

# IPVI INSIGHTS

*Connecting & Supporting Families Whose Children are Visually Impaired, Including Those with Additional Disabilities*

**December  
2012**



## **THE CHICAGO LIGHTHOUSE & IPVI**

**INVITE YOU TO A**

**HOLIDAY PARTY FOR TODDLERS  
& SMALL CHILDREN  
(Children from birth through 8 years)**

**At  
THE CHICAGO LIGHTHOUSE  
1850 W. Roosevelt Road**

**SATURDAY, DECEMBER 8  
11:30 A.M.-2:30 P.M.**

**FEATURING SANTA CLAUS, IPVI ELVES,  
HOLIDAY CAROLS, FOOD, ARTS/CRAFTS  
HOLIDAY PRESENTS**

**Birth to three families, IPVI members welcome**

**(Thank you IPVI, Lions Clubs, & community partners)**

**R.S.V.P. Mary Zabelski  
312/997-3675**

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**IPVI 2012 Annual Meeting**

Bill Bielawski, President



Our **IPVI 2012 Annual Meeting** was held on Saturday, November 3rd at **Buca di Beppo** in the Yorktown Shopping Center. We had an Italian family-style dinner in the "Pope" room. Some of the issues we discussed were:

- Changing to an annual direct mail request for membership dues with an option to join both IPVI and NAPVI.
- Being able to apply for more grants if we did not "specialize" in visual impairments.
- Seeking sponsors for our MBJ scholarships.
- Applying for non-profit postal rates and seeking sponsors to cover the printing costs of our newsletter.
- Our Zoo outing had a lot of new families.
- Promoting "musical" activities in addition to sports.
- Upgrading our website by: using better authoring tools, allowing folks to apply for our scholarship online, letting folks donate and pay membership dues via PayPal.

**MS. VIC'S VOLLEYS**  
*Victoria Juskie, IPVI Treasurer*

### **VOLLEY I**

Since our last publication, the following families, individuals, and/or organizations who have recently become members:

**Gary and Colleen Schuberth**, Barrington  
**Julie and Jason Tatum**, Arlington Heights  
**Jerry and Theresa Hinck**, Wheaton  
**Alana and Sean Rybak**, Elmwood Park

### **VOLLEY II**

I recently learned on a girl's night out that dancing as if no one is watching is rejuvenating. Over the years, I've observed little kids, teens, adults and oldsters do it; people who are blind or otherwise abled do it; some very inebriated do it (unfortunately no videos available though so there goes my American Funniest Video \$10k prize, but I digress); and whenever I let go and just get into the rhythm of an old familiar song, I do it — dance as if no one is watching. It makes one feel so alive. Don't discount the value of the freedom of movement to music.

If you observe your child having difficulty moving freely at any stage from infant to teen, see your doctor or therapist for suggestions on exercises you can help your child do to strengthen muscles or reroute brain pathways to overcome obstacles to their successful movement.

I suggest that good music can help during their play and/or therapy routines. This will help them to think about the music more than the muscle movements. They will be happy when they dance so, whenever you can, join them. As a tike, nearly everyone remembers

*(Continued on page 4)*

## **SHARING THE VISION, PARENT TO PARENT**

**Let's have a dialogue. Do you have a question? One of us may have an answer or at least a suggestion. Submit questions and responses for the IPVI Newsletter to Pam Stern, NAPVI Region 3 Representative:**

**[pamstern3@gmail.com](mailto:pamstern3@gmail.com)**

### **DECEMBER QUESTION**

*I have the hardest time keeping glasses on my child. He constantly takes them off and throws them. Please offer suggestions on how to deal with this.*

My kids got glasses VERY early on... I would put them on and then distract them with something. The first few times, they ate suckers. (It's kind of hard to throw glasses with a sticky ball of goodness to keep you busy!) I think maybe associating them with something good at first helped us... after a few tries, they must have just understood they could see better because we never looked back and never had the problem again. They never needed the bands to keep them in place or even any reminding to leave them alone after that...

Best of Luck!

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**[http://www.ehow.com/how\\_4585\\_child-wear-glasses.html](http://www.ehow.com/how_4585_child-wear-glasses.html)**

- Lay the ground rules about the glasses with a very young child to help her accept the glasses. Tell your child that parents or adults are the only people that can remove the glasses.

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*(Continued from page 3) - Ms. Vic's Volleys*

stepping on the shoes of a grownup and then being whirled around the room in rhythmic moves that made one feel like Fred Astaire. The giggles and smiles would just rush forth. For blind and visually impaired children, this controlled movement gives them a different perspective on spatial movement. The starts and stops, the turns and dips, the closeness to another in synchronized movement can be very helpful to them.

By going to my brother's dances with the special needs recreational groups, I've also observed that dancing -- whether you're in a wheel chair, or on crutches with stabilizer supports, or mentally challenged so that you might not keep be able to keep up a conversation but you sure can wiggle to the music -- lets everyone young or old and in between be on the same level. We all are just enjoying the talents of others who make us happy with their tunes.

So my tip of the day is that during this holiday season, dust off the music you loved in your youth and give it a listen. Then share it with your children. Try to take time to be with them with no other agenda but that...to be with them for the fun of it. There are always many chores and things to be done, but remember how important it is to take a few moments to enjoy your child/ren for who each is and nothing else. Dancing is a good way for everyone to connect as well. After you let them listen to your jammin' tunes, take time to listen to what they (if they are old enough) prefer to listen to. I've taken quite a liking to some of their songs and have also learned earplugs are a mother's best friend at times because, of course, it's got to be loud. :D

### **VOLLEY III**

Regarding music and children with visual impairments, Dawn, IPVI's Secretary, brought up

the fact that we need to be able to have more musical influence in our kids' lives.

One of the ideas brought up at the annual meeting was giving them lessons. But we recognized that for many families with children who have special needs, they would require a scholarship fund to be able to afford such music lessons. So more fundraisers are needed.

Some other thoughts we had were to see if we could get volunteers (school band members??) who would be willing to teach our kids music on a regular basis and maybe we could set up centralized lesson areas for multiple sessions of instruction occurring with different instruments. We could call for donations of musical instruments as well. Another idea was to have regular talent shows.

All of these are great ideas but the one thing this start-up program would need is volunteers. So, we'd like to hear your ideas and from anyone who thinks s/he'd like to help get this program started from the grass roots. It sounds very promising. I know that Judy Metoyer, one of IPVI's Services VP's and Erika Musser, an active IPVI member, have put on talent shows showcasing the talents of a variety of children, whether singing or playing an instrument. So we have some groundwork completed. To all those out there who this is important to, please step up and help. It could be a very successful endeavor and all it needs is you to make it happen. Email your thoughts and ideas to us at [vajuskie.com](mailto:vajuskie.com) and let's see if we can get this to happen. Looking forward to hearing from you.

