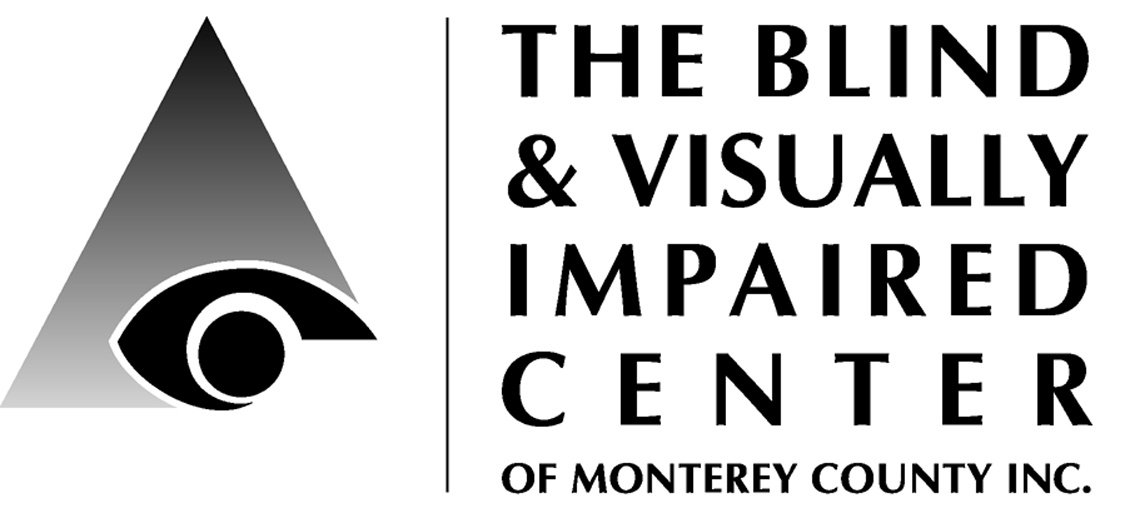
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**BLINDFOLD**



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225 Laurel Avenue, Pacific Grove, CA 93950 (831) 649-3505 www.blindandlowvision.org

**April 2018**

**NEWS & ANNOUNCEMENTS**

**Matching Grant Approved**

BVIC is pleased to announce that the Harden Foundation has approved a $20,000 matching grant to support general operating costs. However, we must receive the match before they will send the grant funds. We hope you will help us receive the full $20,000 grant by sending your generous donation soon.

**New Temporary Executive Director**

While BVIC’s executive director, Diana Trapani, is on temporary medical leave, Karen Csejtey has been hired to serve as a temporary executive director from January through August 2018. Karen brings more than 30 years of non-profit, fundraising, executive and leadership experience. If you are in the office, please introduce yourself and welcome Karen.

**Community Outreach**

During 2017, BVIC participated in 85 Community Outreach activities, reaching more than 3,300 professionals, family members, care providers and members of the general public. We provided basic low vision training to other service providers, attended health fairs and/or presented informational sessions to service clubs, senior living communities and in the wider community.

If you would like us to speak to your service club, visit your living community or attend your community event, please contact Sam at 649-3505.

**New O&M Position**

The BVIC is pleased to announce we are looking for a full-time, dual certified, bi-lingual (English-Spanish) orientation and mobility specialist.

If you know someone who may be interested or if you are interested in applying for this position, please contact Diana by emailing

vision@blindandlowvision.org and she will send you the job description.

**Facebook**

Stay up to date on current news and events by following us on Facebook: https://www.facebook.com/BVICenter/

**Website**

Visit our website to learn more about our services and find helpful resources.

**www.blindandlowvision.org**

**Volunteer Opportunities**

Tuesday Ceramic Art Class Volunteers assist with socialization, lunch and ceramic art projects:

Tuesdays from 11:00am – 2:00pm with lunch or 12:00noon – 2:00pm without lunch.

**Free Apple Store Discover Accessibility Class**

The BVIC is pleased to collaborate with the Apple Store, Del Monte Shopping Center, to provide "Discover Accessibility" workshops on the accessibility features of the Mac and iPhone/iPad. To sign-up, visit their website: [https://concierge.apple.com/workshops/R305](https://concierge.apple.com/workshops/R305/en_US/)

**New Spanish Speakers Peer Support Group & Support Services in Greenfield**

**Karen Levin, VRT**

BVIC’s Vision Rehabilitation Therapist, Karen Levin, has launched a new peer support group in Greenfield, specifically for Spanish language speakers.

