



2015 Spring Edition
Volume 1 Issue 2



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SGO



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Message from the Editor

Welcome back to Sighted Guide Ohio

Sighted Guide Ohio offers events, resources, services for your area, latest technology information, news and stories of people just like you and me....

Welcome back to Sighted Guide Ohio!!

Sighted Guide Ohio's mission is to provide a magazine dedicated to the visually impaired and blind friends and family. We reach out to the State of Ohio for the people that need a voice for visually impaired and blind communities.

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Photo of Adrienne Kolasinski



Photo of John Soovagian

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

– Helen Keller





History on the white canes

Blind people have used canes as mobility tools for centuries,[2] but it was not until after World War I that the white cane was introduced.

In 1921 James Biggs, a photographer from Bristol who became blind after an accident and was uncomfortable with the amount of traffic around his home, painted his walking stick white to be more easily visible.

In 1931 in France, Guilly d'Herbemont launched a national white stick movement for blind people. On February 7, 1931, Guilly d'Herbemont symbolically gave the first two white canes to blind people, in the presence of several French ministers. 5,000 more white canes were later sent to blind French veterans from World War I and blind civilians.

In the United States, the introduction of the white cane is

attributed to George A. Bonham of the Lions Clubs International. In 1930, a Lions Club member watched as a man who was blind attempted to cross the street with a black cane that was barely visible to motorists against the dark pavement. The Lions decided to paint the cane white to make it more visible. In 1931, Lions Clubs International began a program promoting the use of white canes for people who are blind.

The first special white cane ordinance was passed in December 1930 in Peoria, Illinois granting blind pedestrians protections and the right-of-way while carrying a white cane.

The long cane was improved upon by World War II veteran's rehabilitation specialist, Richard E. Hoover, at Valley Forge Army Hospital. In 1944, he took the Lions Club white cane (originally made of wood) and went around the hospital blindfolded for a week. During this time he developed what is now the standard



method of "long cane" training or the Hoover Method. He is now called the "Father of the Lightweight Long Cane Technique." The basic technique is to swing the cane from the center of the body back and forth before the feet. The cane should be swept before the rear foot as the person steps. Before he taught other rehabilitators, or "orientors," his new technique he had a special commission to have light weight, long white canes made for the veterans of the European fronts.[6]

On October 6, 1964, a joint resolution of the Congress, HR 753, was signed into law authorizing the President of the United States to proclaim October 15 of each year as "White Cane Safety Day". President Lyndon Johnson was the first to make this proclamation

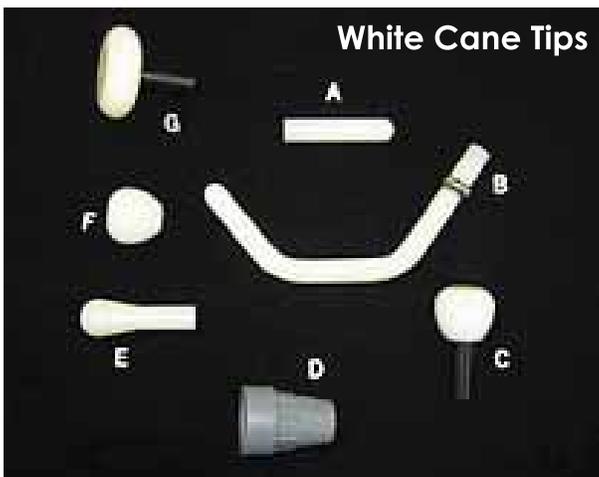




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“Believe you can and you’re half way there.”
 ~ Theodore Roosevelt

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Distribution

Sighted Guide Ohio was created to be a voice for the visually impaired and blind communities. SGO is a publication that covers the State of Ohio and four major cities including **Toledo, Cleveland, Columbus and Cincinnati, Ohio**

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Opportunity

by Dr. Rosenthal



Photo of Dr. Rosenthal

I see people with all kinds of vision issues. Some are at the beginning of a problem, some in the middle. Some are at the end. In my practice, as a retina specialist, I see people from this country and others. I have recently tried to save vision for a wonderful lady with diabetes who traveled all the way from Africa, and a four year old boy in the Dominican Republic who is battling congenital glaucoma, cataracts, and retinal detachment all at once. It was too late for her, too soon to tell for him.

Which has made me think. We see lots of avoidable disease both here and abroad. Diabetes, trauma, congenital disease, Retinopathy of Prematurity, other things. I am struck by two things: First, people in the third world are smart and resourceful and very appreciative, but they don't have the education and opportunity to catch bad things early. Second, although there is plenty of "third world type" privation right here

among the disenfranchised part of our society, we also have vastly more opportunity to learn and avoid and intervene and when necessary rehabilitate these same problems.

Why is that? Both societies have people who are smart, but here we have more people who have been blessed with education. It is one thing to be smart. It is quite another to be informed. Both societies have people overflowing with grace and generosity. It is one thing to give. It is another to have more that you can give. Here, we are blessed to have more to work with. It is not about corporate medicine or even charitable boards that try to corporatize a good thing, turning goodwill into profitable business. It is about knowing that we are all in the same boat and subject to the same threats. Then, it is about sharing what we have and what we know with each other.

In early February, when I was being driven to the OR in the middle of the Dominican, I saw a woman on a street corner selling trinkets. She was wearing a tee shirt that said something very simple: "Share Some". I don't know if she even knew the English, but I am very sure that she knew the message. Here, there, it doesn't matter. If we share

some, we change everything. If we share some, then no one has nothing. If we share light, even striking a single match, then even total darkness is no longer what it was. If we share hope, no one is hopeless. If we share knowledge, then given the intelligence that we all have in some measure, then no one is powerless.

That is the opportunity we have right here and right now for vision care. Here in Ohio, we have fabulous people working in all aspects of vision care. We have such a wide range of talent

It is about knowing that we are all in the same boat and subject to the same threats.

and generosity in the people of Prevent Blindness Ohio. Wonderful programs in education for everyone from moms and dads and kids to the most powerful lawmakers. Programs for screening for early trouble. All kinds of inventive empowerment.

I work with many wonderful primary eye doctors who not only diagnose and treat, but who also "go the extra mile" doing things in the community for free, just because it is the right thing and they are humbly aware that "community" means all of us. There are al-

RELAX!

Relax, you can say to me, "Did you see when the teacher's face got red?"

It's okay to say "see."



Opportunity

by Dr. Rosenthal

ways profiteers who buy into the myth that health care is first a business, and patients are fodder for profits and not other versions of ourselves. There are so many others, though, who simply ignore that and do their best for others. There are still others who work closely with these primary care doctors and specialists to offer rehabilitative care, helping people play the hand they are dealt, whatever that might be. This is sometimes a more thankless and not very well subsidized job, but there are great people and generous supporters out there doing it every day.

