



# VISION ACCESS

Council of Citizens with Low Vision International

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Point and Click  
Your Way to CCLVI



## Remembering Fred W. Scheigert



Standardbred owner Fred W. Scheigert passed away on July 20, 2022 after a short illness. He was 71.

Mr. Scheigert was born April 25, 1951. He spent his early childhood in New Jersey before moving to Florida, where he attended Florida State University and

graduated with a degree in political science.

He had many interests beyond his family and friends, including watching Indy Car racing, bowling, being an active member of the Lions Club, and he had a love of geography and travel, especially cruises of all lengths and destinations. A stop in New Zealand brought him to one of his biggest passions: harness racing.

Mr. Scheigert went on to be involved with over 150 horses, and raced at nine different racetracks in five states over a 20-year span. He dabbled in breeding for a few years, and was known for his giant heart as an owner — buying back

horses he had previously owned just to give them a retirement they deserved.

A perpetual donor to New Vocations and the Standardbred Retirement Foundation, Mr. Scheigert was a well-known and prominent owner at his home track, Saratoga Casino Hotel, where he could be seen at most race cards wearing his red stable jacket, cheering on his horses, and putting his \$20 win bets on all of his horses — no matter their posts.

For well over 20 years Fred has funded the CCLVI scholarship program for students with visual impairments. Fred not only provided the scholarships, he also paid for the winners to experience the CCLVI convention in conjunction with the American Council of the Blind Conference and Convention. The CCLVI Fred Scheigert scholarship program has been in the top 10 of scholarship programs for those with visual impairment for many years.

Fred's wife, Alexa Poli-Scheigert, is dedicated to continuing the scholarship program. Alexa not only wants it to continue but has added a 4th scholarship. Each year scholarships have been awarded to one freshman, one undergraduate, and one graduate student and this year we have added a second freshman scholarship.

Anyone knowing Fred over the years knows that he was such a soft-spoken dedicated member and supporter of CCLVI.

Source: July 29, 2022, from the USTA Communications Department

Photo Caption: Fred Scheigert wearing his favorite color red jacket with Scheigert Racing written on the upper left chest. Fred is wearing glasses with a magnification device attached. A horse's head resting in his hand. The horse is a beautiful chocolate brown Standardbred horse.

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## **2023 Scheigert Scholarship Winners**

**Samantha Donovan: Freshman Winner**

**Emmit Glover: Freshman Winner**

**Kevin Cohen: Undergraduate Winner**

My name is Kevin and I am a rising Senior at Binghamton University in New York. I am studying accounting and economics, and hope to pursue a career that encompasses these fields. I have always been passionate about my academics and extracurriculars, and I have

involved myself in activities that have interested me. I have been a teaching assistant for the past three semesters for the introductory accounting course at my university. I also consult for technology startups as part of an international student-led consulting group. Throughout my life, I have leveraged the challenges that I have faced due to my visual impairment, and used them to my advantage. Specifically, self-advocacy has become an integral part of my skill-set, both in terms of my disability and my career. I am so grateful to be awarded the Fred Scheigert Scholarship by CCLVI and hope to use this award to help propel me forward in college and beyond.

### **Sandi Owens; Graduate Winner**

Everyone is driven by something, whether it be an experience, love, wealth, or a traumatic event. These moments are what shape us. Therefore, the common question is, “What drives you?”

My specific memory was during high school and the exact moment my life changed. It was a typical day in U.S. History class. The teacher asked me to read aloud from the textbook and when I looked down at the page, I was unable to see. I was immediately rushed to the hospital and was told that I had retinal detachment in the right eye, as well as fluid leakage (I also had Bilateral Morning Glory

Anomaly). Being told this at 17 would probably break a young adult, but that only created a pathway to my success. I was able to continue with my dreams of becoming an educator by completing four years of college and earning a bachelor's degree in Mathematics at Methodist University.

