

ENSIGHT

Skills Center, Inc.

for visual rehabilitation



May 2009

"Vision Matters" a Hit, Despite the Snow

Yes, it snowed, again, but the "Vision Matters 2009" low-vision symposium was held anyway on Friday, April 17th. This yearly event, co-sponsored by Disabled Resource Services and Ensignt, had originally been set for March 27th, but was rescheduled for April 17th, due to a really nasty snowstorm.

So, the 17th came, and as luck would have it, so did the snow. But, about 80 people did brave the harsh weather. They heard a great talk from Ellen Troyer, Ph.D., on nutrition and vision health, visited 20 different vendor and organizational booths, and finished off with a delicious sit down lunch served by the Drake Events Center. Our thanks to the many vendors, volunteers, and to the attendees themselves for making the event a success. Hope to see you all again at next year's symposium!

Computer Training Is Coming

Back in February, we sent out a survey on technology issues to all of our readers. A number of you responded and identified a need for basic computer instruction. We're talking here about learning how to use e-mail, how to access the internet, how to use Zoom-Text magnification software, etc. Computer and assistive technology training is going to become a regular part of Ensignt's services to our clients with low-vision. We will inform everyone in the coming months about specific classes and training opportunities. If you're interested or want more information, give us a call at 970-407-9999.

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Sunglasses: Does Color Matter?

We came across this really informative article about tint selection for sunglasses, written by Troy Bedinghaus, O.D., and found on About.com.

You can't judge a pair of sunglasses by its color, at least not for eye protection purposes. Tints and shades of sunglasses do not affect the ability to block ultraviolet (UV) light. When sunglasses are made, the lenses are treated with UV-absorbing chemicals to be able to block UV rays. Because these chemicals are usually colorless, clear lenses could block UV light just as well as dark-colored lenses. So why are there so many different lens colors?

Tints filter light in different ways, and some tints do a better job at blocking light than others. Some tints actually enhance colors, while others distort them. Tints have the ability to enhance vision in certain situations. Although you may admire a certain tint color, it may not be the best one for your particular lifestyle. Following is a handy tint guide for choosing sunglasses.

Gray: Gray is a popular neutral tint that allows the eyes to perceive colors in their purest form. Gray tints reduce brightness and glare. Choose gray for driving and outdoor sports such as golf, running or cycling.

Yellow/Orange: Yellow and orange tints increase contrast in hazy, foggy or low-light conditions. These tints tend to make objects appear sharper both indoors and outdoors, but can also cause color distortion. Choose yellow shades for snow activities and indoor sports.

Green: Another popular neutral, green tints decrease glare and increase contrast, while allowing true color perception. Shades of green also tend to reduce eyestrain in bright light. Choose green for precision sports such as baseball and golf.

Amber/Brown: Amber and brown tints reduce glare and block blue light, giving them the ability to brighten vision on cloudy days. By blocking blue light, these tints increase contrast and visual acuity, especially against green and blue backgrounds such as grass and sky. Choose amber and brown tints for fishing, golf, cycling, and water sports. (article continued on the next page)

Sunglasses...Continued

Rose/Red/Plum: Rosy tints increase contrast by blocking blue light. These tints have a reputation of being soothing to the eyes and more comfortable than others for longer wear-times. They also help with visibility while driving, and seem to be a favorite among computer users as they reduce glare and eye strain.

Each of Ensign's locations in Fort Collins, Greeley and Denver has a variety of tinted sun filters, including the models that fit over your regular eyeglasses. Stop in and try out several different tints to see what works best for your low-vision situation.

By the way, Prevent Blindness America has designated May as National Sight-Saving and Ultraviolet Awareness Month. Prolonged exposure to UV rays can burn delicate eye tissue and raise the risk of developing cataracts and cancers of the eye. So, you can now consider yourself to be both warned and informed.

"Co-Pilots" Tandem Bike Rides for May/June

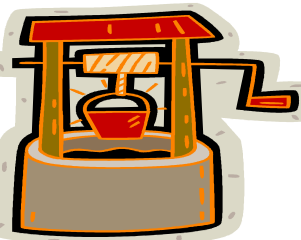
May 4th (Monday) beginning at 5 p.m. at Fossil Creek Park in south Fort Collins.

June 8th (Monday) beginning at 5 p.m. at Lee Martinez in north Fort Collins.

If you like to sign up as a "back-seater" for one of these tandem bike rides, just contact Joe Bagley at New World Sports (970-224-5857).

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 (we really need AAA's)
- * Books on tape and large-print books
- * Copier paper (any quantity would help)
- * Paper towels and bathroom tissue (really!)

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Enight -- Empowering Independent Living

Support Groups for May 2009

Greeley - May 21st (Thursday) 10:00 - 11:00 a.m. Bonnell Good Samaritan Center. The topic is "Yes, I Can", exploring what people with low vision can do, and not what they cannot do.

Greeley - May 25th (Monday) 10:00 - 11:00 a.m. Curtis Strong Center. The topic will also be "Yes, I Can."

Fort Collins - May 28th (Thursday) 10:00 - 11:30 a.m. Enight Skills Center. The topic will be "Nutrition...What Did Mom Forget to Tell You?"

The Fort Collins Tuesday evening support group has been discontinued for the time being, as we try to increase attendance. Again, the support groups are open to everyone, and refreshments will be served. For more information, call **970-407-9999**.