

TODB NEWS

3800 Sam Boney Drive, #101, Nashville, TN 37211
February 2017 Volume 21 Issue 1

Tennessee Organization of the Deaf-Blind, Inc.

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” - - Helen Keller

UPCOMING EVENTS

◆ ◆ ◆ DATE: April 1, 2017 ◆ ◆ ◆

WHAT: TODB Statewide Meeting

**WHERE: Bridges Multi-Purpose Room
935 Edgehill Avenue
Nashville, TN 37203**

Directions: 615-438-4080 (voice)

**TIME: 10:00am till 11:00am Social Hour
11:00am till 11:45am Lunch
12:00pm till 2:00pm Meeting**

Bring a vegetable dish or dessert for our potluck lunch. Meat will be provided (probably Turkey). Dishes that must be heated, should be microwavable.

MEETING PROGRAM

**Speaker: Donicé Kaufman, Sprint Tennessee Relay Service
Topic: Understanding the Different Modes of
Communication Access and What Works Best for You**

INTERPRETING SERVICES: Interpreters provided for the meeting.

SSPs: Bring your own SSP; if unable to find one, call 615-656-1213, at least 10 days ahead.

◆ ◆ ◆ **DATE: April 8, 2017** ◆ ◆ ◆

WHAT: Ninth Annual WellFEST

WHERE: Bridges, 935 Edgehill Avenue
Nashville, TN 37203

TIME: 9:00 a.m. - 3:00 p.m.

COST: FREE!

PARKING: Free parking is available right across from the old Nashville Sounds parking lot on Chestnut Street and a free shuttle will be provided. There is no parking available at Bridges or the parking lot (formerly church building) next door. For more information, please visit www.bridgesfordeafandhh.org or contact Mike Helms at Mike@bridgesfordeafandhh.org.

FOOD TRUCK: Bring money for lunch. The food truck will serve lunch from 11:30 a.m. to 1:00 p.m.

◆ ◆ ◆ **DATE: April 22, 2017** ◆ ◆ ◆

WHAT: VisionWalk by Foundation Fighting Blindness

**WHERE: Bi-Centennial Mall State Park
600 James Robertson Parkway
Nashville, TN 37243**

TIME: 9:00am till 12:00pm

EVENT SYNOPSIS: VisionWalk is a signature fund raising event hosted by the Nashville Chapter of the Foundation Fighting Blindness. Funds raised are earmarked to researchers to find a cures for retinal diseases. The three-mile walk is to emphasize that there is hope in finding a cure for blindness of various types. Join the fun and entertainment available for the entire family! For more information go to www.visionwalk.org or see www.fightblindness.org/goto/JohnForbes

◆◆◆ DATE: May 6, 2017 ◆◆◆

**WHAT: Music City Derby Day
Benefiting Bridges for the Deaf and Hard of Hearing**

**WHERE: The Cordelle
45 Lindsley Avenue
Nashville, TN 37210**

TIME: 3:30pm till 7:00pm

COST: For Patron packages, tickets and further information visit
www.MusicCityDerbyDay.org

Tickets include Food and Beverages | Live Derby Coverage | Silent Auction | Stick-Horse Races | Live Music | And More

◆◆◆ DATE: August 6-13, 2017 ◆◆◆

WHAT: DeafBlind Cruise 2017

WHERE: The Western Caribbean

TIME: 8 Days and 7 Nights

CRUISE INFORMATION:

WESTERN CARIBBEAN CRUISE FOR DEAFBLIND, DEAF, FAMILIES AND FRIENDS FOR EIGHT DAYS AND SEVEN NIGHTS OF FUN AND ADVENTURE!

Depart New Orleans, Louisiana On August 6, 2017.
Return New Orleans, Louisiana On August 13, 2017.

CARNIVAL CRUISES – THE CARNIVAL DREAM SHIP,
NEW ORLEANS, MONTEGO BAY (Jamaica),
GRAND CAYMAN (Cayman Islands), COZUMEL (Mexico).

WE WANT TO SHARE THE BEAUTY OF THE WESTERN CARIBBEAN WITH THE DEAFBLIND COMMUNITY, THEIR FAMILIES AND FRIENDS. INTERPRETERS PROVIDED BY CARE VACATIONS. DEAFBLIND GUESTS WILL BE RESPONSIBLE FOR BRINGING

THEIR OWN SSPs.

PRICES START AT \$826.62 PER PERSON BASED ON DOUBLE OCCUPANCY ROOM.

PRICES INCLUDE STATEROOM, PORT FEES AND TAXES, MOST MEALS & BEVERAGES, ONBOARD ENTERTAINMENT AND ONE DBC 2017 BRAILED T-SHIRT. GRATUITIES ARE NOT INCLUDED-\$90.65/PER PERSON. TRAVEL PROTECTION IS AVAILABLE FOR AN ADDITIONAL FEE.

