

NO LIMITS



Newsletter for the Earle Baum Center of the Blind

From the Center

Greetings from the Earle Baum Center. The New Year began with a bang. We have started three classes: Nutrition and Cooking Class with an emphasis on Diabetes, Adjusting to Blindness, and Living with Vision Loss. The large groups of new students are wonderful and add additional dimensions to the EBC. Lots of one on one adaptive technology training, Orientation and Mobility and Rehabilitation Teaching taking place daily. The crafts classes, tactile art history class, sewing, exercise classes, drumming circle and tap dance class are ongoing activities. We are planning new classes and support groups throughout the greater community to add to the groups we already facilitate and sustain. The Board of Directors is looking at new and innovative ideas as well as facilities expansion. The EBC is filled with energy and excitement.

The EBC was recently selected to become a participating agency of the United Way. We now qualify for their funds from individuals and grants. If you donate to the United Way through payroll deductions, please designate the EBC as the recipient of your generosity.

In the fall, we plan our first major fundraising event. The EBC Dog-A-Thon will be similar to a walk-a-thon but people will bring their pet dogs, service dogs, stuffed dogs or imaginary dogs and will either find sponsors or pay an entry fee. We need volunteers to help plan or work the event, corporate sponsors and donations. Please call.

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We want to develop a speaker's bureau of individuals to present personal stories of sight loss as well as talk on behalf of the EBC to service clubs, companies, schools, etc. If you are interested in training to be a part of this group, please let us know.

To all guide dog handlers, Guide Dog Day at the Capitol is April 11, just before the CCB Convention. If you wish to join our group on our bus, we are gathering names. It is a great day with advocacy and fun as the goal. This year, loose dog attacks on guide dogs is the issue we want to share. We also plan on breaking bread with some of our elected officials in the park around the Capitol. For those of you who will stay for the convention, you can also travel on our bus.

Would you would like to have scheduled readers available at the EBC to help you read letters, bills or other documents? Do you want to be one of the readers on a scheduled basis? Call us to set up a schedule!

A couple of final notes. Please let us know if you want to develop or suggest any programs, groups or ideas for the EBC. If you are interested in knowing more about planned giving to the EBC, please call. And congratulations to Board Member Aerial Gilbert for earning the Bronze Medal at the World Rowing Championships in Seville Spain and for your new guide dog (and my guide Fontina's new friend) Hedda.

Allan Brenner, Executive Director

More Medical Tips from Beryl Brown, Retired Nurse

These questions are recommendations from the National Eye Institute.

It is suggested that you take a friend or a tape recorder to your appointment.

- **What is my diagnosis?**
- **What caused my condition?**
- **Can my condition be treated?**
- **How will this condition affect my vision now and in the future?**
- **Should I look for any particular symptoms and notify you if they occur?**
- **Should I make any lifestyle changes?**
- **What is the treatment for my condition?**
- **When will it start and how long will it last?**
- **What are the benefits of this treatment and how successful has it been?**
- **What are the risks and side effects?**
- **Are there foods, drugs, or activities that I should avoid?**
- **Are there any other treatments available?**
- **What kind of tests will I need and what do you expect to find from them?**
- **When will I know the results?**
- **Is there any special preparation for these tests?**

The Center of Attention

Wilma Burgess, native of Des Moines, Iowa, is a great person to get to know. "If the Center was not here, I would not know what to do with my time," said Wilma. She enjoys doing Braille and attending the Craft Class. Wilma said the staff are very special to her. I got the feeling that this is a second family to her, who give her a lot of company. Wilma is a dedicated volunteer at EBC, organizing tours to Reno and Hopland, as well as helping with numerous functions at EBC. When asked what she would like to tell others about our facility, she responded "Just come out and start taking classes and attending the fun stuff here, you will find there is a life after becoming visually impaired."

- by Bill Gillespie, Student

Visite el EBC

Le invitamos a visitar el Centro De Earle Baum Para Los Ciegos, ubicado al oeste de Santa Rosa por el Highway 12 en la calle Occidental. El Centro De Earle Baum es un centro regional comunitario no-lucrativo para servir a personas ciegas o con visión baja que vivan al norte de San Francisco. El Centro abrió sus puertas en Octubre 1, 1999 y ofrece instrucción en las áreas de:

- Habilidades Para El Uso En La Vida
- Cotidiana Orientación y Movilización
- Tecnología Adoptiva

Adicionalmente, actividades deportivas, recreación y oportunidades sociales son fomentadas en el centro. Un programa de bicicletas de doble asiento se ofrece para gente joven y también para los ancianos y un campo para jugar béisbol con sonido.

Le esperamos para servirle en Español.

