

Lehigh Valley

Client Activities Bulletin

October-November-December 2018 | Volume 8, Issue 4.1

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 Your **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?

A Request for Escorted Transportation Clients

Day-before and last-minute cancellations of escorted transportation rides have a huge impact on our program. Not only does it affect transportation arrangements for other clients, but in many cases, it prevents anyone else from getting a needed ride during that time. Please limit last-minute cancellations to only unavoidable situations. If you know you must cancel, please do so with as much notice as possible. Thank you for your consideration.

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Lehigh Valley ARTix Offered to Agency Clients

The Lehigh Valley Arts Council has offered our clients complimentary ARTix Passports to the Arts while supplies last. This offers the holder a chance to get two tickets for the price of one at many local arts organizations in the Lehigh Valley. We will be happy to send you an ARTix Passport upon request. Please call Raquel at 610.433.6018 with your request.

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Low Vision Store Holiday Sale Runs November 1 to December 21

We are holding our Vision Store's holiday sale from November 1 through December 21. This sale offers 10% off on all in-stock items, excluding electronic reading devices and special orders. The store is open during agency hours, but it is preferred that interested clients make appointments.

PCB Offers Clients Opportunities to Get Involved

Clients can take part in monthly discussion calls held by the Pennsylvania Council of the Blind (PCB). Topics include your favorite smart phone apps, low vision discussions, legislation, and much more. Call 773.572.6314 for more information about these calls and other PCB activities. PCB also offers a scholarship to its state conference for a person adjusting to blindness. The scholarship covers many costs of attending the PCB Conference in Pittsburgh from October 18 to 21. A client does not have to be a PCB member to receive the scholarship. Anyone who is adjusting to vision loss and might be interested in applying for the scholarship should contact Maryanne at 570.807.1276.

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PCB Also Provides Accessibility to Public Documents

The PCB established a program in 2016 to convert public documents to a more accessible recorded format. Those who are familiar with talking books produced by the National Library Service (NLS) may be familiar with the concept of the Daisy3 audio format. This format, which requires a digital player capable of playing Daisy3, allows the reader to move directly to navigation points within a book such as the table of contents, chapter headings, or subsections within a chapter, etc. The AccessiDocs project was founded by Center for Vision Loss client and former board member Tony Swartz.

One available document is a guide of terms, services, agencies, and support organizations that serve seniors in the Lehigh Valley area. A copy of this Daisy3 document may be obtained on thumb drive, which can be played on an NLS player, from the PCB office for the cost of \$3.00. To order or inquire about other recorded materials available through AccessiDocs, please call 717.920.9999. Agency clients are eligible to receive digital players at no cost. Please check with your caseworker if you are interested.

Lehigh Valley Activities

Please Note

- If you are expecting a confirmation call about a ride, please remember to check your voice mail.

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. Join the gang and make new friends; all are welcome!
- **Information:** Call Rita Lang at 610.433.6018, Ext. 225
- **Dates:** Wednesdays – October 3, 10, 17, 24, & 31; November 7, 14, & 28; December 5, 12, & 19
- **Time:** 9:00 a.m. to 10:30 a.m.
- **Transportation:** TA (NOTE: Transportation not available from all areas)

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, October 4; Thursday, November 1; Thursday, December 6
- **Time:** 10:00 a.m. to 11:30 a.m.
- **Transportation:** TA

Support Groups – Continued

- **Topic: Men’s Club House.** This group is for men only. Topics and activities vary.
- **Dates:** Thursday, October 11; Thursday, November 8; Thursday, December 13
- **Time:** 10:00 a.m. to 11:30 a.m.
- **Transportation:** TOYO



- **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 12:00 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.
October – Crafting Autumn Table Decorations; **November** – Creating Jewelry for Gift-giving; **December** – Making Snowman Ornaments.
- **Dates:** Tuesday, October 9; Tuesday, November 13; Tuesday, December 11
(NOTE: Our October location will be 435 Hayes Street, Bethlehem.)
- **Time:** 10:30 a.m. to 1:00 p.m.
- **Transportation:** TOYO



- **Topic: Spanish-Speaking Client Gathering.** Facilitated by Dulce Castro. Topics to be announced.
- **Date:** Tuesday, October 16; Tuesday, November 20
- **Time:** 10:00 a.m. to 11:30 a.m.
- **Transportation:** TA

Support Groups – Continued

- **Tema:** **Hispanohablantes cliente reunión.** Facilitado por Dulce Castro; temas a anunciar.
- **Fecha:** Martes, 16 de Octubre; Martes, 20 de Noviembre
- **Hora:** 10:00 a.m. a 11:30 a.m.
- **Transporte:** TA