\$350.00 CHECK DEPOSIT PER PERSON RESERVES YOUR STATE-ROOM. CRUISE FARE MUST BE PAID IN FULL BY APRIL 30, 2017. CANCELLATIONS WILL BE CHARGED A \$75.00 PROCESSING FEE.

THIS VERY SPECIAL AND EXCITING CRUISE IS HOSTED BY DnA TRAVELS.LLC.

WWW.DNATRAVELS.ORG - CLICK ON EVENTS AND THEN DEAFBLIND CRUISE WEBPAGE.

CONTACT INFORMATION:

DNA TRAVELS, LLC
ANGELA ZIEBOL - CEO, NIC-M, CI, CT
JODY CHRISTIANSON – CO-HOST, NIC
DBC@DNATRAVELS.ORG
(916) 243-0936 VIDEO PHONE
(808) 557-1434 VOICE & TEXT
17761 69TH PLACE N.
MAPLE GROVE, MN 55311



Picture of cruise ship with the words DnA Travels and DeafBlind Cruise WITH SUITCASE IN CLAWS.

◆◆◆ Future Events in 2017 ◆◆◆

Save the date for the following events:

Water Sports Day – July 2017

Sailing Day – September 23, 2017

Go!Fest – September 2017

More information will appear in the next newsletter or by email.

NEWS OF INTEREST

VIS Group Supports TODB

The Visually Impaired Support (VIS) Group of Cumberland County, TN, Inc. has commonalities with the TODB. Together we strive to encourage and support the members we serve. As Helen Keller stated, "Alone we can do so little. Together we can do so much."

In 2015, and again in 2016, the VIS Group has donated funds to support the needs of the TODB. This past year's contribution is ear-marked for interpreter services for both the TODB board meetings and the statewide meetings.

Audio Description: The VIS Group has been encouraging its members to take advantage of Audio Description, which is also referred to as video description and descriptive narration. While watching a program or movie, have you ever had a difficult time knowing what's happening? Especially during a dark scene when no one is speaking? Audio Description movies and shows have an audio narration inserted on the sound track. The audio narration describes the scene, action, and activities between gaps in the dialog. The intent of the description is to provide context for the movie's visual content. This is possible due to the American Council of the Blind (ACB) and other lobbyists who supported legislation which was passed by our government representatives. Because of the volunteers at the ACB, plus great technology, you may take advantage of this feature now. If you have corrected hearing, there are many opportunities to enjoy movies and TV series with the Audio Description option.

Many cable and satellite companies offer audio description, besides libraries and other non-profit organizations. I contacted Dish and they told me that to access audio description, open the menu from the remote control and click on "Audio Description". After talking with Comcast, they assured me that anyone who needed audio description could acquire it free-of-charge. They even have a remote whereby you speak your commands. This is just a sample of national companies that are following the governments lead. Some exceed government regulations... like NetFlix. They are converting movies and shows beyond government standards. If you already have NetFlix, you can do a search of all audio description videos. You can also call your local library, some public libraries carry audio

description materials. A Texas based non-profit organization, Computers For The Blind (CFTB) circulates descriptive movies to blind/low vision persons in the United States. Their Movie Program has 200+ videos and DVDs for your home entertainment. For more info call: 214.340.6328 or Email: info@computersfortheblind.org Website: www.computersfortheblind.org

The Confident Living Program (CLP) at the Helen Keller National Center (HKNC) is designed to provide senior adults (“age 55 and better”) who are experiencing a combined vision and hearing loss with tools and strategies that will help them live as independently as possible in a setting of their choice. The CLP is a safe haven where participants can count on acceptance and receive accommodations for their hearing and vision loss.

The program, which is generally conducted twice a year at HKNC headquarters in Sands Point, New York, has an “On the Road” component which brings it to a senior’s home community or state. I have been in touch with the HKNC inquiring whether it would be possible to hold a Confident Living Program in our state of Tennessee. I believe that these are very small classes which usually consist of 6 – 10 DB individuals.

During the five-day program, you’ll have the opportunity to:

- Try out the latest in assistive technology.
- Learn strategies to help you take care of your home, prepare for emergencies, travel safely, enjoy leisure activities and more.
- Find out about services and resources that are available to you.
- Meet with an elder lawyer, a consulting optometrist and a certified audiologist.
- Interact with people age 55 and over who know exactly what you are going through.

I am merely investigating the interest level at this time. I expect to be communicating with HKNC’s new National Coordinator of Senior Adult Services, Mark Armstrong, and our Southeast Regional Representative, Marilyn Trader, soon. Let’s see if we can make this needed knowledge available in our area! If you are at all interested in attending a Confident Living Program in Middle Tennessee, it is imperative that you contact me. Margie DeMars, VIS Group Publicity/TODB Secretary
Contact: 931-248-6976 or Email: margie.d@frontier.com

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.” - Helen Keller

VISION IMPAIRMENT and FALLS PREVENTION

According to CDC (Center for Disease Control), over one million people aged 65 or older fall each year. Less than half will report these falls to their doctors. Falling risk doubles after an incident of a single fall. Those with vision impairments are twice as likely to fall as those without vision problems.

