

Lehigh Valley

Client Activities Bulletin

July-August-September 2018 | Volume 8, Issue 3.1

This quarterly bulletin lists **activities available for our visually impaired clients in the Lehigh Valley**. These activities are held at our Lehigh Valley campus and locations in the community. Select activities are offered for clients of both our Lehigh Valley and Monroe campuses.



Reservations are required for agency transportation 7 days in advance. Transportation tickets are \$3.00 each way.

Please note the following abbreviations for transportation types. There is at least one abbreviation after each activity description.

TA Transportation **A**vailable from the Center for Vision Loss
Lehigh Valley: Call 610.433.6018, Ext. 226
Monroe County: Call 570.992.7787

TOYO Transportation **O**n **Y**our **O**wn
If someone drives you to an activity, then they may stay for the activity.

Lehigh Valley 610.433.6018 | Monroe County 570.992.7787 | CenterforVisionLoss.org

What's New?

Free Tickets Available to See Comedian Josh Blue in Bethlehem

Comedian Josh Blue will perform at the Lehigh Valley Charter High School for the Arts in Bethlehem, PA, on Thursday, July 12, at 3:30 p.m. The arts council will provide approximately 15 complimentary tickets to the show. If you are interested, please call the Center for Vision Loss to add your name to the first-come-first-served event list. Josh Blue, a winner of NBC's Last Comic Standing competition, focuses much of his self-deprecating humor around the fact that he has cerebral palsy. Josh Blue's performance is part of an arts council Champions of Inclusion event that starts at 1 p.m. You may arrive earlier if you wish. The event also includes a trade fair and two breakout sessions that highlight ways to empower people with disabilities. **Transportation is on your own.** For more information, visit the Lehigh Valley Arts Council website at LVArtsCouncil.org

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Transportation Available Through Go Go Grandparent Service

Some agency clients have benefitted from using the Go Go Grandparent service for transportation. While similar to Uber or Lyft, this service also can be used by people who do not have smart phones. For more information or to register, call 855.464.6872 or visit GoGoGrandparent.com.

Lehigh Valley Low Vision Store Closed June 29

The agency's Low Vision Store in Allentown will be closed on June 29 for inventory.

Clients Encouraged to be Partners in Research

The Good Shepherd Rehabilitation Network and the Disability Friendly Community of the Lehigh Valley have partnered with the Muhlenberg College Institute of Public Opinion to hold a series of community focus groups for people with disabilities. Focus groups will be held at several locations in the Lehigh Valley. Participants will receive a \$50 gift card as a token of appreciation. The Center for Vision Loss encourages its low vision clients to participate. Interested clients should call right away because the groups may conclude their work by the middle of July. There are three ways to participate:

1. Text "DisabilityFocus" to 555888
2. Call Lanethea Mathews-Schultz at 484.664.3737
3. Email to mathews@muhlenberg.edu

Additional information is available on the web at DFCLV.org.

Agency Welcomes New Staff Members

- Bernadette Porter is the agency's new Development and Marketing Assistant, working at the Lehigh Valley campus.
- Cheryl Cancel is the new Transportation Coordinator for the agency's Monroe County campus.

Lehigh Valley Activities

Please Note

- If you are expecting a confirmation call about a ride, please remember to check your voice mail.
- Transportation will be limited from July 16-19 and July 23-26 during our children's summer camp.

Lehigh Valley Mall Walk (Very Important Peer Support – VIPS)

- **Topic: Leisurely Stroll Around the Lehigh Valley Mall.** Discuss topics related to vision loss and healthy living. Come and make new friends. All are welcome.
 - **Information:** Call Rita Lang at 610.433.6018, Ext. 226
 - **Dates:** Wednesdays – July 11 and 25; Aug. 1, 8, 15, 22, and 29; Sept. 5, 12, 19, 26; No walk on July 18 during summer camp
 - **Time:** 9 a.m. to 10:30 a.m.
 - **Transportation:** TA (NOTE: Transportation not available from all areas)
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New Client Session

- **Topic: Turning Challenges into Opportunities.** This four-part information series is designed specifically to help new clients explore the range of agency services and programs available to them as they adapt to vision loss.
- **Dates:** Tuesday, Aug. 28; Tuesday, Sept. 4, 11, 25
- **Time:** 10 a.m. to 11:30 a.m. all dates except Sept. 25; time on Sept. 25 is 5 p.m. to 6:30 p.m.
- **Transportation:** TA