As a person who is legally blind, I strive to accomplish more than most. I was a middle school math teacher for eleven years. In 2016 I was awarded Teacher of the Year at East Hole Middle School in Raeford, North Carolina. In 2017 I made the decision to teach abroad, in Kuwait, on a two-year contract. This was a great opportunity and learning experience. Interacting with different cultures was a learning experience—teaching me multiple languages, types of foods, and other cultural practices. I have had the opportunity to travel to several different countries and meet great people.

Although my vision has progressively decreased, I am still driven. As an active graduate student at NCCU, I am focused on becoming a Teacher of Students who are Visually Impaired and Blind, as well as a Certified Instructor of Assistive Technology. With these certifications, I will be able to provide services and resources to people who are visually impaired or blind. I currently teach IOS accessibility at the Vision Resource

Center in Fayetteville, NC. I believe that my journey will continue to serve as a roadmap to success for the visually impaired community by encouraging, inspiring, and supporting individuals in need.

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## **President's Message**

I would like to invite each of you to participate in our upcoming convention. We have a great program lined up.

Our annual business meeting information will be sent June 23 to the members-only email list. It will contain the Zoom link to our business meeting and whom you should contact for affiliate voting. If you are not on that email list, you will receive a phone call with the same information.

I encourage every one of you to contribute to the affiliate vote by either calling, texting, or emailing your choice to the designated contact during the ACB Elections and any other votes being taken by ACB that involves a roll call.

Thank you, everyone, for your support of CCLVI.

Patti Cox

President, CCLVI

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# **CCLVI Programming at the 2023 ACB National Convention**

CCLVI Annual Business Meeting

Saturday, June 24: 2:30pm and 4:00pm - Virtual

CCLVI Vendor Showcase

Sunday, July 2: 1:00pm - In Person

Can't wait to experience new tech at the exhibit hall? Whet your appetite for accessibility as vendors demonstrate new assistive technology. Play with gadgets, ask questions, and plan your time in the exhibit hall.

The Four "I"s of Low Vision

Monday, July 3: 2:30pm - Hybrid

Identifying as a person with low vision or blindness has its challenges. This session discusses identity, individuality, independence, and inclusion as you walk through the physical, mental, emotional, and spiritual journey of life.

Come share your experiences, support others, and learn.

Facilitator: Cassie Trospen, Mental Health and Wellness Committee member, North Bend, OR



Dance into the Roarin' 20s with CCLVI

Tuesday, July 4: 8pm-12am - In Person

Pull out your flapper dresses, hats, and dancing shoes and cut a rug into the 20's. Bring a partner or friend for a dance, sip themed cocktails, and win prizes. Along with door prizes, we will award the best dressed individual, best dressed couple, best dancer, and more!

Explore the Levels of Low Vision Technology

Wednesday, July 5: 4:00pm - Hybrid

Do you love the flashiest new tech? Maybe you prefer no-tech options or something in between. Come explore high tech, low tech, and no tech solutions for people with low vision.

- Facilitator: Mikey Wiseman, Senior Job Developer, Hialeah, FL
- Panelist: Cheryl McNeil-Fisher, 2nd Vice President, Guide Dog Users, Inc. (GDUID) and "MacGyver", Wallkill, NY
- Panelist: Zelda Gebhard, CCLVI 1st Vice President and Membership Chair, Edgeley, ND
- Panelist: Charles R. Cronin Jr., Computer Operator, Hempstead, NY
- Panelist: Jessica Dail, Blind Information Technology Specialists (BITS) and Michigan Council of the Blind

and Visually Impaired (MCBVI) Technology Committee member, Davison, Michigan

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## **CCLVI Fundraising News**

by Kathy Farina

The Fundraising Committee has some exciting events planned. Starting June 18, we will sell tickets for the Summer Drawing. Tickets are \$10 each, and will be sold online and in person at the ACB National Conference and Convention. First prize is \$500, second prize is \$100, and third prize is a collection of goodies from Tastefully Simple worth \$90. The winning ticket will be drawn at CCLVI's Game Night on Monday, July 24. For more information and to buy tickets, go to [www.cclvi.org](http://www.cclvi.org).

