

CABVI FOCUS

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Central Association for the Blind to Add Fifteen Jobs

Agency Secures Four New Government Contracts

by Steve Gannon, CABVI Director of Development

The Central Association for the Blind and Visually Impaired (CABVI) expects to add 15 jobs over the next six months after securing four contracts with several government agencies worth \$5.5 million per year over the next five years.

The new contracts call for CABVI to sell:



CABVI sewer, Mom Samith, stitches the hem on a pair of men's pajamas to be sold to the Veteran's Administration.

- EMS 911 Exam Gloves to the New York City Department of Citywide Administrative Services

- Rubber bands to all agencies of the Federal Government except the United States Postal Service, thanks to a grant from the Community Foundation of Herkimer and Oneida Counties to purchase the required equipment

- Men's pajamas to the U.S. Department of Veteran's Affairs

- Double-topped file folders to the Federal Government.

Additionally, the Transportation Security Administration of the Department of Homeland Security extended a contract for CABVI to supply blue Nitrile gloves used at 460 airports across the country. The TSA contract amounts to an additional \$3 million in annual sales.

continued

Fifteen Jobs Continued

The gloves will be packaged and the rubber bands, pajamas and file folders manufactured at CABVI's facilities in Utica according to Rudy D'Amico, President and CEO.

"We are very excited. We will add 15 workers, most of whom will be blind or visually impaired, at a time when the economy as a whole is struggling.

"These contracts demonstrate the faith and confidence that the government has in the quality of CABVI's products and workforce."

The majority of the new employees will make the VA Pajamas and rubber bands said Dennis Webster, Vice President of Manufacturing. "We will nearly double our highly skilled textile workforce while training machine operators and material

handlers to operate the rubber band machines which we've purchased with the generous assistance of the Community Foundation of Herkimer and Oneida Counties."

The Community Foundation of Herkimer and Oneida Counties has supported growth in vision rehabilitation services and programs that expanded employment at CABVI for many years. Past grants have supported: a green cleanser production line, a call center training program, occupational therapy services and modernization of the Turnbull Low Vision Center.

The Central Association for the Blind and Visually Impaired employs 163 workers, 67 of whom are blind or visually impaired. One hundred twelve work in Central Industries, CABVI's integrated manufacturing and employment division, where they manufacture, package or assemble 30 different lines of products.

Move Your Life Forward at Central Industries



Central Industries has employment opportunities in packaging, sewing and warehouse work. You can work and keep your Social Security, whether you are receiving SSI or Social Security Disability (SSD). In 2009, under the SSD program an individual receiving benefits for blindness could earn \$1640 a

month (increases every year). You can earn more with work expenses related to your medical conditions. People on SSI can work and keep their Medicaid. Central Industries staff assists their employees with Social Security advocacy.

Many CABVI products manufactured by employees of Central Industries are sold under agreement to agencies of the state and federal governments. Examples of these agencies are the New York State Department of Transportation, New York City Health and Hospitals Corporation, the U.S. Department of Defense and the U.S. Department of Homeland Security. Central Industries is the sole supplier of examination gloves to the federal Transportation Security Administration for security screenings at 460 major airports across the United States.

Take that first step now and call (315)797-2233 for further information.



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De-stress with your Breath

Not only can high degrees of anxiety and stress interfere with our optimal functioning, but they can also cause various physiological issues such as: increases in heart and respiration rates, blood pressure and skeletal muscle tension, to name but a few. Thus, the anxiety response should be replaced by the relaxation response.

Abdominal deep breathing is one effective technique that can diminish anxiety and help reestablish a sense of equilibrium.

Place your hand on your abdomen, right beneath your rib cage. Inhale slowly and deeply through your nose, counting to four. Your hand should actually rise. While your abdomen is expanding, your chest should move only slightly. When you have taken in a full breath, pause for a moment and then exhale slowly, again counting to 4, through your mouth or nose. Allow your body to “let go.” Let your arms and legs go loose



Dr. Kathleen Cima and Jewel

and limp. Do 10 slow abdominal breaths, keeping your breathing smooth and regular.

Do a cycle of 10 full abdominal breaths. This breathing exercise can be extended to 2 or 3 cycles of 10 breaths. Within 3 to 5 minutes you can feel a moderate to deep level of relaxation.