The Lions Club of Greenfield has generously offered the use of their building from 10:00am - 2:00pm on the 1st and 3rd Friday of each month. Services will include Peer Support, Independent Living Services, Special Guest Speakers, New Client Intake, and more. For more information call Karen Levin at (831) 649.3505 ex. 104 or email karen@blindandlowvision.org.

Peer support groups are very beneficial, as they serve as an avenue to clients with similar issues to share information, frustrations, and successes. The members can come together to share coping strategies, to feel more empowered and for a sense of community. The help may take the form of providing and evaluating relevant information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding and establishing social networks. A support group may also work to inform the public or engage in advocacy.

The English language peer support group continues to be offered on the 1st and 3rd Tuesday from 10:00 – 11:30 am at our Pacific Grove facility.

**Do you use Eyedrops?**

**Jenny Swad, CLVT/COMS**

Do you have trouble putting in your eye drops? Have you asked someone to do it for you, but you’d rather do it yourself? I’ve listed some ways of ensuring that your important doctor recommended drops get into your eyes as prescribed. After all, some conditions, like Glaucoma, count on you to be exact with your eye drop dosage to prevent further blindness. Try the following strategy:

1) Pull your lower lid down with your index finger

2)Look up. Squeeze one drop into the pocket of your lower lid. (Don’t blink, wipe your eye, or touch the tip of the bottle to your eye or face).

3)Close your eyes. Keep your eyes closed for 2-3 minutes without blinking. (Press the inside corner of the eye to stop the drop from draining into your throat).

If you have trouble with shaky hands, rest your hand on the side of your face. You can also lay down flat with your eyes closed. Place the drop outside of your lid in the corner of your eye near your nose. Open your eye and the drop will roll into your eye.

If you have trouble holding the bottle, you can wrap the bottle with something thick to make the bottle bigger and less slippery.

NOTE: put in another drop if you don’t feel that the drop went into your eye. It is better to have an excess of eyedrop medication than not enough. Always wait a few minutes between drops if you use more than one kind of eyedrop medication.

When should you use your eye drops? You may schedule your medications around daily routines like meal times. Be sure to keep the medications in an easy to find location and one you will easily remember.

Likely your prescribing doctor has gone over when you should use the drops. If you are unsure about when to apply them, know that twice a day means every 12 hours, for example, 7 am and 7 pm. Of course, let your doctor know if you feel you are having negative reactions to the drops.

Lastly, like many aspects of daily living skills, there are gadgets that can aid you in accomplishing your task - in this case it is getting those eye drops into your eye. The following products may benefit you if you struggle with your eyedrops and don’t have the strength to squeeze the bottle and/or have trouble aligning the bottle: the AutoSqueeze eye drop bottle squeezer or the Autodrop Eyedrop guide.

These items cost under five dollars. You can find them in the Maxi-Aids catalog/on-line store that sells products to help assist you with hearing, vision, mobility, medical,





computer and household needs. The BVIC has this catalog available to you, but we don’t sell the products here.

Best of luck to you, and as always, feel free to call me with any thoughts or questions.

**Recycling**

**Ken Hunter, Board President**

Recycling is a concept that has taken the world by storm. Everyday we are reminded of the importance of saving and disposing of our glass, aluminum, and paper products in acceptable containers. Hardly a day goes by that we are not confronted with objects that can be recycled for the benefit of our community.

Recycling is an idea that we can implement in our visually-impaired community. During the year, our BVIC staff equip our visually-impaired clients with assistive technology such as magnifiers, lights, ccTVs, “Ruby” handheld magnifiers, and laptops loaded with ZoomText software. These are only a few of the items that our clients purchase or receive from our center.

As we have discovered over the years, many of our clients eventually lose the need to use this assistive technology for various reasons. Occasionally, the client’s vision becomes so impaired that the technology is no longer useful. Sometimes the client simply stops using the technology. And unfortunately, the client may pass away and the family would no longer need the technology items. Whatever the reason, these technology items can be recycled for the benefit of other needy clients.

Please take a look around your home to see if there are any items that you no longer need or desire. Please give us a call at the BVIC to let us know if you have items to donate to our center. You can drop off the items at the BVIC or one of our staff members can come by your home and pick up the equipment. We would be happy to take your gently-used items and recycle them for the benefit of another visually-impaired individuals. As always, we at the BVIC appreciate your support and selfless generosity.

**Shopping to Support BVIC**

Please use these shopping sources to do your shopping and to support services for the visually impaired at the same time!

**eScript on-line.**

eScript is good with hundreds of participating merchants and your purchases support BVIC.

