

Newsletter

# Are You AWARE?

VisionAWARE.org Self-Help for Vision Loss



*Vol 2, Issue 4, November 2008*



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## WHAT'S NEW AT VISIONAWARE.ORG?

### Shopping for the Holidays

Find independent living products, unique holiday gift ideas, and books related to blindness and low vision at our new [VisionAWARE online store](#), [Nancy's Gift Corner](#), and the [VisionAWARE Bookstore](#). A portion of each purchase from the VisionAWARE store and the VisionAWARE Bookstore made through this newsletter or our web site supports VisionAWARE.

### Information for [Family, Friends, and Caregivers](#)

Find information, support, and resources when a friend or family member experiences vision loss. An additional feature is our new [Caregivers' Forum](#) that provides the opportunity to seek help, share experiences, and discover solutions that work for you, your friends, and your family.

### Our Expanded [State Resources](#)

Find low vision clinics and specialists, vision rehabilitation agencies, and other specialty resources in our expanded state-by-state resource guide. If you want to add your agency or service to our listing, contact Maureen Duffy, Editorial Director at [maureen.duffy@visionaware.org](mailto:maureen.duffy@visionaware.org).

## NEWS ITEMS OF INTEREST

### A Blind Marching Band for the Rose Bowl Parade

The marching band of the [A Blind Marching Band for the Rose Bowl Parade](#) [Ohio State School for the Blind](#), the only blind marching band in the country, has been invited to participate in the January 1, 2010 Tournament of Roses Parade. "A blind marching band is such an incredibly unique thing," said music director Carol Agler. "We're hoping it will be an inspiration throughout the country."



### Find Dates for Religious and Civil Holidays in 2009

[When-is.com](#) is an easy-to-use web site that provides the dates of most civil and religious holidays throughout the world, including Buddhist, Christian, Hindu, Jewish, Muslim, and American holiday.

### Self-Adhesive Gift Wrap from Hallmark

Hallmark offers self-adhesive gift wrap with low-tack adhesion that does not require tape. There is no backing to unpeel and the paper sticks to itself when rolled up, simplifying storage. It is available at Hallmark Gold Crown stores for \$5.00 per roll.



## A Self-Help Hint

Want to make better holiday cookies? Here are some hints and adaptations for cookie bakers who are blind or have low vision:

- Use a timer to ensure consistent baking times. If you can't read your timer, try [marking it](#) with [orange tactile paint](#).
- Move the oven rack up a notch or two. This will move the cookies further from the direct heat source.
- Make sure there is room between the edges of the cookie sheets and the walls of the oven. Otherwise, heat is trapped at the bottom of the oven and isn't distributed evenly.
- Place an earthenware pizza stone on the floor of the oven to help moderate the heat.
- Use an [AirBake](#) baking sheet. This is a dual-layered sheet with a layer of air sandwiched between the two baking layers. This design helps protect your cookies from high oven temperatures by reducing the heat on the bottom sheet.
- Use a [non-stick silicone baking mat](#), which helps insulate the bottom of the baking sheet.

[Find more kitchen and cooking supplies on Amazon.com](#) for people who are blind or have low vision. A portion of each Amazon purchase made through this newsletter or our web site supports VisionAWARE.

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](#).

## 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 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](mailto:maureen.duffy@visionaware.org).

[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.

VisionAWARE is made possible through the generous support of  
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