

# IPVI INSIGHTS

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

**February  
2014**



## **ADAPTIVE SPORTS and PLAY FOR ALL**

### **LIGHTHOUSE/IPVI FAMILIES**

**What:** A morning of fun for everyone

**Where:** Chicago Children's Museum at Navy Pier  
700 E. Grand Ave., Suite 127  
Chicago, IL 60611

**When:** Saturday, February 8, 2014

**Time:** Pre-registered families 9:00 - 1:00  
General public 10:00-1:00

**To register or for more information contact:  
Mary Zabelski (312) 997-3675**

**Pre-registration includes:  
Free admission for Chicago Lighthouse & IPVI Families  
Free shuttle from the Chicago Lighthouse to Navy Pier  
(first 50 people only!!)**



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**LIGHTING UP little lives**

**The Chicago Lighthouse Junior Board and PricewaterhouseCoopers presents:**

**Sweets for Sight**

**Thursday, February 6, 2014 | 6:00pm-10:00pm**  
DeLux Bar & Grill, 669 N. Milwaukee Ave.

\$40 per ticket in advance  
\$50 at the door,  
\$350 for 10 tickets

Ticket includes 2 drinks, appetizers and sweets

Proceeds from the evening will directly benefit Lighthouse programs for children who are blind or visually impaired. The Chicago Lighthouse has a comprehensive set of programs for children including child development, a preschool, the Birth to Three Early Intervention program, and Youth Transition services.

The Chicago Lighthouse Junior Board (JB) is a diverse group of young professionals who share a passion for helping people who are blind or visually impaired. Through fundraising events, volunteer service, advocacy, community outreach and education, the JB impacts the lives of both those with and without visual disabilities.

Contact: Jeremy Ruthstein  
312-997-3662 ext. 3663  
[Dominic.Calabrese@chicagolighthouse.org](mailto:Dominic.Calabrese@chicagolighthouse.org)

**MS. VIC'S VOLLEYS**

*Victoria Juskie, IPVI Treasurer*

**VOLLEY I**

Since our last publication, the following families, individuals, and/or organizations became members:

No new members have joined this month.

**VOLLEY II**

I don't know who wrote the insightful poem at the end of this column but s/he inspired me to write to you about this topic. Those of us parents in the low vision world may feel like we've been punched in the stomach when initially reacting to the news that our child is affected by loss of vision or another condition or affliction. Our world turns upside down. We feel a fight or flight emotion rise in our throat. We cry. We say, "Why my child?" We mourn the loss of what should have been. We search our memories for anything we may have done which might have caused this to happen. In the short run, we crash emotionally all the while praying our child pulls through this trauma and asking God to give us strength as well.

Thankfully most of us decide to take the fight path rather than the flight path to dealing with these issues. We pull ourselves together and commence a journey towards identifying the problem and potential solutions. We see eye doctors, physicians and specialists in an effort to determine what to do and to find out our options. At this stage, I recommend you get a three-inch ring binder and commence keeping a log of dates, times, phone and fax numbers of which specialist or doctor or therapist you've seen. This log is truly helpful whenever you have to refer back to medical issues. Also, ask for copies of your doctor's diagnoses and put them into this binder as well.

You'll need to reference them often; and when it's time for school, yearly.

If vision loss is your primary condition, welcome to the world of "The 1% of One Percenters." That's right, that very low incident occurrence in the scheme of life dealing with eye conditions and blindness that your child has now become a community member. Before your child had been diagnosed, you may never really have thought about blindness other than reading about Helen Keller or listening to the music of Stevie Wonder. However, through word of mouth and/or research, people in Illinois find out about organizations such as IPVI, the Chicago Lighthouse, the Lions Club, etc., who help to let you know that you are not alone. We'll help you take this journey. So never underestimate the power of knowledge nor the friendship you obtain from communicating with those that have walked a similar path as that which you're now experiencing.

It took me three years to really begin to heal emotionally even though I functioned through it. I buried myself into research and information about my son's condition. We took him to every doctor, ophthalmologist, and therapist necessary to help him be his best. We educated ourselves about how to improve his understanding of the world based upon his limited sight. Remember, until a child with low vision can talk and understand the concepts you want him to relay to you about the images he can identify, you're guessing on what can help him. Also, textbooks about eye conditions are written specifically about patterns that doctors have observed in the past about patients with a similar eye condition. Lots of our children don't fit into the specific prognoses, however, and can excel higher than typically expected.