To sign-up, simply register your phone number and select: eScrip Group ID – 500024165 Blind-Visually Impaired Ctr Monterey Co. https://secure.escrip.com/signup/index.jsp

**Goodshop & Goodsearch**

Not only do they provide the best shopping deals on the internet, but they also make a donation to the nonprofit or school of your choice for almost every purchase you make. To sign-up: select Blind and Visually Impaired Center – BVIC to benefit from your use of Goodshop. www.goodsearch.com. Don’t forget to download their mobile app!

**Benefit-Mobile** is a free app you download to your smart phone, purchase cards to your phone and use when you check out. Visit: www.benefit-mobile.com to sign-up, select The Blind & Visually Impaired Center of Monterey County as your beneficiary.

**Chariots for Charity**

Operated by the Monterey Old Capitol Lions Club, Chariots for Charity vehicle donations support the BVIC with cash donations from the sale of donated vehicles. Operated since 1985, the Chariots program has raised more than $300,000 to support BVIC! For more information or to donate a vehicle, please contact Russ Hatch at 831-659-5360.

**Your Vital Support**

**Your support is vital to ensuring we continue to offer our free low vision, vision rehab, and**

**orientation & mobility services, low cost low vision clinic, free materials, and outreach services. The clients thank you for your generosity!**

**Monterey County Gives 2017!**

We extend our sincere thanks to everyone who supported BVIC through the MCGIVES 2017 Campaign. **With their match, we received a total of $29,394.09! Thank you to everyone who donated!**

**MCGIVES 2017 Challenge Gifts**

Mr. Ken Hunter

Dr. & Mrs. Martin Lipp

Old Capitol Lions Club of Monterey

**MCGIVES 2017 Memorial/Honor**

**In Honor of Bob Johnson**

- Mr. David Yost

**In Honor of Dorothy, Gail, Lydia, Dianne, Kathleen, Charlotte, Dolores, Marilyn, Lisa, Diana, & Mary**

-Ms. Kathleen Hicks

**In honor of Janet Louise Wilson**

-Ms. Maggy Wilson Boast

**In honor of Ron Kihara**

-Mr. Ronald Shimizu, DDS

**In memory of Sue Galbreath Johnson**

-Mr. Bob Johnson

**In memory of Stella Thompson**

-Mr. Frank Thompson

**MCGIVES 2017 Gifts**

Anonymous

Mr. & Mrs. George Baer

Carmel Host Lions Club

Mrs. Diana Case-Gurtin and Mr. River Gurtin

Ms. Kathleen Cozzens

Mr. & Mrs. Robert Creasey

Mr. Paul Davis

Mr. Sydney Drake and Ms. Margaret Carroll

Mr. R.K. Dusek

Ms. Sharon Dwight

First Presbyterian Church

Mr. David Ford and Ms. Meri Bautch

Mr. & Mrs. Rick Franke

Mr. & Mrs. Tom Gardner

Mr. & Mrs. Drew Goodman

Mr. & Mrs. Alan Gregory

Mr. & Mrs. Arlen Grossman

Mr. & Mrs. Dirk Harris

Ms. Sylvia Jean Hurd

Ms. Sandra Jurkovich

Mr. & Mrs. Ron Kihara

Ms. Jean Lovell

Mr. & Mrs. Mick McMahan

Mr. & Mrs. R.L. Nicholson CFP

Mr. & Mrs. John Pearse

Ms. Mary Pommerich

Ms. Cath Tendler-Valencia

Ms. and Mr. Diana Trapani

Ms. Dana Van Horn

Ms. Michelle Welsh and Ms. Kathy Stoner

**We extend our heartfelt thanks for your support!**

**Donors: Oct. 1 – Dec. 31, 2017**

**In Honor of:**

**Bob Johnson's birthday**

* Ms. Deborah Howitt

**Arnold Green**

* Mr. Lee McGarity
* H. R. Nelson

**Mona Schoenwisner**

* Mr. & Mrs. James Gammon

**In thanks for supporting your daughter Esther Merrell**

* Ms. Janice Maroot

**In Memory of:**

**Stella ThompsonI**

* Frank Thompson

**Edith Watson**

* Mr. David Sabih and Ms. Anna Swartley

**Billie Fields**

* Ms. Eleonora Sampognaro
* Friends of the Seaside Library
* H. R. Nelson

**Tom Gugale**

* Ms. Cornelia Gugale

**Richard Takashi Miyake**

* Mr. & Mrs. George Nagata

Anonymous

Ms. Elizabeth Amundsen

Mr. Tony Ayres

Ms. Sue Barnes

Mr. Franzel Bartels

Mr. & Mrs. Richard Bollin

Ret SGM Robert Britton

Mr. Edwin Budlong and Dr. Celia Barberena

Mr. & Mrs. Steve Burja

Butterfly House

Cannery Row Company

Ms. Joan Cardoza

Carmel Host Lions Club

Mr. & Mrs. Elio Chiappe

Ms. Enid Cocker

Ms. Mary Colburn

Ms. Celeste Cruz

D'Arrigo Bros. Co.