Types of Vision Problems

Vision problems can present in many ways: blurry or distorted vision, missing visual fields, sensitivity to poor or excess lighting conditions, difficulty seeing objects, problems seeing edges and changes in flooring, and difficulty judging space and distances.

Effects of Vision Loss

Many people with vision loss suffer with more than just complaints of blurry vision. Some may report difficulty reading books, watching TV, or seeing people’s faces. Others may experience difficulties walking, going up and down stairs, steps, and curbs. Those with field loss may find it difficult to see obstacles and find what they need amongst clutter.

Vision plays a significant role in orientation and balance as well. Many of us rely on vision to initiate and guide any type of movement from lifting weights to stepping down on the curb. Many individuals who experience vision loss reduce their activities which subsequently reduces their strength and balance which puts them at increased risk for another fall.

A Few Simple Vision Tips about Preventing Falls

- Have your eyes checked! Make sure your prescription eyewear is up to date and that your eye condition remains stable. When it comes to eyewear, I often recommend 2 pairs of glasses, one for distance and one for near so that patients avoid the blur that comes from looking through the lower reading portion of their glasses as they are walking down the stairs! Any low vision optical devices, such as magnifiers or

telescopes, that cause objects to appear larger or closer than they really are, should not be used while walking around.

- Improve contrast so that you can better differentiate an object from its background. This strategy can be as simple as wearing filter lenses or colored contacts to improve contrast on a bright sunny day or to reduce glare from the headlights of oncoming traffic. Problem areas around a home can be modified using tape or paint to improve edges between stairs or doorways. Colored tape or paint can also be used to enhance object appearance to improve patient awareness and orientation. Strategic and directed lighting should be used in heavy traffic areas and places that have steps.
- Last, but not least, plan and organize your environment. Allot enough time for tasks and reduce clutter to make it much easier to find things and navigate around a room without worrying about tripping over objects. Support or grab bars and stair rails are also helpful to help maintain balance, lessen fatigue while standing, and improve mobility.

Falls Prevention Awareness

Awareness and education are key to addressing the many behavioral and environmental factors that contribute to falls and subsequent injuries. Falls Prevention Awareness Day is September 22, 2017. To learn more about the subject and local events, read more from the National Council of Aging: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

This article was authored by:

Dr. Jamie Ho, OD, FAAO, is a neuro-optometric physician who specializes in low vision and vision rehabilitation. Her practice, Politzer & Ho Vision Group, is located in Brentwood, TN. She is a Fellow of the American Academy of Optometry and an Associate of the College of Optometrists in Vision Development. For more information, please call 615-604-2949 or visit www.hovisiongroup.com

INFORMATION CORNER

SENIOR SITE – VISION AWARE: The American Foundation for the Blind has some great tips for seniors living with vision loss. Check out their website at: <http://www.visionaware.org/info/for-seniors/>

NATIONAL DEAF-BLIND EQUIPMENT DISTRIBUTION PROGRAM (NDBEDP)

You may be eligible to qualify to receive equipment from the NDBEDP, iCanConnect. Equipment includes Tablets, Computers, Laptops, Braille Devices, Signalers, Computer Software, Mobile Devices, and many more items that will assist with communication! To obtain program guidelines and application, contact:

Monique Brazelton
Tennessee Regulatory Authority
Andrew Jackson Building
502 Deadrick Street, 4th Floor
Nashville, TN 37243
Phone: 1-800-342-8359 or 615-741-6879
Email: Monique.Brazelton@tn.gov

For states other than Tennessee, contact your Helen Keller National Center regional representative.

MEMBERSHIP DUES

Membership dues for the Year 2017 are now due. Please do not wait to pay your dues until there is an activity you want to attend. Our activities are ongoing and we have expenses, including the newsletter, and insurance, whether you are participating or not. It is important to keep everyone informed, so everyone can have the opportunity to participate. The dues are \$10 per person or per family, per year, from January to December. Remember, your dues must be paid in order to participate in activities. Please send your dues to John Forbes, TODB, 3800 Sam Boney Drive, #101, Nashville, TN, 37211. Make checks payable to TODB. Use the membership form included with this newsletter.

POSTAL AND EMAIL ADDRESS CHANGES

Please help us to keep our costs down by sending postal and e-mail addresses, including recent changes of address, to TODB, 3800 Sam Boney Drive, #101, Nashville, TN 37211, or to jc.forbes@comcast.net for both deaf-blind and interested parties who would like to receive our newsletter and keep up on our events. Also, please contact family members, friends and colleagues who might be interested in

being SSPs for our activities. Ask them to email John Forbes at jc.forbes@comcast.net . Training will be provided.