If you should begin to feel light-headed while practicing abdominal breathing, stop for 15 to 20 seconds and start again. (Source: *The Anxiety and Phobia Workbook*, 3rd Ed. Bourne, Edmund J. New Harbinger Publications, Oakland, Ca. 2000, Ch. 4)

For additional help dealing with anxiety, depression or adjustment issues relating to vision loss, please contact the Central Association for the Blind and Visually Impaired at (315)797-2233 to speak with Dr. Kathleen Cima, the agency's licensed, clinical social worker.

Identifying Money if you are Blind or Visually Impaired



Folding your bills is a tactual method you can use to help you tell your different bills apart.

- Keep your \$1.00 bill flat and unfolded
- Fold the \$5.00 bill in half crosswise
- Fold the \$10.00 bill in half lengthwise
- Fold the \$20.00 bill in half like the \$10.00 and then crosswise like the \$5.00

Paper money is now being printed with larger numbers on the back lower right corner. Better lighting and magnification helps to identify money.

By feel it is possible to identify your coins. You can feel/hear the ridged edges by running your finger along it.

- Quarters and dimes have rough/ridged edges and the quarter is larger
- Nickels and pennies have smooth edges and the nickels are thicker/larger.

Organizer wallets and coin purses with separate compartments can also be helpful in managing/identifying your money independently.

CABVI and the Boilermaker Road Race



The second weekend of July the Boilermaker Road Race brings central New York together and CABVI participated in a big way this year. The agency staffed a booth with educational materials and giveaways at the Health and Fitness Expo, a CABVI team joined thousands in the Boilermaker Walk July 11 and CABVI shared a water station with Citizens United for Research in Epilepsy (CURE) to offer refreshment to more than 11,000 Boilermaker runners.



Summer Camp for Kids

A Moving Experience!

by Linda McMurray, M.Ed., Manager of Children's Services



Nineteen legally blind and visually impaired children, ages 4 through 19, attended CABVI's transportation themed summer day camp this year entitled *A Moving Experience!*

The kids took a field trip from Utica's Union Station on an AMTRAK train. They toured aircraft being maintained at Empire Aero Aviation Center in Rome, NY then rode a bus back to Utica where they baked cookies in the shapes of... trains, planes and buses!

With the help of the Utica Police Department, Johnston's Autobody and generous motorcyclists, the children played in or on a variety of (parked!) vehicles.

The CABVI Children's Department thanks the New York State Commission for the Blind and Visually Handicapped and the Utica Lions Auxiliary for their generous support of *A Moving Experience!*



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 created a planned giving group, 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.

CABVI recognized charter members of the Legacy Society at a special luncheon in June that will become an annual affair. Harold Burton, a retired employee of CABVI and Catherine

Strichert of Utica attended the event. Each received a Legacy Society pin and etched Legacy Society crystal. Other charter members who could not attend the event were: Anonymous, Eleanor Angell, Irene Humez, Lena Palumer, Robert A. Payne, Sr., and Ken and Eleanor Thayer.



CABVI held its first Legacy Society luncheon June 23. Mary Monahan, CABVI Development and Public Relations Coordinator (l) and Rudy D'Amico, CABVI President & CEO (r) hosted Legacy Society Charter Members Harold Burton and Catherine Strichert.

All members of the Legacy Society receive pins and crystals, which represent CABVI's gratitude for their thoughtful and timeless gifts, said Rudy D'Amico, CABVI President and CEO. "This exclusive group of very special supporters helps secure the financial future of the agency and the important work that we do to assist people who are blind or visually impaired to achieve their highest levels of independence."

You can join the CABVI Legacy Society by naming CABVI in your will for a specific dollar amount or a percentage of your net residual estate. If you have a will already a simple amendment called a codicil should suffice.

Following is sample wording of a bequest codicil:

I give to the Central Association for the Blind and Visually Impaired of Utica, New York, ___ dollars (\$___) or ___% of my net residual estate.

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.

**PLEASE NOTE
DATE CHANGE!**

DARK DINING
The Ultimate Blind Date!

SATURDAY, NOVEMBER 14, 2009

Valentino's, New Hartford, NY



Blindfolded attendees enjoy a luxurious, four-course, gourmet meal paired with fine wines. Between courses, interactive fun adds an unforgettable element to the evening.

Call 797-2233 for details.

New Employees and Promotions

The Central Association for the Blind and Visually Impaired has announced the hiring of two employees and promotions for seven others.

