



Illuminations

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Summer Camp 2011 Update

Thanks to support from the Southern Dames and Lions Clubs in Palm Beach County, including Belle Glade, Lake Worth and West Palm Beach, we have exceeded the half-way marker for our Summer Camp fundraising goal!

The Lighthouse for the Blind of the Palm Beaches is offering a Summer Camp for participants who are blind or visually impaired. The age range will be Kindergarten through 12th grade. The program will be held from July 18th through July 21st, 2011 at the Lighthouse in West Palm Beach from 9:00 a.m. to 2:00 p.m.

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SUMMER CAMP CONTINUED FROM PAGE 1

Four field trips will be scheduled for Fridays on July 22nd, July 29th, August 5th and August 12th.

Possible trips include: the Norton Museum, a mall scavenger hunt, as well as the Ft. Lauderdale Museum of Discovery and Science to include a Tri-Rail and bus ride. Field trip activities are subject to change.

A satisfied parent stated, "This was a great experience for our daughter. She learned so many new things!"

Lighthouse for the Blind
of the Palm Beaches

Summer Camp
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Space is limited and admittance is on a first come, first served basis. For additional information on all of the exciting activities planned for Summer Camp, go to our [Summer Camp Website](#).

We are continuing our efforts to raise funds in our northern counties, in hopes that we will be able to offer a second camp location in Stuart.



Want to sponsor our camp?

A \$500 sponsorship includes:

- ✚ The cost for one camper to participate in this program.
- ✚ Recognition in our annual report, newsletter and Facebook.
- ✚ Your business name on T-shirts worn by campers.
- ✚ A photo of the campers.
- ✚ A certificate of appreciation.
- ✚ Tax deduction.

The deadline to participate in a full \$500 sponsorship for 2011 is June 1st. We are grateful to accept donations in any amount and of course will continue to accept donations for future programming after this deadline.



Diane Salina, Amanda Cary and Genie Salzverg

Rehab 101

Do you have independent living skills questions? Our Vision Rehabilitation Therapists; Diane, Genie and Amanda are ready to provide answers. We encourage readers to submit questions by email, phone or mail. We will respond to your questions in our newsletter. Rehab101@lighthousepalmbeaches.org

Tech Tip – Cell Phones by Rachael Trinkowsky

There are so many different accessible cell phone options to choose from and we are often asked questions regarding which cell phones work best for someone with a visual impairment. Since the purchase of a cell phone is such a personal decision, it is great that there are so many different options available. How can you pick the right phone for you? There are phones that come with accessibility features built in, such as magnification, speech, and voice recognition.

Other phones require additional software, such as Talks, Mobile Speak, etc.

There are so many great websites for information on accessible cell phones. Since technology changes so often, here are some tips:

1. Talk to the Lighthouse staff and also to your friends in our community to find out which phones are popular.
2. Try before you buy! It is difficult to find someone in the local stores who are knowledgeable about product accessibility. My suggestion would be to call ahead before going to any cell phone stores to ask for someone who can help you with accessibility questions for their products.
3. Explore these websites for additional information:

[AFB Cell Phone Accessibility](#)

Open the link for Cell Phones and Related Products at: [VipConduit Items of Interest](#).

[Aisquared Cell Phone Survey](#)



Calendar of Events

Focus Group

Focus Group provides socialization opportunities, educational speakers and other activities. Meetings are on the 1st Friday of every month from 10:00 a.m. to 2:00 p.m.

Upcoming Focus Group Meetings:

5/6/2011 Vital Flight, Inc., a non-profit all Voluntary Pilot Organization.

6/3/2011 Speaker to be announced.

7/1/2011 Tomas Boiton, Transportation Consultant and Advocate.

Highlight from last quarter:

On 3/4/11, Joe Moyel, Financial Education Specialist, presented information about CredAbility, to Focus Group members. CredAbility has helped millions of Americans find sensible solutions to their personal financial challenges. They are committed to comprehensive counseling, taking the time to carefully assess finances, establish realistic goals, identify important resources and provide a written action plan.

Services include Budget and Credit Counseling, Debt Management

Plan, Housing Counseling, Bankruptcy Debtor Education, and Financial Education.

For more information: 800-251-2227
www.CredAbility.org



Gavel Club

Want to become a more effective communicator and listener? Toastmasters International is dedicated to making better communication a worldwide reality. Meets on the 2nd and 4th Tuesdays from 1:30 P.M. to 3:00 P.M. Please RSVP to Cathy-Alice Koyanagi via email at: Cakoyanagi@gmail.com or 321- 424-0721.

Meeting Dates for Gavel Club:

- April 12 and 26, 2011
- May 10 and 24, 2011
- June 14 and 28, 2011

Book Club

The Lighthouse has started a new book club.



Meetings will be on the 3rd Friday of the month from 12:00 p.m. to 1:30 p.m. The first meeting is scheduled for 5/20/2011. Please call the Lighthouse to register if you are interested in joining us.

For more information on events, please contact the Lighthouse.