TODB Application for Membership

To join, please complete this form and send with a \$10.00 check (for dues) made payable to TODB and mail to:

**TODB
3800 Sam Boney Drive, #101
Nashville, TN 37211**

Please print information. Date: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (hm) _____ (wk) _____

VP: _____

FAX _____

Email: _____

Birthday(s) _____

Please check appropriate box(es):

Deaf-Blind Individual Parent Professional Other _____

Accommodation Needs:

Large print Braille ASL Interpreter Signed English Interp.

Close Interpreter Tactile Interpreter Cued Speech SSP

Please call 1-615-656-1213 or e-mail jc.forbes@comcast.net if you need assistance with transportation to meetings and we will **try** to assist. Also let us know if you can assist with transportation.

PLEASE note your interests (newspaper, camps, fundraising, grant writing, surfing the internet for information, etc.)

BRIDGES

935 Edgehill Avenue

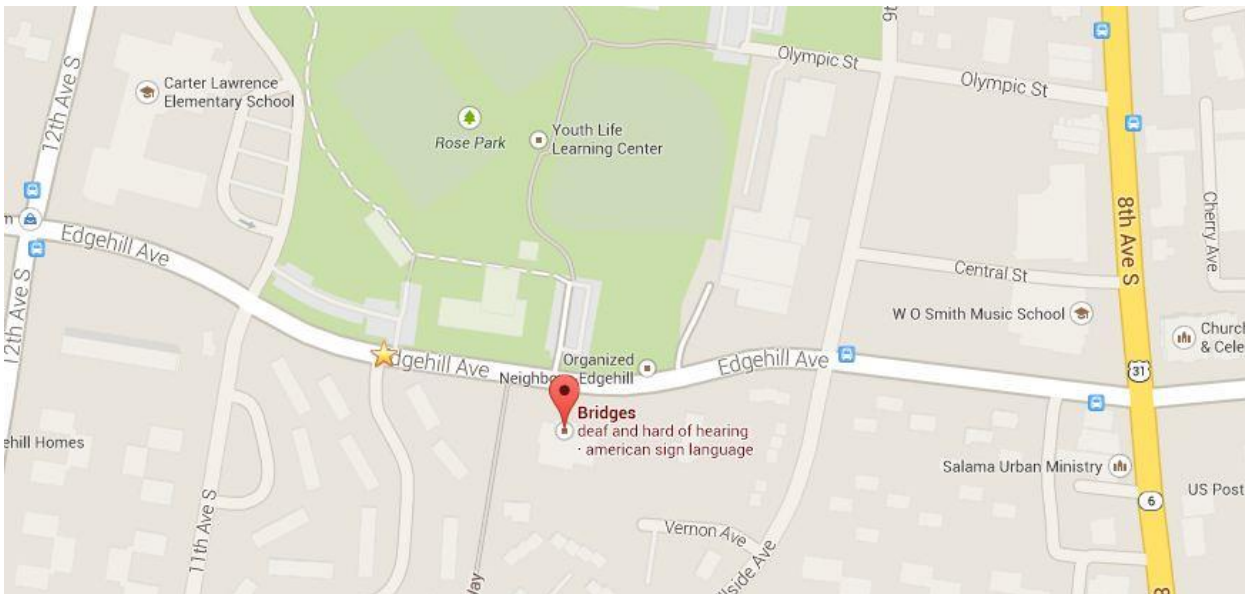
Nashville, TN 37203

Directions to Bridges, 935 Edgehill Ave, Nashville, TN 37203:

From I-65 SOUTH (from downtown): Take exit 81 for Wedgewood Avenue. Turn RIGHT onto Wedgewood Avenue. Turn RIGHT onto 8th Avenue South. Turn LEFT onto Edgehill Avenue. Bridges is on the LEFT on Edgehill Avenue.

From I-65 NORTH (towards downtown): Take exit 81 for Wedgewood Avenue. Turn LEFT onto Wedgewood Avenue. Turn RIGHT onto 8th Avenue South. Turn LEFT onto Edgehill Avenue. Bridges is on the LEFT on Edgehill Avenue.

Parking is available at Bridges in the marked spaces only. Please do not park in the circle drive or along the grass (in front of the bulding). For more infomraiton go to Google Maps



TODB Officers

John Forbes - President

Wilma Wilson – Vice President

Margie DeMars - Secretary

Millie Ogletree - Treasurer

Lana Little – Board Member

Danna Conn – Board Member

Ashley Jackson – Board Member

Nelda Twitchell – Board Member

Pete Cahill – Board Member

Billy Wilson – Board Member at Large

Noble Powers – Board Member at Large