The CCLVI Firecrackers will be participating in the ACB Brenda Dillon Memorial Walk again this year and we want you to join us. You can walk with us in person at the convention, just before General Session on Sunday, July 1. But if you won't be in Schaumburg, IL, you can get family, friends and colleagues to sponsor you as you walk in your neighborhood, and you can support our team by making a donation.

To join the walk team and/or make a donation, visit <https://secure.qgiv.com/event/acbwalk2023/team/924696/donate/>

Half of the funds we raise go to ACB, and the other half to CCLVI. We appreciate your support!

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## **Tech Tips: Navigation Apps**

by Cheryl McNeil-Fisher

There are many apps available for navigation. I live in a village and after much trial and error, both at home and recently on vacation (and downloading and deleting more than I can remember), I have found the following apps work for me. Keep in mind, there may be better apps for those who live in cities, like AIRA and Blind Square. I am sharing IOS app store links, but if you use an Android, these apps will be available on Google Play as well. They are all free and some have paid upgrades.

### **1. Track My Journey**

A top-ranking app in Navigation 2023

"We are serious about mobile UX and an app should be simple. By simply clicking start and stop, you can track your entire journey. You will be amazed to see how easy it

is to use. Let family and friends know where you are. Share your experience with photos."

<https://apps.apple.com/us/app/track-my-journey-save-trips/id1278152021>

## **2. GPS Tracks**

As Featured by Apple in the Apps We Love and Must-Have Navigation Apps section.

Track your outdoor activities and favorite destinations.

"One of the better GPS apps for sporting enthusiasts for the iPhone..."

<https://apps.apple.com/us/app/gps-tracks/id425589565>

## **3. Google Maps**

Some may prefer Apple Maps, but I find it easier to use Google Maps, which you can access on IOS and Android.

I can save my favorite locations, get directions, and see what is around. Put on an earbud or, use a bone conducting headset that sits outside the ear to allow you to hear what is going on around you.

<https://apps.apple.com/us/app/google-maps/id585027354>

## **4. Seeing AI**

Seeing AI can be used for indoor navigation. It has additional tools like facial, bar code, money, and color recognition, and document readers. Check it out.

Navigation is imperative when you are in a new hotel or resort. The app allows you to set sound markers. You'll be able to find your way back to your room; isn't that great?

<https://apps.apple.com/us/app/seeing-ai/id999062298>

## **5. Seeing Assistant Move**

Makes it easy to explore your direct surroundings. You can touch virtual maps and check street orientation as well as locations of places of interest. This program supports voice commands, which eliminates the need for typing while on the move. You can also navigate without having to constantly be online, thanks to this feature.

Seeing Assistant Move is an innovative application designed specifically for people who like discovering new things around them without being tied down by Internet connections or expensive roaming charges when abroad - perfect if one loves traveling but doesn't want their phone bill skyrocketing due to exorbitant fees from international mobile networks. With its comprehensive map system and convenient voice command feature, this amazing software will make traveling easier than ever before, allowing users to enjoy every step they take during their journey with confidence, knowing they won't get lost along the way!

<https://apps.apple.com/us/app/seeing-assistant-move/id625286820>

And, don't forget about Be My Eyes. You will get a live person to help you if you are turned around and no one is nearby.

Be safe my friends. Keep exploring these apps and have fun. You're worth it!

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## **An Invitation to Explore APH CareerConnect (Part 2)**

Submitted by APH CareerConnect

This is the continuation of the article printed in the April 2023 Vision Access.

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.

