

# IPVI INSIGHTS

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

January  
2013



## CHRISTMAS PARTY - Chicago Lighthouse & IPVI

The party on Saturday, December 8 was an outstanding gathering. Rich and I hosted it representing the Lighthouse and IPVI, passed out brochures, encouraged people to join and get involved. We had around 130 people, with lots of kiddos. All children got presents from Santa Claus. It was a great event!

Mary and Rich Zabelski



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**Happy New Year**

*Bill Bielawski, IPVI President*

On behalf of the IPVI Board of Directors, we hope everyone had a Merry Christmas and we wish you all a Happy New Year!

I want to thank the IPVI board and the other volunteers that help IPVI provide “support, information, and service” to parents of children with visual impairments. This year, IPVI hosted a great outing at Brookfield Zoo, a fun Christmas Party, and several other events with the Chicago Lighthouse. Our primary means of helping parents is through this monthly **IPVI Insights** newsletter which is available on our website.

Speaking of volunteers and board members, IPVI could use some new energy. I cofounded IPVI when Jennifer was only a few months old in 1985. Mary and Rich Zableski were there too. Vicki Juskie's son, Matt, will soon be in college. Recent board members, Dawn Wojtowicz and Judy Metoyer, have young children. IPVI needs the current generation of young parents to lead it into the future.

IPVI must provide more opportunities for parent and child networking. We should improve our website [www.ipvi.org](http://www.ipvi.org), and it will likely take a team to keep the information up to the moment. IPVI should use Facebook more and start to use twitter. It would be nice to have a wiki and an active discussion board so parents can share their experiences and ask questions. Maybe we can provide training using YouTube? Though this electronic media is quick, fun and inexpensive, many folks still want to get that printed newsletter delivered in the mail so they can pick it up and read it whenever. For that we need more fundraising. It would be nice to conduct new events and partner with new organizations. Would you like to help IPVI have a Happy New Year?

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

## SHARING THE VISION, PARENT TO PARENT

### **VOLLEY I**

Since our last publication, there were no new members.

### **VOLLEY II**

In order for me to try to gain some of my sanity back, I came up with a Homework Checklist for my three younger children (12, 11, and 10) that I thought I'd share with you. I really think it's important that a parent review the homework so as to identify strengths and weaknesses as well as ensure completion of tasks in a neat fashion.

Boy, it is work though to be consistent. I'm tired of saying the same thing over and over. What I have to do now is shift the "monkey" to their backs from mine so they take responsibility for the finished product. It seems at times they are slip-slopping through some of the work because they think mom will help them. Or they hurried through to get it done and now want to play. Then I look at their attempts, and they don't always pass muster, which means usually the yelling and arguing commence. Everyone is tired of that, so I wrote a simple list that contains the rules. Now they can't say they didn't know or they forgot. It's a list that can be modified as well and fined tuned, which is what I have done with the one below. This has some suggestions for low-to-no vision students also, because in the words of Yoda from Star Wars: "Help them I will; but do it for them, not. So here goes:

### **HOMEWORK CHECKLIST**

1. Place your name and date on the top right-hand corner of the paper.

*(Continued on page 4)*

**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 (Continued)**

*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.*

Try one of those elastic bands that hold glasses by the legs and fits around the back of the head. They will fit snugly on his/her face. I've seen them sold at drug stores.

---

Ask him why. Maybe they are too tight or the wrong prescription. Get the child involved with the glasses and the responsibility of wearing them. Let him pick out his own case or the color of the cleaning wipe.

Good luck.

---

My son had to wear glasses from age three on. You don't say how old he is or the severity of his need for glasses. My son had to wear them. He could not see clearly at all without them and we reinforced this by constantly pointing out colorful interesting things while he had his glasses on. If he took them off, we would stop pointing out those things. He also had the flexible frames where the

*(Continued on page 6)*

- a. On notebook paper assignments, in addition to #1, add the following information on the first page only every time:
  - i) Subject
  - ii) Page Number
  - iii) Problems # \_\_\_ - \_\_\_  
(if applicable)
2. Remember, appearance is important. Learn to leave even margins on all four sides of all your papers, whether math or language, handwritten, Brailled or typed. If you are using notebook paper and pen/pencil, learn that the appropriate writing area is delineated on the paper usually with faint red-vertical and blue-horizontal lines. Writing should start on the right side of the left vertical red line (except for numbers used in sequencing the problems which should start directly left of the red line). Writing on a line should stop when you reach the vertical red line on the right side of the paper. Hyphenate long words when necessary. Never write on the last partial line of notebook paper. That's your minimal bottom margin.

