

IPVI INSIGHTS

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

**July
2012**



**Last Chance to sign up for our
2012 IPVI Members Only Outing:
“Literacy through Experience at Brookfield Zoo”
on Saturday, July 21, 2012.
The registration form is on page 3.
Registration closes on July 8, 2012!**

ATTENTION! ATTENTION! Brookfield Zoo is BIG and the choices are many—arrive early and plan on spending the entire day. Plan to arrive at 9:30 a.m.; the Zoo opens at 10 a.m. Tons of activities are available throughout your day! Your IPVI T-Shirt will be your exclusive passport into all the action...parking (south lot), admission to Zoo, pizza lunch, the Great Bears’ Wilderness, the Seven Seas Dolphin Show (with exclusive after show event), Hamill Family Play Zoo, Children's Petting Zoo, etc.

Become an IPVI member! Dues paying members receive free admission and parking at our Members Only Events — Zoo Outing, Holiday Parties, Picnic, etc. — activities intended to provide social and literacy opportunities for children, parents, teachers, professionals and friends. Paid membership also includes newsletters and invitations to Parent Rights, Adaptive Technology, and Advocacy seminars.

If you'd like more information on how to attend the 2012 IPVI Zoo Outing, or how to become a member of the “IPVI Family Network”, **call Mary Zabelski at the Chicago Lighthouse for the Blind, 312-666-1331 x3675.**

PLEASE REGISTER BY JULY 8th, 2012

**Mail Registration Form & your check payable to
IPVI to:**

**Mary Zabelski
The Chicago Lighthouse
1850 W. Roosevelt Road
Chicago, IL 60608**



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**Literacy Through Experience:
Just get out there!**

By Bill Bielawski

Boy is it hot! It is tempting to just stay indoors, in the air conditioning, and watch TV or surf the web. But in the summer, when school is over, it is your opportunity to “get out there” and give your child experiences that will help them learn about the world and become more literate (knowledgeable).

Sighted kids learn a lot by looking at pictures, observing things at a distance while passing by, or by watching TV and movies. But children who are visually impaired need to see things up close, if they can. They need to touch and smell and hear the world around them.

So take your kid to the park, to the beach, to the zoo, on picnics, on a boat, to nature preserves, to an amusement park, to a water park, to a museum, to a forest preserve, or about anywhere. “Just get out there!” Call ahead and see if you can make arrangements for your child to get closer or touch things that a sighted child wouldn't. You won't do these things during the school year, so don't waste the summer, even though it is hot.

IPVI's outing to Brookfield Zoo is such an opportunity. The Zoo knows we are coming and has made arrangements to provide more hands-on experiences for our kids. For example, after the Dolphin show, our kids will be able to go right up to the edge of the tank and see the dolphins up close.

It really is up to us parents to provide experiences for children who are visually impaired so they can learn things that sighted kids pick up incidentally. If you need ideas, contact us at 877-411-IPVI (4784) or email us at ipvi@ipvi.org. Have a good summer.

IPVI's 2012 BROOKFIELD ZOO - MEMBERS ONLY OUTING Saturday July 21st Registration & Payment Form

Attendance is restricted to currently paid members of IPVI** (check your address). All attendees must pre-register, purchase a 2012 Zoo T-Shirt and show current identification at the Zoo. Attendees may be required to sign Release of Liability & Use of Photographs Form.

Family Name: _____ IPVI Current Membership _____ (y/n)
 address: _____ city: _____ zip code: _____
 e-mail: _____ Home #: () _____ - _____ Cell # () _____ - _____

1) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 2) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 3) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 4) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 5) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 6) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)
 7) Name: _____ Age: ___ T-Shirt: (infant), (small), (med), (large), (X-lg), (XX-lg), (XXX-lg)

The T-Shirt is required & assists Zoo personnel in providing accommodations. Our theme is *“Literacy through Experience at Brookfield Zoo”*.....ask questions, touch the special exhibits, analyze and enjoy the unique sounds, and textures of the Zoo!

Membership Dues (\$15.00/year)		
Total Number of Zoo Admission T-Shirts @ \$9/person		
Donation to IPVI for (IPVI scholarship) or (Zoo costs)		
TOTAL MONEY (included with this form) payable to IPVI		

REGISTRATION CLOSSES ON JULY 8th, 2012

**IPVI is funded from member dues, activity/event participation fees, & private and public donations. IPVI benefits are available to anyone who needs and applies for membership, regardless of their ability to pay. IPVI is an all volunteer organization. We sincerely welcome your participation, support and ideas. We focus on supporting families challenged by visual impairments.

MS. VIC'S VOLLEYS
Victoria Juskie, IPVI Treasurer

VOLLEY I

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

Jessica Lambert, Bourbonnais

VOLLEY II

The MBJ Scholarship Awardees will be sent their awards by early August. In this vein, I would also like to inform you of the GuildScholar Program. They are awarding 12 to 16 scholarships of up to \$15,000 each to students who are legally blind. Applications are due to them by 9/15/12. For more information and requirements, email guildscholar@jgb.org or call 212.769.7801.

VOLLEY III

It is very difficult in life to decide what's best for your children sometimes. Lots of times I find myself very jaded in my thinking. Often I want to over indulge my kids because I felt deprived. On the other hand, there are times I want to **not** indulge them because I was deprived as a child, feeling that sometimes deprivation makes you a stronger person. What did I just say? Yeah, you heard me right. I do vacillate back and forth for the same reason.

It's hard to walk the line between what's good for your child, what s/he wants, what you can afford or what you're willing to go into debt for to please him/her. Then comes the realization that no matter how well you do, you'll have screwed up something. Trust me, no parent does it right 100% of the time -- no one. Some are better than others, I agree; but I think you will all concur, our kids are going to go to their graves feeling we did something terrible and how mortified they were when

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

JULY QUESTION

As the first day of summer approaches, please tell us about your vacation or vacation plans and how you are accommodating for your blind/visually impaired child.