This vision support thing is a big pond, and there are lots of fish swimming around, trying to do what they can. Swimming together in one school doesn't always come naturally. Schooling together has always been a challenge, which is where efforts like Sighted Guide Ohio come in. I have been doing this for over 30 years now, and I can say that seeing such energy, such intelligence, and such drive and respect for all is a dream come true. We **have** resources, we **have** education, and most importantly we **have** generous people who are dedicated to

pulling others up instead of simply profiting from their troubles. It will continue to be challenging, but I am very hopeful about a future that uses the technology, and the education, and the energy that we all have to create something new. Putting the mission ahead of self-interest, and "sharing some" instead of taking some, we create opportunities and a new world that is not only better but self-sustaining. The more we empower ourselves and others, the more trouble we can prevent, and when it happens anyway, the more we can do about it.

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625 West Town St., Columbus, OH

www.pilotdogs.org



Our Stories... Rodger Keaton

I have had weak eye sight all my life as a child. My glasses were fairly thick lens and in 1969 I went legally blind over night due to detached retinas. I had surgery on each eye they put what was called a buckle at a 45 degree angle on each eye but I only got vision in my right eye it was 20 40 which was pretty good . I lost all sight in my left eye which is total just blackness. In the early 80s I got macular degeneration and slowly my sight slipped away it was so slow I barely noticed it till once again I was legally blind with 20 200 in my right eye I worked 2 more years and then called it quits since by then my sight was about 20 400. In 1992 I went into rehab for the blind which is in Louisville Ky. I was taught mobility with a cane how to keep a checking account on a tape, how to cook, clean and Braille. I only could

read 3 words a minute and write 5 a minute this was Grade 1 Braille.

22 years ago I left Lexington Ky. on a greyhound headed to Columbus Ohio. Steve Hoyt was my trainer and he picked me up. I started my training that day when Steve gave me a leash and said this will be your dog for the next 3 days.

Day 1 we went for a Juno walk, the trainer had a harness and leash and he had me hold the handle of the harness in my left hand and the leash in my right hand. Steve led me around the block to see how fast my pace was and he pulled hard and light on the harness to determine whether I would be more comfortable with a dog that pulled hard and walked fast. I have always been a fast walker. Steve or some of the other trainers would take each one for a walk while the rest of

the class stayed in the day room. One day I was told to go wait in my room I would



**Rodger
Lexington,
KY**

be getting my dog I met my first dog that day he was a black lab named Spike, he and I trained for 2 weeks and it soon became obvious that Spike and I weren't a good match . A few weeks after I got a new dog another black lab named JC and he was huge tall and later I found out that JC weighed 100lbs. JC worked 8 years for me and at 10 years old he retired because he went blind in his left eye. Pilot Dogs is a great place to go for a guide dog. They have caring staff and all my trainers have been the best good dogs, I would recommend Pilot Dogs to anyone thinking about a guide dog. Pilot Dogs has been training dogs for the blind since 1950.

QUICK TIP!
If you are leaving the room we are in, please tell me you are leaving.
Provided by SGO



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NFB Newsline Sounds the World

By Elizabeth L. Sammons, Program Administrator, BSVI/Opportunities for Ohioans with Disabilities

One morning about ten years ago, I joined the ranks of millions by walking out onto my balcony and reading the newspaper over coffee. This does not sound like news until you consider that I had been a journalism major in college with focus on international studies, but I had never done this before – reading the news, that is – coffee was a constant. I still remember wiping tears from my eyes that day as I jumped from paper to paper, section to section, selecting whatever topics I desired. I was finally able to do this thanks to something not available during my college years called NFB Newsline, a free service for anyone who cannot read print or maneuver physical pages because of motor impairments, low vision or severe dyslexia.

<https://nfb.org/audio-news-paper-service>

Well before my lifetime, the hope of sounding the world and keeping current with events already ran strong for many blind readers. In 1927, Francis lerardi, founder of the National Braille Press, produced his first weekly newspaper in Braille with the help of numerous volunteers and the cooperation of Massachusetts journalists. Demand rose so sharply that this paper became national and later, even international. Despite funding

challenges, lerardi insisted on keeping it a weekly periodical so that current news would be at readers' fingertips.

<http://www.nbp.org/ic/nbp/aboutus/ourmission.html>

For the next two generations, however, access to most newspapers was virtually non-existent apart from fixed-time programs available on some radio reading services for the blind community. Then in 1990, Telephone Computer Systems Inc. began transmitting the "St. Paul Pioneer Press" and the "Minneapolis Star Tribune" by telephone to blind subscribers, who paid \$6 a month for the service. This technology, converting printed articles into files read aloud on the phone with a computer voice, spread to the National Federation of the Blind, which began a national program in 1995 called NFB Newsline. Today this service offers about 350 local and national newspapers, including several in Spanish and a dozen international newspapers in English. Nearly forty magazines with focus on the Arts, Science, Health and Fitness, Pop Culture and National and International news are also available, and the service is still growing to include disability-specific resources. As of 2011,

weather alerts and a job search function have been available through CareerBuilder. With a few key strokes, readers can have any article or job directly emailed for later reference. Using

a touch-tone phone or smart phone, a subscriber can choose the current day's, the previous day's, and the previous Sunday's issue of any newspaper in the service. An intuitive menu system allows users to choose which newspaper, section, and article to read. This menu also allows for changing the speed and voice settings, spelling words, or searching for a particular word or subject. Victor Reader Stream users also received access to a free app for accessing Newsline wireless.

Those interested in this service who are already qualified with National Library Services can be automatically enrolled as subscribers by registering at <https://www.nfbnewsline.net/N12/NL2NewUserReqInput.jsp> After registration is processed, readers will receive a letter containing a personal activation code and instructions.

Currently NFB Newsline has about 3,000 readers in Ohio. Readers may visit NFB Newsline's website to begin electronic registration.





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White Cane Law of Ohio:

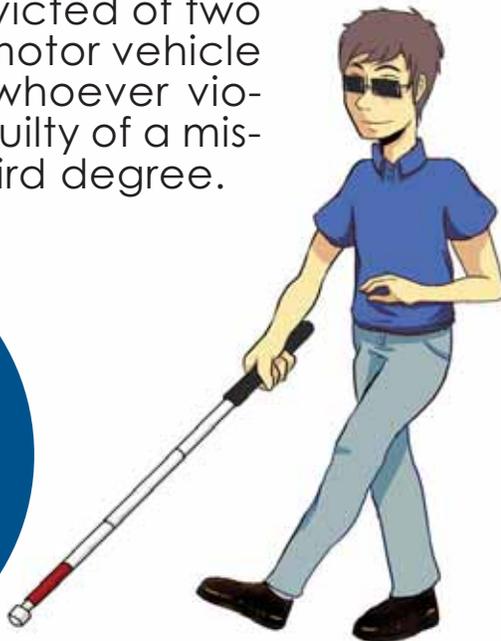
White Cane Law of Ohio: 4511.47 Right-of-way of blind person.