### **VOLLEY IV**

So, Happy Holidays to all! May you be safe and with your loved ones. For those who have passed before us, remember how loved and

missed you are. (Mickey, I'm talking to you.)  
God bless.



school and another time on my own. Also, you really should think about taking a prep class because it can sharpen your test-taking skills, which may help you get your highest score possible. I really can't stress the importance of taking this class enough.

Finally, when you get to the test, these are just some important tips that you need to keep in mind:

- 1) Stay calm. Take a deep breath. Even though this test is very important, realize that you can take it as many times as you want so it is not a life or death situation; and
- 2) During the test, if you don't know an answer, don't get discouraged. Do your best and don't let it hold you up. Keep plugging along, and realize that not knowing the answer to one question is not the end of the world.

I hope this helps when the ACT becomes a reality. Until I talk to you next, Happy Holidays and see ya!

## ASK M@

Hey, Gang,



As always, I hope everyone is doing well. Just wanted all of you to know, I have just marked and sent in the paperwork for the ACT class I'm taking, including

choosing on what day I want to take the class. It is a pretty exciting time. This month I want to share that with all of you. Up to this point, I have been going pretty much off of others' experiences about the test and prep class, obviously because I haven't taken it yet. But I do know some of the process at this point. I clearly understand for me that it is important to get on top of the ACT requirements well before April, 2013 because — especially for me with a visual impairment — a lot has to be prepared to get the accommodations. So make sure you talk to your vision aid or itinerant to assist in getting the ones you need. (Editor Note: Parents should make sure the necessary accommodations are written into your child's IEP as well.)

Next, as bad as this sounds, I recommend you take the ACT test as often as you can. This is important so you can get the best score you can. So for me, I am planning on taking it in February and then twice in April, once at

M@



### What Is Your Perception of Blindness?

*By Emily Coleman*

Before we know anybody who is blind, or find ourselves raising a child with a visual impairment, we have a preconceived notion of what it means to be "blind." We hear stories from others, we watch people in the street, we see movies and watch television, and we read accounts in books of people who are blind. All of

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# IPVI's Matthew Benedict Juskie Scholarship Fund

For students who are blind or visually impaired

Any individual intending to continue his/her education at a college, university or trade school and is interested in being considered for the MBSF, must meet the following criteria: Illinois resident, blind or visually impaired, undergraduate or graduate student, and an IPVI member.

The candidate's application is processed free of charge. The student must mail or fax a written request to receive a copy of the application from IPVI. Then the student must complete the MBSF Application Form, provide 3 completed Reference Forms, submit medical records or a letter from the vision specialist confirming the condition, and mail them to IPVI. The applicant may attach a 1-page resume of clubs, offices held, or any other pertinent information concerning his/her activity record.

The IPVI Board of Directors will review all scholarship applications and select the winners. IPVI reserves the right to announce such awards in its newsletters and marketing materials.

The MBSF is funded completely from tax-deductible donations from individuals, companies and corporations who support IPVI's goals. Any individuals or groups wishing to donate to this fund, please forward your tax-deductible donations to IPVI. Thank you for your continued support of IPVI.



**To request a scholarship application, please contact the Scholarship Program Coordinator, Vicki Juskie at: 815-464-6162 or [vajuskie@aol.com](mailto:vajuskie@aol.com)**

(Continued from page 5) - *What Is Your Perception of Blindness?*

these images and concepts help us develop our perception of blindness.

I know when I was less-educated, I felt that people who were blind were often helpless, and without a future. When I would hear of a person who was visually impaired doing almost anything, I thought it was "amazing." "How amazing, they get their own mail!" "How amazing, they can ride the city bus all by themselves!" Thinking back, I'm embarrassed by how narrow my scope of blindness was, and how little I understood people with visual impairments.

We must be careful to remember that whatever bias we carry into our relationship with our child, and whatever perception we have developed, will carry onto them if we don't change. If we tell them they're "amazing" for taking out the garbage, we've just lowered their expectations for themselves. If we tell them that they are "amazing" because they complete an average task, we are telling them they can't do better than average.

I'm not saying we shouldn't praise our children, but save the big cheers for the completion of goals you'd find "amazing" for any child. If you hear yourself saying, "That was fantastic...for a blind kid," you're probably lowering your expectations. I'm suggesting you expect the same of your child, as you would from a sighted peer.

Recently, with friends, we asked ourselves a variety of questions about blindness. These included, "Would you have a person who was blind babysit for you?" "Would you use a hairstylist who was blind?" "Would you date and/ or ever marry a person who was blind?" "Would you ever go to a blind doctor?" (yes, there are some.) The point is, would you answer "no" to any of those questions based on

only their lack of sight?

Having now acquainted myself with many adults who are blind, I feel comfortable answering yes to any of those questions, but most don't feel the same. As a parent, I know that whatever limitations I place on people who are blind, I'm passing on to my son. Would I trust Eddie in any profession if he proved capable? Yes, I would. Would I want him to be second-guessed all the time simply due to his lack of vision? No, I wouldn't.

I suggest we all take some time to analyze our own perceptions of blindness. We need to truly understand what bias we bring into our relationship with our children, so we can attempt to change what may limit them. Our children are just like any other, except without vision. That certainly doesn't equate to ignorance, or lack of ability. They can achieve whatever they aspire to, and without limitations, imagine how far they could go.



Reprinted from the FamilyConnect website, <http://www.familyconnect.org/parentsitetime.asp>



**THE  
HADLEY SCHOOL  
FOR THE BLIND**

### Hadley Introduces New eBay Module

The Hadley School for the Blind has introduced a new module, *Selling on eBay*, as part of its Forsythe Center for Entrepreneurship (FCE). The goal of this business, entrepreneurship and technology program is to provide individuals who are visually impaired with the knowledge, resources and network-

(Continued on page 13)

(Continued from page 3) - *Sharing the Vision, Parent to Parent*

This tells her that she, herself, cannot take them off. Other children cannot take the glasses off either.

- Stop the fun activity immediately if your child removes his glasses.

Put the glasses back on and start the activity again. This will positively reinforce having fun with wearing the glasses. It will also show your child that if he takes the glasses off, the fun stops.

