# CONSULTANTS'

# O FALL 2019

Volume 22 Issue 1

Editorial Staff: Indira Dillon, Susan Egging, Amy Scepaniak, Aimee Ullrich, and Julie VanDover

# CALENDAR OF EVENTS

**SDSBVI All School Reunion** October 4-5, 2019 Aberdeen, SD

## White Cane Awareness March

October 5, 2019

Meet at 10:00 a.m. at China Express 2302 W. 41<sup>st</sup> Street, Sioux Falls, SD Contact: Mary Carrell 605-201-4377

**National White Cane Awareness Day** October 15, 2020

SDSBVI NO CLASSES - MOVING TO NEW SCHOOL November 29, 2019 – January 11, 2020, Aberdeen, SD

# SDSBVI Re-Opening at New Building

January 12, 2020, Dorms open at 10:00 a.m. January 13, 2020, classes resume

# January 26-31, 2020 Lead, SD http://www.bhsfl.org

**Black Hills Ski for Light** 

**SD State SPED Conference** March 17-18, 2020, Sioux Falls, SD

**Dakotas AER Conference** April 15-17, 2020 Aberdeen, SD

**SDSBVI Family Weekend** June 6-7, 2020 Aberdeen, SD

**SDSBVI Summer School** June 7-26, 2020

July 12-31, 2020 Aberdeen, SD

# **Attention** - Due to the completion of the new SDSBVI later this fall, Amy Scepaniak (North Central Outreach Vision Consultant) and Julie VanDover (Eastern Outreach Vision Consultant) will be moving their offices into the new school. Availability will be restricted between Nov. 27 and Jan. 13 due to limited access to electronic systems, office space, and materials. Thank you for your patience during this transition period.

Also, there will be no publication of the Winter 2020 Consultants' Corner Newsletter. But we look forward to sharing pictures and information of the new SDSBVI in the Spring 2020 Consultants' Corner Newsletter!

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# Transition students have been busy this summer! By Nichole Nelson

The <u>Youth Leadership Forum</u>, held on the campus of Northern State University in Aberdeen, June 2-6. High school students with disabilities, throughout the state, participated in this fun-filled week.

Students began the admission process last fall, completing application requirements and participating in interviews. In the early spring, approximately 45 students were selected to attend.

Delegates kicked off their summer moving into the Wolves Memorial

Suites and didn't waste any time making new friends. Throughout the week, these young adults learned ways to build their leadership skills, enhance their self-advocacy skills, and become positive role models for their younger peers. They participated in group activities, presentations, and hands-on activities.

These delegates had a great time, and their evenings were no less busy. They attended Magic Joe at the local coffee house, The Red Rooster. Other nights were spent going to a movie, having a cookout, and ending the week with a dance.

Young adults with visual impairments from SDSBVI and throughout the state, attended <u>Transition Week</u> in Sioux Falls, June 16-20. The event was held at the SD Rehab Center for the Blind, with students learning more about their visual impairments, participating in Skills of Blindness and Employment Skills training, and improving their interview skills through mock interviews. Students also had the opportunity to tour the Sanford Business Center and listen to speakers that included John from Men's Wearhouse, Val Pugsley from PUSH, as well as Dress for Succes

In addition to their busy days, the students participated in many fun evening activities. These included Wild Water West, adaptive bicycling, bowling, and eating out at fun restaurants.

For more information about the 2020 Youth Leadership Forum or the 2020

Transition Week, please contact Nichole Nelson by phone or email: 605-626-2333 / nichole.nelson@sdsbvi.northern.edu, your local SBVI Counselor, or local Transition Liaison.

Service to the Blind & Visually Impaired: 605-773-4644

https://dhs.sd.gov/servicetotheblind

Transition Services Liaison Project: www.tslp.org









# **NASA Kit Adapted for Visually Impaired**

The South Dakota State Library is a NASA@My Library Partner which aims to engage diverse communities in STEM learning; as part of this the Library is promoting and circulating multiple copies of NASA@MyLibrary earth and space science kits to public libraries. SDSBVI was chosen to receive a kit that has been adapted for use by students who are blind and visually impaired and includes books in braille, twin vision, and audio formats and the APH Sense of Science Astronomy kit. The materials in this kit can help support accessible learning activities. More information on the Kit 2: Adapted for

Visually Impaired: http://libguides.library.sd.gov/services/NASA. SD Braille and Talking Book Library staff members Lynda Lowin and Josh Easter are pictured presenting a NASA kit to Superintendent Dr. Marjorie Kaiser during SDSBVI Family Weekend.

