



## Newsletter for the Earle Baum Center

Serving the Blind and Visually Impaired

### Busy Summer Begins

The onset of the summer season has brought with it a plethora of activities here at the EBC. Attendance at the twice monthly barbecues is averaging almost 50. The garden club reports the first sighting of tomatoes, Tammy's fitness classes are kicking it up to a new level and Denise is actively seeking recruits for a new tap dance class. Our new activities group has developed a culinary bent with a visit to a goat cheese farm and a winery. Last month, the EBC hosted about three dozen visitors from ages 7 -12 with their counselors from Camp Luke. June culminated at the New College of California with a benefit concert for the by singer/songwriter Emily Kurn. Emily's mother, Michele Kurn, was the EBC's first Orientation and Mobility Instructor and is honored with a walking trail at the Center dedicated in her name.

There is a lot of summer left to go so make sure that you join us for at least one summer activity. Barbecues are scheduled for July 20, August 3 and August 17. It's not too late to get into swimsuit shape at the bi-weekly exercise class or sign up to join us at the Santa Rosa Downtown Market on July 25 or August 29.

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### New Outreach Program Created to Contact Area Seniors

As much as we would like the name Earle Baum Center to be on the lips of every resident of Northern California, we realize that many people in the region who are blind or visually impaired have never heard of the Center, let alone have any familiarity with the range of programs and services available to them.

To begin to close this gap, the Earle Baum Center, working closely with our Volunteer Program, is beginning an outreach program to expand our contact with area seniors. The EBC will be setting up an information table once each month at selected senior residences and activity centers to make personal contact with those qualified to receive services.

If you know of a local senior facility that would benefit from this program, contact the EBC office.

### Dogathon Date Change

This year's Walk for Independence/Dogathon has been moved to Saturday, October 6. Watch for the next newsletter for details.

## Resource Guide for Parents who are Blind or Partially Sighted

Through the Looking Glass and its National Resource Center for Parents with Disabilities announce the release of the first comprehensive resource guide for parents who are blind or partially sighted. "Hands-On Parenting: A Resource Guide for Parents who are Blind or Partially Sighted" provides a wide range of practical information, adaptations and resources for parents who are blind or partially sighted.

The Resource Guide was developed by Debbie Bacon, a blind mother of three adult children. Parents of a wide age-range of children describe their parenting experiences -- especially noting any barriers, strengths, adaptations or suggestions for other blind and partially sighted parents. The topics covered in the Resource Guide include such issues as: newborns, when your child is sick, feeding, toilet training, transportation, monitoring your child, child safety, toys and games, and working with professionals. Each chapter includes parent discussions as well as contact information for a wide variety of resources

The Guide is currently available in regular print, Large Print or a text version on CD-ROM. This Resource Guide can be ordered directly from Through the Looking Glass for \$40 (includes shipping and handling for orders within the U.S.). To order this Resource Guide or other publications, call 1-800-644-2666, or visit their web site: <http://www.lookingglass.org>.

## Care for a Newspaper with your Morning Cup of Coffee?

Anyone who cannot read printed newspapers due to blindness or a physical disability is eligible to receive NFB-NEWSLINE®. Many seniors have lost enough vision that reading the daily newspaper is no longer possible. Over 400 daily papers including four Spanish language papers are currently available in audio format. Every day, a subscriber can choose that day's, the previous day's, or the previous Sunday's issue of any newspaper in the service. The menu provided allows the user to change the speed and voice quality, spell out words, or search for a particular word or subject. Register by calling the National Federation of the Blind toll-free at 1 (866) 504-7300 to request an application.

## Receive E-mail Without an Internet Connection

HP has announced the release of Presto, a new service that allows the user to receive photos or messages from friends and family, without a computer or internet connection. Presto combines a printing mailbox with a phone service that downloads and prints e-mail messages, photos, recipes, news items, crosswords or whatever you choose from a list of senders that you select.

The printing mailbox costs about \$100 with the phone service running about \$10 per month. Details are available at [www.presto.com](http://www.presto.com) or by calling 866-428-0970.

## Living with ARM

Diagnosis of any medical condition can trigger a range of emotions including shock, denial, anger and sadness. A diagnosis of Age Related Macular Degeneration (ARM) often is accompanied by anguish and depression as vision is such an important part of our daily living. It is important to recognize when the sadness and frustration that one understandably experiences becomes more serious and requires medical attention. If you think you might be experiencing clinical depression, have your physician conduct a simple assessment. Medications are available that can greatly improve the quality of life for those who must cope with both a vision loss and depression.

## Are We Lion?

If you ever dreamed of going on a safari, but thought it will be impossible due to your disability, think again. Today, tours are specially designed to create an experience very much different in presentation to mainstream type tours. Endeavor Safaris has introduced the African Wildlife Experience to those with visual impairments. Using descriptive, explanation techniques, they paint visual pictures, enhancing any wildlife sighting experience. Where it is safe to do so, you may exit the vehicle, to touch, smell and or feel, anything of interest. Combined, these senses provide a far superior experience for an individual, than someone who is only relying on vision.

[http://www.endeavour-safaris.com/listings/visual\\_impairments\\_tours.jsp](http://www.endeavour-safaris.com/listings/visual_impairments_tours.jsp)

## Mom was Right

Individuals who have higher dietary intake of foods with omega-3 fatty acids and higher fish consumption have a reduced risk of advanced age-related macular degeneration (AMD), while those with higher serum levels of vitamin D may have a reduced risk of the early stages of the disease, according to two reports in the May issue of *Archives of Ophthalmology*.

## One Dish Creamy Chicken & Rice

### **INGREDIENTS:**

1 (6 ounce) box long grain rice mix with seasoning mix  
1-1/2 pounds boneless, skinless chicken thighs  
2 cups sliced carrots  
1 cup sliced mushrooms  
2 (10 ounce) cans cream of mushroom soup  
1/2 cup milk  
1/2 cup grated Parmesan cheese

Preheat oven to 350. Place rice in bottom of 13 x 9 glass baking dish. Top with seasoning mix. Place chicken evenly on rice and top with carrots and mushrooms. In medium bowl, combine soups and milk until well blended. Pour into pan and cover with foil. Bake for 60-65 minutes until chicken is cooked and rice is tender. Sprinkle with cheese and serve.

## Special Thanks

Our gratitude to North Bay Eye Associates for choosing the EBC to be the recipient of the over \$2000 in Human Race pledges that they collected.



EARLE BAUM CENTER  
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**MISSION STATEMENT**

To provide opportunities for people who are blind or visually impaired to improve and enrich their personal, social and economic lives.

**Book Signing**

Eugenie Peters, an EBC and Thursday Thinkers regular, will be holding a signing for her new book, Rendezvous with Hope, at Chancellor Place of Windsor on August 25 at 1 PM. Eugenie characterizes her biography as a story of overcoming obstacles, newfound freedom and fulfilling a destiny. Attendance is by reservation only. Call 495-6167 to R.S.V.P.

**Sonoma County Support Groups**

**Thursday Thinkers**  
**Topical Discussions. First Thursday each month, 9-11 AM.**  
**EBC.**

**Petaluma Senior Center**  
**Low Vision Support Group**  
**Special Program**  
**“Hearing Loss and You”**  
**Friday, July 27. 10:00-Noon.**  
**Lucchesi Senior Center**

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