

ENSIGHT

Skills Center, Inc.

for visual rehabilitation



August 2009

AFB and AOL Create Pilot Program on Walking Directions

The American Foundation for the Blind (AFB) and AOL-Mapquest have partnered on a pilot program to create accessible walking directions for people who are blind or visually impaired. The system works much like Mapquest does now: you would go online and plan a walking trip, and the system would develop a door-to-door route map in easy-to-follow segments, with landmarks, cross streets, and points of interest.

The system is currently being tested in Washington, DC, and in Iowa, but they are looking for volunteers to try it out in other communities. If you or someone you know is interested in participating in the project, send an e-mail to aolaccessibility@aol.com with the subject line "AWD Pilot Test." You will then be contacted directly by AOL.

Reminder on Change in Curtis Strong Hours

The word still hasn't gotten out to everyone yet, so this bears repeating. We've had to change our hours of operation at the Curtis Strong Center in Greeley, effective July 1st. They're now open Tuesday through Friday, from 10 a.m. to 3 p.m. This is only a small reduction in service, and we hope it is just temporary.

Another Reminder: Newsletter by E-Mail

You can get your newsletter sooner by signing up for e-mail distribution, and you can save us some paper and stamps. E-mail us at steve@ensightskills.org.

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3307 S. College Ave, #108
Fort Collins, CO 80525
970-407-9999
Curtis Strong Center
918 13th Street, Suite 4
Greeley, CO 80631
970-353-9417

21 Questions for Your Eye Care Professional

This checklist came from the American Foundation for the Blind's (AFB) senior website. When visiting your eye care professional, the best way to get the information you need is to ask for it. The doctor might seem impatient, and there may be other patients behind you. Forget all that. Take the time to find out what you really need to know.

1. What's the diagnosis?
2. What caused my condition?
3. Can my condition be treated?
4. What new symptoms should I watch for?
5. Should I begin making any lifestyle changes?

6. How often should I see you or any other eye specialist?
7. What is the preferred treatment for my condition?
8. When should the treatment start and how long will it last?
9. What are the benefits of treatment and how successful is it?
10. What are the risks and possible side effects associated with this treatment?

11. Are there food/drugs/activities I should avoid while undergoing this treatment?
12. If the treatment involves taking medication, what should I do if I miss a dose or have a reaction to the medication?
13. Are other treatments available?
14. What kind of tests are involved?
15. What do you expect to find out from these tests?

16. When will we know the results?
17. Do I have to do anything special to prepare for these tests?
18. Do the tests carry any risk or side effects?
19. Will more tests be necessary later?
20. Will you send the test results to my primary care physician?

21. You say I'll continue to have problems with my vision and that glasses won't help--what now? Do you know of anything that will help, such as magnification, special devices, or services especially for people experiencing vision loss?

For more information on this subject, visit AFB's website at www.afb.org/seniorsite.

“Co-Pilots” Tandem Bike Ride for August

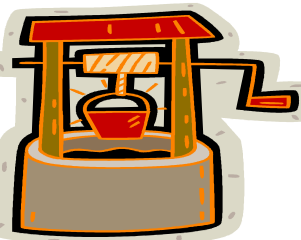
The next ride for the “Co-Pilots” tandem biking program will be held in Fort Collins on Monday, August 10th, beginning at 5 p.m., at Spring Canyon Park (just west of Horsetooth Road and Taft Hill Road). We had a really good turnout for July’s ride, with seven tandem teams on the ride, including several first time riders. Again, these free rides are designed to give folks with low vision an opportunity to experience bicycling in a safe and fun environment. If you’d like to sign up as a “back-seater” for one of these rides, just contact Joe Bagley at New World Sports (970-224-5857).

Kirsten Hartman Receives Accreditation

We believe we have some pretty talented people working with us at Enight, and Kirsten Hartman is a good example. Kirsten is the support group facilitator for our Fort Collins support groups. She is also the owner of Seniors in Transition. She was recently awarded the title of Care Manager, Certified (CMC) by the National Academy of Certified Care Managers. She’s a member of the National Academy of Geriatric Care Managers, and has been providing care management for 15 years, 11 of those in Fort Collins. She is also co-chair of the Elder Care Network of Larimer County. As a geriatric care manager, Kirsten assists older people and their families to attain the highest quality of life, given their specific circumstances. This can include assessments, coordination of support services, attending medical appointments, or assisting at care plan meetings in facilities. If you got questions for Kirsten, give her a call at 970-204-6977.

Our Wish List

We need several items to help run our office but have limited funds. Please consider helping us with these items from our current wish list. Thank you!



- * Batteries (especially the “C” and “AAA” sizes)
- * Kleenex tissues
- * Copier paper
- * Postage stamps and envelopes (business-size)

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Non-Profit Organization
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Permit # 174

Ensign -- Empowering Independent Living

Support Groups for August 2009

Greeley - August 20th (Thursday) 10-11 a.m. Bonnell Good Samaritan Center. The topic will be "Good to 'See' You," ways of identifying people visually and non-visually.

Greeley - August 24th (Monday) 10-11 a.m. Curtis Strong Center. A guest speaker will give a presentation on "Self-Esteem and Vision Impairment."

Fort Collins - August 27th (Thursday) 10-11:30 a.m. Ensign Skills Center. We don't know the topic yet, but it will be good.

Again, the support groups are open to everyone, and refreshments will be served. Nancy Wood is the facilitator for our Greeley support groups, and Kirsten Hartman runs the Fort Collins sessions. For more information, call **970-407-9999**.