# INCIDENTAL LEARNING...OR "LEARNING OUTSIDE OF THE BOX": SCHOOL SUPPLIES

Incidental learning is learning that takes place without any structure, objective, or intent to learn, and is usually done by visually observing. This method of learning is very difficult for children who are blind or visually impaired, and concepts need to be taught through hands-on learning experiences.

With the new school year having started, I'm sure you all have been down the "Back to School" aisles at your local store. Therefore, you know how many items there are to choose from to add to your child's backpack, locker, and/or desk. There are many different types of "fasteners", each with its own purpose. Take the opportunity to explore how they all look and feel as well as how they all work, giving your child time to practice and use each of them. He/she may discover a method that works really well for keeping school work organized!



# "SOME DAY YOU WILL BE OLD ENOUGH TO START READING FAIRY TALES AGAIN." - C.S. Lewis

# Recipes

Practice measuring wet and dry ingredients while making these easy No Bake Cookies.

### Ingredients

½ C butter 2 tsp vanilla

2 C sugar 3 ½ C quick cooking oats

½ C milk ½ C peanut butter

4 TBSP cocoa



#### **Directions**

- 1. Line a cookie sheet with wax paper and set aside.
- 2. Place butter, sugar, milk, and cocoa in sauce pan over medium heat.
- 3. Stirring constantly, bring to a rolling boil and boil for 1 minute.
- 4. Stir in peanut butter, quick oats, and vanilla.
- 5. Stir until well blended.
- 6. Using a tablespoon, drop spoon-fulls of cookie mix on the wax paper approximately 2" apart until full. If needed use a second prepared cookie sheet until all the mix is placed.
- 7. Let cool. Store in an air tight container.

# Easy Crafts for all ages

Like it or not, summer is coming to an end, which means that school days are getting into full swing. This also means that your kiddos will be coming home with books and papers. To help keep them organized and to put a little spark in their reading here is an easy, fun craft they can do to help with keeping papers together and pages marked. Encourage your child to choose the buttons for their bookmarks based on the texture, color or design.



#### **Button Bookmarks**

#### Supplies:

- Large Paperclips
- Fancy buttons (or ribbons)
- Hot glue or E-6000
- Felt



#### **Directions:**

All you do is glue your paper clip to the back of your button and then cut a small piece of felt to go on top. The felt will keep the glue sealed in and leave a smooth finish.

Let dry then get reading!! That's it! Super simple, right?!

## BECOMING MORE COMFORTABLE IN THE KITCHEN---COOKING AND BAKING

Many children do not feel comfortable in the kitchen. They like the final product, but may not help with the cooking or baking process. Much of that unease may simply come from a lack of knowledge and experience. Children that have

reduced or no vision may miss seeing the process to reach that final product. There are some differences between cooking and baking, which can lend itself to some good discussions with your child as well as some great recipes to try!



The actual processes of cooking and baking are often very different, a point which is made abundantly clear if you read their respective recipes. Cooking tends to be more free form and open to interpretation and improvisation – asking for things such as "a handful of sliced almonds," "season to taste," or "occasional stirring." Baking, on the other hand, is rigidly precise, demanding not just a cup of flour but one cup and one tablespoon of sifted white flour, for example. And while cooking allows for substitution, baking does not.

The other difference while making recipes in the kitchen is the variation in measuring wet vs. dry ingredients. Having accurate sets of dry measuring cups, liquid measuring cups, and measuring spoons is absolutely essential. There are many options for low vision items. Have a set of both dark and light colored measuring cups and spoons to offer color contrast for the ingredients being measured. You can find these with contrasting colored number labels also.