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<http://answers.google.com/answers/threadview/id/524473.html>

- 1) Be positive.
- 2) Good frame fit, frame should be very comfortable with the eye centered in the middle of the lens. Many children's frames have soft, comfortable cables that fit around the ears.
- 3) Lenses made of a material called polycarbonate will provide the best protection for your child because this lens material is shatterproof.
- 4) Find some stories or picture books that show children wearing glasses or that deal with the issue of getting glasses.
- 5) If your child removes them, then replace them immediately. If the child removes them again, then put them aside for a short time and then try again. You must be patient but persistent in having the child wear the glasses.
- 6) Clean the lenses regularly ' your child is more likely to keep them on if she can actually see through them. Show her how to clean them herself if she's old enough.
- 7) If you don't wear glasses regularly, consider getting some empty frames to wear around your child, just to

show that you will willingly wear glasses too.

- 8) Distract him/her after you have put on the glasses.
- 9) Resort to bribery if needed. Many kids like stickers.

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<http://www.tsbvi.edu/seehear/spring98/glasses.html>

Start your child off by having him/her wear the glasses for short periods of time during highly motivating activities. Hopefully the activity is so much fun, the child will forget about them or decide it will be worth the bother of wearing glasses. For example, use the glasses as part of reward times such as when your child is watching a favorite video or playing with clay.

When the child is adjusting to her glasses, pick activities where glasses will make the biggest difference in her ability to see clearly. It is also important to spend some time showing your child what she can see or do better while wearing glasses. Even for adults, seeing how much easier it is to read a paper or the phone book or understand road signs at night are typically a big motivation for remembering to put on their glasses.

### **JANUARY QUESTION**

*Happy New Year! What New Year's resolution(s) do you have for your child?*



**Newsletter entries will be published maintaining the anonymity of all unless otherwise approved.**



The Chicago Lighthouse Vision Rehabilitation Center proudly presents

## Cooking Classes with Chef Laura Martinez



**Mondays, December 3, 10 and 17**

**5:00pm-7:00pm**

**222 Waukegan Road**

**Glenview, IL 60025**

**Ages: 14 and up. Fee: \$20/session.**

**Parents are welcome to participate at no added fee.**

**Charlie Trotter (L) and Laura Martinez (R)**

**Learn to cook: Chinese fried rice, pizza, brioche, couscous, Grandma's recipes, and student requests.**

**Explore: kitchen safety, the history and culture of the food of the week, menu planning, seasonal fruits and vegetables and budgetary factors.**

***Laura Martinez is a graduate of the prestigious Le Cordon Bleu culinary program at the Cooking and Hospitality Institute of Chicago. She is totally blind, and excels in knife skills and in her use of herbs and spices, through her senses of touch and smell. Her finished product is as accomplished as any young chef. Laura also has the distinguished honor of being a chef at one of Chicago's highest rated restaurants, Charlie Trotters.***

**To register contact:**

**Pam Stern, Manager of Youth/Senior Programs**

**847.510.2054**

**[pam.stern@chicagolighthouse.org](mailto:pam.stern@chicagolighthouse.org)**



In honor of blind chef, Christine Hu, crowned MasterChef  
on the television's hit series

The Chicago Lighthouse Vision Rehabilitation Center  
proudly proclaims  
**KOOL KIDZ COOK! Ages 6-13**

Fee: \$15/session  
Parents are welcome to participate at no added fee.

Tuesdays, December 4, 11 and 18  
5:00-6:15  
222 Waukegan Road  
Glenview, Illinois 60025



*Julie Brandt, a soon-to-be graduate of the prestigious Le Cordon Bleu Cooking School in Chicago, has been visually impaired since birth. Julie offers the following advice: "Don't let anything get in the way of achieving your goals. Reach for the stars. Have self-confidence. Never stop believing in yourself!" Her long-term goal is to open her own restaurant in Chicago.*

To register contact:  
Pam Stern, Manager of Youth/Senior Programs  
847.510.2054  
[pam.stern@chicagolighthouse.org](mailto:pam.stern@chicagolighthouse.org)



The Chicago Lighthouse Vision Rehabilitation Center  
is calling all winter break campers to report to:

222 Waukegan Road  
Glenview, Illinois 60025

**Wednesday, December 26- Bowling Day:** Spare a day for fun, and strike-up Reading Buddies, an Audio Descriptive movie, and more! TEEN SCENE newsletter and social club too!

**Thursday, December 27- New Year's Party:** Cooking Class with professional chefs who are blind or have low vision. Crafts to decorate the party room, then dance and party away 2012! TEEN SCENE!

**Wednesday, January 2- Talent Show Day:** Sing, play an instrument or surprise us with other talents. TEEN SCENE will be interviewing the stars on "The Red Carpet!"

**Thursday, January 3- Pajama Party:** As vacation days are coming to an end, let's stay in in our PJs all day! Cooking Class will prepare sleepover party and comfort foods, and we'll play slumber party games. TEEN SCENE social club!



\$60/day, 9am-4pm

Ages 6-22

To register, contact:

Pam Stern, Manager of Youth/Adult Enrichment Programs

847.510.2054

[pam.stern@chicagolighthouse.org](mailto:pam.stern@chicagolighthouse.org)



**COMING IN JANUARY ON SATURDAYS!**

## **Judo Classes**

**Ages 6-22**

**The Chicago Lighthouse Vision Rehabilitation Center  
222 Waukegan Road  
Glenview, Illinois 60025**



**Sensei David Tanimura began his judo career at Menomonee Club at the age of six. As a junior, David won three national titles and competed internationally. He is currently a third degree black-belt. David has been a judo instructor since 1997 and is a national level Judo coach with Paralympic certification.**

**Judo is a Paralympic sport, where the only athletes eligible to compete are blind or visually impaired. USA Judo has named the Menomonee Judo Club a Paralympic National Training Site.**

**For more information contact:  
Pam Stern, Manager of Youth/Senior Programs  
847.510.2054  
[pam.stern@chicagolighthouse.org](mailto:pam.stern@chicagolighthouse.org)**

*(Continued from page 7) - Hadley Introduces New eBay Module*

ing opportunities enabling them to advance in their careers or to successfully launch and grow their own businesses. The program is designed to be practical, relevant and interactive. Courses are open to anyone who is blind or visually impaired, over age 14 and is serious about starting or growing a business. Coursework is offered free of charge and is mostly online.

*Selling on eBay* (FCE-250/FCE-256) is a short, one-lesson module that introduces students to eBay by identifying how it works, how to register, and how to set up a seller account, as well as how to purchase an item off eBay. It also explains how to set up a PayPal account. The module goes on to explore the costs involved with listing and selling items on eBay. It also discusses the basic steps for managing sales and listings on eBay, including the post-sale notifications. The goal is to help students identify the basic information they need to set up an eBay seller's account and to recognize the value of eBay as a tool for starting up and running a business.

