

ENSIGHT

Skills Center, Inc.

for visual rehabilitation



January 2012

Happy New Years
friends and family!

2012 is going to be a great year, I can just feel it. With every passing year more advancements are made in assistive technology and resources for low vision. It's exciting to think about everything that has come out. This newsletter is dedicated to the new thing out there that can mean the difference between dependency and independence. 2012 will also be filled with educational seminars, support groups, and making sure that Enight has an even greater presence in our communities so that we can continue to raise awareness about eye diseases, low vision resources and all of the amazing options out there. With your help, we know this goal is reachable!

Upcoming events to check out:

"Cooking and Living Tips to Support Eye Health and More"

January 12, 2012 9 am to 12pm

Cost: Free

Where: Connections for Independent Living

1331 8th Ave., Greeley, CO

*Space is limited, so make your reservation today by calling (970) 407-9999.

NEW Loveland Low Vision and Independence Educational Support Group Monday January 5, 10am-11am. This new group will meet the first Thursday and is hosted by Sugar Valley Estates located at 4320 Georgetown Dr. in Loveland. For more info contact Melody 970-310-9665.

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Fort Collins, CO 80525

Denver Office: 303-757-4500

6000 E. Evans Bld.3, Ste.012

Curtis Strong Center: 970-353-9417

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Latest and Greatest in Assistive Technology Devices

What is the greatest piece of technology you ask? Well that is and will always be the question. Now I don't have the perfect answer for you, but let's get to know some of the latest and greatest assistive technology devices on the market and you can decide for yourself what works best. I did some research into what the low vision community is utilizing the most these days. One of the pieces of equipment that was talked about the most is the Pebble by Enhanced Vision. Some of the features of the Pebble include the folding handle, freeze image feature with capability to magnify and the adjustable magnification from 2X to 10X. People have found the Pebbles to be an accessible device that is easily transportable. The Pebble is being used by many as a tool which allows for independence. This device works well in the grocery store, restaurants when viewing menus, reading labels or prescription bottles and many more tasks. If you would like to see or purchase a Pebble stop on by Enight or Curtis Strong and one of our staff members would be happy to show you it's functions. More next month!

How You Can Help Enight

Enight is a non-profit organization and relies on the kindness and willingness to donate to our centers. Any money received goes into funding our programs and continuously helping those in need of our services throughout Northern Colorado. If you would like to donate on-line please go to our website at <http://ensightskills.org/how-you-can-help/>. There is a donate button that will lead you into our PayPal's account. Any and all amounts are greatly appreciated. If you would like to donate in person please bring your donation to the Enight office located in Fort Collins, Greeley and Denver. We are now open at this location Monday-Friday from 10am-5pm. Remember, all donations are tax deductible!

Ensignt's Consignment Program

Ensignt is looking for any used assistive technology components that are in need of a home. If you are in possession of a CCTV or low vision aides and would like to get rid of them we have a great program. Bring the equipment into Ensignt and we will put it on consignment. This means once we sell it you will get a percentage back.

This is a great way for us to find affordable equipment that we can pass along to our clients. If you have questions about dropping off, picking up, or the consignment process please call Ensignt: 970-407-9999. Also, you can donate any equipment that is no longer useful to you.

Ensignt's E-Newsletter

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

Acknowledgements

Ensignt would like to thank the following contributors: This month we would like to acknowledge the [Gannett Foundation](#) their grant reward. Also, Ensignt would like to say thank you to all of our [Lions throughout Colorado](#) that support us continuously. Special thanks to the Centennial Airport Lions and the [Fort Collins Lions](#). 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 970-310-9665 and ask for Melody. HAPPY NEW YEAR ALL!!



January is Glaucoma Awareness Month

Glaucoma is an eye disease that gradually steals vision. There are typically no early warning signs or painful symptoms of open-angle glaucoma. It develops slowly and sometimes without noticeable sight loss for many years. Make sure to see your eye doctor for annual eye exams.

If you have been diagnosed with Glaucoma here are a few steps to start you off in the right direction.

Be Informed:

Make sure you understand what kind of glaucoma you have. Read brochures and websites about glaucoma and consider joining a local glaucoma support group.

Let Your Family Know:

Not only can family be supportive but they should know to have their eyes checked regularly by an eye care professional — relatives of people with glaucoma are known to be at higher risk for the disease.

Practice a Healthy Lifestyle:

Take walks and exercise regularly. Eat healthy foods. Your overall health is just as important as taking care of your eyes. Making healthy choices, seeing your eye doctor for check-ups and following your recommended course of treatment will help you to continue to live your life fully.

Resource websites for Glaucoma:

[Enight Skills Center](#)

[Glaucoma Research Foundation](#)

[Mayo Clinic](#)

[National Eye Institute](#)

Serving the Low-Vision Community Since 2001!

Support Groups for January 2012

The Fort Collins E-Squared education and support group will meet on January 27th. January is National Glaucoma Awareness Month and the featured E-Squared topic will be information about and treatment for this common eye disease. Glaucoma is a leading cause of blindness in the world, second only to cataracts. The E-Squared group meets from 10-11:30am on the fourth Thursday of each month.

Greeley Group will not be meeting in January. If you have questions, concerns, or would still like to talk please contact Nancy Wood at 970-353-9417 to schedule a time with her to meet.

- 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.

For Low Vision Support Groups in the greater Denver Metro Area please contact Center for People with Disabilities, Carol Thieszen-Culp at 303-475-1320.

Also, Ensign's OT Susan is currently working hard to put together an E-squared Support Group for the our Denver clients. More information to come in February.

We hope you have a wonderful month!