

Welcome to the Association of Visual Rehabilitation Therapists (AVRT) Newsletter

We are a professional organization primarily made up of Visual Rehabilitation Therapists across the nation. We have an annual conference where one can earn credits toward re-certification through ACVREP.

The 2019 conference will be in Jacksonville, Florida on December 5, 6, 7. More information can be found in the pages of this newsletter or at www.avrt.org.

**Pam Holloway, CVRT
Newsletter editor**



AVRT



Taylor Volchick, 2018 AVRT Stipend Winner, page 23

*Association of Vision
Rehabilitation Therapists*

Spring 2019 Edition *May 8, 2019*

Association of Vision Rehabilitation Therapists

Newsletter

Spring 2019

Visit our Website at www.avrt.org

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Editor's Note

Dear Fellow Rehab Professionals:

The winter is finally over and new life is all around us. I think of it as new beginnings. It is a time to promote our profession in the community. I had a booth at one health fair last month and will be going to another later this month. I enjoy finding persons who are losing their vision so I can teach them that life is only beginning with vision loss. It is so exciting to see their transformation. I have had the privilege to go to a consumer meeting and observe a past client. Many times they are helping and sharing their skills with other visually impaired individuals who are still in the process of learning blindness skills. This is what we call "community." It is so exciting!

Let all of us take advantage of these warmer months and spend time encouraging our clients to get involved in activities such as support and consumer groups!

Thanks to those who have submitted articles to this edition of the newsletter. Think about submitting for the summer newsletter. The main focus will be the conference but there is always room for articles from members. The deadline is July 15!

Don't forget to put the conference dates on your calendar. The dates are December 5, 6 and 7. I can't wait to see you in Jacksonville!

**Sincerely,
Pam Holloway, CVRT, Newsletter Editor**

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President's Message

"The Winds of Change"

I hope you are doing well. I also hope that by now spring weather is prevalent where you are and you are enjoying warm breezes that bring smells of freshly cut grass, food cooking on charcoal grills and flowers in bloom.

As I write this article, the winds are a brisk 40 miles per hour here today. It made me think of the winds of change. It is an interesting time in the field of vision rehabilitation. Many of the major national blindness organizations have had changes in leadership within the past few years. There are new strategic plans, new directives and directions, new branding and logos, and new people with a wide variety of backgrounds involved in the many aspects of providing services.

Just as the wind is a beneficial part of our environment, the winds of change can also be beneficial. In some cases, efforts are redirected so there is a more specific focus. This can lead to more intense and comprehensive efforts in a few clearly defined areas. In other cases, efforts are broadened to encompass a larger focus. This can result in expanding services, outreach, staff and resources to meet the numerous needs of people who are blind and visually impaired. As the winds blow in, we are in a time of transition and uncertainty as well as a time of excitement and possibilities.

Ok, I imagine you are saying, "Yes, but too much wind can be destructive." This is very true. Some people also feel this way about too much change. How can we protect ourselves and weather the storm?

I found the stark contrast between walking into the wind today and walking home with it literally pushing me from behind to be a good reminder of the pros and cons of the wind. Although fierce on some days, it is good to remember that a gentle wind can be very refreshing on a warm day. A wind can help push you along to get to where you are going quicker, and large amounts of wind can be converted into energy.

How does all this relate to change? How do you hang on? How do you prepare to stay upright and on course amidst change? How do you recover if you get off course or rebuild if you get blown over?

Stay strong and keep in mind that even the strongest winds subside. Look for ways to harness the power of the winds of change and recognize the benefits change can bring.

Speaking of change, one of the exciting new changes we plan to bring to our members is increased updates of information posted on our website. We want to offer valuable information and resources to continually enrich your professional development and connections. Watch your inbox for eblasts coming in July. Also, stay tuned for information on our Professional Development conference to be held in Jacksonville, FL, December 5-7.

I end with this quote from brainyquote.com.:

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

**Kind regards,
Jennifer Ottowitz, CVRT
President, AVRT**

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Every year we present two awards to professionals involved in AVRT. Please start thinking about coworkers that you might nominate for 2019. Below are the requirements for each award:

The Charlyn Allen Award

Charlyn Allen worked in the field of rehabilitation teaching for the state of Missouri for approximately 35 years. The last 10 years she was supervisor for the Missouri Bureau for the Blind. Mrs. Allen was president of MACRT, then MCHT, in the late 1950s; she then assumed a leadership role in all of MACRT's conferences as well as other groups relative to rehabilitation teaching of persons with visual impairment.

