



- meeting needs of special populations

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the NuVisions Updater

WE NOW HAVE  !

It is something I have wanted to incorporate into NuVision's services for a while, but with so many questions like: How could this actually work? Who would be the administrator? What kinds of things should we post? It has taken some time to

get it going, but at long last, it has been launched. The Facebook is called NuVisions Center; it will contain information on all of our various facets i.e. the Commercial Janitorial department, Sewing department, Window Treatment Installation department and yes of course our Community Service department! Be watching for news, informational clips, pictures and updates. I am so excited to get this going; I hope you will check us out!

Use Brown Rice for an even healthier twist!

RED BEANS AND RICE

INGREDIENTS:

**1 16-OUNCE PACKAGE OF DRY RED
KIDNEY BEANS**

1 POUND SMOKED SAUSAGE

8 CUPS WATER

CAJUN SEASONING

1 CUP RICE.



**PLACE WATER AND BEANS IN CROCK POT.
COOK ON HIGH FOR SIX HOURS. CUT SAUSAGE
INTO BITE-SIZE PIECES AND COOK WITH BEANS
FOR AN ADDITIONAL TWO HOURS. SEASON AS
YOU LIKE. COOK RICE ACCORDING TO
PACKAGE DIRECTIONS TO SERVE WITH BEANS
AND SAUSAGE.**

In the October 2015 edition of the Newsletter, I told you that we were going to be remodeling, changing up offices etc. Well, we are finally getting this finished up!! I am now officially up the stairs! Woohoo!

Working on my new home



**LIFE SKILLS MEETS ON THE
LAST THURSDAY OF EVERY
MONTH!
CHECK US OUT!**

**DIABETIC SUPPORT MEETS
ON THE 2ND THURSDAY OF
EVERY MONTH!
CHECK US OUT!**



Life Skills meetings:

January 26-Tricks & tips with vision loss

February 23-Hands only CPR

March 30-Beacon Lodge

April 27-Nutrition facts-Julie Fisher

May 25-Being in business w/vision impairment_-Joe Arborgast

JUNE 22—THURSDAY ANNUAL PICNIC

July 27-BBVS – Holly Stapleton

August 31-Clubhouse-Melissa Steele

September 28-Hunt. Extension office

October 26-Abuse Network

**December 14-THURSDAY HOLIDAY
LUNCH**

Diabetic Support **Group**

April 13-Essential oils w/Rita Hoover

May 11-Diabetic Educator-Pat Wolf

July 13-Support discussion

August 10-Mt. Nittany Diabetes ed.

September 14-Stress/Depression

October 12-TBA

November 9-Support Discussion

BIRTHDAYS!

APRIL

Pat Pearce	7
Barry Hetrick	11
Thelma Lauver	16
Ron Hesser	30



<u>MAY</u>	Joanne Harlacher	1
	Bud Fultz	7

JUNE

Frances Thompson	6
Jessica Rhoades	7
Michael Rupert	8
Doris Stitt	9
Evelyn Wilde	11
Mike Woodring	11
Lois Jean Bishop	16
Lisa Palm	18
Marjorie Snook	30

Diabetes Action Network

People who are blind and have diabetes and those losing vision can continue to be independent. People who are blind can and do accurately draw up insulin, monitor blood glucose levels, etc. 'Limitations' are usually self-imposed, and often all that is needed to overcome negative thinking is simply to know where to go for information. Some equipment (i.e. audio output devices) has been adapted for the blind. By using alternative techniques and products, blind people can control their diabetes as efficiently as their sighted peers can.

The Diabetes Action Network (DAN), a division of the National Federation of the Blind, is a support and information network for all diabetics, especially those who are blind or losing vision. Many of the members have experienced the ramifications of diabetes such as blindness, amputation, nerve damage, heart problems, kidney disease, etc. Others do not experience chronic complications, but want to utilize services, learn more about diabetes, and be part of a caring support group. In addition to reaching out to fellow diabetics who may be finding it difficult to cope with problems that accompany diabetes, DAN provides support and information to interested persons.

Bridging the Gap - Living with Blindness and Diabetes focuses on nonvisual methods of managing diabetes. This volume has been prepared to answer common

question from blind diabetics. It includes a collection of some of the best articles from the *Voice of the Diabetic* and a useful resource section. Contact the NFB Independence Market for a copy in print or audio.