"Learning to sell on the eBay website is a marvelous opportunity to start a new business or to expand a current business into the online environment. This module can provide so much opportunity to entrepreneurs who are visually impaired," says Program Director Tom Babinszki.

*Selling on eBay* is offered online and tuition-free for students in Hadley's Adult Continuing Education (ACE), Family Education (FE) and High School (HS) programs. For more information and to register, please visit [www.hadley.edu/fce](http://www.hadley.edu/fce).

###

About Hadley: Founded in 1920, The Hadley School for the Blind's mission is to promote

independent living through lifelong, distance education programs for people who are blind or visually impaired, their families and blindness service providers. The world's largest educator of braille, Hadley serves 10,000 students in all 50 states and 100 countries each year and thousands more through [Seminars@Hadley](mailto:Seminars@Hadley), and free "just in time" webinars on a variety of vision-related topics. For more information, visit [www.hadley.edu](http://www.hadley.edu) or call 800-323-4238.

*Reprinted from Hadley School for the Blind, 700 Elm Street, Winnetka, IL 60093.*

## FREE PARENT WORKSHOPS



The Family Resource Center on Disabilities (FRCD) offers parents of children with disabilities birth to 21 years old, their helpers, relatives, professionals, and interested community members no-cost training and workshops, telephone and e-mail assistance, and resources to help claim their role as the child's most effective and significant advocate. You are invited to contact FRCD for information, resources, support and training. 1-312-939-3513, [info@frcd.org](mailto:info@frcd.org) [www.frcd.org](http://www.frcd.org), 20 East Jackson Blvd., Room 300, Chicago, IL 60604

1-312-939-3513 • [info@frcd.org](mailto:info@frcd.org) • [www.frcd.org](http://www.frcd.org)



20 East Jackson Blvd., Room 300, Chicago, IL 60604

## National Federation of the Blind and Louisiana Tech Launch National Reading Media Assessment

*Assessment to Determine Best Reading Medium for Blind Students*

Baltimore, Maryland (November 15, 2012): The National Federation of the Blind, the oldest and largest organization of blind people in the United States and the leading advocate for Braille literacy, today announced that its National Reading Media Assessment (NRMA) is now available. Developed and tested over a three-year period in collaboration with the Professional Development and Research Institute on Blindness at Louisiana Tech University, the NRMA is the first nationally validated assessment of its kind for youth with low vision. The assessment was developed to determine the most appropriate reading medium for students who are blind or have low vision, to ensure that the reading medium is appropriately identified both for current and future need, and to ensure that student success is not hampered by incorrect identification of literacy needs.

Dr. Marc Maurer, President of the National Federation of the Blind, said: “Many young students today with visual impairments are not classified as blind and as such do not receive training in the proper reading medium. For instance, far too many students with low vision are mistakenly taught to read large print instead of Braille and end up functionally illiterate. The NRMA aims to change this harmful trend and ensure that every student with a visual impairment receives training in the proper reading medium and is set on the path to future success.”

Dr. Edward Bell, principal investigator of the research, said: “The primary findings from our assessment showed 14 percent more youth as needing Braille than prior assessments, and 36 percent more youth as needing Braille than who are actually getting it. Clearly this new approach is sorely needed in order to improve the education of blind children.”

To learn more or participate in the National Reading Media Assessment, please visit [www.nfbrma.org](http://www.nfbrma.org).

The National Federation of the Blind needs your support to ensure that blind children get an equal education, to connect blind veterans with the training and services they need, and to help seniors who are losing vision continue to live independent and fulfilling lives. To make a donation, please go to [www.nfb.org](http://www.nfb.org).

###

### **About the National Federation of the Blind**



The National Federation of the Blind (NFB) is the oldest, largest, and most influential nationwide membership organization of blind people in the United States. Founded in 1940, the NFB advocates for the civil rights and equality of blind Americans, and develops innovative education, technology, and training programs to provide the blind and those who are losing vision with the tools they need to become independent and successful. We need your support. To make a donation, please go to [www.nfb.org](http://www.nfb.org).



**NEW “SIMPLY SAID” VIDEO OFFERS EASY EXPLANATION OF ACCESSIBLE INSTRUCTIONAL MATERIALS**

A new video – featuring drawings – makes it quick and easy to learn more about Accessible Instructional Materials (AIM) and how they can benefit children with disabilities. The video, “Accessible Instructional Materials (AIM): Simply Said,” was recently released by the National Center on Accessible Instructional Materials and was produced by PACER Center. Accessible Instructional Materials provide the same information found in textbooks or handouts in a format that students with disabilities can use more easily. Simply Said is an ongoing video series designed by PACER’s Simon Technology Center to explain complex topics in easy-to-understand language. Go to [www.pacer.org/stc/videos/](http://www.pacer.org/stc/videos/).



PACER Center, Inc. • 8161 Normandale Boulevard •  
Minneapolis, MN 55437-1044  
952.838.9000 (voice) • 800.53.PACER (toll-free) •  
952.838.0199 (fax)  
PACER e•news is paid for with private funding.

APH NEWS

**BANA Adopts Unified English Braille (UEB) for United States**

On November 2, 2012, the Braille Authority of North America (BANA) set a new course for the future of braille in the United States (U.S.) when it adopted Unified English Braille (UEB). The motion, which passed decisively, specifies that UEB will eventually replace the current English Braille American Edition and that the U.S. will retain the Nemeth Code for Mathematics and Science Notation.

The transition to UEB will not be immediate and will follow a carefully crafted timeline. Implementation plans will be formulated with the input and participation of stakeholders from the consumer, education, rehabilitation, transcription, and production communities. Plans will take into consideration the various aspects of creating, teaching, learning, and using braille in a wide variety of settings. The plans will be designed to provide workable transitions for all involved in braille use and production and to minimize disruption for current braille readers.

UEB is based on the current literary braille code and was developed with input from many people, primarily braille readers, who worked to achieve an optimal balance among many key factors. Those factors include keeping the general-purpose literary code as its base, allowing the addition of new symbols, providing flexibility for change as print changes, reducing the complexity of rules, and allowing greater accuracy in back translation.

Letters and numbers will stay the same as they are in the current literary code. There will be some changes to punctuation, but most will remain the same. Some rules for the use of contractions will change. Nine contractions will be eliminated, and some contractions will be used more often. A FAQ providing more detail about changes is available on the BANA website.

