



MAY 2019 NEWSLETTER

2905 W. Garden St., Peoria, IL 61605

Phone: 309-637-3693

Email: info@cicbvi.org

Website: www.cicbvi.org

Facebook: www.facebook.com/cicbvi

ATTENTION: Open House Meal and Midwest Food Bank Update

Our partners at Midwest Food Bank sometimes have items we would like to use for Open House or Jam Session meals, so we plan to do so from time to time. One of the stipulations governing our partnership with them is that neither we nor the beneficiaries of our pantry, our patrons who receive items from our pantry, can resell or redistribute any items we receive. In other words, our pantry items are for our patron's personal use only. So on those occasions when we decide to use Midwest Food Bank items for open house meals, meals will be free for everyone. Everyone will continue to be responsible for transportation and game card costs as usual, and there will be no change to Jam Session since there is no charge to participate. By the way, you will never know which open house meals are free beforehand. You'll just have to join us to find out!

Personal Training Opportunity for Patrons

Have you ever wanted to learn how to exercise but didn't know how? Are you afraid to go to a gym because you won't be able to locate the equipment? We have the opportunity for you! Patron and Certified Personal Trainer, Evan Schwerbrock, is offering his services for the low price of \$5 per training session to patrons who

are interested in working toward personal fitness goals. If you have a visual impairment and are new to exercise and would like some simple exercises you can do in the comfort of your home or if you would like to get involved with more advanced weightlifting, Evan can help! He has a master's degree in kinesiology and is also a fitness nutrition specialist. Evan is available Saturdays between 10 a.m. and 4:30 p.m. by appointment only. For more information, email dirk41es@gmail.com. Take advantage of this rock bottom price to reach your nutrition and fitness goals!

Princeville Lions Club Pancake Breakfast – Location Change

Each year the Princeville Lions Club sponsors a pancake and sausage breakfast with proceeds going to benefit the Center. This year, the Pancake Breakfast will be at the Life Together Center, 3625 North Sheridan Road in Peoria on May 4 from 7 a.m. to 11 a.m. The venue changed to increase the visibility of the event and hopefully, raise additional funds. Cost is \$10 for adults, \$5 for children 12 and under, and free for patrons. If you are a patron and need a ride to the breakfast, please call (309)637-3693 to RSVP **by Wednesday, May 1.**

Starved Rock State Park Lunch and Walk

Come and enjoy the bluff, canyons, and waterfalls that dominate the landscape on Thursday, May 16th when we travel to Starved Rock State Park. Enjoy a fun day walking the trails and breaking for a picnic lunch with friends. If the parks are flooded, the alternate trip will be to Gridley, Illinois for thrift shopping and Eureka, Illinois for lunch. Please call (309)637-3693 to RSVP **by Thursday, May 9.**

Beginner White Cane Clinic – Location Change

Are you or do you know someone in need of long white cane training? Are you unable to access services through the Department of Rehabilitation Services? Then this training is for YOU!

There is no minimum age requirement, however, you must not be receiving Orientation and Mobility services through the state of Illinois. The clinic will be hosted at the Knights of Columbus, 120 Walnut Street in Washington by two Certified Orientation and Mobility Specialists on Saturday, May 18, 2019 from 9 a.m. to 12 p.m. During this time, we will cover basic and advanced human guide, how to manipulate the long white cane in a variety of situations, and basic cane technique to navigate your environment (e.g. up and down stairs, around the block, etc). Family members are encouraged to join; we ask that if you are bringing a family member that he/she transport you to and from the clinic. For those who are attending solo, the C.I.C.B.V.I. will provide transportation if you need it.

In order to participate, please email Molly Pasley at mollyclesen@gmail.com to reserve your place and to schedule a time to be fitted for your cane no later than May 8, 2019. This will guarantee you have a cane in your hand to use for the clinic. Also, please indicate if you will be needing a ride to the clinic. Please contact Molly with any additional questions. We look forward to seeing you!

