

IPVI INSIGHTS

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

**March
2013**



THIRTY SCHOLARSHIPS AVAILABLE TO BLIND STUDENTS

The **National Federation of the Blind** is now accepting applications to our national scholarship program, which recognizes achievement by blind scholars, for freshmen beginning college this fall on up through grad school level. Thirty top students will receive scholarships, ranging in value from \$3,000 to \$12,000, along with a trip to our national convention in Orlando this July! Applications must be received by March 31, 2013. To apply or learn more, please visit www.nfb.org/scholarships.

READ ACROSS AMERICA DAY

March 1, 2013

As in years past, the **National Federation of the Blind** (NFB) will be joining in Read Across America Day, the nationwide celebration of literacy for all children. Read Across America asks everyone across the country to celebrate reading and Dr. Seuss on March 1. The NFB is asking you to celebrate with us and spread the good news about Braille! Join us on March 1 to extol the significance of literacy, especially Braille literacy! You can participate by simply reading a Dr. Seuss book, sharing what you read on social media, or sending us photos/videos of you or your child reading! For more information, please visit:

www.nfb.org/read-across-america

James Chappell Memorial Award

This award has been established as a living memorial to James Chappell, whose hard work on behalf of the **National Federation of The Blind** (often in the face of seriously impaired health) was an inspiration and a demonstration of undaunted loyalty and dedication to the organized blind movement.

The award is intended to assist persons interested in NFBI to attend conventions, seminars, and the like. Recipients of the Chappell Award must demonstrate genuine interest in, and commitment to the blind of Illinois or the potential to develop such interest and commitment. Recipients are expected to attend all sessions relative to the event for which they receive assistance.

The attached application must be completely filled out and submitted to the President of the National Federation of The Blind of Illinois. The NFBI expects all participants to contribute to funding to attend events. The Chappell Award Committee may award partial funding to assist individuals to attend seminars, conventions, or the like.

http://nfbofillinois.org/?page_id=102

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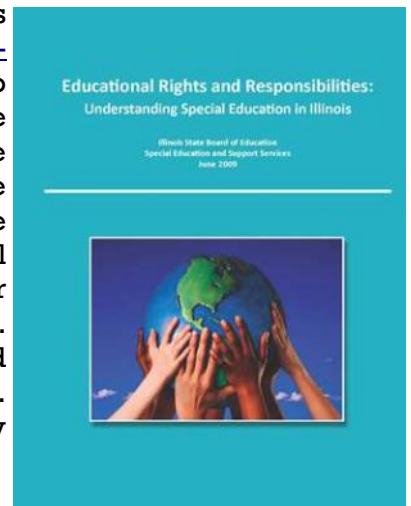
Parent's Rights

Bill Bielawski, IPVI President

[Education Rights and Responsibilities: Understanding Special Education in Illinois](#) was developed by the Illinois State Board of Education with assistance from the Parent Task Force on Accessible Special Education Materials. — The guide is for parents, teachers, administrators, and others to learn about the educational rights of children who have disabilities and receive special education and related services. It explains:

1. Child Find
 2. Response to Intervention (RtI)
 3. Referral & Evaluation
 4. Eligibility Categories
 5. Additional Procedures for Specific Learning Disabilities
 6. Individualized Education Programs (IEPs)
 7. Least Restrictive Environment (LRE)
 8. Secondary Transition
 9. Behavior Intervention Plans (BIPs)
 10. Student Discipline
 11. Conflict Resolution
 12. Private Schools
 13. School Records
 14. Early Childhood Services
 15. Section 504 of the Rehabilitation Act of 1973
 16. The Illinois State Advisory Council on the Education of Children with Disabilities (ISAC)
- Appendix A: Sample Letters for Parents

Clicking the above link will display the English .pdf. There is also a [Spanish version](#). You can also find a link to the guide on the home page of our website www.ipvi.org. The State of Illinois will not publish paper copies of this guide. This is a must read for all of our parents. Please read it, study it, and use it.



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

IPVI would like to thank the Lions Club for inviting Matthew and I to talk at its Region 5 meeting. Matthew was very disappointed he couldn't attend because of his ACT Prep Class, but I hope I was a suitable substitute. I really enjoyed meeting all of Lions Club members present and thank you for the lovely dinner provided. Thanks also for the directory and the \$150 donation to IPVI. Special thanks goes to Mr. and Mrs. D'Souza, Mr. Crowhurst, Mr. William Webber, Mr. Frank Kirar, Ms. Patricia Gentzen, Mr. Gilbert Parent, Ms. Colleen Huels, Mr. Edward Kosobucki, Mr. Ralph Villalovos, Mr. Mark Cohen, Mr. James Lewis, Mr. Todd Probasco, Mr. Ronald Wolfe, Mr. Michael Monczynski, and all of the other Lions Club members present.

If our readers would like the name of the nearest Lions Club in their areas, please contact me.

