

CONSULTANTS'

SPRING 2019

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SD School for the Blind
and Visually Impaired

CALENDAR OF EVENTS

April 23, 2019
Dinner in the Dark
Aberdeen, SD

May 9, 2019
Deadline to turn in registration
for Family Weekend

June 2-6, 2019
Youth Leadership Forum
Northern State University
Aberdeen, SD

June 8-9, 2019
SDSBVI Family Weekend
Aberdeen, SD

June 9-28 and July 7-26, 2019
SDSBVI Summer School
Aberdeen, SD

June 16-21, 2019
Transition Week
Sioux Falls, SD

June 24 - 27, 2019
Educators Conference
Sioux Falls, SD

June 28, 2019 **(Please note this date has changed.)**
SDSBVI Family Swim Day
Aberdeen Aquatic Center
Aberdeen, SD



SDSBVI/SDFBVI Family Weekend June 8-9

As we enter the final quarter of the school year, we are also in the final stages of planning for the SDSBVI Annual Family Weekend. We are going to "Play It Safe" this year as we learn all about being safe in a variety of situations. There will be something for everyone so bring the family and join us for a great weekend.



Summer Crafts



With the approach of summer many parents begin to think about what kinds of activities they can do with their children during the summer months. Fairy gardens are a great way to teach many concepts, foster imagination, stimulate the senses, and enjoy time with your child. They are easy to make, can be any size or shape, and don't have to cost a lot of money. If you don't have much knowledge about plants you may want to seek advice about what types of plants work well together, the type of soil they like, and whether they like sun or shade.

Steps

1. Discuss with your child what other fairy gardens look like. If possible show him a couple examples. Then start planning what your garden will look like and where you want to put it.
2. Choose a potting container with good drainage.
3. Fill the pot with the type of soil suitable for your chosen plants. Look for plants that are aromatic, textured, and colorful.
4. Fairies and their accessories can be purchased from a variety of sources: online shops like Fairy Glen, Garden Sparkle and Fairy garden, hardware stores like Ace, home and garden stores like Lowes, Home Depot, and Menards, and hobby stores such as Hobby Lobby and Michael's. Pet stores also carry cool ornaments for fish tanks which would work well for fairy gardens.
5. Place plants, fairies and ornaments on top of the dirt to decide how you want them arranged. When you are set, plant the plants and place the ornaments. You may want to secure the fairies to a sturdy wire to keep them in place. Add stone walkways or ponds to finish off the garden. Enjoy.

Hints: when choosing your plants consider ones that can grow indoors as well as outside so you can enjoy your garden all year long. Also, while live plants offer more sensory diversity, plastic will work as well.

Source: <https://laughingkidslearn.com/how-to-make-a-fairy-garden/>



Family Swim Day

Although the date has changed the event is still on! Mark your calendars for Friday June 28, 2019 from 1:30 - 4:30. This is a great opportunity to meet other families with children with visual impairments and to enjoy summer time at the Aberdeen Aquatic Center!



Transition Corner by Nichole Nelson

Learning to be Equipped for Adulthood Program

Students throughout SD, ages 18-21 with a visual impairment, have the opportunity to utilize the LEAP program at the SD School for the Blind & Visually Impaired. This program gives students an opportunity to transition to a post-high school environment, all while continuing to receive support and services from SDSBVI and related agencies. The LEAP program is free to participating students, the only cost being to the school district for transportation.

The LEAP program is designed to be developed to fit each student's individual needs. There are many options available: a student may live on or off-campus; they may choose to participate in Project Skills, Project SEARCH, or work competitively. Students are able to take classes at SDSBVI focusing on the Expanded Core Curriculum, or take classes at Northern State University (college tuition is not covered by the LEAP Program, however assistance may be available through Services to the Blind and Visually Impaired).

In order to participate, the student must be a SD resident, have an unsigned diploma, and be in their final year of high school. Applications are due by January 31 of the student's senior year. For questions or more information, please contact Nichole Nelson at 605-626-2333, or email

Nichole.nelson@sdsbvi.northern.edu.

BECOMING MORE COMFORTABLE IN THE KITCHEN---WASHING DISHES

Many children do not feel comfortable in the kitchen. One area children can start with when they are young is washing dishes. Much of their unease may simply come from a lack of knowledge. Children who have reduced vision may miss seeing what is used to wash dishes and miss seeing the process. Take some time with your child to practice this process.

For Hand Washing Dishes

1. Rinsing and/or presoaking will eliminate the need to scrub bad stuck on spots later.
2. While running hot water add a couple pumps of liquid soap, or count about 2 seconds for squeezing soap out of the bottle.
3. There is a recommended order to washing dishes: silverware, cups and glasses, plates and bowls, serving dishes, and pans.
4. Let students try various washing "tools" to determine a preference: washcloth, sponge, or scrubber with a handle. More likely than not, a combination of these will be needed to remove food.
5. If the wash water gets too dirty, drain it and get a sink of new, clean water.
6. A safety tip for glass glasses: do not put your hand in the glass to wash it because it could break easily. Instead, use a handled scrubber or drop your washcloth into it and use the handle of a utensil to push it around.
7. Rinse the dishes with hot water. Have a separate sink of clear hot rinse water or run a little water over the dishes each time an item needs rinsing. Make sure to turn the water off between rinses.
8. Letting the dishes air dry in a strainer is the most sanitary. Make sure bowls, cups, and glasses are turned upside down so water does not sit in them. Knives and forks should be pointed downward in order to avoid injury, since a blind or visually impaired child may not see those items.
9. If towel drying is preferred make sure the towel is clean. Dry the dishes completely so they do not get put away wet.

