

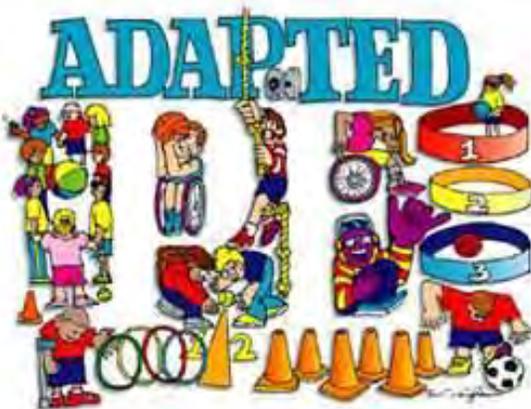
IPVI INSIGHTS

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

**February
2013**



Adaptive Sports Play For All

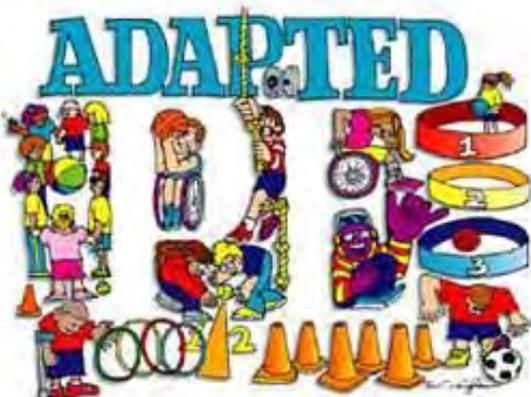


February 9, 2013
At Chicago Children's Museum

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



Adaptive Sports Play For All



Febrero 9, 2013
en Chicago Children's Museum

- El evento se ejecutará de 9 am—1 pm
- La primera hora es para familias de PFA prein-scrit
- La inscripción comienza el 12 de enero de 2013 en ChicagoChildrensMuseum.eventbrite.com

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Pursue Happiness

Bill Bielawski, IPVI President

Remember the Declaration of Independence: We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.

Our kids have the right to pursue happiness, but they may need our help. I look through this newsletter and see all the references to sports, music, and other activities, which M@ explains leads to friendships. Isn't that what leads to happiness: family and friends?

Sure, we have to stay on top of our kids IEPs to ensure they progress academically, but we should equally make sure that they progress socially. Being involved in extracurricular activities, whether they be sports, music, or clubs, increases the circle of friends our children will have. They also help academically since most scholarships take them into account.

Our kids may need our encouragement to participate in extracurricular activities because they may lack self confidence to voluntarily join some team, band, choir, or club. It makes a world of difference if your child isn't the only person who was visually impaired. That's another place where you come in by taking your kids to the activities presented throughout this newsletter! They will be participating with other kids who are like them.

We all enjoy seeing our kids laugh, have fun, play with others, and be proud of themselves. These extracurricular activities will give plenty of opportunity to do that. So let them try, and if they don't do so well, help them get back up and try again. Do what you can to cultivate their friendships too by driving the group or hosting a party.

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

Let's give a shout out to Samantha Smolka. She has been competing in numerous sporting events and here is the latest on her accomplishments from *The Reporter* as it appeared on January 10, 2013:

“Oak Lawn Swimmer Succeeds at State



Oak Lawn High School's Samantha Smolka proved herself a capable two-sport athlete by posting a pair of runner-up finishes at the IHSA state swimming finals for athletes with disabilities.

Smolka took second in both the 50- and 100-yard freestyle events. That exhibition followed an equally solid one at the 2012 USA Paralympics Track and Field Games. There, Smolka placed second in the long jump and third in the discus throw.”

Congratulations Sam and Smolka family. You have to be so proud! We know we are proud of you! :D

VOLLEY III

You know lots of things in life are beautiful. I sometimes think of these things when I'm driving. I remember driving along the highway on my way to Atlanta, Georgia for work for the first time years ago and saw these tall trees that looked like they had been sculpted.

