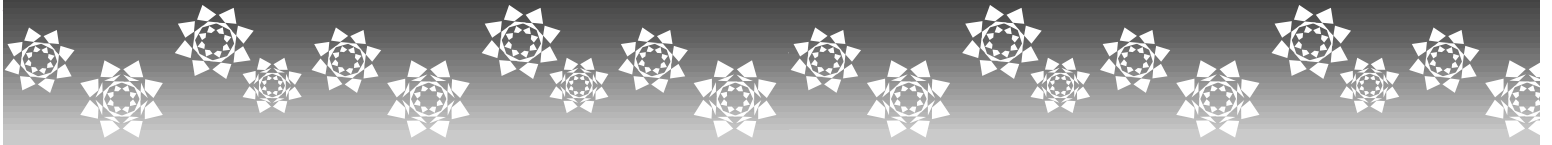




Lilac Services for the Blind

Holiday Newsletter 2010



Thank you for making 2010 a great year!

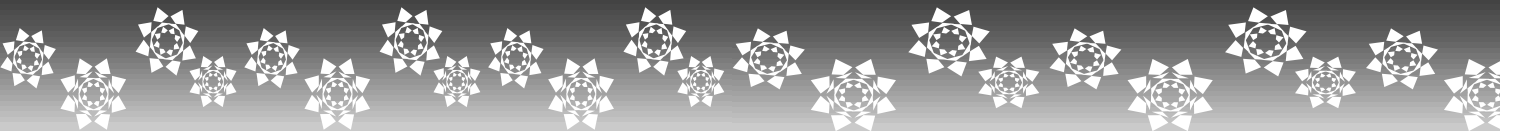
Through the faithful support of our donors in 2010, Lilac Blind was able to serve more than 1,300 blind and visually impaired individuals and families in the Inland Northwest. Here are some of the ways lives changed for the better:

- Through the Independent Living Program, blind individuals received the training and adaptive devices they needed to reach their potential level of independence, such as learning to prepare meals, manage finances, or shop downtown.
- Through the low-vision program, visually impaired individuals received magnifiers that allow them to read mail, menus, and prescription bottles.
- Through the adaptive computer training program, participants learned how to combine computers with adaptive software in order to e-mail family members or use the Internet for research.
- Braille transcription services helped students in their educational pursuits and allowed blind parents to read to their children.

Lilac Blind thanks all our donors and supporters as we work together to enable blind and visually impaired individuals to regain, maintain, or increase their independence.

Please join us as we move forward into a new year with its many challenges and opportunities. Lilac Blind, like other service organizations, experienced substantial cuts in state funding. We need your help to continue providing life-changing services in 2011. Every donation makes a difference! For your convenience, the last page of this newsletter has helpful details for your end-of-the-year donation. Thank you!

Please join us as we improve lives in 2011!



January Starts a New Year and Brings New Opportunities!

Classes at Lilac to help you meet your goals!

***It's time for your
New Year's resolutions!
Does your list include
weight loss or living healthy?
Then this series is for you!***

"Learning to Deal with a Diabetic Life"

The series consists of three one-hour classes taught by a dietician from Community Health Education and Resources (CHER) in Spokane. Bring your friends and family!

When: January 12, 19, and 26

Time: 1:30-2:30 p.m.

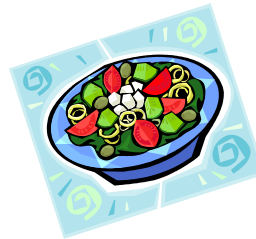
Who: Blind & visually impaired individuals, friends, and spouses

Cost: Free

R.S.V.P.: Call (509) 328-9116

Class topics will include:

- Components of a healthy diet
- Meal planning and recipes
- Weight loss tips for those with and without diabetes
- Diabetes self-management education
- Talking blood glucose monitoring
- Medication management
- Medical nutrition therapy
- Resources for diabetics
- Easy low-impact physical activity
- Behavioral changes for a longer life
- Methods of preventing diabetes
- Many more helpful topics



Self-Defense Class

This class is a realistic approach to self defense for the blind and visually impaired. Basic training is by touch, and we train in a safe, respectful atmosphere.

When: Thursdays, 11 a.m.-12 a.m.

January 20 to March 10

Cost: \$3 per class
(\$18 for set)

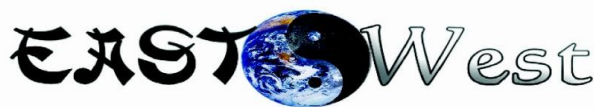
Yoga Class

This class focuses on guided Asana practice (basic postures) and enhancements of health, and flexibility. Perfect for those new to fitness and those rediscovering it.

When: Wednesdays, 3-4 p.m.

January 19 to March 9

Cost: \$3 per class
(\$18 for set)



Fitness World LLC
328-3285

Community Star Award

Congratulations to Jean Gilbert, winner of the Intermountain Community Bank **Community Star Award.**

The honor recognizes Jean's dependable and cheerful volunteerism. Lilac Services for the Blind also received a \$1,000 donation as part of the award. Jean, thank you for taking the time to volunteer!



★ We Want Your Opinion ★

Would you like to be part of a panel of clients that meets to suggest and discuss what activities Lilac Blind can offer in 2011?

You can help plan the events, classes, and other activities that Lilac Services for the Blind will offer clients, family, and friends.

Call
(509) 328-9116
today to
participate!



Begin a lifetime of healthy vision for your infant today!



The American Optometric Association recommends scheduling a baby's first eye exam at 6 months. InfantSEE offers no-cost eye and vision assessments for *all* children between 6 and 12 months old.

For more information, visit www.infantsee.org to find a local participating optometrist or call (888) 396-EYES (3937).

2010 Flashback! Successful Classes!

- Personal Adjustment Seminar in Wenatchee on April 7
- Cane Self-Defense Class on April 17
- Dance Class on April 24



Learn something new every day!



Every donation makes a difference! Lilac needs your support to continue providing free services for the blind and visually impaired in the Inland Northwest. Please help by completing the form below and mailing it with your donation. Thank you!

Yes! I want to support the work of Lilac Services for the Blind at the following level:

- President's Circle** **Gold Circle** **Silver Circle** **Friends of Lilac**
Gifts of \$1,000+ **Gifts of \$300-\$999** **Gifts up to \$299** **Gifts up to \$100**

Enclosed is my tax-deductible gift, in the amount of \$_____

My gift is made in memory of: in honor of: _____

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Credit Card Number: _____ Expiration Date: _____

Signature: _____ Date: _____

Thank you for supporting free services for the blind and visually impaired in your community!

Lilac Services for the Blind
1212 North Howard Street
Spokane, WA 99201

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