



## 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.

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Ensign

**November  
2006**

## UpComing Support Group Information

### Thursday Morning Group

**November 16th**

“10 Challenges to the Holidays and  
How to Overcome Them”

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### Tuesday Evening Group

**November 14th**

“Asking for Help”

Ensign is happy to announce Kirsten Hartman as the new facilitator for the Tuesday Evening Group. Kirsten has facilitated the Thursday morning group for several years and is looking forward to being a part of the Tuesday group.

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



## Eat Your Veggies!

### 3 Easy Ways to Help Prevent Macular Degeneration

Age-related macular degeneration (AMD) is a major cause of blindness for millions of Americans. When it comes to prevention, while genetics certainly play a role, there are steps you can take at any age to protect your eyesight and help prevent the condition's disabling effects.

1. **If you smoke, stop.** Studies have found that smokers are up to four times likely to become blind in later life from age-related AMD than non-smokers. Studies also show that stopping smoking slows the progression of AMD.

2. **Nutrition.** Researchers now believe that age-related eye diseases that are caused by the body's exposure to the normal oxidation process may be slowed by vitamins and minerals found in various fruits and vegetables or taken in supplement form. The carotenoids lutein and zeaxanthin may be obtained through leafy green vegetables, corn, squash, broccoli, peas and egg yolks, or in supplements. And a diet rich in antioxidants, specifically vitamin C, appears to be beneficial in slowing the progression of **cataracts** as well as **macular degeneration**.

Foods to include in your diet:

Kale	Spinach	Corn
Squash	Broccoli	Peas
Citrus Fruits	Melons	

Fish that is high in omega-3, such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.

Egg yolks (Talk to your doctor first if you have high cholesterol.)

3. **Sun Safety** -- Sunglasses keep certain wavelengths of light from entering the eye. They can reduce the amount of light entering the eye, protect against harmful UV light, decrease glare and increase contrast. By absorbing or transmitting specific wavelengths of light, sunglasses can be helpful for people with conditions such as **cataracts, glaucoma, diabetic retinopathy, retinitis pigmentosa, albinism and macular degeneration**.

## The Importance of Contrast

Using contrast is a key coping strategy for people with visual impairments. The more contrast, the easier it is to find and use objects around the house. Here are a few hints for using contrast to maximize vision around the house - inside and outside.

**In the Kitchen** - (1) Install contrasting colored handles on doors and drawers. (2) Avoid clear drinking glasses. (3) To make dishes easier to find on the table, use a tablecloth or placemats that are the opposite color of the dishes (light vs. dark).

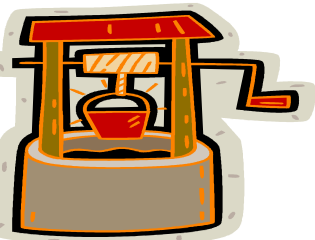
**In the Bathroom** - (1) Avoid clear objects or objects that match the counter. (2) A magnifying mirror can help with shaving, applying makeup and other self-care tasks.

**General Areas of the House** - (1) A light bedspread against a dark carpet will make a bed easier to see. (2) Put contrasting strips on the edges of steps to make the steps visible. (3) On the telephone, place a dot or sticker on the #5 to assist with dialing. It is easier to find the rest of the numbers when you know where the #5 is.

**Outside** - (1) Paint gates and doors different colors than the rest of their respective fences and walls to make entrances easier to locate. (2) Where the lawn and flowerbeds meet, place light-colored stones or edging material.

## 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, toilet paper
- AAA and C Batteries
- Large print books and books on CD

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

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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

Nov 16 Challenges to the Holidays  
Dec 21 Christmas party and chat  
Jan 25 Personal Response Systems