VOLLEY III

We are really trying to help our readership out with ideas for setting up music lessons on a no- or low-cost basis. We have a few who have notified us of their desire for lessons, but we would appreciate it if our readership emailed me at vajuskie@aol.com so we could get a number of how many others are interested and their locales. Also, any volunteers who would like to help make this idea a reality, please contact me as well. Remember...

(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

MARCH QUESTION

What New Year's resolution(s) do you have for your child for 2013?

- I want my son to learn advocacy skills to ask teachers for help or the materials he needs.
- I need to feel less intimidated with school personnel, and take a more active role during IEP meetings.
- Expanded Core Curriculum goals need to be included in my child's IEP.
- One goal that needs more emphasis is to improve on technology skills.
- I will encourage my child to perform skills independently, rather than stepping in to help.
- I will seek out other parents for support and information.
- I will stress the importance of using her monocular, so she can optimize her school performance, and get over the feeling of not appearing to be normal.
- When an IEP goal continues to have an "ongoing" result, I will either challenge to find out why my child hasn't achieved the goal, or even go so far as ask for that goal to be replaced by another goal. Sometimes when a teacher define a goal as ongoing, it is kept as a convenience for her, rather than my child.

(Continued on page 5)

"Music is what feelings sound like" ~
Author Unknown

My tip of the day is to encourage music listening in your child. Just because our children don't see well or at all doesn't mean they won't enjoy listening and feeling music. Dance with them. Make it fun. You'll be amazed at the number of smiles on all your faces. Go spring time!



ASK M@



ASK M@

Hi everyone,

I hope you're doing just swell this terrific month of March.... My birthday is this month (cough, cough). I can't believe I will

be 17. It's true time flies when you're having fun, I guess. But more importantly, I would like to talk to you this month about a topic I believe might be very helpful. Basically, what this will be on is how giving back doesn't always have to be very hard.

So many people consider that giving back means that you have to go to the food pantry a few times a week to help, or other various things such as this. But in today's day and age that could be tough because of our very busy schedules. So my thought to that is, **NO PROBLEM!** There are so many opportunities out there that not only are great for giving back but may be something you can even enjoy. For example, a few years ago when I was younger, with help from my parents, we got together a group of around 15 participants

and created a team called, "Climb for the Blind." This team assembled in the lobby of the John Hancock building in downtown Chicago to do the "Hustle Up the Hancock." This was where we climbed 95 flights of stairs to the top of the building. What this team did was raise both money and awareness for the blind and the visually impaired as well as helped the American Lung Association. I consider that a form of giving back and being a good person. But while doing it, we all were able to have fun and enjoy ourselves. When we finally made it to the top after nearly a half hour of climbing stairs and enduring our leg muscles burning, there was a row of people cheering us on. They made it very festive. Also, each of us received a medal and the times for the event are still online. I found that when my name is "Googled," that is one of the sites that comes up.

Also, another very good charity event that I was able to participate in was the 4th annual Lincoln-Way North "Souper Bowl," held the Saturday before the actual Super Bowl. Our school's Key Club put this together. It's where all the clubs at my high school gather a team of about 7 to 8 players. Around one o'clock it began and all my friends at school and I got together to basically play a huge flag football tournament to tackle hunger. (Yes, pun intended.)

Basically the way it worked was the whole tournament was free. Gatorade and snacks were even provided. The "key" to your admission was bringing in a bag of non-perishable food items for the local food pantries. We ended up having multiple tables just packed with bags of food, all going to feed the hungry in our area. This is another example of how all of us got community service credit as well as got to hang out with all our buddies from school to participate in a competitive football tournament and have a great time doing it.

An additional example would be that about two weeks after that, Lincoln-Way North hosted its annual St. Baldrick's event during the Sophomore basketball game on February 15th. This was where everyone in the club (over 30 students) came together to raise money for the great cause of conquering childhood cancer by shaving their heads. So far in the short time North has been around, our school has dominated the other Lincoln-Ways, already raising nearly \$6,000 dollars towards this life-saving cause this year. The organization as a whole is nationwide and has raised over 100 million dollars for cancer research, the largest amount under the federal government. So we came together that afternoon and decorated the school. Then at 5 o'clock sharp, the hair started to fly, and heads became bright because we had a lot of chrome domes. This was my second year both raising money and shaving my head, and I've raised almost \$600 alone. I got to spend time with the others that enjoy helping this great cause. Many families came out to support not only the boys getting their heads shaved, but also the courageous young ladies doing it as well.

So as much of this is a rant and probably useless information that you don't care about, I just wanted to expose you to how there are so many different ways out there to give back that it isn't even funny. I hope this could maybe inspire you to go out and find a cause such as a walk for breast cancer, for blindness, or for anything really. Since time is money and not all of us are made of money, no matter how rich or poor one may be, we still all can be good human beings, and I think that should be the number one goal, right? As Helen Keller said:

I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do."

I hope you have a good month, and I look forward to talking to you again as always next month. Until then ...