After implementation, the official braille codes for the United States will be Unified English Braille; Nemeth Code for Mathematics and Science Notation, 1972 Revision and published updates; Music Braille Code, 1997; and The IPA Braille Code, 2008.

More detailed information about UEB and the motion that BANA passed can be found on the BANA website at [www.brailleauthority.org](http://www.brailleauthority.org).



Agreement form to include large print digital files, so all EOTs will need to complete a new Agreement form before they can have access to these files. Use the "About E-Files" link on the Louis page to download a new form or email Linda Turner ([lturner@aph.org](mailto:lturner@aph.org)) to have one sent to you—or call us at 1-800-223-1839.

For 40% of the price, you can download an APH LP textbook straight to your iPad or computer.

### Large Print Books Going Digital!

Rev up your iPad, APH Large Print books are going digital! Louis and the APH File Repository are beginning to add the APH Large Print files to its collection, and over 200 LP files will be downloadable by the end of the year! The files, saved as PDF documents, can be used on iPads or iPods, laptops, and various accessible devices. The same great features are available: 18 point font, colors and images eliminated from behind text materials, clearer images, single column formatting, page or key word searching, and more. All of these features will provide your students access to the identical large print format, but in a much smaller carrying case.



One important caveat: These digital files are to be used electronically and printing is not allowed. And to let you know all the other legalese, APH has updated its Repository

### Let the Winter Video Contest Begin!



We are excited to announce the deadline for our 4th Unfor-

gettable APH Star Contest. Send us your videos demonstrating your favorite APH products by February 13, 2013, and you'll be eligible to win cash prizes.

Read all you need to know about the contest in our Unforgettable APH Star page at: [www.aph.org/contest](http://www.aph.org/contest). While you are visiting the page, don't forget to take a look at all the wonderful videos from our previous contests. You, too, can be an APH Star this winter!

## dare2tri athletes

Hello dare2tri athletes, volunteers and supporters,

Hot Topics in this email:

1. Worlds
2. Register Now
3. Tuesday Night Gym & Swim at Fosco Park
4. Newsletter

*(Continued on page 21)*



Hearing and Vision Early Intervention Outreach (HVEIO) is a statewide training and technical assistance program related to infants and toddlers with vision and/or hearing loss. We collaborate with multiple programs on a regular basis in the provision of trainings and conferences. Here are a few of the things that are currently scheduled for both parents and providers:

**I. VISION LOSS RELATED**

**Illinois School for the Visually Impaired Parent Infant Institute:** Opening Doors will be held June 5-8, 2013. ISBE Discretionary Grant was submitted and approved for 2013. (This brochure has not yet been updated with the new dates)

<http://www.isvi.net/Opening%20Doors%20Conference.htm>

\*\*\*\*\*

**IAER full day preconference** for EI Developmental Therapists/Vision and Developmental Therapists/Orientation & Mobility Specialists

**Speaker:** Deborah Hatton

**Topic:** 1) Early Literacy  
2) Babies Count Update

Free to Illinois DTV's (there will be a fee for EI providers from other states).

\*\*\*\*\*

**IAER Conference: "Reflection, Innovation, Action", Renaissance Hotel, Chicago**

This year's conference is a collaborative effort between The American Foundation for the Blind and the Illinois Chapter of the Association for the Education and Rehabilitation of the Blind and Visually Impaired. The audience is national.

<http://il.aerbvi.org/modules.php?name=Content&pa=showpage&pid=4>

\*\*\*\*\*

**2 Parent Conferences/Vision**

February 23, 2013 – Mt. Vernon

March 16, 2013 - Rockford

Flyer:

**<http://www.morgan.k12.il.us/isd/hveio/documents/VisionConferenceFlyer2013.pdf>**

**II. HEARING LOSS RELATED**

**New! Professional to Professional Brown Bag Network Meetings**

These opportunities through Illinois are for Early Intervention professionals working with children who are deaf/hard of hearing, to meet and network. A preselected topic is discussed at each event for 1 hour, followed by 1.5 hours of Case review of families with children with hearing loss and additional learning needs. This project is in coordination with the ISU Graduate EI Certificate Program and is really Tracy Meehan's baby. We are happy to working with her on this. The first of six was held October 10 in Crystal Lake and was a huge success!

Flyer: **[http://www.choicesforparents.org/?page\\_id=38](http://www.choicesforparents.org/?page_id=38)**

Topic Descriptions:

**<http://www.morgan.k12.il.us/isd/hveio/documents/P2PDescriptions.pdf>**

\*\*\*\*\*

**ITHI full day preconference** for EI Developmental Therapists/Hearing. We will also be exhibiting at ITHI and will again be assisting ITHI with the EI credit approval for the overall conference.

Flyer:

**<http://www.morgan.k12.il.us/isd/hveio/documents/ITHIPreconference2013flyer.pdf>**

\*\*\*\*\*

**ITHI Conference: "Dream, Create, Activate, Achieve"**

March 1 and 2, 2013 - Wyndham Lisle Hotel, Lisle, Illinois

**<http://www.ithi.org/2011-09-14-19-10-25/2013-ithi-conference.html>**

\*\*\*\*\*

**Illinois School for the Deaf Parent Infant Institute:** The week of June 10 - 14, 2013. (This brochure has not yet been updated with the new dates)

**<http://www.morgan.k12.il.us/isd/pdf/2012InstituteforParentsPreschool.pdf>**

\*\*\*\*\*

**3 Parent Conferences/Hearing**

March 23, 2013                      Rockford  
April 13, 2013                      Mt. Vernon

Flyer: <http://www.morgan.k12.il.us/isd/pdf/2012-13HearingConferenceFlyer.pdf>

\*\*\*\*\*

**Children and Hearing Loss Manual**

We are currently assisting Choices for Parents in the review /revision of the manual and coordination the printing of the new manual through the ISD Print Shop (the manual was previously printed using grant funds that are no longer available).

[http://www.choicesforparents.org/?page\\_id=38](http://www.choicesforparents.org/?page_id=38)

\*\*\*\*\*

**Early Intervention Interpreters:**

Recognizing that there are very few EI enrolled interpreters, HVEIO is working with Provider Connections, the Bureau of Early Intervention and Child and Family Connections #17 to develop a brochure to be used in recruiting statewide interpreters to enroll in the Early Intervention system. I'm hopeful that this brochure will be available soon, and it will be mailed to every licensed interpreter on the IDHHC Interpreter Directory. If an enrolled EI interpreter is not available for a family who has a documented need for an interpreter on the IFSP, please refer to the Interpreter directory at the Illinois Deaf and Hard of Hearing Commission to contact a licensed interpreter and to negotiate a fee.