(A) As used in this section “blind person” or “blind pedestrian” means a person having not more than 20/200 visual acuity in the better eye with correcting lenses or visual acuity greater than 20/200 but with a limitation in the fields of vision such that the widest diameter of the visual field subtends an angle no greater than twenty degrees. The driver of every vehicle shall

yield the right of way to every blind pedestrian guided by a guide dog, or carrying a cane which is predominantly white or metallic in color, with or without a red tip.

(B) No person, other than a blind person, while on any public highway, street, alley, or other public thoroughfare shall carry a white or metallic cane with or without a red tip.

(C) Except as otherwise provided in this division, whoever violates this section is guilty of a minor misdemeanor. If, within one year of the offense, the offender previously has been convicted of or pleaded guilty to one predicate motor vehicle or traffic offense, whoever violates this section is guilty of a misdemeanor of the fourth degree. If, within one year of the offense, the offender previously has been convicted of two or more predicate motor vehicle or traffic offenses, whoever violates this section is guilty of a misdemeanor of the third degree.



Did you know
October 15th is
**National White
Cane Safety Day?**

It is celebrated to remind people about the abilities, rights, and responsibilities of the blind.

RELAX!
Ask me your questions,
not the person I am with,
I will be happy to answer them!



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OUB's Mission:

to enrich the quality of life of people who are blind and visually impaired through lifelong education and recreation.

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- Mobility
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- Blindness is not a barrier, just an obstacle!



OUB is a charitable nonprofit organization under Section 501c3. We gladly accept your generous donations!

Who can attend?

Anyone who is blind or has a visual impairment that interferes with their learning and living is welcome to attend OUB Camps.



American Council of the Blind of Ohio



ACBO board members

ACBO is heavily committed to advocacy on the local, state, and federal levels for greater understanding of the needs and aspirations of blind and visually impaired people. We direct our efforts and advocacy toward education, information, legislation, and other activities designed to enhance the life styles of people who are blind or visually impaired. Our members include both persons who are blind and visually impaired, and people who are fully sighted, all working together to achieve our goals. Visit us online at www.acbohio.org

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Pilot Dogs Inc. Guide Dog Training Program

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Upon the dog's graduation, Pilot Dogs sends a picture of the dog with its new master (the blind individual) to the Puppy Raiser, showing the completion of the project.



Phase 2: Formal Training

Once the dog is returned to Pilot Dogs by the Puppy Raiser at 12-14 months, it begins formal training with our professional Trainers/Instructors. This training typically lasts about 5 months. As the dogs advance, the training schedules are changed so that the dogs begin training in the streets of Columbus where they learn how to navigate buses, revolving doors, escalators, elevators, and all other conditions the blind may encounter once returned home with their Pilot Dogs.

Phase 3: Training the Team

When the blind student arrives to start their 4 week Training Program, they immediately begin to take care of their dog. This usually begins with the new master bathing the dog. This bathing process is the preliminary lesson for the student in the dog's care. Simple, short walks are taken at first, always in the company of our professional Trainers/Instructors. The walks and obstacles become increasingly difficult over the 4 weeks. Eventually, the dog and master find their way about our largest department stores, on and off buses, and across our busiest thoroughfares by themselves.

For more information call (614) 221-6367, or email kwalker@pilotdogs.org.
www.pilotdogs.org





Our Stories...

Betty Kasubski

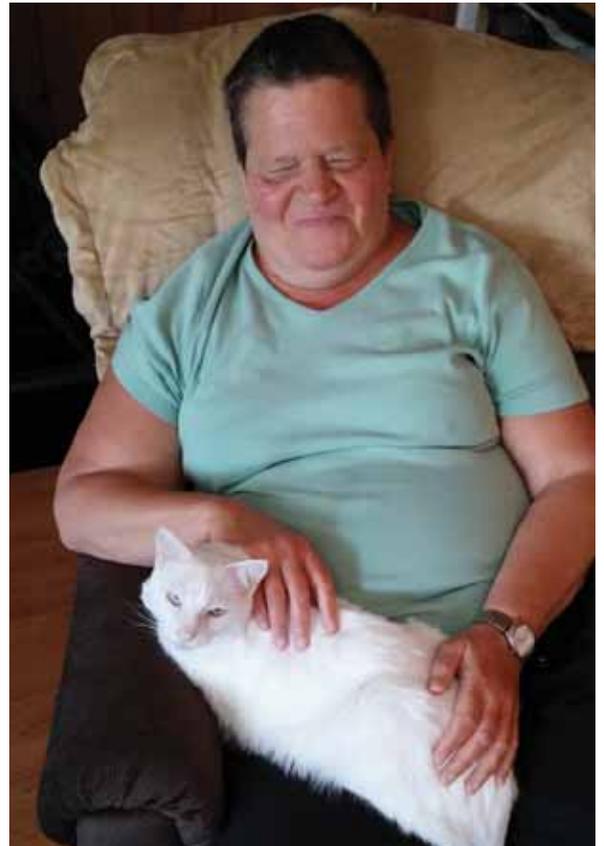


My name is Betty Kasubski and I am 62 years old and I have a cat I love dearly and his name is Cloud. I have two sisters and one brother and I was the only one born premature out of the bunch. A few months after I was born my parents started to notice I was not playing with my toys. After going through multiple tests my parents found out that I was 100% blind in both eyes. The tests determined that when I was incubated, because I was a preme, I was given too much oxygen which in turn has made my optic nerve deteriorate and created my blindness. I have no control over my eyes and they have become smaller over the years. In the 1950's a lot of children that happened to be born premature were ending up with retina damage and they did not know why. Since the doctors had no idea back then on how much

oxygen a child could have, some ended up blind and I was one of them.

I went to school at Elmhurst Elementary in Toledo, OH until the 3rd grade and started at the Ohio State School for the Blind, in Columbus, OH in 4th grade. I graduated from OSSB in 1971 and went to Detroit to get a certificate in massage therapy and lived there for a year. After I graduated I came home to Toledo and worked at 21st Century as a masseuse for 2 years.

