



OCTOBER 2018 NEWSLETTER

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October is Blindness Awareness Month

According to the World Health Organization, 285 million people are estimated to be visually impaired worldwide: 39 million are blind and 246 million have low vision. Globally, uncorrected refractive errors are the main cause of moderate and severe visual impairment; cataracts remain the leading cause of blindness in middle and low income countries. According to the American Foundation for the Blind, the latest statistics from 2013 showed Illinois with 242,400 adults, age 18 and older with prevalent rates of visual loss. Although blindness and visual impairment occurs worldwide, statewide, and locally, more awareness is needed. Please help spread awareness.

Lion King by Disney

Disney's official musical and landmark Broadway musical *THE LION KING* in New York City and on tour across North America. The musical will be performed at the Civic Center and CICBVI will be attending October 4th at 7:30pm.

Braille Workshop

Do you remember struggling through your first reading book, and how Mom or Dad patiently helped you with those hard words? Do you remember laboring together over math problems and maybe feeling a little superior because you were catching on faster to this "new math" than Mom or Dad? The experience of learning to read braille, is similar! CICBVI will be holding a Beginner Braille Workshop on October 6th. Call the Center to reserve your spot at (309)637-3693 **by October 4th**.

Tanner's Orchard

The orchard sports over 11,000 trees and 17 varieties of apples. They grow over 20 acres of pumpkins along with various other fruits and vegetables. You will find a large assortment of gifts and delicious food offerings in their Farm Market and Apple Bin Bakery. The Back 40 Fun Acres will keep the entire family busy for the day. The Center will be visiting Tanner's Orchard October 13th at 11:00am. Call the Center to reserve your spot at (309)637-3693 **by October 10th**.

Dinner in the Dark

Normally closed Sunday evenings, The Publik House is hosting Dinner in the Dark on Sunday, October 21st at 6pm in recognition of October being Blindness Awareness Month and to support the Central Illinois Center for the Blind and Visually Impaired. Proceeds from this event will benefit the Center and our vision of a future where people who are blind or visually impaired participate independently in our great

Central Illinois community.

The evening begins at 6pm with a reception and a few minutes of orientation to ensure guests know what to expect and to learn a few quick lessons about guiding someone with a vision impairment. This is the time to meet everyone and to make sure you know what you need to know to navigate through dinner without the benefit of your eyesight.

Following the reception, everyone will be seated and provided with optional blackout shades and bibs. While people who are blind do not live in a blacked out world, blackout shades are a convenient way to simulate what you might experience at a dinner table if you cannot see what is in front of you.

We are limiting the menu to a choice of steak, salmon or a veggie dish to ensure The Publik House chef and staff can plate and serve dinner somewhat simultaneously throughout the restaurant. Please make your selection when you make your reservation.

Your cost is \$100 per plate to support a great cause. A cash bar will also be available. We also encourage you to tip The Publik House staff who are not normally working on Sunday evening. We will also be running a 50/50 raffle with half of the proceeds, of course, benefitting the Center.

To make your reservation, make your choice of steak, salmon or vegetarian main course and to tell us about any restrictions you may have, please call the Center at (309) 637-3693 or email us at

info@cicbvi.org. Again, seating is limited to just 65 guests and we need to fill every seat, so please reach out soon.

Basic White Cane Clinic

This FREE clinic will be led by Certified Orientation and Mobility Specialists and is for people and families of people who are visually impaired and need a long white cane and/or beginning cane training. While there is no minimum age requirement, participants *cannot be eligible to receive services through the state of Illinois*. This is an intensive, active-learning clinic, which will be offered if we have three people register but can accommodate a maximum of seven. Family members are strongly encouraged to join so they can help support at home and in the community.

The Central Illinois Center for the Blind and Visually Impaired is offering a FREE Basic White Cane Clinic on Saturday, October 27th, 2018 from 9am-12pm. The clinic will be conducted at the Center, which is located at 2905 West Garden Street, Peoria, Illinois. If you and family members are interested in attending the Basic White Cane Clinic, please call the Center at (309)637-3693 **by Thursday, October 11** to ensure we have a cane ready for you.

Peoria Symphony Orchestra Features Harry Potter

Years ago *Harry Potter and the Sorcerer's Stone* enchanted our screens and now it's returning, for the first time ever, with the music of a live symphony orchestra. Momentous scenes from the film play on a giant screen in high-definition while John Williams' unforgettable score is

performed by the Peoria Symphony Orchestra. Experience the magic with the first installment of the Harry Potter Film Concert Series. The Center will be attending this performance on October 27th. Call the Center to reserve your spot at (309)637-3693.