Also, any book suggestions for all ages either in large print or braille that you recommend for summer reading?



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

The Sight Exchange Group Provides a Way to Share Usable Items for People Who Are Blind or Visually Impaired

Don't Throw It Away!

How many times have you looked at a stack of braille books that your children have out-

(Continued on page 12)

we did “...” (you fill in the blanks).

What’s the purpose of this discussion? Well, I find sometimes that I doubt if I am being a good mom. I know I basically am. I would die for my kids even if sometimes I threaten them with everything from permanent grounding to other more physical punishments. Also I would say that in our house I am more of the disciplinarian. I am the one who yells a lot and who’s the wet rag, usually saying “no” to something the kids want. They are learning to ask Dad first now. Wow, they really are smart.

Anyway, my point is whenever I say “no” to them, I’m a bad guy. Whenever they don’t get their own ways, I am horrible, the worse mom ever. Whenever one kid gets a privilege the others didn’t, they say I’m showing favoritism. You can’t win is my point because no one is perfect.

It was my younger children who correctly pointed out, however, that I was showing my child who’s visually impaired favoritism. It appears he didn’t do the same number of chores they did. They were right and I was wrong. I’ve been working to change this. Now as a disclaimer here, many children who have disabilities can’t do some or all the chores others can. This is understood and not part of this discussion and you parents know who you and they are.

For all others, it is important though that if your child is physically able to do some type of chores, you as parents must make your children do them. By not teaching them, we are actually hurting them, not helping them. You see, we can’t cut their food or dress them forever. We need to help them become as self-sufficient as possible. We must teach them to advocate for themselves because we won’t always be around for them. We also must teach them to put their clothes right side out, learn their way around a washing machine

and a stove, and how to set the table and clear it for the whole family. We need to teach them that bathrooms must be cleaned regularly and how to put the sheets on their beds as well as teach them why vacuuming and dusting are important. And trust me, the number of times you’ll hear, “I can’t, it’s too hard,” will be quite extensive. My answer to this type of response is “Everything is hard to do when you first try it. You didn’t feed yourself or walk the first time you tried. You practiced until you mastered it. So chores are just like that.”

They will whine. They will cry. They will tell you, “You’re mean,” or “I’ll do it later,” etc., etc. They’ll even pull the dreaded remorse-inducing card -- “I can’t see it well enough so I can’t do it.” This is where it really makes you feel guilty being the big bad parent in saying, “I don’t care, you’re going to have to keep trying until you learn it.” This probably is one of the hardest things I’ve had to say but I admit, also one of the most rewarding. Because of this, chores are being done now more readily and a more confident young man is immersing. My younger children have also lost this one weapon in their artillery of complaints that I am playing favorites.

Sure many chores may require some adaptations but that’s okay. Making your child live up to his or her potential is the task we as parents have signed on to accomplish. Mobility instructors, vision teachers, as well as the Internet can give you tips on how to accomplish chores for those who are visually impaired. If you get stuck, email me and we’ll do some research and get back to you with a realistic approach from our team of experts and contacts in the vision community.

So my tip of the day is treat your child with issues the same way you treat your others. Don’t play favorites. Make them all miserable

equally when it comes to doing age-appropriate chores. In the long run, you are doing the right thing and your kids will be better off. That way they can all complain about you evenly as well as thank you for all you've done for them when they're older. This will be especially true when they hear themselves saying the exact same things to their children that you said to them. Now won't that be a hoot.



ASK M@



Hey guys,

Hopefully all is well. It's June 10th while I write this and summer is around the corner so that's obviously huge. To all the high schoolers, hurray, no more finals! To all other

students, life is just so much better in the summer, obviously!

Now some may know and some may not, but a couple of months ago I gave a minor presentation at the Chicago Lighthouse's grand opening in Glenview. It was a great opening where many adults/parents showed up. But what I really liked seeing was in the teen and kid area downstairs, which had a very nice turnout as well.

I have to say that going in to my presentation I was a little hesitant simply because I wasn't really sure if too many kids would want to be there; but when I saw the turnout, it really opened my eyes. I truly realized how the visual impairment community really comes to-

gether on something as big as this. This new location could be huge for some people from all over but especially for those living near there. It's a quick and easy place to go to get equipment and support. This brings up a little helpful approach to a skill that I have always found is good. This skill is public speaking.

Many people are terrified of public speaking, and it's easy to just go along with that idea; but here is how I really like to look at it. How is this any different than telling a story in front of your friends? Just because you know them it is easier? Why should it be different in front of another group? They are just as human as the people you completely know, right? Now I know people say relax by imagining the crowd in their underwear. That's great if that works for you because to each his own. However, it doesn't seem to work for me because if I got out there and did that, I would just start laughing thinking everyone is sitting there with no pants.

So, try this next time an opportunity appears. When you first get up there to address the audience, just calmly address everyone by saying "Good morning" or "Good afternoon," or "Hi everyone." Then ask how everyone is doing. After the response, then you can proceed with what you are talking about; remembering most importantly, that you must keep it to where you are acting like you are talking to your friends. If you keep that mental approach, there will be a lot less pressure.

There's no quote of the month this time, instead I am going to make this idea a life lesson of the month.

I hope everyone enjoys their summer and until next Insights...

See ya,

M@





Pre-School Enrichment Program

Summer Session Now Enrolling!!!

Come Join Us for 8 Weeks of Fun, Friends and Learning
Students will learn social skills, daily living skills,
pre-Braille/Braille skills and much, much more!