For low vision writers, there are plastic guides that greatly help writing and spacing so as to make printing on a straight line easier. Also, they have low vision writing paper that has bolder, darker and thicker lines so as to be seen easier.

3. Be neat. You should write on a flat surface, sitting straight up. Space the letters of each word you write so you can see every one clearly. Erase cleanly if using pencil. Never scratch out using pencil. That's what the eraser is for. For pen corrections, try using erasable pens or if you're crossing out, use a single line through the middle of the word. Don't scratch it out. Or you can use White Out, if allowed, but don't forget to let it dry thoroughly before

writing on it again. If it's really an important paper and I don't want White Out to show, I photocopy that page and hand in the copy.

For Braille users, no scrubbing (which is using your wood or metal tipped eraser in a back and forth motion instead of a gentle push down motion so as to remove the indentation(s) from the Brailled. And whether sighted or not, if you have to erase a large portion of a page, it's better to re-write or re-Braille the whole page so it looks clean.

4. Spell things right. Use the dictionary if you're not sure. If you have Internet access, you can go to [dictionary.com](http://dictionary.com) and [Thesaurus.com](http://thesaurus.com) to look up words. Computer users may utilize voice software to read the information to you. A talking dictionary can help a lot. You could type the word in and it would ticker tape on a small LED Screen the definitions that it then reads aloud.
5. For Math problems, fold the paper in half and put one problem a side. My children say that this is a waste of paper, but if the teacher or proofreader can identify each problem and the work that goes with it because it's laid out neatly, it's better. You can use graph paper and its lines to help teach special number placement in problems as well as in handwriting to teach spacing for letters and words. They also make a handwriting spacing paper that could be used as well.
6. Always proofread your homework before handing it in. Check, did you do all of the problems? Check your math problems either manually or with a calculator. Read your written work aloud to yourself to hear what you wrote. This helps catch things your eyes might glance over.

7. Remember only you can do your best. Take pride in yourself and in all of your work whenever you do something. It says who you are and reflects just how smart you really are. Messiness detracts the eye from the quality of the work no matter how thorough. Employers emphasize neatness, quality input, perfect grammar, and proof-reading skills.

So my tip of the day is, if you emphasize neatness and layout early on, you'll help your children succeed in many ways. Remember the Juskie motto: "Perfection is expected, excellence will be tolerated."

Happy 2013!



makes any sense. My point is, is that when going to see the college in person, you are heavily persuaded, which is a good thing. This is because you get a truer feel for the school and not go there just because you think that the mascot is cool.

Another very big part to look at is how accommodating the college is. Most colleges have come a long way in helping people with different abilities, but with a visual impairment, a small campus might be the best suit. It's easier to navigate getting from class to class, and will usually have smaller class sizes for more one-on-one assistance. These are all very important things.

I realize some may be a little surprised that I am visiting college so early being I'm a junior, but it is important to do so as soon as possible because it is a very important decision and something that has to be done. Besides, Napoleon Hill, an American motivation writer and speaker makes the wise observation that:

*"Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday."*

So I hope that these suggestions help, and also that your New Year resolutions happen. Until next time, so long!

M@



## ASK M@



Hey, guys, I hope everyone had a great Christmas and an awesome New Year. It's a good thing the Mayans were wrong and everyone is still able to read Ask M@! Now, let's start 2013 off on a

positive note.

I know I have really been stressing to you lately about being proactive in choosing a college. This is because all of you kids out there and parents with kids will hit the step that I am at right now. I have seen four different universities this fall, and it has been an incredible learning experience. The part I am most surprised about is that before all the visits, I had ranked from 1 to 4 the schools I thought I would like to go to. At this point, however, my number 1 is off the list; my number 2 is now my 3<sup>rd</sup> choice. and my third is my 1<sup>st</sup> -- If that

## 2013 Writing Contest for Blind Youth - To Promote Braille Literacy & Excellence in Creative Writing

The NFB Writers' Division is hosting a Youth Writing Contest to promote Braille literacy

*(Continued on page 7)*

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

back end wraps all around the ear. These take a little more effort to get off.