Support Groups

- **Topic: General Support Group.** Facilitated by James Van Horn. All are welcome. Join fellow clients who share similar concerns and experiences about living with vision loss.
 - **Dates:** Thursday, July 5; Thursday, Aug. 2; Thursday, Sept. 6
 - **Time:** 10 a.m. to 11:30 a.m.
 - **Transportation:** TA
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- **Topic: Men's Club House.** This group is for men only. Topics and activities vary.
 - **Dates:** Thursday, July 12; Thursday, Aug. 9; Thursday, Sept. 13
 - **Time:** 10 a.m. to 11:30 a.m.
 - **Transportation:** TOYO
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- **Topic: Women's Craft and Chat.** This group is for women to build independence, confidence, and communication skills. Bring a lunch or money to order out. Lunch will be from 12 p.m. to 12:30 p.m., followed by a women's discussion group. Topics pertain to women's issues related to living with vision loss. July: Best Essential Oils and Their Benefits; August: Making Mosaic Tile Trivets; September: Creating Mini Wire Trees. Please note that there is an \$8.00 materials fee for the August class.
- **Dates:** Tuesday, July 10; Tuesday, Aug. 14; Tuesday, Sept. 18
- **Time:** 10:30 a.m. to 1 p.m.
- **Transportation:** TOYO

Support Groups – Continued

- **Topic: Spanish-Speaking Client Gathering.** Facilitated by Dulce Castro. Topic to be announced.
 - **Date:** Thursday, Aug. 16
 - **Time:** 10 a.m. to 11:30 a.m.
 - **Transportation:** TA

 - **Tema: Hispanohablantes cliente reunión.** Facilitado por Dulce Castro. Tema a anunciar.
 - **Fecha:** Jueves, 16 de Agosto
 - **Hora:** 10 a.m. a 11:30 a.m.
 - **Transporte:** TA
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Visionaries Activities

- **Topics: August: Summer Picnic at Louise Moore Park,** 151 Country Club Road, Pavilion 2, Easton, PA. Sign up and bring a covered dish. Hamburgers, hot dogs, and drinks will be provided by the agency; **September: Understanding the Benefits of Healthy Eating and Living.** Facilitated by Andrea Barnes, Dietitian for Weis Markets.
- **Dates:** Thursday, Aug. 30; Thursday, Sept. 27 (No activity on July 26 due to summer camp)
- **Times:** August: 11:30 a.m. to 2 p.m.; September: 10:30 a.m. to 1 p.m.
- **Transportation:** TA

Lifeskills Education

- **Topic: The Braille Bunch.** Facilitated by Annette Gozzard. This activity is designed for continuing, entry level braille readers. The group will focus on reading and writing uncontracted braille. Some experience is required.
 - **Dates:** Monday, July 9; Monday, July 30; Monday, Aug. 13; Monday, Sept. 10; Monday, Sept. 24
 - **Time:** 10 a.m. to 11:30 a.m.
 - **Transportation:** TA
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- **Topic: CPR Anytime.** Learn the basic lifesaving resuscitation skills of CPR, Automated External Defibrillator (AED) awareness, and choking relief. NOTE: This program is not a certified CPR course, rather a basic class in hands-on technique. Bring a lunch or money to order out.
 - **Date:** Tuesday, Aug. 7
 - **Time:** 10:30 a.m. to 12:30 p.m.
 - **Transportation:** TOYO
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- **Topic: Eccentric Viewing, Mini Session.** Facilitated by Dianne Michels. Designed to help individuals living with Macular Degeneration minimize the impact of the spot – or distortion/blurriness – that they may have near the center of their vision. This program is limited to four attendees.
- **Date:** Monday, Aug. 20
- **Time:** 10 a.m. to 11:30 a.m.
- **Transportation:** TA

Lifeskills Education – Continued

- **Topic: Peach Perfect.** Facilitated by Dianne Michels. Those who join us for peach picking on Aug. 21 can create the most delicious “peach perfect” recipes. Cost is \$5.00. Bring a lunch.
 - **Date:** Thursday, Aug. 23; See page 11 for the picking event
 - **Time:** 10:30 a.m. to 1 p.m.
 - **Transportation:** TA
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- **Topic: So You Can Sew.** Facilitated by Dianne Michels. Are you having difficulty mending simple garments or sewing on a button due to vision loss? This class provides basic adaptive techniques for hemming garments and sewing on buttons. You must have feeling in your fingertips to participate. Bring a lunch or money to order out.
 - **Date:** Thursday, Sept. 20
 - **Time:** 10 a.m. to 12:30 p.m.
 - **Transportation:** TA
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Assistive Technology Programs