(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

FEBRUARY QUESTION

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

Children's responses:

- Telling the truth
- Get into honors courses
- Get into the school musical chorus
- Try different foods
- Have more confidence in my abilities
- Try not to care what everyone thinks of me
-
- Get into Book 4 in piano by September
- Learn the meanings of words
- Get better at gym
- Get better at swimming
- Work harder
- Learn how to spell more words
-
- Eat more vegetables
- Learn more skills in math
- Practice piano everyday
- Listen to 100 more ghost stories
- Go through minnow swim class just once, and pass to the next level
- Learn at music camp.

(Continued on page 6)

They reminded me of the Disney World bushes trimmed into many characters and animals. I thought, "Wow, Georgia's Transportation Department put some bucks into its highway beautification." I later came to find out these sculpted beauties were poor trees that had been covered and smothered by kudzu. Kudzu was introduced from overseas and it was so hardy, it took over. It's literally systematically killing all the vegetation it encounters. Go figure I'd think it looked cool.

The reason I bring this up is because appearances sometimes mask other symptoms. For instance, my daughter ended up having to have a pin placed in each of her hips because her growth plates slipped. She spent two months in a wheelchair and/or on crutches and for 12 months she was not allowed to run, jump, or skip. What is beautiful about this story comes after the second hip required pinning two months after the first. You see, red flags then went up. Why? Well, one hip could be an injury. Angie played softball and could have slid improperly causing the slippage. But when the second one two months later also slipped, blood tests occurred to discover a reason.

It turns out she had low thyroid activity. The fact we found this out at age 10 has saved her next stages of growth, allowing her to have the ability to catch up in height and lose the extra pounds low thyroid activity brings. Once she went on the medicine, she lost 15 pounds and grew 3 inches within three months. It was an amazing transition and therein lies the beauty out of this dark situation. Yes, it was terrible she had to endure the pain before being diagnosed and then two surgeries as well as their respective recoveries. However, the diagnosis of hypothyroidism could have gone undetected for years possibly and really impeded her growth patterns and weight loss. So this bad cloud turned out to have a silver lining.

So my tip of the day is if your child appears overweight and sluggish, and you feel you've done your part to ensure there's enough activity and **good** food is being consumed, then take him/her to the doctor. I suggest you ask your doctor to run blood tests for thyroid activity and cholesterol levels, as well as check blood pressure. Since both sides of our family have thyroid issues, we feel Angie got a double whammy. However, had she not had the slippage which was due to her thyroid not working, we would have never thought to check her levels as she had been remarkable healthy all these years. She could have been permanently stunted in her growth patterns as this small gland controls every major organ and functions of growth. These simple tests can ensure the right levels of hormones are there for the proper growth of your child. If the levels are low, Synthroid generally solves the problem. It is a lifelong treatment that requires blood tests every six months, but for most, it rectifies the problem. Please note, in the beginning, it takes a while to get the right dosage levels and it's typical for the endocrinologist to raise the dosages every 12 weeks or so until the right levels are reached.

We truly thank the Lord that this was fixable, and I hope in sharing this story that other children may be helped.



ASK M@



Hey everyone,

I hope all is well and you're getting ready for Valentine's Day. This month, I think you'll feel this was a very good article to read. I would like to share a story that

hopefully lifts the spirits and just gives you a better outlook on this crazy world.

As everyone knows, my passion is golf, and I have been playing and practicing it seems like 24/7, 365 days a year since freshman year. But after a rough end to my junior season with conference and regionals not going as well as I hoped, I decided I needed a break. So, I decided to take up bowling.

WAY back, I used to bowl just for fun, so I thought that I would give it a competitive try now. First off, I can't say enough about how helpful and supportive my teammates are and coaches especially. They all have helped me so much this season. Also, I'm delighted with how friendly everyone is. It's like a breath of fresh air because even though golfers are polite, golf is a very cutthroat sport. To be honest, it doesn't matter who you are, almost all your fellow golfers are against you, regardless of whose team you're on. This isn't always obvious, of course; but the thing is, the worse one plays, the better someone else looks. This sounds brutal, and it is; and that may be one of the reasons golf is so much fun for some. However, bowling seems more enjoyable now because it's more of a team effort than just an individual one. There seems to be so much support out there, especially on Lincolnway North's bowling team, because we have such great team chemistry.