MACRT named this award in honor of Charlyn Allen, a remarkable woman who happened to be blind, who exemplified dedication and service to the rehabilitation of persons who are blind. This award is presented annually at our Training Conference awards lunch.

Criteria:

- A nominee shall be an ACVREP-certified vision rehabilitation therapist.
- A nominee should demonstrate outstanding professionalism and service to the field.
- A nominee shall be a member of AVRT.

Nominations for the Charlyn Allen Award should be sent to Pamela Holloway, CVRT, at Pholloway@okdrs.gov (deadline is November 5, 2019).

Alice Raftary Emerging Leader Award

This award was named in honor of Alice Raftary in recognition of her continuous mentoring and support of new professionals to the VRT profession, and her years of dedicated work both within the field and the organization. Alice was a true legend, a wonderful

mentor and an inspiration to many professionals. Her story can be found in the APH Hall of Fame.

Purpose:

The award shall be presented to an individual who demonstrates potential for exceptional leadership and is expected to provide a unique and lasting contribution to the field of Vision Rehabilitation Therapy.

Criteria:

- A nominee shall be an ACREVP-certified vision rehabilitation therapist.
- A nominee should have no more than three years of VRT direct professional service.
- A nominee should demonstrate outstanding professionalism and service to the field.
- A nominee shall be a member of AVRT.

Nominating Procedures:

- All nominations should include biographical information, education and training, employment, leadership qualities, contributions and achievements.
- A supervisor or professional mentor should submit the nomination.
- If possible, a copy of the nominee's curriculum vitae or resume should be included.
- The Awards Committee shall select the award recipient based on nominations provided.

Nominations must be submitted to the Awards Committee Chair. Nominations for the Alice Raftary award should be sent to Pamela Holloway, CVRT, at pholloway@okdrs.gov. The deadline is **November 5, 2019**.

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Association of Vision Rehabilitation Therapists

2019 Annual Training Conference

Scholarship Application

The Association of Vision Rehabilitation Therapists is pleased to announce the 2019 Scholarship. Students working towards a degree in vision rehabilitation therapy at a university program may apply for a \$500.00 scholarship. The scholarship will be presented at the 2019 Annual Training conference to be held in December 2019 in Jacksonville, Florida. Please note the deadline of August 15, 2019.

Name:

Address:

Home phone:

Work phone:

Cell phone:

E-mail address:

1. What school are you attending?

2. Degree sought:

3. How did you become aware of the scholarship?

School Administration

Website

Teacher

Friend

Other (specify)

4. AVRT member? Yes No

5. AER member? Yes No

6. List schools attended or special training programs in which you have been enrolled; include dates of attendance.

Do you have another degree?

B.A.:

Masters:

PhD:

Other:

7. Write a brief autobiographical sketch about yourself (approximately 200 to 300 words).

8. Describe how you became interested in working with persons who are blind or visually impaired (approximately 200 to 300 words).

9. Do you have other related experiences that you feel will help you in your work as a VRT? List any volunteer work or job experiences related to work as a VRT.

10. Describe your financial needs.

Previous or Current Grants:

Previous Awards:

Previous or Current Stipends:

Previous or Current Loans:

Vocational Rehabilitation Funds:

Other Scholarships:

***Additional pages may be attached, for questions 6-10, for complete responses to the questions.**

Applications for the scholarship must be postmarked or received electronically by August 15, 2019.

AVRT committee members will review all applications.

The scholarship recipient will be notified on or before September 15, 2019 and will be announced at the 2019 AVRT Training Conference.

Submit completed application with two (2) letters of reference to:

**The Scholarship Committee
C/o Dr. Linda Fugate
ADRS**

**2419 Gordon Smith Dr.
Mobile, AL 36617**

Or email to:

linda.fugate@rehab.alabama.gov

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Association of Vision Rehabilitation Therapists

2019 Annual Training Conference

Stipend Application

Assistance to Attend the 2019 AVRT Conference

Members, students or other professionals may apply for a stipend of \$250.00. This stipend applies to persons wishing to attend the Annual AVRT Conference for the FIRST TIME. The conference will be held December 5 – 7, 2019 in Jacksonville, Florida. Deadline for application is August 15, 2019.