### **Personal Employment Stories**

In the Personal Employment Stories section we highlight ordinary to out-of-this-world careers held by people who are blind or low vision from all walks of life. Whether you

are interested in finding out about a career in information technology, STEM, teaching, counseling, or something else, we've got your ticket to a front-row seat. Get ready to hear directly from blind and low-vision professionals from all walks of life as they share the ins and outs of getting a job, maintaining employment, and succeeding at work. If you are career curious and interested in discovering how blind and low vision people succeed and thrive at work, this is your page!

## **Virtual Worksites**

In the [CareerConnect Virtual Worksites: Accommodations for Workers Who Are Blind or Visually Impaired](#), we provide illustrations of workplaces with varying accommodations enabling individuals who are blind or low vision to access their worksites.

## **Mentoring**

As an older adult who is blind or low vision, your contributions to the younger and less experienced workforce is invaluable. Consider reading the following content pieces on mentorship:

- [Paying It Forward as a Visually Impaired Mentor – CareerConnect \(aphcareerconnect.org\)](#)
- [Mentorship multiplies: Mentoring benefits everyone and inspires future mentors – CareerConnect \(aphcareerconnect.org\)](#)

- [Six Guidelines for Establishing an Effective, Healthy Mentorship – CareerConnect \(aphcareerconnect.org\)](#)

The APH CareerConnect is continuing to evolve in order to provide for the modern-day blind and low vision career explorer. We want to remain your go-to source for interested job seekers and family members seeking timely and reliable information and more.

We encourage and welcome calls and emails to the APH ConnectCenter. To reach our toll-free line, simply call (800)232-5463. You can also contact us via email at [ConnectCenter@APH.org](mailto:ConnectCenter@APH.org). As you browse APH CareerConnect, the APH ConnectCenter Transition Hub, and our family of APH ConnectCenter sites, let us know what resonates with you.

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>
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# **Marking Sunscreen and More**

by Cheryl McNeil-Fisher

No matter how you choose to mark your sunscreen, it is important to make sure that the SPF number remains visible. Marking your sunscreen can help you stay safe in the sun and ensure that you are using the right level of protection for your skin type. Using permanent markers, puff paint, or bump dots will provide a longer solution than just writing with pen or pencil on a label. Additionally, use packaging tape over any printed labels so they won't wear off easily from sweat and water exposure during activities such as swimming or sports.

## **Permanent Markers**

Write the SPF number with a black marker on a piece of white Duct tape, then cover it with clear packaging tape. It will be easier to read.

## **Puff Paint**

You can use a contrasting paint, but it's not necessary. I used contrasting paint because it is easier to see the paint as I write. Tap the tube of paint and tip down to get air bubbles out. I use a paper towel for the first squeeze, so I don't get that poof of paint while writing. After writing your numbers, let it dry overnight. Put clear packaging tape

over the numbers before you put them in your beach bag. You will still feel the numbers through the tape, and your numbers will stay intact.

## **Bump Dots**

Wipe your sunscreen bottle with alcohol and dry to get a clean surface. Bump dots or your blingy dots will stick better.

- SPF 8 - Use 3 dots to form the number 8 or the letter H
- SPF 15 - Use one dot for the number one, then two dots to create the number five or letter E.
- SPF 30 - I only use two dots to create the number 3 or the letter C. I don't need to make the zero since I know it is 30. After marking, place a piece of clear packaging tape over the dots to keep them in place.

## **Tape**

Electrical, painters, or masking tape. This is what I do, but do what you will remember.

- I make an X with tape for number eight.
- I wrap one piece of tape around the middle of the bottle for 15 and three separate strips around for SPF 30.

## **Bottle Shapes**

Sunscreen comes in different shaped bottles and tubes, so choose different bottles or tubes for your different SPF's. The sunscreen for my face is a smaller moisturizer bottle with SPF 30 that does not sting my eyes.

## **Hats**

If you are worried about your face, I purchased Boonie hats during COVID that have removable masks, some vented and some nylon. Sunscreen, hat, sunglasses, and mesh mask over my nose to just below my chin, and I'm ready for the pool. The hats come in many different colors. Yes, you can coordinate different hats with your swimsuit or outfit. Or be creative and add a colorful band to the hat. The Boonie hats are usually unisex. For sun and those annoying gnats when gardening, some have removable lightweight coverings hanging from the back of the hat to the sides and a removable one for the front.