Do some practicing with your child before jumping into actually making a recipe. For liquids, place the measuring cup on a flat surface and look at the lines from eye level. Slowly add liquid until the bottom of the liquid line is perfectly level with the graduation on the cup.

For dry ingredients, dip your dry measuring cup into the container and lift it out, letting the dry ingredient overflow from the top. Use a straight edge, like the edge of a butter knife, to level off the

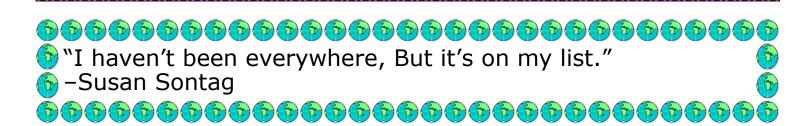


top of the cup. A properly measured dry cup of flour should have a flat top surface that is level with the brim of the cup. To help keep the work area organized, use a large pan with short edges as the work area. As soon you are done using items, they should be put back away or placed in the sink to be washed.

Cooking and baking can be enjoyable for your child, but being familiar and comfortable with these basics is an important step to building the foundation. The final results of a good tasting snack or meal is definitely an enjoyable result!

#### Resources:

- 1. https://bruceturkel.com/blog/difference-cooking-baking/
- 2. <a href="https://www.seriouseats.com/2015/03/how-to-measure-wet-dry-ingredients-for-baking-accurately-best-method.html">https://www.seriouseats.com/2015/03/how-to-measure-wet-dry-ingredients-for-baking-accurately-best-method.html</a>
- 3. https://www.maxiaids.com/search?g=liquid+measuring+cups



## TECH TIDBITS - SCREEN SHARING



Most of our students have been successfully using an app called JoinMe to view the interactive white board from their desk using a laptop or iPad. However, JoinMe has changed and is no longer free.

JoinMe is still available but now costs \$120 annually.

There are several other apps available that also do screen sharing. All schools should be working closely with their AT (technology) specialist to find the one that works with their operating systems. teachers, and students who are visually impaired.

Some options are: Splashtop, Screenleap, Googlemeet, TeamViewer, Blizz by TeamViewer, Zoom, and MirrorOp. Below is a brief description of some of these options.





Splashtop service offers a few different plans. You can share a screen with up to 40 students for roughly \$30. You can also get a plan that allows sharing and annotation with splashtop up to three students for about \$30 a year, or for up to 40 students for \$100 per year.



screen sharing per day and with up to eight participants. Since that most likely will not be an effective long-term solution. Screen Leap offers an option in lieu of a one-time free trial that permits 40 minutes of month if billed monthly) for one teacher and 30 students is likely the best option.

#### **Free Options**

Aside from the paid subscription services listed above, there are some free options that may work if you are willing to do a bit of extra tinkering.



Google Meet or Google Hangouts has always been a popular chatting and video call option, but it can be used for screen sharing in a pinch. One thing to keep in mind though is that you'll want the teacher AND student to mute the microphones to avoid feedback before sharing the screen.

Skype Screen Sharing is another free option. Just like Google Hangouts, you'll want the teacher and student to mute the microphones to avoid feedback before sharing the screen.

The services mentioned above are far from all that is available in the screen sharing arena, but these are the options that others are using. Take advantage of the free trials and see which option is best for your school and most importantly the student!

One school is successfully using NewTek NDI and the student likes it better than JoinMe. Base your decision on ease of use for the student and teacher and whether the technology will work with the schools current technology and equipment.

Please let your Outreach Vision Consultant know what is working as we like to share best practice with school districts across the state.

# Reading Award

A Universe of Stories was the theme of the 2019 South Dakota Braille and Talking Book Library Summer Reading Program from June 9 to July 20 and was open to all youth registered with the Braille and Talking Book Library ages birth to 19. Participants followed the 20/24/7 reading initiative by reading a minimum of 20 minutes each day, 7 days a week and kept track with the provided reading chart. Twenty - three readers returned their reading charts and were entered into the end of program drawing. Amazon gift card prizes were provided by the Evening Star Lions Club of Rapid City and the Android tablet was purchased with donations from users of the South Dakota Braille and Talking Book Library. The winners of the drawings for the four \$50 Amazon Gift Cards were Cierra Waldner, Dael Gutierrez, Kaylee Waldner, and Amanda Heldt. The grand prize winner of the Android tablet was Phoenyx Bartscher. You can see a video of the live drawing on the library's Facebook page www.facebook.com/LibrarySDBTBL.