Visionaries Activities

- **Topics: October – Revisit CPR Anytime.** Learn the basic lifesaving resuscitation skills of CPR, Automated External Defibrillator awareness, and choking relief. Note that this program is not a certified CPR course; instead it is a basic class in hands-on technique. Bring a lunch or money to order out.
November – Ready...Pack...Go. The goal of this program is to encourage community members and their families to be self-sufficient for at least 72 hours. You'll learn how to have an emergency plan for you, your family, and your pets; pack/pre-package food, water and supplies; and find a safe location based on the type of disaster (e.g., flood, fire, earthquake, winter storm). Each attendee will receive handouts for their "Go Kit," and one person will receive a free 72-Hour Emergency Supply Kit. **December – Holiday Party,** at a location to be announced.
- **Dates:** Thursday, October 25; Thursday, November 29; Thursday, December 20
- **Times:** October and November: 10:30 a.m. to 1:00 p.m.;
December: 11:30 a.m. to 2:00 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:** Mondays, October 15 and 29; Mondays, November 5 and 19; Monday, December 10
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA
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- **Topic: A Taste of Italy.** Create delicious Italian cuisine with Dianne Michels while honing your kitchen skills. A donation of \$5.00 toward food and supplies is appreciated.
 - **Date:** Monday, October 8
 - **Time:** 10:30 a.m. to 1:00 p.m.
 - **Transportation:** TA
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- **Topic: Thankful for Leftovers.** Facilitated by Dianne Michels. Create easy and delicious after-Thanksgiving recipes. Help us gobble up that leftover turkey! A donation
- of \$5.00 toward food and supplies is appreciated.
- **Date:** Monday, November 26
- **Time:** 10:30 a.m. to 1:00 p.m.
- **Transportation:** TA

Lifeskills Education – Continued

- **Topic: Create Your Own Holiday Greeting Cards.** Facilitated by Dianne Michels. Use low vision tools and strategies to design seasonal greeting cards. A donation of \$3.00 toward supplies is appreciated. Bring a lunch or money to order out.
- **Date:** Friday, December 14
- **Time:** 10:30 a.m. to 1:00 p.m.
- **Transportation:** TOYO



- **Topic: Cookies and Carols.** Facilitated by Dianne Michels. Come bake some of your favorite cookies while sharpening your kitchen skills and singing holiday classics. Bring a baking sheet and a container, so you can take cookies home. A donation of \$5.00 toward supplies is appreciated. Bring a lunch or money to order out. Call Rita at 610.433.6018, Ext. 225, by December 7 to sign up.
- **Date:** Monday, December 17
- **Time:** 10:30 a.m. to 1:00 p.m.
- **Transportation:** TOYO



Assistive Technology Programs

- **Topic: Let's Talk Tech.** This series of workshops is designed to help you better understand assistive technology devices.
- **Dates:** Monday, October 22; Monday, November 12; Monday, December 3
- **Time:** 10:00 a.m. to 11:30 a.m.
- **Transportation:** TA

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 a lunch or money to order out.
 - **Dates:** Wednesday, October 31; Wednesday, November 28
 - **Time:** 11:00 a.m. to 1:30 p.m.
 - **Transportation:** TOYO
-

Enrichment Programs

- **Topic: Visit to Hawk Mountain Sanctuary:** Join us for an educational hands-on experience. The tour includes an overview of the Sanctuary, natural history, raptor identification, migration information PLUS a guided walk to South Lookout, as well as flight interpretation and review of local landmarks. Wear comfortable walking shoes. Please bring a Lunch. Cost for the tour is \$12 and payment must be received by September 25 to reserve a seat. Make check payable to the Center for Vision Loss.
 - **Date:** Tuesday, October 2
 - **Time:** 10:30 a.m. to 1:00 p.m.
 - **Transportation:** TOYO to and from CVL. *We will transport you to Hawk Mountain.*
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- **Topic: Halloween Party.** Enjoy a hauntingly good time! Sponsored by our friends from the Alton Park and Saturday AM Lions Clubs.
- **Party details are forthcoming.** The date and time will be announced soon.

Enrichment Programs – Continued

- **Topic: Bookworms Book Club.** If you enjoy various book genres, this is for you!
October: “On The Street Where You Live,” by Mary Higgins Clark;
November: “The Lying Game,” by Ruth Ware;
December: “This is How It Always Is,” by Laurie Frankel.
Books are available from NLS and the BARD website. The group also will discuss future readings. Bring money for lunch.
- **Registration:** Please call Dorothy Montero at 610.252.3626 to confirm your attendance.
- **Dates:** Friday, October 19; Friday, November 16; Friday December 21
- **Time:** 11:00 a.m. to 1:30 p.m.
- **Transportation:** TOYO