See Ya!

M@



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

- I need to expose my child to more activities so he can figure out his interests and strengths.
- My child will participate in more physical activities to promote a healthy lifestyle, and a positive body image.
- The apron strings should be loosened so my child can gain confidence in her abilities.
- I need to give my son more chores around the house to make sure that my other children don't feel like he doesn't contribute equally.
- I will encourage my child to read more.
- Although I don't always want to, I will be an ambassador for educating the public on the capabilities of the blind/visually impaired population.
- My child needs to develop more work skills, even if only in a volunteer capacity.

APRIL QUESTION

How has a Blind Role Model Impacted How You Feel About Your Child's Future?



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

(Continued from Page 1)

James Chappell Memorial Award Application

APPLICANT:

Name: _____ Date _____

Phone: _____

Cell: _____

E-mail: _____

I am seeking assistance to attend:

- Washington Seminar
- NFBI Spring Seminar
- National Convention
- State Convention

Indicate the assistance you need and estimate the amount needed.

- Transportation: _____
- Lodging: _____ covers _____ # of nights.
- Meals: _____
- Registration: _____
- Banquet: _____
- other: _____

I expect my costs for the above to be approximately: \$ _____

NFBI reserves the right to reduce or eliminate any award based on a change of plans by the applicant. For example, if you indicate that you will stay 5 nights and change your plans to stay less time, NFBI may require repayment of all or a portion of the award.

Indicate any other sources for funding you have applied to, including Chapters of NFBI:

Indicate Federation activities in which you have been involved, including but not limited to conventions, seminars, fund raising, legislative action, and chapter membership :

Indicate positions of leadership you have held:

Signature of Applicant: (You may sign electronically) _____

Signature of Nominator



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



2013-2014 Chicago Lighthouse Scholarship Awards

Hello everyone,

Spring is just around the corner and so is deadline to apply for our Scholarship Application. Following is the link to our Application Postsecondary students of all ages who are blind or visually impaired are welcome to apply for Lighthouse scholarships, including those pursuing two-year, undergraduate, graduate and advanced degrees as either full-time or part-time students. Although applicants from anywhere in the U.S. are encouraged to apply, priority will now be given to local applicants, that is, those who are from or are attending school in Illinois or the greater Chicago area.

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

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

Each of these items is discussed in more detail on the Scholarship Application. The **application deadline for the 2013-2014 school year is March 29, 2013 by 5pm.**

Please don't hesitate to contact me if you have any questions or concerns. You may also feel free to share this information with clients and other contacts who do not have email.

Araceli Heredia, M.A., CRC, LPC

Vocational Evaluator, Customer Service Trainer, Scholarship Coordinator | Employment Services

Phone: 312.666.1331 ext 3548

araceli.heredia@chicagolighthouse.org

The Chicago Lighthouse for People Who Are Blind or Visually Impaired
1850 West Roosevelt Road | Chicago, IL 60608



Because there is **still** hope™.

Davis Square Park

Programs for individuals with visual and physical disabilities

4430 S Marshfield, Chicago, IL 60609

Adaptive Recreation

2013 Spring Session

April 1, 2013-June 8, 2013



Daily Living Skills

Tuesday & Thursday, 11:30am-2:30pm

Ages 18+

\$10.00

Arts and Crafts

Tuesday, 2:30pm-4:30pm

Ages 18 and up

\$5.00

Teen Learn to Swim

Thursday, 4:00pm-5:00pm

13-17

Free

Bocce

Friday, 2:00pm-4:00pm

Ages 18 and Older

\$5.00

Music

Friday, 5:00pm-7:00pm

All Ages

\$5.00

Judo

Saturday, 9:30am-11:00am

All Ages

\$10.00

Track & Field

11:30am-4:00pm

All Ages

\$5.00



Registration
begins
March 4th



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

Christina.Moy@Chicagoparkdistrict.com

www.chicagoparkdistrict.com

312-742-PLAY 312-747-2001 (TTY)





The National Federation of the Blind of Illinois Presents a Seminar for Parents and Teachers

“Dare to Make a Difference”

Friday, May 10, 2013

8:30 a.m. to 4:30 P.M. -- Holiday Inn Express and Suites Chicago O’Hare
CPDUs are Available

On Friday, May 10, 2013, the National Federation of the Blind of Illinois will hold its teachers’ seminar at the Holiday Inn Express and Suites Chicago O’Hare 6600 Mannheim Rd Rosemont, IL 60018 . The seminar will be a day-long event consisting of meetings for teachers of children with visual impairment or blindness. Topics will include encouraging others to foster independence, technology, and so much more.

Cost: \$30, including box lunches. Overnight accommodations are available for \$99 at the Holiday Inn Express and Suites Chicago O’Hare by calling (877) 786-9480. Indicate that you are asking for the National Federation of the Blind rate. For those traveling from outside the Chicago-metro area, financial assistance may be available. Please apply through the Chappell Memorial Awards at www.nfbfillinois.org on or before May 1, 2013.

