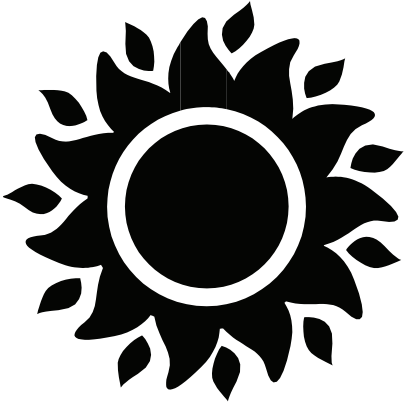


PRISM

Your Resource for Independent Living

Summer Travel Made Easy



Warm days, long nights, picnics in the park, and backyard barbeques, make summer a favorite season for many. People tend to travel more during

the summer months as well, whether it is a relaxing trip to a nearby lake or an adventure on the other side of the world. No matter where you decide to go or how you plan to travel it is best to be well prepared.

Here are some suggestions to make your trip more enjoyable and less stressful:

- Consider using brightly colored luggage or high-contrast tape on dark colored bags to make it easier to identify your luggage on the baggage claim carousel.
- Invest in a specially designed "luggage locator" that includes a receiver unit (attached to or placed in your luggage) and a transmitter for the traveler. With the press of a button, the luggage beeps as long as it is within a five-foot range of the transmitter. If you would like more information about such products, visit CSBPS' SightConnection store by phone **(800) 458-4888** or **www.SightConnection.com**.
- Carry a signature guide for signing credit card receipts. It is a good way to educate others that people with vision impairment are capable of signing their names.
- Be mindful of your money and stay organized. If you're traveling in Europe, the new Euro currency can be distinguished by size, color and tactile characteristics.

If You're Planning to Fly...

- Call the airline before your trip to request and confirm assistance that is needed.
- Ask to be pre-boarded and to be oriented to plane facilities and exit locations.
- When possible, book direct flights to avoid the hassle of making connections when there are flight delays.
- Many airlines publish travel information for people with special needs and may also make them available in alternate formats, so check with your airline ahead of time.



Toll-Free Hotline for Air Travelers With Disabilities

The Department of Transportation (D.O.T.) operates a toll-free hotline to assist air travelers with disabilities. Call **(800) 778-4838 (voice)** or **(800) 455-9880 (TTY)** daily between 7 A.M. and 11 P.M. Eastern Standard Time.

Traveling by Air With Vision Related or Medical Equipment

Permissible items include:

- A slate and stylus, although you may need to explain its purpose to the security screener.
- A white cane or support cane, once inspected.
- Syringes, as long as you have a documented medical need such as professionally labeled medication that requires its use.

Summer Travel Made Easy continues on page 2

Summer Travel Made Easy

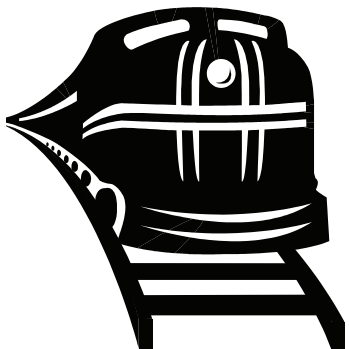
continued from page 1

Traveling by Air With a Dog Guide

- It is a good idea to notify the airline ahead of time for appropriate seating and information about specific requirements.
- Some airlines have been known to require dog muzzles. Regulations only refer to muzzles as a potential solution to a barking dog.
- Be prepared to show your dog's health certificates with proof of vaccinations.
- Check out requirements for international travel, which can vary depending on your destination. For more information about regulations governing travel with service animals, visit the Department of Transportation's Aviation Consumer Protection Division website, <http://airconsumer.ost.dot.gov/pubs.htm>.

If You're Traveling by Train...

Amtrak (United States)



If you require assistance or an accommodation for a disability, it is best to speak to a reservation agent by calling **(800) 872-7245** rather than booking your trip on the Amtrak Web site. This will ensure that your needs are

documented with your reservation record and the appropriate station and train personnel are notified. If you do not get answers to your questions about accessible services, ask to be transferred to a Customer Service Agent.

- People with disabilities are eligible for discounted fares as long as they have written documentation such as a letter from a doctor or identification card from a transit system or disability organization.
- Train personnel can bring food to you at your seat or room, provide assistance to get to the lounge, dining car or rest room, and help you to detrain at your destination.

- If train schedules permit, you can walk your dog guide at station stops. But, you will need to remain in close proximity to the train so that you can reboard promptly when the conductor announces that the train will depart. It is a good idea to notify the conductor in advance if you need to walk your dog.
- For more information, you might want to check out *Access Amtrak: A Guide to Amtrak Services for Travelers With Disabilities*. This publication describes Amtrak's accessible services and discounts as well as tips for people with disabilities traveling by train. To receive a free copy (also available in large print, in braille and on tape) call **(877) 268-7252**.

VIA Rail Canada

Passengers with vision impairments can get special assistance. It is best to book your travel by telephone by calling **(888) 842-7245** to ensure that your requests are documented. Service animals can accompany passengers and you can ask to be served meals at your seat.

Hotel Hints

- When making a reservation, it is a good idea to let the hotel know you are traveling with a service animal. Although it is against the law in the U.S. to prohibit service animals or to assess extra fees, this may not apply to other countries.
- When you arrive at the hotel registration desk, ask staff for any assistance you might need, such as orientation to facilities (restaurants, fitness center or gift shop).
- It is a good idea to be shown the nearest fire exit to your room. Even if you are traveling with a companion, you may be alone when an emergency occurs.
- In your room, ask to be shown the location of the TV remote and in-room service bar, how to adjust heat or air conditioning, who to call to request a wake up call or anything else that is important to you.

