



United Way  
of Mifflin-Juniata



**SourceAmerica** 



658 Valley St.

P.L.R. SEC. 138

Lewistown, PA 17044

meeting needs of special populations  
658 Valley Street – Lewistown, PA  
17044

717-248-1111

877-741-7411



**APRIL – JUNE 2021**

## *the NuVisions Updater*

### **New beginnings!**

At the end of December NuVisions received word that we had been awarded a Redevelopment Assistance Capital Program grant.

The application process has taken a couple of years starting with our previous CEO Willa Adams and finally coming to fruition this December.

With this grant we will be renovating our current building to house our sewing operations and a few offices. The building we are purchasing, currently the Crider/Mitchell construction offices, will

house our janitorial operations, as well as window blinds and the Social Services departments. We will be able to hold our group meetings in our own building! We are excited about these new changes and are thankful to the lawmakers who heard our need and empowered us to keep reaching our community with the spaces we so needed! Thank you PA Senator Corman and PA Representative Hershey!

PA State Representative John Hershey released a statement December 28 as follows:

**HARRISBURG** – In the end of December, a \$1

million Redevelopment Assistance Capital Program (RACP) grant was awarded to NuVisions Center a nonprofit corporation based in Lewistown, Mifflin County, according to Sen. Jake Corman (R-34) and Rep. John Hershey (R-82).

The project involves the acquisition of an existing building within the area served by NuVisions to accommodate both manufacturing and office space. The project would be designed to allow for truck traffic access for delivery and shipping purposes as well as provide adequate parking for staff, clients and visitors.

“NuVisions Center plays a vital role in the community by improving the lives of people with vision, physical or mental impairments,” Corman said. “This is an excellent investment of state resources in a project that will positively impact the lives of many local residents.”





community education initiatives that create awareness about living with impairments,” Hershey said.

Rep. Hershey toured the existing center to learn about how NuVisions provides client services and employment opportunities.

“I want to do what I can to improve the quality of life for local residents. The services that NuVisions provides certainly benefit everyone, particularly through their

RACP funding can be used for acquisition and construction of regional economic, cultural, civic, recreational and historical improvement projects. These projects are authorized in the Redevelopment Assistance section of a Capital Budget Itemization Act to provide a regional or multi-jurisdictional impact.



## What the Robin Told

The Wind told  
the grasses,

And the grasses told the  
trees.

The Trees told the  
bushes,

And the bushes told the  
bees.

The bees told the Robin,  
And the robin sang out  
clear:

**WAKE UP! WAKE UP!  
SPRING IS HERE!**



## April

Dolores Fultz	12
Andrew Clark	27

## May

Joann Harlacher	1
Janet Zeiders	9
Eva Forgy	23

## June

Herman Swartzentruber	8
Michael Rupert	8
A Frank Leister	10
Michael Kesselring	11
Evelyn Wilde	11
Linda Coy	17
Lisa Palm	18
Gary Mowery	18
Marjorie Snook	30

**Diabetic Support  
Group:**

**MAY 13, 2021**

**AUGUST 5, 2021**

**NOVEMBER 11, 2021**

**Life Skills Group:**

**JUNE 10, 2021-  
ANNUAL PICNIC**

**SEPTEMBER 30,  
2021**

**DECEMBER 15,  
2021-HOLIDAY  
DINNER**

***Meetings will  
continue to be on  
Conference Calls  
until further notice.***

***It is still a great time  
to talk to each other  
and learn something  
new!***

***Details will go out  
before each meeting.***

***Go ahead! Call in!***





**Wow! We  
received a  
technology  
grant!**

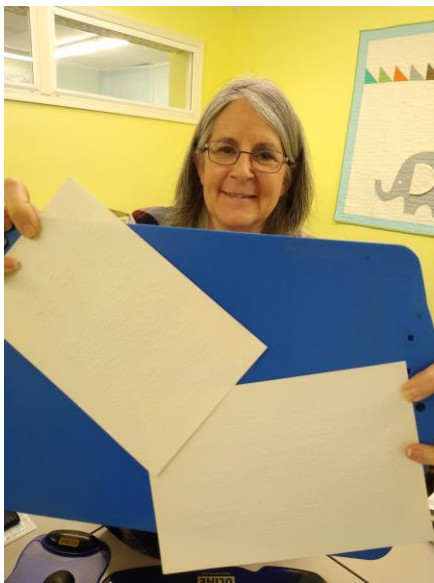
NuVisions Center is pleased to announce that we are a recipient of a 2020 Assistive Technology Grant! The Inspiration Foundation (a philanthropic division of Cleanlogic, a company offering quality bath and body accessories) created these grants to help nonprofit organizations purchase assistive technology equipment. The founder of Cleanlogic was inspired by his mom, who lost her sight when she was 7, but never let it stop her. Through her