We invite you to visit the Earle Baum Center of the Blind, located west of Santa Rosa, off Highway 12 on Occidental Road. The Earle Baum Center is a non-profit regional community center, that serves blind and visually impaired persons who live north of San Francisco. The center opened its doors on October 1, 1999 and offers instruction in the areas of :

- * Daily Living Skills
- * Orientation & Mobility
- * Adaptive Technology

Sports and recreational activities as well as social gatherings are encouraged at the EBC. We also offer tandem bicycle riding (for all ages) and beep baseball.

Cinco de Mayo at EBC

Monday May 5, 2003 11am to 3pm

Music, Food, Fun! Call for details!

Adelyn Richardson's, Art History

'Through Touch & Sound' Class, had painter Ken Rossi, who is blind, as a guest speaker. Ken had partial sight until he was 16. Now 38, he paints from his memories of nature and imagination. Sometimes he is inspired by stories such as the Hobbit. "As a kid I used to draw maps and weather scenes." After losing his sight from glaucoma, Ken went to the SRJC Living Skills classes where, with the help of his instructor, Katarina Martinico

(www.creativeartstudio.com), he experimented with various media, searching for something tactile enough for his use. He found that oil pastels worked best. "I feel the difference between the paper and the oily pastels."

When asked how he goes about actually painting, Ken explains: "I draw the outlines first and then fill them in." Asked "How do you know what colors you're using?" and "Do you have someone with you while you work?" Ken replies that he has help only in setting up his palette, the oil pastels put in a row of "rainbow order", arranged with purple on the left, then to the right a group of blues, greens, yellows, orange, and reds, with gray, brown and black to the far right. Ken uses textured black paper because people have told him that looks best. Asked if someone explains to him afterwards if he has achieved what he wanted, Ken says he has no expectations. However his painting turns out, "that's how it turns out". Ken has had no formal art courses (these require sight), and his teacher, Ms. Martinico, emphasized to him to get rid of the "internal judge", to just go ahead and paint. Ken summed it up: "I just enjoy it!"

A Tropical Adventure

A popular friendly Costa Rican expression, "Pura Vida" meaning Pure Life, sums up the feeling one gets when in Costa Rica. The people are easy going, warm and friendly. Life is vibrant with lush tropical forests (44 Percent of Costa Rica is still forested) warm ocean waters, amazing wildlife, erupting volcanoes, delicious tropical fruit and of course, a cup of hot, rich locally grown coffee. Everything is alive in Costa Rica.

With the Earle Baum Center being closed for a two week winter holiday, it was time to escape the cold weather and head to the tropics. I traveled to Costa Rica, where I met up with two travel partners and the adventure began. Some of the highlights were hiking in Primary Rainforest, horseback riding along the beach and through the jungles and swimming in the Pacific where we could hear the amazing sounds of whales communicating with one another.

Eventually, we took a bus to Panama where we visited the Panama Canal and hung out in a small Caribbean coastal town.

For more details on this exciting adventure, and travel tips, refer to our website under 'Denise's Tropical Adventure'.

Keith's Cooking Tips

TIP #1: If you keep your salad oil in the refrigerator it will get a little thicker, this will make easier to pour and to measure. Also do this over the sink if you can.

TIP #2 When reheating meat or cooking a dinner, it's better to turn the power down to half and cook it for twice as long. This will keep the meat moist and not turn it into a shoe. More tips in next Newsletter!

As a final reminder, our newsletter, automatically sent out in large print (unless alternative formats are requested), is posted on our web site and is available in Braille, tape and email.



We are proud to announce our affiliation with United Way of Sonoma, Lake and Mendocino Counties.

If you, or anyone you know, is interested in allocating funds to the Earle Baum Center through a Payroll Deduction Plan, contact the employer or United Way at 707-528-4483.

TECH NEWS

The EBC is excited to introduce their newest piece of assistive technology, the **Tiger Advantage Embosser**. This embosser not only converts text to Braille, but also can emboss graphics and maps. To see this device in action or to learn more about assistive technology including training opportunities, please contact the EBC.

Upcoming Events:

May 4, 2003 Cinco de Mayo—EBC Outreach booth at Finley Center, SR, 12-4pm

May 5, 2003 11am—3pm AT EBC Cinco de Mayo Party Everyone is welcome to join the festivities! Let's enjoy good food, music, and each other!

May 10, 2003 Human Race 2003

May 17, 2003 107th Rose Parade Festival The Earle Baum Center will enter a float as well as have a booth of information in Julliard Park after the parade.

October 11, 2003 Dog-A-Thon Fundraiser -Mark the date! Participate!



****NOTARY SERVICES AVAILABLE****

Contact information: www.earlebaum.org email: ebc@earlebaum.org

Tel: (707) 523-3222 Info line: (707) 636-2769 Fax: (707) 636-2768



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FREE MATTER
for the
BLIND

MISSION STATEMENT

The Earle Baum Center of the Blind was conceived and established by the blind to provide facilities and foster programs and opportunities in such areas as education, technology, rehabilitation, health and fitness and recreation to improve the personal, social and economic condition of the blind and vision impaired.