



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 low vision individuals!

Tuesday Evening Support Group

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

Meeting Time is 6:45 p.m.
June 12
July - NO GROUP
August 14

JUNE 2007

The Ensign Mission

To provide individuals with low vision the opportunity to enhance their life skills, independence and self-confidence in a safe environment through adaptive technology and training.

How can you help?

- **Write letters** to us sharing your experience and life changes you've made because of Ensign's help.
- **Volunteering** - by collating client packets, delivering Ensign flyers to local businesses, or folding and labeling our monthly Ensign newsletter.
- **Participating in fundraisers** - either by volunteering or by attending.
- **Donating money or "Wish List" items.** Please remember Ensign in your estate planning. Thank You.

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

VISION MATTERS SEMINAR!

WHEN: Wednesday, June 6, 2007
9:00 a.m. - 1:00 p.m.

**A Learning Experience for Seniors, their families, care providers
and those transitioning into diminished eyesight.**

WHERE: Cafe Columbine, Fort Collins, CO
Hear from physicians, pharmaceutical representatives,
low-vision specialists and see the newest adaptive equipment
available.

COST: \$4.00/person or \$6.00/couple
(can include your driver)
COST Includes LUNCH

CALL: 970-407-7095, ext. 328, to RSVP
Transportation provided upon request.
Questions or concerns, call Linda at 970-581-5692

Joanne Berger, Ensight's counselor, is back and available for free one-on-one counseling for those coping with vision loss. Please call us at 970-407-9999 to schedule your appointment.

Please welcome Amy Hancock to Ensight! As Ensight's new Executive Assistant, she will be assisting Executive Director Denny Bettenhausen. Hancock has a B.A. from the University of Colorado, as well as professional freelancing and editing experience.

HEALTHY HABITS THAT MAY REDUCE YOUR RISK OF VISION LOSS from age-related macular degeneration:

- * Stop smoking.
- * Eat colorful and leafy vegetables and fruits.
- * Eat coldwater fish such as tuna or salmon.
- * Avoid eating processed baked goods.
- * Wear a hat and sunglasses in bright sunlight.
- * Visit an ophthalmologist regularly.

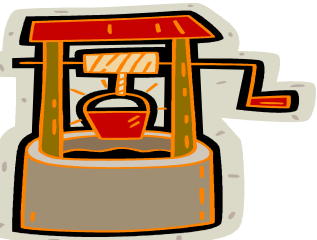
From “The Foundation Fighting Blindness IN FOCUS” Spring 2007 Newsletter.

To learn more about the study and enrollment, visit www.areds2.org.

Our Wish List

We need several items to help us run our office but have only limited funds. Please consider helping us with these items from our current Wish List.

Thank You!



- **AAA Batteries**
- **Scotch Tape, and Liquid Paper**
- **Kleenex**
- **Large Print Books, and Talking Books on CD**

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Non-Profit Organization
U. S. Postage Paid
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*Ensign Skills Center is working to improve the quality of life
for the visually impaired individual.*

SUPPORT GROUP CALENDAR

Our Monthly support group is held the 4th Thursday of each month at the Ensign Office. Kristen Hartman of “Seniors In Transitions” is our moderator.

Group is held from 10:00-11:30 a.m.

June 28

July- NO SUPPORT GROUP

August 23

See Page one for Evening Support
Group Information.

