



AUGUST 2016 NEWSLETTER

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It's Time To Get In Gear!

By Kathryn Eissfeldt, freelance writer at Studio 309 Communications

Uftring Ambassadors are no strangers to the Central Illinois Center for the Blind and Visually Impaired, and in September they're back with one of their signature annual events, Run the Gig. "GIG" stands for Get In Gear. The one mile or 5K race includes a tailgate party afterwards with food, refreshments, and entertainment. Proceeds from the event benefit the C.I.C.B.V.I. Registration is now open, so it's time to Get In Gear!

This year's race—the 4th annual—promises to be an enjoyable time for the whole family, with medals being given to the top three male and top three female finishers across many age categories, from ten and under to seventy-plus, with seven other age ranges in between. The top times overall in the 5K will be recognized for both men and women.

Sighted and non-sighted runners and walkers have a great time together in the race. Camaraderie has been a highlight of the event since its inception. The light-hearted competition, friendly ribbing, laughter, and friendship are hallmarks of the close relationship Center patrons and Uftring ambassadors have built over the years.

The fun continues after the race: “to keep the party rolling, we'll have music and seating in our huge event tent located adjacent to the Uftring Chevy dealership,” according to the event’s website www.runthegig.com. Prizes will be raffled off there, and they will serve “the usual post-race fare: plenty of fruit, snacks, water and other soft drinks,” in addition to the main course.

All of this will take place at Uftring Chevrolet in Washington on Sunday, September 25, beginning at 12:30 p.m. with the race at 2 p.m. For more details or to register, visit www.runthegig.com. Cost is \$30 and includes a tech t-shirt and tailgate meal. Center patrons may attend at no cost.

Why register? Besides the money you are helping raise for the C.I.C.B.V.I., there is also fun and fitness to consider. Most of us are more likely to “Get In Gear” and be active when we do so with other people. This event is a great opportunity to get moving in a fun, light-hearted atmosphere. Walkers are welcome, as well as runners. All ages and all fitness levels are encouraged to be part of the fun.

Walking is a good way to be fit that most everyone can participate in, according to the National Institutes of Health, who say that walking is “a step in the right direction!” It doesn’t require planning, gym or equipment fees, or experience to take those first steps toward fitness.

And the many health benefits abound. “Walking requires minimal preparation, but yields significant benefits,” says Dr. Carolyn Hettrich in a press release from the American Academy of Orthopaedic Surgeons. Not only does it burn calories and help control weight, walking can lower your blood pressure. It also helps control blood

sugar in diabetics and non-diabetics, reduces heart disease, and strengthens bones, muscles, and joints.

All of those issues are critical to maintaining good health as we age. But there is another proven benefit equally as important: walking lifts the mood. And combining this physical activity with the company of friends and family in an event like Run the Gig adds a layer of camaraderie that compounds these positive mood-boosting effects. And so will knowing that you are contributing your time, funds, and energy to a good cause like the Center for the Blind right here in Central Illinois. It's time to Get In Gear!

Illinois Social Club Annual Meeting

The annual meeting of the Illinois Social Club will be held Saturday, August 6, 2016 at the Central Illinois Center for the Blind and Visually Impaired. Members and non-members are invited to the meeting. Prior to the beginning time of 10 a.m., a breakfast of doughnuts, coffee, and juice will be served. The program includes a short business meeting, Bingo, an auction, lunch, supper, and plenty of time for visiting. We gratefully accept donations for Bingo prizes and the auction. We also need volunteers to help with various tasks during the day. Those attending, please be prepared to pay at the door for the following: dues - \$15; round-trip transportation \$5; and Bingo - \$1. To make reservations, please call the Center's office at 637-3693 by Tuesday, August 2nd by noon. Come join in a fun-filled day.

Pet Food Gift Cards

Thanks to the Oppenheim Trust Fund and other donations, the Center is distributing gift cards to patrons with a pet or guide dog. The gift card amount will be \$50 for pets and \$100 for a guide dog. Please call the office at 637-3693 to sign-up.

Paid Drivers Wanted

The Center is looking for reliable and experienced drivers with great driving records who will: drive our Center's minibus or minivan to safely transport our blind and visually impaired patrons to and from programs and events. This is a paid position. If you are qualified and interested, please contact our office to apply.

Volunteer Jam Session Coordinator Wanted

Thank you to David and Michele Williams for being the Jam Session coordinators for over three years. The Center appreciates this special couple and their many hours of volunteer service. The Williams are stepping down and the Center is looking for a couple or an individual to coordinate Jam Sessions. Jam Session is a music program that happens the third Saturday of every month at the Center. Music is provided by Center patrons and volunteers. The responsibilities of the Jam Session coordinator include: coordinating the Jam Session meal, recruiting volunteers to help with the setup, clean up, and serving of the meal, in addition to coordinating the music program. If you or someone you know would be interested in being the volunteer Jam Session coordinator, please contact the Center's office at 637-3693.

Vision Beyond Sight

Vision Beyond Sight is a support group for individuals who are blind or visually impaired and their families and friends. They meet the first Thursday of the month at East Peoria Library in room 411 from 1:30 p.m. – 2:30 p.m. If you or someone you know is interested in attending, please contact the facilitator, Betty Rech at (309) 699-0471 for more information.