hard work, she became a passionate advocate, helping other blind and visually impaired individuals gain employment. The Inspiration Foundation's Board believes that a successful job placement and retention depends on strong technology skills and that independent living skills are augmented by technology. The Inspiration Foundation Assistive Technology Grants are awarded to smaller nonprofits to help them keep their technology classrooms up to date. NuVisions Center has used our grant to purchase a Braille printer, which will allow us to send

*our newsletter and other information to our clients who read Braille. We are working to expand our programs for visually impaired and this item will help in that endeavor.*



**EVERYONE!**



Katye showing some of the Braille she was able to do.

Dates to Remember:

April 2 – Good Friday-  
Office closed

May 9-MOTHER'S DAY

May 31-Memorial Day-  
Office closed

June 10-annual picnic-??

June 20-FATHER'S DAY

# **GRILLED HAM 'n' CHEESE FRENCH TOAST SANDWICH**

4 slices whole wheat bread (1 ounce ea)

1 T. Dijon mustard

2 tsp. light mayo

2 slices lean ham

2 thin slices low-fat Cheddar cheese

1 egg (or ¼ cup cholesterol-free egg substitute)

2 T skim milk

1/8 tsp. freshly ground pepper

Nonstick cooking spray

*This sandwich is an interesting combination of traditional French toast and traditional grilled cheese sandwich. Using whole wheat bread makes it a high source of fiber.*

1. Place bread slices on cutting board. Combine mustard and mayonnaise; brush over two bread slices. Arrange 1 slice meat and 1 slice cheese on each of 2 bread slices. Top with remaining bread.

2. In shallow bowl or pie plate, whisk together egg, milk

and pepper. Dip sandwiches in egg mixture, turning once with egg lifter. Allow



sandwiches to remain in mixture until all liquid is absorbed.

3. Lightly coat medium skillet with nonstick cooking spray. Heat on medium-high. Place each sandwich in skillet; cook for 5 minutes or until browned on both sides and cheese melts.

Makes 2 servings (2 sandwiches)

Preparation time: 5 minutes

Cooking time: about 5 minutes

The following article is reprinted from the **Braille Monitor**.

I've included nearly all of the article below; it is excellent in describing the experiences of some Seniors as they experience vision loss.

**Of Eggshells and A Living Room Rug:  
Considering Informing the Senior Blind**  
by Lauren Merryfield

**From *the Braille Monitor*,  
July 2018 issue**

*Lauren Merryfield is a blind senior, and she shares encounters she has with other seniors who have lost or are in the process of losing their sight and how they and their families handled it. She tries to provide encouragement and hope along with a few tricks and techniques to those she meets and provides a senior's perspective of what*

*vision loss and age can team up to take from us.*

**In my intergenerational** journey in life, I spend as much time around people my age and older as I do with those much younger, including those young enough to lie in my arms. I don't know how often someone who is older will say to me, "I just don't see so good anymore." They not only say it to me, but they will often let others know too. Sometimes the person will rather quickly add, "But I'm not blind (or visually impaired) like you." Making a distinction seems to be quite important to them since they still identify as sighted.

Most people are not really informed enough to tell the person that yes, they can still do most if not all of what they were doing formerly. The person might

need to learn new ways to do things and that is okay. One lady I met on the train several years ago said her family asked her not to cook anymore because one day she accidentally got shells in the scrambled eggs. On another occasion she was informed that her floors were dirty, and she had a dirty living room rug because she couldn't see to guide her vacuum cleaner to get the dirt off. Believing that they would find her home in shambles, they did not come over to visit very often anymore. They assumed that the problem was blindness, when actually the issue was that the woman had not been trained to function well as a blind person because she was just in the process of losing her vision. Her family thought that things would be a mess from now on, not

allowing that she could learn to adjust to being blind.

