



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.

Ensign Welcomes Your Letters

If Ensign has changed your life in a positive manner, we would like to hear about it from you. Please send us a letter telling us about the changes you've been able to make because of your Ensign experience.

Tuesday Eve. Support Group

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.

**Next meeting is March 13
6:45 p.m.**

MARCH 2007

Thank You

to all the participants and volunteers who help to make the February 23rd Texas Hold'em Poker Tournament a successful fundraiser.

Your help provides services for the visually impaired to remain independent and safe.



Rebecca Porter has joined the staff at the Division of Vocational Rehabilitation (DVR) Northern Colorado (based in FortCollins).

Rebecca is a O & M Specialist/
Vision Rehabilitation Therapist.

Rebecca worked as an instructor at Guide Dogs for the Blind in San Rafael, CA before moving to Colorado in 2004.

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Support Groups

Vision loss can have a devastating impact on an individual, and each person handles this life changing event in their own unique way -- getting along well in some areas and perhaps, not so well in others. If you are losing vision, you already know that many otherwise ordinary tasks can quickly become full of fear and worry. Not being able to perform what use to be every day ordinary tasks can erode self confidence before you even know it. Constantly relying on family and friends -- who often don't understand vision loss and how to help, or not help -- can take a dramatic toll on personal morale. This is why the sharing activities of a support group are so often beneficial to people who develop low vision. If you are having trouble learning to live with vision loss, or want to meet other people who are also dealing with vision related problems, a support group can be a valuable resource.

A low vision support group is a gathering of people with the common problem of vision loss. Groups meet to discuss various aspects of their problems including emotional aspects of sight loss, to investigate solutions and share resource information.

Taking part in a low vision support group offers many advantages to its members. One area of support is resource sharing. Because there are very few geographical areas with centralized information sources for the vision impaired, finding out about available services is often difficult and time consuming, and can be a daunting task for someone who feels depressed and isolated.

The groups also offer psychological support. People who participate in low vision support groups come to understand that others have similar problems and experiences and so their sense of isolation is greatly reduced. Participants often experience less depression and develop a more positive attitude about their ability to function and lead normal, productive lives.

Ensign has a monthly Tuesday evening support group (see page one) and a monthly Thursday morning support group (see the back cover) of this newsletter for meeting times and dates.

Colorado Ballet's Department of Education & Outreach Presents

“Where the Wild Things Are” Sensory Tour for the Blind

The Sensory Tour is designed for the visually-impaired and blind community. The event will include a “tactile tour” of the ballet, with help from tactile artist Ann Cunningham.

The tour will provide the opportunity for patrons to feel costumes and sets, and to participate in a tactile art activity. Following the tour is a performance of “Where the Wild Things Are” with Bruch Violin Concerto. The performance will be audio-described through individual headsets available to blind and visually-impaired patrons.

You Must Have A Reservation for this event. For more information or to make a reservation please call 303-339-1631 or email tiffany@coloradoballet.org. Only 30 spots are available for the tactile tour so make your reservations soon.

Saturday, March 10th, 2007

Tour begins at 12 PM at the Ellie Caulkins Opera House - 14th & Curtis.

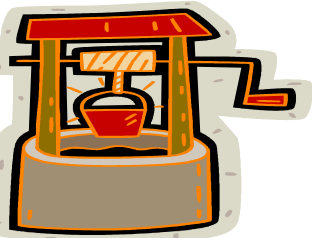
Audio-described show begins at 2 PM.

March is “Save Your Vision” Month

This is an important reminder to everyone about getting regular eye examinations.

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 - paper towels and toilet paper
- **AAA Batteries**
- 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

Mar. 22 - Boulder Reader Service

See Page one for Evening Support
Group Information.

