

## Western Kansas Low Vision

### Newsletter

May 2010

Hello everyone, spring is here and I am rejoicing in the new grass and plants. I love this season, with the warmer days and cool nights. I pray this finds all of you in good health.

2010 has started off with a whirl of activity. In February I spoke at the SKAVI meeting in Dodge City. I had a great time and truly enjoyed my time with the group! They are very nice people and a great resource for any individual with a visual impairment. I look forward to speaking again with them and encourage anyone in the Dodge City area to join them for a meeting.

On April 24, 2010, I was invited to attend a Vision Awareness meeting at Envision in Wichita Kansas. Freedom Scientific, Nano Pac, Seeing Eye Dog, and Envision were present to show various products available to individuals with a visual disability. I truly enjoyed my time there and learned a lot regarding the Freedom Scientific devices available. Freedom Scientific is a company that develops equipment for the visually impaired, hearing impaired, and the blind. They have always been my favorite company for ease of use of their devices, and I was pleased to be able to see their devices in use. The Seeing Eye Dog company was enlightening. I have not had the need to find a dog for any patients as of yet. When the need arises, I now have some information and a better understanding how these

animals are bred and trained. If anyone would like more information about this, please let me know. I will be glad to assist anyway I can.

Also on April 29<sup>th</sup>, I had a booth at the Dodge Center Senior Boomer Expo. It was a great day! I enjoy being out in the community and being able to have contact with so many of you.

Our support group is still meeting on one Thursday afternoon, every month at the Senior Center of Finney County. The meetings are part of the "International MD Support" web-support group. Each month covers a different topic, and is broadcast via the internet. We meet at 3 o'clock p.m. and enjoy refreshments and the support of other individuals with visual impairments. Everyone is welcome at the support group. Our next meeting is Thursday, May 13, 2010. The topic will be "Understanding Genetics." Please see the group schedule at the end of this newsletter. If you or someone you know has low vision, feel free to join us. If you have any questions, feel free to contact me at 620-275-7248.

I have some sad news this month; The Kansas School for the Blind has officially closed. I hope and pray that our state can figure out some way to replace this program, as it was an asset to many.

As with the last newsletter in January, I will share with you additional easy tips I have found to help make life a little easier after vision loss.

## Get Organized:

- Organize your belongings into predictable groups, and when you use something make sure and return it to the place it belongs. By doing this, things will be easier to find, you can avoid accidents by decreasing clutter that can get in your way, and life will be less stressful.
- In the kitchen, move more frequently used appliances and supplies to easier reachable cabinets.
- Arrange spices and canned food items alphabetically. This can decrease the need for labeling items.
- Keep tables clear of clutter.
- If you drop something, try to pick it up right then. You may not remember to do it later.

I hope this helps all of you. I look forward to seeing you in the future. If you need any assistance, feel free to contact me.

Thank You,

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