- **Topic: Farmer’s Market Thanksgiving Shopping Trip.** Come navigate your surroundings at the Allentown Farmer’s Market at the Allentown Fairgrounds, while purchasing goodies for the holiday! Please bring money for lunch and shopping. The agency will provide sighted guide volunteers. *This is a combined activity with Monroe County clients.*
- **Date:** Thursday, November 15
- **Time:** 11:00 a.m. to 1:30 p.m.
- **Transportation:** TA

Volunteer Help Wanted

- **Topic: Activities Bulletin Mailing Group.** Please help us prepare our next bulletin for mailing.
 - **Sign Up:** Please call Rita Lang at 610.433.6018, Ext. 225, to sign up.
 - **Date:** Tuesday, December 18
 - **Time:** 10:00 a.m. to 2:00 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, October 13; Saturday, November 10; Saturday, December 8
 - **Time:** 10:00 a.m. to 12:00 p.m.
- =====

- **Topic: Lehigh Valley Council of the Blind.** Meetings are held at the Center for Vision Loss building in Allentown. The December meeting is the Holiday Party; location to be announced.
- **Details:** Please contact the LVCB at LVCB1993@gmail.com.
- **Dates:** Saturday, October 13 (note that October's meeting is the *second* Saturday); Saturday, November 17; Saturday, December 15
- **Times:** October and November, 10:00 a.m. to 12:00 p.m.; December, 11:00 a.m. to 2:00 p.m.

Consumer Group Meetings – Continued

- **Topic: Greater Lehigh Valley/National Federation of the Blind of PA (GLVNFB).**
In recognition of October as Blindness Awareness Month, GLVNFB announces its fall fundraiser, "DANCING IN THE DARK...TO BE DANCING IN THE LIGHT." A buffet will be served, and music and dancing will be available, along with a cash bar. Proceeds support pre-school training for visually-impaired children.
- **Date:** Friday, October 26
- **Location:** The Eastonian Hotel (Holiday Inn), 90 Kunkle Drive, Easton
- **Times:** 6:00 p.m.
- **Tickets:** \$25 in advance, \$30 at the door
- **Contacts:** For further information, please reach out to Jemmie Jones at 908.391.8375 or pidgeon1212@gmail.com, and/or to purchase tickets, contact Eileen Hunger at 610.432.3276 or erose4us2@gmail.com.

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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.



October 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Hawk Mountain 10:30-1	3 Mall Walk 9-10:30	4 Support Group 10-11:30	5	6
7	8 Taste of Italy 10:30-1	9 Women's Craft & Chat 10:30-1	10 Mall Walk 9-10:30	11 Men's Club House 10-11:30	12	13 <u>GLV-NFB</u> LVCB Both 10-12
14	15 Braille Bunch 10-11:30	16 Spanish Speakers 10-11:30	17 Mall Walk 9-10:30	18	19 Book Worms 11-1:30	20
21	22 Let's Talk Tech 10-11:30	23	24 Mall Walk 9-10:30	25 CPR Anytime 10:30-1	26 GLV-NFB DANCE 6:00	27
28	29 Braille Bunch 10-11:30	30	31 Mall Walk <u>9-10:30</u> iOS Device 11-1:30			

November 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Support Group 10-11:30	2	3
4	5 Braille Bunch 10-11:30	6	7 Mall Walk 9-10:30	8 Men's Club House 10-11:30	9	10 GLV-NFB Meeting 10-12
11	12 Let's Talk Tech 10-11:30	13 Women's Craft & Chat 10:30-1	14 Mall Walk 9-10:30	15 Allentown Farm Market 11-1:30	16 Book Worms 11-1:30	17 LVCB Meeting 10-12
18	19 Braille Bunch 10-11:30	20 Spanish Speakers 10-11:30	21	22 AGENCY CLOSED	23	24
25	26 Leftovers, Dianne 10:30-1	27	28 Mall Walk <u>9-10:30</u> iOS Device 11-1:30	29 Ready, Pack, Go 10:30-1	30	

December 2018 Lehigh Valley Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Let's Talk Tech 10-11:30	4	5 Mall Walk 9-10:30	6 Support Group 10-11:30	7	8 GLV-NFB Meeting 10-12
9	10 Braille Bunch 10-11:30	11 Women's Craft & Chat 10:30-1	12 Mall Walk 9-10:30	13 Men's Club House 10-11:30	14 Holiday Cards 10:30-1	15 LVCB Meeting 11-2
16	17 Cookies & Carols 10:30-1	18 Bulletin Mailing 10-2	19 Mall Walk 9-10:30	20 Holiday Party! 11:30-2	21 Book Worms 11-1:30	22
23	24	25 AGENCY CLOSED	26	27	28	29
30	31					



845 West Wyoming St.
Allentown, PA 18103

**FREE MATTER FOR
THE BLIND OR
PHYSICALLY
HANDICAPPED**
Post Manual Part 138

Inside: Lehigh Valley Activities Bulletin

Find Out More



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