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A bright, crisp early autumn day welcomed the opening of the Central Association for the Blind and Visually Impaired's (CABVI) fourth base supply center, the Island Express, at the Newport Naval Station in Newport, Rhode Island.

Captain Michel Poirier, Commanding Officer, Naval Station Newport, welcomed the assembled crowd of nearly 100 Naval Purchasing Officers by asking, "Let me see a show of hands: How many of you remembered to bring your credit cards today?"

"This store represents a win-win for Newport Naval Station and CABVI. We now have one on-base stop and shop for all our supplies that will aid in our ability to reduce operating costs and the Central Association for the Blind and Visually Impaired will oversee and operate this facility."

The road to Newport Naval Station began in 2001 according to Rudy D'Amico, President and CEO of CABVI. "I can't tell you how excited we are to be here. We wish to thank Capt. Poirier and his staff. They really made this happen. *continued on page 2*



Capt. Michel Poirier, right, Commanding Officer, Naval Station Newport, joins Amanda Harazak, far left, store manager; Paul Drejza, chairman of the board of the Central Association for the Blind and Visually Impaired; Rudy D'Amico, CABVI President and CEO; and Cmdr. Tracy Brown, Fleet Industrial Supply Corp Officer-in-Charge, to cut the ribbon officially opening CABVI's and Naval Station Newport's base supply center, the Island Express.

CABVI Opens Fourth Base Supply Center, Continued

“We also want to express a special thank you to someone. Whenever things were not progressing, when obstacles seemed to be coming from every direction, when it could have been easy to put this project on the back burner, it was always Cmdr. Tracy Brown, Fleet Industrial Supply Corps Officer in Charge, and his staff that moved the obstacles, created a new sense of urgency and pushed the project ahead. Without his leadership this center would not have been possible.”

CABVI employees Mary Dougherty and Joe Nikodem represented workers who are blind or visually impaired at the grand opening. Mrs. Dougherty expressed her sense of fulfillment working at CABVI. “I would not be where I am without the assistance of CABVI. Their services have been made available to me as the result of sales of Skilcraft products at stores like the Island Express.”

Mr. Nikodem said the employees of Central Industries know the products they manufacture help keep Americans safe. “We make a difference. Agencies like CABVI make a difference. We feel a part of the process. Without our work our lust for life would be lost.”

CABVI opened its first base supply center at Subbase New London, CT in 2000. The Galaxy Express at Air Reserve Base, Westover, MA opened in 2003 followed by the Shipyard Express and the Portsmouth Naval Shipyard in Kittery, ME in 2005.

The Island Express is the 130th center serving military bases across the United States under the AbilityOne program banner. The Island Express will be managed by Amanda Harazak.

The AbilityOne Program, formerly Javits-Wagner-O’Day, helps thousands of people who are blind or have other severe disabilities find employment. The program coordinates its activities with nonprofit organizations across the country to employ these individuals and provide goods and services to the federal government at a competitive price.



Photos

Top: The exterior of CABVI’s new base supply center, Island Express, at the Newport Naval Station in Newport, Rhode Island.
Left: The center’s logo.
Second to bottom: CABVI employee, Joe Nikodem, addresses the gathering at the center’s grand opening.
Bottom: Inside the base supply center.



Dark Dining a Huge Success



One hundred-fifty five guests threw caution to the wind joining George Aney and the Central Association for the Blind and Visually Impaired at this year's Dark Dining event, presented by NBT Bank. Feasting on a four-course menu that included stuffed chicken dijon and bistro medallion tenderloin (and wine with each course!) guests, wearing blindfolds, enjoyed the singing of 10-year-old Laurel Beattie, Susan Nackley Mojave, Michele O'Neil and Peter Loftus, and the hard show dancing of performers from the Johnston School of Irish Dance.

Dark Dining, chaired again this year by Paul Drejza, Chairman of the CABVI Board of Directors, raised net revenue of more than \$36,500 for vision rehabilitation services at CABVI. "We owe much to George Aney. He was a marvelous Master of Ceremonies. We deeply appreciate the support of each sponsor and donor, our guests, the volunteers who gave us their Saturday evening to serve as sighted guides and the management and staff of Valentino's Banquet Hall."

