



## **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.

### **EVENING SUPPORT GROUP**

#### **for working adults**

When: 2nd Tuesday  
of each month

Time: 6:45 p.m.

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Free Directory Assistance on  
your cell phone.

Call 1-800-373-3411 to connect  
to this service.

For information on accessible  
cell phones call the National  
Federation of the blind at 1-301-  
659-9314. They can provide  
information on the best models,  
prices, features and “talking”  
technology.

## **OCTOBER 2006**

### **UpComing**

### **Audio Description Performances**

#### **The Buell Theater**

The Lion King - Oct. 22 - 1pm

Sweet Charity - Dec. 17 - 2pm

All Shook Up - Dec. 31 - 2pm.

Tickets: 303-893-4100

#### **Ellie Caulkins Theater**

Magic Flute - Nov. 12 or Nov.19

both performances at 2pm

Nutcracker - Dec. 16 at 12 Noon

Tickets: 303-357-2787

#### **Arvada Center**

Over the Tavern - Nov. 11 - 2pm

Thoroughly Modern Millie -

Dec. 30 - 2pm

Tickets: 720-898-7200

Ensign Skills Center  
3307 S. College Ave, #108  
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## **The Right Lighting Can Enhance Your Vision**

(part two)

Tips for using lighting to maximize your vision:

- Keep all rooms evenly lit. It is difficult for your eyes to adjust from bright light to low light. Try not to walk from a brightly lit room immediately to a dark one.
- Move lamps close to your work. To help avoid glare, use an adjustable lamp and position the lamp to the side, rather than directly in front of you. Many people find it helpful to have lamps on both the right and left sides--to eliminate shadows.
- When writing, to prevent shadows, place the lamps on the opposite side of the hand being used. Locate the bottom edge of the lampshade just below eye level.
- To reduce glare, cover bare light bulbs of all types with shades. Soften bright light from windows with coverings like blinds or sheer curtains. Position the chair and table so you don't have to look directly at the light coming from the window.



## **Approved Drug May Help Combat Eye Disorder**

Lucentis, also known by the generic name ranibizumab, was approved by the Food and Drug Administration in June. The drug is administered by injection directly into the eyeball of patients suffering from wet AMD.

“This is the first drug to show promise of improving visual acuity,” said Paul Sternberg, M.D. of the Vanderbilt Eye Institute. “This represents a tremendous step forward for patients with wet AMD,” said Sternberg. Sternberg cautions that the treatments come at a cost. Side effects can include an intraocular infection and retinal detachment. Each injection costs nearly \$2000. Many insurance companies have covered the treatment, Sternberg said.

Vanderbilt University Medical Center recently began offering the new treatment for wet age-related macular degeneration (AMD).

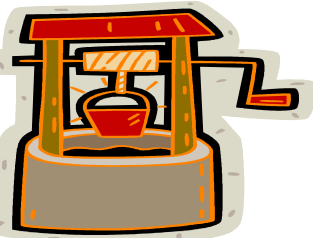


## Keep Track of Your Medications

- Ask the pharmacist to explain the prescription. Inquire about the dose, best time to take the medication and possible side effects. Record the information — along with any known drug allergies and refill instructions — in a medication log using a format you can access. Include medical emergency contact phone numbers.
- Keep a print copy of your medication log. Always bring it with you when visiting a doctor or filling a prescription to guard against possible drug interactions.
- Label containers to differentiate among medicines and ensure proper use. Select a method that's easy to understand and remember. You can purchase commercial-labeling products as well. Whatever system you choose, be consistent.
- Take advantage of medication organizers. Or ask your pharmacist to use different size bottles when dispensing similar-shaped pills. And, should you need it, you can purchase eye drop guides for help self-administering eye medications.

## 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
- Large print books and books on **CD**
- AAA and C Batteries

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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

Oct 26

Nov 16 **Third Thursday**

Dec 21 **Third Thursday**

