

ENSIGHT

Skills Center, Inc.

for visual rehabilitation



November 2011

Well folks, with our first snowfall come and gone I think it is safe to say that summer has left us. Don't fret though, Autumn is sure to be an exciting time for our communities. However, with the upcoming (and sometimes dreaded) season of winter this newsletter features useful tips for our clients, friends, and family to keep everyone safe during the winter. Also included are some fun activities for all to enjoy. If there is any activities that you would like to share with us for December please contact Melody melody@ensightskills.org and we would love to include it in the December newsletter.

[Ensignt annual FUNDRAISER, Sit 4 Sight](#) is set to take place on Saturday, November 12th from 11-3pm at the Lincoln Center in Fort Collins. We would love for all of our readers to come join us for a fun day and help us to have a successful

fundraiser. We are fortunate to have and amazing line up of entertainment this year with Gil Moon, host of the Senior Circle and Golden Years Theater from [KFKA 1310](#), as our MC. We also have a local improv group, magician, The Funke Trio band and Kenny Norton for musical talent. Did I mention that there are prizes? We will be giving away a \$500 and \$250 CASH PRIZE as well as gift certificates to local businesses. This is just a few of the many reasons to come on out and support Ensignt on November 12th. There is a \$25 entry fee per person plus any pledges that you can raise. We hope to see you there!

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3307 S. College Ave, #108
Fort Collins, CO 80525
Denver Office:303-757-4500
6000 E. Evans Bld.3, Ste.012
Curtis Strong Center:970-353-9417
918 13th Street, Suite 4
Greeley, CO 80631
www.ensightskills.org

Making Your Home Vision Loss Friendly

If you are one of the millions of Americans with a loved one experiencing vision loss due to eye conditions such as macular degeneration, cataracts, or glaucoma, there are a number of inexpensive, straightforward things you can do to make your home a safe, comfortable place for your relative to visit this holiday season. If you are an individual living with vision loss we hope that you will be proactive and share this advice with your loved ones. Safety is a great present to give to someone.

The first thing to remember is that most people with vision loss have some degree of vision, whether it's the ability to see shapes or detect a small amount of color contrast. That is why proper use of lighting and contrast makes a world of difference when making a home easier to navigate for someone with low vision. After reading the tips below, you'll discover how applying simple concepts involving lighting, organization, and contrasts in color and texture can help a loved one feel comfortable and confident in your living space.

Lighting: Holiday lights and candles are everywhere this time of year, which makes it easy to remember how important lighting is for people with vision loss.

- Overall lighting is a must for safety. Always keep rooms well lit and provide a small flashlight for your visitor.
- Consider adding night lights to your guest rooms, hallways, bathrooms, and kitchen to help with navigating your home in the dark.
- Provide adequate light for specific tasks, such as cutting food or reading, and reduce glare.
- Reposition television sets so sunlight or lamplight does not shine directly on the screen.

Contrast: When decorating your home or table this holiday season, consider using contrast in your design to help things stand out to your friend or family member with vision loss.

- Set your holiday table with dark placemats and a light-colored plates or light placemats with dark-colored plates.

- Place bold colored throws on your couches and chairs. Not only will they help your guest stay warm, but also they will help your loved one more easily see the furniture in your living room.
- Use dark towels in a light bathroom or vice versa.
- Make stairways safer by placing a brightly colored strip of tape along the edge of each step, and if you have a banister, consider decorating it with a festive bold-colored ribbon to help it stand out to your guest.

Organization: As decorations, dishes, and wrapping paper pile up at home this season, remember to keep things organized for your loved one with vision loss.

- Eliminate clutter—dispose of unnecessary items and always return key items such as the TV remote control, keys, toothpaste tube, eye glasses, etc., to the same place.
- Provide your guest with a basket or tray to hold their important belongings during their stay.
- Remove objects that create a tripping hazard, such as throw rugs, low tables, and electrical cords, and keep walkways clear.
- Information from American Foundation for the Blind (AFB)

<http://www.afb.org/seniorsite>

Enight's E-Newsletter

Did you know that we can send our Enight newsletter right to your email? If interested in switching to our e-newsletter please send a request to Melody@ensightskills.org.

Acknowledgements

Enight would like to thank the following contributors: This month we would like to acknowledge the Lions Clubs of [Berthoud](#), [Loveland](#), [Meeker](#), and Red Feather Lakes. Thank you! We appreciate your support and would love to come visit with your club or organization. If you are interested in a speaker you can send an email to Melody@ensightskills.org or call at 970.310.9665.

Serving the Low-Vision Community Since 2001

SIT 4 SIGHT

WWW.SIT4SIGHT.ORG

SIT 4 SIGHT
fundraiser for low vision rehabilitation



*You're Invited ...
to take a seat for sight!*

SATURDAY, NOVEMBER 12TH

11:00 A.M. TO 3:00 P.M.
FORT COLLINS LINCOLN CENTER
417 W. MAGNOLIA ST. FORT COLLINS



Food ~ Beverage ~ Games ~ Prizes ~ Live Music ~ Magic ~ Comedy ~ Giveaways and more
Take a seat for sight and have the chance to win \$500 in cash!!!

I want to Sit 4 Sight; how does it work?

- ~ Participants are asked to register as part of a team of four or as a single individual. Entry fee is \$25.00. This can be money pledged on your behalf or paid by you directly.
- ~ We encourage each participant to set a personal pledge goal to raise additional dollars for Ensign Skills Center beyond the \$25.00 entry fee. Participants may start collecting pledges as soon as they receive a pledge form (these can be obtained online at www.sit4sight.org or by contacting Ensign Skills Center).
- ~ At the event, participants will have the opportunity to enjoy lively family-friendly entertainment by taking a seat at the newly renovated Lincoln Center on behalf of those with low vision. Entertainment will include games, live music, magic, comedy, and much more. We invite our attendees to stay for the whole event, or sit for an hour or two in a relay format with their respective teams.
- ~ All participants have the chance to win big. One lucky individual will even go home with \$500 in cash and there are prizes and games for the whole family!

We invite you to pledge to take a seat for sight and enjoy a super-fun day of family-friendly entertainment for a critical cause.

For more info or to donate or participate call Ensign Skills Center at 970-407-9999.

Support Groups for November 2011

Fort Collins E-Squared education and support group will be meet again in December. There will be no November group because of Thanksgiving. Stay tuned to the December Newsletter for upcoming topics for this group.

Greeley Group will meet Monday, November 14 @10-11:00am. The topic: Meet Charles Bonnet: A discussion about the syndrome. This group meets at Curtis Strong in Greeley, located at 918 13th Street, Suite 4.

- If you would like to receive an e-mail or telephone reminder about the next support group meeting in Fort Collins or Greeley, just let us know and we'll put you on the reminder list.
- For more information about our new look "E-Squared" support group meetings give us a call at 970-407-9999.