The National Federation of the Blind (NFB) is a 50,000-member organization that works to insure the full participation of blind people in all aspects of society.

If you would like to attend the seminar, please submit the registration form by May 1, 2013. For more information, please contact Patti Gregory-Chang at (773) 307-6440 or patti-chang@att.net. Vision impairment can be reduced to a nuisance with proper training. Please come and work with teachers, students, and mentors with a positive outlook on blindness.

For more information on NFB go to www.nfb.org. For more information on our Illinois Affiliate of NFB, go to www.nfbfillinois.org.



The National Federation of the Blind of Illinois Presents a Seminar for Parents and Teachers

“Dare to Make a Difference”

Saturday May 11, 2013

8:30 a.m. to 4:30 P.M. -- Holiday Inn Express Hotel and Suites Chicago O’Hare

On Saturday, May 11, 2013, the National Federation of the Blind of Illinois will hold its annual parents' seminar at the Holiday Inn Express Hotel and Suites Chicago O'Hare, 6600 Mannheim Road, Rosemont, IL 60018. The seminar will be a day-long event consisting of meetings for teachers and parents of children with visual impairment or blindness. Topics will include socialization, education, assistive technology, development of requisite blindness skills, and much more.

Children age three to eleven are invited to participate in Kids Camp. This all-day program will provide children with the chance to try new activities and to meet other young people who are also visually impaired or blind.

Young people between the ages of twelve and eighteen may take part in The Teen Scene. This program is run by our Illinois Association of Blind Students for young people.

Cost: \$30 adults, \$15 ages 12-18, and \$10 for ages 3 to 11, including box lunches. Overnight accommodations are available for \$99 at the Holiday Inn Express and Suites by calling (877) 786-9480. Indicate that you are asking for the National Federation of the Blind rate. For those traveling from outside the Chicago-metro area, financial assistance may be available. Please apply through the Chappell Memorial Awards at www.nfbfillinois.org on or before April 20th, 2013

The National Federation of the Blind (NFB) is a 50,000-member organization that works to insure the full participation of blind people in all aspects of society. The National Organization of Parents of Blind Children (NOPBC) is a division of NFB that has been helping to spread a positive message about vision loss to parents for more than twenty-five years.

If you would like to attend the seminar, please submit the registration form by May 1. For more information, please contact Debbie Kent Stein at (773) 203-1394 or dkent5817@att.net. Vision impairment can be reduced to a nuisance with proper training. Please come and learn how.

You're Invited

Conferences for Illinois Parents of Children with Vision Loss



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

The Conference Program

- **Transition**
We will discuss the process of transition planning for children with vision from school to adulthood beginning with the educational/IEP process, age 14 to high school graduation. Parents will begin to explore what their child might have available to them when they leave high school. Parents are encouraged to reflect on their dreams for their child's future and how they can begin planning for that through the transition process.
- **O&M / Guide Dogs**
How do guide dogs support individuals with vision loss? How does an individual obtain a guide dog? At what age is guide dog appropriate? How can I begin preparing my infant, toddler or school age child for independent travel and possibly a guide dog? How early should I begin the process of acquiring a guide dog? We hope to answer all of these questions.
- **Technology**
Explore assistive technology options and a variety of accommodations that parents may find useful in supporting the independence of children of all ages, for both home and school.
- **Success after school is done**
Parents of infants and toddlers with vision loss often struggle to imagine their child's future. By hearing directly from someone who experiences vision loss first hand, parents will be inspired to imagine all possibilities for their children.

Southern Illinois Vision Conference
Saturday, February 23 2013
Mt. Vernon Primary Center
401 N 30th
Mt. Vernon, IL 62864

Northern Illinois Vision Conference
Saturday, March 16, 2013
Center for Sight and Hearing
8038 MacIntosh Lane
Rockford, IL 61107

Time: 8:45 Check-in, 9:15 – 3:45 Conference Program

Planning committee: Center for Sight & Hearing; Delta Gamma Center for Children with Visual Impairments; Hearing and Vision Early Intervention Outreach; Franklin-Jefferson Special Education; Illinois School for the Visually Impaired; Northwestern Illinois Association; Rockford Public Schools; Illinois Machine Sublending Agency (Illinois Heartland Library System); StarNET Regions I & III; StarNET Region IV; TransVision; Sheila Walker, EI DTV, EI DTO&M, CTVI, COMS; and Voices of Vision Talking Book Center (Reaching Across Illinois Library System) and Parents of children with vision impairment.

Está usted invitado

Conferencias para Padres de Niños con Impedimentos Visuales en Illinois

Los padres de niños en edades desde recién nacidos hasta veintiún años, están invitados a acompañarnos para unas discusiones a fondo acerca de temas útiles. Aprenda de los expertos en la materia así como de otros padres.

