

ENSIGHT

Skills Center, Inc.

for visual rehabilitation



May 2013

"All the world is full of suffering. It is also full of

overcoming." -Helen Keller.

Enight is yet again thrilled to introduce another new member to our team, Dr. Barbara Perina, M.D. Dr. Perina is an ophthalmologist and will be mainly working as the doctor on the road for our Onsite Clinics.

Acknowledgements...

Enight and Curtis Strong were fortunate to receive funding in the month of April from the following: Estes Park Lions Club, Fort Collins Lions Foundation, South Weld County Lions Club, and Northern Colorado Medical Center Foundation.

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

Club International Foundation is why we are able to serve. To honor them we will be highlighting a club monthly.

The Estes Park Lions Club was chartered in 1940. The Club has operated the concession stand at Stanley Park Fairgrounds for more than 50 years. All proceeds are distributed amongst their community, as well as various eye sight and hearing organizations. For more information about joining the Estes Park Lions Club, email moline67@gmail.com.

Upcoming Events...

Vision Matters- Vision After 55

Low-Vision/Blindness Fair

Thursday May 16th 2013

1:30- 4:30pm

Fort Collins Senior Center

1200 Raintree Dr., Fort Collins.

\$5.00 Registration Fee Includes:

All Presentations, Speakers, and Refreshments. Please RSVP by May 10th at 970-988-8363.

May is Healthy Vision Month. Here is what you should know...

Americans agree that eyesight has a huge impact on day-to-day living and is one of the senses they fear losing most. Unfortunately, people often do not pay attention to their eye health unless they notice a problem. Many common eye diseases that can lead to vision loss and blindness, such as diabetic eye disease, glaucoma, or age-related macular degeneration (AMD), often have no early warning signs or symptoms. Having regular eye exams to make sure the eyes are healthy and seeing their best is important for everyone. However, the risk of vision loss and blindness is higher for some people based on race, ethnicity, and other demographic and socioeconomic factors. You might be at higher risk for eye disease if you have a family history of eye disease; have diabetes; are African American, Hispanic/Latino, American Indian, or Alaska Native; or are older than 50.

"If you are at higher risk of eye disease, having a comprehensive dilated eye exam is the best thing you can do to protect your vision," says Paul A. Sieving, M.D., Ph.D., director of the National Eye Institute, part of the National Institutes of Health. "A comprehensive dilated eye exam is a painless procedure where your eye care professional puts drops in the eyes to dilate, or widen, the pupil so he or she can get a good look at the back of the eye to check for signs of eye disease. With early detection, treatment can slow or stop vision loss and reduce the risk of blindness."

In addition to having regular eye exams, eating a healthy diet, not smoking, and wearing protective eyewear are just a few other things you can do to protect your sight. For more information on eye exams, common eye diseases and conditions, and finding financial assistance for eye care, visit www.nei.nih.gov/healthyeyes. Remember, when you take good care of your eyes, you take good care of yourself.

Latest and Greatest Technology...



smartlux DIGITAL - the elegant magnifier
for brilliant viewing

- 4 different magnification levels 5x, 7x, 9x and 12 in upright reading position
- 5 possible viewing modes: true color, contrast-enhanced white/black, contrast-enhanced inverse black/white,

false color yellow/black, false color inverse black/yellow

- Weight: 210g

Upcoming E-Squared Groups...

- 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 next meeting will be held on May 27th from 10-11:00 am.
- The Fort Collins E-Squared group will be meeting again on Thursday, May 23rd from 10-11:30am. This group meets on the fourth Thursday of every month at Ensign's Fort Collins.
- The Denver group will meet May 16th 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 May 9th from 10:30-11:30 at Sugar Valley Estates 4320 Georgetown Drive in Loveland. This group is open to the community. Please call Melody @ 970.310.9665 for more information.

Our Wish List...

Ensign and Curtis Strong Center ask those who have an interest in donating items to help us stock up on these items that we use to run our offices: Postage stamps, batteries ("AAA" and "AA"), trash bags and coffee. Thank you to all of our supporters.

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

**Free Matter
for the
Blind**

Serving the Low-Vision Community Since 2001!

Ensignt's Consignment Program

Ensignt 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 Ensignt 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 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 and we will switch you right away.