- **Topic: Let’s Talk Tech.** This series of workshops is designed to help you better understand assistive technology devices. These next few sessions are a continuation of exploring accessibility features of the iPhone, iPad and iPod Touch.
- **Dates:** Monday, July 2; Monday, Aug. 27; Monday, Sept. 17
- **Time:** 10 a.m. to 11:30 a.m.
- **Transportation:** TOYO

Assistive Technology Programs – Continued

- **Topic: iOS Device Info Group.** Gain a better understanding of accessibility features and useful apps. You must have an iOS device to participate. Bring money for lunch.
 - **Dates:** Wednesday, Aug. 29; Wednesday, Sept. 26
 - **Time:** 11 a.m. to 1:30 p.m.
 - **Transportation:** TOYO
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Enrichment Programs

- **Topic: 2018 Audio Described Performances at Pennsylvania Shakespeare Festival,** DeSales University, Center Valley, PA. Audio description is a form of audio-visual translation, using natural pauses to insert narrative that translates the visual image into an audible form. Patrons use headsets to hear the description. A free tactile tour of key props and costumes will be offered one hour before the show. Braille and large print programs also will be available.
- **Dates and Times:** Ragtime: The Musical, Wednesday, June 27, at 8 p.m.; Shakespeare in Love, Wednesday, July 25 at 8 p.m.; Alice in Wonderland, Saturday, July 28 at 10 a.m.
- **Ticket Prices:** \$20.00 per person for Ragtime and Shakespeare in Love; \$8.00 per person for Alice in Wonderland
- **How to Get Tickets:** Please call box office manager Nicole Moyer at 610.282.3654, Ext.1, or email to Nicole.Moyer@desales.edu.
- **Transportation:** TOYO

Enrichment Programs – Continued

- **Topic: Boat Club Picnic.** Sponsored by the Alton Park Lions Club with other District 14-K Lions and members of the Bethlehem Boat Club. Boat Club Launch at 1400 Hope Road in Easton, PA. Enjoy food, entertainment, and boat rides on the Lehigh River come rain or shine. Family members welcome. You must make reservations with the agency by July 20, even if you are coming with someone else, so we can provide a count for the Lions.
 - **Date:** Sunday, July 29
 - **Time:** 1 p.m. to 5 p.m.
 - **Transportation:** TA, TOYO
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- **Topic: CamelBeach Water Park,** Tannersville, PA. Join us in the Poconos for a wet and wild day of fun. Cost is \$30 per person. Please bring money for lunch. Combined activity with Monroe clients.
 - **Date:** Tuesday, July 31
 - **Time:** 10 a.m. to 3 p.m.
 - **Transportation:** TA
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- **Topic: Bookworms Book Club.** If you enjoy various book genres, this is for you. August: If I Stay by Gayle Forman; September: The Couple Next Door by Shari Lapena. Both books are available from NLS and the BARD website. The group will discuss future readings. Bring money for lunch.
- **Registration:** Please call Dorothy Montero at 610.252.3626 to confirm attendance.
- **Dates:** Friday, Aug. 17; Friday, Sept. 21
- **Time:** 11 a.m. to 1:30 p.m.
- **Transportation:** TOYO

Enrichment Programs – Continued

- **Topic: Karaoke – Sing Your Heart Out** with “Young at Heart” Entertainment. Sing your favorite tunes of yesterday and today. Snacks and soft drinks will be provided. Cost is \$5.00.
 - **RSVP:** Please call Rita Lang at 610.433.6018, Ext. 225, to RSVP by Tuesday, Aug. 7, and provide a list of five songs you wish to sing.
 - **Date:** Saturday, Aug. 11
 - **Time:** 6 p.m. to 9 p.m.
 - **Transportation:** TOYO
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- **Topic: Visit to Strawberry Acres** in Coplay, PA; Peter Piper picked a peck of perfect peaches How many perfect peaches can you pick? Bring a lunch and money for your peach purchases.
 - **Date:** Tuesday, Aug. 21
 - **Time:** 10:30 a.m. to 12:30 p.m.
 - **Transportation:** TA
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Volunteer Help Wanted

- **Topic: Activities Bulletin Mailing Group.** Please help us prepare our next bulletins for mailing.
- **Sign Up:** Call Rita Lang at 610.433.6018, Ext. 225
- **Date:** Tuesday, Sept. 18
- **Time:** 10 a.m.-2 p.m.
- **Transportation:** TOYO