## **Beach Bag or Tote**

Make sure it is lined inside and waterproof for all your stuff! I use a bag by my pool every time I go out. I put a box or a couple of boxes to create sections in the bottom of the bag. It makes it easier to keep your lotions upright and compartmentalized. Whether using a tote or backpack, compartmentalize it to make your life easier

and you more independent. Most totes and backpacks have side pockets for drinks; you can use one for a drink and the other for your lotions. If going to the beach and everything fits in one bag, stick a spare bag inside. You can use it to separate your things when you are settled.

## **Bungees and Hooks**

I also love bungees and shower curtain hooks. Keep a few in your bag. You'll be amazed at what they can be used for. I gave my husband two to keep his towel from flying off his chair. He told me I was brilliant.

Remember to reapply sunscreen after swimming or exercise. And don't forget your SPF 30 or 50 lip balm.

Be smart, be safe and most of all, have fun.

If you have tips, please share them. We'd love to hear what works to make your life more manageable and you independent. Email us at [cclvivationaccess@gmail.com](mailto:cclvivationaccess@gmail.com)

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# Can You Pass the United States Citizenship Test?

The actual test contains 100 total questions. These questions (below) are pulled directly from the official citizenship test used by the USCIS (United States Citizenship and Immigration Service). Candidates for American citizenship must correctly answer six out of ten questions in an oral examination conducted by a USCIS officer.

## Questions:

1. What is the supreme law of the land?
2. What does the Constitution do?
3. The idea of self-government is in the first three words of the Constitution. What are these words?
4. What is an amendment?
5. What do we call the first 10 amendments to the Constitution?
6. What is one right or freedom from the First Amendment?
7. How many amendments does the Constitution have?
8. What did the Declaration of Independence do?
9. What are two rights in the Declaration of Independence?
10. What is freedom of religion?

## **Answers:**

1. Constitution
2. sets up the government; defines the government; protects basic rights of Americans
3. We the People
4. a change (to the Constitution); an addition (to the Constitution)
5. the Bill of Rights
6. speech; religion; assembly; press; petition the government
7. twenty-seven (27)
8. announced our independence (from Great Britain); declared our independence (from Great Britain); said that the United States is free (from Great Britain)
9. life; liberty; pursuit of happiness
9. You can practice any religion, or not practice a religion.

Source:

<https://studenthandouts.com/social-studies/civics/civic-participation/united-states-citizenship-test-us-ins-naturalization.html>

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## **Cooking Corner: Summer Salads**

### **Berry Me Make Ahead Salad**

makes 1 quart (wide-mouth mason jar)

#### **Ingredients:**

- 1 Cup frozen raspberries
- 1 Cup frozen blueberries
- 1/2 cups Frozen strawberries
- 1/4 Cups Vanilla or plain Greek yogurt
- 1 Cup vanilla almond milk

#### **Instructions:**

1. Store frozen and fresh fruit in a mason jar, seal the jar tightly with the lid. When you are ready to enjoy add your liquids of choice and yogurt and blend. enjoy directly from the jar.
2. If you have frozen the fruit in the jar let the jar sit on the counter for about 2-3 minutes before you bend it so the frozen fruit start to thaw.

## **Cucumber Salad Three Ways**

### **Version 1**

#### **Ingredients:**

Cucumbers, Tomatoes, Onions, Feta cheese

### **Version 2**

#### **Ingredients:**

Cucumbers, Strawberries, Feta cheese

### **Version 3**

#### **Ingredients:**

Cucumbers, Spinach, Strawberries, Feta cheese

#### **Instructions for all versions:**

Add raspberry vinaigrette to them all

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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 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](mailto:CCLVIVisionAccess@gmail.com)