Program Dates: Tuesdays, Wednesdays & Thursdays
Starting June 26-August 16
Program Time: 1:30-3:00
Program Location: The Chicago Lighthouse
Children's Development Center
1850 W. Roosevelt Rd.
Chicago, IL 60608

Fee: \$350

For enrollment information contact
Mary Zabelski (312) 997-3675 by June 15



More than 6,000 Americans Spent 4th of July in Emergency Rooms Due to Fireworks-related Injuries

*-Prevent Blindness America Urges Public to Celebrate Independence Day Safely,
Without Using Fireworks-*

CHICAGO (June 15, 2012) – While many Americans were enjoying Independence Day festivities with family and friends, in 2010 an estimated 6,300 Americans spent part of their Fourth of July holiday in the emergency room due to fireworks injuries, according to the U.S. Consumer Product Safety Commission (CPSC) Fireworks Annual Report issued in 2011.

The report also found that children under 15 years of age accounted for approximately 40 percent of the estimated injuries. And, children under the age of 5 experienced an estimated 700 injuries. For that specific age group, sparklers accounted for 43 percent of the total injuries. In fact, fireworks sometimes referred to as “safe and sane” including sparklers, fountains and other novelties, made up 2 out of 5 injuries treated in emergency rooms.

To help families enjoy a safe and happy Fourth of July, Prevent Blindness America, the nation’s oldest non-profit eye health and safety organization, is making an effort to educate the public on the potential dangers of fireworks.

Prevent Blindness America warns:

- Fireworks are extremely dangerous.
- Do not purchase, use, or store fireworks or sparklers of any type.
- Protect yourself, your family and your friends by avoiding fireworks and sparklers.
- Attend only authorized public fireworks displays conducted by licensed operators, but be aware that even professional displays can be dangerous.

Fireworks laws vary from state to state and sometimes, within different counties. Delaware, Massachusetts, New Jersey and New York have banned the sale and use of all consumer fireworks. According to the American Pyrotechnics Association, Illinois, Iowa, Ohio and Vermont allow only wire or wood stick sparklers and other novelty items.

As of January 2012, the state of Michigan now allows the sale and purchase of all consumer fireworks. While Gov. Mark Dayton of Minnesota recently vetoed legislation to legalize aerial fireworks, including roman candles and other devices.

Prevent Blindness America continues to support the development and enforcement of bans on the importation, sale and use of all fireworks and sparklers, except for authorized public displays by competent licensed operators. The non-profit group believes it is the only effective means of eliminating the social and economic impact of fireworks-related trauma and damage.

“The Fourth of July should be a time when we come together to honor our country by celebrating our great nation safely and responsibly,” said Hugh R. Parry, president and CEO of Prevent Blindness America. “We hope all Americans have a wonderful holiday with their loved ones, not in the emergency room.”

Illinois Association for Parents of Children with Visual Impairments

There were more than 1,300 reported eye injuries in 2010. In the event of any eye-related accident, Prevent Blindness America recommends the following:

If there are specks in the eye,

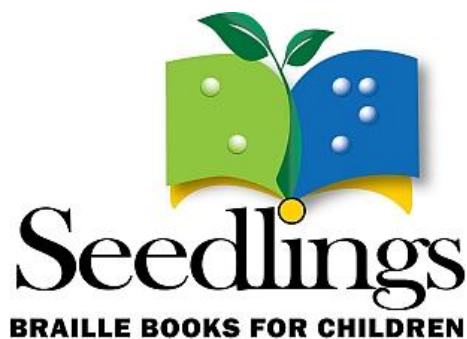
- DO NOT rub the eye.
- Use an eye wash or let tears wash out specks or particles;
- Lift the upper eyelid outward and down over the lower lid;
- If the speck doesn't wash out, keep the eye closed, bandage and see a doctor or go to the emergency room.

If the eye or eyelid is cut or punctured,

- DO NOT wash out the eye with water.
- DO NOT try to remove an object stuck in the eye.
- Cover the eye with a rigid shield without pressure. The bottom half of a paper cup may be used. Visit a doctor or go to the emergency room immediately.

For more information on fireworks safety, please call Prevent Blindness America at (800) 331-2020 or log on to preventblindness.org.

Best regards,
Sarah Hecker
Director, Media Relations
Prevent Blindness America
211 West Wacker Drive
Suite 1700
Chicago, Illinois 60606
T: 312.363.6035
F: 312.363.6052
www.preventblindness.org



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## **Seedlings Braille Books for Children's 2012 Book Angel Program**

**Register your V-I child to receive 2 free  
braille books!**

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Need some summer reading material in braille for your child, tween, or teen? Seedlings Braille Books for Children offers 2 free braille books per calendar year to all VI children (up to age 21) in the US and Canada

This program has been a huge success, bringing much joy to young braille readers.

The children love receiving two free books that they can read and re-read to their heart's content.

This is also a great way to introduce braille to V-I toddlers and preschoolers who may become braille readers. Just sign them up for some of our Print-and-Braille books, and they will be able to enjoy reading

Debra J. Bonde, Director
Seedlings Braille Books for Children
www.seedlings.org



How to Register for 2 Free Braille Books:

The Book Angel Program is open to visually-impaired children, ages 0-21, who live in the US and Canada. Book Angel orders will be filled as time and materials allow (when we get swamped with orders and/or registrations, it could take a few weeks for us to fill your request). The books will be shipped "Free Matter for the Blind." This program was made possible by Seedlings' generous donors.

To register simply fill out our online form by clicking this link: [Seedlings' Book Angel Program](#). If you would like to print out a registration form to send in later, please click this link: [Book Angel Registration](#). You can fax it to: 734-427-8552 or mail it to: Seedlings, PO Box 51924, Livonia, MI 48151-5924.

Seedlings has over 1,200 titles from which to choose. They range from Print-Braille-and-Picture Books for toddlers and preschoolers to best-selling novels for young adults. Please list 4 books that your child would enjoy, and we will send 2 of them (please note: due to their cost, our 3-volume books are not available through this program).

If you have any questions, please email: info@seedlings.org or call 800-777-8552.

Seedlings' Books Are Always On Sale!

And while you are at it, order some extra books for your child to read now ... and for their summer reading pleasure (which will help to keep their skills current over the break)! To become good readers, children need to be surrounded with good books both at home and at school. Try to set aside time to read every day and have lots of choices available.

