



Metrolina Association for the Blind



Robert Scheffel
President & CEO
MAB

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Transportation Still Number One

I recently read an editorial letter sent to the daily newspaper in Pittsburgh, PA urging the transportation officials there to reconsider their decision to eliminate or change certain bus routes within the city. It seems that a number of people who are blind or visually impaired relied on these buses to get to and from work each day. For some, the proposed route changes would necessitate a 3:30 a.m. departure from their home to arrive at work on time; for others, selling their homes and relocating on a different bus line would be necessary for them to retain their jobs. Paratransit services offered no short-term or mid-term solutions because demands for their services already exceeded their ability to supply.

The folks in Pittsburgh are not alone. The lack of convenient and affordable transportation continues to be the number one problem confronting people in the Charlotte area who are blind or visually impaired as well. This same story is very likely repeated in many cities across America today. Blindness robs people of the ability to walk out to the driveway, get into their car and go where they want or need to go. The need to do this does not go away when blindness arrives - only the ability to do so.

Robert R. Scheffel



The North Carolina Library for the Blind and Physically Handicapped (NCLBPH) Offers New Online Ordering

The NCLBPH is a special public library that circulates books and magazines particularly made for persons who cannot use regular printed material because of a visual or physical disability. The library is located in Raleigh, but mails materials throughout the state.

The NCLBPH offers books and magazines. The same book and magazine titles found in any other public library are available for loan. Materials are available in large print, Braille, or audio formats. The audio materials are either cassette tapes or record discs. The library also loans specially designed cassette players and record players to patrons who request tape or record service.

The patron pays nothing for this service since the library materials are in special formats which qualify for FREE MATTER FOR THE BLIND mailing privileges. There are NO postal charges for sending our library materials through the mail.

The NCLBPH has recently begun offering online catalog ordering. Before you can begin to use this service, you must contact the library at 1-888-388-2460 to get set up. During this process, the librarian will provide you with a user name and a password which they will activate. Once activated, you can go to the NCLBPH home page. From the home page click on the [NCLBPH Online Catalog](#) link which will take you through the process. This process includes searching for books by author or book title. If searching by author, it will list the books they have available by that author. During the search, you get a brief synopsis of the book. The order form will also let you view requested books that are on backorder.

Call 1-888-388-2460 and then visit NCLBPH website and get started: <http://statelibrary.dcr.state.nc.us/lbph/lbph.htm>

Most information obtained from NCLBPH website.

Books on Tape Available in Spanish

Did you know that the Library for the Blind and Physically Handicapped (LBPH) has books on tape in Spanish? They have both fiction and non-fiction books—some are specifically Latino/Hispanic in nature, and some are popular American books (such as the *Da Vinci Code*). The Talking Book Topics catalog has a Spanish section located near the back of the catalog. The title and description of each book are given in both Spanish and in English. (There is also an option on the LBPH webpage to look for books in Spanish). If a library patron does not speak English, they can simply give their name and the RC number of the book when they call the library in Raleigh. They can also put on their library application that they only want books in Spanish, and then let the library send them any Spanish books that are available. When a patron receives a tape player from the LBPH, the instructions on cassette that come with the player are also explained in Spanish on side three of the tape (short instructions on side one tell the user in Spanish how to switch to side three).

Tips & Tricks



Sticking Jar Lid

Place a thick rubber band around the lid; The extra traction will make opening that sticky jar of jelly or molasses a breeze.

Laura E. Schmidt - COMS/CVRT

Quick fix for telling the difference between Shampoo & Conditioner

To tell the difference between shampoo and conditioner, place a rubber band around one to distinguish if from the other.

Maggie Edmunds - Social Work Supervisor

Brushing Teeth Dilemma

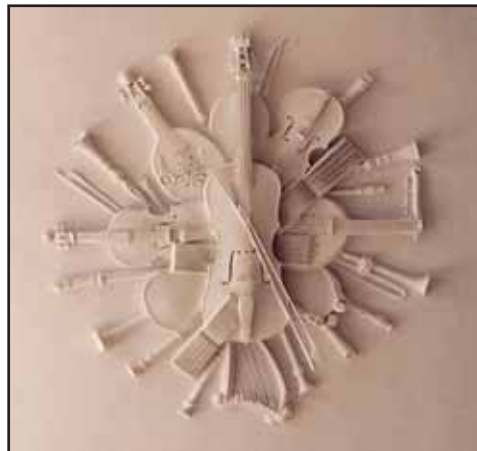
To avoid the mess that comes with applying toothpaste to the toothbrush, apply the paste to your finger and place in mouth, then brush your teeth!

