



LAKE COUNTY  
FLORIDA

# the ELDER COUNCIL ledger

Elder Affairs

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## The Council FORUM



### VISION WALK for New Vision for Independence

New Vision for Independence (NVI) recognizes the difficulties encountered by those who are new to diminished vision.

Many of NVI's instructors are visually impaired or blind and have experienced the uncertainties that accompany vision loss. The staff at NVI is trained to teach the skills that will enable those who wish to return to a life of independence and confidence, and regain control of daily activities. Free instruction is offered to adult residents of Lake and Sumter counties.

On **October 13, 2007** New Vision for Independence is staging a WALK to raise funds. They are expecting 150-200 people to attend the WALK. Their goal is to raise \$25,000—\$30,000. NVI is seeking sponsorships to help reach their goal. Sponsorship levels and benefits are:

*Continued in next column....*

**\$2,000 Gold Sponsorship**—Corporate or group name on front of T-shirt; name listed in brochure, program and other advertisements; framed certificate of your contribution amount for your office. Display banner and table at the WALK.

**\$1,500 Silver Sponsorship**—Corporate or group name on back of T-shirt; name listed in brochure, program and other advertisements; framed certificate of your contribution for your office.

**\$1,000 Bronze Sponsorship**—Corporate or group name on back of T-shirt in smaller letters below Silver Sponsors; name listed in brochure, program or other advertisements; framed certificate of your contribution amount for your office.

**\$500 Donor**—Name advertised during the program at the WALK; name listed in newspaper as a contributor; framed certificate of your contribution amount for your office.

NVI offers services that were previously provided by the CITE agency. According to Florida State Division of Blind Services, there are over 12,500 blind or visually impaired residents in Lake and Sumter counties. The NVI mission is to aid those citizens in maintaining a life of independence. NVI is partially financed by the Division of Blind Services, United Way, Lake County Human Services, private donations and fund raisers.

NVI offers the following classes to Lake and Sumter county residents:

*Continued on page 2 column*



**DISCOVER ...  
THE POWER OF AWARENESS  
AND CHOICE  
at the 4th Annual Elder Symposium**

**FRIDAY, SEPTEMBER 7, 2007**

Location: Lake Receptions

Address: 4425 Hwy 19A, Mount Dora, FL

Time: 8:00 a.m.—2:00 p.m.

Cost: \$10 for Individuals, \$20 for Professionals  
(includes continental breakfast and lunch)

**Keynote Speaker: Jake Vest** – nationally syndicated cartoonist and retired columnist for *The Orlando Sentinel*.

Also featuring...

**Scams, Fraud and Identify Theft** - Detective Ron Broomes, Lake County Sheriff's Office

**Trusts, Wills, Probate and Medicaid Planning**  
- Eric Millhorn, Esq. and Rhonda Stellar

**FloridaGrand Driver** - Selma Sauls, Division of Highway Safety and Motor Vehicle

To Register: Please complete and Mail...

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Professionals: \$20.00 \_\_\_\_\_ # Attending \_\_\_\_\_

Individuals: \$10.00 \_\_\_\_\_ # Attending \_\_\_\_\_

Please make checks payable to: Lake County BCC  
Mail to: Allison Thall, Elder Affairs, P.O. Box 7800  
Tavares, FL 32778-7800

...Continued from page 1 column 2

**Independent Living Skills**

This twelve week course includes instruction in techniques that will enable students to dial a telephone, reconcile a check book, issue checks, identify money, travel, cook, manage medications and accomplish many more skills so important to daily living.

**Orientation and Mobility**

NVI's certified Mobility Specialist offers training that will enable the visually impaired to travel safely, efficiently and with dignity in their own home, in their community or around the world.

**Computers**

No previous training in computers is necessary to enroll in these classes. NVI's computer technicians have been trained in the operation of low vision and speech output programs that will enable a student to use the Internet, send and receive e-mail, write letters, etc. Computer programs include Zoom Text (a screen magnification program for those with some usable vision) and JAWS (for those without sight).

**Braille**

Our trained Braille instructor offers an alternative to looking up a telephone number, reading a favorite recipe and reading books and magazines. Call to discuss these individualized classes.

**Family Workshops**

Family Workshops offer information, visual simulations and experiential activities for students, their family members and friends.

Other classes offered include advanced cooking, Window Eyes, Quicken, Open Book and typing.

