

PENNSYLVANIA ASSOCIATION FOR THE BLIND

THE SEER

Forward-thinking information, news and events for today's visually impaired.



For 100 years, the Pennsylvania Association for the Blind (PAB) has been dedicated to preventing, preparing for and managing vision loss for Pennsylvanians across the Commonwealth.

Founded in 1910, and celebrating its 100th Anniversary this year, PAB was the first non-profit statewide service provider for the blind and visually impaired in the country. It remains one of only three in the nation today.

PAB is comprised of a network of 29 Member Agencies across the State that serves over 132,000 Pennsylvanians annually. Services

include: vision screenings for preschoolers and adults; eye health/eye safety seminars; vocational rehabilitation and job training programs including access technology training; Braille instruction; low vision examinations; in-home specialized services for the blind; orientation and mobility training; escorted transportation; preschool for blind children; summer instructional programs; support groups; adjustment to blindness counseling and much more.

Through hard work and dedication, we are building a stronger more independent blind and visually impaired community, offering new life and experiences to many and hope for the future.

To find out what services are available in your area visit: <http://www.pabind.org>

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Summer 2010

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WIN FREE TICKETS TO THE SCOTT MACINTYRE CONCERT!

Check out the newly redesigned website

www.pabind.org

While you are there, click the Like Us on Our Facebook Link and be entered to win 2 FREE Tickets!





STEP – Student Transition to Employment or Education Preparation

September 24th – 26th 2010 - Beacon Lodge, Mount Union PA

This program is offered to students ages 12 through 21, who are visually impaired and wish to go on to higher education or seek competitive employment. STEP prepares students and their parents for the future by teaching them new skills and providing valuable information. The program includes panel discussions, vendor and technology demonstrations, recreational activities, and more! Students must be residents of PA.

For more information or for an application contact Bonnie Frey at 717-766-2020 or e-mail at bonnie.frey@pabind.org
Space is limited so don't wait!

We are looking for volunteers to help with program activities, participate on panel discussions or provide their professional skills in the areas of employment or higher education.

**Mark Your
Calendar!**

September

**STEP Program
September 24-26**

October

**100 Anniversary Gala
October 14**

*You are Cordially Invited
to attend the
PA Association for the Blind's
100th Anniversary Gala*

**October 14, 2010
Crowne Plaza, Harrisburg PA
& Whitaker Center, Harrisburg PA**

A celebration you won't want to miss! Featuring an hour-long special performance by American Idol Season 8 finalist Scott MacIntyre. As the first visually impaired finalist on American Idol, MacIntyre showed people around the world that a spirit of optimism and courage can overcome any diversity. Other highlights include an "Around the World Dinner" and a Silent Auction.

For more information on how you can attend the Gala contact Katie Schock at (717) 766-2020 or email Katie at katie.schock@pabind.org.

To attend just the concert contact the Whitaker Center Box Office at 717-214-ARTS (2787). Tickets go on sale August 6, 2010.



Scott MacIntyre

What We Do



With 100 years of experience in helping visually impaired people develop life skills and achieve independence, we bring innovative programs and resources to communities across

Pennsylvania. Our services span a broad spectrum to meet the varied needs of those with a visual impairment. We offer individual training, workshops and seminars, transportation assistance, rehabilitation, employment opportunities, summer instructional programs for children, vision screenings, support groups, counseling, and more. We work closely with our 29 member agencies to help those we serve gain self-confidence and self-determination.



Services

We offer a wide array of opportunities for training and support to people of all ages and with diverse needs. Our services include, but are not limited to:

- Life skills training at agencies and in homes
- Orientation and mobility instruction (Cane travel)
- Home retrofitting for safe mobility
- Internet access and information technology instruction
- Safety and prevention education programs and seminars
- Vision screenings in schools, preschools, businesses, senior centers, nursing homes, hospitals, and other institutions
- Residential rehabilitation
- Vocational rehabilitation
- Employment training
- Children's summer instructional programs
- Radio reading programs
- Preschool
- Agency industry employment opportunities
- Escorted transportation
- Social and recreational activities
- Braille instruction
- Low vision aids and clinics
- Low-cost prescription eye wear
- Financial management assistance
- Community service referrals
- Support groups
- Seminars and educational programs for individuals and families
- Braille Embossing

To find out what services are available in your area visit www.pablind.org



Braille Embossing Service

Are you an employer or provider of services to the blind or visually impaired, a business owner with blind customers, a friend of a blind person, or a blind person seeking materials? The Pennsylvania Association

for the Blind is now accepting any form of literature, document or business material for Braille Embossing. Please call PAB for a free price quote. All documents, and materials must be in MS Word/Office Format.