But that isn't the main part of this feel good story. The main part is that even nowadays with all the tragic shootings and the terrible things that have happened lately, there are still good people out there. You see with bowling as much as I do, I have built friendships with the owners of the bowling alley and the workers, just like I did at the golf courses. So one night, my family and I were there in the evening to bowl, and at that time it changes to cosmic bowl with all black lights, obviously making it dark in the bowling alley. The staff made sure

to make a special trip over to me to ask if I needed anything such as extra lighting on our alley so I would be able to see the lane. They did this out of simple consideration due to my visual impairment. Even though I declined because I enjoy cosmic bowling, I still thought it was a very nice gesture for them to think of it and to do that for me. This reminds me of what Mark Twain said:

“Kindness is the language which the deaf can hear and the blind can see.”

So, I hope this story helps you realize that the entire world is not bad; and it's just unfortunate when you have 7 billion people on this wonderful Earth, there are bound to be a few bad ones. So try to stay away from those bad individuals, while always being kind yourselves.

If you have any pleasant stories like this, and would like yours in the IPVI Insights, please feel free to email me them at ipvi-askm@gmail.com and, hopefully, every newsletter can bring up everyone's spirits.

Well, until next month, have a good one!

M@



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

NEXT MONTH:

A continuation of February's question, with an added twist

Happy New Year! What New Year's resolution (s) do you have for your child? What New Year's resolutions does your child have for him/her



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

Adaptive Sports Play For All

(Continued from page 1)

The Menominee Judo Club will be offering a free demonstration. Judo is a Paralympic event solely for those who are blind or have low vision.

The club will be starting a six week course at the Chicago Lighthouse North, in Glenview on Saturdays, February 16 - March 23, from 9:30am-11:00am.

APH NEWS

Winter 2013 APH Video Contest

The deadline to enter your videos to the Winter 2013 Unforgettable APH Star Contest is approaching. Make a New Year's resolution to send us your APH product videos before **February 13, 2013**. We can't wait to see your creations!

Information on how to participate in the contest can be found at: www.aph.org/contest.

By sending your product videos, you will be eligible to win cash prizes up to \$150.00, a great way to start the New Year!



(Continued on page 22)

New Careers Page

Hello Everyone:

Also I am happy to announce that applications can now be found on line. Interested candidates just need to go to <http://chicagolighthouse.org/careers> to view our current openings and fill out an application on line.

Please share this information with anyone who may be interested in employment with The Chicago Lighthouse.

Thank you,

Leticia Godina, PHR

Human Resources Generalist | Human Resources

Phone: 312.997.3641

Fax: 312.243.8539

Leticia.godina@chicagolighthouse.org



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

I'm happy to announce the release of our application for the **2013-2014 Chicago Lighthouse Scholarship Awards**. Following is the link to our [Application](#):

http://chicagolighthouse.org/sites/default/files/u5003/2013_scholarship_application-final_0.pdf

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.

Sincerely,

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™.

Happy Birthday, Louis Braille!

by Scott Truax on 1/4/2013 2:20:20 PM

It was 204 years ago on this date that **Louis Braille** was born. His invention and refinement of the braille code opened the doors to education and literacy in general for individuals with vision loss.

After two centuries, braille continues to be at the core of necessary skills for independence. You can learn more about Louis Braille's life by browsing AFB's [Louis Braille Museum](http://www.afb.org/LouisBrailleMuseum.org). **www.afb.org/LouisBrailleMuseum.org**



And have fun learning more about his famous code through accessible games and activities on the [Braille Bug®](http://www.braillebug.org/) site. **www.braillebug.org/**

FamilyConnect also has a wide variety of literacy resources for parents no matter what your child's preferred reading method is. **www.afb.org**



TWO ANNUAL PARENT VISION CONFERENCES

Hello Illinois Early Intervention providers and colleagues working with families of children with vision loss!

The two annual parent vision conferences are right around the corner!

- Southern Vision Conference (SIV) in Mt. Vernon February 23, 2013

- Northern Vision Conference (NIV) in Rockford March 16, 2013

Professionals are also welcome to attend and both EI and CPDU credits will be provided. (Children may not attend).

We have a great line up of topics and presenters that both parents and professionals will

find interesting, informative and inspirational! A highlight of both conferences, will be Kelsey Thompson sharing her experiences growing up with a vision loss in a session called "The Way That I Am" (see Kelsey's flyer). Kelsey did this for us last summer at ISVI Parent Infant Institute/Opening Doors, and the parents loved her!

