

Are You Aware?

Newsletter

VisionAWARE.org

Self-Help for Vision Loss



Don't let vision loss keep you in the dark. **Become AWARE.**

WHAT'S NEW AT VISIONAWARE.ORG?

Vol 1, Issue 3, February 17, 2009

Presidents' Week Begins on February 16: Can You Identify the Presidents on Your Paper Money?

Know your Washingtons, Lincolns, Hamiltons, and Jacksons – learn new ways to [identify your bills and coins](#) if you are blind or have low vision. Find information about bill folding techniques, adaptive wallets, and legislation updates about accessible paper currency for people who are blind or have low vision.



Bill folding techniques

Support VisionAWARE

[Your donation](#) can help us continue to promote self-help vision rehabilitation hints, provide step-by-step adaptive techniques, and disseminate information on services and independent living resources to adults with vision loss, their families and friends, caregivers, and related professionals.

February is American Heart Month

Learn [practical self-help tips for vision loss and cardiovascular disease](#) and visit our [resources for vision loss and additional disabilities](#), including the American Heart Association and the American Stroke Association.

Daylight Savings Time (United States) Begins on March 8: It's Time To Move Your Clocks and Watches One Hour Ahead



Talking watches with buckle and expansion bands

Will you know what time it is? Find [talking watches and clocks](#) at our [VisionAWARE online store](#). A portion of each purchase from the VisionAWARE store made through this newsletter or our web site helps to support VisionAWARE.

About VisionAWARE

AWARE is a 501 (c)(3) non-profit social service organization. AWARE's primary focus is [VisionAWARE](#), a "Self-Help for Vision Loss" web site that includes Questions & Answers on a wide range of topics, including eye diseases and disorders, home management, home modification, reading and

February is Low Vision Awareness Month: Find Resources and Information to Help Cope with Low Vision

VisionAWARE's low vision information can help

you learn more about [low vision terms](#), [low vision optical devices](#), [non-optical devices](#) that can help with low vision, [low vision examinations](#), and [vision rehabilitation services](#).

Thank You To The Gibney Family Foundation

VisionAWARE has received a generous grant from The Gibney Family Foundation that will enable us to intensify our outreach efforts to residents of Idaho, Utah, and Vermont. Anne Yeadon, Executive Director, thanks the Gibney family for this grant award, noting that "This grant will enable us to reach individuals who are blind or have low vision and who may be unable to locate and access vision rehabilitation services that are often located in larger metropolitan areas."

A Reader's Self-Help Hint



Locking tab on a box of Reynolds Wrap

A tip from R.D. in New York: Reynolds Wrap aluminum foil has tabs on the long ends of the box. When you press the tabs inward, it locks the roll of foil in place. No more foil rolls flying out of the box. Double hint -- Saran wrap

and generic foil brands often also have this feature. Check yours today!

writing, personal care and grooming, recreational activities, crafts, braille, computers and technology, and helpful services and resources.

For more information, e-mail Maureen A. Duffy, AWARE's Editorial Director, at maureen.duffy@visionaware.org

VisionAWARE is made possible through the generous support of

[Reader's Digest Partners for Sight Foundation](#).

[VisionAWARE](#) | [About Us](#) | [Contact Us](#)

Tell A Friend: If you know someone who could find this information helpful, please pass this newsletter on and encourage him or her to subscribe at [VisionAWARE](#).