Do you like a bargain? Seedlings' books are always on sale! They are sold for a fraction of what it costs to make them (the cost is subsidized by grants and donations). We have not raised our prices for over 25 years, and the average price is only \$10 per book! Seedlings' books are a tremendous bargain!

Did You Survive Your Annual Review/IEP Meeting? - Indicators of a Good IEP Meeting!



It's Annual Review/IEP season and frustration is in the wind. Despite the difficulties parents often experience, IEP meetings can be very

positive and productive. Many of us experience this much less than we would like, but here are some things that I have experienced recently that are indicators of a positive process (and even outcomes) in IEP meetings:

- 1) You knew most of the people at the meeting and they knew you.
- 2) More importantly, most of the staff at the meeting actually knew your child and had a good idea of his/her functioning.
- 3) Even better, the staff conveyed a genuine interest and concern about your child and had real positive comments about them.
- 4) You knew what the meeting was going to be about and the agenda, and that was what actually was discussed.
- 5) Staff informed you in advance of any important information that was new or different.
- 6) You were given a draft IEP to review in advance and/or had the chance to talk with the staff about possible needs, goals, objectives and services before the meeting.
- 7) The meeting was set based on a time that worked for you as well as the school.
- 8) The staff provided actual data about your child's progress that made sense and showed what was happening over the year.
- 9) You were able to ask questions and get good explanations, and didn't feel that you were imposing or the staff was getting defensive.
- 10) The staff referred to you by name, not as "mom" or "dad."
- 11) Any written reports or written were distributed prior to or at the beginning of the meeting so you could follow along.
- 12) The staff didn't spend the first half (or more) of the meeting reading the reports that were already written, but provided clear summaries and discussed your child as a real person, not just as a set of scores or as if they were a scientific subject or a stranger.
- 13) The staff invited your concerns, comments and suggestions and had open discussion about them.
- 14) There was an honest and open discussion about areas of progress and difficulty, as well as ways to improve programming for the coming year.
- 15) You were given clear information about any tests or data being discussed and about the different options for programming or choices about services, classes, etc. Your child's input was also requested and valued.
- 16) Ongoing communication and mutual information sharing was invited and supported, not just at the meeting, but throughout the year.
- 17) The information the school shared about your child's progress (or lack of progress) fit with your own impressions—you were all talking about the same kid.
- 18) Your child was making real and meaningful progress in ways that were not just in small increments from the prior year, but enough to actually make a difference in his/her ability to function day to day in the real world.
- 19) Where problems were identified, the team, including you, focused on how to overcome them, not on what "couldn't be done" or was not permitted or affordable.
- 20) At the end of the meeting, the IEP docu-

ment was clear, measurable and something you or anyone else could understand and would know how to interpret and provided an accurate picture of your child's strengths and challenges and the plans for dealing with them.

- 21) The planning included consideration for how your child could participate more in regular class or typical activities as much as possible, with appropriate support to promote success.
- 22) If there wasn't enough time, another meeting was planned in order to insure that all issues were adequately addressed, without anyone giving you the message that further discussion wasn't possible or was burdensome.
- 23) Where there were problems, the blame game didn't start.
- 24) Your child is feeling positively about school and the meeting ended with you and the staff feeling like a team working together to achieve even more progress. The feeling was not "us" vs. "them," but "we."

Reprinted from Matt Cohen's Special Education, Disability and Human Services Law E-Newsletter, June 2012.

Matt Cohen is the founder of the Chicago law firm Matt Cohen & Associates LLC.

His practice is concentrated in representation of children and families in special education and discipline disputes with public schools. He also has extensive experience in mental health and confidentiality law. If you have any questions, please contact his assistant, Tami Kuipers at 866-787-9270 or at tami.kuipers@gmail.com.

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www.monahanlawllc.com

(Continued from page 4) - The Sight Exchange Group Provides a Way to Share Usable Items for People Who Are Blind or Visually Impaired

grown? Or upgraded to a new piece of technology while the old one was perfectly useful? Don't let it gather dust or end up in a landfill! The Sight Exchange group has been formed to provide a way to share usable items for people who are blind or visually impaired. Whether it's braille books and manuals, braille or talking watches, or assistive technology, join the Sight Exchange and share—and find—usable materials.

Things to remember:

- Everything posted must be free, legal and appropriate.
- Everyone must begin by offering an item before requesting an item.
- Mail items via "Free Matter for the Blind or Visually Impaired" whenever possible.

For more information, visit: <http://groups.yahoo.com/group/sightexchange/>

Age Groups

Parents of children with visual impairments

Interest Categories

Assistive technology/helpful products Reading activities

Reprinted from Family Connect© For parents of children with visual impairments.
www.familyconnect.org



To see the list of our 1,200 books and to place an order, please go to our website: seedlings.org or call us toll-free: 800-777-8552. If you would like to receive a copy of our catalog (or if you would like us to send one to a friend or relative), just call and ask. We'll mail them out ASAP!

Keep The Future Looking Bright By Wearing Shades

Prevent Blindness America Warns of Dangerous Effects of UV Damage



CHICAGO (April 26, 2012) – Some may remember the lyrics to the 1980's song "The Future's So Bright, I Gotta Wear Shades." But many are not aware of how true the title actually is. In

fact, ultraviolet (UV) rays can cause immediate as well as lasting damage. Prevent Blindness America, the nation's oldest volunteer eye health and safety organization, has declared May UV Awareness Month to help educate the public on the dangers of UV and how to protect the eyes.

For example, in addition to the skin, the eyes can also become "sunburned," known as photokeratitis. The painful condition may result in temporary loss of vision for a few days. Pterygium, a growth of tissue that forms on the white of the eye correlates directly to an individual's UV exposure. Without treatment, this condition may require surgical treatment.