Other sessions address topics related to transition, guide dogs, and assistive technology. This is a fabulous networking opportunity for families!

Thank you for your assistance and making these conferences a success.

Gail Olson, Coordinator
Hearing and Vision Early Intervention Outreach
Illinois School for the Deaf
125 Webster Avenue
Jacksonville, Illinois 62650
Phone: 217-479-4320
Fax: 217-479-4328
Email: gail.olson@illinois.gov
URL: www.morgan.k12.il.us/isd/hveio

Facebook search: Hearing and Vision Early Intervention Outreach
<http://www.facebook.com/pages/Hearing-and-Vision-Early-Intervention-Outreach/128802893816523>

[Please see the following 3 pages concerning this conference.



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.

Navigating the IEP Process

Tuesday February 5, 6pm to 8pm

Seis Principios de IDEA

Wednesday February 6, 10am to 1pm

Transition to Post Secondary Education

Saturday, February 9, 10am to 1pm

Six Principles of IDEA

Tuesday, February 19, 6-8pm

Navegando el Proceso del IEP

Wednesday, February 20, 10am to 1pm

Navigating the IEP Process

Tuesday, February 26, 6-8pm

Phone Workshops

Skills for Effective Parent Advocacy

Tuesday February 5, 12 pm to 1pm

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

Procedural Safeguards

Tuesday, February 19, 12pm to 1pm

Skills for Effective Parent Advocacy

Saturday, February 23, 10am to 1pm

Dispute Resolution

Tuesday, February 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

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.

Keynote: "The Way I Am"

Kelsey Thompson



Bio: Kelsey Thompson, M.S., CRC, CCM, LCPC: Kelsey Thompson is an adult who has been legally blind since birth due to albinism. Kelsey holds a bachelor's degree in psychology and biology from DePaul University and a master's degree in rehabilitation counseling from the Illinois Institute of Technology. For five years, Kelsey worked as a rehabilitation counselor at The Chicago Lighthouse for People who are Blind or Visually Impaired, providing vocational counseling and case management to individuals ranging in age from 14 to 94. Kelsey is currently employed as a Vocational Rehabilitation Specialist with the U.S. Department of Veterans Affairs, Edward Hines, Jr. VA Hospital. In this job, she assists disabled veterans with finding and keeping employment by utilizing therapeutic work initiatives, motivational interviewing and individual counseling. Kelsey is a Certified Rehabilitation Counselor, a Certified Case Manager and a Licensed Clinical Professional Counselor. Kelsey also serves on the Board of Directors for the National Organization for Albinism & Hypopigmentation (NOAH), a seat which she has held since the age of 24. Kelsey currently lives with her husband, James, and their daughter, Phoebe, in Chicago where they enjoy adding to their ever-growing home library and watching The Simpsons.

The Way I Am: If you take away the fact that I'm visually impaired from a rare genetic condition, my life is pretty normal, almost boringly so. I have a mortgage and a husband and a baby and a job. I travel now and then. I knit. I read Kurt Vonnegut. I go to wine tastings with my girlfriends. But there's a deeper, more complex part of my identity that has developed over the years – and continues to develop to this day. There's a part of me that has been molded and marked by every bad teacher who made me feel ashamed of my disability, every friend with whom I've shared a tear-jerking laugh, every family member who stood their ground and fought for me, every stranger who asked why I read my book so close to my face... In this session, I hope to provide parents with a glimpse into the insights and experiences that have helped me to personally develop a sense of not just self-acceptance but empowerment as an adult who is legally blind.

LIONS HELPING LIONS

For Patrick and Mirielle St. Aranud



Join the LaGrange Highlands Lions Club helping to raise matching funds
along with the LaGrange Lions Club
At a Spaghetti Dinner Fund Raiser
On Thursday evening, January 31, 2013

at the

Robert E. Coulter, Jr., American Legion Post 1941
900 S. LaGrange Road
LaGrange, IL 60525
708-354-3300

Time: 4:30 p.m. to 8: p.m.