So, my tip of the day is don't lose hope nor be-

*(Continued on page 4)*

lieve all the naysayers about what your child won't be able to do. Instead, follow the path forged by those parents ahead of us who believed in their children...those that know. Then you may:

*Attract what you expect  
Reflect what you desire  
Become what you respect  
Mirror what you admire*

Stay warm. God Bless You all!



stop my preaching right here.

What I would really like to cover is when you are the victim of this unfair bullying. Now I know it can be very hard to use the typical response, "Don't let them get under your skin," because I know that it just gets old after a while. With that being said, I know I can't make everything perfect; but I would like to provide you with some ideas on how to make it a little easier to deal with.

How I always look at the individuals that feel the need to inflict emotional pain on others is that they must have something that they are dealing with in their lives that they cannot seem to overcome, just as well as you might be. Because everyone in life has something to deal with, it doesn't matter if you believe that it is harder or less hard to deal with than your largest issue or problem. In their world, it is the hardest thing to overcome to them. So the reason that these bullies must do what they do may be because of insecurity. It may be that their biggest issue is pulling them down so far that they need to make themselves feel better, and the only way they think they can do this is by hurting others. Mentally, this may make them feel better about themselves and ease their pain. The reason I am explaining a potential cause for why bullies do what they do is because if you keep this in mind when someone does try to bully you or make fun of you, you should have no problem shaking it off. Why? Because you know deep down you're a good person and that the bully is just trying to find his own satisfaction, and so my advice is don't give it to him.

I had to make this a point because when I see bullying going on, I do all I can to try to help stop the situation; but as we all know that isn't always possible. So with this being said, first of all I wanted just to give some advice to anyone who ever needs a little more reason to get out of the bed in the morning, by your realizing

## ASK M@



Hello, everyone. I hope everything is well so far this 2014. Amazing, it's already February. At least we are getting closer and closer to some nice weather and being able to hang out by the pool trying to cool down

rather than huddling over a fire. This month I have a topic that has become more relevant to me recently, so my big advice is the classic, "Never judge a book by its cover." Basically, the point it involves is "if you don't have anything nice to say, then don't say it."

Any student out there will be able to agree with the fact that bullying goes on all over at school. So many people believe they know everything about someone, and then they'll judge all of that someone's perceived negative traits. However, these bullies don't truly know what that person has had to deal with his/her life. For all they know, that person is going through a tough time right now. I know there are hundreds of advocates out there preaching about stopping bullying, so I will

that you're not the only one who may have some issues to deal with. Secondly, I also advise you to never bully someone else to find satisfaction. It is not worth it. You should be able to realize how bad you may make that other person feel, especially when you know what it feels like. I hope this helps a little, and please pass on this advice because I think it may be able to benefit someone.

Hope everyone has a great month and I will talk to you in March! Wow, my 18<sup>th</sup> birthday is in March. That's a little scary. Anyways, talk to you then.

M@



## STAR NET REGION VI

**Check Out the STAR NET Region VI upcoming workshops/webinars below:**

**February 4, 2014** - Webinar - Language and Reasoning: Talking With Your Children Not At Them

**February 14, 2014** - Workshop - Illinois Early Learning and Development Standards (IELDS)

**February 21, 2014** - Workshop - Solving Behavior Challenges With 101 Principles For Positive Guidance With Young Children

For a complete list of our upcoming workshops/webinars please go to our website at [www.swcccase.org/starnet](http://www.swcccase.org/starnet) and click on the "workshop" tab. If you are interested in attending any of the STAR NET workshops/webinars please register as quickly as possi-

ble to avoid cancellation due to low enrollment.

Thank You,

STAR NET Region VI  
6020 West 151st Street  
Oak Forest, Illinois 60452  
708-342-5370



## Brushing Teeth & Dental Hygiene

advice from parents of blind & visually impaired kids

How's your child with brushing their teeth? Are they really good about it? Do they just take that toothbrush, brush their teeth independently, floss and do it all with a smile?

Yeah, I didn't think so.

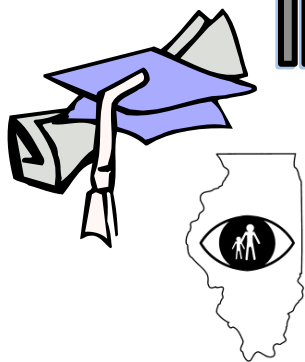
Toothbrushing can be a fight with any kid, but for kids with visual impairments (and often multiple disabilities), toothbrushing can become a real battle.