Upcoming Events, Meetings, Fundraisers, And Holidays

Wednesday, August 3rd – Open House – Noon

Saturday, August 6th – Illinois Social Club Annual Meeting – 9 a.m. at C.I.C.B.V.I.

Tuesday, August 9th – Board Meeting – 4 p.m.

Wednesday, August 10th – Open House – 5:30 p.m.

Wednesday, August 17th – Open House – Noon

Friday, August 19th – Cat Big Band Concert – 7:30 p.m. – Metamora Park

Saturday, August 20th – Jam Session – 3 p.m. – 6 p.m. – Free meal

Wednesday, August 24th – Open House – 5:30 p.m. – Free meal

Wednesday, August 31st – Open House – Noon – Free meal

Saturday, September 10th – Beauty and the Beast Show – 7:30 p.m. – Peoria Player's Theatre

Wednesday, September 14th – Cubs versus Cardinals ball game in St. Louis

Sunday, September 25th – Uftring Auto Group Fourth Annual "Run The Gig" Walk/Run

August Birthdays

August 1 – Terry Lopez

August 7 – Anthony Selvaggio

August 12 – William Pfeifer

August 16 – Priscilla Whipp and Gloria-Cassel Fitzgerald

August 19 – Dorine Wright

August 22 – Jane Lough

August 25 – Sharon Pfeifer, Nancy Hall, and Emily Shute

August 26 – Zach Shute

August 28 – Esther Knott

August 29 – Courtney Harper

August Anniversaries

August 8 – Jeff and Patti Woodworth; Homer and Virginia Robinson

August 14 – Tom and Pam Vogel

August 18 – Bob and Martha Smith

August 23 – Edward and Margaret Orth

August 26 – Mike and Judy Boyle

Meal Menus For August

August 3rd – Noon – Tuna salad, ham salad, potato salad, baked beans, and brownies.

August 10th – 5:30 p.m. – Italian beef pasta, salad, cake, and ice cream.

August 17th – Noon – Sloppy Joe's, tatter tots, J-ello salad with carrots, cookies, and sherbet.

August 20th – 3 p.m. – Jam Session – Hot dogs, baked beans, chips, and dessert.

August 24th – 5:30 p.m. – Polish sausages, potato pierogi, cabbage, pudding, and cake.

August 31st – Noon – Homemade chicken noodle soup, deli sandwiches, applesauce, and ice cream.

Bingo will be played at all Open Houses unless otherwise noted. Reservations need to be called in no later than noon on the day before the Open House.

Donations – Monetary And Other

Thanks to the following for their monetary donation: Bob Coney and anonymous. Thanks to the following for their in-kind donations: Gayle Workman, Linda Kalb, and anonymous for donating Bingo prizes; Ann Creech for donating corn; Patty and Larry Waldron for donating water; Tom Vogel for donating a 12 pack Pepsi and hot dogs; Bob Coney for donating soda; Cyndi and Albert Gill for donating soda and paper and plastic cups for coffee and cold beverages.

Donations Wanted

The Center has a need for donated supplies. The wish list includes 12-24 packs of canned sodas, especially Coca-Cola, Diet Coca-Cola, and Diet Pepsi. We can always use prizes for Bingo as well.

Beauty And The Beast Show

The Center is planning to go to an evening show of Beauty and the Beast at the Peoria Player's Theatre on Saturday, September 10th. To reserve, please call the office by Thursday, August 25th by noon, so that the Center can make reservations when the show is open to the public. These tickets go fast so please reserve early.

Metamora Concert In The Park

Cat Big Band will be playing on Friday, August 19th at 7:30 p.m. This is a free concert at the Metamora Village Square. If you are interested in going, please bring a lawn chair or something to sit on. This is an ice cream social. There will be ice cream, pie, and drinks for purchase. To reserve for this event, please call the Center by Tuesday, August 9th by noon.

Guide Dog Etiquette

The following Guide Dog Etiquette is from the website of Guiding Eyes for the Blind, an internationally accredited nonprofit that provides guide dogs to people with vision loss, as well as service dogs to children with autism.

When you come across a person using a guide dog, please remember that they are concentrating on working together as a team. For the safety of the person and their dog, keep in mind these tips on Guide Dog Etiquette:

Don't disturb or pet a dog that is working in harness.

Ask permission first before approaching or petting a dog that is not working.

Don't offer food or treats to a guide dog; unscheduled feeding may hamper the dog's ability to work.

If you wish to assist a person with a guide dog, ask if you can be of help.

Offer your left elbow for the person to hold.

Don't touch or grab the dog, harness, leash, or the person's arm.

Spirit of Peoria

The Spirit of Peoria trip has been cancelled due to the heat. It will be rescheduled later in the fall when the weather is cooler.

Don't Miss This Huge Sale!

The Center is selling off all our independent living aids in the glass cabinets for a discounted price. Different special deals will be announced during Open House. Don't miss out!

HUGE

BLOW OUT SALE!!!!

Everything Must Go!

Up to 50 - 75% Off!

All Independent Living Aids!

**Magnifiers-Talking Products-Low
Vision Products-Blind Products-
and More!**



Free Matter for the Blind & Visually Impaired

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Quote For The month – “Dogs are miracles with paws.” By Susan Ariel Rainbow Kennedy