Maggie Edmunds - Social Work Supervisor

Music to Our Ears

The Charlotte Philharmonic's by-laws state that 10% of the tickets for every concert will be offered free of charge to area organizations that work with at-risk youth, senior citizens, and physically or financially challenged neighbors. In 2006, the Charlotte Philharmonic Orchestra (CPO) provided Metrolina Association for the Blind (MAB) with 140 tickets **at no cost!** Clients, staff, family and friends enjoyed performances like Hello, Dolly!, Phantom of the Opera, and Big Band Blast!

"I really enjoy the type of music that they play; I know the history of Maestro Albert Moehring and his wife and thoroughly enjoy the music. Living on a set income as a senior citizen, I would not be able to attend the performances without CPO's donation. Their gift allows me to participate in a rare night out."
– MAB ticket recipient.



Maestro Albert Moehring says, "Even with a free ticket, there are still thousands of our neighbors who are not able to attend a live performance of the Charlotte Philharmonic Orchestra. Through public television, all residents of this area are able to enjoy Charlotte Philharmonic concerts and experience the joy of the performing arts."

If you'd like to hear more of the Charlotte Philharmonic you can look for one of their nine CD's: Timeless Moments, Home for the Holidays, Broadway Live, Unforgettable, American Salute, Somewhere in Time, Christmas Wonderland, Tenors in the Spotlight and Christmas Fantasy. They also have 6 television specials and DVD's available. For information about concerts call 704-543-5551 or visit www.charlottephilharmonic.org.

"It is a lot of fun to hear the excitement in a client's voice when they are offered free tickets to the orchestra. The value of being able to attend cultural events such as this is immeasurable. MAB employees occasionally take the opportunity to enjoy it as well," said Kelly Austin, MAB Administrative Assistant.

Thank you Charlotte Philharmonic for your beautiful gift; it is music to our ears!

Charlotte Philharmonic's next performance, Strings of Vienna, featuring violinist Mario Hossin, will be at CPCC's Dale Halton Theater at 8 pm on April 28th.

United Way Focus Area Grant Makes Purchase of New Clinic Testing Devices Possible

With the United Way Focus Area Grant, we were able to purchase some new clinic testing items. One of the new items, vertical and horizontal prism bars, will allow MAB's low vision optometrist, Dr. Elaine Osborne, to assess ocular muscle imbalance. Muscle balance is the ability of the eyes to work together. With these new items, this can be determined with and without input from the patient. This testing will allow for the inclusion of prism in the spectacle prescription to create a situation where the eyes work together optimally.

Another new item is an optokinetic nystagmus drum. This device makes use of the visual input to the brain and the subsequent eye movements created from viewing a moving target. This will be helpful in assessing non-verbal patients and patients with poor verbal abilities, such as those who are stroke victims. Dr. Osborne will be able to know if their eyes are functioning, even if they can't respond in traditional ways.

MAB is also purchasing ancillary cylindrical lenses for the phoropter. This will allow the doctor to assess and prescribe astigmatic corrections in large amounts, as can be the case when the patient has had either a corneal disease or significant corneal surgery.

COMPUTER CORNER

Did you know almost everything that you use the mouse for can be accomplished using your keyboard? Learning some of these simple keystroke commands can make the average user more efficient while working on the computer:

- **Window Key:** opens the start menu
- **Alt + F4:** exits out of current program
- **Holding down the ALT + tapping TAB:** cycles through your currently running programs. Letting go of the ALT key activates the chosen program
- **Alt:** takes you to the menu bar in any program, then the **arrow keys** can be used to move around these menus
- **ESC (escape):** gets you out of a message box or menu

You can learn more of these general commands by going to your computer's help file and looking for the Windows Keyboard Shortcuts Overview.



www.visionaware.org

This is a new, easy-to-use resource website dedicated to adults with vision loss, their family members and vision rehabilitation professionals. This site provides practical self-help information and links to a large variety of resources. It includes information on how to locate vision rehabilitation services and professionals, how to cope with the emotional impact of vision loss, how to make simple adaptations in the home for taking care of oneself, ideas for craft, leisure and recreational activities and many other self-help issues relating to personal vision loss. Please visit www.visionaware.org for more information.

Eating Healthy

Each newsletter will now feature a recipe with Diabetic exchanges. As we approach our last month of cold weather, warm up with this tasty casserole!