Vincent J. Salatino is the non-profit agency's new Vice President of Operations. Mr. Salatino's responsibilities will include

supervision of CABVI's four Base Supply Centers, purchasing, facilities and maintenance, Information Technologies and the Call Center.



Mr. Salatino served as Superintendent of T&D for the Mohawk Valley Region of National Grid, a company for which he worked 37 years, prior to joining the staff at CABVI. He has a bachelor's degree in

business administration from SUNY Empire State and an MBA from LeMoyne College.

Also newly employed at CABVI is Patricia Gates as Assistant to the Vision Rehabilitation Department. Ms. Gates worked many years in customer service and earned an associate degree

in general studies from Mohawk Valley Community College.



Leading the list of employees receiving promotions is Kathy Beaver to Director of Vision Rehabilitation Services. A veteran of 17 years at CABVI, Mrs. Beaver has served as Manager of Employment Services, Manager of Case Services and, most recently, Manager of Case Services and Low Vision. Mrs. Beaver is a

graduate of SUNY Albany with a bachelor's degree in science.

CABVI also announced promotions for the following employees:

- Katie Rockwell to Business Development and Marketing Manager.
- Michael Blake to Advertising and Communications Coordinator
- Steven Groszek to Warehouse Operations Coordinator
- Joseph Madia to Inventory Coordinator
- Sommer Simonds to Low Vision/Rehabilitation Department Assistant.

Armstrong Receives Award

The Mohawk Valley Society of Human Resource Management (MVSHRM) recently awarded the 2009 Lynda Ford Lifetime Achievement Award in Human Resources to Jim Armstrong, Vice President of Administration at the Central Association for the Blind and Visually Impaired.

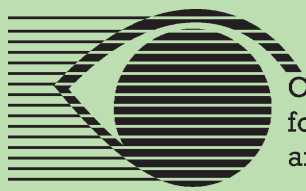
Mr. Armstrong joined CABVI in March 2005. "It's my privilege to be mentioned in the same breath as Lynda Ford," Mr. Armstrong said. "Lynda was a local legend in the human resource field and her book, *Transform Your Workplace*, has helped countless HR professionals and business leaders to build strong organizations.



Christine Lawrence, MVSHRM President congratulated Jim on receiving the award. "His contributions and efforts, not only to MVSHRM over the years but to the human resource profession, embody and reflect the meaning of this award. Lynda's greatest joy was to see others recognized. Her legacy is the perfect example of a lifetime achievement in human resources."

The Lynda Ford Award for Lifetime Achievement in Human Resources is given in memory of Lynda who passed away in January of 2007. Lynda Ford, SPHR served as President of the Ford Group, a consulting firm that specialized in human resource and business development with the goal to strengthen organizations through their greatest potential resource - people.

Rudy D'Amico, President & CEO of CABVI, said Mr. Armstrong is a consummate professional. "Jim exemplifies the embodiment of 'lifetime achievement' in human resources. He, like Lynda Ford, always lives up to high ethical standards. He speaks the truth and is deliberative on tough issues. The employees of CABVI can always count on Jim for his counsel and leadership."



Central Association
for the Blind
and Visually Impaired

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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.

Central Association for the Blind and Visually Impaired
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Making Volunteerism a Way of Life

by Paula Flisnik, CABVI Director of Volunteers

President Barack Obama has announced the National and Community Service Initiative to meet community needs while making service a way of life to all Americans.

The Edward M. Kennedy Serve American Act passed April 21, and goes into effect October 1, 2009. At the bill signing, President Obama said, "We need your service right now, at this moment in history. I'm not going to tell you what your role should be. That's for you to discover but I'm asking you to stand up and play your part."

The three service agencies involved are AmeriCorps, Foster Grandparents and Senior Companions. The Silver Scholars, Serve America Fellowships and Encore Fellowships programs have been authorized to allocate \$1000 education awards to individuals 55 and older who perform 350 hours of service.

New York Governor David Paterson strongly supports the President's quest for increased volunteerism. "As we work to overcome the greatest fiscal crisis since the Great Depression, the value of this historic support for volunteer service in New York State cannot be underestimated," said Paterson.

CABVI sees this initiative as a great opportunity for our volunteers to stand out and be a powerful example in central New York.

For further information access the federal website: www.nationalservice.gov or call Christine Dawson at 703-310-0324. The New York State website is www.newyorkersvolunteer.ny.gov.

You can call me for information on CABVI's volunteer service program at 315-797-2233, ext. 1270 or send me an email: paulaf@cabvi.org.

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