I wanted to become a medical transcripist so I went to Talladega, AL for 9 months and came back to Toledo and worked at Riverside Hospital for 21 years until they offered a buyout in 1996. Since then I have volunteered with sexual assault victims and making calls for Hospice. In 2003 my dear friend Lois Eddy came to me and asked if I would be interested in created a blind ministry. She had heard about a blind minister in St. Louis that started one and



wanted to see if we could do the same. In May of 2003 the Toledo Blind Outreach was created. It is located at St. Phillip Lutheran Church; generally we meet the first Saturday of every month. The group started with 25 members and has about 40 as of now and growing!

I feel great about creating and being a part of Toledo Blind Outreach. I think this is something that God has called me to do. We have been blessed to have this group for over 12 years now.



Visit us
online at
sightedguideohio.org



10 Tips to Prepare Your Child to Learn to Read Braille

By Charlotte Cushman

Paths to Literacy (www.pathstoliteracy.org) is a collaboration between Perkins and Texas School for the Blind and Visually Impaired bringing together practical tips and activities from the field to use with children and youth of all ages. This Literacy Tip Sheet shares suggestions for preparing young children to learn to read braille. For more items like this, register for free on the site!

www.pathstoliteracy.org/strategies/ten-tips-prepare-your-child-learn-read-braille



Literacy Tip Sheet

10 Tips to Prepare Your Child to Learn to Read Braille

1. Be sure that the child has LOTS of access to braille EVERYWHERE!
2. Give the child lots of practice developing fine motor or handskills.
3. Have the child sort, match, and categorize items.
4. Give the child practice telling stories and sequencing events.
5. Familiarize the child with positional concepts, directionality and spatial orientation.
6. Practice counting.
7. Provide opportunities to increase tactile discrimination.
8. Create experience stories.
9. Encourage the child to "scribble" on the braillewriter.
10. Read every day!



www.pathstoliteracy.org

Perkins
eLEARNING

Are you interested in earning credits or just want to learn more about a range of topics related to the education of students with visual impairments? Perkins School for the Blind offers lots of online classes, including many that are self-paced.

Watch the latest videos or sign up for an upcoming webinar!

Find out more here: <http://www.perkinselearning.org/professional-development>

To see the calendar of upcoming events, visit: <http://www.perkinselearning.org/events-monthly>

RELAX!

You don't need to yell,

I can probably hear you just fine, unless I also am also wearing a hearing aid.



Clovernook Earns 2014 Employment Growth Award from National Industries for the Blind

Award Honors Success in Sustaining and Increasing Employment for People Who Are Blind.

February 3, 2015 – Cincinnati, OH- Clovernook Center for the Blind and Visually Impaired was honored by National Industries for the Blind (NIB), the nation’s largest employment resource for people who are blind, with the 2014 Employment Growth Award. The award recognizes Clovernook Center’s efforts to increase employment retention, growth, and upward mobility for people who are blind.

“We are thrilled to receive this award, and are exceptionally proud to provide employment opportunities for people who are blind and visually impaired in the city of Cincinnati, from our location in North College Hill,” said Chris Faust, President and CEO. “Our employees are talented and dedicated professionals, and we are delighted that they are being recognized as an example of the capabilities of people who are blind.”

Employment Growth Award recipients receive a cash payment from a fund created to recognize and encourage NIB associated nonprofit agencies that grow or sustain employment for people who are blind.

Emphasis is also placed on efforts to increase upward mobility in the workplace and job placements.

“It is an honor for me to recognize Clovernook Center for the Blind and Visually Impaired with a 2014 Employment Growth Award,” said Kevin



Lynch, president and CEO of NIB. “Clovernook Center continues to lead the way in creating employment and high-growth career opportunities for people who are blind.”

Information on the upcoming Clovernook Center Youth Summer Camp is available on page 30.





Lions Clubs International

We are global.



Ohio Lions, Inc.
 4074 Hoover Road, Grove City, Ohio
 (614) 539-5060
 Email: lionsoffice@ohiolions.org

VISION STATEMENT

TO BE the global leader in community and humanitarian service.

MISSION STATEMENT

TO EMPOWER volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

PURPOSES

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- TO COORDINATE the activities and standardize the administration of Lions clubs.
- TO CREATE and foster a spirit of understanding among the peoples of the world.
- TO PROMOTE the principles of good government and good citizenship.
- TO TAKE an active interest in the civic, cultural, social and moral welfare of the community.
- TO UNITE the clubs in the bonds of friendship, good fellowship and mutual understanding.
- TO PROVIDE a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.
- TO ENCOURAGE service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors.

www.ohiolions.org



Sight through touch

“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.”

This quote by Helen Keller captures the spirit of independence and self-sufficiency. It also captures the spirit of a new tactile system called Visus Touch. Through touch, Visus Touch helps persons without sight to maintain their independence at home.

The Visus Touch™ system was created to enhance the quality of life for persons with severely compromised sight. The system makes it possible for persons with little or no sight to classify, group, organize, and later identify most any item. It is comprised of 90 labels that are tactile embossed, adhesive backed, and available in both Lexan polycarbonate and paper versions.

The heart of the Visus Touch™ system is a patented easy to learn structure that makes it possible to classify, group, and organize almost any item for later identification or retrieval. Pantries, refrigerators, freezers, bathrooms, medicine cabinets, bathrooms and the like often contain items that are similar in shape, size, and color –

but may contain vastly different contents.

For persons without sight, identifying the desired item in such situations can be frustrating and oftentimes disheartening. Where medicines are involved, choosing the wrong medicine may pose considerable risk.

The system is easily learned through an entertaining audio tutoring instruction manual. For this purpose a USB flash drive is provided with the kit. The listener is guided to tactile expertise by performing exercises on a Visus Touch™ Tactile Training Card which is also provided. For persons who are fully or partially sighted, the kit also comes with an instruction manual in booklet form.

As a completely tactile system, Visus Touch™ is effective for children, adults and seniors of all cultures. It is adaptable by design and can be incorporated into the lifestyles of most individuals.

Professionals such as blind and low vision counselors, vocational rehabilitation counselors, blind and low vision teachers, and home health care specialists will



find VISUS TOUCH™ a valuable aid for their consumers, clients, or customers. Contact us. We'd enjoy hearing from you.

Call: 440-835-1055 or, toll free, 1-800-310-4517. E-mail: mmunn@visuslabels.com.

Visit us online at: <http://visuslabels.com>

RELAX!
You can point to objects, but please also explain that you are pointing, "to the left."



Our Stories...

Guy Schlosser

**DON'T LET
IT STOP
YOU!**

My name is Guy Schlosser, and I have been completely blind since birth. The cause of my blindness was that my optic nerve did not develop fully. I have definitely not let this slow me down though, as I enjoy various activities such as swimming, tandem bicycling, and walking. Twice a week, I love to play "Name That Tune", at a couple restaurants in the Toledo area. When it comes to the speed rounds, people are amazed at how quickly I can name tunes, and close their eyes just to see if they can beat me. For work, I am a marketer and customer service representative for a Farmers Insurance agency, and troubleshoot computer related issues as a side job. I love teaching my friends about new technologies, and showing them how much their independence can increase by using them.

