Members of the California Council of Citizens with Low Vision are asked to update information by completing the online form and paying your dues at <https://cclvi.info/join/member-form/>.

If you are an At-Large member (not belonging to one of the above affiliates) you will receive a large print paper renewal form in the mail. Please complete it and return it

and your dues in the enclosed addressed envelope or go to <https://cclvi.info/join/member-form/> at www.cclvi.org to complete the form and pay online before February 1st.

Of course, Life members need not pay dues, but we would still like to connect with you. If you have had any changes in your contact information or format preferences for publications, please call Zelda at 701-709-0262 to update.

Some Current Member Benefits:

- Newsletter *Vision Access*, 6 issues a year in large print or email. Also, available on website at www.cclvi.org or Audio Update Line 773-572-6315
- Three weekly Zoom sessions to connect, share ideas and have fun!
- Monthly Let's Talk Low Vision session for up-to-date information and education.
- Genensky – Foley Magnification Grant Awards
- Scheigert College Scholarships
- Bernice Kandarian Service Award, Friend of CCLVI Award
- Updated Website with Podcasts and revised Resource Pages
- Opportunities in Leadership as an Officer or on the Board of Directors or as a member of one of the 15 active committees

If you have any questions or need any assistance in completing your renewal, please contact Zelda at 701-709-0262 or cclvmembership@gmail.com.

2023 was a great year for CCLVI and we are looking forward to some exciting things in 2024. We encourage you to renew your membership and explore CCLVI in the new year.

Tell Us What You Want

by Zelda Gebhard, Membership Chair

Here's your chance to share what you like about CCLVI and what you think we could do better. The Membership Committee created a member interest and satisfaction survey to find out what you want.

We hope you will take a few minutes to complete the Google forms survey found at:

<https://docs.google.com/forms/d/e/1FAIpQLSd3cLpi0KjhK4JT2Ruragwr9DzzL4Tqv7nMqbTNF5Su26062Q/viewform>

The organizational information you share will help leadership know what direction to go to improve our affiliate.

We are asking for your email address, but your personal information will be kept confidential. The general information will be treated like a suggestion box and will not be connected to you.

We want to hear from everyone, so if you have difficulty completing the online survey, we will help. Call Zelda at (701) 709-0262 and your information will be entered as directed by you. If the phone is busy when you call, please leave a voicemail with your name, phone number, and the best time to call you back.

Please fill out this survey. The information you provide is important and will help guide and direct our organization. We look forward to hearing from you.

The Tactile Ease and Use of the Victor Reader Stream 3 (Part One)

by Cheryl McNeil Fisher

I was already familiar with the Victor Reader Stream, but the Victor Reader Stream 3 is a new device to me. After confirming I had selected the VR Stream 3 with Bluetooth

capability on the website, I excitedly purchased my new device from Independent Living Aids.

When I received the package, I eagerly set it up and read all the instructions. However, when I tried to activate the Bluetooth feature, I encountered difficulties. I contacted Humanware for assistance and provided the serial number, only to discover that I had been sent the VR Stream II. I promptly contacted the company to request a return authorization and was surprised to learn that they do not sell the VR Stream 3. Even when you dot your i's and cross your t's, there can be human error that puts a kink in things. Take a deep breath. Pick your battles. We can be firm, but it really is true: we receive more respect when we hold up our heads and deal with the situation as we would want to be treated.

During my quest to find an alternative supplier, I found BlindMice, which offered a slightly less expensive option. I am extremely grateful for their excellent service. They also recommended a leather case for the Stream, which, despite being a bit pricey, has proven to be a worthwhile investment. The case has a little zippered pocket where I can conveniently store my wired earbud.

It has become increasingly difficult for me to read large print proficiently on my iPad. When I facilitate Writing

Works Wonders workshops or interviews, I wear my Aftershokz OpenCom headset with the boom mic for Zoom calls. Then I place a wired earbud that is connected to my VR Stream 3 in one ear for audio prompting. Recording my content for programs has been extremely helpful. One of the best things about recording my content or interview questions is that the more I repeat my questions, the better I remember them. Most of the time, I don't even need the Stream because I have memorized my text.