So, rather than banding together to learn how Mom could learn alternative ways to continue cooking and cleaning, Grace's family humiliated her by no longer allowing her to do so. Their blanket statement was, "Mom, you're going blind. You can't expect to cook and clean anymore."

Almost afraid to ask, Grace nearly whispered, "Do you cook? Do you clean your own home?" I told her that as a senior I don't do much cooking now, and I have someone who comes in to clean; however, I did cook and clean for many years. I explained that I could feel the heat of the burner, I put pan handles to the side so they didn't stick out, I used recipes in Braille or from the computer, and I

labeled many items in Braille. I further explained that I picked up my place by hand before running the vacuum. I learned how to guide the vacuum so that I reached the entire floor area, not missing spots as she said she did now. She said, "Oh! You are so amazing." I explained that I was not a chef, just cooked on a level commensurate with most average cooks. I was not a trained housekeeper, so I probably did just an average job cleaning my place—nothing amazing. However, I did inform her that there are blind chefs and blind professional-level housekeepers out there.

Many negative experiences can be avoided when the person

going blind gets proper assistance.

One time I talked with an older man named Jeff. He used to drive his grandkids out in the country and into the woods where they could play. Sometimes they went down to the river to fish. When his vision started to deteriorate, his children were afraid their own children would get hurt. A tree could fall on them. They could fall in a hole. They'd get a fish hook caught in their hand. They'd slip into the river and drown. The main point was that Grandpa no longer had control of the situation; he could no longer supervise his own grandchildren. It never occurred to them that those kinds of things could

happen to the children while supervised by a fully-sighted person. They never considered that it would be important to let him find other ways to take care of what his eyes could no longer do.

We hear quite often about the dreaded day when the car keys are taken away from mom or dad because they can no longer see well enough to drive or their memory is failing them. They often keep the vision-related fears, worries, and pronouncements a secret to the rest of the family, their friends and neighbors, and their pastor if they have one. Some families hide their blind relative because they are ashamed.

On the other hand, some people who are going blind do not let their family and friends pull the rug out from under them. I met Pat, a spunky eighty-some-year-old in a class I took not long ago. She said that her family tried to short-change her life because of their fear. She said, "They made my blindness all about them, when it is my blindness, not theirs."

She had taken the bus to class. Though rather slow, she was learning Braille. Her kids had bought her a flip phone, but she went and bought herself an iPhone. Although she struggled and struggled with it at first, eventually she had it down. She figured out that the reason she struggled

so long was that in spite of herself, little fears kept creeping in about, “Can I really learn this? What if I can’t do this?” When she noticed that I was using an iPhone, she proudly said, “Oh! I have one, too! “Looky here. Mine is just like yours.”

I met Dr. Tom, as people called him, while waiting for a baseball game to begin. He had seen my husband and me and decided to come over to talk. He said he was a retired doctor, and at first his family tended to think his life was “pretty much over.” He said he had been an independent thinker and doer all his life, and that wasn’t stopping now.

Dr. Tom figured out how to use public

transportation; he began receiving talking books from the Library of Congress; he continued going to the gym, going out to movies, and he still d to fish. When he noticed that he was trying to look at something, he purposefully stopped himself, thinking, “Now how can I do that with my eyes closed?” Often he figured out an alternative on his own. He told me, “If you look for ways you can’t do something, then you can’t. If you look for ways that you can do something, you can.” He said he went by that kind of rule throughout his practice as a physician, and that wasn’t changing now.

Much depends on the circumstances around the

oncoming blindness such as other medical or health issues, level of pain, becoming easily flustered or being doggedly determined, the support systems around them or lack thereof, whether the person is alone with their blindness or if others are around in their lives.

Donna, a lady I met on the train, began talking to me because she had a sister, Jackie, whose marriage was in trouble because the husband, Don (still sighted) could not deal with his wife going blind. He said that, "The lights went out in her life, and she's not the same person I married." He resented driving her places, reading the mail to her, and describing shows on the TV that were not

audio-described. He felt like he was doing so much for her, but she wasn't doing anything in return. I asked him what his wife did to pass her time. He said she still knitted, read Braille books, fixed their meals, washed their clothes, and kept the furniture nice and clean, including making the bed. "She didn't do anything?" I asked incredulously. I reminded him that those things Jackie was still doing were ways she was contributing to her family.