Programa de la Conferencia

- **Transición**
Discutiremos el proceso de planificación de transición para los niños con pérdida de la vista desde la escuela hasta la edad adulta comenzando con el proceso educativo/de IEP, de los 14 años a la graduación de preparatoria. Los padres comenzarán a explorar lo que sus hijos pueden tener disponible para ellos cuando salgan de la preparatoria. Los padres son alentados a reflexionar en lo que ellos sueñan para el futuro de sus hijos y cómo pueden comenzar a planificar esto a través del proceso de transición.
- **Orientación y Movilidad/Perros Guía**
¿Cómo pueden los perros guía apoyar a individuos con pérdida de la vista? ¿Cómo puede un individuo obtener un perro guía? ¿A qué edad es apropiado tener un perro guía? ¿Cómo puedo empezar preparando a mi bebé, niño pequeño o niño en edad escolar para viajar independientemente y posiblemente con un perro guía? ¿Qué tan temprano debo empezar el proceso para adquirir un perro guía? Esperamos responder a todas estas preguntas.
- **Tecnología**
Explore las opciones de tecnología de asistencia y una variedad de acomodaciones que los padres pueden encontrar útiles para apoyar la independencia de sus hijos en todas las edades, tanto para la escuela como la casa.
- **Éxito después de terminar la escuela**
Los padres de infantes y niños pequeños con pérdida de la vista con frecuencia batallan imaginando el futuro de su hijo. Al escuchar directamente de alguien quien tiene experiencia propia con pérdida de la vista, los padres serán inspirados para imaginar todas las posibilidades para sus hijos.

Conferencia de la Vista al Sur de Illinois
Sábado, 23 de febrero 2013
Mt. Vernon Primary Center
401 N 30th
Mt. Vernon, IL 62864

Conferencia de la Vista al Norte de Illinois
Sábado, 16 de marzo, 2013
Center for Sight and Hearing
8038 MacIntosh Lane
Rockford, IL 61107

Horario: 8:45 Registro, 9:15 – 3:45 Programa de la Conferencia

Comité de Planificación: Center for Sight & Hearing; Delta Gamma Center for Children with Visual Impairments; Hearing and Vision Early Intervention Outreach; Franklin-Jefferson Special Education; Illinois School for the Visually Impaired; Northwestern Illinois Association; Rockford Public Schools; Illinois Machine Sublending Agency (Illinois Heartland Library System); StarNET Regions I & III; StarNET Region IV; TransVision; Sheila Walker, El DTV, El DTO&M, CTVI, COMS; and Voices of Vision Talking Book Center (Reaching Across Illinois Library System) and Parents of children with vision impairment.

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

presents

“Stories and More”

Ages: 3-6 years

Wednesdays, February 13-March 20, 2013

3:30pm-4:30pm



Tom Fitzpatrick, Group Leader

Sessions include children’s favorite stories, creative play, crafts and snack time. “Stories and More” will promote language development, listening skills and socializing.

Parents/caregivers will have the opportunity for supportive and information-sharing while the children are in group (optional).

\$15 material fee for 6 sessions

Register Now!

Pam Stern, Manager of Youth/Adult Enrichment Programs

847.510.2054

pam.stern@chicagolighthouse.org



Judo Classes

Saturdays, February 16 - March 23 (6 sessions), 9:30am-11:00am

For ages 6 and up

Fee: \$90

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

JUDO CLASS REGISTRATION



Name: _____

D.O.B.: _____ Grade _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____ Parent's Email _____

Child's/Young Adult's Email _____

Cost: \$120 for 8 classes; \$15/session 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/Adult Enrichment Programs

222 Waukegan Road

Glenview, IL 60025

Tel. (847) 510-2054

Fax (847) 729-2207

pam.stern@chicagolighthouse.org

The Chicago Lighthouse

SUMMER CAMP PROGRAMS

Lighthouse Away Southwest Expedition

July 22nd - 30th, 2013



The Chicago Lighthouse is teaming up with Global Explorers and Girl Scouts of Greater Chicago and Northwest Indiana for a truly unique leadership travel program featuring rafting on the San Juan River and an unforgettable camping experience at Canyon de Chelly National Monument.



This program is specifically designed to combine sighted participants with travelers who are blind or visually impaired (ages 15-19).

Lighthouse Day Camp

June 21st - August 19th, 2013

Please make plans to join us for our second year of summer camp in Glenview. Every Friday of each week will feature a different theme for blind and visually impaired participants (ages 6-21). Campers will participate in a variety of multi-sensory activities including



For more information on these programs, please contact Pam Stern at 847-510-2054 or email pam.stern@chicagolighthouse.org

Chicago Lighthouse North

222 Waukegan Rd. | Glenview, IL 60025
www.chicagolighthouse.org/north



The Chicago Lighthouse Vision Rehabilitation Center proudly offers Young Professionals



monthly at 222 Waukegan Road Glenview, Illinois 60025

For more information contact: Pam Stern, Manager of Youth/ Senior Programs 847.510.2054 pam.stern@chicagolighthouse.org



FRCD



Family Resource Center on Disabilities
Providing parents of children with disabilities with information, training, assistance, and support.

