



July 2010

Empowering Independent Living for the Visually Impaired

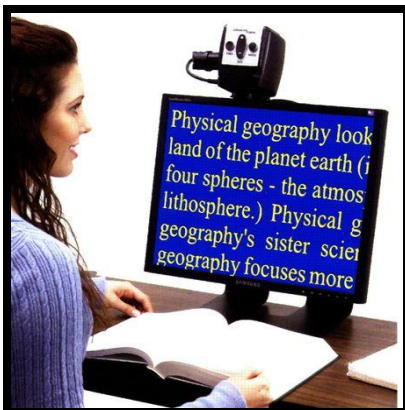
ENSIGHT is excited about some new products in our office:

Carry a PEBBLE in your pocket, purse, or strap it onto your belt. The only time you will know it is there is when you need it to read labels, prescriptions, price tags, menus, or bus schedules.

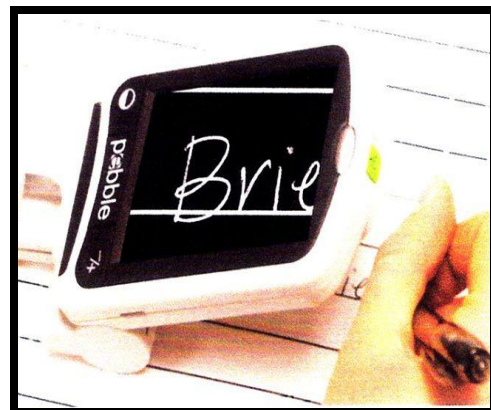
- Adjustable magnification of 2X to 10X
- 6 viewing modes
- Foldable telescopic handle
- 2 hours battery life with rechargeable batteries

Enjoy the flexibility of the ACROBAT'S detachable camera which rotates 340 degrees, enabling self viewing, distance viewing, and desk-top viewing.

- Adjustable digital magnification of .95X to 68X
- 7 viewing modes
- 5 ms high resolution 19" or 22" LCD monitor
- Rolling carrying case for easy transport



ACROBAT



PEBBLE

GLARE 101

Glare is what happens when light bounces back directly into your eyes distorting your ability to focus. Some strategies for minimizing glare are:

- Select matte finishes for countertops, cabinets, and faucets
- Plan background lighting to be as consistent as possible throughout a room by using sources such as cove lighting
- Shield light bulbs with shades or covered lenses
- Direct light toward the ceiling with semicircular open bowl reflectors so the light bounces off the ceiling in a softened pattern

CONTRAST ENHANCEMENT

Alternate the lightness and darkness of items in your home to use contrast to bring clarity to your environment

- Select furniture that is lighter or darker than your flooring
- Paint switch plates, door trims, and baseboards lighter or darker than the wall
- Select appliances that are lighter or darker than your cabinets
- Add a contrasting edge to countertops that is lighter or darker than the top of the counter

NUTRIENTS FOR YOUR EYES (from aoa.org)

Studies have shown the following nutrients have been linked to healthy eyes, and may reduce the risk of some chronic eye conditions:

- Lutein 10mg/day. Found in dark green leafy vegetables, such as spinach, collards, or kale; corn, eggs, or lutein supplements.
- Essential fatty acids (DHA/EPA) 500 mg/day. Found in flax or fleshy fish, like tuna or salmon, or fish oil supplements.
- Vitamin C 500 mg/day. Found in orange juice, citrus fruits, and vitamin C supplements.
- Vitamin E 400IU/day. Found in nuts, salad and vegetable oils, peanut butter, fortified cereals, sweet potatoes, margarine, or vitamin E supplements.
- Copper 2 mg/day. Found in mixed nuts, sunflower seeds, beef liver, beans, lentils, or multivitamin/mineral supplements.
- Zinc 40-80 mg/day*. Found in red meat, poultry, oysters, fortified breakfast cereals, nuts, baked beans, milk, or multivitamin/mineral supplements.

*The 40-80 mg/day dosage is for people diagnosed as high risk for or having early stage AMD. High doses of zinc may cause stomach upset. RDA for zinc is 11 mg/day for men, and 8mg/day for women.

ALWAYS CHECK WITH YOUR PRIMARY CARE DOCTOR BEFORE BEGINNING A NEW NUTRITION REGIMEN.

UPCOMING EVENTS

SUMMER SENIOR FAIR

Where : **The Argyle**
4115 W. 38th Avenue
Denver, CO 80212
Heather Adair 303-455-9513 ext 224

When: 8/6/10 10:00 AM – 3:00 PM

Who: Vendors serving Seniors

DA'S COMMUNITY SAFETY AWARENESS DAY

Where: **Jefferson County Fairgrounds**
15200 W. 6th Avenue
Golden, CO 80401

When: 8/28/10 9:00AM- 1:00PM

Who: Jeffco D.A. Scott Storey
303- 271-6970 (Cary Johnson)

SIT 4 SIGHT

Where: **Moby Arena**, Ft. Collins

When: 9/18/10 5:00-11:00 PM

Who: Enight Skills Center
970-407-9999
www.sit4sight.org

VISUALLY IMPAIRED SENIOR FAIR

Where : **St. Joseph's Russell Pavilion**
1900 Lafayette Street – 2nd floor
Denver, CO 80218
303-837-7111

When: 9/26/10 11:00AM – 4:30PM

Who: Am Council of the Blind of Colorado
303-831-0117

TUESDAY TOURS

Our Denver office hours are Tuesdays, Wednesdays, and Fridays from 10:00AM to 3:00PM. Please tour our Denver office any Tuesday to preview our low vision aides. Our office is open for use by low vision support groups throughout the Denver area.

Please call 303-757-4500 to make an appointment. We are located on a bus line at 6000 E. Evans Avenue, Building 3, #12, Denver, CO 80222. Drive to the east side of Bldg 3 for convenient parking and close access to our ground floor office.

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

Enight Skills Center is a non-profit organization that is funded by grants, fundraising, and donations. These funds keep our doors open to provide the best possible care to our patients. If you would like to make a donation, please call at 303-757-4500. We are an IRS 501(c)(3) non-profit corporation, and all donations are tax deductible.

Thank you for your support!

Enight Skills Center
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