# Congratulations!

Amy J Scepaniak, Outreach Vision Consultant, recently became the 1<sup>st</sup> Teacher of the Visually Impaired (TVI) in South Dakota, 1 of 130 in the United States, to receive the "Perkins-Roman CVI Range Endorsement<sup>©</sup>" in the area of Cortical Vision Impairments (CVI). Cortical Visual Impairment (CVI) is a term used to describe a visual impairment that occurs due to brain injury. CVI differs from other types of visual impairment which are due to physical problems with the eyes. CVI is caused by damage to the visual centers of the brain, which interferes with communication between the brain and the eyes. The eyes are able to see, but the brain is not interpreting what is being seen. In order to receive this endorsement Amy completed the "Neurological Visual Assessment" course from Salus University and the "Perkins Assessment"



of Students with CVI: Reliable Scoring of the CVI Range" course. In addition to attending several other workshops, she also participated in a week-long training in Maryland with Dr. Christin Roman-Lantzy. Amy has worked at the SDSBVI for the 25 years and has her Master's degree in Low Vision Rehabilitation from Salus University (formally Pennsylvania College of Optometry) and is also a certified Orientation and Mobility Instructor<sup>®</sup>.

#### Takin' It To The Streets

Travelers with impaired vision must rely on a variety of other senses to be able to efficiently and effectively navigate their environment. Auditory skills are crucial for determining when it is safe to cross a street, the tactile sense helps a person maintain orientation by using the sun's heat, feeling unique features of the environment such as an uneven sidewalk, truncated domes, or style of fences. The sense of smell can also be used to identify clues such as that charred broiled smell of Burger King Whoppers cooking, the candle scents of the little nick-knack shop by the bus stop, or the smell of clothes drying at the corner laundry mat. Having the ability to identify these clues and landmarks is an important factor to maintaining ones orientation during travel. You can help your child develop these skills as you travel around your neighborhood, shop in the mall or grocery store, or even when traveling in the car.

Playing games such as "How do you know?" will help your child learn to actively pay attention to his environment and search for such clues and landmarks. To play, simply make a statement such as "We are on the corner of X and Y street. How do you know?" Help your child identify all the things they can hear, feel, and/or smell, that would help them recognize that corner again. It might be the bricks of the building, the busy traffic, the smell of donuts from the bakery. Have them go through the checklist to make sure they have more than one of the cues because the next corner may have a brick building and the intersection may be busy as well. Other examples: In the grocery store state "We are in the frozen food department. How do you know?"

Possible answers would be

- 1. It's cold.
- I hear the motors running.
- 3. I hear doors opening and closing.

In the car say, "It's raining. How do you know?"

- 1. I can hear the rain on the roof.
- 2. I hear the tires splash in puddles.
- 3. I can smell the rain.
- 4. I can feel the rain.

By playing games like these you are preparing your child to actively look for landmarks and cues to aid in their independent travel.

# **EDUCATIONAL MATERIALS - AMERICAN PRINTING HOUSE FOR THE BLIND (APH)**

#### The Tactile Book Builder Kit

Materials in this kit will save a lot of time when making books including storybooks, concept books, informational books, simple texture books, and many more. There is an assortment of pre-cut pages for creating pages with different textures, shapes, raised line drawings, and/or multisensory elements. Braille label materials, clear page protectors, and Braille paper are included for adding text. The plastic binders have re-closeable safety loops and open-view fronts for inserting personal tactile artwork.





#### **Push Button Padlock**

This push button padlock eliminates the worry of losing a key. Just push the five button combination and the lock opens. Easy to read instructions and 2 cards with the lock combination are included with the lock. So easy!