In addition to presenting sponsor, NBT Bank, other sponsors included:

- Adirondack Financial Services
- Arlott Office Equipment
- Basic Medical Industries
- Cafe Del Buono
- Chima, Inc
- Doucette Medical
- Eye Associates of Utica, PC
- High Five Medical Products
- Kimberly-Clark
- Leatherstocking Abstract & Title Corp
- Margaret Brown, CPA
- Meadwestvaco Corp
- MetLife
- Mohawk Valley Retina, PLLC
- MSI Molding Solutions
- Mutual of America
- P. Drescher
- Scalzo, Zogby & Wittig, Inc
- Sempermed
- ST Med
- Trenton Technology
- Turnbull Insurance Service
- U.S. Materials Handling
- Wal-Mart Foundation
- William Liebstone Associates
- WKTV-TV 2 and 92.7 The Drive WXUR



Scholarship Awarded



The Central Association for the Blind and Visually Impaired awarded the 2008-2009 Excellus Blue Cross Blue Shield scholarship from the Anne Sullivan Macy Scholarship Fund to Sharice Moon of Waterville, NY. Ms. Moon is a freshman in general studies at Herkimer County Community College with a 3.25 grade point average.

Ms. Moon began to lose vision in her left eye in 9th grade at Waterville Central School. "Like a lot of people I assumed I needed a change in prescription," Ms. Moon said.

"Unfortunately, it wasn't as simple as that. After many tests including a CAT scan and MRI, I was diagnosed with a brain tumor. In the spring of 2004, I had surgery but totally lost vision in my left eye and had restricted field of sight in my right eye."

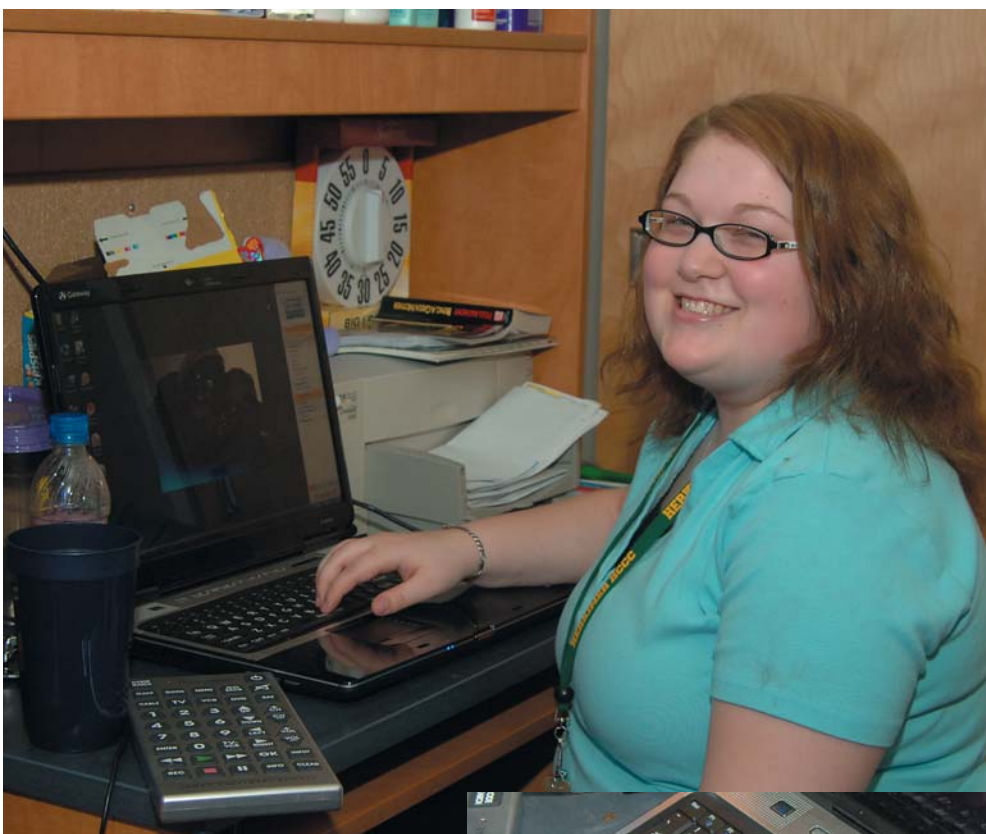
After several months of recovery, she returned to school in the fall of 2004. She had a lot of catching up to do and more importantly she had to redefine herself as a student with a visual impairment. Sports, particularly softball which she enjoyed, were no longer an option.

In Ms. Moon's junior year of high school, with encouragement from friends and family, she joined the color guard. Her coach quickly saw huge potential in Sharice naming her the captain of the team. In her senior year she received the Triple C Award for Character, Commitment and Courage, an honor of which she is particularly proud.

CABVI met Ms. Moon in the fall of 2007 when plans were underway for her to attend college. The agency provided orientation and mobility instruction, helping her navigate the HCCC campus and the Herkimer community. She participated in a low vision exam to allow greater access to print. She received vision rehabilitation therapy to build upon her independent living skills, learning to handle finances, preparing meals in her dorm kitchen and establishing organizational skills to carry over into the classroom.

