

# NEW HAMPSHIRE ASSOCIATION FOR THE BLIND

Spring 2010 Newsletter

## UP-COMING EVENTS

**Fri., April 23–Sun., April 25**

**NH Lions — Vision 2010**

**Recreational Weekend**

Courtyard by Marriott

Nashua, NH

Contact: [terrimcgrew@charter.net](mailto:terrimcgrew@charter.net) or [www.blindbowlers.org](http://www.blindbowlers.org).

**Friday, May 21, 2010**

**Beatle Juice in Concert**

Palace Theatre, Manchester

8:00 p.m. Show

See page 8 for more info.

**Saturday, June 5, 2010**

**7th Annual Blind Awareness  
Walk-A-Thon**

Rain or Shine. Register today!  
INCENTIVES FOR PARTICIPATING  
NON-PROFIT AGENCIES!

**Thursday, August 26, 2010**

**Annual Volunteer and Donor  
Recognition Celebration**

Enjoy a “down-home” BBQ  
hosted by the Board of Direc-  
tors. Event recognizes outstand-  
ing volunteers and supporters.

**Full Moon Margarita Madness**

**Saturday, October 23, Sunday,  
November 21, and Tuesday,  
December 21**

Margarita’s Restaurant, Con-  
cord. Beginning at 4:00 p.m.  
Details on Page 6.

## Frank Haley to be Honored at the 7th Annual Blind Awareness Walk-A-thon

**Saturday, June 5, 2010 — Rain or Shine**

Please join us as we honor Frank Haley at the 7th Annual Blind Awareness Walk-A-Thon. At the age of 65 Frank started Haley Lumber in Andover and operated the business for 14 years. Frank has participated in the Walk-A-Thon for the past six years and for the past five years has been the top individual fundraiser. He is a past member of the Andover Lions Club, a devoted grandfather and great-grandfather, and an inspiration to all who know him.



The Walk-A-Thon is a 3k walk throughout Concord’s historic district to the State House. It begins at 11 a.m. Walkers meet at the McGreal Sight Center, 25 Walker Street, Concord at 10 a.m. for check-in/registration. The cost is \$15 for adults and \$5 for children under 12. The fee includes a shirt, catered BBQ lunch, live entertainment, face painting, raffles, and door prizes! Special incentive prizes are awarded to walkers raising \$200 or more!

Register online at [www.sightcenter.org](http://www.sightcenter.org) or call 603-224-4039, ext. 324 for a registration form!

## The Association Reaches Out to Area Non-Profits



**Concord Boys & Girls Club — Halfmoon Center Team.**

Yes, you can raise money for your non-profit agency while helping to support vital vision rehabilitation services for New Hampshire’s blind and visually impaired. Join the Concord Boys & Girls Club, Guide Dog Users of NH, and other non-profits. Form your own non-profit team! You’ll make a lot of money and have a great time at the New Hampshire Association for the Blind’s 7th Annual Blind Awareness Walk-A-Thon on June 5, 2010. Raise \$1,000 and we’ll split it 50-50! **No limitations — just think of the possibilities!** Contact Mary Chase at 224-4039, ext. 324 or [mchase@sightcenter.org](mailto:mchase@sightcenter.org) for more information.

### MISSION:

**“To advance the  
independence of  
persons who are  
blind and visually  
impaired.”**

## WHAT'S NEW AT NHAB

### Seacoast Group Forms Advisory Committee

A group of residents from the seacoast area have formed a special Advisory Committee to support the New Hampshire Association for the Blind. The purpose of the Advisory Committee is to create awareness around the issues of blindness and to spread the word about the services the New Hampshire Association for the Blind provides.

Led by Beth Forgione, a resident of Hampton Falls, the group is cur-



**Seacoast Advisory Group Volunteers (left to right): Dr. Gordon Hand, Stephanie Hurd, Beth Forgione, Chair, Andrew Leibs, Denise Caruso, Brandy Irish, Carol Sherwin, and Kathy Hayes.**

rently looking forward to developing strong partnerships with local individuals and corporations.