We were having trouble getting our son to brush his teeth so I asked my friends for advice. And they really came through!

Hillary Kleck from [Sensory Sun](#) suggested turning the whole thing into a learning experience. Maybe if your child has a better understanding of what they are doing and why it'll be easier to convince them to keep their teeth clean!



(Continued on page 16)



# 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 MBSJF, 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 MBSJF 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 MBSJF 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)**



## The Chicago Lighthouse Scholarship Program

For students who are blind or visually impaired

The 2014-2015 Chicago Lighthouse Scholarship Application will be on our website and available for download by the end of this month.

Postsecondary students of all ages who are blind or visually impaired are welcome to apply for Lighthouse scholarships, including those pursuing two-year, undergraduate, graduate and advanced degrees as either full-time or part-time students. Although applicants from anywhere in the U.S. are encouraged to apply, priority will now be given to local applicants, that is, those who are from or are attending school in Illinois.

When submitting application materials, students should be sure to include:

- ✓ A completed application
- ✓ A personal essay
- ✓ Personal statement of financial need
- ✓ A completed vision report
- ✓ Official transcripts from the most recent academic year
- ✓ Two (2) letters of recommendation



Each of these items is discussed in more detail on the Scholarship Application. **The application deadline for the 2014-2015 school year is March 28, 2014 by 5pm.**

Please don't hesitate to contact me if you have any questions or concerns.

**Araceli Heredia, M.A., CRC, LPC**

**Vocational Evaluator, Customer Service Trainer, Youth and Scholarship Coordinator | Employment Services**

Phone: 312.666.1331 ext 3548

[araceli.heredia@chicagolighthouse.org](mailto:araceli.heredia@chicagolighthouse.org)

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

**The Chicago Lighthouse for People Who Are Blind or Visually Impaired**

1850 West Roosevelt Road | Chicago, IL 60608



## **PARENTS' NIGHT**

at

**The Chicago Lighthouse North  
222 Waukegan Road  
Glenview Illinois 60025**

- 3<sup>rd</sup> Tuesday of each month, from 6:30pm to 8:00pm
- Parents of children ages Birth-6
- Grandparents, other adult family members and friends are welcome
- Child care will be provided

### **February 18, 2014**

#### **How To Be An Effective Advocate For Your Child**

A trained Parent Advocate from Family Resource Center On Disabilities (FRCD) will be the presenter. FRCD provides parents of children with disabilities with information, training, assistance and support.



Don't miss these informative, supportive, and bonding evenings!

#### **RSVP TO:**

**Pam Stern, Manager of Youth and Adult Enrichment Programs 847.510.2054 or  
847.510.6200**

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





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

**Offers Early Childhood Enrichment Programs led by a Teacher of the Visually Impaired**



**Food Explorers Group**

**Mondays, January 27 – March 10, 2014 (six weeks) – no class on February 17**  
**10:00am – 11:00am**  
**Ages: 1-6 years old**  
**Fee: \$48**

Sensory activities with a focus on food exploration are the basis for this series of classes, targeted at all five senses. Our rich environment will focus on developing skills through taste, touch, movement, listening and functional vision. This program offers a well-rounded appreciation of the arts through sensory experiences.



**Social Group**

**Wednesdays, January 22 – February 26, 2014 (six weeks)**  
**11:00am – 12:30pm**  
**Ages: 2-6 years old**  
**Fee: \$48**

Children will have the opportunity to build long-lasting friendships through organized play that aims for positive group interaction. This lively group will also eat a small meal together to further enhance social development and maximize each child's potential. Families are asked to bring their own lunch. An interesting sensory food item will be provided.



**Literacy Group**

**Thursdays, January 23 – February 27, 2014 (six weeks)**  
**1:00pm – 2:00pm**  
**Ages: 2-6 years old**  
**Fee: \$48**

Are you looking for ways to incorporate literacy into your child's world? This program will provide activities for children to access the world of literature through tactile and auditory books, puppets, songs, dance and exposure to Braille.