When I am presenting in person, I wear the Aftershokz connected via Bluetooth to my Victor Reader Stream III. They loop around the outside of my ears, and the piece that connects the two ear pieces is under my hair. The majority of the audience has no idea that I am listening to audio prompting. It is a wonderfully inconspicuous way of prompting us to present flawlessly, well... most of the time anyway!

The turning point for me was during my sister's funeral. Being worried about getting emotional and flustered, I had notes on my iPhone. This is a great idea, as long as you don't tap wrong or swipe the wrong way! Rather than create the feeling of being flustered that my notes were meant to avert, I put my phone aside and relied on my ability to speak from the heart and comfort

my sister's children. It was a reminder that I was once again holding onto notes when I already knew what I wanted to say.

Even when I had sight, I found that I performed better without reading directly from a paper. I prefer to have cue words or key points to guide me, allowing me to speak more naturally and authentically.

The Victor Reader Stream 3's tactile design and ease of use make it a valuable asset. There are so many things we can do with the VR Stream 3. I'll have more about the Victor Reader Stream in the next issue of Vision Access.

In the meantime, please email me with your experiences with the Victor Reader Stream 3. How do you use it? If you want to share your experience, but have difficulty typing or putting it into words, feel free to send a short email, or leave a message on my voicemail at (845) 895-3020. I'll be happy to transcribe for you.

Vision Access is for us to share with one another. We are continually adjusting and learning. Speaking for myself, it is a lot easier knowing I am not alone. I hope you don't feel alone, and even more importantly, let's welcome and encourage others who are new to visual impairment or new to CCLVI by sharing our experiences with the Victor

Reader Stream or how CCLVI and Vision Access is motivating and encouraging you.

Until next time my friends, big smiles, Cheryl

Writing Works Wonder

by Cheryl McNeil Fisher

Writing Works Wonders invites you to join us on January 5, 2024, for an engaging conversation with the esteemed author Linda Lael Miller. Our invitation extends beyond just writers; it is open to fans of her many series who would relish hearing from her firsthand. This is your chance to ask that burning question you've always had.

I can't contain my excitement when an author agrees to join us, especially if they have been a constant presence in my life since my introduction to NLS Talking Books. It's a way of giving back to all of you who have touched my life.

Please pass the word along, and feel free to suggest authors you would like to see featured on our podcast. We record all contact attempts, including any unfortunate declines due to poor health. Rest assured, we genuinely

consider all your requests, but it takes several invitations to secure a guest.

Past podcasts, including episode 113 with Sandra Brown, can be found at www.WritingWorksWonders.com, www.acbmedia.org, and all major podcast platforms. Alternatively, simply ask your Alexa device to play the Writing Works Wonders Podcast.

As we approach the holiday season, myself, Dr. Kathy King, and the entire Writing Works Wonders Team wishes you all peace and smiles.

Autonomous Vehicles- So Much More than a Cool Date Night Notion: Part 1 – Look Ma, No Hands!

by Ron Brooks

Introduction – It All Began on a Date Night

I have spent 30 years working in the public transit industry to make transit and paratransit services more accessible for people with disabilities, and I've spent a more than 50-year lifetime being first low vision and then blind. And when the time finally came to take my wife of 27 years (who is also blind) on a date in a Waymo autonomous

vehicle that didn't have a nosy driver interrupting our quiet conversation or using his rear-view mirror to watch us hold hands in the backseat, I thought I had died and gone to Heaven.

That was January of 2023, and since then, I've taken dozens of trips around Phoenix using Waymo One, a commercial rideshare service operating throughout portions of Phoenix and the nearby suburbs of Tempe, Chandler, Gilbert, and Mesa. I've visited coffee shops, gone shopping, run downtown for meetings, enjoyed additional date nights with Lisa, and have even gotten myself, my guide dog, York, and my baggage to the Phoenix Sky Harbor International Airport for a number of business trips, including a trip I just took to New Orleans last month. I have also written and spoken about autonomous vehicles (Avs for short), and I've been a voice within my industry and within the disability community for the quick development and deployment of Avs in the most accessible and inclusive manner possible.

