

# ENSIGHT

Skills Center, Inc.

for visual rehabilitation



**October 2009**

## **Some Unfortunate But Necessary News**

Due to the struggling economy, we have had to make some major budget cuts at Ensignt, and one of them is the frequency of the newsletter. For the short term, we're switching to a bi-monthly publication. So, our next issue will cover the months of November and December.

Again, we hope this will be a temporary change. One area where all of our readers can really help us, would be to have their newsletter delivered by e-mail, rather than by paper in the regular mail. This would help greatly reduce our printing and postage costs.

So, if you have an e-mail address and would like to get your newsletter faster and in full color, just send it to Steve Norton at Ensignt at [steve@ensightskills.org](mailto:steve@ensightskills.org), or give him a call at 970-407-9999.

## **Denver Fundraiser Breakfast Almost Here!**

Ensignt will hold its first Denver fundraising event in November. The first annual "Keeping Eyes on the Future" fundraiser breakfast will be held at the historic Denver Athletic Club (1325 Glenarm Place) on Wednesday, November 4th, from 7:15 - 8:30 a.m. This is a unique and free event designed to raise awareness of Ensignt in the Denver community, and to raise some much need funding.

If you might want to attend, or know someone in Denver who would, or if you'd like to volunteer to help at the event, please give call us at 970-407-9999.

**Ensignt Skills Center**  
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

## **It's Flu Season, Get Your Shot!**

The Centers for Disease Control and Prevention (CDC) are predicting a "worse than usual" flu season, and have determined that vaccinations are the single most effective way to prevent flu and strongly encourage high-risk individuals (that includes you, our senior-age readers!) to get vaccinated. Just as a reminder, symptoms of flu include: fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and stomach symptoms such as nausea (vomiting and diarrhea can also occur but are more common in children than adults).

On that cautionary note, we did want to make you all aware of a flu shot clinic program being run by your local Good Day Pharmacy chain. Beginning on October 2nd and continuing through November, residents of Loveland, Fort Collins, Eaton, Johnstown, and Wellington will be able to visit any of the 19 Good Day Pharmacy immunization clinics, without an appointment, and become vaccinated against influenza and pneumonia this season. The flu shot will cost \$25, and the pneumonia shot is \$49. For more information about the dates and times of the clinics, along with the latest information about the availability of the swine flu/H1N1 vaccine, contact your local Good Day pharmacy or visit the website [www.gooddaypharmacy.com](http://www.gooddaypharmacy.com).

## **E-Bay Donation Program Off and Running**

In September, Ensign partnered with Fort Collins Copy, Ship, and Print to create a unique donation program. We've had a number of people come in to donate sellable items, which are then posted on E-Bay. When these items sell, Ensign receives 80% of the proceeds. If you'd like to learn more about the process, just visit the website [www.copyshipprint.com/directions.pdf](http://www.copyshipprint.com/directions.pdf), or call Joe Torre at 970-223-6927.

## **Check Out Ensign's Consignment Corner**

Some folks may not know that Ensign accepts on consignment desktop video magnifiers, also called CCTV's, which are often on sale for just a few hundred dollars. So, if you're in need of a CCTV but can't afford a new one, stop by any Ensign location and find out what used systems we have for sale.

## Final 2009 "Co-Pilots" Tandem Bike Ride

The last "Co-Pilots" tandem bike ride for the 2009 season will be the most interesting. It's going to take place on a Sunday (October 4th), so that more folks can participate. Second, the ride will start in Windsor and will cover the Poudre River Trail as it meanders toward Greeley. So, there will be carpooling from Lee Martinez Park in Fort Collins over to the starting point of the ride in Windsor. Those meeting in Fort Collins should gather there at 9 a.m. The ride will be relatively flat and will cover a distance of about 25 miles. There will be ample stops along the way to rest, eat lunch, and enjoy the beautiful river corridor and its wildlife.

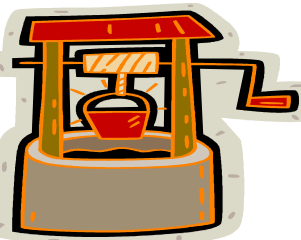
If you'd like to participate in this great event, either as part of a tandem team, or as a single rider, just send your RSVP to Joe Bagley at New World Sports (970-224-5857, or via e-mail at [bagley308@comcast.net](mailto:bagley308@comcast.net)).

## Estes Park "Vision Matters" a Big Hit!

The first senior low-vision fair for Estes Park, held on September 25th, was a huge success. More than 130 people came to the Estes Park Senior Center to learn about the latest in low-vision rehabilitation. They got to meet equipment and senior service providers, listen to presentations, and eat a tasty lunch. The event was co-sponsored by Disabled Resource Services, Eye Center of Northern Colorado, and Ensign. And a big "thank you" goes to the staffs of the Estes Park Senior Center and Estes Park Museum for their hosting of the event. Hope to see you all there next year!

## 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, air freshener
- \* Copy paper
- \* Postage stamps and envelopes (business-size)

Ensign Skills Center  
3307 S. College Ave  
Suite 108  
Fort Collins, CO 80525

Non-Profit Organization  
U. S. Postage Paid  
Fort Collins, CO  
Permit # 174

## ***Ensign -- Empowering Independent Living***

### **Support Groups for October 2009**

**Greeley - October 15th (Thursday) 10-11 a.m.** Bonnell Good Samaritan Center. A speaker from the Colorado Talking Book Library will talk about the program and demonstrate their new products.

**Greeley - October 26th (Monday) 10-11 a.m.** Curtis Strong Center. The topic will be again be the Colorado Talking Book Library.

**Fort Collins - October 22nd (Thursday) 10-11:30 a.m.** Ensign Skills Center. The topic will be "What Do You Mean I Can't Drive with Low Vision?" Come listen to Marlis Lane discuss Bioptics and other vision resources from the Center for Neurorehabilitation.

Again, the support groups are open to everyone, and refreshments will be served. For more information, call **970-407-9999**.