Donations - \$8.00 per adult - \$4.00 for children 4-12

These young children have Leber Congenital Amaurosis (LCA), an inherited retinal degenerative disease characterized by severe loss of vision at birth. It is caused by a defect in one of 19 different genes which account for approximately 75 percent of all cases, **BUT THERE IS A GENE-SPECIFIC CURE.** All that needs to be done is to raise the funds needed to begin research on their specific defective gene (NPHP5) and bring them a single injection away so they may hopefully see their parents again!

To get tickets or for making a donation contact Lion Rich Welge. (708) 354-0138 home, (708) 732-0795 cell. richardwelge@sbcglobal.net

Davis Square Park

Programs for individuals with visual and physical disabilities

4430 S Marshfield, Chicago, IL 60609

Adult Adaptive Recreation

2013 Winter Session

January 8, 2013-March 24, 2013



Daily Living Skills

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

Ages 18+

\$10.00

Walking Club

Fridays, 12:30pm-3:00pm

Ages 18 and up

\$5.00

Boccia Practice

Fridays, 2:00pm-4:00pm

Ages 18 and up

\$10.00

Music

Fridays, 5:00pm-7:00pm

All Ages

\$5.00

Goal Ball

Saturdays, 9:30am-11:30am

All Ages

\$5.00

Judo

Saturdays, 12:30pm-2:00pm

All Ages

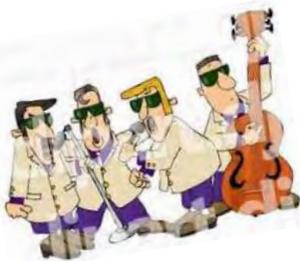
\$10.00

Fitness

2:00pm-4:00pm

All Ages

\$5.00



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

Christina.Moy@Chicagoparkdistrict.com

www.chicagoparkdistrict.com

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



Davis Square Park

Programs for individuals with visual and physical disabilities

4430 S Marshfield, Chicago, IL 60609

Adaptive Recreation

2013 Winter Session

January 8, 2013-March 24, 2013

Leisure Education

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

Ages 8-16

\$10.00

Teen Daily Living Skills

Thursdays, 6:00pm-8:00pm

Ages 13-18

\$5.00

Music

Fridays, 5:00pm-7:00pm

Ages 18 and up

\$10.00

Music

Fridays, 5:00pm-7:00pm

All Ages

\$5.00

Teen Social Club

Fridays, 4:00pm-7:00pm

Ages 13-18

\$5.00

Goal Ball

Saturdays, 9:30am-11:30am

All Ages

\$5.00

Judo

Saturdays, 12:30pm-2:00pm

All Ages

\$10.00

Fitness

2:00pm-4:00pm

All Ages

\$5.00

For registration and questions contact:

Christina Moy, Special Recreation Coordinator

312-747-6107

Christina.Moy@Chicagoparkdistrict.com

www.chicagoparkdistrict.com





**The Chicago Lighthouse Vision Rehabilitation Center
presents:**

“Tots ‘n Company”

Music Therapy

Ages: Birth – 3 years

January 18 - February 22, 2:00pm-3:00pm

Fee: \$48 for 6 sessions

**222 Waukegan Road,
Glenview, Illinois 60025**



Taught by a Certified Music Therapist

**Music therapy promotes language development, exposes
children to new musical instruments, and encourages social
interaction.**

Register Now!

Pam Stern, Manager of Youth/Senior Programs

847.510.5024

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



There will be **FREE** admission and judo demonstration for families pre-registering for **ADAPTIVE SPORTS** and **PLAY FOR ALL**, at the Chicago Children's Museum at Navy Pier on February 9, from 9:00am-1:00pm.

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



**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**



Sweets for Sight

Lighting Up Little Lives

To benefit **Birth-to-Three Family Services**

Hosted by The Chicago Lighthouse
Young Philanthropists Board



Thursday, February 7th, 2013 6:00pm-9:00pm

DeLux Bar & Grill
669 N. Milwaukee Ave.
Chicago, Illinois

Featuring: **Karaoke, Raffle & Silent Auction**

Tickets Include: **Drinks • Appetizers • Sweets**
\$45 in advance, 10 tickets for \$350, or \$50 at the door

Buy Tickets Online at:

www.chicagolighthouse.org/sweets2013

Presenting Sponsor



Call **312-997-3668** or email **events@chicagolighthouse.org**
for more information.