**\*\* Please visit the [Toy and Book Lending Library](#) before or after each class. \*\***

**\*\* Parents/caregiver, siblings, and peer friends are welcome to participate in any of the groups. \*\***

**\*\* Scholarships are available -- please inquire for more information. \*\***

**To register, please contact:**

**Marla Garstka, Director of Children's Programs at The Chicago Lighthouse North**

**T: 847.510.2053 or 847.510.6200**

**[marla.garstka@chicagolighthouse.org](mailto:marla.garstka@chicagolighthouse.org)**



**Join Us!**

2014 IAER Vision Conference  
February 13-14, 2014

Hyatt Regency Schaumburg Chicago  
1800 East Golf Road  
Schaumburg, IL 60173

The 2014 IAER Vision Conference Registration form is **NOW AVAILABLE**. Please download the form and submit it and payment to: IAER Vision Conference, Illinois School for the Visually Impaired, Cindy Miller, 658 East State St, Jacksonville, IL 62650

Please direct any questions to George Abbott  
Conference Chair, at [gabbott@afb.net](mailto:gabbott@afb.net)

Hotel reservations can be made at  
<https://resweb.passkey.com/go/ILAER2014>



# You're Invited

## Conferences for Illinois Parents of Children with Vision Loss

Parents of children ages birth through twenty-one are encouraged to join us for in-depth discussions of useful topics. Learn from experts in the field as well as from fellow parents.

### The Conference Program

- **Friendship**

In this session we will explore how children with vision loss deal with friendships and socialization. What are the challenges and how can we as parents help?

- **Adapting the Home Environment**

This session will take us on a tour of a typical family home. During that tour the presenter will show different adaptations that can be done to prompt independent living skills for your child and make life easier for a child with vision loss. Sometimes the smallest change can make the biggest impact.

- **ISVI at a Glance**

*Illinois School for the Visually Impaired*

A representative from ISVI will present on what they have to offer for the entire state of IL. You don't need to attend Illinois School for the Visually Impaired to take advantage of all their wonderful events. Information will include academics, extra curricular, Summer camp information, Opening Doors and many other opportunities provided at ISVI.

- **Panel of Students with Vision Loss**

We will have a panel of students who have vision loss along with one of their parents. We will hear what the biggest challenges are and how they overcame those challenges. This is a great opportunity for you to ask those questions you've been wondering about.

#### **Southern Illinois Vision Conference**

**Saturday, March 8, 2014**

Mt. Vernon Primary Center

401 N 30th Street

Mt. Vernon, IL 62864

#### **Northern Illinois Vision Conference**

**Saturday, April 12, 2014**

Center for Sight & Hearing

8038 MacIntosh Lane

Rockford, IL 61107

**Time: 9:00 Check-in, 9:30 – 3:15 Conference Program**

**Planning committee:** Center for Sight & Hearing; Delta Gamma Center for Children with Visual Impairments; Hearing and Vision Early Intervention Outreach; Franklin-Jefferson Special Education; Illinois School for the Visually Impaired; Northwestern Illinois Association; Rockford Public Schools; Illinois Machine Sublending Agency (Illinois Heartland Library System); StarNET Regions I & III; StarNET Region IV; TransVision; Illinois Talking Book Outreach Center (Reaching Across Illinois Library System); Project Reach: IL Deaf-Blind Services and Parents of children with vision impairment.



## Functional Hearing and Vision Screening Training

### Free HVEIO Opportunities

March 18, 2014

Brookens Administration Center, Champaign  
Trainers Jane Redmon and Nancy Scott

March 19, 2014

Advanced Medical Transport, Peoria  
Trainers Nancy Scott and Jane Redmon

March 24, 2014

ISRC, Northbrook  
Trainers Laura Chesky and Mindy Ely

(All training times are 9:00 – 3:00 unless otherwise noted)

Please register online at [www.illinoisdeaf.org/Outreach](http://www.illinoisdeaf.org/Outreach)  
(Click on HVEIO, then Events)

**CPDU 5 credit hours**

**EI 5 credit hours Assessment**

#### **Description:**

In vision, participants will learn how and who to screen as well as who is at risk of vision impairments, warning signs, types of screening tools, and when/how to refer for further assessment/services. In hearing, participants will learn the types and causes of hearing loss, its impact on development, communication and language use of a screening questionnaire, when/how to screen, and when/how to refer for further assessments and services.

Hearing and Vision Early Intervention Outreach  
Illinois School for the Deaf and Illinois School for the Visually Impaired  
125 Webster Avenue  
Jacksonville, Illinois 62650

**[bit.ly/HVEIO](http://bit.ly/HVEIO)**



**REGISTER FOR YOUR FREE PARENT WORKSHOP TODAY!**

Space is limited; registration is mandatory Please visit [www.frcd.org](http://www.frcd.org) or call 312-939-3513 for registration and workshop location.