NAME:

ADDRESS:

HOME PHONE: _____

WORK PHONE: _____

E-MAIL ADDRESS:

Tell us about yourself and your current situation.

Provide a brief description or explanation of your experience in the field of blindness. Include information outlining your current job activities.

Please explain how attending the AVRT conference will help you in your career in vision rehabilitation therapy or an associated profession and how this stipend will help.

Application must be postmarked or received electronically by August 15, 2019. The recipient will be notified on or before September 1, 2019.

Address application to:

**The Scholarship Committee
C/o Dr. Linda Fugate**

ADRS
2419 Gordon Smith Dr.
Mobile, AL 36617

Or email to:
linda.fugate@rehab.alabama.gov

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Association of Vision Rehabilitation Therapists

Grants

The Association of Vision Rehabilitation Therapists (AVRT) is pleased to offer the following three grants:

\$250 stipend to a first-time attendee to the 2019 AVRT Conference which will be held December 5 – 7, 2019 in Jacksonville, Florida.

\$300 stipend for someone obtaining their certification or recertification as a vision rehabilitation therapist from ACVREP. This stipend is awarded to someone who will obtain certification/recertification between the dates of September 1, 2019 and August 31, 2020.

\$500 scholarship to a student in a university training program studying to become a vision rehabilitation therapist.

Applications for the above are attached. The deadlines for submitting applications are as follows:

- Stipend for first-time conference attendee = August 15, 2019
- Stipend for certification/recertification = August 15, 2019
- Scholarship for university training program = August 15, 2019

Applications for the stipends and the scholarship must be postmarked or received electronically by August 15, 2019.

Please share this information with others. We are pleased to help support the efforts for continued professional development in the field. Please direct any questions to Dr. Linda Fugate, Scholarship Chair at: linda.fugate@rehab.alabama.gov.

Thank you, Dr. Linda Fugate, CVRT2019 Scholarship Chair
2019 AVRT Professional Development Conference

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The Excitement is Brewing!

2019 AVRT Professional Development Conference

We are excited to see our friends and colleagues at the 2019 AVRT Professional Development Conference! This year's conference will be held at the DoubleTree by Hilton Jacksonville Riverfront in Jacksonville, Florida on December 5-6-7, 2019.

The Call for Papers has been released and they are due in by mid-May. You can get the Call for Papers submission form on our website www.avrt.org. Additional information about the conference registration and agenda will be posted in May. We are taking a hard look at last year's evaluations and doing our very best to take all of your suggestions and implement them into the best conference ever!

**It's not too early to make your hotel reservations, you can do this by following this customized link:
https://secure3.hilton.com/en_US/dt/reservation/book.htm?inputModule=HOTEL&ctyhocn=JAXJRDT&spec_plan=CDTAVR&arrival=20191203&departure=20191208&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT. Reservations must be made before midnight on 11/4/2019. Room rates begin at \$129/night. Stay tuned for more details as they become available and if you are interested in getting CEU's for presenting get your Call for Papers submission in by May 10, 2019. CEU's are also available for attending or doing a poster session.**

For additional information or questions please contact the AVRT Conference Chair and Vice President Jane Thompson at jthompson@aph.org or call 502-899-2370.

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From ACB Blog Blindness & Beauty: How Visually Impaired Women Are Changing an Industry That Ignored Them
Submitted by Helen Hahn, CVRT

Christine Ha swirls her foundation on with a brush, feeling precisely where its bristles kiss her skin. She presses an eyelash curler <<https://www.allure.com/gallery/false-eyelashes-guide>> to her face, sensing its two pressure points on her cheekbone, and closes her eyes, trusting that her lashes are hovering between the hinges of its convex jaw. She clamps it shut. Next, she positions a mascara wand near her lashes, inching it closer until the gentle tension of its stiff bristles lifts the tiny hairs. Finally, she carefully traces the outline of her lips with a pencil and fills in the fleshy part with a creamy lipstick as one would smear on ChapStick. Ha is a chef (you may know her as a past MasterChef winner), she is an author, and she is blind. Despite having only 20 percent of her vision (she can see shades of darkness), she has always loved makeup and often does her own for TV appearances. But the beauty industry, which increasingly aims to cater to every creed and color, has largely ignored visually impaired people like Ha. This is bizarre when you consider that 36 million people worldwide are totally blind, and 217 million have moderate to severe visual impairment.

