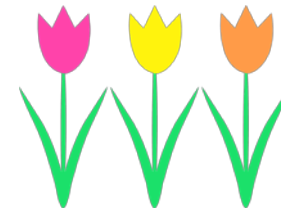




- meeting needs of special populations
658 Valley Street – Lewistown, PA 17044
717-248-1111 877-741-7411

the NuVisions Updater

APRIL - JUNE 2016 VOLUME 14



SPRINGING INTO ACTION WITH NUVISIONS!

Slowly but surely the grass is turning green, daffodils are blooming and the birds have returned to singing in their morning chorus.

We here at NuVisions are excitedly anticipating the warmer temperatures. This Spring brings a sad farewell to long-time driver Judy Metzger and the addition of our new driver Foster McClellan; Kate will discuss this



658 Valley St.
Lewistown, PA 17044

Free Matter for the Blind
P.L.R. SEC. 138

change in more detail in her article:
“From Kate’s Desk.”

In other news: plans are in the works for our annual picnic – this year at Greenwood Furnace. Please make plans to attend! This year it will be held on Thursday June 30th. As always, it is rain or shine and the cost is \$3.00. Hope to see you there! For those who would like to know more information, a flyer with more information will be coming in a month or two, but you can always call the office and talk to Colette or Kate.

Some of you are aware, but for those who do not know: Colette will be gone in early June, she will be gone from June 6-16. Annual Reviews and other home visits will be done, but maybe not as prompt as usual. We thank you for your patience in this matter.

It’s spring fever. That is what the name of it is. And when you’ve got it, you want — oh, you don’t quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so! ~Mark Twain



It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~Charles Dickens, *Great Expectations*



No matter how long the winter, spring is sure to follow. ~Proverb

SAY THANKS TO THE VET NEAR YOU!

FROM KATYE'S DESK:



We often think of Spring as a time for new beginnings, and so it is here at NuVisions this year. As Colette mentioned, we have a new driver, Foster McClellan. He is a Lewistown native, who has returned home after retiring from a teaching career in the Northern York School District. He taught history at the high school levels. He is a Civil War buff; so, if you have any family members who were involved in that conflict, please share the stories with Foster. I am certain you will like him as you have other drivers both current and past.

Colette mentioned that Judy has retired. She hopes to be able to do a little fill-in driving in the future. But until then, we wish her the best and will miss her terribly. It was great to have had her here the last eight years!

THE PICNIC is coming in June and I sincerely hope you all make an effort to attend. It is always a fun time as well as educational. (Remember to bring a sweater just in case the park is cooler than town.) Do you recall the story of the country mouse and the city mouse? Let's make those characters our theme and you can dress up as either a city gal or guy or a country gal or guy. If you can't dress up, at least put on a name tag or a funny hat saying which one you are! LET'S HAVE A GOOD TIME! And this brings me to an issue I would like to address. Colette is spending more and more time calling you to ask if you are coming to either the Diabetic Group or Life Skills group meetings. It is actually your responsibility to call us and let us know if you are coming and if you need transportation. Our meetings are on Thursdays – diabetic group the 2nd Thursday of the month and life skills the last Thursday. She sends you a postcard before each meeting – so please use that as a reminder to call. Setting the drivers' routes is becoming more and more difficult when we have to wait until the morning of the meeting to finalize it.

Well, that's all for now. Enjoy Spring – get out into the fresh air – watch the flowers bloom.



We have several customers who served our country with their service. One of those people is Eliud Gonzalez. He was recently sent a certificate from the the government honoring him for his service.

Eliud served in 1952 in the Korean War.

If you are a Veteran and have a story to share let us know! We would love to hear it. Your stories are interesting and we all appreciate what you have done for our country.

We would love to hear your story!!!

**Nuvisions Office
Will be closed
on:
Monday, May 30**



Memorial day

INTERESTED IN TAKING A SURVEY?

Alex Cohen a blind doctoral student in the marketing department at Drexel University in Philadelphia and is researching what involves creating a more inclusive shopping environment for the disabled community, and he has two new projects. They will be donating \$2.00 to a variety of different organizations benefiting the blind and vision impaired for each completed survey.

The first project examines the accessibility of sport team websites, and asks participants to visit the website of their favorite sport team then answer questions about this experience. The ultimate goal is to show that the blind and vision impaired are sport fans who are an underserved market which could increase if these websites were made to be more accessible.

The following is a link to this survey:

https://drexel.qualtrics.com/SE/?SID=SV_6Wf7ehxqweaLGm1

The second research study examines the shopping experiences of the blind and vision impaired, and asks specifically about negative experiences that may or may not be attributable to their disability. Participants will be asked to briefly describe a recent bad shopping experience and then answer a few questions based on this experience. The following link is to the official research announcement.

