

From the Center

Holiday greetings from the Earle Baum Center of the Blind (EBC): we wish you peace, good health and happiness.

With this holiday season passes another productive, progressive year. Just over three short years ago, this evolved from a large field riddled with debris to a beautiful facility filled with terrific people and activities. In addition, we have been fortunate to receive ongoing community support; support that continues to fulfill the dreams of Earle Baum as well as hundreds of visually impaired participants. The spirit, dedication and energy of our clients, service providers and volunteers continue to inspire all who contribute and this has made the EBC very special.

I personally want to thank the staff and volunteers. I believe that a finer group cannot be found. Our teachers are skilled and loved, the volunteers are always available to pitch in and make a difference, and our Board of Directors provides us a vision that makes our future bright.

A special welcome to Cathy Lawson, the new Administrative Assistant, Scott Kies, an O&M Specialist and Mali Lopez, our Outreach and Development Associate. They all bring great skills, warmth and humor. Please stop by and say hello.

Saving some of the best kudos for last, we at the Earle Baum Center are so thankful for the many donors who have supported

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our efforts. These are not easy times for non-profit organizations and the generosity of so many keeps us moving forward. Our greatest objective in these challenging times is not in pulling back and reducing our reach, but in reaching out further and offering more to those with unmet needs. We believe in our mission and will not let it fade nor be compromised.

This is a traditional time of giving. And chances are good that if you are reading this, you are aware of the difference the EBC has made to so many people. So, thank you for your consideration. We welcome and value your support.

The final thing I want to mention is our Third Anniversary Celebration. We began with beep baseball on the athletic field, golf behind the quad, games in the rooms, technology demonstrations and snacks. That was followed by lots of food, conversation and laughter. After lunch, we dedicated the Michele Trail, in memory of Michele Kurn, with a ribbon cutting ceremony honoring her family. Michele's students were the first to walk the trail with her loved ones. All sighted visitors were offered a chance to walk the trail blindfolded with human guides, which proved quite powerful to many. The beautiful warm day concluded with music and a drumming circle. One could truly feel the pride and strong sense of community that day, not unlike most other days here at the EBC.

Allan Brenner, Executive Director

Classes and Activities

EBC Tours – The last Friday of the month at 11:00. Call for an appointment.

TGIF BBQ's – During warm weather. 1st and 3rd Friday, 11:00-1:00

Tap Dance Class – Beginning tap. Six Thursdays, 2:00-3:00

Drumming Group – Percussion and rhythm for everyone led by Patricia Hatfield.

Eight Wednesday's 9:15-10:15 **New class Nov. 13th.** \$40 Pay at 1st class.

Craft Class – Mondays 10:00 – 12:00 Beginning Oct. 28th

Fitness Class – Stretching, strengthening, aerobics.

Mondays and Thursdays, 11:00 to 1:00.

Reading Group – Bob Alpern reads books. 1st, 3rd and 5th Thursday, 11:00-1:00

Adjusting to Blindness Class – Designed for people who have recently experienced sight loss or have not dealt with their loss. Introduces information, techniques and equipment to continue living an active life. Twelve Wednesday's, 9:00-11:00

Living with Vision Loss Class – Developed to help people adjust to the emotions of losing their sight. Requires pre-approval. Twelve Wednesday's, 11:00-1:00

Technology Training – Learn adaptive techniques with computers, Note takers, magnifiers, and more at the EBC or at your home or workplace.

Braille Instruction – Integral to independence, Braille is used for much more than reading. Learn labeling of many items including foods, files, clothes and games.

Independent Living Skills Instruction – Learn adaptive skills for cooking, hygiene, financial management, shopping, cleaning, clothing color matching, more.

Nutrition and Cooking Class – Emphasizing Diabetes—Specifically focused on good nutrition and adaptive cooking techniques. Twelve weeks, TBA — Call for details.

Meetings and Support Groups

Thursday Thinkers – Everyone welcome to this drop-in, self-help and mentoring support and activities group. Thursday's, 9:00-11:00

Veteran's Administration Support Group – Facilitated by the VIST Coordinator, Margie Donovan, open to veterans. 2nd and 4th Thursday, 11:15-12:30

Family and Friends Support Group – Open to all whose loved ones are visually impaired. 2nd and 4th Thursday, 12:45-2:00

Blinded Veterans Association Meeting – 2nd Thursday, 12:30-1:30 **September – June.**

Petaluma Senior Center Support Group – For visually impaired adults 55 and over.