“People think just because blind women can’t see, they don’t care about what they look like,” says Sam Latif, who was diagnosed with low vision at five years old due to a condition called retinitis pigmentosa, eventually losing her sight completely in early adulthood. “They think that the visually impaired don’t spend money on beauty products or can’t apply makeup so they’re not relevant to this industry.”

Fortunately, that notion is being challenged from the inside by people like Latif — she is Procter & Gamble’s special consultant on inclusive design, a new role that helps ensure products are designed, packaged, and advertised to be inclusive for the 1.3

billion people worldwide who have a disability. Change is also coming thanks to the success of blind and visually impaired beauty bloggers, like YouTuber Molly Burke<<https://www.youtube.com/channel/UCwf9TcLyS5KDoLRLjke41Hg>>, who has 1.7 million subscribers, and Lucy Edwards<<https://www.youtube.com/channel/UChhMknOcAZOQXC1rh0ler-Q>>, CoverGirl's first blind beauty ambassador.

“When I first lost my eyesight, I was quite sad that I couldn't look in the mirror. Applying makeup is a way that I can control my appearance again,” says Edwards, who lost her sight at the age of 17 due to a rare genetic disorder. “But beauty means so much more to me. I love how the products make me feel when I apply them. I love the different smells, the different textures.” Now 22, Edwards taught herself to do makeup (eye shadow and all) with help from her sister and launched a YouTube channel. There she shares tutorials both simple (bronzer and brow tips) and extremely difficult, no matter how good your sight is (liquid liner with a perfect flick). “I don't know what Ariana Grande looks like or what texturizing spray really does... they popped up on the scene after I lost my sight.”

The visually impaired are used to putting extra thought into their routines — they count the number of strokes per cheek to ensure evenly blended blush or hold eye shadow brushes at the top so that they can more deftly guide them to the lid. Vlogger Burke and Life of a Blind Girl<<https://lifeofablindgirl.com/>> blogger Holly Tuke swear by sample-size mascaras for better control (it's easier to gauge angles and how close the wand is to the eye); My Blurred World<<https://myblurredworld.com/>> blogger Elin Williams uses clear mascara for lash definition without fear of blobs or smears. Maribel Ramirez, who teaches independent-living skills to blind women at the Braille Institute in California, tells students to refrigerate eyeliner, lipstick, and foundation so they can use its chilly temperature to better sense where they're applying it. “You

make adjustments, and it takes a lot of practice,” Tuke says, “but after a while, it becomes muscle memory.”

Placement can be mastered, but what about inspiration, the engine that drives so much of our beauty routines? “I lost my vision over 10 years ago, so everything I envision is stuck in that time period, including my face and hair,” says Ha. She avidly consumes beauty articles for product news, while others, like Williams, listen to makeup tutorials to hear fresh color-combination ideas. “I don’t know what Taylor Swift or Ariana Grande look like, and I don’t know what texturizing spray really does, because they all popped up on the scene after I lost my sight,” Ha says. “But I do remember what beachy waves are, so I can imagine something along those lines.”

Which brings up a larger point: Even within the vision-loss community, the experience of beauty is vastly different. Most of the beauty vloggers mentioned in this article lived part of their lives with sight, and some can still detect light. Burke can no longer distinguish between colors after a rare retinal disease damaged her vision, but she remembers them (purple is her favorite) and can still see certain high-contrast things like the way glitter catches the light. Women who were born without sight, meanwhile, must devise their own notions of beauty, based on what they feel when they touch their faces (and the faces of others) and what they are told or read about.

