



-meeting needs of special population

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the NuVisions Updater

APRIL – JUNE 2015 VOLUME 14

The year is zipping by and I am amazed that this is the second newsletter for the year. Old man Winter did not want to let go, but I think the worst is over and we will see the warmer days of Spring and Summer return.



In this newsletter, you will see an article reprinted from an NFB publication about staying active in the Summer days to come, as well as highlighting the importance of staying safe in doing those activities.

You will also note the upcoming birthdays of our customers and the listing for all remaining meetings for 2015.

Details on this year's picnic are also included. We are at Kish Park so those of you who do not like travel so far will be happy to see we are closer to home (at least for the Mifflin County people.) You'll also learn about the new health service in our area – Primary Health Services.

This is always a fun time together and I hope you make plans to join us.

Happy reading and enjoy the sun!

Colette

Beat the Heat: Summertime Activity Ideas for Elders & Caregivers

During the hot months of summer, it is often advisable, for seniors especially, to stay indoors and keep cool. Seniors are more prone than younger folks are to heat-related illnesses.

How can you stay active while keeping cool? What can caregivers do to keep elderly loved ones engaged and active? Here are some tips for indoor activities and summertime fun for seniors and caregivers:



Take a course at the local recreation center or senior center. Courses range from art classes to language lessons to computer classes. Check with local recreation centers and senior centers about other activities. They range from dances to trivia contests and movies to outings and various clubs. If you are a caregiver, go to the local centers and do some research for your loved one to explore what might be interesting.

Ask your elderly loved one to share a skill/teach you. Perhaps he/she can give you pointers on a craft, show you how to make old family recipes, or tell you about the history of your hometown.

Connect with technology! If your loved one is not very tech-savvy and you are (or know someone who is), consider setting up a computer and internet connection and giving some basic lessons. Social networking, online support groups, and informational resources can all be useful. Many people enjoy playing games online, such as chess and scrabble. These are just a few ways to get started.

Plan outings to local museums and indoor cultural events.

Take in a movie, especially on a hot afternoon when the prices are lower and the air conditioning feels great!

Do a little shopping at the mall or spend some time at a local bookstore and get an iced coffee or treat while you linger over a book or magazine.

It is a good time to get organized! Slowly go through closets or files, work together on shredding items, cleaning out, and organizing.

Set a goal to learn something new together...it is great for the brain! Practice a new language (or pick up an old one that you haven't used in a while, or teach each other if one generation has a jump-start). Learn a new craft such as crocheting; take an art class (or practice along with one of the art lesson TV shows). Learn and practice a new game-chess, cards, the latest board game. Read a different genre book than you would usually or join in with an online book club or review Oprah's old picks.

Plan ahead for the holidays by putting together gift lists and organizing address books and cards.

Consider audio books if reading is difficult. Check with your local library about Books on Tape/Talking Books programs. Large print books or an eReader may help someone with visual challenges.

If your loved one enjoys music, consider putting together a special music collection on an ipod or burning a CD and buying a portable CD player that to keep within easy reach. (It may be a good time to consider burning those old albums to CDs for better portability/ease).

Take this time to organize pictures and scrapbooks to share family memories



I hope some of the ideas from this article inspired you; give them a try!

Enjoy your Summer-stay cool and stay hydrated

REMINDER
NUVISIONS OFFICE WILL BE CLOSED
ON:

APRIL 3-GOOD FRIDAY
MAY 25-MEMORIAL DAY

LIFE SKILLS MEETINGS FOR 2015

April 30-Philadelphia Library-Audio books

May – No meeting

June 17 (Wednesday) is the picnic *PRIMARY HEALTH NETWORK*

July 30-Dr. Kauffman-Hummel-Kauffman Chiropractic

August 27-TIU

September 24-Colon Cancer

October 29-Raystown developmental services

December 9 (Wednesday) is the Holiday meal

DIABETIC SUPPORT GROUP MEETINGS FOR 2015

April 9- Wound care

May 14- Diabetic curriculum

JUNE – JULY- NO MEETING

August 13-TBA

September 10- Pat Wolfe, Diabetic educator

October 8-Foot care

November 12-TBA

DECEMBER – NO MEETING



HOPE TO SEE YOU
THIS YEAR!!!!!!

Chocolate No-bake Cookies

Low carb

30gm Sugar-free dark chocolate

1T peanut butter

2T butter

2T cream cheese (or slightly more if you want thicker chocolate)

1tsp erythritol-(Artificial sweetener)

1/4 cup slivered almonds

1T shredded coconut

Directions

Melt first four ingredients over very low heat, stirring continuously.

Remove from heat and add sweetener, nuts and coconut.

Drop globs onto baking paper and refrigerate till firm - they will not become as hard as other chocolates, but they will hold their shape well. Enjoy!

Makes around 12 globs, at just under 1 gram effective carb per glob. Yum!!

Number of Servings: 12

The annual picnic is coming up and we hope that everyone will make plans to attend. This year **Patty Donaldson** from **Primary Health Network** will be with us. We will once again be back at **KISH PARK**.



The
17,
a.m.
\$3.00
you

date is **June
2015 at 10:30**
Cost is still
per person; if
want to bring

someone with you, your guest will need to provide your transportation. We must hear from you if you want to attend and / or need transportation by June 12, 2015. Come and join us in learning more about this community agency and enjoy some great burgers and dogs as well!!

From Kate's Desk



Things are active here at the NuVisions Center offices. We are working on three projects that will be completed during April, May and June.

1- Applying for United Way funds for our program that helps people with eye exams and glasses. The UW did not meet their goal this year, so we are looking at a cut in funding from them.

2- Applying for Better Business Bureau accreditation. We have never done this before, but it will be good for us to

have in relation to selling our products and services.

3- Renewing our NAC accreditation (National Accreditation Council for Blind and Low Vision Services). This time we are working for a five-year accreditation. Our first accreditation was in 2012 for three years. This process looks at the entire agency: low vision services, prevention of blindness program and our manufacturing program.

If you have a chance take a look at are our two websites:

www.nu-visions.net and

www.nuvisionwindowtreatments.com

Hope to see you out enjoying the fresh spring air..... Katye

Have you received your free iBill reader?

These devices are normally priced between \$120 and \$130. iBill Talking Money Identifiers are being distributed free to low vision customers! This is Phase 2 of the program. The number to call to apply over the phone is toll free

1-844-8159388.

The process is very simple and you get to talk to a real human!

You will receive your reader in about 6 to 8 weeks. Some of our customers have already received their device.

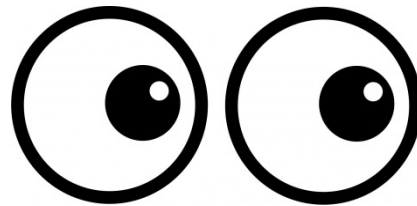
ARE YOU ABLE TO READ THIS NEWS LETTER?

I WOULD LIKE TO KNOW IF I NEED TO MAKE THE PRINT LARGER. THIS IS WRITTEN FOR YOU, OUR CUSTOMERS, BUT IF YOU CAN'T READ IT, WE NEED TO IMPROVE IT.

PLEASE LET US HEAR FROM YOU!

THANKS

Colette



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