

## Preventing Falls by Adapting Your Home

Individuals with vision loss have an increased risk of falling and being injured. According to the Centers for Disease Control, each year one out of three adults, ages 65 and older, falls. The American Federation for the Blind Senior Site suggests simple and inexpensive changes that can be made around your home to dramatically lessen the chances of a dangerous fall and enhance your ability to live independently. **Tips on preventing falls include:**

- Don't store the things you need in high places that would require the use of a step stool to reach.
- Apply non-skid mats or appliqués in bold, contrasting colors to the surface of the tub or shower.
- Arrange your furniture so that there is a clear path for walking, and keep clutter out of walkways. Avoid using furniture on wheels.
- Clap-on/clap-off lights in the living room and in your bedroom will keep you from having to get up from your chair to adjust the lighting.
- During the winter months, keep outdoor pathways clear of ice and snow by using kitty litter or salt, or ask someone to shovel the walkway.
- Exercise can improve strength and balance. Consider joining an exercise group such as tai chi, dancing, aerobics, swimming, or walking.

Learn more safety tips on the AFB Senior Site at [www.afb.org/seniorsitehome.asp](http://www.afb.org/seniorsitehome.asp)

**Save the Date!**

## Annual Delta Gamma Garden Fair

At Liberty Park Greenhouse & Florist on 8th & Perry in Spokane

Thursday, May 19, 2011 ♦ 9:00 a.m.-5:30 p.m.

*Give your garden a jump start!*

*Your purchases will help fund free, life-changing services for people who are living with vision loss.*



DELTA GAMMA  
FOUNDATION

# Helpful Hints for Stress Management & Relaxation

by Andrea Goddard, M.A., Licensed Mental Health Counselor

## Stress Management:

- You don't have to like stressful events. You simply have to survive them as skillfully as you can.
- Realize that all you truly have to get through is THIS MOMENT, not the one that happened yesterday, and not the one that will happen ten years from now.
- For certain stressors, it's helpful to adopt the stance: "This is just a pain in the neck...not a catastrophe."
- It is not always realistic to need to feel perfectly at peace with a genuinely distressing circumstance; it is necessary only to move that stressor from 101% intolerable to 99% intolerable. (see "Relaxation" below to make this one easier.)
- Try remembering that neither feelings nor thoughts last forever. Both move through us just as our breath flows in and out.
- Remember that as moments and stressors come and go, you remain capable and solid, rooted in the deep strength of your being.

## Relaxation:

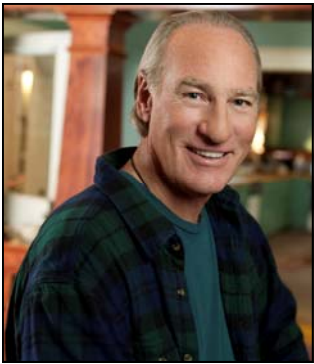
- Draw nourishment from, and mindfully engage with, that which comforts you or feeds your spirit (i.e., friendships, music, nature, good coffee, pets).
- Engage in activities that help you enjoy being in your body (i.e., working out, gardening, walking a dog, a hot shower, a massage).
- Try to have at least one belly laugh a day.
- Consider that if most of us tended our whole selves as much as we tend our worries, we'd feel like the happiest people on the planet.
- Allow relaxation practices to be RELAXING. The world isn't going to stop for you and certain stressors will be waiting to be dealt with, so you might as well cut yourself some slack.
- When in doubt, do for yourself what a best friend would do for you.

*Yoga*

**Wednesdays, 3:00-4:00 pm**

Call 328-9116 for more information

This newsletter is published by  
**Lilac Services for the Blind**  
1212 N. Howard St., Spokane, WA 99201  
(509) 328-9116



# 2nd Annual Craig T. Nelson Celebrity Golf Classic

benefitting

## Lilac Services for the Blind



**When: August 19, 2011 at 8 a.m.**  
**Where: MeadowWood Golf Course**  
**For more information,**  
**call (509) 328-9116 or visit**  
**[www.lilacblind.org/golf](http://www.lilacblind.org/golf)**

Proudly sponsored by



More than a great golf tournament, the 2<sup>nd</sup> Annual Craig T. Nelson Golf Classic has added a “Meet the Celebrities” event on Thursday, August 18, at The Q at Northern Quest Resort & Casino. Golfers will have an opportunity to interact with our host Craig T. Nelson, actors Kevin Sorbo, Kristy Swanson and R. Lee “Gunny” Ermey, football greats Mark Rypien and Sterling Sharpe, two-time Olympic bronze medalist Lloyd Eisler, and other special guests. This fundraiser includes actor and comedian Nick Theisen as the M.C., a catered lunch, and an open gallery for fans. Team sponsorships are still available!

### Adaptive Technology Update

Does it seem like adaptive computer technology always changes and requires expensive upgrades? Although technology opens new opportunities for individuals with vision loss to achieve independence, adaptive technology may seem expensive and overwhelming at first. Before purchasing a new computer, ask yourself these questions to assess if the computer will be user-friendly for you:



- Does the computer include a built-in screen reader or magnification software? If not, will the computer’s processor and memory accommodate the software?
- Does your computer need to be lightweight and mobile or built for an office?
- Does the computer have Wi-Fi, wireless Internet capability?
- Does it have scanning capabilities, braille printing, or note-taking options?

For example, the new iPad by Apple is easy to use and compatible. It has a built-in screen reader called VoiceOver, and the iPad responds to specific hand movements. Users are able to use a built-in keyboard, screen reader, and wireless Internet capability. Customers pay a one-time fee upon purchase of the iPad and the upgrades are included. If you have questions regarding adaptive computer technology, please contact Russ at Lilac Blind at (509) 328-9116.

(Lilac Services for the Blind does not promote any specific type of adaptive computer and software. However, Lilac strives to enhance independence by improving awareness of the current technology available.)

**Every donation makes a difference! We need your help!**

Please complete the form below and mail it with your donation to:

**Lilac Services for the Blind, 1212 N. Howard St., Spokane, WA 99201**

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

**President's Circle**  
Gifts of \$1,000+

**Gold Circle**  
Gifts of \$300-\$999

**Silver Circle**  
Gifts up to \$299

**Friends of Lilac**  
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: \_\_\_\_\_

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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