



# AROUND THE CENTER

## CICBVI NEWS February, 2022

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Paula Balistreri, Editor

## HAPPY HEART MONTH

Here we are in the shortest month of the year and getting closer to Spring. Meanwhile, we have a lot to be happy about. First of all, we had a wonderful turn out for our “All Things Blindness” event with representatives from the Rockford Sight & Hearing Center. Along with information about how we may work together with the RS&H Center, there was significant discussion about specific ways to enhance the independence of blind and visually impaired people. This event really brought home the fact the CICBVI is on the right path in our efforts to provide relevant and needed services to our existing patrons and to reach more individuals who may benefit from being a part of our Center. This event really showcased the “personality” of CICBVI – it was warm, fun and informative. There were several new people present who all expressed their appreciation of the fact they were provided with helpful information and a way to seek assistance when needed. Thank you to everyone who attended and helped make it a success! Next up: Sean and Tamerit (the representatives from RS\*H Center are returning to lead a White Cane Clinic this month – more details are elsewhere in the newsletter.

-Paula B

## UPCOMING EVENTS AT THE CENTER

February 9<sup>th</sup> – LUNCH – It's Taco Tuesday on a Wednesday! Come enjoy a taco or two! This will be catered, so be sure to call in your reservation, and whether or not you require transportation, no later than February 7<sup>th</sup>. Ole!

February 16<sup>th</sup> – Midwest Food Bank food pick-up

February 17 – 19<sup>th</sup> – Food Bank basket delivery. Please NOTE: Every effort is made to contact you with estimated delivery time – please be sure to answer your phone and be available to receive your food basket. If you don't have a need in a particular month, please let us know in advance if at all possible. Also, if you received your food in a basket, please have it ready to return so it can be re-used. Thank you to those who have already returned theirs – it is much appreciated.

February 17<sup>th</sup> – SUPPER - NOTE THIS IS A DIFFERENT NIGHT – Pizza Palooza (yep, it is a pizza for supper night!) Be sure to call in your reservation/transportation need.

### WHITE CANE / MOBILITY CLINIC

February 23<sup>rd</sup> – 10:30AM start time. White Cane/Mobility Clinic will be held with leadership from OEM specialists from Rockford Sight & Hearing Center. If you, or anyone you know, needs a white cane, this is the class to take to receive one for free and to learn how to use it. Just a reminder, white canes aren't just for the blind – anyone with a visual impairment that affects their ability to be mobile can benefit from a white cane. Caregivers are encouraged to attend as well to learn about ways to assist. You MUST call in a reservation 309—637-3693 - so you can be given instructions on how to measure for your cane.

## CANE & ABLE EVENTS SCHEDULED

Last month we re-introduced Evan Schwerbrock who is a certified Strength and Conditioning Specialist who founded the Cane & Able Fitness organization to provide nutrition and fitness services for the blind and visually impaired population. He has agreed to work with us to provide nutrition and modified exercise training here at the Center to keep us fit and healthy. So, mark your calendars for the following dates and stay tuned for more information. April 6<sup>th</sup>, April 27<sup>th</sup>, May 18<sup>th</sup> and May 25<sup>th</sup>.

### WE ALL LOVE A PARADE!

Arrangements are in the works for the CICBVI to have both vehicles in the Peoria St. Patrick's Day parade! Get your green ready to ride along!

### WALK LIKE A PENGUIN!

With all the ice and snow, a good safety tip is to walk like a penguin when you are outside to help prevent slipping. That's right – just place your feet with your toes pointed more to the side than forward and waddle along! It really does help your balance and stability! (Although it does look kind of funny!)

### SYMPATHY EXTENDED

It was reported that John S Vogel (no relation to Tom and Becky) passed away in December. Many of our patrons knew John and we all extend our condolences to his family and friends.

## BOOK REVIEW

Patron Deanna Bruce loves to read. You may recall that she also loves to write and has successfully written a children's book that is available on Amazon. She has agreed to share book reviews with us from time to time which, if you love to read, you can appreciate how nice it is to get good book referrals. Please note that all the books Deanna reviews here are available as audio books. Enjoy!

“Defiance County” by Jay Brandon. Need a good mystery? This book will keep you guessing. The small town of Galilee is dealt a terrible blow when a double murder occurs. Not only that, a couple's baby is missing! The district attorney is too closely related to the victims so an acting district attorney has to fill in during the investigation. There are twists and turns until the mystery is solved. Deanna's rating: 4 out of 5 stars.

“Last Chance Ranch” by Elena Johnson. There are three books in this series set on a California ranch. Scarlett is the main character and she has taken over her grandfather's ranch to get it back up and running. In order to accomplish that, she hires Hudson and sparks fly. The other two books in this Christian romance series are “Last Chance Cowboy” and “Last Chance Wedding.” Deanna's rating: 5 out of 5 stars.

Speaking of books – the Center has a lot of audio books and CD's for you to borrow – just give us a call.

## IMPORTANT DATES!

- January 13<sup>th</sup> – Happy belated birthday to Dean Eric Collins (his date was missed in reporting last month)
- February 2<sup>nd</sup> – Groundhog Day – let's hope Phil doesn't see his shadow!
- February 6<sup>th</sup> – Happy Birthday to Matt Stein
- February 7<sup>th</sup> – Happy Birthday to Ed Lindsay
- February 9<sup>th</sup> – Taco Tuesday on a Wednesday – be sure to call in your reservations for lunch at the Center
- February 11<sup>th</sup> – Sit back & relax – on this date in 1948 the La-Z-Boy recliner was invented
- February 13<sup>th</sup> – Super Bowl Sunday!
- February 14<sup>th</sup> – Happy Valentine's Day – Share the love!
- February 16<sup>th</sup> – Midwest Food Bank pick up
- February 17<sup>th</sup> – 19<sup>th</sup> - Food basket deliveries
- February 17<sup>th</sup> – Pizza for supper at the Center – be sure to call in your reservations!
- February 18<sup>th</sup> – National Vacuum Your Cat Day.
- February 23<sup>rd</sup> – White Cane/Mobility Clinic 10:30 AM at the Center.  
Please share the date and encourage anyone needing a white cane & training to reserve their spot.
- February 27<sup>th</sup> – Happy Birthday to Lynn Freeman
- February 28<sup>th</sup> – Happy Birthday to Leona Eppy

## HELP GET THE WORD OUT!

Please visit our social media pages. Every “like” and visit helps us become more visible and, in turn, gets the word out about our services. You will find fun posts, videos, Tech Tuesdays, news about upcoming events, pictures and more!

Website: [www.cicbvi.org](http://www.cicbvi.org) Facebook: [www.facebook.com/cicbvi](http://www.facebook.com/cicbvi)

Did you know our website has a tab called “Resources” where you can find a list of places to go for all your specialized needs from Braille adapted cooking utensils, magnifiers, books, social welfare services and more.

Short month, short newsletter – but it is long on news! Please be sure to mark the dates that apply to you, be safe, stay warm, and love your neighbor.



## Free Matter for the Blind & Visually Impaired

2905 W Garden St., Peoria, IL 61605  
January, 2022 Newsletter

### Quote for the Month

“For last year’s words belong to last year’s language and next year’s words await another voice. To make an end is to make a beginning.” - T.S. Eliot