The Chicago Lighthouse
for People Who Are Blind or Visually Impaired
www.chicagolighthouse.org



Tuesday, April 9, 4:00-5:00 pm

Diet Wars- USDA Food Triangles and beyond

Nutritional science is a complex and controversial area of study. Some 62% of Americans are overweight and the U.S.D.A. "Food Pyramid Guidelines" have just been updated 5 times in the last 20 year. Learn how a physiologist – optometrist interprets these new guidelines based upon existing epidemiological data, the Ornish-Atkins debate, popular weight maintenance approaches and recent scientific studies concerning "Syndrome X. Also discussed: new independent markers for cardiovascular disease such as C reactive protein, homocysteine, lipoprotein A as well as essential fatty acid and vitamin D deficiency.

Tuesday, May 14, 4:00-5:00 pm

Obesity, diabetes & systemic and ocular complications

A general overview of obesity in America, diabetic medications and ocular complications. Also reviewed are systemic complications including diabetic neuropathy, peripheral autonomic dysfunction and secondary kidney disease. Emphasis will be placed on the USDA Food Pyramid guidelines for prevention based upon caloric reduction, wiser food choices and exercise.

Tuesday, June 11, 4:00-5:00 pm

Adverse Reactions of Nutritional Supplements vs. Pharmaceuticals

20 years of US Poison Control data suggests that the likelihood of dying from a multivitamin supplement or higher dose nutritional supplement is similar to being struck by lightning; however biological adverse reactions can occur. The course presents a balanced approach to risks associated with ocular nutritional supplements most likely to be prescribed by both optometrists and ophthalmologists, and warnings concerning high dose supplementation.

**All sessions will be held at
222 Waukegan Road, Glenview Illinois**

ABOUT OUR SPEAKER

Stuart Richer, OD, PhD, FAAO is Director of the Ocular Preventive Medicine Laboratory at the Captain James A Lovell Federal Health Care Center Eye Clinic for veterans and navy patients. He earned an OD, MS (physiologic optics) simultaneously from UC Berkeley in 1981, a VA residency certificate in 1982, and a PhD in human physiology and biophysics in 1996 from Chicago Medical School. He's an associate professor of Family and Preventative Medicine at Chicago Medical School, assistant professor at the University of Illinois Department of Ophthalmology / Eye and Ear Infirmary and holds 2 additional faculty appointments in clinical optometry at ICO and UMSL. Actively involved in primary care optometry for 30 years and prevention for 20 years, Dr. Richer has special interests in aging, prescribing nutrients in the intervention of age related macular degeneration, low-tension glaucoma, cataracts and dry eye.

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



(Continued from page 6) - APH News

Oldies but Goodies: The "Established" APH Product Series

The **Game Kit** is a collection of common game parts designed for use by low vision or blind players. Parts can be used to play games from the included handbook, to adapt commercial games, or to create new games.

The Game Kit includes three generic game boards of varying difficulty, two sets of dice, a plastic dice shaker and a dice tray, a set of six tactile/visual playing pieces, a set of brightly colored cards, a card draw/discard holder, four handheld disc card holders, a spinner with six tactile overlays, and a copy of the book *Educational Games for Visually Impaired and Sighted Children*, which contains nearly 100 unique games.

The print booklet that is included with this product has been recently updated and is now available as a free-of-charge PDF file that you may download and print as needed. Visit our downloadable manuals page at:

www.aph.org/manuals/index.html.

If you have any suggestions for other products you would like to see highlighted in this monthly feature, please send your comments to Monica Turner at mmtturner@aph.org.



Great Product Info: Videos and Webcasts Online!

We have redesigned the APH [products video](#) and [webcasts](#) pages, making it easier to locate overviews and trainings on various APH products. Videos were created by APH staff, teachers in the field, and even students. Look for more video and webcast content to be added soon!



REVISED! The Wilson Digital Voice Recorder, Ver. 4

1-03993-02 -- \$39.95

Not available with Quota funds.

New version includes battery-saving off switch!

This state-of-the-art digital voice recorder is simple to use. Record up to 12 hours of voice messages and download to your computer via the included USB cable. Features: store multiple messages, easily add or delete messages, and volume control. It clips to your belt, visor, or purse.