Mr. & Mrs. Gerry Davis

Ms. Herminia Diaz

Mr. & Mrs. William G. Doolittle

Mr. & Mrs. Richard Dunn

Mr. & Mrs. John Durein

Mr. Frank Enea

Ms. Catherine Farrant

Mr. Rudy Fischer

Mr. & Mrs. James Forsyth

Ms. Joyce Frasca

Mr. & Mrs. Tom Gardner

Mr. Donald Gaver, Jr.

Ms. Helen Gehringer

Ms. Dorothy Gordon

Ms. Janice Gryp

Mr. & Mrs. Gary Gunderson

Mr. John W Hale

Mr. Jim Harrison

Ms. Christy Hill

Ms. Sonia Hough

Mr. & Mrs. Harry Johnson

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Mr. & Mrs. Akira Kawahira

Ms. Jan Kaznowski

Ms. Norma Keleher

Ms. Gaelle Kelly

Mr. & Mrs. Matthew Little

Ms. Barbara Timmons Livingston

Mr. Mel Loop

Ms. Jane Lundy

Ms. Elaine Lutz

Mr. & Mrs. Jim Maraccini

Mr. David Martin and Ms. Melinda Blaza

Ms. Gloria McBee

Mr. Opal Merjil

Ms. Patricia Michiels

Mr. & Mrs. Louis Milani

First Baptist Church of Pacific Grove

Mr. Sadri Musavi

Mr. Adolph Nicolai

Mr. & Mrs. Lowell E Northrop III

Mr. & Mrs. Philip Nunez

Mr. & Mrs. Thomas Oliver

Ms. Helga Ozenne

Pacific Grove Women's Golf Club

Ms. Janet Parks and Ms. Carla Cashion

Mr. & Mrs. Edward Parrott

Ms. Julie Parsons and Mr. Howard Worth

Ms. Beatrice Peelo

Fr. Jon Perez

Mr. James Poland

Ms. Gerda Rayne

Mr. & Mrs. Henry Reynoso

Ms. Alie Rosskopf

Ms. Pauline Ruhl

Mr. & Mrs. Stuart Sargisson

Ms. Mona Schoenwisner

Mr. Cam Schure

Ms. Margaret Shipley

Mr. & Mrs. James Sikora

Ms. Eleanor Springer

Ms. Elizabeth Springer

Mr. & Mrs. Robert Stephan

Mr. Thomas Streeter

Ms. Be Swartley

Mr. and Ms. Chris Thomason

Mr. George Torrero

Mrs. Jan Tragethon

Mr. Philip Tucker

Ms. Marian Van Arsdol

Mr. & Mrs. Roger Vaughn

Mr. Kenny Warde

Ms. Rena Weaver

Mr. & Mrs. Tom Wills

Ms. Geneva Wright

Ms. Judith Wylie

Mr. & Mrs. Les Zielinski

**‘17 Country Store Auction Donors**

A Taste of Monterey

Aliotti's Victorian Corner Restaurant

American Burger

Anonymous (Many)