Safety at the Center

To ensure the safety of patrons, staff, and volunteers at the Center, an important reminder to please follow the safety procedures below. During days and times of normal Center operations, the front door will be unlocked by the executive director. When the Center is closed and during Jam Sessions and other events not normally scheduled, this door is to remain locked at all times. It is not to be propped open at all. The door between the front entry way and the hall is to be locked at all times. If you would like to go to the front of the building, you may exit and return through the side door. If you would like to go to the back of the building, you may use either the side door or the back door located down the stairs in the dining area. When returning through the back door, that door must be locked. Again, these procedures are to ensure the safety of the patrons, staff and volunteers at the Center. If you have any questions about this, please call the office. Thank you for your cooperation in this important safety matter.

Upcoming Events, Meetings, Fundraisers, and Holidays

Wednesday, October 3rd – Open House – Noon

Thursday, October 4th – Lion King – 7:30PM

Saturday, October 6th – Braille Workshop – 12:00PM-4:00PM

Tuesday, October 9th – Board Meeting – 5:30PM

Wednesday, October 10th – Open House – 5:30PM

Wednesday, October 17th – Open House – Noon

Saturday, October 20th – Jam Session – 1:00PM

Saturday, October 21st – Dinner in the Dark – 6:00PM

Wednesday, October 24th – Open House – 5:30PM

Saturday, October 27th – Basic White Cane Clinic – 9:00AM – 12:00PM

Saturday, October 27th – Harry Potter Symphony – 7:00PM

Wednesday, October 31st – Open House – Noon

October Birthdays

October 4 – Christine Jurewicz

October 6 – Terry Masters

October 7 – Edna Vollrath

October 8 – Mia Wilson

October 15 – Jim Hardy

October 17 – C.J. Blackwell

October 22 – Sandy Griffin

October Anniversaries

October 27 – Harold and June Ward

Meal Menus for October

October 3rd – Goulash, Tossed Salad, Garlic Bread, Pudding & Cookies

October 10th – Pork Chops, Dressing, Mashed Potatoes and Gravy,
Green Beans, Tossed Salad, Cake & Ice Cream

October 17th – Brats, Polish Sausage, Mac & Cheese, Corn, and Dessert

October 20th – Jam Session- Tuna Noodles, Coleslaw, Cake with Fruit

October 24th – Chicken & Rice, Salad, Butter Beans, Cottage Cheese and Peach Cobbler

October 31st – Chili, Hot Dogs, Potato Chips, and Dessert

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 donations: Fred Williams, Margaret Weygand, Mary Turner, and Esther Knott.

Thanks to the following for their in-kind donations: Lowe's and Hoerr's Nursery

Interesting Dates Throughout the Month of October

October 8 – World Sight Day. World Sight Day is a global event that focuses on bringing attention on blindness and vision impairment. It is observed on the second Thursday of October each year.

October 15 – White Cane Safety Day. This day celebrates and recognizes the achievements of the blind and visually impaired, and their independence. That independence is represented by the white cane that the blind and visually impaired uses to travel from place to

place. The white cane is an invaluable tool and affords a blind or visually impaired person the freedom of movement they otherwise may not have. Also, October 15, 2017 is the 53rd anniversary of White Cane Safety Day!

October 16 – National Dictionary Day

Word nerds rejoice! Today you may proudly pore over the pages of your Merriam-Webster and Oxford's alike. Celebrate the holiday by learning 20 new words, and impress your peers and colleagues for life. Or at least for 20 minutes.

October 20 – Information Overload Day

Knowledge economy research and advisory firm Basex estimates that “a minimum of 28 billion hours is lost each year to Information Overload in the United States.” For example, trudging through 100 email messages can suck up half of your workday. Reduce the noise, starting today. The Information Overload Challenge suggests you send 10% fewer email messages beginning on—but not ending on—the 20th of October. For example, if you were going to email this post to 100 of your closest friends, instead email it to 90. (We won't tell if you break the rule just this once.)

October 31 – Halloween. Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear

costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints' Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows' Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating.



Free Matter for the Blind & Visually Impaired

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Quote For The month – “If you cannot do great things, do small things in a great way.” By Napoleon Hill