For more information on NVI programs or to register for a class please call:

**352.435.5040.**



## DISABILITY ETIQUETTE

(Excerpted from a publication of United Spinal Association)

### Tips on Interacting with People with Disabilities

*This is the fifth and final installment of a 5-part series on how to practice disability etiquette.*

#### Cognitive Disabilities

**Mental Retardation**—People with mental retardation (sometimes referred to as developmental disability) learn slowly. They have a hard time using what they have learned and applying it from one setting or situation to another.

- Speak to the person in clear sentences, using simple words and concrete - rather than abstract- concepts. Help her understand a complex idea by breaking it down into smaller parts.
- Don't use baby talk or talk down to people who have mental retardation. Gauge the pace, complexity, and vocabulary of your speech according to hers.
- Remember that the person is an adult and, unless you are informed otherwise, can make her own decisions.
- It can be difficult for people with mental retardation to make quick decisions. Be patient and allow the person to take her time.

**Learning Disabilities**—Learning disabilities are lifelong disorders that interfere with a person's ability to receive, express or process information. Although they have certain limitations, most people with learning disabilities have average or above-average intelligence. You may not realize that the person has a learning disability because he functions so well. Or you may be confused about why such a high-functioning person has problems in one aspect of his work.

- People with dyslexia or other reading disabilities have trouble reading written information. Give them verbal explanations and allow extra time for reading.

*Continued on page 4 column 1*

#### Answers to the July BrainAEROBICS

1. 11 players in a football (soccer) team
2. 12 months in a year
3. 13 is unlucky for some
4. 8 tentacles on an octopus
5. 29 days in February in a leap year
6. 27 books in the new testament
7. 365 days in a year
8. 13 loaves in a bakers dozen
9. 52 weeks in a year
10. 9 lives of a cat
11. 60 minutes in an hour
12. 23 pairs of chromosomes in the human body
13. 64 squares on a chess board
14. 9 provinces in South Africa
15. 6 balls to an over in cricket
16. 1000 years in a millennium
17. 15 men on a dead man's chest

*LIFE IS A JOURNEY. ROLL DOWN THE WINDOW AND ENJOY THE BREEZE*

1. Boxing
2. Niagara Falls (The rim is worn down about 2 1/2 feet each year because of the millions of gallons of water that rush over it every minute)
3. Asparagus and rhubarb
4. Strawberry
5. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe they are snipped off at the stems)
6. Dwarf, dwell and dwindle
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parentheses, braces, and ellipses
8. Lettuce
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

Answers to Quiz

**Disability Etiquette***Continued from page 3*

- Ask the person how you can best relay information. Be direct in your communication. A person with a learning disability may have trouble grasping subtleties.
- It may be easier for the person to function in a quiet environment without distractions, such as a radio playing, people moving around or loudly patterned curtains.
- Don't be surprised if you tell someone very simple instructions and he requests that you write them down. Because spoken information gets "scrambled" as he listens, a person who has a learning disability such as auditory processing disorder may need information demonstrated or in writing.

**Traumatic (or Acquired Brain Injury)** - People with traumatic brain injury have had damage to the brain usually as the result of trauma, such as an accident or stroke.

- Some of the factors that affect persons with learning disabilities also apply to persons with traumatic brain injury. People with brain injury may have a loss of muscle control or mobility that is not obvious. For example, a person may not be able to sign her name, even though she can move her hand.
- A person with a brain injury may be unable to follow directions due to poor short-term memory or poor directional orientation. She may ask to be accompanied, or she may use a guide dog for orientation, although she does not appear to be mobility impaired.
- If you are not sure that the person understands you, ask if she would like you to write down what you were saying.
- The person may have trouble concentrating or organizing her thoughts, especially in an over stimulating environment, like a crowded movie theater or transportation terminal. Be patient. You might suggest going somewhere with fewer distractions.

**A Final Word**

People with disabilities are individuals with families, jobs, hobbies, likes and dislikes, and problems and joys. While the disability is an integral part of who they are, it alone does not define them. Don't make them into disability heroes or victims. Treat them as individuals.

**It's Time For...****BrainAEROBICS**

This is a quiz for people who know everything. These are not trick questions. They are straight questions with straight answers. Answers can be found on page 3 column 2. Good Luck.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backwards?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S'.