**Six Principles of IDEA: Special Education  
What you Need to Know**  
Saturday, February 1, 10am-1pm

**Skills for Effective Parent Advocacy**  
Saturday, February 8, 10am-1pm

**Seis Principios de IDEA**  
Tuesday, February 11, 12:30-2:00pm  
Tuesday, February 18, 10:30am-1pm  
Tuesday, February 25, 12:30-2:00pm

**Navigating the IEP Process**  
Saturday, February 15, 10am-1pm

**Transition Plans: Roadmaps to the Future**  
Saturday, February 22, 10am-1pm

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**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**



**2014 NFB Writers' Division Writing Contest**

The annual youth and adult writing contests sponsored by the NFB Writers' Division will open January 1st and will close April 1st.

Adult contests, poetry, fiction, non-fiction, and stories for youth are open to all entrants eighteen years and over.

The Youth Writing Contest, poetry and fiction, is to promote Braille literacy and excellence in creative writing. Entries will be judged on creativity and quality of Braille. The contest is divided into three groups, determined by grade level – elementary, middle, and high school.

Prizes for contest winners range up to \$100 for adult categories and up to \$30 for youth.

All contest winners will be announced the first week in July, at the Writers' Division business meeting during the NFB national convention, held in Orlando, Florida. In addition, shortly after convention, a list of winners will appear on the Writers' Division's Website, <http://writers.nfb.org>

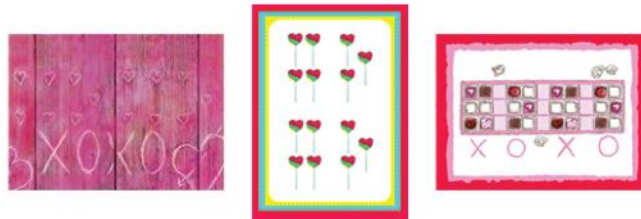
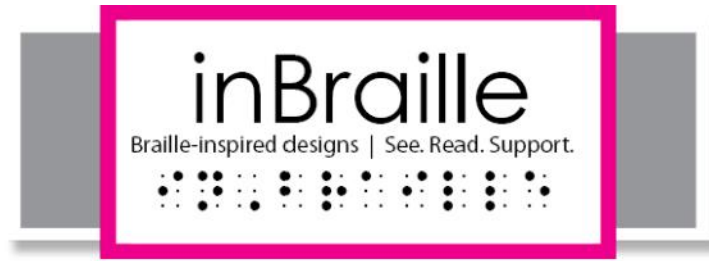
First, second, and third place winners in each category will be considered for publication in the Writers' Division magazine, "Slate & Style."

For additional contest details and submission guidelines, go to our website, <http://writers.nfb.org>

Chelsea Cook [astrochem119@gmail.com](mailto:astrochem119@gmail.com)

Nfbnet-members-list mailing list  
[Nfbnet-members-list@nfbnet.org](mailto:Nfbnet-members-list@nfbnet.org)  
List archives: [http://www.nfbnet.org/pipermail/nfbnet-members-list\\_nfbnet.org](http://www.nfbnet.org/pipermail/nfbnet-members-list_nfbnet.org)

Patti Gregory Chang  
NFB President  
NFB Scholarship Committee Chair



Just in time for Valentine's Day, The Chicago Lighthouse unveils *inBraille* – a line of greeting cards that celebrates the beauty of Braille.

Local artist Alisa Singer developed the concept of Braille inspired designs for greeting cards and has donated her artwork to The Lighthouse. The pattern of the contemporary art design on the cover of each card corresponds to the embossed Braille message included inside the card. The Valentines, in three distinct designs, have the message “XOXO” – hugs and kisses.

Cards are packaged for sale in Lighthouse retail stores and online by Lighthouse Industries employees who are blind or visually impaired. All proceeds will support Lighthouse programs.



Lighthouse Industries employees Mary Turner, Juanita Ferrel and Debbie Rodriguez package *inBraille* Valentines. Proceeds from card sales will help support programs for other people like them who are blind or visually impaired.

All occasion cards, including Thank You and Sympathy cards, are now in production and will be available for purchase on-line and in Lighthouse retail outlets following Valentine’s Day.

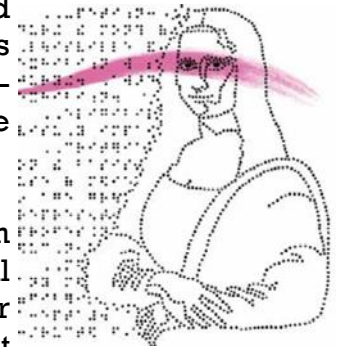
Go to <http://chicagolighthouse.org/inBraille> to learn more about *inBraille* and to purchase Valentines from our online store.