2nd Friday, 12:00-2:00

Sebastopol/Santa Rosa Macular Degeneration Support Group - Open to all with macular degeneration. 2nd Saturday, 1:00-2:00

Redwood Empire Chapter of California Council of the Blind Meeting – An affiliate of the American Council of the Blind focusing on advocacy and issues pertaining to the blind. 3rd Friday, 11:30-2:30

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CRAFT CLASS
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• **Pat Jefferson** has begun teaching our Crafts Class which started October 28th and
• continue on Mondays from 10:00 –12:00.
• The class is specifically geared to blind and visually impaired Seniors. Our goal is to
• have fun while learning to develop our tactile skills. We will be doing a variety of projects
• using leather, beads, mosaic tiles, wood and clay. There will be some fun holiday pro-
• jects and of course large quantities of laughter and joking! Call Pat for more details!

Scotts Corner..... **By Scott Kies, O & M Specialist and Exercise Leader**

For those who don't know, I spent a few years living in Alaska. For the next few months many Alaskans start worrying about "Cabin Fever." This is a malady that can even occur down here during the upcoming rainy season. All it means is that you have to make more of an effort to get out and get moving, whether moving for you means going for a walk or coming down to EBC for a class, etc. We have Exercise on Monday's and Thursday's from 11-1. The first hour is designated for aerobic exercise on a bike, treadmill or some other approach. The second hour will focus on stretching and resistance training.

So, get some exercise and enjoy the Holiday's with a little less guilt. As a neat lady once

Donations Keep us Going and Growing
We not only depend on monetary donations, we also have a wish list! We are in need of two office equipment items - the first being a new copy machine that has the ability to copy, collate, etc., and the second being a new fax machine. If these are items that fit into your generous spirit of the season, we would be most appreciative.

**CONGRATULATIONS to AERIEL GILBERT, EBC BOARD MEMBER
BRONZE MEDALIST in ROWING at the WORLD ROWING CHAMPIONSHIPS in SEVILLE, SPAIN!**

★ **Travels Near and Far...** We are fortunate to have amongst us Denise Vancil, ★
★ Instructor, Tap Dancer and World Traveler! Denise recently traveled to Spain to study ★
★ Flamenco dancing and experience the total Spain experience! She writes: "Being a ★
★ dance instructor and teaching tap dancing at the EBC I am continually drawn to rhythms ★
★ and music. This lead to my interest in Flamenco dance, which is a lively part of Spain's ★
★ culture. Soon after taking some Flamenco dance classes, my instructor announced that ★
★ she was leading a tour of dancers to Spain to study Flamenco with the famed gypsy ★
★ family, the Farucos, and to attend concert performances of some of the top Flamenco ★
★ artists." For the total article she wrote, please visit our web site, or stop by and pick up ★
★ a copy! She describes a fantastic journey! ★

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. Don't hesitate to call the office and ask to receive the newsletter any way you like it!

ANNUAL HOLIDAY PARTY

Come one, and have some fun,
Come all, and have a ball,
Bring a dish, and some cheer
Celebrate the holidays, and the New Year!

There will be tap dancers and drummers for your entertainment delight
Bring your songs and instruments so we can do it up right
Friends sharing laughter, food and fun is what it's all about
There will be a good time had by everyone, there is no doubt.

WHEN: Thursday December 12, 2002

WHERE: Earle Baum Center Rms 3 & 4

TIME: 11.00 a.m. to 3.00 p.m.

SCHEDULE OF FESTIVITIES

11:00 to 11:30 Arrival, sign guest list, add dish to pot/luck

11:30 to 12:30 Enjoy meal

12:30 to 1:00 Director's toast and short award presentation

1:00 to 3:00 Entertainment

If you would like to volunteer, or have questions about the holiday party, contact Denise Vancil (Party Coordinator).

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

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



**EARLE BAUM CENTER OF THE BLIND
4539 Occidental Road
Santa Rosa, CA 95401**

**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.