

A Bright Future

Logan is a typical 17-year-old high school student who enjoys reading and hanging out with friends, in addition to her school activities where she is a National Honor Society officer. She was recently accepted at Northeastern Oklahoma A&M College (NEO) and will start concurrent enrollment in the spring.

This is a time of increased freedom for any young adult, but Logan has had vision loss and nystagmus from birth due to optic nerve hypoplasia, so there are challenges with a new environment. NewView Oklahoma is helping with services for Logan after she attended the Keys to Work Transition Camp last summer.

"I went to Transition Camp not really knowing what I was going to get out of it, but Cathy Holden, the senior vice president of rehabilitation/clinical operations, had me get my cane out the first night and that was the end of that story," Logan said. "We weren't there just for fun, but it ended up being a lot of fun!"

Since camp, Logan has continued with follow up services from NewView including occupational therapy (OT), Orientation & Mobility (OM) and assistive technology training.

"Logan is so smart and cheerful, and she looks at the bright side of everything," said Kim Guirl, director of rehabilitation at NewView. "We're trying to set her up to be successful, especially as she goes to college and expands her independence."

In preparation for college, Logan has been touring the NEO campus and getting used to using her white cane. Her initial reluctance to using a cane came from not wanting to draw attention to her low vision and also from always being able to "get by" without it.

"I thought, 'I've made it 17 years and managed,' and I don't want to stand out. I can hide my low vision with no



Logan (left) getting ready for a television interview while at Transition Camp.

problem," she said. "But I think the cane will give me greater independence – to be able to walk around on a bigger campus and not have to rely on someone escorting me."

Logan plans to study psychology and work with children in some capacity, which will require a lot of studying. NewView services included training on adaptive equipment to make reading easier. Logan uses the Ruby, a portable device that magnifies and changes contrast to the text, as well as Prodigy which has text-to-voice and other features to help her read.

Logan says her experience with camp and follow up services at NewView are more than just about independence.

"I feel like I got so much more out of NewView than OT, O&M, and the new technology," Logan said. "I've never really been around anyone else with low vision, so camp was a great experience. In those two weeks, I made a lot of friends, and the services after camp have helped me grow a lot."

A New Home

Over the past nine years, NewView's Low Vision Rehabilitation Program has grown from one that served 30 clients with low vision to a statewide operation that serves more than 4,300 statewide. Because of our phenomenal growth, the rehabilitation program has outgrown our current location at the Chesapeake Community Plaza in Oklahoma City. As more than 500,000 people in Oklahoma are or may be impacted by debilitating vision loss, NewView needs more space to deliver more low vision exams and provide therapy, training and program activities to meet the ever-increasing need for our services.

To address the need for a larger facility, NewView Oklahoma launched a \$4 million capital campaign for the purchase and renovation of a 27,000 square foot building at 4301 N. Classen Boulevard. Centrally located on the Embark bus line, which makes it highly accessible to the visually impaired community, NewView's vision for the two-story building includes a welcoming entry and reception area, as well as a retail space that will offer latest in adaptive devices and assistive technologies.

The focal point of the first floor will be the store and the Community Room, which will serve as a gathering space for



the visually impaired to participate in an ongoing schedule of group trainings, art classes, support groups and other activities. In addition to administrative offices, the plan for the second floor includes three low vision exam lanes, computer training, technology and Braille labs, a fully equipped adaptive teaching kitchen and neurological and pediatric therapy rooms. Once fundraising is completed, renovations are expected to take 9-12 months, with occupancy planned for the spring of 2019.

NewView has raised \$2,804,723 toward our \$4 million goal, but we need your help! Please consider a gift to our Home for Hope Capital Campaign. Simply use the enclosed donation form.

SAVE THE DATE

Parents, be sure to save the date for our 2018 OWL Camps (Oklahoman's Without Limits). Tulsa OWL Camp will be held **June 22-25** at Lake Tenkiller. Campers between 15 and 18 years of age participate in adaptive water activities such as water skiing, wake boarding and tubing, in addition to learning and practicing healthy life skills.

This year, OKC OWL Camp will be held **July 14-21**. Younger campers between the ages of 8 and 14 years of age get the opportunity to stay at the beautiful YMCA CAMP CLASSEN campground in Davis, Oklahoma with sighted buddies. Kids will participate in themed activities and try horseback riding, archery, rock climbing, canoeing and so much more!