APH NEWS

## The Twenty-third Annual APH Juried Art Competition

*The deadlines for the Twenty-third Annual Juried Art Competition and Exhibition for Artists Who Are Visually Impaired or Blind have been established.*

The American Printing House for the Blind (APH) invites visually impaired and blind artists of all ages to submit artwork to APH InSights 2014! This art competition and exhibition is exclusively for blind and visually impaired artists and draws entries from across the U.S. and around the world. Last year we received 401 entries from across the U.S.



Again this year, there are two deadlines: Student Preschool through High School must submit a completed 2014 entry form along with the original artwork (no digital images) by **March 24, 2014**; adults must submit their completed entry form along with their entry by **April 1, 2014**. Each artist may submit only one entry.

The competition is open to any person who meets the following definition of blindness: corrected visual acuity of 20/200 or less in the better eye (as measured on a Snellen Chart), or a visual field limited to 20 degrees or less. This includes those who function at the definition of blindness (FDB) due to brain injury or dysfunction. There is no limit on the subject or the type of materials that can be used, but the artwork must be original in concept and execution and be completed by the artist, with minimal assistance from others.

Updated entry forms and rules will be posted on the website in February. Contact Roberta Williams by email with questions: [rwilliams@aph.org](mailto:rwilliams@aph.org).

## Sports, Sports, and more Sports!

Check out the 2014 list of over 80 sports camps in 30 states: [www.aph.org/pe/camps.html](http://www.aph.org/pe/camps.html). If your camp is not listed, we would love to add it to our list. Send Camp information to [tpierce@aph.org](mailto:tpierce@aph.org).



## BANA Affirms Date for Implementation of UEB



The Braille Authority of North America (BANA), at its November 8 –10 meeting in Louisville, Kentucky, affirmed January 4, 2016, as the date by which the United States will implement the general use of Unified English Braille (UEB). This action was based on a

year of dialogue and planning that included the UEB Transition Forum, held on October 16. The forum, which involved 48 delegates representing 31 organizations from the braille community, was structured to help organizations craft the steps and timetable through which the United States will make an effective transition to Unified English Braille.

The decision to adopt UEB in the United States was made by a decisive vote of the BANA Board on November 2, 2012. The full motion is posted on the BANA website at [www.brailleauthority.org/ueb/UEBpassed.html](http://www.brailleauthority.org/ueb/UEBpassed.html).

BANA recognizes that the implementation of UEB will require major adjustments to the infrastructures that produce, deliver, and teach braille, as well as time and strategies for braille users to become familiar with changes in the code. BANA continues to work with leaders throughout the field to build a carefully designed timeline and coordinated plan. Detailed timelines are under development by individual organizations, and transition efforts are now being initiated. BANA stands ready to collaborate with the braille community as it builds and adapts the infrastructure necessary for a smooth transition to UEB.

For additional resource information, visit [www.brailleauthority.org](http://www.brailleauthority.org).

*(Continued from page 5) - Brushing Teeth & Dental Hygiene*

In her post [All About Teeth](#) she has ideas for tactile coloring tooth pages, getting a big tooth model and playing a crocodile dentist game. Having fun and learning about teeth can help kids get into regular dental hygiene too!

Below are more fun (and ingenious ideas) from my great group of supportive friends:

- Come up with a good toothbrushing song. We like Raffi's [Brush Your Teeth](#). It's fun and let's them know it's time for the toothbrush
- [Electronic toothbrushes](#) are great! They vibrate, which can be really exciting for some kids, plus they do some of the brushing for you!
- You can also find toothbrushes that [play music](#) or [light up](#) while your child brushes. They are timed so they know how long they're supposed to brush for.
- Try different flavored toothpaste. We like strawberry!
- If you're trying to encourage independent brushing be sure to get a toothbrush that your child can hold comfortably and that fits well in their mouth so brushing is easier.
- Experiment with ways to make the process simpler for your child. If getting the toothpaste on the toothbrush is difficult because of a visual impairment, how about placing the toothpaste in the mouth first then brushing?



The Surround Toothbrush and Disposable Mouth Rest



- Looking for brushing accessories to make the process easier? You probably already know about [floss toothpicks](#) , but what about a [surround toothbrush](#) (with bristles that surround the teeth and brush front and back at the same time) or a [mouth rest](#) (that helps to hold the mouth open while you brush)?
- One thing we've found (and I think this is true for all kids!) is that what worked for a while stopped working and we had to find a new trick. The more tricks you have up your sleeve, the more successful you will be in establishing a consistent habit
- Praise, begging, persistence...that's how we get it done!