Depending on his eye condition severity and age, maybe the best course is to give up the fight to keep his glasses on. Children are constantly changing. Who knows? In a month he could think they're cool. It's your decision.

Best wishes.

---

Whenever our son did this, we would say firmly, "No, glasses are important. Don't throw them. Now walk over and pick them up and put them back on." If necessary, we led him by the hand and made him pick them up. We gently put them back on his face, explaining how important these were and how we couldn't afford to buy another pair because he would break them this way. It took about two weeks of this constant struggle and then he was fine.

Good luck!

---

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!

----

**[http://www.ehow.com/how\\_4585\\_childwear-glasses.html](http://www.ehow.com/how_4585_childwear-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. 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

*(Continued on page 7)*

(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?*

Thank you for your responses. Please submit your questions you would like other parents to answer.



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

*(Continued from page 5) - 2013 Writing Contest for Blind Youth...*

and excellence in creative writing. Entries will be judged on creativity and quality of Braille. We are looking for creative writing in the form of fiction and poetry, the storyline can be about anything you wish, and need not be restricted to writing about Braille. There is no charge for entering.

This is a contest for students who use Braille. Entries must be submitted in hand embossed Braille, from either a slate and stylus, or on a Braille writer. No computer Braille entries will be considered. Submissions must be brailled by the entrant. All submissions, no matter the grade level, must be in contracted Braille, unless the student has yet to learn the full system. Let us know which you are, either --- "I'm studying contracted Braille." --- "I know contracted Braille."

There are six categories, as follows: Elementary School Fiction and Poetry; Middle School Fiction and Poetry; High School Fiction and Poetry.

The contest begins January 1st, and ends, postmarked date April 1st. There will be three cash prizes for each of the six categories. Submissions receiving honorable mention will also be listed. First prize is \$30, second prize is \$20 and third prize is \$10. Submissions for fiction may not exceed one thousand words. Poetry may not exceed twenty lines. Authors may submit multiple entries and all work must be original and unpublished.

Entries must be accompanied by a cover letter containing entrant's information: Name, address, phone, Email, title of the entry, school and grade of entrant.

Winners will be announced at our Division meeting during the July 2013 NFB National Convention held in Orlando Florida.



Each entrant must provide an identical electronic copy of the cover letter and story or poetry, for possible publication in our Division's quarterly magazine, "Slate & Style."

Send the hardcopy Braille and cover letter to:

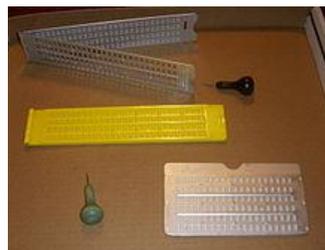
Robert Leslie Newman  
504 S 57th St  
Omaha, NE 68106

Email submissions (copy of story or poetry and cover letter) should be sent to Robert Leslie Newman at [newmanrl@cox.net](mailto:newmanrl@cox.net).

More can be learned about the NFB Writers' Division and our contest by taking a visit to our Division's website- <http://www.nfb-writers-division.net>

Are you the best Brailier in the contest? Be sure to double check your work. Remember to use braille paper so the braille is easy to read. Good luck!

Robert Leslie Newman  
Personal Website-  
Adjustment to Blindness and Visual impairment  
<http://www.thoughtprovoker.info>  
NFB Writers' Division, president  
<http://www.nfb-writers-division.net>  
Chair of the NFB Communications Committee



Slate & Stylus



Braille Writer





# 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)**

ADULT ADAPTIVE RECREATION

My name is Christina "CC" Moy and I am the Adaptive Recreation Coordinator at Davis Square Park. We are excited to announce our Winter Program, which includes classes such as Daily Living Skills, After-School Program, Music, and a number of Adaptive Sports. Attached are flyers for both our Adult and Youth Programs.

We also have a fitness center, gym and classroom space, as well as staff, to work with other agencies as a partnership.

