



We Accept Medicare

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.

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.

February 13

March 13

April 10

February 2007

Interesting Websites

www.navh.org

“National Association for visually handicapped”

www.senior.org

Advocacy organization to protect quality of life & economic well being for older Americans.

www.awareusa.org

Provides practical self-help information.

www.rrsr.org

Radio Reading Service of the Rockies

www.licoriceinternational.com

Welcome to the Wonderful World of Licorice.

**Ensign Skills Center
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www.ensightskills.org

Ensign Winter Sale



Max is a portable, hand-held digital magnifier. The size of a computer mouse, Max connects directly to any TV or monitor in seconds, allowing you to read newspapers, magazines, recipe card even medicine labels. Suggested Retail \$395.00 – 1 used black & white unit Sales Price \$100. 1 new black & white unit Sales Price \$200.



MaxPort is a portable magnifying system, includes a hand-held magnifier and a pair of lightweight glasses that display the magnified image. Retail \$1495 – 1 used unit Sales Price \$1,000.



Jordy is a headworn device that magnifies objects up to 30X helping you see at distance and up close. Operates in vivid color, black and white, high contrast positive or high contrast negative. 1 used unit Sales Price \$250.

Lincoln Center Performances



February 10, Saturday, 2 pm.
“Lost in Yonkers”

Lost in Yonkers is Simon’s funny tale of a dysfunctional family in 1940s New York.

April 11, Wednesday, 2 pm.
“Aida”

This Elton John and Tim Rice’s musical is a contemporary tale of the love triangle between Aida, a Nubian princess stolen from her country, Amneris, an Egyptian princess and Radames, the soldier they both love. Aida is a classic tale of love, loyalty, betrayal and courage. The score is the first collaboration for Elton John and Tim Rice since The Lion King.

For tickets call
970-221-6730

Glaucoma: What's New?

Glaucoma steals sight. Usually, there are no symptoms--the glaucoma sufferer does not know there is a problem until it is too late. Once vision is lost to glaucoma, it is gone forever.

The good news is that we can fight back. There are very effective treatments. These include medicines, laser and surgery. These treatments can prevent or significantly slow the progression of glaucoma damage.

We are living at a time when there are once a day medicines, called prostaglandin analogs, which are more effective and have fewer side effects than anything available before them. Many patients require only this one eye drop, given daily at bedtime. On the other hand, if more treatment is needed, medicines can be combined to better control the glaucoma.

Laser treatment for glaucoma has progressed so that it is sometimes used even before medicines are recommended. There is a recently developed laser treatment, called selective laser trabeculopasty, which is effective in 70-80% of people for at least a year and can be repeated if necessary.

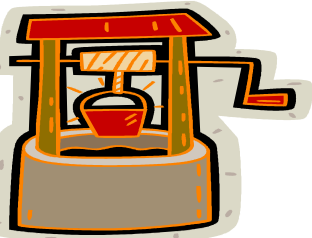
New surgical techniques are under investigation that offer less risk long term. Many of these new surgeries involve glaucoma implants invented in the past few years.

There are side effects with all treatments so the pluses and minuses of each treatment need to be judged together by the patient and their doctor. Be sure to get regular eye examinations and stay on your recommended treatment regimen. That is the best way to fight back against glaucoma.

- information from an article by Joel S. Schuman, M.D. a member of the NAVH Medical Advisory Board.

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.



- **AAA Batteries**
- Paper products - napkins, kleenex, toilet paper
- Small Computer Speakers
- Label Maker

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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

Feb. 22 Equipment

Mar. 22 Boulder Reader Service

See Page one for Evening Support
Group Information.

