



## **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.

### **Thursday Morning Support Group**

#### **Date Corrections/Changes**

September 28    October 26  
November 16    December 21

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### **Ensign has an evening SUPPORT GROUP**

#### **for working adults**

When: 2nd Tuesday

of each month

Time: 6:45 p.m.

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Check out the new Ensign virtual tour on our web site .

**September  
2006**



## *Ensign Beer Fest*

**Join the 3rd Annual Ensign Beer  
Fest and Art Silent Auction.**

Be part of the famous "ballon pop"  
for prizes, ODELL beer  
tasting, hor d'oeuvres and BBQ.

**October 6, 2006  
7 p.m. to 10 p.m.**

**Hosted by**

**ODELL BREWING  
COMPANY  
800 E. Lincoln**

**Tickets:**

**\$15 for individual**

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

## The Right Lighting Can Enhance Your Vision

(part one)

Lighting takes on added importance for everyone as they grow older. Even normal healthy eyes generally require twice as much illumination at age 50 as they did at age 25. And for people with limited vision, lighting becomes an even more critical factor. It is important to control the intensity of light and the glare, as well as to provide contrast.

There are two types of lighting:

- General, overhead lighting**, as in the type of lighting that lights up the whole room.
- Task lighting**, or lighting used for a specific activity, such as reading or needlepoint.

There are also different kinds of light, and each person tends to have a preference for one of them. The three main kinds are **incandescent**, **halogen** and **florescent**. Chromalux is another type of light that mimics natural sunlight. It is well worth your time to determine which type of lighting helps you most.

**Don't Forget  
to  
Sign up for the Cooking Class  
on September 16  
from 10 am to Noon.  
Cost \$25**

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### ITEMS FOR SALE

Used 2004 Telesensory CCTV, Black and White. Manual focus. \$1000.

Used 1999 Telesensory Aladdin Classic, Black and White. \$500.

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### DEMO SALES

Telesensory Atlas 610, color monitor,  
\$2300

The Merlin, Color LCD screen,  
\$2195

The Flipper, color LCD screen,  
\$2295

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### Election Correction

**The General Election is October 10th**

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## Where does Ensign's Funding come from?

The Ensign Skills Center, a non profit agency, receives revenue through grants, fundraising, donations, fee for service, sales of low vision aids, and continued support from the Fort Collins Lions Club and Fort Collins Lions Foundation.

## The Ensign Mission

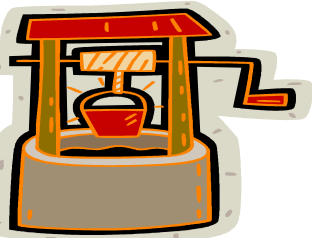
To provide individuals with low vision the opportunity to enhance their life skills, independence and self-confidence in a safe environment through adaptive technology and training. Ensign provides these tools and services regardless of ability to pay.

## How can you help?

- Donations of cash or items from the "Wish List". Remember Ensign in your estate planning.
- Sharing your experience at Ensign with friends, family and neighbors.
- Participation in fundraisers -either by volunteering or attending.
- Volunteering - collating client packets, client resource packets, new client files. Delivering Ensign flyers to local business'. Folding and sealing monthly newsletter.
- Write letters sharing with others your experiences, frustrations or success'.

## 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 - napkins, paper towel, toilet paper**
- 1/2" x 1 3/4" neon labels (Walmart)
- Yellow Color Coding labels (dots)
- AAA and C Batteries

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

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

Sept 28 **Note: Date Correction**

Oct 26

Nov 16 **Third Thursday**