[Marketplace Experience Research Announcement](#)

The following is a link to this survey:

https://drexel.qualtrics.com/SE/?SID=SV_9SMKqFC3ZBKHNwV

YOUTUBE CHANNELS YOU MAY WANT TO CHECK OUT:

YESTERDAY'S WISHES

MOLLY BURK

THE BLIND FILM CRITIC

FASHIONEYESTA

BREAKINGBLIND

JDOGNASIAN

CHATTYCHELBY

(TO BE HONEST I WASN'T TOTALLY IMPRESSED BY JDOGNASIAN BUT YOU CAN MAKE YOUR OWN JUDGEMENT ON THAT

YOU-TUBING IT

I have been researching various topics lately for our life skills meetings; topics requested by you our customers. As I began searching for information on these various topics many times a YouTube site would come up. What an amazing resource YouTube can be?! I have found many people- "YouTubers" that have channels of their own and share a wealth of information to anyone interested in their particular bent. I have started subscribing to many of these YouTubers in the blind community. They share information on their story, their guide dog experiences, fashion and make-up tips for the visually impaired, tips on cooking, getting around town and self-advocacy. I have shared their channels with some of you and will be happy to include their channel- names here as well. These folks are independent , successful and they have lived with their visual impairment with amazing adaptability. If you have access to the internet go to YouTube and check them out!

BIRTHDAYS!

APRIL:

Patricia Pearce	4/7
Barry Hetrick	4/11
Thelma Lauver	4/16
Ronald Hesser	4/30

MAY: Joanne Harlacher 5/1

JUNE:

Frances Thompson	6/6
Kathryn Reiffanacht	6/6
Jessica Rhoades	6/7
Michael Rupert	6/8
Doris Stitt	6/9
Evelyn Wilde	6/11
Michael Woodring	6/11
Lois Jean Bishop	6/16
Lisa Palm	6/18
Lorma Moist	6/22
Margorie Snook	6/30



LIFE SKILLS
MEETINGS FOR 2016

April 28

May 26



JUNE THURSDAY- 30-Picnic

July 28

August 25

September 29

October 27

November **NO MEETING**

December 15 **Customer Dinner**

DIABETIC SUPPORT GROUP MEETINGS
FOR 2016

April 14

May 12

JUNE 9

JULY- NO MEETING

August 11

September 8

October 13

NOV-DECEMBER – NO MEETING





**DIABETIC
SUPPORT
GROUP**



**WE MEET ON
THE 2ND
THURSDAY OF
EVERY
MONTH!
CHECK US
OUT!**

SUMMER PICNIC

JUNE 30, 2016

GREENWOOD FURNACE

10:30 A.M.

TRANSPORTATION PROVIDED IF
NEEDED BUT YOU NEED TO CALL THE
OFFICE.

\$3.00 A PERSON

GUESTS ARE WELCOME, BUT IF YOU
ARE BRINGING THEM THEY MUST
PROVIDE YOUR TRANSPORTATION.

COME FOR A GREAT TIME IN THE SUN
(we hope)! ☺



Santa Fe Stuffed Peppers

Prep Time: 25 minutes Cook Time: 50 minutes

Yield: 8

A healthier version of stuffed peppers, filled with flavor!

Ingredients

- 3/4 lb. ground turkey breast
- 1 1/2 Tbsp. cumin
- 1 tsp kosher salt
- 1 can (28oz) Classico Crushed Tomatoes
- 1 can (15.25oz) black beans, rinsed and drained
- 1 can (15.25oz) sweet corn, drained
- 3 cup Jasmine Rice (cooked)
- 8 fresh Sweet Red peppers
- 1 cup reduced fat Colby Jack cheese
- 2 green onions, sliced



Instructions

1. Wash red peppers and slice the tops off each pepper. Remove the seeds. Stand each pepper up next to each other in a large baking dish (13x9).
2. In a large skillet, brown ground turkey until fully cooked. Drain. Return to skillet. Add cumin, salt, tomatoes, black bean and sweet corn. Simmer about 15 minutes.
3. Meanwhile, cook Jasmine rice according to package.

Add cooked rice to skillet, combining completely. Remove from heat. Fill each red pepper with turkey mixture. Cover dish with foil and bake in a 350 degree oven for about 40-45 minutes. Remove foil and top with cheese. Bake an additional 5 minutes, until cheese is melted. Remove from oven and sprinkle with green onion pieces. Serve and ENJOY!