Navigating beauty products without the ability to visually spot them is another challenge. Many blind beauty devotees can identify products just by feeling the tube or tub. In a video with beauty vlogger giant James Charles<<https://www.allure.com/story/first-male-covergirl-james-charles>>, Burke identifies nearly every product in his makeup collection as she feels them, almost all down to the brand and many by exact product name. But products that are less distinctive require tactile markers — think Cellotape tags, elastic bands, or

homemade Braille labels. Still, what a pain. “I work full-time; I’ve got three kids under nine. The last thing I’ve got time to do is put markings on my beauty products,” Latif says. “I try to memorize them by touch.”

Inspired by her own struggles, she recently spearheaded a redesign <<https://www.allure.com/story/herbal-essences-launches-packaging-for-blind-and-vision-impaired-customers>> of Herbal Essences Bio:Renew shampoos and conditioners packaging to include tactile differentiators for the visually impaired. “I’ve used my husband’s hair gel thinking it was face wash. I’ve used a hair mask thinking it was a body lotion,” she says. “I’m sure I’ll carry on having those ‘whoops’ moments, but the more indicators there are that help me differentiate, the easier my life will be. Packaging can be made beautiful both for people who can see it and for people who can’t. It’s not beauty over accessibility: It’s beauty times accessibility equals good for society. And good for business.” (The U.S. Department of Labor estimates that Americans with disabilities have a combined \$175 billion in discretionary spending power.) Herbal Essences is not the only brand to see the value in this way of thinking. L’Occitane has featured Braille on nearly 80 percent of its products since 1997 (and has teamed up with Orbis International, a nonprofit that provides eye care to developing nations, raising millions of dollars to fight preventable blindness). Bioderma includes Braille on its boxed packaging. Bath and body brand CleanLogic incorporates Braille on many of its products, and founder Isaac Shapiro, whose mother was blind, has started a nonprofit, Inspiration Foundation, that helps provide adaptive technology for adults with vision loss. Farther afield, L’Oréal Brazil launched an audio makeup pilot program to teach blind women how to use Maybelline products (the brand is a L’Oréal subsidiary), and Shiseido has partnered with Google in Japan to create a prototype called Braille Nails — tech that allows blind women to “see” objects in their environment via a digitally coded press-on fingernail (it translates visuals into

sound). Smell can be a guide, too, says Williams, who favors Too Faced palettes for their distinctive, chocolaty scent.

"It's not beauty over accessibility: It's beauty times accessibility equals good for society. And good for business."

In a perfect world, all products, even lip pencils and primer tubes, would feature Braille labeling, but the space it requires on packaging can be problematic. Companies are looking at techy alternatives, including scannable codes that could link to audio-accessible shade and ingredient information. Still, the best decision any brand can make is simply to bring blind women into the conversation, whether that means employing them or featuring them in advertising, says Edwards: "CoverGirl is really doing something by involving me in its brand. It may take time, but it will make a difference."

Article Link: <https://www.allure.com/story/blind-women-beauty-industry-tactile-packaging-for-visually-impaired>

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2018 AVRT Financial Awards

Each year AVRT presents three financial awards. These are a \$250 stipend to attend the conference for the first time, a \$300 stipend to assist in obtaining or renewing certification as a CVRT, and a \$500 scholarship to a student pursuing a degree in vision rehabilitation.

So here are the 2018 winners:

Taylor Volchik was awarded the stipend to help her obtain her certification. In her application Taylor stated, “With this award I would have the chance to move forward in taking my certification exam to become a Certified Vision Rehabilitation Therapist and further my career opportunities with this.” She is now a certified vision rehabilitation therapist.

Meri Goldman was awarded the scholarship this year. She is a student at Western Michigan University. Meri is currently working as a vision rehabilitation assistant and says she has found her way to help others.

The stipend for the first-time attendee was not awarded this year. All the details and application are on our website: www.avrt.org please go and look and tell others in the field.

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Meet an AVRT Member...Kendra Farrow

By Susan M. Dalton, CVRT



You may have met Kendra Farrow at past AVRT Professional Development Conferences, but now you'll have a chance to get to know her better. She is currently working at the National Research and Training Center on Blindness and Low Vision at Mississippi State University leading several program evaluations, course development, and assisting with their vision specialist program. Here's how she arrived at this very interesting

job today.