As a writer and public speaker, it's essential to gain the attention of my audience, and Avs make this easy. Put simply, Avs are new and cool, and everyone has opinions about them, ranging from "You wouldn't catch me dead in one of those things," to "I'll buy one as soon as they're available." I love the engagement, but there's also a good

bit of ignorance and uncertainty about what Avs are, about the extent to which they're accessible, about whether or not they're actually safe, and even about whether they really exist. Yep, there are people who actually believe that Avs are a giant hoax—not real at all. So, when I was invited to write a piece on AVs for CCLVI's newsletter, I gladly accepted, and here it is—in two parts. Part 1 will focus on the meaning of “autonomous” and on some of the potential use cases for this rapidly evolving technology.

What Does Autonomous Mean?

The terms “Autonomous Vehicles” and “Autonomous Driving” mean very different things to different people. For example, if you ask the average American, “Name a type of self-driving car, most will answer “Tesla.” In point of fact, most, if not all, vehicles built and sold by Tesla are not really autonomous. A driver is required to intervene frequently, and failure to do so can have catastrophic results. To create some clarity around what “autonomous” means, the Society of Automotive Engineers (SAE) created a scale which is laid out in an SAE publication titled “Levels of Autonomous Driving.” The scale ranges from 0 (no autonomy) to 5 (full autonomy). Most so-called “autonomous vehicles” fall somewhere in between. For the purposes of our two-part discussion, we will focus on SAE Levels 4 and 5 because both levels refer to vehicles that operate autonomously—no driver required. The only

difference is that vehicles classified as SAE Level 4 can only operate inside a geofence—an area that is fully mapped, and SAE Level 5 vehicles, at least in theory, can operate anywhere. (By the way, in case you're wondering, most Tesla vehicles operate at SAE Level 3 autonomy, which means that the vehicle can operate autonomously sometimes and requires human intervention at others.)

Potential Uses for Autonomous Vehicles

Given that the ultimate goal of AV manufacturers is to replace human-operated vehicles, the potential use cases for Avs are the same as for human-operated vehicles. Put another way, if you can imagine a way that someone might use a car, truck, SUV, van, or bus, then an AV should eventually be able to do the same thing. Of course, some of these use cases will come more quickly than others. Here are a handful of passenger transportation use cases where Avs may begin operating more quickly.

- Service that circulates within a residential community, office park, along a resort corridor, or within a university or medical campus – These environments are typically (although not always) relatively small and controlled by a private entity, which makes mapping and service deployment easier. The types of vehicles providing these services are often small minibusses or vans which can operate on a planned route and at a relatively slow

speed of about 35 miles per hour or less. A number of AV providers have already operated pilot projects just like this, including a gated residential community in Southwest Florida, the Mayo Clinic in Jacksonville, FL, a circulator in Yellowstone National Park, and others.

- **Microtransit** – Microtransit refers to an app-based on-demand transportation service that operates within a relatively small defined service area. Although no two microtransit programs are exactly the same, most allow customers to use an app or a call center to call and request a trip between either their pick-up address or a nearby street corner and a nearby transit center or station. AVs are not yet providing microtransit, but because many of the characteristics of circulator services and microtransit are similar, it is likely that microtransit will be an early use case for AV technologies and services.
- **Rideshare Services** – There are a number of AV service providers, including Waymo, Cruise, and Xoox which are developing vehicles that are tailor-made for rideshare fleets—think Uber and Lyft without drivers. Both Waymo and Cruise have launched full operations within select markets—although as of this writing, Cruise operations are suspended in the wake of an accident in which a woman was struck by a human-

operated vehicle and knocked into the path of a Cruise vehicle, and then she was also subsequently hit by the Cruise vehicle. In both cases, services operate much like other rideshare services. Customers download a mobile app, which they can then use to request trips, monitor the status of their rides, and then pay for service. The mobile apps also allow customers to carry out other functions that are specific to autonomous vehicles, such as locating the car once it has arrived, unlocking the car door, and getting navigational assistance between the drop-off location and the customer's ultimate destination, which may be located away from where the vehicle is able to safely park.