Blind and low-vision diabetics can access *Diabetes Forecast* and *Diabetic Living* magazines through [NFB-NEWSLINE®](#),

NFB DAN Mission

The NFB Diabetes Action Network educates, empowers, and inspires people living with diabetes and its complications. We share the Federation's 'can-do' philosophy, through our various publications, volunteer peer support, and advocacy for accessible diabetes technology. Together, we challenge one another to live our best and fullest lives.

About the NFB Diabetes Action Network

Diabetes is the leading cause of blindness among working-age adults. That's why the National Federation of the Blind, the largest and most influential membership

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FROM KATYE'S DESK:



Welcome, welcome spring – What strange winter weather we have had – warm, cold, warm, warmer like spring, freeze, then the snow and blow of March 14. What a whopper. But spring is now upon us and we should all get out and enjoy some fresh air.

This brings up an interesting question. **Is exercise helpful for peripheral neuropathy?**

According to an article in the Oct/Nov 2016 Neurology Now, the answer is YES – as long as you don't overdo it. You receive the same benefits that anyone gets from exercise: improved cardiovascular function, increased mobility, a boost in mood, and it may also bring you decreased pain. Ask your doctor to advise you what type of exercise is best for you. There are many types of neuropathy so you want to be certain the exercise you choose does not aggravate your type.

Once you start, use the talk test to judge your exertion level. If you can carry on a conversation without becoming breathless while exercising, you are probably at the right level. Start slowly and build. Try 5 to 20 minutes three times a week and then add minutes, distance (if walking)

or intensity. Make it enjoyable – get your spouse or a friend involved with you. And of course, keep your doctor apprised of your progress.

HAVE YOU HEARD ABOUT esight ELECTRONIC GLASSES?

eSight eyewear is an innovative, wearable, electronic assistive technology designed specifically for people with low vision. It’s a high-tech eyewear device that enhances whatever the user is looking at to maximize the effectiveness of your remaining eyesight.



And although eSight cannot fully restore sight, it can improve remaining sight, and has the potential to have a life-changing impact for many people with low vision. For example, eSight eyewear may help you shop independently, see items above or below eye level or recognize a friend in a crowd from a distance.

eSight eyewear uses a high-resolution camera to capture what the user is looking at, and projects real-time onto two LED screens right in front of your eyes. The device has been shown to work for those from age eight to 88, and is customizable, so prescriptions can be built right into the device.

How does eSight work?

eSight takes the input from a video camera mounted on your head and displays the image on what looks like a 60-inch TV screen right in front of your eyes. It’s hands-free: where you turn your head is what is displayed; and it all happens in real time. You control the zoom and the contrast to make the best image for you.

Who can benefit from eSight eyewear?

eSight eyewear helps people with low vision and legal blindness with a variety of low vision conditions, including macular degeneration, Stargardt's disease, ocular albinism, diabetic retinopathy, Leber's optic neuropathy, cone-rod dystrophy and other low vision conditions. Visual performance is much more important than the specific diagnosis. Today's eSight eyewear is most effective for those with acuity between 20/60 and 20/400. It is not suitable for those with severe tunnel vision. eSight eyewear has been shown to be effective for people aged eight to 88, but seems to work best for those under 75 years old.

How could eSight eyewear help a person with low vision?

It depends on the individual – some people are able to read for the first time in decades, see faces of loved ones and feel more engaged with their surroundings. Others who work in an office environment say eSight eyewear lets them work just as effectively away from the low vision tools at their desk – the portability of eSight eyewear enables them to see presentations and interact with colleagues in meetings.

NUVISIONS WILL BE
CLOSED:

GOOD FRIDAY—APRIL 14



MEMORIAL DAY- MAY 29

JUNE 22

NUVISIONS CENTER ANNUAL PICNIC!!



It's hard to believe but it is time to talk about the annual picnic! This year we are hoping to have it in Huntingdon, but we will let you know the details, as time gets closer.

We are looking forward to warmer days and picnic goodies!

Spring

William Blake

**Sound the flute!
Now it's mute!
Bird's delight,**



**Day and night,
Nightingale,
In the dale,
Lark in sky,—
Merrily,
Merrily merrily, to welcome in the year.**

**Little boy,
Full of joy;
Little girl,
Sweet and small;
Cock does crow,
So do you;
Merry voice,
Infant noise;
Merrily, merrily, to welcome in the year.**

**Little lamb,
Here I am;
Come and lick
My white neck;
Let me pull
Your soft wool;
Let me kiss
Your soft face;
Merrily, merrily, to welcome in the year.**