If you are a resident of New Hampshire's seacoast region, have an interest in issues facing the blind, and are willing to work as an

ambassador, please email Beth Forgione at [nomorafarm@usa.net](mailto:nomorafarm@usa.net), or call 778-9617.

Meetings are held on the first Monday of each month at Wentworth Connections on Parrott Avenue in Portsmouth, NH.

### Guy Woodland, Sr. VP, Receives Thomas Caulfield Award



**Left to right: Nancy Drake, NE/AER President and Director of Social Work — NHAB, Guy Woodland, Senior Vice President — NHAB, and George Theriault, President and CEO — NHAB.**

### NHAB Welcomes New Staff Member

Nancy Downing (right)

recently joined the staff at the Association as a receptionist. Ms. Downing first became acquainted with the



New Hampshire Association for the Blind seven years ago when she received services and was trained how to use various low-vision aids, including Zoom Text, which she now uses daily in her job. Prior to working at the Association, Nancy was a volunteer member of the Client Services Committee, which focuses its efforts on implementing and improving services provided to NH residents living with low vision or blindness. In addition to her work as our receptionist, Nancy facilitates the Empowerment Through Technology Users Group. The Association is pleased to have Nancy on board!

## Empowerment Through Technology Users Group

Once a month, clients gather at the McGreal Sight Center to exchange ideas about assistive technology. Everyone comes to the group with unique knowledge and skills to share. Recently, two clients demonstrated how to access a social networking freeware utility called the Klango

Player for people who are visually impaired and blind. Screen readers, such as JAWS and screen magnifiers such as ZoomText are examples of the assistive technology that is of interest to the group. Marie Johnson and Nancy Downing facilitate the sessions and channel the lively discussions!

Nancy commented that, "We all learn from each other. We all have something to share."

If you would like further information about the Tech Users Group, please email Nancy Downing: [ndowning@sightcenter.org](mailto:ndowning@sightcenter.org) or call the Association at 1-800-464-3075 (Toll-free in NH) or 224-4039.

## BOARD & COMMITTEE NEWS

### Board of Directors Elects New Board Chair and Secretary

At the New Hampshire Association for the Blind's Annual Meeting, the Board of Directors elected **Michelle M. Arruda** of Contoocook as their new Chair. Ms. Arruda has been an active board member for the past six years. An attorney with Cleveland, Waters and Bass, P.A. in Concord, NH, Ms. Arruda is a graduate of Harvard Law School and specializes in trusts and estates. In addition to her work with the Association, Ms. Arruda is affiliated with many professional and charitable organizations.

Also elected at the Annual Meeting was **Susan Manchester** of Amherst as Secretary. Ms. Manchester has been an active board member for the past three years, serving on several subcommittees. Manchester holds a JD from Boston University School of Law and specializes in commercial real estate and lending with Sheehan Phinney Bass + Green in Manchester, NH. Susan is extensively involved with the Heritage United Way, Lions Club of Amherst, and Manchester Rotary Club.



**Michelle M. Arruda**

for Spectrum Marketing, will bring his expertise in marketing and advertising strategies to support the Association in its fundraising activities. Ms. Arruda also announced the election of State Representative **Steve Shurtleff** of Penacook, to its Board of Directors. Shurtleff, the Chair of the House Criminal Justice Committee and Concord City Councilor, has been a consistent supporter of the



**Susan Manchester**

Association's Advocacy Committee. Shurtleff holds a degree from the City College of Chicago and currently sits on numerous local boards. Steve's expertise in these areas will strengthen the Association's interaction with city and state agencies.



**Steve Shurtleff and Robert Boucher.**

### Board of Directors Elects Two New Board Members

Michelle Arruda, Board Chair of the New Hampshire Association for the Blind announced at the Annual Meeting the election of **Robert Boucher** of Bedford, to its Board of Directors. Mr. Boucher holds a BS from Northeastern University and has served 25 years on the National Ski Patrol. Boucher, a Vice President

### Advocacy Committee Announces New Initiative

The New Hampshire Association for the Blind, through its Advocacy Committee, is collaborating with Concord Hospital to develop awareness and education around the major issues facing persons who are visually impaired in accessing medical services. An educational DVD is being created that will provide critical information on visual impairment. The DVD will orient medical staff and volunteers working within NH hospitals about alternatives for the blind and visually impaired for accessing printed materials, orientation to the medical setting, and privacy issues. The Association will also provide advice on adaptive devices for the blind that will be helpful in a hospital setting.