Rapidly changing technology has played a huge part in allowing me to enjoy the success and independence that I have today. As I write this, I am amazed at how much things have changed. Being born in the 70's, it was much harder to get access to educational material and even books to read for fun. Braille books were cumbersome at best, and not everything was available in that format. As I went through school, more of my learning was done via books read by volunteers on tape, through such agencies as the Recording for

the Blind. My assignments were usually done in Braille, and if I had something that needed typed, I would have to rely on people such as my parents and friends to proof read for me. The 80's and 90's saw much improvement, in the fact that computers were becoming widely adopted,

and people were starting to make devices and applications that could be used by the blind. On my first computer, an Apple IIC, I had programs such as Wordtalk and Sensible Speller that allowed me to type and proofread my own work, although still having someone check it, in case I ran out of ink and printed blank pages. Soon after starting college, I started to use DOS-based machines that made it possible to run programs that were being used by my sighted peers, such as Wordperfect and Lotus 1-2-3. Now, I am using most standard applications on the Windows and Mac platforms, thanks to programs such as JAWS for Windows and Voiceover. There is even a program for Windows called NVDA, that allows a blind



person to have full access to their computer without the heavy price tag of some of the more expensive products. Thanks to technologies built into the iPhone, I am also able to send text messages, know what money I have in my wallet, and even identify the color of my shirt.

Whether you've been blind since birth, or just found out you may be losing your sight, don't let it stop you. You may have to learn things a different way when you have no sight, but a fun, productive life is indeed possible. I am always glad when someone says they can't identify their money, or give a friend accurate directions to their house, and I can say "yes you can."



Statistical Facts about Blindness in the United States

Definitions

There are several ways to define blindness.

- Many people regard blindness as inability to see at all or, at best, to discern light from darkness.

- The National Federation of the Blind takes a much broader view. We encourage persons to consider themselves to be blind if their sight is bad enough—even with corrective lenses—that they must use alternative methods to engage in any activity that persons with normal vision would do using their eyes.

- The United States Bureau of the Census question about “significant vision loss” encompasses both total or near-total blindness and “trouble seeing, even when wearing glasses or contact lenses.”

- The statutory definition of “legally blind” is that central visual acuity must be 20/200 or less in the better eye with the best possible correction or that the visual field must be 20 degrees or less.

- There are no generally accepted definitions for “visually impaired,” “low vision,” or “vision loss.”

Estimates

Almost all statistics on blindness are estimated, which means that the numbers found in a sample are extrapolated to the entire population. United States government agencies—including the Bureau of the Census, the National Center for Health Statistics, and the Bureau of Labor Statistics—use sophisticated statistical techniques that lead to population estimates with great accuracy. Moreover, these techniques also provide the margin of error.

Blindness among children

Each year, the American Printing House for the Blind polls each state for data on the number of

legally blind children (through age 21) enrolled in elementary and high school in the U.S. eligible to receive free reading matter in Braille, large print, or audio format.

- **Total number of students: 60,393**

- **By primary reading medium**

- Braille readers: 5,147 (8.5%)
- Print readers: 17,647 (29.2%)
- Auditory readers: 5,529 (9.2%)
- Non-readers: 21,042 (34.8%)
- Pre-readers: 11,028 (18.3%)

Disability Statistics, American Community Survey (2012)

The number of non-institutionalized males or females, ages 4 and under through 20, all races, regardless of ethnicity, with all education levels in the United States who reported a visual disability in 2012.

Prevalence:

- Total: 659,700
- Girls: 319,100
- Boys: 340,600

Blindness among adults (2012)

These estimates (for adults age 16 and older reporting significant vision loss, who were in the non-institutionalized, civilian population).

- **Total (all ages): 6,670,300**

- Total (16 to 75+): 6,211,700
- Women: 3,411,000
- Men: 2,800,700
- Age 18 to 64: 3,412,900
- Age 65 and older: 2,724,600

Race or Ethnicity

- White: 4,802,600 (2.1%)
- Black / African American: 1,117,000 (2.9%)
- Hispanic: 1,079,900 (2.1%)
- Asian: 190,000 (1.2%)
- American Indian or Alaska Native: 95,600 (3.8%)
- Some other race(s): 465,100 (2.0%)

State Distribution

The total number of non-institutionalized, males and females in the United States reported to have a visual disability in 2012.

Alabama	147,100
Alaska	19,300
Arizona	131,300
Arkansas	93,100
California	701,400
Colorado	92,100
Connecticut	54,800
Delaware	17,700
District of Columbia	15,900
Florida	434,600
Georgia	239,300
Hawaii	22,000
Idaho	36,700
Illinois	241,600
Indiana	139,400
Iowa	50,000
Kansas	51,300
Kentucky	128,200
Louisiana	145,700
Maine	29,700
Maryland	97,600
Massachusetts	118,500
Michigan	199,400
Minnesota	77,400
Mississippi	102,400
Missouri	138,700
Montana	21,600
Nebraska	32,300
Nevada	59,900
New Hampshire	21,200
New Jersey	168,800
New Mexico	69,600
New York	356,700
North Carolina	242,200
North Dakota	10,800
Ohio	236,900
Oklahoma	113,600
Oregon	83,500
Pennsylvania	271,400
Rhode Island	20,600
South Carolina	122,800
South Dakota	14,600
Tennessee	177,000
Texas	619,500
Utah	39,400
Vermont	14,700
Virginia	146,600
Washington	125,700
West Virginia	67,300
Wisconsin	98,300
Wyoming	10,400
Puerto Rico	217,800



Statistical Facts about Blindness in the United States

Educational Attainment

These numbers refer to the highest level of education attained by a given individual ages 21-64.

- Less than high school graduation: 878,800 (26.7%)
- High school diploma or a GED: 1,060,500 (32.3%)
- Some college education/associates degree: 955,000 (29.1%)
- Bachelor's degree or higher: 391,700 (11.9%)

Income and Poverty Status

Ages 21-64

- Median Annual Earnings: \$32,300
- Median Annual Household Income: \$33,400
- Number living below the poverty line: 1,022,500 (31.2%)

Supplemental Security Income

The number of non-institutionalized persons aged 21 to

64 years with a visual disability, in the United States who received SSI benefits in 2012 was 609,100 (18.5%).

Health Insurance Status

The number of non-institutionalized persons aged 21 to 64 years with a visual disability in the United States in 2012.