Alarmingly, a recent survey conducted by N3L Optics found that more than 40 percent of runners and 35 percent of water sports participants do not consistently wear sunglasses during those activities. And, only 50 percent of men and 33 percent of women make it a priority to have the right sunglasses for their sport. Reflective surfaces like snow, water, sand and asphalt can greatly increase the amount of UV radiation to which the body is exposed.

Unfortunately, UV damage is cumulative and has been linked to eye problems later in life including tumors, cataracts and macular degeneration, an eye disease which currently has no cure.

The delicate skin around the eye and the eyelids is also susceptible to UV damage. According to the Office of Air and Radiation at the Environmental Protection Agency, basal cell carcinoma is the most common type of skin cancer to affect the eyelids and may appear on the lower lid, in the corners of the eye and under eyebrows.

PBA offers these tips on how to keep your future bright with protection from UV:

- Always wear sunglasses that block 100 percent of UV-A and UV-B rays. Sunglasses without UV protection may shade the eyes but actually cause the pupils to dilate, allowing in even more harmful rays.
- Sunglasses that block 100 percent of UV-A and UV-B rays should always be worn in conjunction with a brimmed hat.
- Wrap-around sunglasses are best as they protect the eyes and the skin around the eyes.
- Although some contact lenses may offer UV protection, they cannot protect the entire eye and the skin around it.
- Sunglasses, especially for children, should be made of unbreakable polycarbonate for active lifestyles.
- Ask your doctor about prescription medi-

cation that may cause increased sensitivity to light.

- Always wear eye protection when using a tanning bed. According to the American Academy of Ophthalmology, tanning beds can produce UV levels up to 100 times more than the sun, which can cause serious damage to the external and internal structures of the eye and eyelids.

“We want to stress the importance of protecting the eyes from UV rays, especially to young people,” said Hugh R. Parry, president

and CEO of Prevent Blindness America. “Although we may not notice any ill effects of UV exposure today, it can greatly impact our ability to see clearly in the future.”

For more information on the dangers of UV exposure and more information on how to choose the best sunglasses for adults and children, please visit Prevent Blindness America’s dedicated Web site at preventblindness.org/protect-your-eyes-sun or call (800) 331-2020.



Risk for Cataract Increases with Age, but Other Factors Also Contribute

- Prevent Blindness America Provides Public with Free Resources to Educate on Leading Cause of Blindness-

CHICAGO (May 24, 2012) – With age comes new health challenges, especially for vision. Today, more than 22 million Americans age 40 and older have cataract, a clouding of the eye’s lens which blocks or changes the passage of light into the eye. According to the National Eye Institute, by age 80, more than half of all Americans will either have a cataract or have had cataract surgery.

Prevent Blindness America has declared June as Cataract Awareness Month and provides free information to the public on everything from cataract basics to tips on what to expect from cataract surgery through its dedicated web page at preventblindness.org/ataract or its toll free number at (800) 331-2020. And, as part of its new Healthy Eyes Educational Series, PBA offers a specific online module on cataract including a presentation guide and Power Point presentation.

The risk of developing a cataract increases with age. Other possible risk factors include:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Obesity
- High blood pressure
- Inflammation in the eye
- Hereditary influences
- Long-term steroid use
- Eye injuries
- Other eye diseases
- Smoking



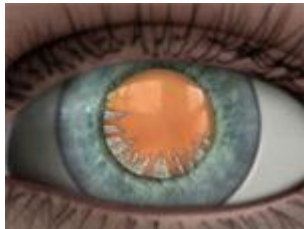
Illinois Association for Parents of Children with Visual Impairments

Early symptoms of cataract may include cloudy or blurry vision. Lights may cause a glare, seem too dim or seem too bright. Patients may also find it difficult to read or drive, especially at night, or may have to change his or her eyeglass prescription often.

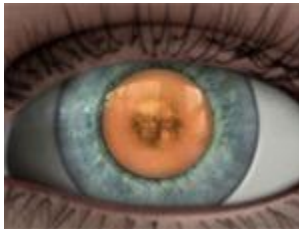
Unfortunately, there are no medications or other treatment options besides surgery to correct cataract. However, in the United States, cataract surgery has a 95 percent success rate, generally resulting with patient's vision of 20/20 to 20/40. And, it is the most frequently performed surgery, often performed as an outpatient procedure.

"By getting a complete, dilated eye exam, your doctor can discuss with you the best strategy to protect your vision well into the future," said Hugh R. Parry, president and CEO of Prevent Blindness America. "We encourage everyone, especially those ages 40 and older, to make their vision a priority by scheduling an eye appointment today."

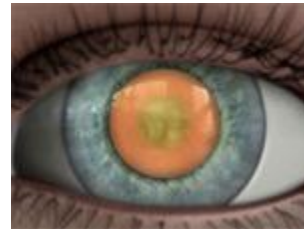
For free information on cataract in both English and Spanish, please call Prevent Blindness America at (800) 331-2020 or log on to preventblindness.org/cataract.



Nuclear Cataract



Cortical Cataract



Posterior capsular



GET TO KNOW YOUR MUSIC: THE PAGE IS YOUR FRIEND

July 16, 2012 - July 27, 2012



Fee: \$50 for an hour lesson

*One-to-One Customized Instruction,
Braille or Large Print Format*

Do you play by ear? Are you studying an instrument? Do you want to begin music lessons? If you answered "yes" to any of these questions, we encourage you to come to The Chicago Lighthouse Summer Music Program, and discover the joys of being able to read the music page. Literacy opens options that you didn't have before.

Are you a performer? Imagine being able to play a song that no one else has ever played. Imagine being able to write down the music that you composed.

Is there an instrument locked up in your home waiting for you to bring it back to life? Reading

music can give you the keys to play it.

Instructor: Carolinn Skyler is a fulltime performer and teacher who uses Braille music every day in her working life. With more than 40 years of experience, she teaches this valuable skill to mainstreamed blind students, blind adults, students in residential schools and teachers of the visually impaired. She has appeared in concert throughout the United States and in Europe performing on the world's largest glass Armonica.

