



WILKES UNIVERSITY NESBITT SCHOOL OF PHARMACY STUDENTS PROVIDE PROGRAM TO CAMP SIGHT PARTICIPANTS – A WIN-WIN FOR ALL!

Students from the Wilkes University Nesbitt School of Pharmacy, APhA-ASP Student Chapter recently provided an educational session to young campers at the Association's annual summer camp for blind and visually impaired children. Backed by Dr. Julie Olenak, Dr. Ajay Bommareddy, Dr. Dana Manning, Dr. Marie Thomas and Dr. Jessica Ashford, the student presentation focused on nutrition and diabetes and the importance of portion sizes, healthy snacks, 100 calorie snacks and exercise. The APhA students included Kelly Hummel, George Wasef, Donna Duva, Melissa Dickerson, Brittany Rule, Morgan Thomas and Sarah Rupp.

The pharmacy students and faculty set up six stations through which the summer campers rotated at 15-minute intervals. At the first station, a body weight analysis was held and campers were informed about daily caloric and fat intake. The young campers were encouraged to feel different food models in order to create a perspective about portion size. The campers were advised as to the many options for 100-calorie snacks along with 100-calorie portions for fruits and vegetables. The presenters spoke to the campers about diabetes prevention and demonstrated several exercises that could be done at home without supervision. The difference in fat and calorie content for the many food groups, including fast food such as McDonald's French fries and soda products, were also demonstrated.



"Learning the Options & Importance of Snack Portion Sizes"

All in all it was a meaningful and worthwhile session. The students benefitted from this teaching experience by picking up teaching tips in dealing with vision impaired children as the campers gave lots of feedback on the things they learned from the session. The students' partnership with the Blind Association is ongoing as they prepare for future "Lunch & Learn" Sessions for blind and visually impaired adults.

CAMP SIGHT

Yearly, the Association for the Blind holds a summer camp for blind & visually impaired children. The six week, 3-day per week camp is designed to provide adjustment to blindness support and life skills instruction. The program is open to blind and visually impaired youth ages 10-21. While socialization skills training has been a core competency in the curriculum of schools for blind children, it is mostly overlooked within traditional mainstream education. Because of this, many blind children never acquire basic socialization skills such as facing a person when talking to them, being aware of their own appearance and hygiene, or avoiding “blindisms” such as rocking, head wagging, and eye poking behavior. There is a critical need to address these deficiencies if the child is to ever have a chance to compete with sighted individuals for employment and lead a normal and independent lifestyle.

Although Camp Sight has been designed to include educational instruction activities, recreational activities are also included. Sadly, blind and visually impaired children are usually kept away from activities that sighted children enjoy because of a fear for their safety. Blind and visually impaired children are capable of such activities, but are rarely given the chance. The program offers many opportunities for the youngsters to be creative, independent, and to forget for awhile, that they are different. They can just enjoy being kids.

Camp Sight offers participants instruction in a multitude of life skills including food preparation and eating, cleaning techniques, personal hygiene and health, access technology, communication skills, conflict resolution, and orientation and mobility....all in a supportive environment.

The Blind Association is grateful for your partnership in this effort to make a positive impact on the lives of these children who have had this opportunity to learn valuable life-altering skills, forge new friendships and gain self-confidence. The reward.... seeing the look on a blind child's face the first time he ties his own shoe and the tears of pride in a mother's eyes when her blind child “graduates” from Camp Sight.



“2010 Camp Sight Participants”



“Learning to Eat Healthy”



“All Smiles on Graduation Day”

How do I know if I have low vision?
There are many signs that can signal vision loss. For example, even with your regular glasses, do you have difficulty:

- Recognizing faces of friends and relatives?
- Doing things that require you to see well up close, like reading, cooking, sewing, or fixing things around the house?
- Picking out and matching the color of your clothes?
- Doing things at work or home because lights seem dimmer than they used to?
- Reading street and bus signs or the names of stores?

Vision changes like these could be early warning signs of eye disease. Usually, the earlier your problem is diagnosed, the better the chance of successful treatment and keeping your remaining vision.

BLINDNESS PREVENTION - EDUCATION AND OUTREACH



"Preschool Vision Screening"

Nationally, over 24,000 eye injuries occur annually to children between the ages of birth and 14 years of age, which result in needless eye damage. Since 90% of all eye injuries and 50% of all blindness are preventable, education is a **MUST**. The Association for the Blind has taken a proactive approach toward the prevention of blindness. Annually, the Association vision screens 5,000+ preschoolers from our local community. As a result of this testing, 300+ children annually are found to be in need of further eye care services. Twenty percent of these children will require eyeglasses, eye patching, or eye surgery to protect their sight.

Along with the screening, the children are also educated on the vital message of eye health and safety awareness. Reinforcement of eye safety rules is critical in modifying a child's behavior to put eye health and safety into daily practice. To aid in this process, an educational program, "*C. Well Bunny*" was developed as part of the classroom presentation prior to the actual vision screening. The program helps the little learners to understand the importance of their eyes and to remove any fears the children might have about the screening. It is an engaging, interactive, stimulating and fun program.



"C. Well Bunny" Classroom Presentation

Education and Screening programs are also available to adults and seniors. Since our area has a large senior population, vision loss can often occur from various age-related causes. Our adult programs are offered at service clubs, senior centers, health fairs, and nursing homes. If you or someone you know, would like more information on blindness prevention, please contact Denise Culver, Prevention of Blindness Coordinator, at (570) 693-3555, toll free (877) 693-3555 or visit our website at www.wilkesbarreblind.com.



Attention.....Coming Soon! 2010 Holiday Tribute Tree

A wonderful way to recognize a Shining Star that has touched your life. Tributes can include family members, friends, co-workers, teachers, coaches, pets and even the Association for the Blind.

WATCH YOUR MAIL...IT'S ON THE WAY!

LARGE PRINT CALENDARS

For the first time ever, our large print calendars will be available to the general public. To order your calendar, please complete the information below and return to: Association for the Blind, 1825 Wyoming Avenue Exeter, PA 18643

COST: \$5.00 Donation/Calendar Orders of 10 or more: \$3.00 Donation/Calendar

Number Ordered _____ @ \$ _____ /Calendar = \$ _____

Check for _____ Enclosed

Name: _____

Address: _____

Telephone: _____ e-mail address: _____

The official registration and financial information of the Greater Wilkes-Barre Association for the Blind may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



OUR VISION IS CLEAR:
SERVICE, PREVENTION & COMPASSION™

1825 Wyoming Avenue, Exeter, PA 18643
www.wilkesbarreblind.com

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SECOND SIGHT LEGACY SOCIETY

An HONOR CLUB for those who have made gifts/pledges of Bequests, Life Income Gifts, Insurance Policies or other Estate Planning Vehicles to the Greater Wilkes-Barre Association for the Blind.

For 92 years, the Association for the Blind has been privileged to work with the blind and visually impaired as they learn to cope with their second sight for life enrichment and purpose. Your membership in the Second Sight Legacy Society will provide lasting support, hope and accomplishment for those who might otherwise feel frightened, helpless and alone.

LEAVE A LEGACY WITH VISION and become a Founding Member of the **SECOND SIGHT LEGACY SOCIETY**.

For additional information, please contact Tom Robinson or Bobbie Steever, Blind Association Development Office at 570-693-3555 or toll free at 877-693-3555.

“True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.” — Helen Keller



Ensuring that Life-Altering Programs and Services Last Forever for those in Need.