



- meeting needs of special populations
658 Valley Street – Lewistown, PA 17044
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the NuVisions Updater

JANUARY-MARCH 2016 VOLUME 13



658 Valley St.
Lewistown, PA 17044

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



“Have a holly, jolly Christmas!”

Those words could be heard just outside the Burnham Lions club doors on December 9th as the the musical tones came from the fun and talented group inside: The Unusual Suspects; they led our group in many seasonal favorites throughout the mid-morning meeting. We were also pleased to have two representatives from the Mt. Nittany medical group in Reedsville share with us about the services that that facility now provides.

As our holiday tradition would have it, Kay Groff also reminded us of the Bethlehem story as she read to us from her braille bible. After all the fun of singing, jokes, Christmas carol trivia and meditation: a wonderful meal was served by the Burnham Lions club. A feast of: mashed potatoes, filling, corn, green beans, turkey, cranberry sauce, applesauce and a delicious cake were the scrumptious fare.

We heartily thank the: Burnham Lions, Wes Chicko and Jonathan Rose of Mt Nittany, the Unusual Suspects and all of you who attended for a lovely afternoon in celebration of this festive time of year!

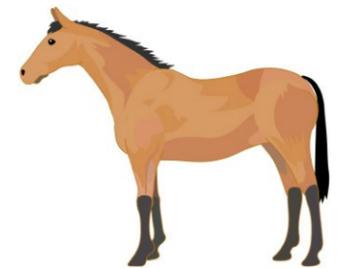


Stopping by Woods on a Snowy Evening

Robert Frost (1923)

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen
lake



The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



Singing to sounds of the season



From Katye's Desk



Welcome 2016! I hope everyone had an enjoyable holiday season: Thanksgiving, Christmas, Hanukkah, and New Year's.

We had a very nice Christmas Gathering at the Burnham Lions Building. "Unusual Suspects" entertained us with seasonal music and the Lions prepared a wonderful turkey dinner for everyone. Our speakers from the Mount Nittany Medical Group explained what services were available at the Reedsville office, (the remodeled Brown Elementary School) and what we can expect as they expand offerings to the community.

We need your Assistance! Colette and I enjoy doing something special for you at the holidays, but it may be time to change things up a bit. This year 16 clients attended the gathering with their guests compared to 32 clients in 2012. This is a 50% drop in attendance in four events. So, we are asking you to give us ideas of things you would enjoy during the holiday season. Now is a good time to come up with ideas while the season is

Kay Groff had microphone time!!!



Wes Chicko and Jonathan Rose speak to the group about Mt. Nittany Medical Group in Reedsville



fresh in your mind. Please give this some thought and contact either Colette or Kate. We really value your involvement.

You should have received your 2016 calendar from us. Please note that the dates for life skills and diabetic group meetings as well as days the agency is closed are highlighted for you. Please keep these dates in mind as you schedule your appointments. Also, anyone who wishes to attend the meetings should call in advance and let us know if they need transportation. Colette does a great job of scheduling speakers for the life skills meetings based on input from you and it would be great if more people attended. There is good information gained and a good time of fellowship too.

Let's have a wonderful 2016!

“Adapt and overcome’ is my new motto.” -Jack Osbourne. Let that be our motto for this year too.



**Jeff Yetter
and
Judy Metzger**

**Thanks to these two
road warriors who get
you to where you need
to go!**

IT IS A NEW YEAR!!!

We have enjoyed a great year of speakers for our life skills meetings and Diabetic support groups. We had many speakers from the Geisinger health system to educate our customers on many aspects of health from heart-health to diabetes education, wound care and caring for our feet. We also enjoyed speakers from: Deihl's florist, the Carnegie Library, and community agencies such as PRN and



Nittany Health system now in Reedsville. Not only that but we enjoyed a meeting with some of our own clients demonstrating some to the technology they like using and is effective for them with

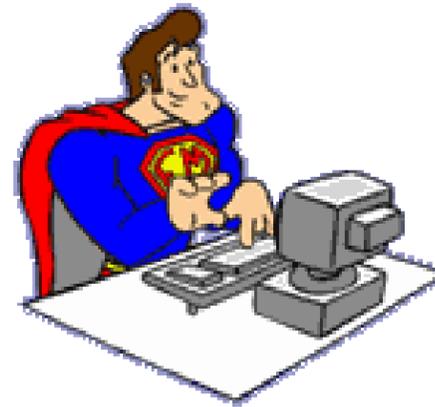


their vision impairment.

I have gathered some ideas from you for meetings in 2016 and I hope to be able to make those ideas into fruition. Thanks for attending! Thanks for your ideas!



Thanks all for a great year!



What's New?

Microsoft offers new service for the disabled computer user. Microsoft has a new program in which technicians fix computers for people with disabilities. It is a free program. The number for the service center is 1-800-936-5900. You will simply need to allow the technician remote access to the computer to fix your issues. No one comes to your house!

This information was sent to us last year and as more and more of our customers are accessing computers we thought it might be good information to hold on to.

NUVISIONS MARKS

Nuvisions continues to create awareness for White cane day!

October 15:

In **2013** Nuvisions marked the day in Mifflin County by standing on the old courthouse steps with several of our customers as they shared the importance of using the white cane. The County commissioners were also there to make the proclamation from the Governor's office.



In **2014** Kate took containers of the "white canes" to several of the area restaurants in Juniata County and patrons were welcome to take free pretzel as a reminder that the white cane user has the right of way in the street.



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This year we focused on two customers in Huntingdon County by featuring them in The Daily Log. Willa, our CEO wrote articles for other local newspapers. We continue to brainstorm for new ideas for the next years for this important day!



NuVisions Office
Will be closed on the
following days:

New Year's day January 1- Friday

President's day February 15 – Mon.