If you are interested in any of our classes or working together in the future, you can contact me at 312 961 1754 or via email at [Christina.Moy@Chicagoparkdistrict.com](mailto:Christina.Moy@Chicagoparkdistrict.com)

Christina "CC" Moy  
Special Recreation Coordinator  
Davis Square Park  
4430 S Marshfield  
Phone-312 747 6107  
Fax -312-745-3489



See both flyers on the next page.



88 Saint Stephen St, Boston MA 02115

Kids need a collection of books to call their own—books that can be pulled down from the shelf and explored independently, or read together with a trusted parent, teacher or sibling.

Join the only Children's Braille Book Club in the country, featuring a new print/braille book every month for preschool through third grade. These are the same books you'd buy at Barnes & Noble (and at the same price), but enhanced with

braille!

Membership is FREE!

Start building a library today!

Call toll-free: 800-548-7323

Sign up online:

[www.nbp.org](http://www.nbp.org) (click on Programs)

Endorsed by National Association for Parents of Children with Visual Impairments

APH NEWS

NEW! Number Line Device

1-03480-01 -- \$149.00



This math aid helps students who are blind and visually impaired comprehend abstract numerical concepts.

The number line is a basic tool for teaching number concepts, number sequence, counting, addition, subtraction, multiplication, division, rounding, estimating whole numbers, common fractions, and decimals.

The Common Core State Standard for Mathematics (2010) references of number lines for teaching mathematical concepts. The standards range from representing whole number sums at the elementary level, to representing

(Continued on page 14)

# Davis Square Park

*Programs for individuals with visual and physical disabilities*

4430 S Marshfield, Chicago, IL 60609

## Adult Adaptive Recreation

2013 Winter Session

January 8, 2013-March 24, 2013



### Daily Living Skills

Tuesday & Thursday, 12:00pm-3:00pm

Ages 18+

\$10.00

### Walking Club

Fridays, 12:30pm-3:00pm

Ages 18 and up

\$5.00

### Boccia Practice

Fridays, 2:00pm-4:00pm

Ages 18 and up

\$10.00

### Music

Fridays, 5:00pm-7:00pm

All Ages

\$5.00

### Goal Ball

Saturdays, 9:30am-11:30am

All Ages

\$5.00

### Judo

Saturdays, 12:30pm-2:00pm

All Ages

\$10.00

### Fitness

2:00pm-4:00pm

All Ages

\$5.00



For registration and questions contact:  
Christina Moy, Special Recreation Coordinator  
312-747-6107

[Christina.Moy@Chicagoparkdistrict.com](mailto:Christina.Moy@Chicagoparkdistrict.com)

[www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com)

312-742-PLAY      312-747-2001 (TTY)



# Davis Square Park

*Programs for individuals with visual and physical disabilities*

4430 S Marshfield, Chicago, IL 60609

## Adaptive Recreation

2013 Winter Session

January 8, 2013-March 24, 2013

### Leisure Education

Tuesday & Thursday, 3:00pm-6:00pm

Ages 8-16

\$10.00

### Teen Daily Living Skills

Thursdays, 6:00pm-8:00pm

Ages 13-18

\$5.00

### Music

Fridays, 5:00pm-7:00pm

Ages 18 and up

\$10.00

### Music

Fridays, 5:00pm-7:00pm

All Ages

\$5.00

### Teen Social Club

Fridays, 4:00pm-7:00pm

Ages 13-18

\$5.00

### Goal Ball

Saturdays, 9:30am-11:30am

All Ages

\$5.00

### Judo

Saturdays, 12:30pm-2:00pm

All Ages

\$10.00

### Fitness

2:00pm-4:00pm

All Ages

\$5.00

For registration and questions contact:

Christina Moy, Special Recreation Coordinator

312-747-6107

[Christina.Moy@Chicagoparkdistrict.com](mailto:Christina.Moy@Chicagoparkdistrict.com)

[www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com)



(Continued from page 11) - Number Line Device

fractions at the intermediate level, to locating irrational numbers at the middle school level.

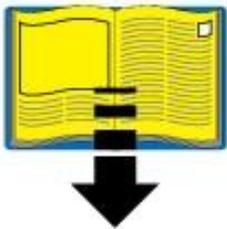
The Number Line Device consists of three parts: a blue plastic base with storage compartment for number lines and pegs; 15 interchangeable vinyl number line segments in large print and braille; 40 white plastic cylinders/pegs used to show simple numerical relationships, and 10 yellow plastic cylinders/pegs with an arrow on one end that may be used by older math students as they graph lines and rays.