- Pre-scheduled and On-demand Paratransit - A growing number of transit agencies are incorporating the use of rideshare services like UZURV, Silver Ride, Uber, and Lyft into their paratransit programs, and in 2019, Valley Metro, the local transit agency serving the Phoenix area, conducted a pilot program bringing AV service provided by Waymo into its RideChoice paratransit on-demand program. Meanwhile, Access Services in Los Angeles is also working to bring Avs into its ADA paratransit program, so there is definitely interest for expanding the use of Avs to transport older adults and people with disabilities.

Coming Up in Part 2

Vehicles are becoming more autonomous, and there are lots of potential ways we can put them to good use. But what about accessibility? And what about safety? In the next installment of our two-part series, we'll explore both topics and provide some thoughts on when you might encounter one of these autonomous vehicles in the wild just outside your front door.

About the author: Ron Brooks lives in Phoenix, AZ. He is a long-time member of ACB and a 30-year veteran of the public transit industry where he is focused on making bus, rail, paratransit, and other services accessible and equitable for people with disabilities. As a believer in the power of emerging technologies to transform lives, Ron regularly writes and presents on the potential of autonomous vehicle technologies. To learn more, find him on LinkedIn at <https://www.linkedin.com/in/ron-brooks-066b174/>

Maintaining Eye Health through Diet

by Katie L Friedman, LDO

We've all heard various health gurus and diets promote specific vitamins, supplements, or dietary regimens for

weight loss and overall well-being. Vegan, paleo, fancy cooking gadgets, and diets like grapefruit, Atkins, and Mediterranean have all had their moments in the spotlight.

However, my approach to diet and health is different. It's about finding a sustainable food plan tailored to your needs and lifestyle.

My journey started with a specific goal: preserving my eyesight and vision health. This quest led me to discover the importance of Lutein and Zeaxanthin, two essential vitamins for nourishing the macula, a part of the eye critical for central vision. Age-Related Macular Degeneration (AMD) is a condition that can lead to vision loss, and my grandmother's experience with it made me more proactive about my own eye health.

As we age, our vision changes, and common issues like reading difficulties and night vision problems emerge. Some people even transition rapidly from normal vision to low vision or blindness, which is unfortunate. To address these concerns, I focused on incorporating foods into my daily routine that support macular health.

Here's a suggested plan: Consume at least three foods rich in Lutein and Zeaxanthin daily. These compounds are

carotenoids, found in fruits and vegetables, and are crucial for eye health. They act as antioxidants, protecting the eyes from free radicals and filtering out harmful blue light, which is particularly helpful for those who spend long hours in front of screens.

While carrots are often touted as eye-friendly due to their beta-carotene content, they're ninth on the list of foods containing Lutein and Zeaxanthin. Dark leafy greens, such as spinach, green peas, summer squash, pumpkin, Brussel sprouts, broccoli, asparagus, romaine lettuce, carrots, and pistachios, top the list.

Incorporating three of these foods into your daily diet can be simple. For instance, swap iceberg lettuce for romaine lettuce in your salad, add some baby spinach leaves, and toss in carrot slices, shreds, or cubes. If you're feeling adventurous, throw in some broccoli, asparagus, green peas, or Brussel sprouts.

For those who may not be dairy-friendly as they age, almond milk is an excellent alternative. I've started making green smoothies using kale, spinach, carrots, apples, bananas, assorted frozen fruits, berries, and almond milk. This concoction provides the necessary Lutein, Zeaxanthin, and essential vitamins for eye health, all in one tasty package.