## Transition Tote System Backpack

This backpack will help the middle school or high school student organize and carry what they need as they move from class to class. There are several different pockets including a zippered change pocket and three padded pockets for electronic items on the front panel. The back padded compartment also has an adjustable strap for carrying the backpack.



These products are from the American Printing House for the Blind (APH) for purchase and can also be borrowed from your area Outreach Vision Consultant. For more information on these products or other APH products, look on the APH website at <a href="http://www.aph.org">http://www.aph.org</a> or contact your Outreach Vision Consultant.

## **BOOKS WITH CHARACTERS WHO ARE VISUALLY IMPAIRED**

#### White Cane Day by Kristin Grender

Kirstin Grender is a Teacher of the Visually Impaired and an Orientation and Mobility Specialist in Wisconsin. She has written this upbeat, positive picture book for young children to explain why the white cane is important and how to follow the white cane law. The most important lesson in her book is simple: "Visual impairments do not have to hold you back from success!"





Yuko- Chan and the Daruma Doll: The Adventures of a Blind Japanese Girl Who Saves Her Village by Sunny Seki

Yuko-Cahn was on her way to a neighboring village when she tripped and fell down a snowy cliff. She had been carrying a gourd with frozen tea in the bottom. While waiting for help, she noticed how the gourd would right itself no matter how it fell when dropped. This gave Yuko-Cahn the idea for the famous Daruma doll - a symbol of never giving up, no matter what happens.

Grades 2-5

# The Window by Jeanette Ingold

Mandy is blind and alone after surviving a car accident that killed her mother. She moves in with distant relatives who live in an old farmhouse. Mandy chooses the attic as her bedroom where she begins to hear and "see" things that no one else can hear or see. Mandy meets Hannah and Ted and they help her face the daily challenges of blindness. They also help her learn to trust again and to value family and friends.



Grades 9-12

# "Play It Safe"

With funding from the SD Foundation for the Blind and Visually Impaired and planning and inspiration from our Outreach Vision Consultants, the 10<sup>th</sup> Annual Family Weekend was held on June 8-9. Six families (25 children) from around South Dakota attended the activities held at the School for the Blind



and Visually Impaired campus in Aberdeen with families staying at the Quality Inn. Indira Dillon, Susan Egging, Amy Scepaniak, Julie VanDover, and Darla Atsma & Aimee Ullrich (Secretaries) all members of the Outreach Department have worked very hard over the last 10 years to provide this opportunity for families to gain information on areas of the Expanded Core Curriculum (ECC). It also provided a wonderful opportunity for families to network with others plus enjoy a weekend in Aberdeen. The students also had a great time learning about kitchen safety when making their snacks, bike safety, emergency preparedness, and outdoor safety. Special thanks go out to: Jody Gillaspie: Director of the Consumer Protection Division, who presented on "Internet & Technology Safety"; Paul Olson: Superintendent, ND Vision Services/ School for the Blind, who presented on "Self-Protection"; Lt. Trent Anderson and his crew from the Aberdeen Fire Department, who presented on "Emergency Preparedness" and showed everyone the fire truck; Josh Easter: Equipment and Audio Production Manager and Lynda



Lowin: Adult Programs Coordinator, Braille and Talking Book Library, who presented on the Summer Reading Program "A Universe of Stories"; Marjorie Kaiser, SDSBVI Superintendent, who presented on "The New School"; Rose Moehring: Director, DeafBlind Program, who presented on "Self-Directed IEPs". Also special thanks to Shane Cross, Colton Dillon, Harlan Dillon, Josh Easter, Tevan Fischbach, Dan Grebner, Karen Herman, Kayleen Herman, Marjorie Kaiser, Lynda Lowin, Jane Mundschenk, Nichole Nelson, Sara Scepaniak, and Michelle Zarr for donating their time.

#### WHAT IS IT?

This is a kit of 100 cards made by American Printing House for the Blind (APH). It is a communication game as well as a guessing game. It encourages students to think about and learn descriptive terminology related to common items and then be able to categorize them. Included below are a few examples. See if you know what it is! This kit can be loaned out from your Outreach Vision Consultant, just ask if you would like to borrow it.

It helps me keep the house clean.