There is also, now an epidemic of younger families alienating their parents and grandparents. Quite often, these older family members do not even know their grandchildren anymore. Dr. Joshua Coleman, an

expert in this psychological phenomenon, holds weekly webinars for parents and grandparents who have been shoved out of their younger family members' busy lives. In the past, grandma or grandpa would live with the younger family or switch back and forth between them, now expensive retirement centers are so full that there are waitlists to get in.

Then there are multiple disabilities that sometimes scramble our minds and bodies like the eggs with shells in them. Although we may know how to function well as a blind person, managing other disabilities can be difficult for us. As one who has dealt with multiple disabilities all my life, one

of the most difficult issues is not the disabilities, but the confusion around them. Many people assume that whatever bothersome thing happens is automatically blindness-related.

When I drop something on the floor, someone is likely to say, "I would drop things too if I couldn't see."

Blindness does not cause weakness, dizziness, low stamina, chronic infections, leg problems, heart problems, and so on. Though we may have learned how to function quite well as blind people, we may be less successful in managing other disabilities as they come into our lives due to the lack of appropriate information. That's when we need to use the

problem-solving skills and alternative techniques we already know to find new ways to continue our lives as multi-disabled blind people. This is still a work in progress for me.

**BOTTOM LINE:** This is not the time for others to abandon us because we don't measure up anymore. This is the time when we may actually need more companionship and support and a time when we might need more understanding, sympathy, empathy, kindness, and patience. Let us make sure those scrambled eggs have no sharp shells of unkindness in them. For we all matter. We are all equally valuable. The senior blind want to live the lives they want as

much as our younger members do.”





**We are hoping to  
host our annual  
picnic!!!**

**Kish Park-GREEN  
PAVILLION**

**June 17<sup>th</sup> \$3.00**

**PLEASE TRY TO GET  
YOUR OWN  
TRANSPORTATION;  
IT WILL BE SAFER.**

**IF YOU CAN NOT FIND  
TRANSPORTATION  
CALL US AS SOON AS  
POSSIBLE.**

**717-248-1111**

**It's  
Gardening  
Season  
again!**



Perhaps you can not see as you used to in the past, but maybe you can handle something smaller like planting a raised bed, or just some pots of Tomatoes or flowers on your porch to enjoy.

Some people have family or friends who can help them plant what they need or want; if this is available to you, try a Sensory Garden. A Sensory Garden would concentrate on all five of your senses, and if you're blind or visually impaired you would concentrate on 4 of the senses. That means that the Garden does not

have to be visually attractive. Even weeds don't need to bother you too much if they don't choke out the fragrant flowers.

**Smell:** Scented plants and flowers or even grasses, should definitely make it into your garden; when grass is mowed it smells wonderful.

**Sound:** Water features and birds are a real plus. A gentle trickling of water is a delight to listen to. Having flowers and plants that attract birds is a wonderful addition. blindness runs our lives. I answer that it wasn't blindness that dropped the item; my fingers let go of it. For me, as is the case with other blind people,

**Touch:** Try thorn less roses or you could include some prickly plants but mainly for protection from intruders

**Taste:** Edible landscaping is a big plus in your garden. Strawberries, Blueberry bushes, and fruit trees add another dimension to your sensory garden.

The Seed catalogues are out and you don't have to miss out on all of the fun!





## **MEET FARRAH**

NuVisions  
welcomes  
Farrah Lukens  
to our office!

She is our new Office Coordinator. Farrah is married, she and her husband Chris have 3 children:

17 year old Rylee (a Senior in High School)

14 year old Leland

2 year old Leo whom they adopted in November 2020!

### **SHE IS A BUSY MOM!**

Farrah grew up in Juniata County.

Household pets are: a dog named Bella and two cats Oreo and Puffball. 😊

Favorite food is anything with pasta!

Favorite ice cream is peanut butter.

When not busy with work she enjoys hanging out with her family, **shopping**, being outside, and working on various craft projects.

NuVisions is happy to welcome Farrah to our family!

Next time you call in give her a warm welcome!



CHECK OUT SOME PICTURES FROM AROUND THE NEW BUILDING.

