



JUNE 2006

We Accept Medicare

The Enight 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.

NEW COUNSELING PROGRAM at ENSIGHT

Joanne Berger, MSW, will be providing counseling for the visually impaired and their families. Counseling appointments will be on Thursdays from 1p.m - 4p.m at the Enight Center. Appointments will be provided free of charge. Please call for an appointment.

Joanne has a masters degree in social work from Columbia University. She has worked with the visually impaired for 35 years.

UPCOMING SUPPORT GROUP TOPICS

June

The new accessible voting machine will be at the support group. Also how to get large print absentee ballots.

July

Remember - NO MEETING!

Join our Low Vision Support Group...

For individuals experiencing vision loss. Anyone wanting to know more about living with low vision is welcome. Invite a friend.

When: 4th Thursday of every month
10:00 am to 11:30 am

Where: Enight Skills Center

Refreshments will be served.

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HEALTHY EATING AND VITAMINS

Well, it looks like Mom and Popeye were right. It turns out that spinach contains high amounts of lutein and zeaxanthin. They just happen to be nutrients that are also found in high amounts in your eyes. It is believed that these two nutrients may be important for protecting your eyes. That's why they are called antioxidants. Many doctors are beginning to tell their patients to eat more spinach and other green leafy vegetables and /or to take supplements rich in antioxidants to help with all kinds of problems, including cataracts, glaucoma, and macular degeneration.

Always check with your doctor and make sure you're taking the proper amount. There are dangers of taking too much of a given vitamin or supplement. For instance, too much vitamin A can cause you to have headaches, vision problems, nausea, vomiting, dry and flaking skin.

This article appeared in Fall 1999 issue of GLEAMS.

ENSIGHT'S DIRECTOR RECEIVES NEW CERTIFICATION

Denny Bettenhausen, a founding member and current Executive Director of the Ensign Skills Center for visual rehabilitation, has been with Ensign since its inception in 2001.

Denny has been visually impaired since her youth and has the ability and empathy to share her personal and professional experience with those served by the Ensign Skills Center. As an Occupational Therapy Practitioner and with extensive continuing education in low vision, Denny has established herself as a professional in this field.

Recently Denny was awarded a commendation for working with the American Occupational Therapy Association in its development of competencies for Occupational Therapy practitioners serving the visually impaired. After serving for two years on this project Denny along with two other Occupational Therapy practitioners received certification as low vision specialists. Denny and her coworkers were among the first people in the nation to be awarded this new certification.

SUNSHINE, SOLAR SHIELDS, AND ILLUMINATION FILTERS

Researchers in England took another look at a few of the suspected risk factors for age-related macular degeneration. Damage from the sun's ultraviolet rays releases free radicals into the eye and has been suspected of contributing to age-related macular degeneration (Macular Degeneration Partnership).

Long-term exposure to UV rays can damage the eye's surface as well as its internal structures, sometimes contributing to cataracts and macular degeneration. Ophthalmologists and Optometrists now recommend wearing sunglasses and a brimmed hat whenever you're in the sun long enough to get a suntan or sunburn, especially if you live at high elevation or near the equator (Glaucoma Research Foundation).

Solar shields and illumination filters protect your eyes from: (1) UV exposure which causes tissue damage from ultraviolet light; (2) IR exposure which causes heat damage from infrared light; (3) act as a physical barrier by the lenses from potential projectiles. Solar shields and illumination filters provide 40% more protection from the sun than ordinary sunglasses because of the top and side shield design.

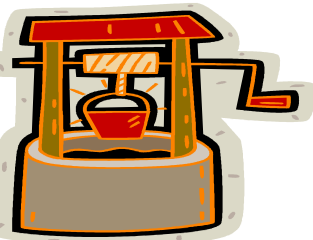
Solar shield and illumination filter common colors and use:

ARMD - yellow, orange, amber
Diabetic Retinopathy - amber, green-gray
Cataracts - orange, amber, gray, green-gray
Glaucoma - amber, gray, yellow

Ensignt has solar shields and illumination filters available in our store.

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, C batteries**
- paper towels, Kleenex
- Small, portable vacuum
- Large print books and books on tape

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*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

June 22

July - No Meeting

August 24