New Features

- Off switch
- When memory is full, the oldest recorded message is automatically deleted



Use to Record: Phone numbers, Addresses, Shopping Lists, Reminders, To-do lists, Notes, Appointments, Messages, Lectures, Directions, Instructions, and more!

Measures 2 x 3 x 0.5 inches. Requires 2 AAA batteries (not included).

Note: The Wilson digital recorder is not related to the Wilson Reading System product.

Using your iPad beginning with the Basics

Posted by: Department of Rehabilitation Services-Bureau of Education & Services for the Blind

Date: 12/11/2012

Using your iPad beginning with the Basics

1. General operation of the iPad

• On/Off

- ◇ The power button is located on the top right corner of the iPad.
- ◇ Press once to wake-up your iPad or to put it in sleep mode.
- ◇ Hold longer to turn the iPad off completely.
 - ◆ Hold it for about 5 seconds, swipe “slide to power off” slide bar left to right.
 - ◆ Use this feature to reset your iPad or to unfreeze it.

• Volume Control

- ◇ Toggle button on the upper right hand side of the iPad.
 - ◆ This feature mutes your iPad.
 - ◆ Some apps still have volume even when the mute is on such as Sirius Radio, games, and talking apps (you will want to lower the volume in these cases using the volume bar).
- ◇ Bar on the upper right-hand-side corner of the iPad just below the mute toggle.
 - ◆ This controls the volume of your iPad.
- ◇ Hidden volume control.
 - ◆ To quickly control the volume, touch the Home button twice and swipe to the right.
 - ◆ Swipe anywhere on your screen to close it.
- ◇ Some apps will open with their own volume control which can be a slide bar or a picture of a speaker.

• Home Button

- ◇ This is used to open and close apps, for some of the accessibility features, as a short cut to recently opened apps, and to begin and end page arrangements.

• Swiping

- ◇ From side-to-side to move across pages.
- ◇ From side-to-side to move within an app.
- ◇ Up and down to scroll within an app such as an article.

- **Zooming Using Two Finger Pitch**

- ◇ You can zoom in and out of certain apps on your iPad using your thumb and index finger.
 - ◆ To zoom out and make the screen larger start with your thumb and finger close together and open them outward.
 - ◆ To zoom in and make the screen smaller start with your thumb and finger far apart and move them in towards each other.
 - ◆ There are more advanced zoom features under Settings>General>Accessibility.

- **Opening/Closing**

- ◇ To open simply touch the app.
- ◇ To close touch the Home button.
- ◇ Recently opened apps are stored on the shortcut bar.
 - ◆ To access double click the home button.

2. Settings

- You will want to spend time exploring this part of your iPad. Some are self-explanatory and some require a bit more exploration.
- The primary purpose for using your settings is to set up how you want certain apps to interface with your computer, email, calendar, etc.
- Make sure you take a look at:
 - ◇ Wi-Fi: The Wi-Fi you are connected to will show up next to the app.
 - ◆ Ask to Join Networks Toggle.
 - * When on, it will automatically search for and list available Wi-Fi Networks.
 - * If a lock appears you will need the password to gain access.
 - * You can choose "Other" to put in a network that is not listed.
 - ◇ Bluetooth: Toggle on if you are going to use a wireless keyboard.
 - ◇ General: Spend some time here; there is a lot to learn about. Some key features you will want to explore include:
 - ◆ iTunes Wi-Fi Sync—allows you to sync over your Wi-Fi when connected.
 - ◆ Auto-Lock: Automatically locks your iPad when not in use for a designated amount of time.
 - ◆ Passcode Lock: I recommend you use this feature. It prevents people from being able to use your iPad if you misplace it or if it is stolen.
 - ◆ Multi-tasking Gestures: Allows you to use your fingers for pinching and swiping features.
 - ◆ Keyboard: Formats settings for your keyboard.
 - ◆ Accessibility: Built in accessibility features are here. I would highly recommend attending a workshop or class that specifically goes over all of these features:
 - * Voice Over
 - * Zoom
 - * Large Text
 - * Speak Auto-text

- **Mail, Contacts, Calendars:**

- ◇ Set-up email, email parameters.
- ◇ Set sort order and display order for contacts.
- ◇ Set calendar parameters including setting a default calendar.