- Uninsured: 726,000 (22.1%)
- Insured: 2,560,100 (77.9%)
 - Employer/Union: 1,022,600 (31.1%)
 - Purchased: 270,900 (8.2%)
 - Medicare: 770,000 (23.4%)
 - Medicaid: 1,187,600 (36.1%)
 - Military/VA: 186,400 (5.7%)
 - Indian Health Service: 27,200 (0.8%)

Employment (U.S.)

Ages 21-64

- Employed: 1,240,200
 - Full-time: 809,900
- Unemployment (in the labor force): 250,900
- Unemployment (not in the labor force): 1,795,000

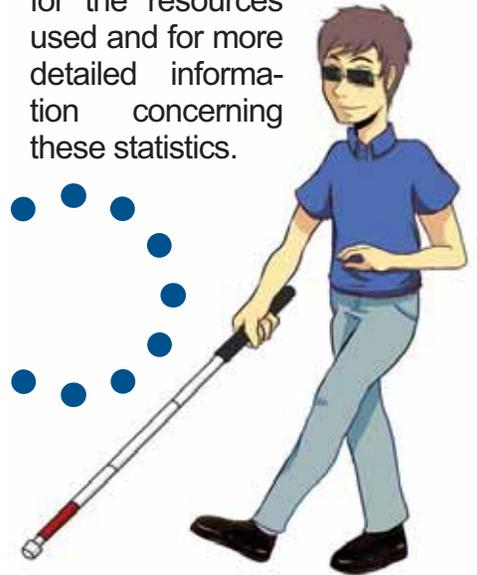
Therefore, for working age

adults reporting significant vision loss, only 37.7% were employed in 2012.

Mobility

Guiding Eyes for the Blind estimates that there are approximately 10,000 guide dog teams currently working in the United States.

Visit www.sightedguideohio.org for the resources used and for more detailed information concerning these statistics.





MYTH:
Failure to use proper glasses will hurt your eyes.

FACT:
This statement does have some truth for a small number of people. Some children have eye problems that can be corrected, and it is important that they wear their glasses. While corrective glasses or contacts are needed to improve eyesight, using your eyes with or without glasses will not damage them further.



Enjoy Cedar Point this Summer!

We're trying to make Cedar Point as enjoyable and barrier-free as practical. Listed below are some of the services we offer. Please feel free to suggest areas in which we might improve in the future.

1. On almost all rides, guests in wheelchairs will have to transfer out of their wheelchairs and into the ride vehicle.

2. A limited supply of wheelchairs and electric convenience vehicles (ECV) are available for rental. However, wheelchairs and ECVs are rented on a first-come, first-served basis and we urge guests to bring their own wheelchair. Park associate escorts are necessary to have rented wheelchairs taken outside the park gates to the guests' car.

3. Our two First Aid Stations are staffed from 10 a.m. to closing. Refrigeration for medication, with the exception of bee sting anaphylaxis kits, is available at First Aid, and medical equipment can be stored. Emergency medical care is available for overnight guests.

4. Guests requiring handicap parking spaces should turn on hazard lights and ask a traffic director for the exact location. Permits are required to use these spaces.

5. Guests may recharge their wheelchair battery in the Guest Services Office.

6. All shows and most attractions are accessible.

7. Assistive listening systems utilize a lightweight wireless device that receives a signal from transmitters at certain locations in order to amplify sound. These are recommended for guests with mild to moderate hearing loss. To use the system, obtain a receiver at Guest Services. A \$20.00 refundable deposit is required.

8. American Sign Language Interpreting

If requested at least one week in advance, Cedar Point will provide American Sign Language Interpretation. To arrange for sign language interpreting services, please email mfrankart@cedarpoint.com.

9. Braille Guides

Braille guides of the Park Map and Guest Assistance Guide are available at Guest Services. There are a limited number of guides available to rent on a first-come, first-served basis. A \$20.00 refundable deposit is required. Refundable only when guide is returned to Guest Services on the same day.

10. Private rest room facilities for guests needing the assistance of another guest are available at Main First Aid, Camp Snoopy, Coral Courtyard, Frontier First Aid, Matterhorn and Pet Farm rest room on the Frontier Trail. Wheelchair accessible stalls are located in all rest room facilities.

11. ATTY is available at Hotel Breakers for guests with hearing disabilities needing to use a telephone.

12. Although food and beverages are not allowed to be brought into the park, individuals who have special need/diet items due to a medical condition may bring small coolers to accommodate such needs.

13. **Service animals** (limited to Guide Dogs and Miniature Horses) are welcome at Cedar Point. Service animals must be physically controlled on a leash or harness at all times. Due to the nature of most rides, service animals must remain with a non-riding member of the guest's party.



Cedar Point hosts are not permitted to take control of service animals. Guests whose service animals demonstrate aggressive actions toward our guests or associates will be directed to remove the animal from the park. Limit one service animal per guest. Guests may take advantage of our Parent Swap policy for staying with the service animal. Service animals may be taken on the Carousels and C.P. & L.E. Railroad.

14. Wheelchair Lifts are available to transport a Guest in a Wheelchair and One Companion to our 2nd story ride platforms. Please use phone at base of lift to request service. Wheelchair Lifts are available at Corkscrew, GateKeeper, Gemini, Iron Dragon, Wilderness Run, Magnum XL-200, Mantis, Mine Ride, Pipe Scream and Raptor. A standard elevator is available for self service at Maverick.

15. If you need further information or have a special need that is not addressed here, please contact the Guest Services Office at the Front Gate, or call (419) 627-2301. Online at www.cedarpoint.com

Basic Information

In general, all riders should be in good health and free from any conditions known or unknown that might be aggravated by riding. To ride, guests must have the ability to brace themselves upright in the seat and support their head and neck during the ride movements.



Take a Break with a Digital Talking Book



The Ohio Library for the Blind and Physically Disabled (OLBPD) is part of the Cleveland Public Library. In partnership with the State Library of Ohio Talking Book Program, OLBPD serves as the Regional Library for the National Library Service for the Blind and Physically Handicapped (NLS) of the Library of Congress, and administers a free library program of braille and audio materials circulated to eligible borrowers in the State of Ohio by postage-free mail. OLBPD and the State Library of Ohio Talking Book Program received the 2010 National Library Service Network Library of the Year Award.



Ohio Library for the
Blind & Physically Disabled
at Cleveland Public Library

17121 Lake Shore Blvd.
Cleveland, Ohio 44110-4006
Phone: 216.623.2911
Ohio Toll-Free: 800.362.1262
Fax: 216.623.7036
Email: olbpd@cpl.org



Am I Legally Blind?

by Dr. Kruszewski

During my 28 years in practice there is probably not a week that goes by without one of my patients proclaiming they are “legally blind” without their glasses. This will typically lead to a conversation about what it really means to be legally blind and some of the common causes for blindness and visual impairment. Although many of the terms that are used to describe vision loss are often misinterpreted, it can lead to an interesting discussion and an opportunity for patient education.