REGISTER FOR YOUR FREE PARENT WORKSHOP TODAY!

Space is limited; registration is mandatory Please visit www.frcd.org or call 312-939-3513 for registration and workshop location.

Transition to Post Secondary Education

Tuesday March 5, 6pm to 8pm

Seis Principios de IDEA

Wednesday March 6, 10am to 1pm

Six Principles of IDEA

Saturday, March 19, 10am to 1pm

Skills for Effective Parent Advocacy

Tuesday March 12, 6-8pm

Navigating the IEP Process

Tuesday, March 19, 6-8pm

Navegando el Proceso del IEP

Wednesday, March 20, 10am to 1pm

Transition to Post Secondary Education

Saturday, March 23, 10am to 1pm

Six Principles of IDEA

Tuesday, March 26, 6-8pm

Phone Workshops

Skills for Effective Parent Advocacy

Tuesday March 5, 12 pm to 1pm

Destrezas Para una Abogacía Eficaz de Parts de Los Padres - Thursday, March 7, 12pm to 1pm

Procedural Safeguards

Tuesday, March 19, 12pm to 1pm

Dispute Resolution

Tuesday, March 26, 12pm-1pm

You are invited to contact FRCD for information, resources, support and training.



1-312-939-3513 • info@frcd.org • www.frcd.org
20 East Jackson Blvd., Room 300, Chicago, IL 60604

Hadley School for the Blind Offers Resources for Growing Population

Low vision is a visual impairment, not correctable by standard glasses, contact lenses, medicine, or surgery, that interferes with a person's ability to perform everyday activities. According to the National Eye Institute, about 135 million people around the world have low vision.

The Hadley School for the Blind, an international distance education school serving people who are blind or visually impaired, offers many resources for those living with low vision. Hadley offers several courses on the diseases and conditions that can cause low vision including Glaucoma, Diabetes and Macular Degeneration. In addition, Hadley offers courses that enable an individual with low vision to adjust and remain independent, including "Safety in the Home" and "Self-Esteem and Adjusting with Blindness." Hadley also has courses in the subjects of technology, communications, employment and recreation.

For professionals who work with children with low vision in a school setting or parents of a child with low vision, Hadley offers the course "Low Vision and School-Age Children." Designed to familiarize parents, schoolteachers, paraeducators/classroom aides and medical professionals with what a student with low vision may need to be successful in school, this course offers an overview of the fundamentals of low vision in students from preschool to high school.

In addition to courses, the school also offers Seminars@Hadley, free "just in time" webinars that address a variety of relevant topics for people who are blind or visually impaired and related professionals. These webinars are

free, open to the public and available “live” or in streaming audio or an audio download at any time from Hadley’s Web site. Several seminars address topics important to people with low vision, including how to adjust light to best work with low vision and low vision cooking techniques.

“Hadley is proud to offer curriculum for this growing population of individuals living with low vision,” says Hadley President Chuck Young. “We expect this group to continue to increase in size and look forward to being a valuable resource for education, networking and support, including serving as a referral source to qualified professionals providing low vision exams.”

For more information, please visit www.hadley.edu.

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About Hadley: Founded in 1920, The Hadley School for the Blind’s mission is to promote independent living through lifelong, distance education programs for people who are blind or visually impaired, their families and blindness service providers. The world’s largest educator of braille, Hadley serves 10,000 students in all 50 states and 100 countries each year and thousands more through Seminars@Hadley, free “just in time” webinars on a variety of vision-related topics. For more information, visit www.hadley.edu or call 800-323-4238.



Computer use continues to rise as more Americans use technology for work and for play. But with that comes the risk of eyestrain from continued use of staring at monitors and screens, especially on-the-job.

Prevent Blindness America has declared March as Workplace Eye Wellness Month in an effort to educate employers and employees on the best ways to keep eyes healthy. From tips on how to avoid computer eye strain to free eye health presentations that can be used as lunch-and-learns or in other forums, PBA wants to keep Americans healthy and safe at work.

Prevent Blindness America Offers Information on Keeping the Eyes Healthy at Work

CHICAGO (Feb. 14, 2013) – With an ever-increasing number of consumers relying on technology and gadgets as part of their daily life, the number of those at risk for eye strain and its effects also continues to rise. Increasing use of smart phones, tablets, laptops and desktop PCs may expose the eyes to strain from long, uninterrupted focus on video screens.

According to the American Optometric Association, some people may go beyond general computer eye strain and develop “**Computer Vision Syndrome**,” a group of eye and vision-related problems that result from prolonged computer use. Symptoms include headaches, blurred vision, and even neck and shoulder pain.

As part of March’s Workplace Eye Wellness Month, Prevent Blindness America, the nation’s oldest volunteer eye health and safety

group, provides employers with free information on ways to keep the eyes healthy on-the-job.