Also included is a large print manual and a CD-ROM with manual in accessible file formats. Print and braille versions of the manual are available as a free download at [www.aph.org/manuals](http://www.aph.org/manuals).

**WARNING: CHOKING HAZARD** -- *Small Parts. Not intended for children ages 5 and under without adult supervision.*

**Recommended ages:** 5 years and up.

## New Downloadable Manual Available



Get the manual you need instantly! APH offers a selected list of product manuals available for free download ([www.aph.org/manuals/](http://www.aph.org/manuals/)).

You may print or emboss these as needed. We will continue to package hard copies of these manuals with their products and sell hard copy replacements.

Newly added manual: *Game Kit Booklet* (61-131-035)

## 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





The Chicago Lighthouse Vision Rehabilitation Center  
is calling all winter break campers, ages 6-22,  
to report to:  
222 Waukegan Road  
Glenview, Illinois 60025

**Wednesday, December 26- SPORTS DAY:** Spare a day for bowling! National Beep Baseball Association will be a huge hit, and the American Blind Skiing Foundation will make you feel like the king/queen of the mountain! Reading Buddies, *TEEN SCENE* newsletter and social club, and more!

**Thursday, December 27- NEW YEAR'S PARTY:** A day for reminiscing, and making resolutions, we'll celebrate New Year's around the world. A professional blind chef will instruct on making party foods. Crafts to decorate and then dance and party away 2012! *TEEN SCENE!*

**Wednesday, January 2- JUDO/TALENT SHOW DAY:** A Judo demo in anticipation of classes beginning in January, on Saturdays, will definitely be a *gripping* experience (a Paralympic sport solely for those who are blind or have low vision). Sing, play an instrument, tell jokes. Recite a poem in Reading Buddies, 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 (or flannel pants and hoodies) all day! Our chef will prepare party and comfort foods with campers. We'll play games and enjoy an audio description movie (with narration during action and other non-dialogue moments). *TEEN SCENE!* Great Lakes Adaptive Sports Association will be here to discuss Goalball.



\$60/day, 9am-4pm

Ages 6-22

To register, contact:

Pam Stern, Manager of Youth/Adult Enrichment Programs  
847.510.2054 or [pam.stern@chicagolighthouse.org](mailto:pam.stern@chicagolighthouse.org)



**WINTER BREAK CAMP REGISTRATION**

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

D.O.B.: \_\_\_\_\_ Grade \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

Cost: \$60/day    Wed. 12/26 \_\_\_\_\_    Th. 12/27 \_\_\_\_\_    Wed. 1/02 \_\_\_\_\_    Th. 1/03 \_\_\_\_\_

**Circle Credit Card:**

Visa

Mastercard

Discover

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_

**Billing address if different from above:**

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

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

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**Return registration form to:**

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

**222 Waukegan Road, Glenview, IL 60025**

**Tel. (847) 510-2054**

**Fax (847) 729-2207**

**pam.stern@chicagolighthouse.org**



## **Judo Classes**

**January 26-March 16 (8 sessions), 10:00am-11:30am**

**For ages 6 and up  
Fee: \$120 (\$15/session)**

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



**Judo is a Paralympic sport, where the only athletes eligible to compete are blind or visually impaired. The Menomonee Judo Club is one of the premier Paralympic dojos in the country. USA Judo has designated it as a Paralympic National Training Site.**

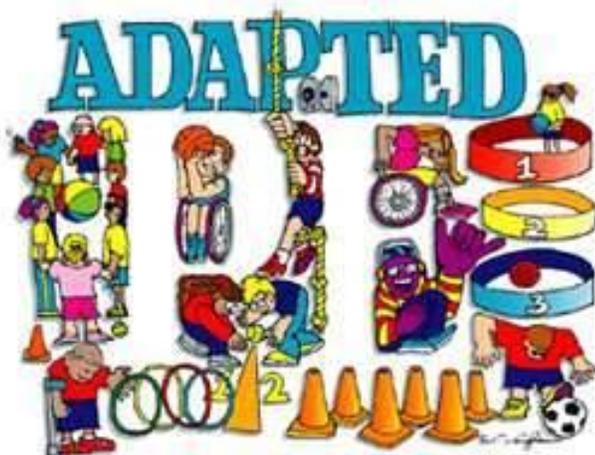
**Judo promotes the development of necessary physical abilities such as movement, balance, muscle tone and spatial awareness. It instills respect, discipline, self-esteem, active-listening, and focus.**