# GET IN ON THE ACTION

You can help clients in meaningful ways. It will make a difference by easing isolation for those who are blind and visually impaired in NH.

- The volunteer assignment is usually in your community or one nearby.
- Orientation is provided.
- The time commitment can fit your schedule.
- Gain insight into the field of blindness and vision loss.

- Personal satisfaction — meet new people.
- Your volunteer experience is supported by Association staff.

**Volunteers are needed in the following areas:**

## Volunteer Drivers:

1. **Community Drivers.** Drive your vehicle and accompany a client to nearby appointments, shopping, etc. *Especially*

*needed in Manchester Region, Concord, and*

2. **Program Support** Drive your vehicle for clients at programs and clinics in Manchester, Lakes area.

## In-Home Community

Volunteers are matched with a client to provide in-home

## John

Since early 2006, I have had the privilege to volunteer for the New Hampshire Association for the Blind. The various activities have helped me tremendously to cope with the passing of my wife of over 50 years. My first volunteer experience was to videotape the 3rd Annual Blind Awareness Walk. In the summer of 2006, I produced a video of how the Associa-



tion assisted clients to cope with life difficulties brought on by vision loss.

The Spooky Silent Auction offered an opportunity to produce a photographic history of NHAB special events. To help in identifying objects or events donated to the Auction, I created visual and text sheets for items or events that could not be physically displayed. I participated in special event planning committee meetings. Late in 2008, a second video project launched to show how individuals with low vision could still live a full life. I have also provided transportation for clients.

From a personal standpoint, I have had the opportunity to work alongside the Association's leadership and staff professionals who spend untold hours working with individuals to help them cope with impaired vision. I have made many, many new friends — from clients and fami-

lies of clients to renewing old friendships. For whatever I may have provided as a volunteer to the Association, I have received many-fold in return.

*John, Nashua*

## Carol & Rich

When my husband and I retired nearly 2 years ago, our three children were grown and on their own. Now, we had the time to become dedicated volunteers! The Association shared our commitment to serve the visually impaired. My husband and I found the organization to be welcoming, well-organized and flexible.

Following our volunteer training we have enjoyed wearing many hats. We have driven clients to doctor's appointments, job interviews and meetings. We have done clerical work, volunteered at the Art Show for the Blind in Portsmouth and at the Blind Awareness Walk-A-Thon in Concord. We have driven clients to the Lions Winter Outing in Northwood and to an Assistive Technology seminar in Rochester. We helped



with the Diabetes Wellness Day and drove clients to a talk by the inspirational Eric Weihenmayer — a blind rock climber!

Most recently we were asked to serve on the newly formed Seacoast Advisory Committee whose charge is to create awareness and opportunities for the Association in the Greater Seacoast Area. Volunteering with the

Association offers numerous experiences — for us a sense of involvement. We are inspired by the spirit, determination, courage and humor of the visually impaired. We are thankful for the opportunity to work with so many wonderful individuals. Life is good.

*Carol*

## Rich

Driving clients to appointments has been a rewarding and challenging experience.



streets of the tri-city area. Finding parking for street names and directions, with the exception, those I am patient with. I have shown more patience and understanding to their flustered driver!

The rewards are far greater than the challenging moments. It is satisfying knowing that you are, in fact, helping people to take advantage of the excellent programs of the New Hampshire Association for the Blind. One client I have driven regularly has helped out on a one-time basis. I am impressed by the personal good humor they show in the most often difficult circumstances. It helps put in perspective the difficulties of one's own situation as a reminder of the resourcefulness in their spirit.

**Here's where our volunteers serve throughout the state:** Alton Bay • Antrim • Belmont • Bow • Bradford • Brentwood • Gilmanston • E. Hampstead • Hampton • N. Hampton • Hollis • Hooksett • Hopkinton • Jaffrey • W. Lebanon • Manchester • Portsmouth • Raymond • Rochester • Ru

# TION: VOLUNTEER!

ter, Nashua, the Lakes  
nd Dover.

