

Are You AWARE?

Newsletter

www.VisionAWARE.org

A program of AWARE

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

WHAT'S NEW AT VISIONAWARE.ORG?

Vol 1, Issue 9, July 16, 2009

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VisionAWARE Highlights

Quick access to new or updated content on the website:

- [Sailing for People Who Are Blind or Have Low Vision](#)
- [Interview with Don Golembiewski, Dir. of Outreach at the Hadley School for the Blind](#)
- [Interview with Joyce Shoemaker, Retail Operations Manager at SightConnections + a 10% discount at the SightConnections Store for VisionAWARE Readers](#)
- [Sewing for People with Blindness, Visual Impairment or Low Vision -- Be sure to share your sewing tips in the comments section](#)
- [Blind Bloggers -- Read Their Stories](#)

Take Note

July is UV Safety Month

Talk to your eye doctor about protecting your eyes:

- http://www.visionaware.org/eye_doctors

New Resources for Download

Simple reference guides that you can download

Safe Leisure Activities: Changes in vision don't have to mean giving up leisure activities. Use these resources to help you stay active:

- [Bowling Safety Tips](#)
- [Exercise Safety Tips](#)
- [Sewing Tips](#)
- [Swimming Safety Tips](#)
- [Tandem Cycling](#)
- [Walking Safely Tips](#)

[See the complete list of new "Safety in the Home" downloadable resource guides.](#)

State-by-State Resources

Highlights of new resources across the US

- [South Dakotak Association of the Blind](#) (South Dakota)
- [Enabling Technologies](#) (national)
- [MD Support](#) (Grandview, MO)
- [Pennsylvania Assistive Technology Foundation](#) (King of Prussia, PA)

[Complete state-by-state resources](#)

Survey Reminder

VisionAWARE is seeking YOUR feedback. [Take our 2009 Visitor Survey](#) and receive a copy of *New Independence! Craft Adaptations for Adults with Vision Impairments* when you complete our survey!

From Our Visitors

"Great info on coping with emotional impacts, feelings, communication, expectations ... hooray! I have already come a long way, and reading your site encourages me to keep on keeping on and go even further. Thank you, thank you."

- Reader Janet C. Shane

A Self-Help Hint

Some swimmers with limited or no vision use a "tapper." This is a person trained to observe swimmers' strokes and "tap" the swimmer with a long pole to indicate the lane ending and the need to make a turn. Find more hints in [How Can I Continue Swimming if I'm Blind or Have Low Vision?](#)

About Us

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 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.

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