Creating these smoothies is quick and easy. Simply use the ingredients you have in your kitchen to experiment with various fruit and vegetable combinations. By incorporating salads and smoothies into your daily routine and taking eye vitamins, you can be confident that you're proactively caring for your eye health and vision.

In summary, rather than adhering to restrictive diets or relying on supplements, consider focusing on incorporating foods rich in Lutein and Zeaxanthin into your daily meals. This sustainable plan is tailored to a healthy lifestyle by nourishing the macula and supporting eye health as we age. Whether it's through salads, smoothies, or other creative dishes, making these nutrient-rich foods a part of your routine can be a tasty and effective way to care for your eyes and vision.

Behind the Wheel: A Bioptic Lens Perspective with Michael Smitherman

by Cheryl McNeil Fisher

Were you a driver at one time? Have you always wanted to drive but were told to stop dreaming and accept what you have? Driving a car is something many of us take for

granted. I know I did, never imagining driving home one December night would be the last time I drove my beloved Volvo.

For Michael Smitherman, who was born with a visual impairment, it felt like an impossible dream.

“Grant me the Serenity to Accept the Things I Cannot Change, the Courage to Change the Things I Can, and the Wisdom to Know the Difference.” The Serenity Prayer.

Michael accepted what he could not change, but he had the courage to walk through the door of opportunities when presented with an incredible possibility. He defied the odds and turned his dream into a reality.

I am honored to share the following conversation with Michael and how bioptic glasses have transformed his life. From the challenges of learning to drive later in life to the techniques he uses to drive safely, his journey is a testament to the power of assistive technology and the human spirit. Michael's story is one of hope and determination that will motivate and uplift anyone facing similar barriers.

How it Began

Q: Michael, what is your eye condition, and how did you learn about bioptic lenses as a treatment option?

A: I've been legally blind since birth due to congenital cataracts. I learned about bioptic lenses while I served as president of MS Coalition for Citizens with Disabilities. During the time of my presidency, we (the Coalition) were advocating to pass a bioptic driving law in the State of Mississippi. Mississippi passed the Bioptic Driving Law in 1999 and finished the regulations for bioptic driving in the fall of 2001. The bioptic lenses enhance your vision to a point that allows for daytime driving.

Q: Please walk us through the full process of getting approved to use bioptic lenses for driving, including any training required.

A: In the summer of 2001, during a visit with my rehab counselor, my counselor made a doctor's appointment with Dr. Glen Stribling, a local optometrist who was certified in bioptic. Dr. Stribling determined that I qualified as a candidate for bioptic driving. Dr. Stribling had me come to his office for three visits for training with the bioptic. The training consisted of reading from one corner of a diagram to another as quickly as possible, as well as up and down and across. After completing the three visits with Dr. Stribling, I then had to go and take a vision test with the Department of Motor Vehicles (DMV) and apply

for a learner's permit. After I received my learner's permit, members of my family and friends let me drive their cars/trucks for practice before my training with a bioptic driving instructor. I started my driver training on January 7, 2002, which consisted of 21 hours behind the wheel in heavy traffic, construction areas, and in places I had not driven before when practicing. After finishing the training with Nancy Prusick, my bioptic driving instructor, I then went to the DMV and applied for my driver's license, which included a written test and a road test with a member of the DMV. I received my license on March 28, 2002, at 2:53 p.m.

How Life Changed

Q: How have the bioptic lenses impacted your day-to-day life, and what adjustments did you have to make to get used to driving with them?

A: The first thing that comes to mind is that I didn't have to wait on a ride to go somewhere, whether it be just for fun or going to work. I first felt the benefit of it Easter Sunday of 2002, because I was able to attend the Easter service at our church without looking for a ride. I was able to drive myself! As far as making adjustments, my optometrist suggested that I wear the lenses while around the house in order to get used to them.

Q: What restrictions come with using bioptic lenses for driving purposes, and how often do you get your lenses and vision checked?

A: I only have one restriction, and that is no nighttime driving. As my optometrist said, “You should be headed toward home when the sun goes down.” I get my lenses and vision checked once a year.