**Drivers.** Drive your  
attending educational  
s in the Concord,  
Region, and Seacoast

## Community Visitors:

hed one-to-one with a  
me support with tasks

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nor of the visually  
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many interesting indi-

rol and Rich, Hampton

## hard

support groups has  
g and sometimes  
erience. The challenge  
can be finding where  
the clients live!

Driving without a  
GPS, although with  
Google maps, and  
with passengers who  
can give only limited  
help, has sometimes  
left me wandering  
about the roads and  
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nd numbers! Without  
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and good humor than

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Richard, Durham

such as reading, listening, letter writing,  
organizing paperwork, companionship,  
walks. Volunteer visitors are especially  
needed in *Manchester, Nashua, and southern  
parts of the state.*

## Volunteers are also needed for:

- **Special events** — in preparation for and day of events.
  - **Office support** – data entry and writing.
- Orientation provided for all tasks.**

**Call Stephanie Hurd, Coordinator of Volunteer Services, at our Portsmouth office, phone: 603-545-4345, if you live in the Seacoast region of the state.**

**Call Jean Jaworski, Coordinator of Volunteer Services at 224-4039, ext. 325 for all other parts of the state.**

**Please see our website for more details: [www.sightcenter.org](http://www.sightcenter.org).**



**Margaret (L) and Beverly (R)**

**I**n April 2008, I met Beverly, a New Hampshire Association for the Blind client at her apartment. Since then, we have enjoyed many occasions for medical, social, and recreational purposes. We discovered much in common, including knowledge of New Hampshire lakes and beaches, love of travel, cat ownership, and humor. Beverly is quick-witted and articulate, which makes conversation with her delightful. She is deeply compassionate, especially with older persons. Beverly is frequently in touch with many who live in her neighborhood. From my 30 years involvement in parish ministry and hospice, we also share a sense of outreach responsibility.

Customarily, I call or visit Beverly at least twice a week. She feels free to call me if needed. Both of us respect each other’s independence and privacy. We have a very relaxed, friendly, and compatible relationship.

Some of our best times together have been her frequent shopping trips! Beverly also loves being near the seashore or lakeshore, where we have been on beautiful, relaxing trips. We enjoy eating out and take in an occasional show or movie. We have become close friends.

*Margaret, Rumney*

## Rollande

**I** retired from my job as a marketing manager at the end of 2006 and wondered how I would fill my time? How would I be able to contribute something of value? Oh, I still had my hobbies — knitting, community theatre, and a long-term volunteer job publishing a monthly newsletter. After 35 years working as a typesetter, editor and operating my graphic design business, I wasn’t ready to retire my skills!

I discovered the New Hampshire Association for the Blind on the Internet. I





started out thinking of how much I value my own eyes and how I could share them with people who might, in return, share their life experiences with me — a fair exchange, I thought! And then Stephanie Hurd came into my life and showed me how I could use my skills working on Volunteer Insights, the e-newsletter she sends to the Greater Seacoast volunteers, helping with flyers and printed materials to be converted to Braille.


Retirement was a huge transition for me. I am grateful for the chance to get involved at my own pace and comfort level. For example, last summer, I enjoyed handing out watermelon at the annual Walk-A-Thon — I have never been that popular before — and I’m thinking about doing the whole walk this year! It is a pleasure working with Stephanie and the staff at New Hampshire Association for the Blind.


*Rollande, Strafford*


# Dog Guide Etiquette


 A Dog Guide’s responsibility is to lead the way for someone who cannot see. The dog should never be distracted from that duty. Never pet a Dog Guide without prior permission from the owner.

 Always be sure to talk to the handler of a Dog Guide and not the dog when giving directions for turns.

 Never call out to a Dog Guide or intentionally obstruct its path. This could be dangerous to both the handler and the Dog Guide as it could break the dog’s concentration on its work

 A Dog Guide should never be offered food or other distracting treats. Feeding treats to a Dog Guide weakens their training.

 Dog Guide Handlers are trained to listen for traffic flow. This is becoming extremely difficult due to quieter car engines and the increasing number of cars on the road. Never honk your horn or call out from your car to signal when it is safe to cross. This can be distracting and confusing to both the handler and Dog Guide.