For more information, or to enroll your child, email Cynthia Vora at cvora@newviewoklahoma.org.



Tulsa - **June 22-25, 2018**
OKC - **July 14-21, 2018**



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Tips for Reading Aloud to Blind and Visually Impaired Children

There is strong evidence that children who get in touch early on with books develop behavior and attitudes that promote literacy – which can take on many forms including braille literacy. Reading aloud to children with visual impairment promotes tactile learning which leads to improved reading skills as well as verbal proficiency and expanded vocabulary. The National Braille Press has some recommendations to enhance reading to children who are blind or visually impaired.

1. Choose the right book by reading it to yourself

first and determining if the content and tone are appropriate for the age and personality of your child. Be on the lookout for key objects, geography, people and characters that would interest your child. It is okay to skip over material in the book, to simplify language, or replace names with the names of the kids who are listening.

2. Take your time. It's important to convey the intent of each page and make sure your child understands all the words, concepts and emotions. Before reading each page, describe the images, focusing on the three or four most central objects or characters. Giving picture cues helps children better understand the text.

3. Use vocal expression to add to your picture descriptions, and to emphasize the words in the story. Your voice can sound happy or sad or frightened or calm.

4. Describe - and model - the facial expressions and body language. It isn't always easy for children to "read" facial expressions and body language, so you can model the feelings for them and let them touch your face to feel what it looks like.



5. Use tactile objects while you are reading.

Toys, objects found around the house, and natural materials found outside can all be used. Tactile explorations allow your child to handle and explore an object.

6. Let your child help tell the story. Active reading means both you and your child play a part. Let them chime in with details they already know, can imagine, or guess long before they are reading, especially on repeat stories. Ask questions before, during and after the book to review plot details, character development and reading comprehension.

Recommended books for description and tactile objects:

Dragons Love Tacos

The Day the Crayons Quit

Pete the Cat: Rocking in My School Shoes

NewView Headquarters

501 North Douglas Avenue
Oklahoma City, OK 73106
(405) **232-4644**

Tulsa Low Vision Center

5986 South Yale Avenue
Tulsa, OK 74135
(918) **779-7772**

OKC Low Vision Clinic

710 W. Wilshire, Ste 102
Oklahoma City, OK, 73116
(855) **811-9699**

855-811-9699

SAVE THE DATE - Wednesday, April 11, 2018

Please join us at our 9th Annual **Envision the Future Oklahoma City Luncheon** to hear testimonials from our staff and clients about NewView Oklahoma's life-changing programs. Learn how you can help make a difference in the lives of others with your support and donations!

Wednesday, April 11, 2018 | 12:00 P.M. - 1:00 P.M.
St. Luke's United Methodist Church | 222 NW 15th St, Oklahoma City

To RSVP, or if you are interested in hosting a table, please contact Tiffany Henley at thenley@newviewoklahoma.org.

Traveling with Your Cane in Winter Weather

Traveling with a white cane during winter is often more time consuming, more physically and mentally challenging, and can pose more safety hazards. To protect your extremities, it is necessary to plan one's clothing and equipment well beforehand. **Your toes, fingers, and ears are particularly at risk.** The American Foundation for the Blind has some helpful suggestions:

Footwear

Find well-fitting winter boots with soles that provide good traction on slippery surfaces. The soles should not be too thick so that they can still transfer vital information from the ground surface.

- Consider using Yaktrax, traction devices that you put on the bottom of your shoes or boots that grip the snow/ice, making it less slippery and easier to walk.

Mittens

Mittens keep hands warmer than gloves, but provide less information to the cane traveler. Knitted mittens are better than those made of thick material, however, knitted mittens may fray. There are also mittens that have removable tops (fingertips) that velcro or hook down when not in use.

- Adapt your mittens for holding a cane by cutting a hole at the tip, inserting the cane into the hole, and putting your hand in the mitten to hold the cane.



Gloves

Gloves can provide more tactile information when "reading" surfaces. Knitted gloves are warm and do not block out as much information. Different styles are available for keeping the index finger free and/or have removable tops like mittens to hook down when not in use.

- Adapt gloves by cutting off the index finger or cutting off the outer layer of glove, but keep the lining. This should give better information to the index finger.

20% OFF
everything excluding
electronic video magnifiers

OKC Low Vision Clinic
710 W. Willshire, Ste. 102

Tulsa Low Vision Clinic
5986 S. Yale Ave.

March 31, 2018

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