



July 2006

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.

“The most important day I remember in all my life is the one on which my teacher, Anne Mansfield Sullivan, came to me.”
—Helen Keller

Check out the new Anne Sullivan Web Site Museum

www.afb.org/annesullivan

Websites for the Visually Impaired

www.dynamic-living.com

What's Cookin' at Ensign?

Join us for the first in a series of meal preparation and cooking classes for the visually impaired. Our first session will be Thursday, July 20 at 10:00am. We'll learn about some of the great tools and tips for measuring, pouring, reading recipes, and baking. Everyone will have a chance to be in on the action!

Ensign's Occupational Therapists, Cori and Lila, will be teaching tools and techniques for cooking with low vision. This class is the first in a series of three that will be presented at the Ensign Skills Center. Class size is limited to 8. Cost is \$25. Please RSVP by calling Ensign at 407-9999.

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Nutrition & Eye Health

Increasingly, researchers are finding a link between good nutrition and maintaining healthy eyes.

The key vitamins appear to be vitamin C (ascorbic acid), folic acid, selenium and zinc. These are found in leafy green vegetables, carrots, citrus fruits and melons.

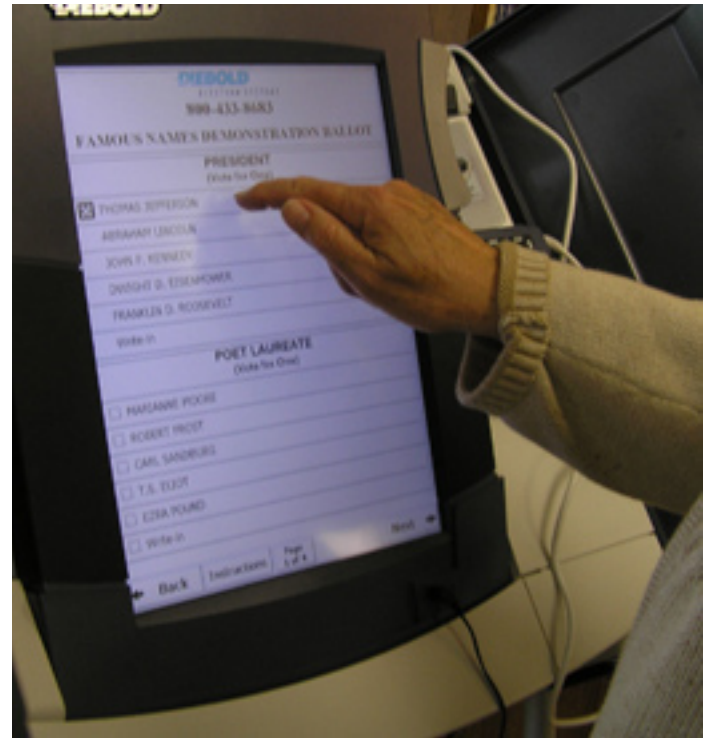
Spinach, kale, and collard greens, which provide lutein and zeaxanthin, seem to be particularly beneficial for the macula of the eye.

Points to Keep in Mind

While vitamins can be obtained by taking supplements, it is best to get as many of these nutrients as possible through your diet. A diet high in fruits and vegetables and low in saturated fat and sugar will help not only your eyes but also your overall health.

Smoking is thought to be a significant risk factor in eye disease.

If you are considering either changing your diet to include more antioxidants and/or vitamins, consult your physician.



Upcoming Elections Offer Accessible Voting Machines

A new voting machine is now available to help the visually impaired participate in election day activities. The voting machine shows ballots in large-print and high-contrast. It has a simple touch screen, where voters use their finger or a Q-tip to select their vote. The machine also has audio capabilities, so that it can read the ballot to the voter.

The Larimer County Elections Commission showed the machine at Ensign's support group in June. All participants liked the machine and were looking forward to participating in election day!

Helpful Tips for Airport Screening Process

Provided by the Transportation Security Administration



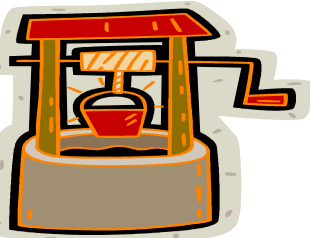
Ensign has
“I Have Low Vision”
buttons which are great for
traveling.

If you're visually impaired, take note of what you may ask the screener to do:

- Explain the security process to you.
- Verbally communicate to you throughout each step of the process.
- Assist you by placing your items on the x-ray belt and providing you with an arm, hand, or shoulder as you move through the process.
- Find someone to escort you through the security process.
- Let you know where the metal detector is located.
- Let you know when you will be going through the metal detector.
- Let you know when there are obstacles you need to avoid.
- Reunite you with all of your carry-on items and assistive devices after the x-ray or physical inspection of the items is completed
- Verbally direct you toward your gate once the screening has been completed.

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.



- **AAA, C batteries**
- Large print books and books on tape
- Office supplies - Prong Bases for files (ACCO #12993)
- Two hole punch

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Fort Collins, CO
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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

July - No Meeting

Aug 24

Sept 22