Background:

When Kendra was young she knew that she wanted to help people. As an individual with a visual impairment, she was drawn toward the field of disabilities. She began college majoring in special education and then turned to social work to open up more employment possibilities. This is where she first learned about the field of rehabilitation teaching. Up to that point, she had met several rehabilitation teachers, but didn't understand their specific training and role in the field. Kendra states, "I was encouraged by the regional manager of the local VR office to attend Western Michigan. At first, I didn't think it was for me. After about 18 months of working with adults who had multiple disabilities, I decided to apply for the program. My vision was deteriorating and I felt unsafe continuing in the job I was doing."

After Western Michigan and several months at the Birmingham VA, she was offered a job in the area where she grew up. The vice president of the organization had been a social worker at that

same agency when she was a child, and he remembered her participating in the summer day camps. Most importantly, it was an opportunity to be closer to her family. For 14 years, she worked in Lancaster, PA, for the non-profit agency. There were many high points of helping individuals of all ages, planning and running group activities and classes.

Then, in 2014, Kendra accepted a job offer from the National Research and Training Center on Blindness and Low Vision at Mississippi State University. She says, “My new job placed me in a completely different perspective. Instead of having individual clients, I now turned my attention to helping professionals to learn about best practice, obtain continuing education, and find the most effective and efficient ways to provide services. Additionally I began to provide feedback on wording of survey questions, write newsletters and journal articles, and develop new training opportunities.”

Personal Accomplishments:

Kendra is especially proud of her first journal article called “Using a group Approach to Motivate Adults to Learn Braille.” She was uncertain at first of her writing capability since her previous jobs in direct service didn’t provide much experience in that area. Kendra states, “When I completed, submitted, and had this article accepted for publication, I felt that I had proven to myself that I could write.”

Personal Interests:

When not working, Kendra enjoys reading, spending time with her family and crocheting.

A Funny Story!

Kendra shares, “My coworker was telling me about several instances where he was staying in a hotel and another hotel guest came into his room. The front desk had mistakenly assigned someone else to his room. Well, I was thinking about this and my

husband had been traveling for several weeks. He had just returned and was staying with me at a hotel where I was attending a conference. In the middle of the night I woke up and felt a leg beside me in bed. My heart started racing and I was sure that a stranger was in the bed with me. It took me a minute, but it finally dawned on me that it was my husband. Fortunately, I hadn't woken him up yet, but it took me quite a while to calm down enough to go back to sleep!"

What Many People Don't Know About Kendra:

Kendra's family is Mennonite. While growing up, she was unaware of things outside her community -- such as being able to buy a cake mix in a box. She was used to obtaining vegetables from the family garden, harvesting, canning and freezing food. Because of these experiences, she still values cooking from scratch although she no longer attends a Mennonite church.

Her Advice to Others in the Vision Rehabilitation Field:

Kendra openly shares her feelings about working in our profession: "Make time to reflect on what you have done as a professional. If I had to do one thing differently, I would periodically schedule time to just sit still and mentally review what I have done. We can learn about ourselves, how we feel about our interactions with others, and what is going well, or what needs to be adjusted.

"When I had a chance to step back and mentally debrief, I found that I had been successful in ways I hadn't given myself credit for. My not reflecting led me to try to adjust and I ended up making things worse. My article mentioned above was the result of the reflecting. I hadn't reflected or planned a way to measure the outcome of my braille group.

"How can we know if we are making a difference in people's lives? We can ask them and we can mentally reflect about the experience. Either way, if we don't take time to do either, are we

really making a difference? It's kind of like the tree falling in the woods, if no one is there to hear it, does it make a sound? It is all theoretical unless we can somehow measure it. If we measure it, we can put that information into our documentation, write about it for newsletters, and maybe even write a journal article about it.

“Our jobs as vision rehabilitation therapists are busy. People are always calling us to ask about one thing or another. We feel like we will never see the end of our to-do lists. I used to always say that if I waited to go home until I finished my list, I would never go home. It feels good to be needed, but it also feels good to know that our documentation gives a clear picture of what we have accomplished. Quiet moments are precious and we should make space for them in our busy professional lives.”

What a wonderful message for us all!