Join the Visionary Society

The Pension Protection Act of 2006 provides a new way for making a tax-effective gift to CSBPS. The law allows individuals 70 ½ or older to make gifts to qualified charitable organizations like ours using funds transferred directly from an IRA. This time-limited opportunity is opening new doors for individuals to make gifts to charitable organizations. Furthermore, you can transfer up to \$100,000 on or before December 31, 2007. Another way to give is to name CSBPS as a beneficiary of an IRA, 401 (k), or a life insurance policy.

By making gifts such as those described above, or by naming CSBPS as a beneficiary in your will, you become a member of The Visionary Society and help assure that CSBPS is able to continue to provide vision rehabilitation services, now and in the future.

As with any planned gift, we recommend you contact your tax advisor or financial planner in advance. For more information, call us at **(206) 525-5556** or send an email to **csbps@csbps.com**.

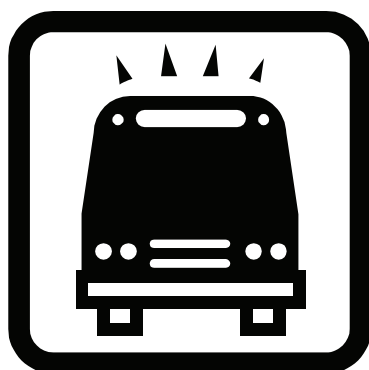
Summer Travel Made Easy

continued from page 2

If You're Traveling by Bus...

Greyhound Lines, Inc.

Greyhound provides city-to-city service throughout the U.S. including assistance with boarding and deboarding, luggage, transfers, stowage and retrieval of mobility devices as well as destination announcements.



Service animals can ride on the bus in the traveler's space. Even with advance requests, it is a good idea to make Greyhound staff aware of your needs throughout the trip. Call the Customers With Disabilities Travel Assistance line at **(800) 752-4841** at least 48 hours in advance of your departure to advise personnel of your travel needs and schedule.

Greyhound Canada

Special services are available to people with vision impairments as long as they are registered with the Canadian Institute for the Blind. Service animals can travel with the

passenger at no extra charge. For additional information call **(800) 661-8747**.

Tour and Travel Agencies

There are a number of travel agencies that cater to people with impaired vision as well as other disabilities. For a comprehensive list, visit Moss Rehab Resources website, **www.mossresourcenet.org/agencies.htm**.

Portions of this article were provided courtesy of, and are copyrighted by, Lighthouse International, www.Lighthouse.org, a leading non-profit organization that helps people of all ages overcome the challenges of vision loss.

SightConnection Featured Items!

Travel Must Haves

Whether you are traveling by plane, bus, train, or car we have your travel needs covered!

Luggage Locator

This cool device helps you find your luggage amongst the crowd. With the push of a button, the transmitter activates the receiver causing a bright flashing light and loud chirping sound.

PLU 265 \$ 32.00

Sunshields and Fit Overs

While you are out in the sun having fun, protect your eyes from harmful UV Rays. We have a variety of lens and frame colors to choose from. **Call for colors and prices.**

Call **(800) 458-4888** or order online at, **www.SightConnection.com**.

United Way Cuts Funding

After a **25 year partnership**, as of July 1, 2007 United Way of Snohomish County will no longer provide funding for the programs and services we provide.



What this means for CSBPS...

A **loss of \$26,000 a year**, which will greatly impact our ability to serve the visually impaired community.

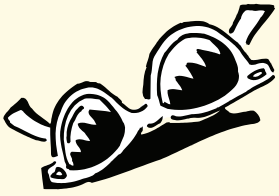
Ways you can support the work we do:

Donate clothing, household goods, or a vehicle. You may also consider naming CSBPS as a beneficiary in your will, life insurance policy, IRA, or designate CSBPS on your United Way contribution form.

For more information, call us at **(206) 525-5556** or send an email to **csbps@csbps.com**.

July is Ultraviolet (UV) Safety Month...

During July, UV Safety Month, the American Academy of Ophthalmology (AAO) and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage.



You may be aware of the importance of sunscreen for your skin but it is also important to protect your eyes. Sunglasses do more than keep the sun out of your eyes – they protect eyes from the harmful, ultraviolet (UV) rays produced by the sun.

If you spend long hours in the sun without protection, you increase your exposure to UV rays. Overexposure to UV-A and UV-B radiation causes damage to the skin and eyes. You can damage the surface of your eyes in the same way you can get sunburned -- with just one exposure to extremely bright sunlight reflected off sand, snow or water. Exposure to sunlight over years can lead to vision loss from cataracts or macular degeneration.

- The same UV-A and UV-B rays that can cause damage to your skin can harm your eyes as well. When you protect yourself from the sun think about your eyes as well.
- To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light.
- It is important to protect your eyes when UV light is most intense. Generally, UV light is at the greatest level at midday (10:00 a.m. to 2:00 p.m.). Remember: You need to protect your eyes whenever you're outside for a prolonged period, even when it is gray and overcast.

How to Reach CSBPS

Phone: (206) 525-5556

Toll Free: (800) 458-4888

Fax: (206) 525-0422

Email: csbps@CSBPS.com

Agency website: www.CSBPS.com

Store website: www.SightConnection.com

Donation website: www.DonateCSB.org

Office/Store location:

9709 Third Ave. NE, #100

Seattle, WA 98115-2027

Office hours: 8 a.m. - 5 p.m., M-F

Store hours: 9 a.m. - 5 p.m., M-F

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Visit us online at: www.DonateCSB.org
or call **(800) 472-2244**

DONATE YOUR VEHICLE

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Call Today! (877) 870-3659

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PRISM
Summer 2007

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