Back Porch Fabric

Bargetto Winery

Bistro Moulin

Bookmark

Built In Distributors

Cafe Fina

California Pizza Kitchen

Carmel Bach Festival

Celia Barberena

Domenico's on the Wharf

Dr. & Mrs. Martin Lipp

Dr. Willis Lyon

FishWife

Fr. & Mrs. Michael Bowhay

Freedom Lions Club

Hahn Family Wines

Hawaiian Bodywork and Massage by Jerilyn Burch

Katy's Place

La Mia Cucinal Restorante

Lalla Grill

Linda's Hair Styles

Lions San Jose Host East Valley Lions Club

Lula's Chocolates

Monterey Bay Aquarium

Monterey Institute of Touch

Monterey Marriott

Monterey Sports Center

Monterey Symphony

Old Capitol Lions Club of Monterey

Old Fisherman's Grotto

Pacific Grove Hardware

Pacific Repertory Theatre

Pacific Thai Cuisine

Patisserie Bechler

Pavel's Backerei

Peppers Mexicali Cafe

PF Chang

Pizza My Heart

Portola Hotel & Spa at Monterey Bay

Rosine's Restaurant

Salinas Valley Fair

San Franscisco Zoo & Gardens

Sardine Factory

Spencers Stationery

Taste Cafe & Bistro

Winchester Mystery House

Winning Wheels Bicycle Shop

Mr. & Mrs. Akira Kawahira

Mr. & Mrs. C. H. Ellerbee

Mr. & Mrs. Chris Hubbard

Mr. & Mrs. Clyde Klaumann

Mr. & Mrs. Craig Vetter

Mr. & Mrs. James Nero

Mr. & Mrs. Jeff Craig

Mr. & Mrs. John Dick

Mr. & Mrs. John Pearse

Mr. & Mrs. John Plastini

Mr. & Mrs. Kenneth Howell

Mr. & Mrs. Kevin Little

Mr. & Mrs. Richard Conrad

Mr. & Mrs. Rick Franke

Mr. & Mrs. Robert Stewart

Mr. & Mrs. Ron Kihara

Mr. & Mrs. Russell Hatch

Mr. & Mrs. Rusty Salinger

Mr. & Mrs. Tom Gardner

Mr. & Mrs. Tom Korper

Mr. & Mrs. William Jackson

Mr. Alfred Hahn

Mr. Bob Johnson

Mr. George Hageman

Mr. Jack Valenti

Mr. John Shields

Mr. Juvenal Solorio

Mr. Ken Hunter

Mr. Leonard Anable, CFP

Mr. Mel Loop

Mr. Richard Wasson

Mrs. Jan Tragethon

Ms. Aiko Kimura

Mr. and Ms. John Trapani

Ms. Barbara Mitchell and Mr. Bill Pardue

Ms. Beatrice Peelo

Ms. Carmelina Schure

Ms. Charlotte Redstone

Ms. Clara Smith

Ms. Debbie Reinstedt

Ms. Elayne Azevedo

Ms. Jane Rekedal

Ms. Jennifer Hirsh

Ms. Josephine Mullins

Ms. Kandace Hawkinson

Ms. Karen Levin

Ms. Lynn Coliyn

Ms. Martha Myszak

Ms. Mary Simon

Ms. Michelle Welsh and Ms. Kathy Stoner

Ms. Mona Schoenwisner

Ms. Norma Conrad

Ms. Patricia Rutowski

Ms. Regina Mority

Ms. Sheryl Embler

Ms. Shirley Peake

Ms. Sonja Jackson

Ms. Yvonne Lyon

**Grants**

Carmel Woman's Club

Carmel Rotary Fund of the Community Foundation for Monterey County

Cislini Fund of the Community Foundation for Monterey County

escript rebate

Goodshop

Marie H. Brookreson Trust

Rotary Club Carmel by the Sea

Saint John's Chapel

Randall & Patricia Morris Donor Advised Fund of the Silicon Valley Community Foundation

Union Bank Foundation

**We express our many thanks to those who included BVIC in their estate plans and left a bequest to the Center.**

The Agnes Fraser Gump 2007 Trust

Mrs. Margaret Parenti, Parenti Family Living Trust

Mrs. Patricia Smith Ramsey

If we missed listing you or misspelled your name, we apologize and ask that you please contact the office. Thank you.

**Kathy Henson Legacy Society**

By including BVIC in your estate plans, you can help others in the coming decades transcend the loss the sight with a legacy gift.

**Sample bequest language:** “I give, devise and bequeath to The Blind & Visually Impaired Center of Monterey County, Inc., a nonprofit corporation of the State of California, located at 225 Laurel Ave., Pacific Grove, CA 93950, (tax identification number 23-7221588), [amount, %, specific items, etc.] of my estate.”

**Back Building Construction Completed!**

The Lions Building for the Blind (LBFTB) owns the 225 Laurel Ave property and leases it to BVIC for only $1.00 per year. They pay the insurance, maintain the buildings and property, and collaborate with BVIC. The LBFTB Board of Directors is comprised of Lions Club members from District 4-C6.

In early December the LBFTB Board had to undertake a big project, as part of the ceiling over the kitchen fell. This resulted in a closing of the building, insurance claims, inspections, quotes and construction. We are pleased to say, that after three months, the work is now completed and the building back in use.

On April 10th, we were able to resume our Tuesday Lunch and Ceramic Art program.

**BVIC extends many thanks to the board members, especially Bud Westcott, Russ Hatch and Tom Gardner, of the LBFTB for all their time and hard work.**