The statutory definition of legally blind is that central visual acuity must be 20/200 or less in the better eye with the best possible correction or that the visual field must be 20 degrees or less. So, what many people don't realize is that we are always considering the best corrected vision when determining visual impairment. The National Federation of the Blind takes a much broader view and considers a person blind if their sight is bad enough that they must use alternative methods, in addition to corrective lenses, to engage in any activity that a person with normal vision would do using their eyes. Often patients that fall under this broader definition are considered “visually impaired” or said to have “low vision”.

Regardless of the definition, vision loss and visually impair-

ment can be devastating to some and certainly life-altering for all. Fortunately, with advancements in medicine and with early detection, many forms of new blindness are preventable and treatable. Two of the leading causes of new blindness in the United States are Age-related Macular Degeneration and Diabetic Retinopathy. Over the last several years, new medications have been developed that when injected into the eye can inhibit the growth of new blood vessels in these conditions.

The use of these medications has been shown to successfully prevent or slow addition vision loss. In addition, making wise life style choices including smoking cessation, protecting the eyes from harmful Ultraviolet Light, and making wise dietary choices including the use of nutraceuticals can prevent future vision loss.

For those with irreversible blindness, technology has been instrumental in allowing for independent and productive lives. Advancements in computers, smartphones and GPS devices are giving blind individuals greater freedom. In addition,



John A. Kruszewski, O.D.

medical research continues to work for a way to restore vision to those that was once thought impossible. Stem cell research, retinal prosthetics and the use of sub-retinal microchips are just a few of possible ways that research and technology may continue to enhance the lives of the visually impaired.

Despite the various definitions, all forms of visual impairments need be evaluated and monitored on a regular basis. Conditions that were once thought untreatable may not be any longer and conditions that are considered irreversible may not be in the future.



CREATING AWARENESS

"ONE DAY AT A TIME"



Visual Impairment
Family Association
& Support

419-870-2797
adrienne@vifas.org

VIFAS is a non-profit organization working with local school districts in the Northwest Ohio area to provide necessary resources for the visually impaired and blind.

VIFAS is proud to be creating awareness and support for visual impaired / blind friends and family through workshops and events that target community outreach and education.

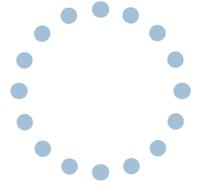


www.vifas.org

WE BRING FAMILIES AND RESOURCES TOGETHER



FACES AND FACTS TELL THE STORY OF DISABILITY



By Erin Thompson, Social Security Public Affairs Specialist in Toledo, OH

Every family has stories—stories are a great way to carry on family legacies, pass lessons on to future generations, and share what is important to your family with the rest of the world. Your family stories may include ones about the birth of a child, serving in war, helping people in need, or the deaths of loved ones. We'd like to share some stories about what it means to receive disability benefits from Social Security. And we have a website that does just that: The Faces and Facts of Disability, ready for you to explore at www.socialsecurity.gov/disabilityfacts.

Learning the facts and hearing people's stories about disability allows for a fuller understanding of what is perhaps the most misunderstood Social Security program. The Social Security Act sets a very strict

definition of disability. To receive disability benefits, a person must have an impairment expected to last at least a year or result in death. The impairment must be so severe that it renders the person unable to perform not only his or her previous work, but also any other substantial work in the national job market. Social Security does not provide temporary or partial disability benefits. Because the eligibility requirements are so strict, Social Security disability beneficiaries are among the most severely impaired people in the country and tend to have high death rates.

In addition, Social Security conducts a periodic review of people who receive disability benefits to ensure they remain eligible for disability. Social Security aggressively works to

prevent, detect, and prosecute fraud. Social Security often investigates suspicious disability claims before making a decision to award benefits—proactively stopping fraud before it happens. These steps help ensure only those eligible have access to disability benefits.

If you want to learn more about what happens behind the scenes when someone applies for disability benefits, watch our seven-part video series on the process at www.socialsecurity.gov/socialmedia/webinars. Please read and watch some of the stories about real cases of people who have benefited from Social Security by visiting the Faces and Facts of Disability website at www.socialsecurity.gov/disabilityfacts. Family and personal stories are great ways to discover important truths.



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Unified English Braille (UEB) to replace EBAE

The Braille Authority of North America (BANA) adopted Unified English Braille (UEB) to replace the current English Braille American Edition (EBAE) in the United States. The official braille codes for the United States will be Unified English Braille, Nemeth Code for Mathematics and Science Notation, Music Braille Code, and The IPA Braille Code. States are expected to have most phases or

plans to transition in place by January 4, 2016.

Why the change?

As the use of electronic means to read and write in both print and braille proliferates, the need for accurate translation both from print to braille and from braille to print becomes an increasingly critical consideration. An unambiguous switching method eliminates code conflicts and makes it possible for accurate



translation in either direction to occur, so that mathematics can be communicated between print users and braille users using Nemeth Code.

More information is available online at <http://cisam.ossb.oh.gov/UEBTransition.php>



The 1st Annual Beeping Easter Egg Hunt



Saturday, March 21st, 2015 10 a.m.-1 p.m.

St. Stephen Lutheran Church, 7800 Erie Street, Sylvania, OH 43560

We are pleased to announce the 1st Annual Beeping Easter Hunt in Sylvania, Ohio. Blind and visually-impaired children of any age and from anywhere, along with their sighted siblings, may participate in this fun event.

- Each blind/visually-impaired child will have a sighted guide and will have the opportunity to hunt for Easter eggs that make a beeping sound.
- A separate Easter egg hunt will be held for sighted siblings.
- There will be light refreshments and snacks.
- Each child will take home a goodie bag full of candy and/or snacks.

To register your child for this event, please RSVP by March 15th for event planning purposes. (A parent or guardian must be present at all times.)

Contact Michelle Ballard to register for this event.

Call/Text: (419) 787-5752 • E-Mail: mballard@bex.net • Website: goo.gl/6Zf8HR

Event Sponsors: Sylvania Sunrise, Lions Club, Toledo Bomb Squad International, Association of Bomb Technicians and Investigators, iabti.org/charity, St. Stephen Lutheran Church



List of resources and Camps

Lions Bear Lake Camp: Visually Impaired and Youth Sessions, Level 1 July 5-11 (first timers) and Level II July 19-25. Cost is \$50. The Open House is on June 28, 2015 from 12:00 noon through 3:00 p.m. Lions Bear Lake Camp is in Lapeer, MI. www.bearlakecamp.org

Opportunities Unlimited for the Blind: Blindness Immersion I – June 14 -21 collaboration with SITC/ABVI. Blindness Immersion II – June 21-June 27 Collaboration with SITC/ABVI. June 28 – July 3 Cookin’ & Jammin’ Camp. July 5 – July 12 Survivor Art Camp. July 13 –July 23 Adventure Camp.