## Valentine's Day Resources for Families of Children who are Blind or Visually Impaired

Shared by Amber Bobnar



[http://www.familyconnect.org/blog.aspx?  
BlogID=1&BlogEntryID=...](http://www.familyconnect.org/blog.aspx?BlogID=1&BlogEntryID=...)

FamilyConnect shares accessible ideas for celebrating Valentine's Day with your blind or visually impaired child. They list accessible craft ideas and fun braille gift ideas too!

## Handmade Braille Valentine's Cards

Shared by Amber Bobnar



<http://www.etsy.com/listing/122854955/handmade-braille-greet...>  
These cards are handmade and available through [BethLauBraille](#) on Etsy. These are cards you can feel!

There's the cute embossed heart pattern on the outside and it's blank inside for your own message or customised Braille message according to the customer.

Size is 10.5 x 14.8 cm and the card comes with matching envelope.



FROM HADLEY SCHOOL FOR THE BLIND

The Hadley School for the Blind is pleased to offer a number of Family Education courses designed to help busy parents support their visually impaired children. Below is a new flyer we invite you to print and distribute. We can also mail hard copies if you wish. Please contact Debbie Worman at [Debbie@hadley.edu](mailto:Debbie@hadley.edu) for more information and to request copies.

## Do you have a visually impaired child? Hadley can help.

The Hadley School for the Blind's Family Education Program includes a number of tuition-free distance education courses to help busy parents support their blind or visually impaired children. Instructors provide personalized, one-on-one instruction and advice and are available by phone, email, fax or online. They also can provide information and referrals to other professionals in the field.

Courses include:



- 👉 **Braille and Your Baby or Toddler** — This new course provides parents and professionals with tools and information needed to prepare a child for reading braille, including an introduction to the braille alphabet and numbers for sighted readers. It discusses the creation of a braille-rich environment and activities that promote the development of oral language and motor skills.



- 👉 **Learning Through Play** — Play is essential to a child's growth and development. This course offers parents and caregivers suggestions on teaching children about themselves and the world around them, including how to be more confident and independent.



- 👉 **You, Your Child and Your Community** — This one-lesson, "mini" course shows how planning can help parents face challenges more confidently while strengthening relationships their child, other family members and their community. Other mini-courses include "Beginning the Special Education Journey" and "How to be Your Child's Advocate."

For a full list of courses focused on early childhood and school-age children, visit the Hadley Web site at [www.hadley.edu](http://www.hadley.edu) and click on Family Education Program.

Questions? Contact Debbie Worman at [debbie@hadley.edu](mailto:debbie@hadley.edu) or call 800-323-4238.



MAKING SENSE

**Experience the Art Institute of Chicago:**

The Art Institute of Chicago has a new way to experience great works in their collection by touch. The TacTiles kits reproduce the composition and texture of any masterpieces on a tile. The kits also include a color photo and large print and braille descriptions. They can be easily carried along with you as you browse through the museum. The Art Institute provides a free audio guide of the galleries and some exhibits for guests with vision loss and their escorts. Guide tours can also be arranged with one to two weeks' notice. To learn more, visit

[www.artic.edu/visit/accessibility](http://www.artic.edu/visit/accessibility)

or call 312-857-7641.

**Financial Aid Resource for Students:**

[onlineschools.org](http://onlineschools.org)

Is a comprehensive database of online institutions designed to help students find the school that best meets their needs. This website also contains a wide variety of scholarships for students with disabilities with both local and national opportunities. To learn more, visit

[www.onlineschools.org/financial-aid/disabilities/](http://www.onlineschools.org/financial-aid/disabilities/).

**Currency Identifier:** The EyeNote is a free app developed by the Federal Bureau of Engraving and Printing for Apple iPhones to assist people with vision loss identify their paper money. The free app is available in the App Store and does not require a data connection. The app can announce in Spanish and English and can also identify the front and back of the bill to assist with vending machine use. To learn more, visit

[www.moneyfactory.gov](http://www.moneyfactory.gov)

**White Cane Laws by State:** Did you know that not all white cane laws are the same? Each state has its own statutes and penalties for disobeying the law. For example, in Illinois a driver must stop the vehicle before approaching closer than 10 feet to a person with a disability who is using a mobility device such as a service animal or white cane. In California, however, the driver is not required to stop the vehicle, only to yield the right of way to the pedestrian with vision loss. The American Council of the Blind (ACB) has compiled a complete list of all state statutes and penalties that can be found at [www.acb.org/whitecane](http://www.acb.org/whitecane)

**Microsoft and GW Micro Partnership:** GW Micro, maker of WindowEyes screen reader, has partnered with Microsoft to provide their screen reader free of charge to people with a valid copy of Microsoft Office 2010 or later. To learn more about this important opportunity, visit [www.gwmicro.com](http://www.gwmicro.com).