 Access laws permit people who are blind to be accompanied by their Dog Guides anywhere the general public is allowed, including taxis and buses, restaurants, theatres, stores, schools, hotels, apartment, and office buildings.



## CLIP & SEND

To learn more about how to “Get In On The Action: Volunteer” please complete this form, clip and return using the envelope inserted in the Newsletter!

Jean Jaworski, Coordinator of Volunteer Services, will contact you to talk further about how you can help. Thank You!

 Clip and Mail

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_

I am interested in being a:

- \*Community Driver
- \*Program Support Driver
- \*In-Home Community Visitor
- Special Event Volunteer
- Office Support Volunteer

\*These can be done in your community or one nearby.



## Full Moon Margarita Madness

Join us for 3 nights of fun and entertainment while supporting the direct services of the New Hampshire Association for the Blind at Margaritas Mexican Restaurant’s “Full Moon Margarita Madness.” The evening will be filled with raffles, promos, and music and 5% of the lounge proceeds will benefit the Association. Bring your family and friends and enjoy a night out! **Mark your calendar for Saturday, October 23rd; Sunday, November 21st and Tuesday, December 21st beginning at 4:00 p.m.**

# Philanthropy at Work

The **Grimshaw-Gudewicz Charitable Foundation's** generous support of the Association will help ensure that access to our essential vision rehabilitation services is not limited or compromised for our neediest clients, particularly for the elderly who are isolated and living on very low or modest incomes. This funding marks the Association's fourteenth year of continuing philanthropy from George and Irene Grimshaw.

We thank the **Mary Gale Foundation** and the **Pearl Manor Fund** for their support in helping to provide essential vision rehabilitation services to needy men and women in the Greater Manchester Area.

The **Cogswell Benevolent Trust** awarded the Association a significant grant in support of our *Vision Rehabilitation Therapy Program*. Vision rehabilitation helps restore the independence of people who are severely visually impaired, and reduces their need for community supportive services. The New Hampshire Association for the Blind appreciates this generous support not only to keep doing what we do but also to meet the growing needs of our communities statewide.

The **Gibney Family Foundation** awarded an important grant for the Association's new client database project. This funding will help put in place a new client database/information management system to best serve the needs of our growing clientele.

The **Roger R. and Theresa A. Thompson Endowment Fund's** significant grant support helps to strengthen the Association's volunteer capacity project in the Greater Seacoast Area to better serve the growing blind population. Volunteers play a pivotal role in the client's rehabilitation program and are truly part of the client's team. The need for volunteers to support the blind and visually impaired has been growing statewide.

Thanks to the **McIninch Foundation**, the **Margaret Von Weber Trust**, the **Oleonda Jameson Trust** and the **Arthur Getz Foundation** for their generous support by helping to provide the necessary assistive devices, tools, and training to those with serious vision loss.

The New Hampshire Association for the Blind was fortunate to receive a grant award from the **Benjamin Couch Trust** to help support critically needed vision rehabilitation services to clients living in Concord. **Claremont Savings Bank Foundation** awarded a grant for vision rehabilitation therapy to those in Claremont, Charlestown, and Cornish. The **Grappone Family Foundation** supported the Association's work with a generous gift to help provide essential vision rehabilitation services to individuals throughout the state who are blind.

The **Bagan Foundation** and the **Merrimack County Savings Bank Foundation** each recently awarded funding to purchase two new Closed Circuit Television Electronic Readers to be used by visually impaired Board members, clients serving on committees as well as visitors to the McGreal Sight Center who are visually impaired.

Also, the Association would like to thank the following donors whose support has helped to meet the needs of New Hampshire's visually impaired. Thanks to **BAE Systems, Jack and Dorothy Byrne Foundation, Citizens Bank Foundation, Liberty Mutual, Lincoln Financial, Lions Sight & Hearing, Rotary Clubs of Concord, Portsmouth, Seacoast, St. Mary's Bank, Sim-Ayres Foundation, TD Bank Foundation, Towns of Derry, Hanover, Meredith, Milford, and United Way of the Greater Seacoast.**

From the National Eye Institute... [www.nei.nih.gov](http://www.nei.nih.gov)

## What is diabetic eye disease?

**D**iabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of the disease. All can cause severe vision loss or even blindness.