Low Vision Fair – Springfield, Illinois

Have questions about low vision including services available in your area? On Tuesday, May 21st from 9:00 a.m. to 2:00 p.m. the Illinois

Assistive Technology Program and the Mary Bryant Home for the Blind and Visually Impaired are sponsoring a Low Vision Fair! Located at the Christ the King Parish Hall, 1930 Barberry Drive in Springfield, patrons and loved ones can learn more about life with vision loss. This event will feature exhibits, speakers, lunch, and door prizes. This event is **free** and includes lunch. If you are a patron and interested in attending, call the Center at (309)637-3693 to RSVP **by Tuesday, May 7.**

Cardinals vs. Reds Baseball Game in St. Louis

Cardinals fans get ready to cheer! We are loading up the Center's van and bringing a limited number of patrons to watch the Cardinals take on the Reds on Thursday, June 6th. The game starts at 1:20 p.m. and we will stop for a picnic lunch on the way down to St. Louis before the first pitch. Tickets are available on a first come, first served basis at no cost to patrons so RSVP to (309)637-3693 soon because spots will go fast!

C.I.C.B.V.I. 12th Annual Golf Outing

The weather is warming and it's time to play outside! The Center's 12th Annual Golf Outing will be held at WeaverRidge Golf Club on Tuesday, June 5th. If you would like to register a team of four to play, the cost is \$400. To register as an individual, the cost is \$100 and you will be added to a team. The cost also includes a hot buffet dinner at the end of the game. Sponsorship of the event is also available. Please contact Ericka Arreola by phone at (309)451-5580 or (309)299-0205, or by email at Ericka_arreola@randstadusa.com to register or for sponsorship information.

Upcoming Events, Meetings, Fundraisers, and Holidays

Wednesday, May 1st – Open House – Noon

Saturday, May 4th – Pancake Breakfast – 7:00 a.m. – 11:00 a.m.

Wednesday, May 8th – Open House – 5:30 p.m.

Tuesday, May 14th – Board Meeting – 5:30 p.m.

Wednesday, May 15th – Open House – Noon

Thursday, May 16th – Starved Rock State Park Lunch and Walk

Saturday, May 18th – Beginner Cane Clinic – 9:00 a.m. – 12:00 p.m. – Knights of Columbus, Washington, IL

Saturday, May 18th – Jam Session – 1:00 p.m. – 4:00 p.m.

Tuesday, May 21st – Low Vision Fair 9:00 a.m. – 2:00 p.m. – Christ the King Parish, Springfield, IL

Wednesday, May 22nd – Open House – 5:30 p.m.

Monday, May 27th – MEMORIAL DAY

Wednesday, May 29th – Open House – Noon

Tuesday, June 4th – C.I.C.B.V.I. 12th Annual Golf Outing – WeaverRidge Golf Club

Thursday, June 6th – St. Louis Cardinals Game – All day

Sunday, June 16th through 21st – Camp Lions Helen Keller – Dixon, IL

Meal Menus for May

May 1st – Open House – Noon – Bacon cheeseburgers, waffle fries, three bean salad, and Jello-O with fruit.

May 8th – Open House – 5:30 p.m. – Grilled fish, rice, broccoli & cauliflower, dinner rolls, carrot cake and ice cream.

May 15th – Open House – Noon – Polish sausage, fried potatoes, sauerkraut, and strawberry cheesecake.

May 18th – Jam Session – 1 p.m. – TBD.

May 22nd – Open House – 5:30 p.m. – Turkey and dressing, mashed potatoes with gravy, green bean casserole, dinner rolls, cranberry sauce, and pumpkin pie with whipped cream.

May 29th – Open House – Noon – Sloppy joes, potato chips, baked beans, coleslaw, and Rice Krispie treats.

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

We would also like to thank the following for their in-kind donations during Open House events: Linda and Earl Kalb for food and Bingo prizes.

Thoughts and Prayers

Please keep the Center in your prayers as we continue with our search for an Executive Director.



Free Matter for the Blind & Visually Impaired

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Quote for the Month – “Tact is the ability to describe others as they see themselves.” By Abraham Lincoln