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Announcements

New Book Announcement:

When You Can't Believe Your Eyes:
Vision Loss and Personal Recovery
Submitted by Hannah Fairbairn, CVRT

I have written this book as a resource for adults facing vision loss, their friends and families. It will be published this summer by Charles C. Thomas and will include two accessible versions. I hope that professionals will also find it useful and talk about it to their clients. The book was first projected in 2004, when I began teaching interpersonal skills at the Carroll Center for the Blind in Newton, Massachusetts. The experiences of my adult students—and my own experience of sight lost—convinced me that everyone losing vision needs access to good resources and information about the process of adjustment, as well as practical ways to use assertive speech. It has taken the generous assistance of my colleagues at the Carroll Center and many other experts, as well as more than a hundred interviews with adult students, to establish what was most important for people with sight loss and their friends to know. When You Can't Believe Your Eyes is concise, with twelve chapters arranged in five parts, which follow the phases of adjustment to vision loss. Each chapter contains many short sections and bullet-point lists, intended to facilitate access to the right information. Parts Three and Four focus on the use of assertive speech.

The book is intended for adults losing vision, including young adults leaving home and seniors who are ready to consider changes. A short book cannot cover all the ways people lose sight or deal with vision loss combined with other disabilities, and I

have stopped short of discussing college courses or job choices. My own expertise is in the areas of personal and household management and interpersonal skills. I have focused on practical, social, and personal tips to help people become as independent as possible.

The book begins at the doctor's office or the hospital. There are suggestions for questions to ask to get a clear diagnosis and the best treatment. Part One also has a description of legal blindness and possible prevention, advice about job retention, and tips for life at home. Part Two moves on to believing in yourself as you deal with denial, loss, anger, and fear before you come up for air and consider training. The importance of training is emphasized throughout. Parts Three and Four describe using assertive speech and action in all kinds of settings. Interpersonal skills groups at the Carroll Center for the Blind and a focus group of former students contributed comments and stories to help make encounters without good sight work well. Part Five gives information and resources for everything from dating, and caring for babies to senior living, volunteering, and retaining a job. The book is intended to assist anyone dealing with vision loss to become a whole person again—informed, independent, and in charge.

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National Braille Press is looking for Braille Proofreaders!

Continuing to expand the reach of our high-quality braille materials, National Braille Press is seeking to hire experienced braille proofreaders with a strong background in and evolving

knowledge of Braille Formats, UEB Literary and Technical, EBAE, Nemeth and tactile graphics. The ideal candidate would be willing to work out of our charming office in Boston's Fenway neighborhood. Competitive salary, comprehensive benefits and relocation assistance are offered.

If interested, please send a cover letter, resume, and brief writing sample to the Human Resources department at National Braille Press, hr@nbp.org. And please forward this to any individuals, groups, list-servs, etc. that might be interested!

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From the Editor's Kitchen

Light and Moist Sugar Free Pineapple Lush Cake!

Submitted by Debra Mendez

Ingredients

1 Pillsbury Sugar-Free Yellow Cake (prepared according to package directions in a 9×13 pan--you'll need eggs, oil, and water for the cake mix!)

1 (8 oz) container of Sugar-Free Cool Whip

1 (20 oz) can of crushed pineapple in juice (undrained)

1 (1.5 oz) box of Jell-O Sugar-free Instant Vanilla pudding mix (just the mix, do not make the pudding!)

Instructions

- 1. Bake the cake in a 9×13" cake pan according to package directions. Allow it to cool completely!!**
- 2. In a mixing bowl, stir together the dry pudding mix, Cool Whip, and pineapple. Mix it until it's thoroughly combined!**
- 3. Spread over the chilled cake (right in the pan!) and let it chill for at least an hour and enjoy!**

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Chicken Wings in BBQ Sauce

3 lbs. chicken wings (16 wings)

Salt and pepper to taste

1 1/2 C. BBQ sauce

1/4 C. honey

2 tsp prepared mustard

2 tsp Worcestershire

Tabasco sauce to taste

Rinse chicken and pat dry, cut off and discard wing tips. Cut wings to make two sections. Sprinkle with salt and pepper.

Place on broiling pan and broil 4 to 5 inches away from heat. Broil 10 minutes, turn and broil 10 more minutes. Put all ingredients in crock pot and cook on low 4 to 5 hours. High 2 to 2 1/2 hours.

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