



April 2009



Empowering Independent Living for the Visually Impaired

Upcoming Events

39th Annual 9Health Fair - April 18-26, 2009

The 9Health Fair has helped save thousands of lives by providing free and low-cost health awareness and educational screenings. Ensign Skills Center will be participating at the following 9Health Fair sites:

April 18 – Platte Valley Medical Center, Brighton (7am – Noon)

April 21 - The Denver Athletic Club, Denver (7am – Noon)

April 24 & 25 – Christ Center Community Church, Ft Collins (7am – Noon)

For more information and locations, go to www.9healthfair.org

Foundation Fighting Blindness - Colorado VisionWalk Organizing Reception

Saturday, April 18, 2009 - 9:30am to 1:00pm at St. Joseph's Hospital

Learn more about the 4th Annual VisionWalk on October 3, 2009, and get information about the Colorado FFB Chapter. Exciting presentations on low-vision travel: places to travel, agencies that are helpful, blind trips, etc...

To RSVP, call (303) 799-1501 or email Denver@FightBlindness.org

Walk MS Colorado – May 2 through 23

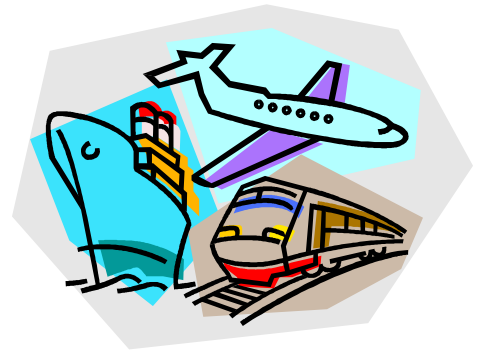
Don't miss participating in one of the 2009 MS Lifelines Walk MS events, which will be held at 10 locations throughout Colorado from May 2-23. These fun walks raise awareness and critical funds for Multiple Sclerosis, while taking us closer to a cure with each step. Enjoy music, entertainment, refreshments, camaraderie and information in addition to an uplifting Colorado walk! For more information, call 303-698-7470 or email

walk.manager@nmss.org

Enightful Tips

Travel Safely with Low Vision

Good preparation is key if you have low vision and want to travel safely by plane, train or bus. Knowing what you can do to ensure your trip is safe and pleasurable is essential. Follow the suggestions below, and you can look forward to a smooth, stress-free journey.



- Notify the airline, Amtrak or Greyhound ahead of time that you will require assistance for a disability. If traveling by train, it is advisable to speak to a reservation agent rather than book your trip on the Amtrak website. This ensures your needs are recorded and passed on to the appropriate personnel. If traveling by bus, and even if you have made advance requests, make Greyhound staff aware of your needs throughout the course of your ride.
- Book direct airline flights where possible. This will avoid the problem of making connections should your flight be delayed.
- Inquire whether the airline publishes information for travelers with a disability, including requirements for traveling with a service animal.
- For easier identification of your luggage, use high-contrast tape on dark bags, and also invest in a beeper attached to your baggage if you have severe low vision.
- Carry a signature guide, and keep your magnifier or other low vision aids close to hand.
- Pay particular attention to your money. Use a money belt for paper currency, keys, tickets etc., and a special wallet or pocket for smaller bills which you can use for tips and small purchases.
- Carry a cell phone with tactile markings, pre-programmed with important telephone numbers.
- Finally, travel safely by carrying a list of your medications, including an emergency contact. Don't forget, as well, to have your guide dog's health certificates, complete with proof of vaccinations, close to hand.

If you find the prospect of organizing everything yourself too demanding, there are specialist travel agencies who will help in travel planning. These offer a wide range of travel programs featuring hands-on learning with sighted guides. *(Maureen Cook, 2006)*

Enightful People

Marla Runyan



When Olympian Marla Runyan was first diagnosed with Stargardt's disease as a young girl -- a juvenile form of macular degeneration -- her doctor told her that she would never drive, earn anything better than a "C" in school, or go to college. In the ensuing years, Runyan not only earned a driver's license, straight "A's" and a master's degree in special education, but the legally blind runner competed in the 1500-meter finals at the 2000 Olympics in Sydney, Australia.

Marla, who is legally blind, has been an inspiration to youngsters and their families facing similar vision-loss challenges. Runyan never expected her athletic achievements to affect the lives of those who suffer vision loss. "I always thought making the Olympics was only a personal goal. I never thought I'd impact so many," she said, adding that she has since received countless letters from visually impaired people throughout the world. "Many of the letters are from parents whose children have Stargardt's, asking me what to do, because their child is going blind," Runyan said.

Based on her experience, Runyan tells them to allow their child to try whatever they want to try. "The future is not written and you have control about how you respond to the vision loss," she said. "Your child will show you what he or she wants to do."

Products

MaxTV Glasses



Maximize the size of TV screens with the easy-to-fit MaxTV Glasses. The hands-free, head-mounted glasses provide 2.1X magnification & can be adjusted so that each eye lens can be focused separately [± 3 diopters], making the system adaptable to most patients. These glasses will focus on objects from distances of 10 feet to

infinity, and are perfect for watching TV, sporting events, movies, theatre, or any other distance viewing activity in which a magnified image would be helpful. Available through Enight Skills Center.

Support Groups

Aurora Senior Center

30 Del Mar Circle
Aurora, CO 80011

Barbara Meyer

303-831-0117

2nd Monday--1pm

Buck Recreation Center

2004 W. Powers Avenue
Littleton, CO 80120

Don Freeman

303-798-8985

2nd Thursday--10am

Dayton Place

2000 S. Dayton Place
Denver, CO 80247

George Beard

303-831-0117

2nd Thursday--2pm

Eye Spy Support Group

Christian Living Center
2479 S. Clermont St.
Denver, CO

Marilyn Wytulka

720-974-3908

1st Thursday--1pm

Heather Gardens

2888 S. Heather Gardens
Aurora, CO 80014

Don Hemenway

303-745-5524

4th Monday—1:30PM

Oakhurst Towers

8030 E. Girard Avenue
Denver, CO 80231

Sue Fenniman

303-831-0117

2nd Monday-10:30am

Sunny Acres

2501 E. 104th Avenue
Thornton, CO 80233

Debra Johnson

303-442-8662

3rd Friday -2pm

The mission of Enight Skills Center is to provide low-vision clients with the opportunity to enhance their life skills, increase their levels of confidence and independence, and enrich their lives through adaptive training and technology.

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