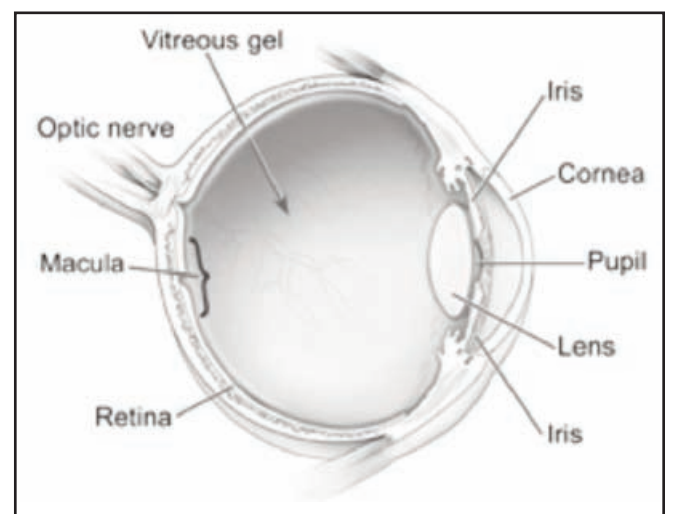
Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. Diabetic retinopathy usually affects both eyes.

In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina. The retina is the light-sensitive tissue at the back of the eye. A healthy retina is necessary for good vision.

You can have diabetic retinopathy and not know it. In fact, symptoms are unusual in the early stages of

diabetic retinopathy. As the condition progresses, diabetic retinopathy symptoms may include:

- Spots floating in your vision
- Blurred vision
- Dark streaks or a red film that blocks your vision
- Poor night vision
- Vision loss



**Please go to our website [www.sightcenter.org](http://www.sightcenter.org) for a complete listing of Memorial and Tribute Gifts received from September 1, 2009 through December 31, 2009. We appreciate and value all of the many contributions to the New Hampshire Association for the Blind. Your gifts are making a difference every day for those who are blind and visually impaired. Thank you!**



**New Hampshire  
Association for the Blind  
McGreal Sight Center**

25 Walker Street  
Concord, NH 03301-4599  
1-800-464-3075 (Toll Free in NH)  
(603) 224-4039 ■ Fax (603) 224-4378  
Seacoast Office (603) 431-9401  
[www.sightcenter.org](http://www.sightcenter.org)

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Concord, NH



**Visit our newly-  
designed web site!  
[www.sightcenter.org](http://www.sightcenter.org)**

## Beatle Juice Comes to Manchester

**O**n Friday, May  
21, 2010,

NHAB will wel-  
come *Beatle Juice* to  
the Palace Theatre in  
Manchester for a spe-  
cial benefit concert.

*Beatle Juice* is a band  
made up of some of  
New England's finest  
musicians, with cred-  
its ranging from stints  
with Farrenheit, The  
Fools, Ben Orr, Brad  
Delp's solo band, and

others. These like-minded artists  
came together more than 15 years  
ago to form the premier Beatle's  
band. Recreating not only the early  
hits with uncanny accuracy, *Beatle  
Juice* also performs the heavily  
orchestrated masterpieces such as  
*Golden Slumbers*, *Strawberry  
Fields*, and even *I Am The Walrus*.  
Enjoy the unparalleled catalog of  
songs from John, Paul, George and  
Ringo by ordering your tickets



today — a splendid time is guaran-  
teed for all! The show starts at  
8:00 p.m. and tickets are \$34.50  
and may be purchased by calling  
the Palace Theatre Box Office at  
603-668-5588 or on-line at [www.palacetheatre.org](http://www.palacetheatre.org). Sponsorship  
opportunities still available for the  
event, please contact Shelley  
Proulx or Mary Chase at 603-224-  
4039.



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by the  
New Hampshire Association  
for the Blind**

**Current newsletters and  
Annual Reports are available  
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to receive future editions of  
our publications in one of  
these alternate formats,  
please call the  
Association at  
1-800-464-3075.**

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