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

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



## Adaptive Sports Play For All



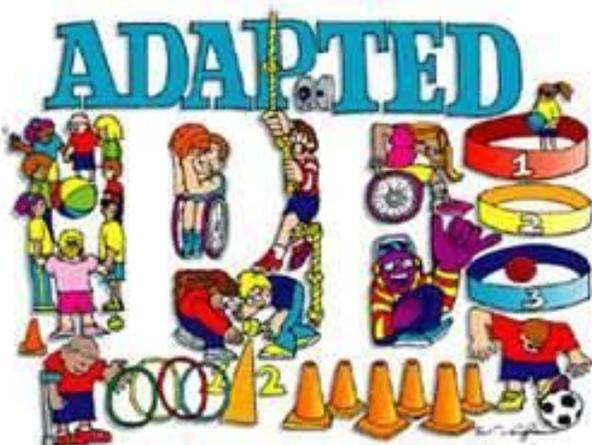
February 9, 2013  
At Chicago Children's Museum

- 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)



## 2013 NFBI INTERNSHIP APPLICATION

Each year the National Federation of the Blind of Illinois (NFBI) awards scholarships to qualified blind students. The scholarships are awarded at the annual convention of the NFBI. The following scholarships are currently available:

**PETER GRUNWALD SCHOLARSHIP:** A scholarship in the amount of \$2,000 was established by the NFBI as a memorial to Peter Grunwald, whose work with members of the Illinois General Assembly resulted in implementation of several statutes that have changed what it means to be blind in Illinois.

**NATIONAL FEDERATION OF THE BLIND OF ILLINOIS SCHOLARSHIPS:**

Two scholarships in the amount of \$1,500 will be awarded.

**KENNETH JERNIGAN SCHOLARSHIPS:** Two scholarships in the amount of \$1,250 were established in tribute to Dr. Kenneth Jernigan, former President of the Federation, whose extraordinary leadership has improved the quality of life for blind people both here and abroad.

**Criteria:** All scholarships are awarded on the basis of academic excellence and service to the community. To be eligible for any NFBI scholarship, an applicant must be a legally blind resident of, or student in Illinois, who is enrolled full-time in an accredited two-year, four-year or graduate college or university program.

**To apply:** Complete an application. Electronic application forms can be obtained from the scholarship chairman. Send your application and supporting documents via e-mail in an easily accessible format to: Deborah Kent Stein, Chairman, NFBI Scholarship Committee, [dkent5817@att.net](mailto:dkent5817@att.net).

If e-mail is not possible, send to:  
Deborah Kent Stein  
5817 N. Nina, Chicago, IL 60631  
Direct questions to: (773) 203-1394

**Deadline:** All application materials must be received by March 31, 2013.

**General Information:** An NFBI Committee reviews all applications and selects the internship winners, who will be notified of their selection by May 15.

## IPVI

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

Toll-free: 1-877-411-IPVI (4784) • Email: [ipvi@ipvi.org](mailto:ipvi@ipvi.org) • [www.ipvi.org](http://www.ipvi.org)



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THIS PUBLICATION IS SUPPORTED  
(IN PART) BY THE NATIONAL  
ASSOCIATION FOR  
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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**

- |                           |   |                 |
|---------------------------|---|-----------------|
| ▶ January 2,3             | <b>CL North Winter Break Camp</b>                             | <b>Glenview</b> |
| ▶ January 8-<br>March 24  | <b>Davis Square Park-Adult Adaptive Recreation</b>            | <b>Chicago</b>  |
| ▶ January 8-<br>March 24  | <b>Davis Square Park-Adaptive Recreation</b>                  | <b>Chicago</b>  |
| ▶ January 26-<br>March 16 | <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  
FEBRUARY is JANUARY 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...