Recipe Corner

Mary Allen (Director of Vision Services) and Anne Hatton (participant) were invited to speak to the members of FAFF (Fun and Friendly Fellowship) at the First United Methodist Church in Pahokee, FL. The meeting included a Pot-Luck luncheon. FAFF members shared delicious, home cooked meals. Mary Allen was presented with a copy of the church's family cookbook, titled "Meet Me at the Table".


One of the recipes from the potluck is featured below.

Basic Broccoli Salad

- 1 bunch broccoli
- 1 cup grated cheddar cheese
- 1 small red onion, chopped
- 8 slices bacon, cooked & crumbled

Dressing:

- ½ cup Miracle Whip
- 1 tablespoon red wine vinegar
- ¼ cup sugar

Chop broccoli into bite-size pieces.  Add remaining ingredients and dressing. Toss. Chill until ready to serve.

Enjoy!!

Volunteer Recognition



Pictured from left: Mina Boniface, Joe Moreno and Adrienne Metrick. Missing are Julia Schmidt and Connie Roth.

The Lighthouse had a surprise celebration during the 4/1/11 Focus Group to honor our dedicated volunteers and recognize them for the many hours they devote to the Lighthouse programs and participants.



On the Edge of Blindness

Written and Submitted by
Paget Ferrell

On the edge of blindness I stand,
Waiting for the touch of another's hand.
Our world today we touch the iPhone,
Our fingers touch the iPad and computer.
We rush to listen to our voice mail,
The human touch of a hand tells a tale.
Who is there when the shadows of my
day are blurring into the night?
The fear of the unknown lifts as the path
of light leads me.
Someone says to me, "What can you see?"
Shadows and waxy blur ahead of me,
I stand with cane in hand with a firm grip,
Careful, I am scared, but my pride
do not strip.
On the edge of blindness I stand,
Hearing the voice of a kind friend.
I do not fear the dark as I am never alone.
I live with the Light, love and touch of
the Master's hand.

Fishing Tournament Fundraiser

The 1st Annual Lighthouse Ladies KDW Fishing Tournament will be held on Saturday, June 4, 2011, presented by Stingray Fishing Outfitters. Please come and be part of the fun and support an amazing organization. We are in need of sponsors, donations for prizes, raffles & auction and Lady Anglers to sign up to fish! For more information about the tournament or to register, please check out the website.

www.lighthousefishing.com

***Thank you in advance for
your help and support!***



Some Things I've Learned

Written and Submitted by
Harold Kallan

In the Fall of 2005, when I could no longer read, drive or use my computer, I contacted the Lighthouse for the Blind of the Palm Beaches, which was then located on Dixie Highway. I scheduled a computer evaluation and met Rachael Trinkowsky in the computer room. Although I had used a computer for several years while I still had full vision, I realized that this was a whole new ballgame. Rachael's prescription was to start with learning how to touch type. For two days a week for the next month, I attended one-on-one training with Amanda Cary and Diane Salina. Amanda, very patiently, helped me learn the computer keyboard and the new technique of ten finger touch typing. Diane taught me independent living skills, including using my appliances, slicing food and using the telephone.

When I passed Amanda's typing test, I was promoted to the computer room, where Rachael took over the training. How, I wondered, could I learn to use a computer without seeing the monitor? So, I was taught to use a screen reading program that

reads information on the computer screen out loud, shortcut keys and other programs, which have allowed me to become a happy computer hacker. I also learned that, although my vision is not as good as it used to be, rather than losing anything, I have gained an improved ability to enjoy my surroundings with other heightened senses, hearing, touch, taste, and yes, smell.

It is indeed fortunate that the Lighthouse was able to renew its services to the community. It is also fortunate that the talented professionals are again teaching living skills effectively, with patience and dedication. Who says you can't teach an old dog...?



**Lighthouse for the Blind of
the Palm Beaches is Online!**

www.lighthousepalmbeaches.org

Facebook

[Lighthouse for the Blind of the Palm
Beaches](#)

Twitter

www.twitter.com/LighthousePB

The “**Florida a State of Vision**” license plate helps blind and visually impaired residents in our 5-county area. Lighthouse for the Blind of the Palm Beaches will receive \$25.00 for each tag purchased in Palm Beach, Martin, Indian River, St. Lucie and Okeechobee counties. Contact the tax collectors office in your area to get your own STATE OF VISION license plate or ask about purchasing it as a gift.

Lighthouse for the Blind of the Palm Beaches

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Illuminations is a publication from the Lighthouse for the Blind of the Palm Beaches. It is edited by Rachael Trinkowsky and Mary Allen.



Ink and Cell Phone Recycling Fundraiser

We are continuing to participate in an exciting program that will help us acquire FREE technology and/or money to support our programs and services! Through the FundingFactory Recycling Program we are recycling empty printer cartridges and used cell phones and earning funding for Lighthouse programs and services. The program is FREE and easy, but it won't work without your support.

Let's make this recycling program a huge success by working together to collect as many empty cartridges and used cell phones as we can. You can donate your cartridges and cell phones at the Lighthouse. Thank you!