*There are many ways
you can Give...*

We need your help to continue our success in helping visually impaired individuals live more independently. Your gifts of time, talent, money, and used vehicles will make a positive difference in the lives of others. There are many ways to volunteer and contribute to our cause. Just complete our online form and let us know how you want to get involved.



Donate Time

Our organization needs you – through donation of your time and talents to continue our success in bringing greater independence to people with visual impairment.

By donating your time and talent to PAB, you'll have a direct impact on the people who come to us for help and encouragement. There are many volunteer positions available to suit a variety of interests. Complete our Volunteer Application today. We welcome you to join us in helping others!

Donate Money

Your contributions enable us to offer effective programs and services to those who need them most. Your gifts help us develop new skills training techniques, provide equipment to people who can't afford it on their own, and provide a broad range of services to individuals across the Commonwealth of PA.



GIVING IS EASY:

Make a contribution Online through our secure website.

We thank you for your support!

Donate Your Car to PAB

PAB's Vehicle Donation Program gives you an easy and hassle-free way to make a difference by selling your unwanted running and non-running cars, trucks, vans, motorcycles, RVs, and heavy equipment.

PAB handles and pays for all aspects of the sale including document transfer and pick up of your donation. The proceeds from all sales help us continue programs that support, educate and empower people who are blind and visually impaired.

How the Process works:

1. Call our local number 717-528-8486, our toll free number 800-222-2038, or complete our donation form on our website.
2. Have your title and vehicle information ready when you contact us.
3. We will pick-up your vehicle and issue you a receipt.
4. You are now no longer responsible for your vehicle.
5. You can now deduct the sale price of your vehicle on your taxes.

We accept all running and non-running:

• Cars • Trucks • Vans • Heavy Equipment • RVs • Motorcycles



Protect Your Eyes from the Summer Skies

Warm weather is here! Children and their families are enjoying more outdoor activities and planning family vacations to the beach. Parents and children are becoming more accustomed to applying sunscreen to their skin, whether it's a cloudy or sunny day, to protect themselves from

the harmful UV rays of the sun, but what are we doing to protect our eyes from these same harmful rays?

According to Gregory W. Good, O.D., PhD, optometric and American Optometric Association UV Protection Expert, "Overexposure to UV rays

has been linked to a variety of eye problems, including age-related cataracts and degeneration of the cornea." Similar to skin sunburns, UV rays can cause abnormal growths on the eye surface, and even sunburn of the eyes that may cause temporary vision loss, or even blindness.

PAB encourages these 5 ways to prevent eye damage from exposure to UV rays:

- Wear protection eye wear any time the eyes are exposed to UV rays, even on cloudy days and during the winter.
- Look for quality sunglasses or contact lenses that offer good protection. Sunglasses or protective contact lenses should block out 99 to 100 percent of UV-A and UV-B radiation and screen out 75 to 90 percent of visible light.
- Check to make sure sunglass lenses are perfectly matched in color and free of distortions or imperfections.
- Purchase gray-colored lenses because they reduce light intensity without altering the color of objects to provide the most natural color vision.
- Don't forget protection for young children and teenagers, who typically spend more time in the sun than adults and thus are at greater risk of damage.



**For more information on protecting your eyes from UV Rays,
visit www.pablind.org
or call the Pennsylvania Association for the Blind at 717-766-2020.**

We've Launched our New Website!

If you haven't visited us in a while, check out our new look! Our website is a valuable resource of information and services available to you and the ones you care about.

Let us know what else you would like to see on the website by E-mailing us at **info@pablind.org**.

The Pennsylvania Association for the Blind website is packed with features that allow you to stay involved and informed.

Friend us on Facebook. Follow us on Twitter, Sign up to Volunteer and Donate Online.

Sign up to receive our E-Newsletter and peruse our comprehensive resource center.



CHECK OUT THE NEW PAB WEBSITE!