Tex Mex Fiesta Casserole

- 16 ounces ground 90% lean turkey or beef
- ½ teaspoon dried minced garlic
- ½ cup diced onion
- ½ cup diced green bell pepper
- ½ cup chunky salsa (mild, medium, or hot)
- 2 teaspoons chili seasoning
- 1 ¾ cups (one 15-ounce can) Hunt's Tomato Sauce
- ¼ cup Heinz Light Harvest Ketchup or any reduced sodium ketchup
- 1 cup frozen whole-kernel corn, thawed
- 2 cups hot cooked rice
- ¾ cup (3 ounces) shredded Kraft reduced-fat cheddar cheese

Preheat oven to 375 degrees. Spray an 8 by 8 inch baking dish with olive oil-flavored cooking spray. In a large skillet sprayed with olive oil-flavored cooking spray, brown meat, garlic, onion, and green pepper. Add salsa, chili seasoning, tomato sauce, and ketchup. Mix well to combine. Stir in corn, rice, and ¼ cup cheddar cheese. Pour mixture into prepared baking dish. Sprinkle remaining ½ cup cheddar cheese evenly over top. Bake for 20 minutes or until cheese melts. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

Hints:

- Thaw corn by placing in a colander and rinsing under hot water for one minute.
- 1 1/3 cups uncooked rice usually cooks to about 2 cups.

Each servings equals:

260 calories	8 gm Fat	20 gm Protein
27 gm Carbohydrate		
776 mg Sodium		139 mg Calcium
2 gm Fiber		

Diabetic Exchange:

2 ½ Meat	2 Vegetable	1 Starch
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Lund, JoAnna. *Fast, Cheap, and Easy*. New York: The Berkley Publishing Group, 1999.

Medications Delivered to Your Door

Persons with vision loss often have a difficult time managing medications and scheduling monthly rides to the pharmacy. Did you know that there is a service that will deliver your medications to your door, pre-packaged with each medication you take for each date and time of day? Arcadia Resources, a medical supply company, has this type of service available. The Arcadia Rx program packages medications in an individual cellophane wrapper for each date and time of day you take medications. The names of medications included, the doses, and the date and time of day the medications are to be taken is printed on the cellophane. Each package also describes what the medications look like and the print is bold and fairly large. Just open the package for the appropriate date and time of day and take the enclosed medications! This service is provided to assisted living facilities, independent living facilities, and to private consumers.

Why should you choose Arcadia Rx?

What's more convenient than having your medications delivered directly to your door? Stop waiting in line at the pharmacy or making regular trips to the store for refills.

Arcadia Rx provides a convenient, safe alternative for you to receive your medications and diabetic or respira-

tory supplies. As an Arcadia Rx customer you will receive personalized service for all your medication needs, including:

- Oral medications
- Over the counter drugs
- Topical medications

They also offer:

- Diabetic supplies
- Respiratory supplies
- Special medication packaging



In addition, you can count on the quality and safety of every order because:

- Arcadia Rx staff triple-check your order before shipping
- An Arcadia Rx pharmacist verifies your prescription with your physician

Contact Arcadia Resources, Inc:

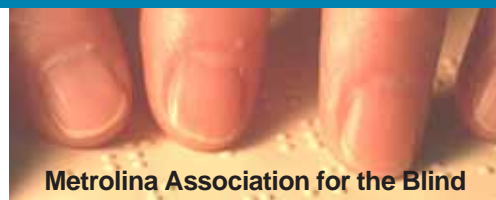
8 a.m. until 5 p.m. (central) Monday through Friday. Pharmacists are available to discuss individual medications, or assist in making changes to your order. 1-800-707-0120 or visit their website at www.arcadiareourcesinc.com

Our Mission:

To reduce or eliminate the daily living problems imposed upon people by blindness or severe vision impairment.



MAB Matters



Did You Know

You can subscribe to *MAB Matters* Quarterly Newsletter? It is available in four accessible formats: Print, Braille, Audio CD, and E-mail notification with a link to the newsletter on MAB's web site (PDF format). Contact Kelly Austin at (704) 887-5129 or kaustin@mabnc.org to sign up.

DVS and Accessible Films

The following films are playing now with audio descriptions available utilizing the DVS Theatrical System and can be viewed locally at the listed accessible theaters:

The Hills Have Eyes II - R

Teenage Mutant Ninja Turtles - PG

Breach - PG-13

Children of Men - R

Dead Silence - R

Ghost Rider - PG-13

I Think I Love My Wife - R

Reno 911: Miami from NY - R

Perfect Stranger - R



The Charlotte area is home to three MoPix equipped theatres where you can view feature films while listening to description with a headset:

AMC Carolina Pavilion 22, 9541 South Boulevard, Charlotte **704-643-1507**

AMC Concord Mills 24, 8421 Concord Mills Blvd., Concord **704-979-0197**

AMC Northlake 14 Theatres (2 auditoriums), 7325 Northlake Mall Drive, Charlotte **704-643-4262**

MAB Board of Directors

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Calendar of Events

Saturday, April 14

19th Annual Visually Impaired Putt Putt Tournament
Dan Nicholas Park, Salisbury NC
Check-in 8:30-9:30 AM
\$15 Registration includes transportation and lunch
Pick-up and drop off at: Marion Diehl, 2219 Tyvola Rd, Charlotte, 7AM - MAB, 704 Louise Ave., Charlotte, 7:30 AM

Contact: Karen Howard 704-336-2344

Karen.howard@mecklenburgcountync.gov

Saturday, April 21

MAB Braille Road Rallye - Volunteer Meeting
9:30-10:30 AM
704 Louise Ave. - Charlotte
Light Breakfast will be served.