Please call the OUB office at 989-855-2430 or email gwen@oubmichigan.org with any questions. www.oubmichigan.org

VIP Sports Camp at Slippery Rock University, PA: June 18-25, 2015. Cost is \$300 per 1st athlete and \$250 for siblings. More info to come. Please check back on FB page or Sighted Guide Ohio: <http://www.sightedguideohio.org/> for updates. You may also contact Wendy Fagan directly at wendy.fagan@sru.edu.

Assitive Technology Conference: May 2, 2015. Will be in Columbus at the Educational Service Center. This confer-

ence is free to all blind/VI families. It has been a very informational day filled with new pieces of technology and/or new ideas and another parent to parent network. For more information please go to our FB page, OSSB page or Sighted Guide Ohio: <http://www.sightedguideohio.org/>

Space Camp for Interested Visually Impaired Students or SCIVIS: September 19-24, 2015 (travel home 25th) Cost \$710 but some scholarships available through Lighthouse School for the Blind. SCIVIS is a week long camp that takes place at the US Space and Rocket Center in Huntsville, Alabama. Coordinated by teachers of the visually impaired. <http://www.tsbvi.edu/space/>

Miracle League of NWO: Provides opportunities for children and adults with disabilities to play Miracle League baseball, regardless of their abilities. Located at 2100 Tracy Rd., Northwood, Ohio 43619. The city of Northwood has graciously donated land in their Brentwood Park to the Miracle League of Northwest Ohio. Brentwood Park is located at 2100 Tracy Road right behind the fire station!

www.mlnwo.org Parent meeting and registration for Spring 2015 will be held, there

Upcoming Events

Events are subject to change. Call ahead to confirm.

is a \$25 registration fee, however it’s waived if you attend the meeting on April 19.

Toledo & NWO Parents of Visually Impaired: Facebook page created to help parent to parent networking about IEPs, ADLs, technology, and events going on in or around our area. If you are on Facebook please find us and join our group!

Fishing Day for Blind/Visually Impaired: 11th Annual Fishing Adventure for the Blind/Visually Impaired. Saturday, May 23, 2015 from 8:30am- 2:00pm. Held at Merickel Farley Trout Club. Sponsored by both Merickel Farley Trout Club and Sylvania Sunrise Lions Club.

Ohio State School for the Blind camps:

Braille Immersion
June 16-20, 2014
Entering Grades 3-7,
Ages 8-12 in Fall 2014

Science, Technology, Engineering & Math (STEM)
June 16-20, 2014
Entering Grades 8-12,
Ages 13-18 in Fall 2014

For more events and news visit www.sightedguideohio.org



Upcoming Events

Clovernook Center Youth Summer Camp

Clovernook Center's Summer Day Camp's are fast approaching! This year, camps will take place over three weeks, and will feature a variety of topics and activities.

The 2015 camp schedule is as follows:

For youth ages 13 - 22:

- June 8-12th
- June 15-19th
- June 22nd-26th

For youth ages 8 - 12:

- July 6-10th
- July 13-17th
- July 20-24th

Please note: Youth may attend as few or as many weeks of camp as they would like.

An open house for camp will be held at Clovernook Center on Monday, April 6, from 6:30pm to 9:00pm in the main building. They will discuss the new format, pre-register participants, preview the 2015 camp schedule, and have some refreshments.

For questions and to RSVP, please contact 513-728-6224 or dfatora@clovernook.org.

List
your event
with us.

Email: Adrienne@sightedguideohio.org



The Arc

Lucas County

Caregiver Support & Information

1st Wednesday of Each Month
6:00 pm - 8:00 pm
Arc Office

Board Meetings

1st Wednesday of each month
5:30pm
3450 W. Central Ave. Suite 354
Toledo, Ohio 43606

People First Meetings

3rd Thursday of each month
6:00 - 8:00 pm
The Ability Center
5605 Monroe Street
Holiday Party in December

The Arc of Lucas County
3450 W. Central Ave., Suite
354, Toledo, Oh 43606
419.882.0941
www.arclucas.org

3rd Annual Goalball Tournament on April 12th @ 11am. Location is Harrington Center: Main Gym 5701 Delhi Rd, Cincinnati, OH 45233. Please join us to help create awareness for those with visual impairments. Lunch provided and for more information please email Alex @ Alexandra.logan@msj.edu

Ohio Accessible Playgrounds

Beachwood: Preston's H.O.P.E. — Located on the property of The Mandel JCC, 26001 South Woodland Rd. The largest fully accessible playground park in Northeast Ohio.

Cambridge: Cambridge City Park — McKinley Ave & Lakeside Dr. This GameTime playground includes swings, slides, coil-spring rides, climbing platforms and activity panels, and is treated with an added safety feature of a rubberized coating.

Circleville: Mary Virginia Crites Hannan Community Park — A Boundless™ Playground is located off Rt. 188 on Pontius Road.

The City of Ravenna: Ravenna Community Playground — Located in Chestnut Hills Park, on North Chestnut Street in Ravenna.

Colerain Township: Clippard Park Boundless™ Playground — 10243 Dewhill Road.

Columbus: Carriage Place Park — 4900 Sawmill Road.

Dayton: W.S. McIntosh Memorial Park—W Riverview Ave Located a half-mile from a historic Wright Brothers site.

Euclid: Playground of Possibilities — located at Bexley Park.

Mason: Thomas P Quinn Park — 880 Tradewinds Drive. This neighborhood park features a handicap accessible playground along with tennis, basketball.

Newark: Newark Rotary Accessible Playground—located on Sharon Valley Road just north of the OSUN/COTC campus.

Powell: Liberty Township Boundless™ Playground — 2507 Home Rd.

Stow: Stow Outdoor Accessible Recreation Playground — located at Silver Springs Park, 5027 Stow Road.

Warren: The Valley's Inclusive Playground — located within Perkins Park, 391 Mahoning Ave.

West Chester: Hopewell Elementary School Boundless™ Playground — 8300 Cox Road.

Westerville: Millstone Creek Park — 745 N. Spring Rd.

More information available online at www.sightedguideohio.org



I go*METRO to maintain my independence

Sign up for Metro's Fare Deal program for people with qualifying disabilities and those 65 years or older and get half-fare on all Metro routes.

Call 513-632-7540 for more information.



People you know... go*METRO
www.go-metro.com