- **Safari:** Set internet parameter

3. Preloaded Apps.

- **Calendar:**

- ◇ You can combiner calendars and have them sync to your iPhone, Outlook, or Google Calendar.
- ◇ Calendar Tab: Select calendars, sync Facebook birthdays.
- ◇ Invitations Tab: Invite others to an event—tap on an event; tap Edit, then tap invitees to select people from your Contacts.
- ◇ View Options Bar: Day, Week, Month, Year, List.
- ◇ Search Field: Search for appointment by name:
- ◇ Touch “+” to add an appointment.
 - ◆ Touch time set start and stop or to select “all day”.
 - ◆ Repeat appointment
 - ◆ Invitees: Links to contacts.
 - ◆ Alert: Set reminder.
 - ◆ Calendar: Select calendar you want the appointment to show on.
 - ◆ To edit or delete an appointment:
 - * Touch appointment
 - * Select “Edit”
 - * Make changes or
 - * Touch “Delete Event”
 - * For Repeat events you will be prompted to make change to just this event or for all future events.
 - * To exit without making any changes, just touch any place on the screen.

- **Contacts:**

- ◇ Touch the “+” button to add a contact.
 - ◆ You can add a photo from your photos.
 - ◆ Touch the field on the left (blue) to change.
 - * For example, to change a mobile label to a work label
 - ◆ touch green “+” to add an address or a new field.
- ◇ Search by name and a list will generate.
- ◇ Edit: Select to make...

Age Groups

Preschoolers

Grade Schoolers

Teenagers

All ages (birth to 26)

Parent of children with visual impairments

Interest Categories

Education
Assistive technology/helpful products
Reading activities
Recreation

Contact: Yvonne Locke
Phone: 860-602-4130
E-Mail: yvonne.locke@ct.gov



NBP's 2013 Valentines!

Posted by: National Braille Press
Date: 01/09/2013

This year's Valentine is a treat for all the senses!

This year's card features a pair of pears - each with a small red valentine heart - and the message "We're a pair, Valentine!" in print and braille. But we also added something unexpected: Scratch and sniff the card for a mouth-watering pear scent!

Everyone loves to receive a Valentine with a touch of braille on it - and a handy decoder on the reverse side to show off the perfect symmetry of the braille code.

Large Packs (<http://www.nbp.org/ic/nbp/VAL13-32.html>) : 32 print/braille Valentines plus envelopes: \$14

Small Packs (<http://www.nbp.org/ic/nbp/VAL13-20.html>) : 20 print/braille Valentines plus envelopes: \$10

Our other Valentine cards are also still available!

Order at: <http://www.nbp.org/ic/nbp/VAL13-32.html>

***** To order any books, send payment to: NBP, 88 St. Stephen Street, Boston, MA 02115-4302 Or call and charge it: toll-free (800) 548-7323 or (617) 266-6160 ext. 520. Or order any of our books online at <http://www.nbp.org/ic/nbp/publications/index.html>.

Age Groups

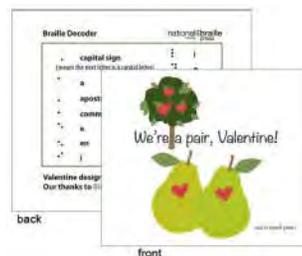
Infants & Toddlers
Preschoolers
Grade Schoolers
Teenagers
All ages (birth to 26)
Parents of children with visual impairments

Interest Categories

Education
Clubs/youth groups
Parenting
Reading activities

Contact: Customer Service

Phone: (617) 266-6160 ext. 520
E-Mail: orders@nbp.org
www.nbp.org/ic/nbp/VAL13-32.html



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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

▶ 1/18-2/22	"Tots 'n Company" Music Therapy	Glenview
▶ January 31	Lions Helping Lions	LaGrange
▶ February 7	Sweets for Sight	Chicago
▶ February 9	Chicago Children's Museum Adaptive Sports Play For All	Chicago
▶ 2/16-3/23	Judo Classes	Glenview
▶ February 23	Southern Vision Parent Conference	Mt. Vernon
▶ 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
MARCH is FEBRUARY 10th**



**Check Out
www.ipvi.org**

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