Ms. Moon uses adaptive computer technology including Zoom text, a large monitor and other adaptive equipment. She's explored career options through CABVI's employment department and volunteer opportunities. Over the summer, she volunteered at the Steven Swan Humane Society.

Sharice is a success story. She is determined to put forth her best effort. She embraces the instruction provided by CABVI and is determined to show others that she has great ability.



Sharice Moon on campus at Herkimer County Community College and in her dorm room working on her laptop outfitted with zoom text and larger letters on the keyboard.



Senator Griffo Receives Recognition

State Senator Joseph Griffo, who represents CABVI consumers in the 47th senate district of central New York, received recognition recently from vision rehabilitation professionals for his sponsorship of legislation that will require orientation and mobility specialists and vision rehabilitation therapists to be licensed in New York State.

Senator Griffo accepted the award at the annual conference of the New York State Association for the Education and Rehabilitation of the Blind and Visually Impaired in Binghamton.

Blind in one eye, Senator Griffo said he personally understands the need for licensing NYS professionals who help people of all ages with vision loss. “Licensure will give tens of thousands of New Yorkers who encounter vision loss confidence and assurance that the professionals who serve them have the education and training to provide the quality of service to which they are entitled.”



Senator Griffo, center, received the award recognizing his work on behalf of people who are blind or visually impaired from Moira Ambrose, a generous benefactor of the New York Vision Rehabilitation Association and widow of noted historian and author Stephen P. Ambrose, their daughter, Grace Ambrose Zaken, Ed.D. Grant Associate Professor at Hunter College, and Robert K. Hanye, President and CEO of the Association for Vision Rehabilitation and Employment of Binghamton.

Low Vision Tips

If you or someone close to you has low vision due to glaucoma or another eye disease, here are some simple tips to help continue living an active daily life.

Improve Lighting — Add additional light for specific tasks. Use directed lighting from behind the shoulder to reduce glare. Be sure that bathrooms, kitchens, hallways, closets, and stairways are well lit.

Increase Contrast — Pour your coffee into a white cup, and your cereal into a dark bowl. Set white plates on dark place mats. Use a black cutting board for white onions and a white cutting board for dark-colored foods. Use felt tip pens instead of ball point pens.

Control Glare — Wear amber or dark yellow glasses or clip-ons to reduce glare, and wear a cap with a brim or a visor outside. Cover shiny surfaces with a cloth.

Get Organized — Always keep your money, keys, and medications in the same place to make them easier to find. Have a designated place for everything in your home, and request that others in the household respect and maintain the organizational system.

Enlarge Text — Request large-size checks from your bank. Use large print crossword puzzles and playing cards. Photocopy and enlarge favorite recipes, addresses, and take-out menus. Use the accessibility features on Macintosh and Windows computers.

Mark and Label — Mark key positions on your stove, microwave oven, washing machine, and thermostat with dimensional fabric paint or nail polish so you can feel the correct positions. Label spices and medications with a dark marking pen. Carry your address labels with you to use when filling out forms.

Listen to Books — Listen to audio tapes and books on CD borrowed from your local library, or from the free Talking Books program sponsored by the National Library Service.

CABVI provides Low Vision evaluations from a team of experienced professionals. Plus our Sight Shoppe has many of the items you need to put the tips above into action. Call (315) 2233 to learn more about our Low Vision services or to request a Sight Shoppe catalog.

Bramley Golf Tournament

The Ninth Annual Norman E. Bramley Memorial Golf Tournament raised \$17,300 to support the vision rehabilitation therapy programs of the Central Association for the Blind and Visually



Impaired. In the tournament's nine years, the family and friends of Norman Bramley, a Clark Mills resident who lost his sight in the Pacific Theater during World War II, have donated more than \$150,000 to CABVI.

At this year's tournament, held at Hidden Valley Golf Club in Whitesboro,

a field of 100 golfers from across central New York participated with more than 20 volunteers making the event a success. A special thanks to the tournament's Sponsors:

Phoenix Textile Corp.

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Leatherstocking Abstract & Title Corp.

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National Grid

Charles A. Gaetano Construction

Merrill Lynch

Indium Corporation of America

Saturn of the Mohawk Valley

92.7 FM The Drive



The Bramley Tournament Planning Committee: front (l-r) Kristina Bramley, Dan Kinney. Row 2 (l-r) Jennifer Bramley, John Bramley, Marie Golden. Back Row (l-r) Caleb Scerbo, Kim Scerbo, Kathy Bramley, John Alsheimer, Jeff Bramley, Jim Bramley, Jim Kinney.

CABVI Legacy Society

Generous contributors help the Central Association for the Blind and Visually Impaired provide our vision rehabilitation services free of charge. Tens of thousands of people who are blind or visually impaired have benefitted from your generosity through the years.