RSVP: Kelly Austin - 704-887-5129

Friday, May 4

Meck. County Health Dept. Public Health Forum
Blueprints for a Healthy Community
8:30 AM – 1:30 PM

For information call 704-432-4249

Saturday, May 5

Foundation Fighting Blindness (FFB)
Quarterly Meeting, 10 AM – 12 PM
Registration 9:30 AM
Sharon Towers – Hunter Hall - 5100 Sharon Rd., Charlotte - Topic: To be announced

Contact: Chris Stetkiewicz 919-781-8014

Saturday, May 5

NC Council for the Blind -Quarterly Board Meeting,
1 PM -Burlington, NC

Contact: Ron Eller 828-726-0025

Wednesday, June 20

Special guest speaker: Tom Sullivan
Metrolina Association for the Blind Annual Dinner
Westin Center City - 5:15 PM Hors D'oeuvres & 6:15 PM Dinner - \$50 per person - Subsidy available, contact your Case Manager

Staff & Board RSVP to Kelly Austin at 704-887-5129

kaustin@mabnc.org

Saturday, June 30 – Saturday, July 7

American Council of the Blind (ACB)
National Convention - Minneapolis, MN
(800) 424-8666

Register online at www.acb.org

Recurring Events

VIP Travel Club, Mecklenburg Park & Rec.

\$15 Registration for each event - Pick-up and drop off at: Marion Diehl, 2219 Tyvola Rd, Charlotte, 9 AM, 4 PM - MAB, 704 Louise Ave., Charlotte, 9:30 AM, 3:30 PM
Contact: Karen Howard 704-336-2344

Karen.howard@mecklenburgcountync.gov

Wednesday, April 18: Daniel Stowe Botanical Garden

Friday, May 18: Dan Nicholas Park

Wednesday, June 20: McGill Rose Garden

National Federation of the Blind (NFB) Meeting

Eastern Hills Baptist Church, 1 PM
4855 Albemarle Rd., Charlotte - Bring \$5 for lunch
Third Saturday of each month: *Saturday, April, 21; Saturday, May 19; Saturday, June 16*
Contact: Muriel Brown 704-679-4140

Sunshine Club Weekly Meeting

Every Wednesday

Bethlehem Center, 2705 Baltimore Ave., Charlotte

Contact: Roger Bennett 704-334-2500

MAB on Self Defense

MAB invites you to attend our summer quarter educational/social event on self defense! Come and learn techniques to help you be a safe, smart traveler. Further details on this event will be included in a mailing.
Please contact Joy Boyer at (704) 887-5137 with any questions.

Everyone Has Something to Give

“Some people give time, some money, some their skills and connections, some literally give their life’s blood. But everyone has something to give.”
- Barbara Bush

Each year since 1996, Melissa and Charlotte Woolf, have hosted a Mother Daughter annual tea. It has grown to include 100 female friends and family members. Early on, the Woolf’s decided to use their event as a catalyst for giving.

In December 2006, Charlotte Woolf suggested that they ask their guests to consider making a donation to MAB. With the suggestions from MAB staff, they decided the donations would go towards two purchases: talking and Braille watches and part of the purchase price of a Closed Circuit Television (CCTV).

In the beginning, Charlotte and Melissa expected to raise several hundred dollars. It is a credit to our community that the simple invitation solicitation insert caused an outpouring of generosity from the tea guests, including those that were not able to attend but wanted to “send a little something.” Many individuals who donated had a story about someone that they know who is affected by visual impairment.

When all was said and done, the Woolf family raised over \$1,700 for MAB at their annual Mother Daughter tea. They purchased 20 talking and Braille watches for donation to clients who could not otherwise afford one. They helped purchase a CCTV for a young, single mother who needs it to read, pay bills, and help her children with homework.

The Woolf family and their guests have given the most important gift - the gift of independence. Thank you, Charlotte and Melissa, and everyone who has given of themselves to further the mission of MAB.

The Metrolina Association for the Blind



Phone: (704) 372-3870
Toll Free: (800) 926-5466
Fax: (704) 372-3872
Web: www.mabnc.org

704 Louise Ave.
Charlotte, NC 28204-2128

Low Vision Satellite Clinic
1318-AO Central Ave.
Phone: (704) 285-7490

A United Way agency since 1938, MAB provides critical rehabilitation programs benefiting 722 Charlotte area residents in 2005/2006 and more than 11,000 individuals monthly in all fifty states through its Braille, large print, and audio compact disc transcription services.

