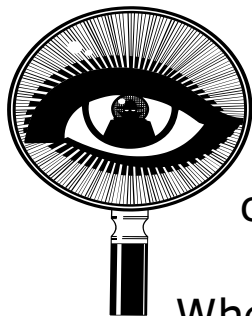


# ENSIGHT

Skills Center, Inc.

for visual rehabilitation



**March 2013**

"Alone we can do so little, together we can do so much."

-Helen Keller.

Whether you have only just started to lose vision or have lived with declining vision your whole life one thing is true, losing vision can be stressful. Knowing that, fear not. There are tools available to decrease that stress and frustration. The biggest tool is knowledge. Knowing how to advocate for yourself. Learning about vision loss. Educating yourself on what to expect, and what is out there as a resource. This allows you the opportunity to be proactive with your life while dealing with the vision loss.

**"E-Squared: Enight Education"**

Enight offers educational meetings once a month at multiple locations.

These meetings are designed to educate our community about vision loss as well as the great resources that are out there which may help. The topics of these groups include; assistive technology for the visually impaired, orientation and mobility, sighted guide demonstrations, city transportation issues, and much more. Enight works with individuals who specialize in these areas to provide the best educational experience possible to those who attend the E-Squared sessions. Currently, Enight hosts five groups throughout Northern Colorado. See inside for more details on location and times.

Enight Skills Center: 970-407-9999

3307 S. College Ave, #108

Fort Collins, CO 80525

Denver Office: 303-757-4500

Curtis Strong Center: 970-353-9417

918 13th Street, Suite 4

Greeley, CO 80631

[www.ensightskills.org](http://www.ensightskills.org)

## **Knowledge is Power**

Knowledge is defined as "the information and skills acquired through experience or education". It has been said that, "A wise man is strong, a man of knowledge increaseth strength". The more information you have, the easier things will seem because you will have answers to questions, and solutions to problems. Knowledge can give you strength. Strength is something every person who is struggling with vision loss needs and deserves to have.

Visual impairment can have a profound impact on your life, but you are still in control. You still have power. The kind of power that comes from learning what you are dealing with so that you can make the best decisions. So, I tell you to LEARN. Learn more about your condition and what is causing the vision loss. Learn how to utilize tools. Learn how to use these tools together as a way to maintain independence. Learning these things could change someones life for the better. They could change YOUR life.

Enight has an abundance of information to help you, whether you're visually impaired, losing vision, or know someone affected by vision loss. Exploring resources and discovering how to continue living a healthy, productive life with vision loss is one of the best things you can do for yourself. I urge you, and anyone you think might benefit, to attend one of our E-Squared sessions. The first step to empowerment is knowledge.

## **Acknowledgement**

February was a grand month. Enight was fortunate to receive funding from the Lions Club International Foundation, the Fort Collins Lions Foundation, the Gill Lions Club, the Fort Collins Lions Club, the Community Foundation serving Boulder County, and the Community Foundation of Northern Colorado through the Odell Brewing Company Fund. Thank you all! We are truly blessed with your support.

## Upcoming E-Squared Groups

- \* **New!! Greeley E-Squared Group-** The Greeley Group will begin meeting on the fourth Monday of the month at the Curtis Strong Center located at 918 13th St. Suite 4 in Greeley. The first meeting will be held on March 25th from 10-11:00 am.
- The Fort Collins E-Squared group will be meeting again on Thursday, March 28th from 10-11:30am. This group meets on the fourth Thursday of every month at Enight's Fort Collins office.
- The Denver group will meet March 21st from 10-11:30am. The group will meet the 3rd Thursday of every month. The address is 1880 S Pierce St, Suite 11 in Lakewood. For more info on the Denver group or directions to the location call 303-757-4500.
- The Loveland group will meet the 2nd Thursday of each month. The next meeting will be March 14th from 10:30-11:00 at Sugar Valley Estates 4320 Georgetown Drive in Loveland. This group is open to the community and not just for Sugar Valley residents. Please call Melody @ 970.310.9665 for more information.
- If you are interested in hosting a low vision support group with Enight, contact Melody Glinsman-  
Email:melody@ensightskills.org or Phone:970-310-9665

## Our Wish List

Enight and Curtis Strong Center would like to ask those who have an interest in donating items to help us stock up on the following necessities. These are items that we use to help run our offices.

\* Batteries (especially the "AAA" and "C" sizes) \* Paper towels and toilet tissue \* Copy paper\* Postage stamps\* Trash bags. Right now Enight is very much in need of paper towels and postage stamps.

Thank you to all of our supporters. This means you!

Ensign Skills Center  
3307 S. College Ave Suite 108  
Fort Collins, CO 80525

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U. S. Postage Paid  
Fort Collins, CO  
Permit # 174

***Serving the Low-Vision Community Since 2001!***

### **Ensign's Consignment Program**

Ensign is always 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 Ensign and we will put it on consignment. 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 call Ensign: 970-407-9999. Also, you can donate any equipment that is no longer useful to you.

### **Ensign's E-Newsletter**

Did you know that we can send our Ensign newsletter right to your email? If interested in switching to our e-newsletter please send a request to [Melody@ensightskills.org](mailto:Melody@ensightskills.org) and we will switch you right away.