



We Accept Medicare

December 2007



**Come to Ensign to find
the perfect holiday gift for that
person with a vision impairment
on you list!**

The Ensign Skills Center is a not-for-profit organization and relies on funding from grants and personal donations. Your donations are tax-exempt. Please help us give hope to others working to regain their independence. Thank you.

Talking Clocks
Big Button Telephones
Talking Calculators
Kitchen Utensils
Computer Keyboard Overlay
Sewing Items

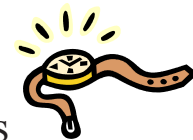
Tuesday Evening Support Group Calendar

The Tuesday Evening Support Group for Working Adults is normally held the 2nd Tuesday of each month at the Ensign Office. Kirstin Hartman is the facilitator.

The meeting time is 6:45 pm.

Upcoming topics are:

Dec. 12 Cooking
Jan. 9 Assistive Technology



Talking Watches

Playing Cards



Ensign Skills Center
3307 S. College Ave, #108
Fort Collins, CO 80525
970-407-9999
ensight@qwest.net
www.ensightskills.org

It's Cranberry



Season

Cranberry Apple Chutney

Prep time: 10 minutes,
cook time: 20 minutes.
Makes: about 2 1/2 cups.

1 c. orange juice
2/3 c. sugar
1 (12oz.) package fresh cranberries
1 c. apples, peeled, cored, diced
1/2 c. apple cider vinegar
1/2 c. golden raisins
1 Tbsp. fresh ginger, grated
1 tsp. ground cinnamon
1 star anise
1/2 tsp. ground allspice

Combine juice and sugar in a saucepan. Bring to boil. Add cranberries apples, vinegar, raisins, and spices. Return to boil, then turn to a simmer, stirring often. Cook for 20 minutes. Pour in serving bowl, and cool to room temperature. Remove star anise before serving.

Meet Chris Johnson

Chris is Ensign's Assistive Technology Specialist.

Chris was born and raised in New Jersey (we won't hold that against him). Chris has a BA from Salisbury University in Maryland where he studied Art and Music. After college he worked as a recreation therapist in a nursing home/rehab center. His work at the center showed him the need for adaptive equipment and led him to Wyoming.

Chris earned his Associates of Applied Science degree in Assistive Technology from Casper College. He worked with individuals with Autism in music and job training, then helped start the Autism society of Wyoming.

Chris moved to Colorado 3 years ago and joined Ensign in July 2006. We are happy to have him as part of the staff at Ensign Skills Center.

In the coming months we will feature assistive tools and training technology in the newsletter.

Low Vision Optical Aids

There is a wide variety of devices that can help people with low vision see better. There are hundreds of different kinds of magnifiers.

It is helpful to think of low vision optical aids as specific tools for specific uses. One device may be used for reading mail, another for watching movies, and yet another for seeing menus at a restaurant. These are not intended as all-purpose aids. There are hand magnifiers, stand magnifiers, and pocket magnifiers. There are magnifiers that look like mini-telescopes and some that look like glasses. Some can be worn around the neck and some come attached to a desk lamp. Some have built in lights.

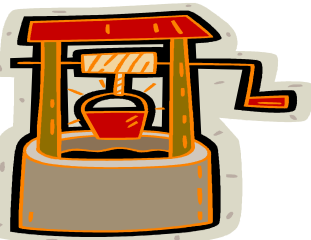
It is critical that someone with low vision gets the correct magnifier at the correct strength. Ensignt optometrists, Dr. Edie Bowman and Dr. Mark DeGeorge are trained in providing low vision examinations and prescribing optical devices.

Ensignt occupational therapist Cori Layton is trained to teach you how to use the low vision devices. Once someone has the correct magnifier for a specific task, practice is essential. Learning to use a magnifier to read, attend a play, buy groceries, or engage in any other activity takes practice. It can sometimes be a bit of a struggle to adjust to using a magnifier, but it is worth the effort. Being comfortable and skilled in using a magnifier can greatly improve its effectiveness and one's ability to use a magnifier successfully.

Our Wish List

There are several things that we need that would help us run our office but we are reluctant to spend our limited funds. Here is our current wish list, please consider helping.

- **Paper products - napkins, toilet paper**
- **AAA and C Batteries**
- **Computer Speakers**



Ensign Skills Center
3307 S. College Ave
Suite 108
Fort Collins, CO 80525

Non-Profit Organization
U. S. Postage Paid
Fort Collins, CO
Permit # 174

*Ensign Skills Center is working to improve the quality of life
for the visually impaired.*

SUPPORT GROUP CALENDAR

Our Monthly support group is normally held the 4th Thursday of each month at the Ensign office. Kirstin Hartman of Seniors In Transition is our moderator.

Group is held from 10:00-11:30 AM

Dec. 21 Christmas party and chat
Jan. 25 Personal Response System
Feb. 22 Equipment