Q: Do you feel the bioptic lenses allow you to drive as safely as someone without your vision condition? Why or why not?

A: Yes, I most certainly do. I would say that the driver training with the bioptic lenses makes you more aware of your surroundings, and if your bioptic driving instructor teaches you to drive according to the rules of the road in whatever state you live. My instructor would not pass me off unless I did a perfect drive.

Beyond Vision: The Full Requirements for Bioptic Driving

Q: What advice would you give someone considering bioptic lenses to improve their vision and driving ability?

A: I would tell anybody who meets the vision requirements and wanted to drive, to “go for it!” Bioptic driving is not suitable for everyone who meets the vision requirements.

Numerous factors determine one's ability to be a safe driver. In certain situations, split-second decisions are necessary to prevent accidents. Good reflexes are crucial for all drivers. I mention this not to discourage, but to emphasize that driving requires more than just good vision.

Q: Is there anything else you'd like to share about your experience?

A: I am so grateful for my baby sister, Sarah, who supported me by letting me drive once or twice a week to practice for my training, which helped me to ultimately obtain my driver's license. One thing I would suggest for anyone driving with a bioptic lens would be to purchase a GPS. It will keep you from getting lost 99 percent of the time. I say that because that's happened to my wife and me a few times. Also, don't be surprised by the expense of owning and upkeep of your automobile. It shocked us when we learned that we now had a car payment, car insurance, and fuel, and had to figure those items into our budget. Finally, when looking for that perfect vehicle, be sure you find one with as few blind spots as possible. I am grateful for the opportunity to share Michael's story with you and I hope you found it as captivating as I did.

Affiliates Corner

The Delaware Valley Council of Citizens with Low Vision (DVCCLV) is spreading its wings

by Glenda V. Such, M.Ed., President

DVCCLV has expanded its offerings to people across North America. Our monthly Zoom meetings with either guest speakers or group discussions have found their way into the lives of people in such places as Florida, Iowa, Michigan, North Dakota, Nevada, New York, Texas, Massachusetts, Virginia, California, Oregon, Illinois, Oklahoma, Indiana, Montana, Canada, and more.

Past speakers have included:

- Independent Living Aids discussing their products and services
- BARD sharing their history, offerings, and how to get enrolled
- NFB Newsline sharing their history, services, and online as well as telephone connection to publications
- Reader's Digest Partners for Sight sharing their history, grant offerings, and weekly bulletins
- University of Pennsylvania's Medical School Mindfulness Program discussing their history and

current offerings along with a Mindfulness practice session

- Computers for the Blind sharing their history, offerings, and how to get a low-cost system with JAWS and/or ZoomText, and
- Bette Homer, M.S. on cooking with a microwave, lighting, and contrast inside and outside the home.

Over the past 18 months, discussion topics have included:

- If you could see one weekend every single month, what would you do the first weekend you could fully see?
- How do you handle going to new places?
- If you met a newly visually impaired person, what would you tell them first and why?
- How to tell someone new about your Low Vision, and
- Ways to do things with Low or No Vision.

To learn more and/or to receive the link to join our monthly Zoom meetings, email us at lowvisionnow@hotmail.com.

We look forward to you joining our free Zoom meetings.

Reaching Out to Those with Low Vision in California

by Cathy Schmitt-Whitaker

CCCLV is energized by sharing information about low vision and the benefits of CCCLV membership.

In October, CCCLV conducted an informative presentation for the California Council of the Blind chapter and affiliate presidents. In this session, presidents learned more about what low vision is, various needs and technologies used by people with low vision, and were encouraged to let their members know about CCCLV opportunities.

Additionally, members of CCCLV are creating an interest letter and handout about services and benefits of CCCLV to distribute to interested community members, services that support people who have vision loss, and professional organizations within California.

Strengthening membership will be a focus in 2024. If you live in California, we welcome you to join us!

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-Info 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 DVCCCLV 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.

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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