*Reprinted from MAKING SENSE, February 2014, Second Sense, Beyond vision loss, 65 East Wacker Place, Suite 1010, Chicago, IL 60601, 312-236-8569, [www.second-sense.org](http://www.second-sense.org).*



Watch hours of captivating speaker recordings on the AER Knowledge Center.

FEATURED SESSION

Inside and Outside a Guide Dog



This session traces the evolution of dogs, the human-dog relationship (including the progress of human understanding of a dog's inner life) and the development of guide dogs from 10,000 years ago into the near future.

Watch This Session for FREE!

<http://aerbvi.sclivelearningcenter.com/index.aspx>

PROFESSIONAL DEVELOPMENT



**PERCEPT: An Intuitive and Innovative Indoor Navigation System for Individuals with Visual Impairment**

**PERCEPT**, designed as an affordable indoor navigation system for individuals with visual impairment, incorporates new technologies and O&M principles of navigation. A R21-funded pilot demonstrated that the system is intuitive and can significantly increase life satisfaction and productivity by enabling independent work and travel.

**MORE: Same website**



**Blast Related Mild Traumatic Brain Injuries: Insights for Low Vision O&M**

Come journey with us through battlefield dynamics, brain injury research, and "boots on the ground" O&M! This session will investigate the rash of blast-related traumatic brain injuries caused by improvised explosive devices in the Iraq and Afghanistan cohort of combat veterans. Participants will explore the powerful forces at work during a blast injury and their consequences.

**MORE: Same website**



**Bioptics: Application and Outcomes to Low Vision Driving**

This presentation will provide an overview of bioptic driving with emphasis on bioptic design, bioptic use during the driving task, advantages vs. limitations, common misconceptions, and a sampling of updates regarding bioptic driving across the USA and abroad.

**MORE: Same website**



[LOW VISION IN THE NEWS ]



Low Vision In The News is a collection of the latest hand picked news articles from our staff about low vision. They range from technology advances to human interest stories.

### **The First Smartphone Specially Developed for the Blind & Visually Impaired**



RAY is the world's only smartphone developed specially for the blind, from its unique operating system & eye-free operation to specialized built-in apps and content featuring: Multiple built-in communication services within one powerful device, Advanced communication and lifestyle services, One common, simple user interface across all system functions, applications and services, Unique operating system and user interface specially developed for eye-free operation.... Read more... <http://project-ray.blogspot.co.il/2013/11/project-ray-product-one-pager.html#!>

Clarix is leading the way by designing state of the art assistive technology devices for helping individuals maintain their independent lifestyles. Whether you are a student, business executive or retiree, there is a Clarix device to help.

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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

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Renewal

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

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**Have questions or need more information?**

**Call us at  
1-815-355-2098**

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Please contact IPVI to see if you are  
up-to-date on your dues at the  
address on the left or  
1-815-355-2098  
Email: [ipvi@ipvi.org](mailto:ipvi@ipvi.org)  
[www.ipvi.org](http://www.ipvi.org)

## IPVI CALENDAR

▶ 1/11 - 3/22	<b>Adaptive Recreation Saturday Classes/Davis Square Park</b>	<b>Chicago</b>
▶ 1/21,	<b>Lighthouse North Parents' Night</b>	<b>Glenview</b>
▶ 2/18, 3/18		
▶ 2/6	<b>Sweets for Sight</b>	<b>Chicago</b>
▶ 2/13	<b>2014 IAER Vision Conference</b>	<b>Schaumburg</b>
▶ 3/8	<b>Southern Illinois Vision Conference</b>	<b>Mt. Vernon</b>
▶ 4/12	<b>Northern Illinois Vision Conference</b>	<b>Rockford</b>

Please call  
**1-815-355-2098**  
for any questions, concerns,  
or comments that IPVI can  
help you with.

**Newsletter Deadline for  
JANUARY 2014 is DECEMBER 15<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...