



**THE BLIND
& VISUALLY
IMPAIRED
CENTER**
OF MONTEREY COUNTY INC.

BLINDFOLD

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://conciierge.apple.com/workshops/R305>

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.

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 Tandler-Valencia
Ms. and Mr. Diana Trapani
Ms. Dana Van Horn
Ms. Michelle Welsh and Ms. Kathy Stoner

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!**

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 Thompson

- 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
Ms. Elizabeth Johnstone
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 Francisco 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.