Good Friday March 25 - Friday



JANUARY

MELVIN ARNOLD	1
MARY HERSHEY	2
MARTHA COWAN	5
CHRISTINE SPEARING	9
SARAH DITTSWORTH	14
MARGARET KENEPP	19
SHERYL KREBS	22



FEBRUARY

HARLEY DEFAYETTE	5
BETTY AMMERMAN	7
GREG MILLER	19
DANNY BELL	28



MARCH

EMMA SNYDER	2
JAYME SULLIVAN	8
LUCAS LEITZEL	12
THELMA VAUGHN	26



AND
HAPPY NEW YEAR TO
ALL OF OUR
CUSTOMERS!

Finding Your Best Vision Care Pathway: Three Expert Tips

Finding Your Best Vision Care Pathway: Three Expert Tips



We know that you have lots of questions about your vision health. We also know that it can be overwhelming to try and become more educated about your eye disease, especially as your vision is declining. In this article I've reprinted from the London Vision Quest Dr. Proulx, an ophthalmologist at the Ivey Eye Institute, shared some very valuable insights about vision health that we want to share with you.

Three Vision Care Tips from Dr. Proulx

Tip #1: Ask Questions

Believe it or not, there are many times when you might visit your physician or health professional and actually know more than them about certain aspects of your health. In today's day and age of electronic access, it is much easier for patients to become educated about their diseases and the resources available to them. Don't feel embarrassed or shy to ask about things you've read or heard about!

Tip #2: Optometrists should be your "go-to" eye professional

As with many aspects in health care, navigating through the vision care system can be perplexing. First of all, there are numerous kinds of vision care practitioners – optometrists, ophthalmologists, opticians, orthoptists, and of course your family doctor and other physicians. Probably the two most

MEETINGS STILL BEING PLANNED

LIFE SKILLS MEETINGS FOR 2016

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

Here are the dates for the meetings:

January 28

February 25

March 31

April 28

May 26

JUNE THURSDAY- 30-Picnic

July 28

August 25

September 29

October 27

November **NO MEETING**

December 15

Customer Dinner



MEETINGS STILL BEING PLANNED
DIABETIC SUPPORT GROUP MEETINGS
FOR 2016

January 14

February 11

March 10

April 14

May 12

JUNE 9

JULY- NO MEETING

August 11

September 8

October 13

**NOV-DECEMBER – NO
MEETING**



You will encounter are your optometrist and your ophthalmologist. Optometrists are highly trained and skilled professionals with a doctoral degree in optometry, and are often the first line in recognizing eye disease given their important role in primary eye care. Although optometrists are often perceived as being mainly responsible for your primary eye care, such as prescribing glasses and screening for eye diseases, they actually are responsible for much more. They can monitor active eye disease (either independently or in conjunction with an ophthalmologist), they can actually initiate and maintain certain treatments for eye disease, and they work hand-in-hand with your ophthalmologist to coordinate various aspects of your eye care.

Ophthalmologists on the other hand are medical doctors with specialty training in ophthalmology, and their primary focus is in treating eye disease, either surgically (such as cataract surgery), or medically, such as with eye drops, laser, injections, and other interventions.

Optometrists should be your “go to” eye professional. They are highly skilled at identifying ocular disease, and can often initiate treatment for such disease or at least recognize the severity of the disease and refer promptly to an ophthalmologist.

Tip #3: Learn to Describe Changes in Your Vision

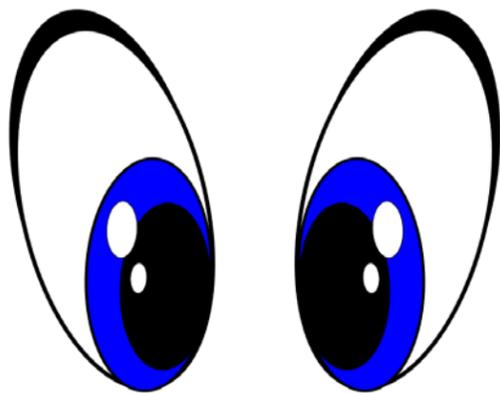
So what can you do when faced with a vision concern and are seeking the help of an eye care professional or another medical professional? The best thing you can do is learn to accurately describe what it is that is wrong with your eyes or your vision.

For instance, the most common vision complaint we hear is “I can’t see.” To an eye care professional, that is analogous to telling a mechanic that “your car doesn’t work.” Yet, we seem to be much better at describing a problem with our cars than we are with our eyes. Your vision care team’s ability to make a decision is only as good as the story you tell them, so it really is important to describe your vision concerns as best as possible. Some things you want to relay to them include:

- Did this problem present suddenly, or has it been slowly progressing?
- Is it affecting one or both eyes?
- Is it affecting your entire vision, or just part of it?
- Are there other symptoms associated with it, either eye related or not, even if they may not seem related?

In many cases, your history itself might let the examining professional determine exactly what is going on, or at the very least, help differentiate if your problem is serious or less acute.

Hope this helps as you think about your Best Vision Care Pathway.



PARTY PUNCH (LOW SUGAR)

PORTIONS: 13 SERVING SIZE: 4 FL OZ.

INGREDIENTS:

- **½ CUP LIQUID FRUIT PUNCH CONCENTRATE**
- **1 LITER DIET LEMON LIME SODA**
- **1 PINT SHERBET LEMON OR LIME FLAVOR**

PREPARATION:

- 1. PLACE SODA IN A PUNCH BOWL OR A LARGE MIXING BOWL**
- 2. ADD FRUIT PUNCH CONCENTRATE AND STIR.**
- 3. WITH AN ICE CREAM SCOOP ADD SHERBET.**
- 4. WHEN SHERBET STARTS TO MELT, STIR AND SERVE.**