<http://www2.illinois.gov/idhhc/Pages/interpreterlicensuredirectory.aspx>

Click on a county for a list of interpreters that you can use.

Deaf Interpreter Listing:

<http://www2.illinois.gov/idhhc/Documents/InterpReports/Deaf%20Interpreters.pdf>

Remember, no one can interpret or facilitate communication without a license, or they are subject to civil penalties of up to \$2500 for each offense, according to the provisions of the Interpreter for the Deaf Licensure Act: (225ILCS 443/) Interpreter for the Deaf Licensure Act of 2007E.

**III. BOTH VISION AND HEARING RELATED**

**Designated Service Coordinator (DSC) Training**

December 5, 2012 – Vision (for new DSC's)  
December 12, 2012- Hearing (for new DSC's)

\*\*\*\*\*

**New! Special Education Advocacy Trainings**, in coordination with ISD Outreach and Illinois Hands and Voices. 2 locations.

Presenter is Andrea Marwah, recently hired by ISD Outreach and HVEIO. Andrea is also the President of Illinois Hands and Voices.

Flyer:  
<http://www.morgan.k12.il.us/isd/hveio/documents/EducationRightsTraining2012and2013.pdf>

\*\*\*\*\*

**Functional Vision and Hearing Screening Trainings:**  
January 9, 2013 – Springfield  
March 13, 2013 – Batavia

**NEW! April 24, Functional Vision Screening WEBINAR training**

Flyer: <http://www.morgan.k12.il.us/isd/hveio/documents/2012-13FunctionalHandVScreening.pdf>

\*\*\*\*\*

**Early Intervention recruitment talks at MacMurray College and ISU for college students in Deaf or Vision Education programs:**  
October 30, 2013 - MacMurray College Deaf Education Students

We are developing a college student recruitment packet (for students interested in becoming DTV or DTH).

\*\*\*\*\*

**Bridges Mini Camp for Early Intervention Professionals in both Vision and Hearing**

This is a summer networking and training event for Early Intervention DTH's and DTV's, planned in collaboration with ISU EI Graduate Certificate Program and Philip Rock Center.

June 24-25, 2013, Normal, ISU Alumni Center

Flyer not yet available

\*\*\*\*\*

**Illinois Family Leaders Collaboration: Conference for Parents and Caregivers of Children with Disabilities (all disabilities)**

March 9, 2013 -Peoria

Watch for more information on the IFLC to come! Providers welcome.

Gail Olson, Coordinator  
Hearing and Vision Early Intervention Outreach  
Illinois School for the Deaf  
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Phone: 217-479-4320  
Fax: 217-479-4328  
Email: [gail.olson@illinois.gov](mailto:gail.olson@illinois.gov)  
URL: [www.morgan.k12.il.us/isd/hveio](http://www.morgan.k12.il.us/isd/hveio)  
Facebook search: Hearing and Vision Early Intervention Outreach  
<http://www.facebook.com/pages/Hearing-and-Vision-Early-Intervention-Outreach/128802893816523>

*(Continued from page 16) - dare2tri athletes*

**WORLDS:** dare2tri had a great showing at the ITU World Championships in Auckland, New Zealand.

A few highlights from Team USA:

- 109 Paratriathletes competed in this year's championship, the largest field ever!
- 21 Countries were represented
- 31 Athletes were from the United States
- 13 Medals were won by Team USA
- Medals were won by dare2tri athletes

Melissa Stockwell GOLD (Tri 2) Hailey Danisewicz SILVER (Tri 2)

## **REGISTER NOW**

dare2tri is trying to capture some general demographic information on our athletes, volunteers and supporters. This information is necessary for us to have when applying for and reporting on grants and other funding sources. We ask that you all PLEASE take 5-10 minutes in the next week or two and go on our website <http://www.dare2tri.org/> and right there on the top bar of the website, as well as on the left hand side, you will see a tab that says "Register Now". Please click on that and fill out the short and quick survey. Your 5-10 minutes will be so valuable to dare2tri in our goal of supporting our athletes and helping them Inspire Many! The link to the direct registration page is <http://www.dare2tri.org/registration>.

Gold stars will be given to those who comply with this request!! A big thank you to dare2tri intern Randy Boley for putting this together.

**TUESDAY NIGHT GYM & SWIM AT FOSCO PARK 1312 S. RACINE (near UIC)**

Dare2tri is keeping you in shape this off season! Join us at Fosco Park on Tuesday evenings for a Gym & Swim practice. We are in the fitness center from 6-7 PM. There are both machines and free weights available for your use and fitness specialists that are able to help work with you one on one as well as lead a circuit class. We have the entire pool to ourselves from 7-8 PM. Coaches and volunteers are available to work with you on improving your stroke or give you a work out. All ability levels are welcome! This program is **FREE** to all dare2tri athletes, you do not need to be a Chicago resident to participate. If you are interested in coming out and participating (athletes and volunteers), please email me at [keri@dare2tri.org](mailto:keri@dare2tri.org) and let me know. You do not need to commit to coming every week but if you could email me and let me know when you think you might want to come and try it then we can ensure we have enough volunteers and coaches. This is a great and did I mention **FREE** opportunity to train with your friends, stay in shape and improve your skills so are ready for the 2013 Season!!

**NEWSLETTER**

Dare2tri volunteer Dana Farella volunteered to create a dare2tri newsletter for us! Thank you Dana. We plan to send these out twice a year, one will be a recap of the season and the other will be a preview of the upcoming season. Attached to this email is the 2012 Season Recap Newsletter. We hope you enjoy it! Feel free to send us your comments, suggestions, ideas etc.

Thank you very much!

The dare2tri team



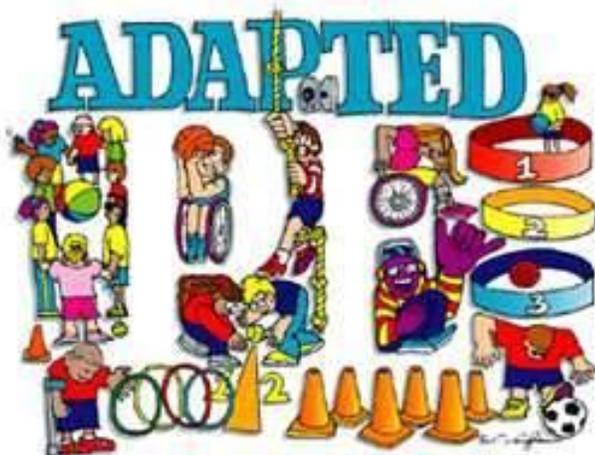
**ONE INSPIRES MANY**

**[www.dare2tri.org](http://www.dare2tri.org)**

..... *Save the date!* .....



