

PRISM

Your Resource for Independent Living • Fall 2009, Winter 2010

**CSBPS PRISM
GOES GREEN**

To reduce our printing costs and
carbon output, we're moving
PRISM online!

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BIGGER, BOLDER, BRIGHTER AND BUMPIER!

ADAPTING TO life with vision loss can challenge and reward, or, it can frustrate and disable. Techniques and tools aimed at simplifying everyday tasks make the difference; browse through these suggestions, decide what works for you—and move towards independence!

BIGGER

Look for new versions of things you use every day. Playing cards, phones, watches, pill boxes and calendars all come in large print versions. Also, assistive technology lets you use a computer by magnifying your screen; read www.csbps.com/atech.html to learn about screen magnification and more.

If you miss reading, look for specialty libraries that carry specifically accessible formats, like the Washington Talking Book and Braille Library at 1-800-542-0866. For more materials, check your local public library, favorite bookstore or online vendor for large print books and more.

If possible, get a functional eye assessment. This helps identify usable vision and tools and aids that will help you best use it. If you can't get an exam, think about what you want to use magnification for. Reading? Crafting? Writing? Depending on your need, you may choose anything from a state of the art flat screen video magnifier to a simple magnifying lens. Read www.csbps.com/magnifiers.html to help guide your decision. Strong magnifiers require training, so if you need high powered magnification, expect to visit an eye clinic.

BOLDER

Increasing size goes a long way towards making items usable, but contrast—the difference between the darkness of the foreground and the darkness of the background—also plays a role. For example, if your bathroom is white, use dark towels, etc. for easy navigation. If you have difficulty reading your newspaper, photocopy articles onto white paper (increasing the size while you do so). In fact, a standard copier can enlarge material and print it with dense ink—enlarging text only 129% can improve legibility up to 300%!

User friendly products designed with bold contrast in mind help around the house—look into low vision clocks, computer accessories and household goods. Visit www.sightconnection.com to find these tools, and make life easier!

BRIGHTER

There are no hard and fast rules about good lighting for low vision, so start with basic guidelines, and work to improve your environment. What works well for someone else may not solve your issues, so keep an open mind.

There are two main categories of lighting: general overhead lighting, which illuminates entire rooms, and task lighting, for closer activities. Both types of lighting take any kind of light bulb:

- **Incandescent** Emits yellow light, meant to mimic candles.
- **Fluorescent** Gives off even blue light. This blue light can be harsh, and fluorescents can cause eye strain.
- **Halogen** Provides excellent contrast; the brightest, whitest light. Great for bright illumination. These bulbs burn very hot, posing a hazard. Be careful!
- **Full Spectrum** Meant to mimic sunlight. As the name implies, emits white light made of all spectra. Looks natural, but many people do not find this type of lighting bright enough.

To reduce light glare when reading or writing, make sure your lighting has adjustable shades. Cover windows with well considered treatments, and always position your chair or table away from direct window light. If outdoor or indoor glare still troubles you, consider purchasing tinted glasses to protect your eyes.

Continued on page 2

UPCOMING EVENT Educational Expo Age-Related Vision Loss

CSBPS is proud to announce that we are in the process of planning an educational expo.

Event is slated for May 15, 2010
at the Lynnwood Convention Center

For sponsorship opportunities and vendor space details, please contact Michael at 206 525-5556
or mcraig@csbps.com

To sign up for more event details, please send an email of interest to events@csbps.com

Share the Vision FUNDRAISING BREAKFAST

“The future is not some place we are going, but a place we are creating.” –John Schaar

MISSED SHARE THE VISION, BUT STILL WANT TO CONTRIBUTE?

Donation amount \$ _____

Pay by Check (enclosed)
 Credit Card (Visa or MC only)

Name on CC

Card Number
_____ Exp ____ / ____

Signature

Mail your completed form and payment to CSBPS at
9709 3rd Ave NE, Seattle, WA, 98115-2027 or visit
www.csbps.com to make your donation online.

Thank you to all who supported our inaugural fundraising breakfast. Our community gave \$60,000 to support the programs and services of Community Services for the Blind and Partially Sighted! We also applaud our *Share The Vision* sponsors. Their generosity provided vital underwriting for this, our first annual fundraising event.

ValueVillage



ALFRED AND TILLIE
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BELLA RUGOSA FLORIST

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COLORGRAPHICS PROMOTION ARTS

Share the Vision opened with great energy and personal stories from Meeghan Black, Emcee. The morning continued with a moment of recognition for a very generous gentleman, Mr. Herbert Lipman, CSBPS board member since 1989. His

support for us and our community is unmatched, and for this, he received the *CSBPS Visionary Award*. His contributions to our agency are too numerous to list. We are grateful and proud to call him our own!

Then, keynote speaker Marla Runyan energized the audience with her powerful story (Marla is an Olympic Athlete and National Track Champion with Stargardt's Eye Disease). She spoke of how despite her vision loss, she has accomplished much—thanks to the support and encouragement of her parents. For our clients, CSBPS often communicates this positive attitude to those, like Marla, coping with vision loss. Ms. Runyan said that our community is lucky to have the specialized staff of CSBPS to advocate for those with impaired sight, a frequently overlooked and underserved population.

A heartfelt video wrapped up the morning. Video creators ProMotion Arts truly captured the essence of our work! And thank you to our delightful clients, Betty and Clarence, both of whom generously donated their time and a candid peek into their personal lives, as well as Robert Nash, MD and Jane Elliott, CVRT, for their participation. We invite everyone unable to attend *Share the Vision* to visit our website, www.csbps.com, and view our video!

Lastly, thanks to the Board and staff of CSBPS. Your strength and involvement assured the success of *Share the Vision*!