Eyestrain can be lessened or even prevented by making changes to the computer workspace and by visiting an eye doctor. Here are a few suggestions on how to make the workspace more comfortable:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- Use an adjustable chair.
- Choose screens that can tilt and swivel. An adjustable keyboard can also be helpful.

In addition, Prevent Blindness America offers the **Healthy Eyes Educational Series** which is ideal for lunch-and-learn presentations in an office setting. Those interested may download free modules to conduct formal presentations or informal one-on-one sessions. Each module includes a Presentation Guide and corresponding PowerPoint presentation on a variety of eye health topics such as adult eye disorders, eye anatomy, healthy living, low vision and various safety topics. Fact sheets can be downloaded at any time from the Prevent Blindness America website for use as handouts to accompany the presentation.

"We want to help to remind employees and employers of the benefits of taking care of our eyesight," said Hugh R. Parry, president and CEO of Prevent Blindness America. "By keeping our eyes healthy, we can become more productive and save on healthcare costs!"

For more information on keeping eyes healthy while using computers, please visit

preventblindness.org/computers-and-your-eyes.

To find out how your company can sign up for the Healthy Eyes Educational Series, please call PBA at (800) 331-2020 or visit **preventblindness.org.**

From the Executive Director

Federation for Children with Special Needs



There is a new word in our vocabulary: Sequestration!

Rich Robison

Do you remember

"Supercalifragilisticexpialidocious"!

I remember when I was a kid that is appeared as a new word in the Disney version of the musical Mary Poppins. It was hard to spell or pronounce yet became very popular.

According to Richard M. Sherman, co-writer of the song with his brother, Robert, the word was created by them in two weeks, mostly out of double-talk. The roots of the word have been defined as follows: super- "above", cali- "beauty", fraglilistic- "delicate", expiali- "to atone", and docious- "educable", with the sum of these parts signifying roughly, "Atoning for educability through delicate beauty." Although the word contains recognizable English morphemes, it does not follow the rules of English morphology as a whole. The morpheme -istic is a suffix in English, whereas the morpheme ex- is typically a prefix; so following normal English morphological rules, it would represent two words: supercalifragilistic and expialidocious. The pronunciation also leans towards it being two

words since the letter c doesn't normally sound like a k when followed by an e, an l, or a y. According to the film, it is defined as "something to say when you have nothing to say". (see Wikipedia).

Now comes another new word. This time from the US Congress and it is known as Sequestration. It is hard to spell and pronounce and most of us don't understand what it means. Miriam Webster's dictionary states: "the act of sequestering : the state of being sequestered as in a jury in sequestration. Or a legal writ authorizing a sheriff or commissioner to take into custody the property of a defendant who is in contempt until the orders of a court are complied with, or a deposit whereby a neutral depository agrees to hold property in litigation and to restore it to the party to whom it is adjudged to belong."

The 2012-13 meaning of this word is completely new as it has emerged out of the federal "Budget Control Act of 2011" which seeks to limit our national spending and our national debt. The BCA call for \$900 million in cuts to federal 'discretionary' programs, including education. A Joint Select Committee of Congress attempted but failed to negotiate these savings and avoid the automatic cuts, known as Sequestration, which are slated to begin on January 1, 2013.

The Congressional Budget Office, a non-partisan office that advises Congress on the implications of its proposals, has estimated that sequestration will mean a cut of approximately 8% to all education programs. This means that the US Department of Education's budget will be reduced by \$3.5 billion. These are real cuts that will be felt by every school in the nation and will have a dramatic impact on educator's abilities to serve students with disabilities. Special Education funding to States could be cut by nearly \$1 billion. Early Intervention by \$35 million, Early Childhood

programs by \$29 million, and the IDEA programs that help to support special education services, including parents, by \$19 million.

If applying Webster's definition is correct, it seems that the future of special education may be sequestered! It is being held hostage by an automated budget process and will remain at risk until someone can determine to whom our children and youth with disabilities truly belong, and funding is fully restored. It seems to me that the only way out of this problem is to ask the Congress to avoid a sequester, by passing a thoughtful and balanced deficit reduction measure before the end of this year's session, and to ensure that our most vulnerable students are protected!

I don't know what else to say! The only other word that comes to mind is "supercalifragilisticexpialidocious", the word you say when you have nothing else to say!

Staying hopeful, Rich Robison

Reprinted with permission from the Federation for Children with Special Needs, Newline, Fall 2012, The Scrafft Center, 529 Main Street, Suite 1102, Boston, MA 02129, www.fcsn.org.



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS

Informing, Educating, Empowering Families

Book Review by Kate Brewer, Information Specialist—
Parent, Training & Information Center

The Common Sense Guide to Your Child's Special Needs: When to Worry, When to Wait, What to Do

*By Louis Pellegrino, M.D., Paul H Brookes Pub Co.,
2012. 392pp.*



Pediatrician Louis Pellegrino provides useful information in this new version of the bestseller *When Your Child Has a Disability*. Parents new to special needs or a diagnosis will find this book helpful.