Consumer Group Meetings

- **Topic: Greater Lehigh Valley/National Federation of the Blind of PA.** Lutheran Manor, 2085 Westgate Drive, Bethlehem.
 - **Details:** Call 610.432.3276
 - **Dates:** Saturday, July 14; Saturday, Aug. 11; Saturday, Sept. 8
 - **Time:** 10 a.m. to 12 p.m.
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- **Topic: Lehigh Valley Council of the Blind.** Meetings are held at the Center for Vision Loss building in Allentown. The September meeting is a lunch meeting. Please bring a bag lunch.
 - **Details:** Please contact the LVCB at LVCB1993@gmail.com.
 - **Dates:** Saturday, Aug. 18 (Summer Picnic, location to be announced); Saturday, Sept. 15
 - **Times:** August picnic 11 a.m. to 3 p.m.; September meeting 10 a.m. to 1 p.m.
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Enjoy Our Programs and Activities? Please Support the Agency with a Donation Today

Find out how you can make a difference. **Call the Center for Vision Loss Development office at 610.433.6018, Ext. 241.** All contributions are tax-deductible to the fullest extent allowed by law.



July 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Let's Talk Tech 10-11:30 a.m.	3	4 Holiday	5 Support Group 10-11:30 a.m.	6	7
8	9 Braille Bunch 10-11:30 a.m.	10 Women's Craft & Chat 10-11:30 a.m.	11 Mall Walk 9-10:30 a.m.	12 Men's Club House 10-11:30 a.m. Josh Blue 3:30 p.m.	13	14 GLV/NFB Meeting 10 a.m.- 12 p.m.
15	16	17	18	19	20	21
22	23	24	25 Mall Walk 9-10:30 a.m. Shakespeare Festival 8 p.m.	26	27	28 Shakespeare Festival 10 a.m.
29 Boat Club Picnic 1-5 p.m.	30 Braille Bunch 10-11:30 a.m.	31 CamelBeach 10 a.m.- 3 p.m.				

August 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mall Walk 9-10:30 a.m.	2 Support Group 10-11:30 a.m.	3	4
5	6	7 Adult and Child CPR 10:30 a.m.- 12:30 p.m.	8 Mall Walk 9-10:30 a.m.	9 Men's Club House 10-11:30 a.m.	10	11 GLV/NFB Meeting 10 a.m.-12 p.m. Karaoke 6-9 p.m.
12	13 Braille Bunch 10-11:30 a.m.	14 Women's Craft & Chat 10-11:30 a.m.	15 Mall Walk 9-10:30 a.m.	16 Spanish Speakers 10-11:30 a.m.	17 Book Worms 11 a.m.- 1:30 p.m.	18 LVCB Meeting 10-11:30 a.m.
19	20 Eccentric Viewing 10-11:30 a.m.	21 Strawberry Acres 10:30 a.m.- 12:30 p.m.	22 Mall Walk 9-10:30 a.m.	23 Peach Perfect 10:30 a.m.- 1 p.m.	24	25
26	27 Let's Talk Tech 10-11:30 a.m.	28 New Client Session 10-11:30 a.m.	29 Mall Walk 9-10:30 a.m. iOS Device Info 11 a.m.-1:30 p.m.	30 Visionaries 11:30 a.m.- 2 p.m.	31	

September 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Saturday 1 Sunday 2	3 Holiday	4 New Client Session 10-11:30 a.m.	5 Mall Walk 9-10:30 a.m.	6 Support Group 10-11:30 a.m.	7	8 GLV/NFB Meeting 10 a.m.- 12 p.m.
9	10 Braille Bunch 10-11:30 a.m.	11 New Client Session 10-11:30 a.m.	12 Mall Walk 9-10:30 a.m.	13 Men's Club House 10-11:30 a.m.	14	15 LVCB Meeting 10 a.m.-1 p.m.
16	17 Let's Talk Tech 10-11:30 a.m.	18 Women's Craft & Chat 10-11:30 a.m. Activity Bulletins 9-10:30 a.m.	19 Mall Walk 9-10:30 a.m.	20 So You Can Sew 10 a.m.- 12:30 p.m.	21 Book Worms 11 a.m.- 1:30 p.m.	22
23 30	24 Braille Bunch 10-11:30 a.m.	25 New Client Session 10-11:30 a.m.	26 Mall Walk 9-10:30 a.m. iOS Device Info 11 a.m.-1:30 p.m.	27 Visionaries 10:30 a.m.- 1 p.m.	28	29



**845 West Wyoming St.
Allentown, PA 18103**

**FREE MATTER FOR
THE BLIND OR
PHYSICALLY
HANDICAPPED
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Inside: Lehigh Valley Activities Bulletin



United Way of the
Greater Lehigh Valley



United Way
of Monroe County



Pennsylvania
Association
for the Blind



Find Out More

The official registration and financial information for the Center for Vision Loss, Inc., may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

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