Sincerely,

Michael Craig

Vice President, Marketing & Development

Bigger, continued from previous page

BUMPIER (MORE TACTILE)

A tactile mark placed on the play button of a stereo or remote control provides easy button location. Many tactile or Braille (a raised touch alphabet for the blind) aids are designed to assist you. Look for touch friendly clothing labels, keyboard stickers and more. To learn more about adaptive vision aids, visit www.sightconnection.com.

Adapting your home to changing circumstances can be difficult—but it is worth it! Change now, and make life better later. Call **800 458-4888** or visit www.csbps.com to learn more about household and personal care after vision loss. If you live in King, Snohomish or Skagit counties of Washington State, our professional rehabilitation teachers can help make adaptive changes.

10% DISCOUNT*
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TOOLS FOR LOW VISION—SHOP SIGHTCONNECTION.COM

GADGETS MAKE it possible for people with impaired vision to live efficiently and safely. Call **800 458-4888** to order or visit www.sightconnection.com for a full selection.



PLU 199



PLU 297



PLU 931



**WOMEN'S
PLU 226**

**MEN'S
PLU 227**



**PEARL
PLU 586**



**GRAPHITE
PLU 587**



PLU 437-10

KITCHEN SAFETY

Visually impaired chefs swear by these tips to stay safe and efficient in the kitchen!

- **Lighting.** Good lighting makes you safer. Consider under cupboard lights, spot lights and bright overhead light. Experiment to find what works for your kitchen and your eyes.
- **Contrast.** Tried chopping an onion on a white surface? Bad idea! Cut light foods on dark cutting boards, and dark foods on light boards. Use dark placemats with white plates; pour coffee into white cups... opposing colors help you see.
- **Touch.** Let your fingers do the walking. With "bump dots" or Spot-n-line pens, you can feel where the start button is, and easily find the 350° mark on your oven dial.
- **Tools.** From talking thermometers to talking timers, well chosen gadgets make your time in the kitchen easier.

Just a few of the many tricks used by blind and sight impaired chefs to stay safe and happy. Call **800 458-4888** to learn more from our information and referral specialist, or, if you live in King, Snohomish or Skagit county of Washington State, schedule a safety consultation with one of our Vision Rehab Teachers.

ORGANIZATION WITH LOW VISION

'A place for everything and everything in it's place.' For those with impaired vision, this old adage rings especially true.

- **Arrange.** Place frequently used items consistently in an easy to find spot. For example, hang your keys near the front door.
- **Get rid of clutter.** It's much easier to find what you need with less to dig through!
- **Label.** Label file folders, CDs, tapes, spices, etc. in large print or Braille.
- **Sort.** For example, organize your closet by type (shirts, pants, etc.), then color (red, blue...).
- **Plan.** Before you cook a meal, gather all your ingredients and tools and place them on a tray near your workspace.
- **Plan again.** Sort your medicines into a pill organizer—then just remember to take them!
- **Plan some more.** Sort your cash into 1s, 5s, 10s and 20s BEFORE leaving the house. Separate (or fold each denomination differently) in your wallet.

Just a few ideas to make living independently easier! For more information, contact us at **800 458-4888** or online at www.sightconnection.com.

ASSISTIVE TECHNOLOGY

WANT TO carry your audio book library, all your music, the daily news and more on one compact device? Take the Victor Reader Stream (VRS) .mp3 player with you anywhere! Unlike competing players, the VRS is fully accessible to the blind and visually impaired. Features:

- Two built in text to speech voices
- Plays many major audio formats, including everything available from the NLS (National Library System), .mp3s, Audible books (download from www.audible.com), DAISY books and files from www.bookshare.org
- Compatible with new digital talking books from the WTTBL (Washington Talking Book and Braille Library) and other such libraries
- Records short memos and notes

If you don't want an .mp3 player, you have other choices for portable sound. Both CD players and walkmans let you take music or other audio publications with you everywhere, so you can listen while traveling, shopping or just puttering around.

Don't need to listen to music, but want to keep track of your thoughts while you're out? A new digital recorder works for you! Store and record short thoughts, notes and lists on a compact recorder, and never forget important tidbits again.

Purchase all these audio devices at **www.sightconnection.com** or call **800 458-4888**. Visit CSBPS in Seattle for a hands-on demonstration with Lan Nguyen, assistive technology specialist, and have all your questions answered.

HOW TO REACH US

PHONE 206 525-5556
 TOLL FREE 800 458-4888
 FAX 206 525-0422
 EMAIL csbps@csbps.com

WEBSITES

AGENCY www.csbps.com
 STORE
www.sightconnection.com
 CLOTHING DONATIONS
www.donatecsb.org

AGENCY, STORE ADDRESS

9709 THIRD AVE NE, #100
 SEATTLE, WA 98115-2027

HOURS

AGENCY 8 AM-5 PM, M-F
 STORE 9 AM-5 PM, M-F

CAR AND TRUCK DONATIONS

HAVE AN old vehicle you can't or don't drive anymore? Donate it to CSBPS. We'll pick it up at your house and handle all paperwork, including title transfers.

Visit **www.irs.gov** to learn about the tax benefits of vehicle donations. Call **877 870-3659** to schedule your donation!



DONATE USED GOODS TO CSBPS!

DID YOU know... Community Services for the Blind operates a fleet of trucks dedicated to collecting donations of used clothing and household goods from homes throughout our community?

Call **800 472-2244**, or schedule your pickup online at **www.donatecsb.org**. Call us—we're happy to help!

PRISM is published by CSBPS and is available free upon request in large print, Braille, recorded on cassette tape or PC disk. If you want to be removed from the mailing list, please let us know. CSBPS does not sell or lend its mailing list to any other organization.

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Visit **www.csbps.com** to sign up for email delivery.

WE'RE MOVING PRISM ONLINE!



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