## Adaptive Sports Play For All



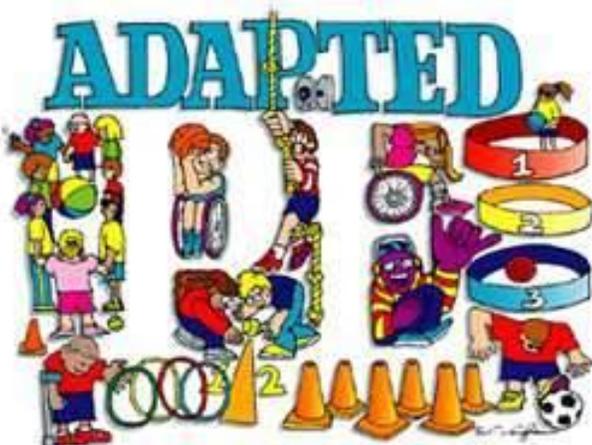
**February 9, 2013**  
At Chicago Children's Museum

- The event will run from 9 am – 1pm
- The first hour for pre-registered PFA families.
- Registration begins January 12, 2013 at [ChicagoChildrensMuseum.eventbrite.com](http://ChicagoChildrensMuseum.eventbrite.com)  
We will be sponsoring a free bus & free admission to the first 50 people who apply.

..... *¡Guarda la fecha!* .....



## Adaptive Sports Play For All



**Febrero 9, 2013**  
en Chicago Children's Museum

- El evento se ejecutará de 9 am—1 pm
- La primera hora es para familias de PFA pre-inscritas
- La inscripción comienza el 12 de enero de 2013 en [ChicagoChildrensMuseum.eventbrite.com](http://ChicagoChildrensMuseum.eventbrite.com)



# NEWSLETTER

FALL 2012

**ONE INSPIRES MANY**  
**www.dare2tri.org**

*The 2012 Season was a great success.*

*A huge Congratulations and Thank You goes out to all of our athletes, volunteers, and sponsors. Each and everyone one of you continue to inspire us*



## In This Issue

- Season Highlights and Statistics
- Fall/Winter Practice Information
- Grant Information

### **\*IMPORTANT INFORMATION REGARDING GRANTS\***

#### **Challenged Athletes Foundation Grants**

Athletes, *PLEASE* take advantage of the CAF grants. These wonderful grants provide assistance in *travel, training, race fees, equipment, etc.* Many of our dare2tri athletes have received grants in the past including several that were awarded funds for bikes. We are more than happy to help you through the application process, as well as with the letters of support. This only occurs once a year, please do not miss out! The deadline is **December 1, 2012**, ACT NOW! Follow the link below for more information.

[www.challengedathletes.org](http://www.challengedathletes.org)



## Season Highlights

Congratulations to dare2tri athletes Melissa, Hailey, Diana and Mary Kate on being part of Team USA at the ITU World Championships. Team USA was 31 athletes strong and brought home 13 medals. Dare2tri athletes *Melissa Stockwell* brought home the GOLD (Tri 2) and *Hailey Danisewicz* brought home the SILVER (Tri 2). Congratulations to all! This was the largest field of Paratriathletes at a world event. There were 109 athletes representing 21 countries. Dare2tri was honored to have four athletes at this event!

**\*Are you following dare2tri's blog? \***  
Keep up to date with the latest information at [dare2tri.org](http://dare2tri.org). Also, there is a **NEW Register** button at the top of the home page. We kindly ask everyone input his or her information.

- The season started with the **Fosco Park Swim Clinic** in February. We had over 25 athletes participate, 13 of which were kids. This could not have happened without our 30 volunteers!
- In April we hosted the **Start the Season, Play for a Reason Fundraiser**; we had 120 attendees and **raised \$10,000!** Thank you all for helping us start the year with a bang!
- The US Paratriathlon National Championships were held on May 28<sup>th</sup> in Austin, TX. 62 athletes competed, dare2tri had a team of 8 athletes, 5 of which were injured service members. We had 4 podium finishes: Melissa Stockwell GOLD (Tri2), Hailey Danisewicz SILVER (Tri2), Diana Helt with a SILVER (Tri1) and Mary Kate Callahan BRONZE (Tri1), each earning their spot on Team USA at the ITU World Championships.
- Dare2tri hosted The 2<sup>nd</sup> Annual **Para Tri Training Camp** June 8-10. 23 athletes raced in Sunday's **Give it a Tri!** Athletes learned and trained under the guidance of past and current Paralympians including Sandy Dukat, Jason Wening and Amanda McGrory and the 40 volunteers who came out to assist.
- The 1<sup>st</sup> ever **Kid's Tri Camp** was held on July 17-18 at 63<sup>rd</sup> Street Beach and was a huge success! A big shout out to our 18 participants and 20 volunteers.
- July 21<sup>st</sup> dare2tri partnered with **Wounded Warrior Project** and assisted 5 Wounded Warriors and their spouses and friends across the finish line at the Door County Sprint Triathlon.
- The **South Shore Tri** was a blast this summer! We really represented with 14 adults, 6 kids, and 28 volunteers! **A HUGE thank you to RAM for making dare2tri the featured charity of this event!**
- The **Chicago Park District Try-athlon** on August 5<sup>th</sup> was a blast! We had 22 athletes and 21 volunteers.
- On August 25 & 26, dare2tri was well represented at the Chicago Triathlon. There were 10 athletes in the Super Sprint race, 6 in the kid's race, 2 in the Sprint, and 4 in the Olympic. Way to go dare2tri!



## Fall/Winter Gym & Swim

**Tuesday evenings** we are having dare2tri practice! This is just for dare2tri athletes (all ages and abilities) and, of course, we will need our volunteers to assist us as well. Fitness is from **6-7 PM** (in a weight room) and Swim is **7-8 PM**. You can come for one or both and you do not have to commit to every week.

**Location:** Fosco Park (Chicago Park District) located at 1312 South Racine (near UIC)

### TO REGISTER:

Athletes- Click on the link below to register:

[https://activenet04.active.com/chicago-parkdistrict/servlet/registrationmain.sdi?pubnav\\_index=1](https://activenet04.active.com/chicago-parkdistrict/servlet/registrationmain.sdi?pubnav_index=1)

You will create a “New Account” and that is it! This is a **free opportunity**.