To register, contact:
Pam Stern, Manager of Youth/
Senior Programs
847-510-2054
pam.stern@chicagolighthouse.org



**The Chicago Lighthouse
Vision Rehabilitation
Center proudly Offers
Therapeutic Horseback
Riding Instruction**



**Horsefeathers Therapeutic Riding, NFP
1181 Riverwoods Road
Lake Forest, IL 60045**

1:1 riding instruction by certified PATH riding instructors (Professional Association of Therapeutic Horsemanship International) for individuals with physical disabilities.

Fridays, June 22 - August 10
10:00 a.m. Grooming
10:30 a.m. Riding Lesson
or

Wednesdays, June 20 – August 15
(no class on July 4)
5:30 p.m. Grooming
6:00 p.m. Riding Lesson

Cost: \$120 for eight weekly sessions
Transportation is available for \$10 a week
from:

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

Single sessions may be available.

To register contact:
Pam Stern,
Manager of Youth/Senior Programs
847-510-2054
pam.stern@chicagolighthouse.org





The Chicago Lighthouse
Vision Rehabilitation Center
proudly offers

KOOL KIDZ Art Classes
June 22-July 27, 1:00-2:00

at
222 Waukegan Road
Glenview, IL 60025

Classes consist of six 1-hour weekly sessions. Students may work independently or collaboratively on directed tasks, using multiple media. Class members will also participate in a guided tour of the Art Institute of Chicago, featuring tactile diagrams and a “touch tour” of selected works.



The instructor is Philip Cameron, a visually impaired student and artist, who produces large-format charcoal renderings. Philip received a Bachelor of Fine Arts degree from the Savannah College of Art and Design in 2009, and recently completed his first year of the Master of Arts in Art Therapy program at the School of the Art Institute of Chicago.

Cost: \$60 (which includes all supplies)

**One-to-One Art Sessions in hourly
Increments — Cost: \$25**

**Pam Stern, Manager of Senior and Youth
Programs**
847-510-2054
pam.stern@chicagolighthouse.org



The Chicago Lighthouse
Vision Rehabilitation Center
proudly offers

TEEN SCENE Art Expression
Fridays 4:00pm-5:30pm
June 29-July 27

222 Waukegan Road
Glenview, IL 60025

This class consists of five 1-1/2 hour weekly sessions** of directed art tasks, in both individual and group contexts. Through the introduction of beginner, intermediate, and advanced art-making processes and theory, activities will address the needs of each student, while promoting creative development, socialization, and the development of analytical and divergent problem-solving skills. Students will also participate in a guided tour of the Art Institute of Chicago, featuring tactile diagrams and a “touch tour” of selected works.

Cost: \$60 (which includes all supplies)

**** If a student is unable to attend all five
weeks, single sessions are available.**

The instructor is Philip Cameron, a visually impaired student and artist, who produces large-format charcoal renderings. Philip received a Bachelor of Fine Arts degree from the Savannah College of Art and Design in 2009, and recently completed his first year of the Master of Arts in Art Therapy program at the School of the Art Institute of Chicago.

One-to-One Art Sessions
12:30-3:30, in hourly increments
Cost: \$25

Register ASAP, as classes start soon!
**Pam Stern, Manager of Senior and Youth
Programs**
847-510-2054
pam.stern@chicagolighthouse.org



The Chicago Lighthouse Vision Rehabilitation Center proudly offers Kayaking and Tandem Cycling at the Skokie Lagoon

June 19: Kayaking 3pm-4pm
Tandem Cycling 5pm-7pm

July 24: Kayaking 3pm-4pm
Tandem Cycling 5pm-7pm

Aug. 7: Kayaking 2pm-3pm
Tandem Cycling 5pm-7pm

FEE*: \$6 Kayaking, \$8 Tandem Ccling
\$12 for both
*Fee is per session



Registration is required by:
June 15 for June 19 session
July 13 for July 24 session
July 31 for August 7 session

Pam Stern, Manager of Youth/Senior Programs
847-510-2054
pam.stern@chicago.lighthouse.org

The Skokie Lagoons Boat Launch Entrance is on Tower Road approximately 100 yards east of the Edens Expressway.

In partnership with Great Lakes Adaptive Sports Association and Adaptive Adventures



GUILD FOR THE BLIND

Chicago Park District Adaptive Summer Camp: The Chicago Park District offers a summer camp for ages eight and up with activities including beep baseball, sailing, swimming, creative arts and lots more! Camp is located at Davis Square Park from June 25 to August 3, 12:00 to 6:00 p.m., Monday through Friday. For more information, contact Christina Moy at 312-747-6107 or davisspecialrec@yahoo.com.

Great Lakes Adaptive Sports Association: Are you an athlete looking to participate in competitive or recreational sports? The Great Lakes Adaptive Sports Association (GLASA), located in McHenry county, trains athletes with disabilities in a variety of sports. Seasonal sessions, clinics and camps are held throughout the year. Sports include hand cycling, swimming, archery, track and field, and many more. To learn more about GLASA, visit www.glasa.org or call 847-283-0908.

Usher Syndrome Registry: A website has been created to support people with Usher Syndrome. The website serves as a registry for people to receive news of clinical trials and treatment advances, along with access to leading experts in Usher Syndrome. You can also connect with others living with this syndrome. Visit www.usher-registry.org for more information.

Reprinted from GUILD BRIEFS June 2012, *Guild for the Blind*, 180 N. Michigan Ave., Suite 1700, Chicago, IL 60601-7463, 312-236-8569, www.guildfortheblind.org.



SAVE THE DATE

For AccessChicago 2012

The Midwest's largest free exposition of products and Services for people with disabilities.



Thursday, July 19, 2012
Navy Pier • Festival Hall A
600 East Grand Avenue, Chicago
10 a.m. to 5:00 p.m.

