

# 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 8, June 25, 2009

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### VisionAWARE Highlights

Quick access to new or updated content on the website:

- [Tips for fingernail care if you are blind or have low vision](#)
- [Tips for oral hygiene care if you are blind or have low vision](#)
- [Shaving tips and techniques if you are blind or have low vision](#)

### Take Note

#### Helen Keller Deaf-Blind Awareness Week - June 22-28

Visit our web site to learn more about resources for people who are deaf-blind or have vision and hearing loss, including:

- [communicating with a person who is deaf-blind](#)
- [facts about hearing loss](#)
- [information about hearing aids](#)
- [Helen Keller National Center](#)
- [resources for people with additional disabilities \(including hearing loss\)](#)

#### Eye Safety Awareness Week - June 22-28

Take care of your eyes! Learn more about absorptive sunlenses that filter out ultraviolet and infrared light in [Low Vision Non-Optical Devices](#)

#### Independence Day - July 4

Learn more about services for veterans who are blind or have low vision:

- [America's VetDogs](#)
- [Blinded Veterans Association](#)
- [Disabled American Veterans](#)
- [National Association of Blind Veterans](#)
- [Sun Valley Adaptive Sports](#)
- [United States Department of Veterans' Affairs](#)

### New Resources for Download

Simple reference guides that you can download

Personal Self Care: For most of us, it's a matter of personal pride and dignity to care for our personal needs independently. In this section, we'll give you tips and techniques that can help you maintain your independence in a number of personal areas that are of prime importance. New downloadable resource guides include:

- [Clothing Organization](#)
- [Labeling Clothes](#)
- [Nail Care](#)
- [Oral Hygiene](#)
- [Shaving](#)

## State-by-State Resources

Highlights of new resources across the US

- [View International Foundation](#) (national)
- [Flying Blind, LLC](#) (Cleveland Heights, OH)
- [Caregiver's Home Companion](#) (national)
- [Independent Living USA](#) (national)
- [American Council of the Blind of Colorado \(ACBCO\)](#) (Denver, CO)
- [Massachusetts Eye and Ear Infirmary](#) (Boston, MA)

[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

*"Thank you for being thoughtful with your concerns for encouragement to me. It means so much for someone to step up and listen ... and have the desire to really help. I can't even begin to tell you the difference you have made in my life."*

~ B. Robinson, Colorado

## A Self-Help Hint

Ask a family member, friend, or store clerk to place the upper edge of a credit card just below the writing line. This will provide a raised writing line to help guide your signature placement. Find more hints in [Writing Tips](#).

## 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](mailto:Maureen.A.Duffy@visionaware.org), AWARE's Editorial Director.

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