It has a long handle.

I can sweep up dirt with it.

It is used in door locks on cars and houses and offices.

It is a small flat metal tool.

I can fit in into the lock and twist it to unlock the door.

We go here to buy things.

Malls have lots of these in one area.

Some are places that only have certain choices like shoes, clothing, hardware, furniture, etc.

I eat with this.

Sometimes I use it to feed myself, instead of using a spoon.

On the end, it has four prongs to poke solid things.

(Answers on page 10)

## Did You Know...

That Tapiwa Dingwiza is a fashion designer from Zimbabwe? She is not visually impaired but she has a connection to those who are visually impaired. Dingwiza is a recent graduate of Bespoke Tailoring from the University of The Arts London. In 2016 she established S.VINGO Bespoke label, a luxury line of men's and women's wear. With great attention to detail and fabric, each garment is individually handcrafted using the traditional Savile Row tailoring. So what does



<u>\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$</u>

this have to do with visual impairments? In addition to being "recognized for using traditional Savile Row tailoring and a classic silhouette," S.VINGO Bespoke is also recognized for the personal messages written in braille on the clothing. Tapiwa's inspiration for her first collection stems from early experiences with classmates who were visually impaired. Social barriers prevented much interaction between Tapiwa and her classmates, but the experience stuck with her and inspired this creative line of clothes. "It is important that people from the blind community have fashion that represents and celebrates them. " states Tapiwa.

For more information on Tapiwa Dingwiza and her brailled messages check out the following sights or you can follow her on Facebook, Twitter and Instagram

https://www.herald.co.zw/dingwiza-a-tailor-with-good-stitches/ https://humansofafrica.net/in-the-news/meet-tapiwa-dingwiza-a-zimbabwean-fashion-designer-

inspiring-the-visually-impaired/



# **Family Support Network**

This group met in June at the Aberdeen Aquatic Center for an afternoon of swimming, treats, and networking with others.









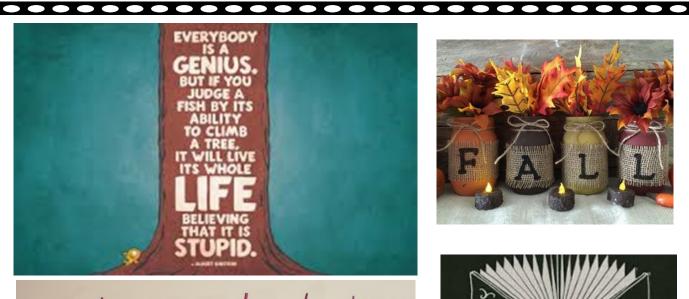
WHAT IS IT (Continued from page 9)

Answers: 1. Broom

2. Key

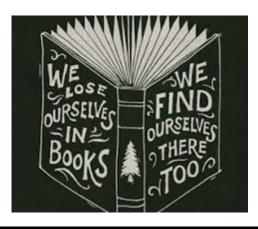
3. Store

4. Fork









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# Pass it on after you are done reading it!

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Change Service Requested

# New Building Progress Report By Superintendent Dr. Marjorie Kaiser

The construction of the new South Dakota School for the Blind and Visually Impaired is on schedule for completion in November. Students will go home on November 26 for Thanksgiving break and remain at home until classes resume on January 13. To make up the time required by the Department of Education, each school day will run about 15 minutes longer. We have toured the building several times and we will plan



several more visits for students, staff, and alumni this fall. It is a rare opportunity for the students to actually be on a construction site and learn about how a building is built. We are very grateful to Journey Construction for being willing to work with us to make these tours happen. We want the students to feel like they are moving into a familiar place.

The exterior walls are getting their final brickwork or siding; the floors have been poured; stairs are in place, and the roof is complete. Soon we will have the windows in place. The stud walls are being erected to divide rooms throughout the building. The plan is to also complete the exterior landscaping and playground this fall. As you can imagine there is a lot of activity both on the new site and here in the current building as we sort through what will go along and start packing. We are planning a reunion for alumni and former staff in our current building October 4-5 and, of



course, will have a community open house after we are settled in the new building.