For more information, contact ties

At 311 CITY OF CHICAGO
or visit Rahm Emanuel, Mayor



the Mayor's Office for People with Disabilities

Mayor's Office for People with Disabilities
Karen Tamley, Commissioner



The 9th Annual Disability Pride Parade Saturday, July 21, 2012 • Chicago, IL

Our theme is: **DISABILITY PRIDE: Today, Tomorrow and Forever.** The parade staging area and starting point is conveniently located at 401 S. Plymouth Court. It covers two full blocks of Plymouth Court between Congress Expressway and Jackson Blvd., one block west of State Street.



Linda Miller is the 2012 Disability Pride Parade Grand Marshall. Providing the only service of its kind for disabled people throughout the Chicago land area, Linda works primarily with disabled survivors of domestic neglect, abuse and/or violence. She has a Bachelor of Science in Criminal Justice from Southern Illinois University and brings more than 30 years of professional experience in the corporate and healthcare fields.

Your attendance and enthusiastic support will help to make this year's parade an even bigger success than in the previous years. <http://www.disabilityprideparade.com/>





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

Our people-powered summer awareness campaign is off to a great start – we’ve already had 21,534 actions taken.

So here’s the next action in our Power of 3 Summer Challenge. With all the focus on budget-cutting in Washington these days we must tell Congress and President Obama that sight-saving research should NOT be on the chopping block.

Sign our petition today and help us collect thousands of signatures to send to Congress and the President this summer! Our message is simple: Sight-saving research needs to be a priority.

20 million Americans will be affected by vision-robbing diseases by the year 2020, making blindness one of the most urgent health issues of our time. Not to mention how expensive it is! I’ve watched my own uncle cope with RP and seen firsthand how much he has to spend on eye doctors and other assistance.

A recent study at the Johns Hopkins Bloomberg School of Public Health found that people with retinitis pigmentosa spent \$7,317 more each year in annual health care expenditures.

If you spread that out over 70 plus years of life, the cumulative cost approaches \$500,000. Factor in the additional expenses of guide dogs, canes, computer software and more, and the dollars might actually double.

Costs are similar for age-related macular degeneration and even higher for other retinal diseases. This is a burden that will ultimately affect all our families—and the government too, as the large baby boom generation enters their later years and experiences vision loss.

It’s clear that investing in sight-saving research now can save millions of dollars later. Clearly, this is no time to cut back on blindness research. But that’s just what will happen in Washington’s deficit-cutting fury unless you and I speak out. Please sign our petition to Congress and the President today. No matter who is elected this November, we need to send them a loud message, “Make blindness research a priority.”

Thank you again for signing the Power of 3 pledge. Together, we’re going to get everyone talking about sight-saving research this summer. Thank you, Stephen Rose, Ph.D., Chief Research Officer



Go to www.blindness.org/ for more information and to sign the petition.



Tell Congress and
the President...

Don't Cut Funding for
Sight-Saving Research

Sign Petition Now

©2011 Foundation Fighting Blindness
7168 Columbia Gateway Drive, Suite 100
Columbia, MD 21046





Freedom Link



Looking for a program that is **FUN** and promotes **INDEPENDENCE?**

Freedom Link is a program for blind and visually impaired students, grades 7 – 12. This transition program offers students the opportunity to enhance their blindness skills while working with blind mentors. Students and mentors take fun and exciting excursions, engage in hands-on learning, and participate in many other rewarding activities! Participants will discover abilities and confidence they didn't know they had as they build friendships with other blind and visually impaired students! Ali, a high school student, says, "I like the Freedom Link program because it is helping me gain confidence, especially in my ability to travel independently."

Meetings are held once a month on a Saturday from 12:30 to 4:30 p.m. in downtown Chicago. This transition program is **TOTALLY FREE**. Freedom Link starts September 22, 2012. For additional information or to apply, contact:

Debbie Stein
5817 N. Nina Ave.,
Chicago, IL 60631
(773) 203-1394
Dkent5817@att.net

Freedom Link is sponsored by the National Federation of the Blind of Illinois.

(Application deadline is September 15, 2012)





United States Association of Blind Athletes
United States Association of Blind Athletes

This past weekend Paralympic swimmers from around the country met in Bismarck, North Dakota with one common dream: to make the 2012 London Swim Team. This swim meet pulled together first time Paralympic hopefuls and Paralympic veterans, all competing for the same goal. The competition was fierce and the races were close, but a few came out on top. Everyone swam their best, and it was very apparent how much heart and soul these athletes put into perfecting their sport. These swimmers who are blind and visually impaired have set a new standard. I would like to introduce to you your 2012 London Paralympic Swim Team!

Colleen Young has been swimming competitively since she was 8 years old. Since then she has swam in some of the most prestigious swim meets and her results placed her in the talent pool of people to watch as a Paralympic hopeful for the 2012 London Paralympic Games in the S13 classification. Way to go Colleen!

Kelley Becherer apart of the S13 classification has been swimming competitively since she was 6 years old. She has competed in many swim meets with her biggest accomplishment at the 2008 Paralympics where she took home a gold medal and two bronze medals. Kelley is currently attending Northeastern University in Boston and studying physical therapy. Can't wait to see how you do at your second Paralympic Games!

Leticia Martinez from Las Cruces, New Mexico came to Bismarck unaffiliated with a swim team and took her chances at making the London Team in the S11 classification. She has been swimming since a very young age and she is also involved in triathlons. Leticia is a part of the "top teens" in her hometown that are recognized as great students who have overcome challenges and give back to their community. She plans to attend New Mexico State for Communications. Great job Leticia, good thing you took your chances in competing!

Lieutenant Brad Snyder (U.S. Navy) is 28 years old from St. Petersburg, Florida. He was blinded last September by a bomb blast in Afghanistan. When Brad is not in the pool (he swims approximately 4,000 yards per day) he is an intern at a Baltimore Software Company. Brad is currently ranked #1 in the world for the 400 Meter Freestyle; this race is scheduled in London for Sept. 7. That means exactly one year to the day that Brad lost his sight after stepping on a battlefield bomb. We couldn't be more proud of you Brad!