CABVI is creating a planned giving group, to be known as the **CABVI Legacy Society**, to honor individuals whose gifts through wills, life insurance, retirement plans and various charitable trusts or annuities have already been received or will someday accrue to the agency.

Careful planning offers each individual the opportunity to make a gift that will help CABVI provide our services for future generations.

If you have not remembered CABVI with a planned gift but would like to or have questions on how to proceed, please contact Steve Gannon or Mary Monahan in CABVI's Development Office for assistance - (315) 797-2233.

Regardless of the method or the amount of your gift planning arrangement, we are deeply grateful to each and every donor and especially appreciative of their thoughtful commitment to the future financial well-being of the Central Association for the Blind and Visually Impaired.



Legacy Society Gifts help ensure the CABVI will continue to offer its services to people who are blind or visually impaired for years to come. Ed Welsh (L), chairman of the CAB Foundation, accepts a Legacy Society bequest of \$15,000 from the estate of Wallace Hardy from attorney Michael Misiasek.

The Season for Giving

Recall your memories of the holidays: Children laughing as they open their gifts and your joy watching them.

My family is looking forward to this year's holidays with more joy than in the past thanks in large part to the Central Association for the Blind and Visually Impaired.



My four-year old twins, Samuel and Joseph, are visually impaired. About two years ago professionals from CABVI started providing services to my boys and their progress has been remarkable.

The mobility instructor and children's vision therapist who work with Samuel and Joseph are incredible. They've taught them to become more self-sufficient, whether it's learning to use their canes to move about safely and independently or develop skills for daily living.

Sometimes people who have failing eyesight need to get beyond their shock and disbelief and realize that with professional vision rehabilitation services, they can adjust to vision loss.

Because of the wonderful generosity of friends like you, we are able to continue to provide services to the growing number of people in our eight-county service area who have been affected by vision loss. That's why I am encouraging you to make a donation to CABVI so they can continue to help my twins and the more than one thousand other consumers, young and old alike, throughout the year. Sending your holiday gift in the enclosed envelope today is greatly appreciated and will help our neighbors rebuild their lives in the New Year ahead.



Learn More About CABVI

If you're interested in learning more about CABVI and the services we provide, we invite you to tour our agency.

We're proud of the programs we offer, many of which are more comprehensive than those found in larger metropolitan areas. We can arrange tours for individuals or groups of all ages.

If you're an employer and want to find out about hiring people who are blind or learn how to make your workplace accessible, we can assist you. If you operate a retail business and would like to develop materials in Braille, we can also help.

Give us a call at (315)797-2233 for tours or assistance. We're happy to share our story with you.



Central Association
for the Blind
and Visually Impaired

(315)797-2233 • 1-877-719-9996

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President and CEO

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Established in 1929, CABVI is a not-for-profit agency that serves people who are blind or visually impaired, from newborns to the elderly, usually at no charge. Our staff of professionals offer comprehensive vision rehabilitation, employment, and technology services personally tailored to people with visual impairments. Our mission is to assist people who are blind or visually impaired achieve their highest levels of independence.

Focus Newsletter:
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Wendy Bartlett, Public Relations Associate
Writing - Steve Gannon, Director of Development

VOLUNTEER PROFILE

by Paula Flisnik, Director of Volunteers

The Central Association for the Blind and Visually Impaired recently held a luncheon honoring 79 years of volunteer service. Ninety volunteers, along with agency employees, celebrated the contributions our dedicated volunteers make throughout the year.



Paula Flisnik, left, and Marjorie Tait.

Our volunteers take a leading role in assisting and carrying out the agency's services. Volunteer assignments range from preschool vision screenings, consumer visitations, tape reading, clerical assignments, transportation, Braille, and boards and advisory councils participation. Many CABVI employees also volunteer throughout the region at churches, on school boards and committees, or by coaching sports teams and spearheading boosters clubs. Many of our volunteers who are helping others in the community are blind or visually impaired. This year, CABVI was pleased to volunteer for Utica's 15K Boiler-maker Road Race by staffing a water station along the course.

At the luncheon, CABVI acknowledged its Volunteer of the Year, Marjorie Tait. Marj assists in the Development and Rehabilitation Departments, and with her hearty laugh and wonderful sense of humor, CABVI is fortunate to have Marj's time and talent.

As a thank you, each attendee received an Island Express (see cover story) bag filled with blind-made and base supply store products, along with a United States flag.

- In 2007, 349 CABVI volunteers provided 12,241 hours of service, yielding a savings of \$208,000.

Current newsletters and annual reports are available in Braille, on disk, and on audiocassette. If you prefer to receive future editions of our publications in one of these alternative formats, call CABVI at (315)797-2233.

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who don't see well
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