**To any interested volunteers: Please email Dan at:**

[daniel.tun@chicagoparkdistrict.com](mailto:daniel.tun@chicagoparkdistrict.com)

**A BIG Thank You to Dan and the Chicago Park District for this opportunity!!**

## What a Year!

We were honored at the White House as a **Champion of Change**, featured on **ABC’s Everyday Health Heroes**, fielded the **largest team at Paratriathlon Finals** and had **4 athletes qualify to represent the USA at the World Championships!** dare2tri has had quite the year.

**Most importantly, it was amazing to see so many of our athletes cross the finish line and INSPIRE MANY!**

While the outdoor Chicago racing season has quickly come to an end, the fun does not stop here. The cooler months are equally important in the lives of an athlete. At dare2tri we think the fun is just beginning. Be sure to set new goals, rest, eat healthy, and get involved with our winter training sessions on Tuesday evenings!

*“ Greatness is not in one special place, it is not in one special person. Greatness is wherever somebody is trying to find it. The truth is, greatness is in all of us.”*





# Health & Wellness: “You Get What You Put In”

Whether you were cheering on the sidelines, working the dare2tri booth, guiding an athlete, or giving your all in a race, give thanks to your body for a job well done this season. While we all know staying consistent with a fitness and training program during the winter is quite important, so is **rest and eating healthy**. As the temps drop, you may find a bit more time to experiment in the kitchen and prepare for an amazing season to come. In terms of both training and eating well, “You get what you put in”.

## **A Few Tips in the Nutrition Department:**

--Try to eat as colorful as possible. Super foods tend to be bright and range from blue to orange, to bright green.

--During Midwest winters it is hard to come across good fresh produce. Luckily, frozen foods are often frozen right after being picked, thus preserving the highest amount of nutrients. Explore the freezer section at your local store or freeze your own fruit and vegetables now!

--Continue to drink plenty of water. Winter can be very drying, and many of us tend to forget to stay hydrated when it is cold outside. Drinking 8-12 cups a day will improve skin, hair, and metabolism.

-- Peruse a food website or cooking magazine for inspiration. You do not have to follow every recipe verbatim, instead read through them, get inspired, and go your own way!

## *Contact Us:*

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**ONE INSPIRES MANY**  
[www.dare2tri.org](http://www.dare2tri.org)

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**THIS PUBLICATION IS SUPPORTED  
(IN PART) BY THE NATIONAL  
ASSOCIATION FOR  
PARENTS OF CHILDREN WITH  
VISUAL IMPAIRMENTS (NAPVI)  
HILTON/PERKINS  
PROGRAM AND (IN PART) FROM A  
GRANT FROM THE FAMILY RE-  
SOURCE CENTER ON DISABILITIES**



# Join **IPVI** or renew your membership today!

The *Illinois Association for Parents of Children with Visual Impairments* is a state-wide, non-profit organization that enables parents to find information and resources for their children who are blind or visually impaired, including those with additional disabilities.

## Your IPVI membership dues or generous contributions help to support all of our ongoing efforts:

- Regular communications which include: workshops, conferences, training seminars, legislative issues, organizational announcements, products, and advice about raising a child who is visually impaired.
- Offers several \$500 college scholarships each year.
- Publishes a resource catalog which includes anything and everything to do with visual impairment.
- Conducts training and support sessions where parents share experiences and ideas.
- Holds fun outings adapted for children with visual impairments at athletic, cultural, educational, and entertainment settings.
- Represents parents of children with visual impairments at conferences, public hearings, and on committees.

## What does IPVI do?

- Promotes and provides information through meetings, correspondence, publications, etc., which will help parents meet the special needs of their children with visual impairments.
- Facilitates the sharing of experiences and concerns in order to provide emotional support and relief from feelings of isolation for parents and their families.
- Creates a climate of opportunity for children who are blind in the home, school, and society.
- Fosters communication and coordination of services among federal, state, and local agencies and organizations involved with providing services to people who are visually impaired.
- Advocates on a statewide level for services to children who are visually impaired and their families.
- Keeps members informed about current proposals and actions which impact on children with visual impairments and their families.

Check one:

Parent/Guardian Membership: \$15 per year.

Child(ren)'s Names: \_\_\_\_\_

Birthdate(s) of my visually impaired child(ren): \_\_\_\_\_

My child(ren)'s eye condition: \_\_\_\_\_

I give my permission to release my name to other parents.

Group/Agency Membership \$50 per year.

Extended Family/Friend Assoc. Membership \$15/year.

Medical Specialist \$50 per year.

Scholarship Fund \$10.00

Donation: \$\_\_\_\_\_ (tax deductible)

New Membership

Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) - \_\_\_\_\_

Email: \_\_\_\_\_

Please enclose this form along with your payment by check to:

IPVI • P.O.Box 2947 • Naperville, IL 60567-2947

**Have questions or need more information?**

**Call us at  
1-877-411-IPVI (4784)**

**Illinois Association for Parents of  
Children with Visual Impairments**  
P. O. Box 2947  
Naperville, IL 60567-2947

**FREE MATTER FOR THE BLIND  
or PHYSICALLY HANDICAPPED**

**ADDRESS SERVICE REQUESTED**

**THE TOP LINE... of your address  
label indicates whether your dues  
are "Paid" or if they are "Due."  
Please send your annual dues in  
each year.**

## **IPVI CALENDAR**

- |                          |   |                 |
|--------------------------|---|-----------------|
| ▶ Dec. 3,10,17           | <b>CL North Cooking Classes with Chef Laura Martinez</b>              | <b>Glenview</b> |
| ▶ Dec. 4,11,18           | <b>CL North Kool Kidz Cook!</b>                                       | <b>Glenview</b> |
| ▶ December 8             | <b>TCL &amp; IPVI Holiday Party for Toddlers &amp; Small Children</b> | <b>Chicago</b>  |
| ▶ Dec. 26,27<br>Jan. 2,3 | <b>CL North Winter Break Camp</b>                                     | <b>Glenview</b> |
| ▶ January                | <b>CL North Judo Classes</b>  | <b>Glenview</b> |
| ▶ February 9             | <b>Chicago Children's Museum Adaptive Sports Play For All</b>         | <b>Chicago</b>  |

Please call  
**1-877-411-IPVI**  
for any questions, concerns,  
or comments that IPVI can  
help you with.

**Newsletter Deadline for  
JANUARY is DECEMBER 10<sup>th</sup>**



**Check Out  
[www.ipvi.org](http://www.ipvi.org)**

**Calendar of Events!  
News and Updates!  
Useful Links to Web Sites!  
And more...**