Tharon Drake has broken two American records and holds eight American records in the S11 classification. When Tharon was 9 years old he suffered from a state of amnesia where he lost his memory for months, then got it back, only to permanently lose his sight. However, during that time one of the only abilities Tharon remembered was how to swim. Tharon once said, "My No. 1 goal is to set the world record in the 50 breaststroke, and I want to make the 2012 Paralympics in London." Well, Tharon you've meet your goal!

Tucker Dupree began swimming competitively during his freshman year of high school in 2004

with the Raleigh Swimming Association. In October 2006, Tucker woke up and could not see clearly out of his left eye and was diagnosed with Lebers Hereditary Optic Neuropathy. Despite this setback, Tucker continued swimming and is now classified as S12. In 2008, Tucker competed in his first Paralympic Games in six events. In 2010, he participated in the IPC Swimming World Championships in Eindhoven, Netherlands where he took home a silver medal and four bronze medals. Tucker has been training with the Paralympic Resident National Team at the Olympic Training Center in Colorado Springs. Great job Tucker, can't wait to watch you swim in London!



Now that they are on the team the training really begins. It's going to be a road full of hard work leading up to London; we can't wait to see how they do! **GO TEAM USA!!**

Arlington Park Day

Sunday, July 8, 2012 - 11:15am - 6:00pm

Admission \$8 with \$5 back to the Lighthouse for all Lighthouse guests. Gates open at 11:15 and first post is 1:00 pm.

Sunday Family Days at Arlington Park — brought to you by Pepsi and the Daily Herald — are now bigger and better than ever with the addition of the new Junior Jockey Zone including FREE pony rides, a petting zoo, face painting, and hands on activities from 12 p.m. - 4 p.m. Plus, our winning jockeys will be giving out two pairs of signed goggles after every race! Guests are welcome to cheer for goggles outside of the Winner's Circle.

Children 17 and under receive FREE admission when accompanied by an adult.



Brand New ONYX PORTABLE/ VIDEO MAGNIFIER W/ CAMERA

Easy to use & delivers magnification in 3 distinct viewing modes, distance view, document view & mirror- image self-view.

Includes a 19 inch flat panel monitor which has a camera mounted to it that rotates 360 degrees as well as the unique telescopic arm allowing the ability to look in any direction for ultimate flexibility. It also comes with a durable carrying case on wheels which makes it easy & convenient for transporting.

So if you want to make seeing printed type, pictures, handwriting or just small details easier, then this device is exactly what you need! If you are interested, please feel free to contact Michelle @ 630-210-6223.

CHICAGO LIGHTHOUSE

Low Vision Products Show in Palos Hills

Wednesday, July 18, 2012 - 10:00am -
3:00pm

Palos Hills Community Center
8455 W. 103rd Street
Palos Hills, IL 60465

Test the Latest in...

A variety of products for help with school, work and daily life. Experts available to answer questions and provide advice on:

-Products from the HumanWare Company, a leader in low vision technology and products throughout the world.

-SmartView Synergy CCTV Reading Machines, SmartView 360 Camera and Reading System- allows you to read, write, see your own face and even view distant objects.

-Also see the HumanWare Versa and Versa+ portable video magnifiers, as well as the small, lightweight SmartView Pocket video magnifier.

-Talking clocks & Watches

-Large button phones & Cell phones

-Kitchen items & Independent living aides

-Sunglasses & Accessories

-Portable lamps & Magnifying lamps

-Portable, handheld, CCTV magnifiers

-Accessibility software & Computer aides

-Voice operated GPS

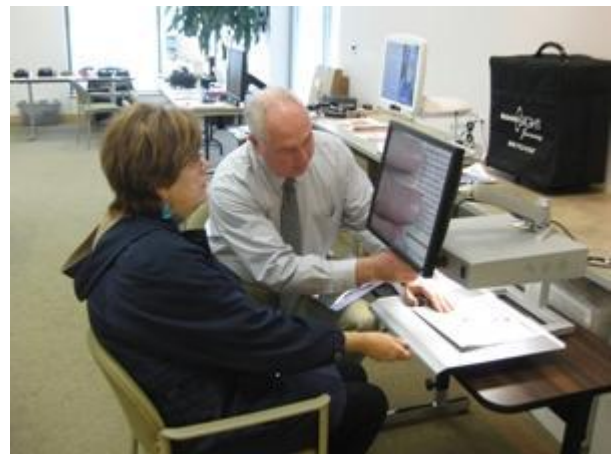
-Intel Reader & knfbReader - takes pictures of text and reads it aloud

Low Vision Products Show at Chicago Lighthouse Glenview North

Thursday, July 26, 2012 - 10:00am -
3:00pm

The Chicago Lighthouse North
222 Waukegan Road
Glenview, IL 60025

Come and see the latest in low vision and blind technology at the latest Chicago Lighthouse site, The Chicago Lighthouse North. On show will be CCTV's, handheld CCTV's, read-aloud devices, accessible computer systems and more. Experts will be on hand to help guide you through how to use each device, and if it's right for you.



IPVI

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

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**THIS PUBLICATION IS SUPPORTED
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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

- | | | |
|--------------|--|--------------------|
| ▶ 6/28-7/1 | VISIONS2012 | Minneapolis |
| ▶ 6/30-7/5 | Braille Monitor Convention/Scholarships Available | Dallas, TX |
| ▶ 7-16-27 | TCLN Summer Music Program | Glenview |
| ▶ 7/26-8/15 | TCL Summer Enrichment Program | Chicago |
| ▶ 7/21/12 | IPVI ZOO Outing | Brookfield |
| ▶ July 27-29 | Families Connecting Families Conference | Boston, MA |
| ▶ | | |

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

**Newsletter Deadline for
JULY is JUNE 10th**



**Check Out
www.ipvi.org**

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