Developmental milestones are described in detail.

Each milestone notes possible delays with advice on when to observe and when to be concerned. It breaks down different issues, challenges and ultimately, disabilities. The drawings and "FYI" visuals are very helpful. Another important message is that just because "Uncle Joe" showed the same symptoms as your child, it does not mean it should be ignored. Uncle Joe's struggles may be omitted from the story.

The best advice comes when the author encourages parents to "trust their instincts." This is important as families consider the input of multiple specialists.

It was disappointing in chapter 10 when medication was discussed. Two families were presented. The married parents of a child researched and hesitated to medicate, while the overwhelmed single mother sought a "quick fix" to her son's behavioral challenges. The single mother does not represent most parents and added to the stereotype of children from single parent homes experiencing additional struggles.

Overall the book was enjoyable, visual and helpful to parents and professionals alike.



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS

Informing, Educating, Empowering Families

APH NEWS

Enter Soon! APH InSights Art Competition 2013

Visually impaired and blind artists of all ages are invited to submit artwork for our twenty-second annual international art competition, APH InSights 2013.



Last year, over 400 entries were received. From these, jurors selected over 80 pieces for the exhibition, which was shown in Louisville at the Annual Meeting last October. From the works selected for display, 32 award winners were chosen and a number of artists and their families visited Louisville to receive their awards in person at APH's Annual Meeting.

Artists may enter original artwork created in any medium, including (but not limited to) painting, drawing, printmaking, fiber, metal, or wood.

The deadline for entries from students in kindergarten through high school is **March 25**. Adult artists have until **April 1** to send in their entries.

If you have questions, please contact Roberta Williams at **502-899-2357** or rwilliams@aph.org to receive a copy of the rules and application forms by email, or a hard copy in print or braille.

APH Discontinuing Repair of the Table-Top Cassette Tape Recorder

Effective April 1, 2013, APH will no longer be able to repair our Table-Top Cassette Tape Recorder/Player due to the lack of parts availability. We will make every effort to repair units sent to us up until April 1. We appreciate your understanding.



MAKING SENSE

Music Resources: The National Library Service now has over 30,000 braille, large print, audio and text files of music scores and instructional manuals. Scores are available for organ and piano, plus many electronic web braille files can be downloaded and saved for embossing or future viewing. To learn more about the wide variety of music resources available through the National Library Service, visit nls.loc.gov and click on the music services link.

New Video Magnifier: Humanware has just introduced the new SmartView 360 Video Magnifier, and we are fortunate to have one at Second Sense for you to try out! The new 360 has all the same great features as before, but is now equipped with a new Sony camera and a new VGA port for better computer connectivity. The Sony camera provides a flawless, vivid pictured of whatever it is you need mag-

nified. The new VGA port allows you to use the magnifying screen as a computer monitor so you can have the luxury of connecting to the internet and only viewing a single screen. Stop by and see it in person at the Second Sense store!

Lifeline: As more essential services and information in our culture have shifted to online and wireless formats, Lifeline is also changing to help low-income Americans overcome the obstacles to gaining wireless Internet access. The FCC is assisting in this effort by ensuring the availability of broadband to all low-income Americans, with Lifeline as a support for bundled services. These bundled services include voice and broadband, with some packages that include optional calling features. For more information on Lifeline, FCC, or the services they provide visit www.fcc.gov/lifeline.

Reprinted from MAKING SENSE, March 2013, Second Sense, Beyond vision loss, 65 East Wacker Place, Suite 1010, Chicago, IL 60601, 312-236-8569, www.second-sense.org.



IPVI

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



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

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

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

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

What does IPVI do?

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

Check one:

Parent/Guardian Membership: \$15 per year.

Child(ren)'s Names: _____

Birthdate(s) of my visually impaired child(ren): _____

My child(ren)'s eye condition: _____

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

Group/Agency Membership \$50 per year.

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

Medical Specialist \$50 per year.

Scholarship Fund \$10.00

Donation: \$ _____ (tax deductible)

New Membership

Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) - _____

Email: _____

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

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

Have questions or need more information?

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

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

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

ADDRESS SERVICE REQUESTED

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

IPVI CALENDAR

- | | | |
|--------------------------|--|-----------------|
| ▶ 2/13-3/20 | TCL Vision Rehab. Center "Stories and More" | Glenview |
| ▶ 2/16-3/23 | Judo Classes | Glenview |
| ▶ May 10 & 11 | NFB "Dare to Make a Difference" Seminar | Chicago |
| ▶ March 16 | Northern Vision Parent Conference | Rockford |
| ▶ 6/21-8/19 &
7/22-30 | Chicago Lighthouse North Summer Camp Programs | |

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

**Newsletter Deadline for
APRIL is MARCH 10th**



**Check Out
www.ipvi.org**

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