

Monroe County

Client Activities Bulletin

January-February-March 2019 | Volume 9, Issue 1.2

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

A Request for Escorted Transportation Clients

Cancellations of escorted transportation rides at the last minute or the day before 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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Braille Printers Available

The Center for Vision Loss recently received two donated braille printers. Both are Braille Blazer models manufactured by Blazie Engineering. Their operating condition is unknown, but one appears newer than the other. Both are free upon request.

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Snow Closings

When snow or the forecast of snow requires programs to be cancelled, we will make every effort to notify those clients on our transportation schedule for that day about program status. For programs where transportation is on your own, please call to confirm whether an activity is being held if the weather is questionable. A closure notice will also be placed on the WFMZ Channel 69 StormCenter listing, www.wfmz.com.

Holiday Closings

Please note that both agency offices will be closed on Monday, January 21, for Martin Luther King Jr. Day; and also on Monday, February 18, for Presidents Day.

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Services Expanded through Agency's Kaleidoscope Project

Funded by the Northeast Pennsylvania Lions Service Foundation, the Center for Vision Loss' Kaleidoscope Project has allowed the agency to expand services for its vision loss clients. These new services are delivered by Dianne Michels, MS, LPC, CVRT, CLVT, TVI, who is a certified rehabilitation therapist, professional counselor, and certified low vision therapist.

Through the Kaleidoscope Project, Dianne has been able to provide one-on-one visual rehabilitation therapy sessions in which clients learn skills that allow them to regain or maintain their independence; one-on-one counseling services; and support group sessions that help clients acclimate to life with vision loss. Dianne also delivers client instruction to utilize their existing or remaining vision to the fullest extent, as well as leading several lifeskills education classes. Lifeskills topics taught include the use of present-day technologies, assistive technologies, and handheld devices; cooking and grilling; sewing; writing for themselves and others; tactile and visual arts; and the use of peripheral vision for clients with macular degeneration.



Join Us for Songs4Sight on March 31!!

Rock with us on Sunday, March 31, from 4 to 8 p.m. for the first annual Lehigh Valley Songs4Sight event benefitting the Center for Vision Loss. Songs4Sight will be the hottest ticket on the area's music scene this spring. Headlined by the superstar Supra/ Ayers Band, this three-act concert also features performances by veteran cover band Common Bond and new blues/rock duo Yingling Porter On Tap (featuring our own Doug Yingling) -- please listen responsibly!

One ticket gets a fan all three shows and dinner for just \$20. Separate beverage mugs will be sold for \$10 each and beer will be on tap. The event is only for adults ages 21 plus.

To order tickets, please call the Center for Vision Loss Development Office at 610.433.6018, Ext. 241 or Ext. 242.

Monroe County Activities

Please Note

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

- **Topic: HOLIDAY PARTY and General Support Group.** Facilitated by James Van Horn. Celebrate the holidays with friends! Bring a dish to share and a gift (up to \$10.00 in value) for a gift exchange (the gift exchange is optional).
 - **Date:** Monday, January 7
 - **Time:** 10:00 a.m. to 12:30 p.m.
 - **Transportation:** TA
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- **Topic: General Support Group.** Facilitated by James Van Horn. Join fellow clients who share similar concerns and experiences about living with vision loss.
 - **Dates:** Monday, February 4; Monday, March 4
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA
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NUVISIONS Activities

- **Topic: Benefits of Volunteerism.** Learn about how you can help others, find fulfillment and get involved in volunteer opportunities in Monroe County.
 - **Date:** Thursday, January 31
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA
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- **Topic: Sighted Guide Training.** How mobile are you while being visually impaired? Staff will demonstrate correct sighted guide and vision loss mobility techniques. Families are welcome and encouraged to attend.
 - **Date:** Friday, February 22
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA
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- **Topic: Navigating Public Restaurants.** This month's meeting will be held at a public restaurant TBD by the group.
 - **Date:** Friday, March 29
 - **Time:** 11:30 a.m. to 1:30 p.m.
 - **Transportation:** TA
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Lifeskills Education

- **Topic: Yoga Challenge!** Come have fun and enjoy challenging your body while learning stress relief Yoga.
- **Date:** Friday, January 18
- **Time:** 10:00 a.m. to 11:30 a.m.
- **Transportation:** TA

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- **Topic: Sign Language Instruction.** Ever wanted to try sign language? Learn verbal cues and an introduction to basic sign language.
 - **Date:** Tuesday, January 22
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA

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- **Topic: Ever Want a Makeover?** Get some “me-time” and get pampered while you receive a makeover for Valentine’s Day.
 - **Date:** Thursday, February 14
 - **Time:** 10:00 a.m. to 11:30 a.m.
 - **Transportation:** TA
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Lifeskills Education – Continued

- **Topic: Get the Most Out of Movies and Plays.** Learn how to use “Audio Described Headphones” to hear verbal descriptions of stage/entertainment activities. Please bring \$5 for admission to the film (TBD) and plan on practicing with the headphones.
- **Date:** Tuesday, February 26
- **Time:** 12:00 p.m. to 2:00 p.m.
- **Transportation:** TA (*Located at Stroud Mall, 344 Stroud Mall Road, Stroudsburg.*)

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- **Topic: Emerging Technology–See the World Around You.** Enjoy an informative presentation of the OrCam, Iris Vision, and other new technologies by Tara Layfield of OrCam Technologies and other low vision tech distributors. More information to follow. Please bring \$5 for lunch. *This is a combined activity with Lehigh Valley clients.*
 - **Date:** Tuesday, March 12
 - **Time:** 10:30 a.m. to 1:00 p.m.
 - **Transportation:** TA (*This event is being held at the Allentown Office.*)

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- **Topic: GAME Day!** Bring your favorite card or board game to play with friends.
 - **Date:** Tuesday, March 19
 - **Time:** 10:00 a.m. to 11:30 a.m. / **Transportation:** TA

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- **Topic: Helpful Hints for Housecleaning.** Discover new tips and tricks for keeping up with your housework.
 - **Date:** Monday, March 25
 - **Time:** 10:30 a.m. to 12:00 p.m. / **Transportation:** TA

January 2019 Monroe County Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Holiday Party 10-12:30	8	9	10	11	12
13	14	15	16	17	18 Yoga Challenge! 10-11:30	19
20	21	22 Sign Language 10-11:30	23	24	25	26
27	28	29	30	31 Volunteer Benefits 10-11:30		

February 2019 Monroe County Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Support Group 10-11:30	5	6	7	8	9
10	11	12	13	14 Want a Makeover? 10-11:30	15	16
17	18	19	20	21	22 Sighted Guide 10-11:30	23
24	25	26 Audio Description 12-2	27	28		

March 2019 Monroe County Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Support Group 10-11:30	5	6	7	8	9
10	11	12 Emerging Technology 10:30-1	13	14	15	16
17	18	19 GAME Day! 10-11:30	20	21	22	23
24 Songs 4Sight! 4-8 31	25 Cleaning Hints 10:30-12	26	27	28	29 Public Restaurants 11:30-1:30	30



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

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

**Inside: Monroe County
Activities Bulletin**

Find Out More



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