For Washing Dishes in a Dishwasher

1. Presoak the dishes so the lighter wash setting can be utilized, therefore using less water.
2. Many dishwashers have recommended areas for specific types of dishes so read the instruction booklet.
3. Make sure bowls, cups, and glasses are upside down in the dishwasher.
4. Knives and forks should be pointed downward in order to avoid injury. A blind or visually impaired child may not see those items.
5. Plastic items should be loaded on the top shelf furthest from the heating coil at the bottom of the dishwasher.



Start having your child wash dishes at a young age, even starting with a few at a time and gradually teaching the above tips. Before you know it, they will be begging to do the dishes!!!!

Family is not an important thing. It's everything. Michael J. Fox

Recipe - Deviled Eggs

1. Place a dozen eggs in a 4 quart pot of water and bring to a boil. Boil for 10 minutes then turn off heat and let cool down in water 5 more minutes. Drain water and cool in the refrigerator.
 2. After the eggs are cooled, peel them, and cut them in half lengthwise.
 3. Scoop out the cooked yolk, and put into a small bowl.
 4. Add 1 tablespoon mayonnaise, a small pinch of salt, and a couple shakes of pepper. Mash with a fork until creamy.
 5. Fill the cavity of each egg half with the yolk mixture.
- Optional: Top with a dash of paprika or a pinch of fresh, minced chives.



WHAT IS IT?

This is a kit of 100 cards made by The American Printing House for the Blind, Inc. (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 by your Outreach Vision Consultant. Just ask if you would like to borrow it.

1. I eat it for breakfast.
I put it in a bowl.
I like it with milk.
2. This grows in yards and parks.
It is almost like an outside carpet.
It needs to be watered to grow and it needs to be cut often.
3. These things grow in yards, parks, and fields.
I like to water these with our hose.
Some are flowers and bushes, and some make vegetables.
4. It is wet.
I drink it.
I wash with it.
I use a hose to give plants what they need.
It comes from the sky as rain.

(Answers on page 11)

Focus on the Eye: Low Tech Options

Low vision non-optical devices can include a number of adaptations, such as reading stands, supplemental lighting, and typoscopes. They are often recommended by your Outreach Vision Consultant or Low Vision Specialist and can be used in combination with magnifiers and other low vision optical devices. These devices can help with reading and a variety of tasks. Below is a list of possible low-tech options.

Book light / lamp
Reading Stand / Writing stand
Friction pens / Pens / Markers
Highlighters – all colors
Bright line reading guides
Glare Sheets
Large print protractor

Typoscopes (Reading Guide)
Dark lined paper
Signature guides
Dark lined graph paper
Large print rulers
Textured/raised line paper



It is important to realize that it often takes time, patience, practice, much encouragement, and support to learn how to use all types of low vision optical and non-optical devices successfully. Family, friends, and teachers can play an important role in encouraging the student to be patient and to keep trying. They can also help you experiment with lighting, including different types and positioning, and to use the devices correctly.

Remember that the lighting and reading conditions in your home are very different from those in a school or in the eye care specialist office.

Be patient and take the time to practice using these low vision devices. It will pay off in the end.

INCIDENTAL LEARNING...OR “LEARNING OUTSIDE OF THE BOX”: SOAPS

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.

In your home, as well as school, day care, or other public facilities, there are a variety of soaps used every day. Giving children a variety of experiences will allow them to decide their preferences.

To wash your hands and body, there are many choices. Gather a variety of hand and body soaps: they can be liquid, foam, or bar. Liquid textures are going to differ. The liquid can be creamy, but may also contain microbeads. Foam soaps have a different lighter texture. Make sure to let the student feel what it is like in the bottle versus how it comes out of the pump. Bars of soap come in a variety of shapes: simple rectangle or oval or molded bars of unlimited shapes.

The containers for the liquid and foam varieties come in either squeeze bottles or pumps. The pumps can either set on the counter or be mounted to the wall. Some dispense by motion. Practice using these containers to find out what style is easier to handle.

For doing dishes by hand there are liquid soaps to choose from. Soaps for the dishwashers include liquid, powder, powder pressed tablets, and plastic packets filled with gel or powder.

When doing laundry, there are many choices, too. Liquid, powder, and pods are an option.

The smells of each type of soap is going to be a determining factor in what kinds of soaps are preferred to purchase. Many times the color will coordinate with the specific scent. You may have a preferred or favorite color/scent.

Safety on how to use these soaps also needs to be addressed. Make sure to stress that these soaps should be kept out of the eyes and should not be put in the mouth or eaten.

This “hands-on” experience will increase knowledge of the available selection of soaps and help to make decisions of what to buy for each situation.



EASTER EGG HUNT

Looking for ways to give your child/student more access to Easter? Check out the following ideas:

Easter Activities for CVI

<http://www.pathstoliteracy.org/blog/easter-activities-learners-cvi>

Colorful Eggs – tactile story

<http://www.pathstoliteracy.org/strategies/colorful-eggs-tactual-book-beginning-braille-readers>

Easter Egg Hunt - Auditory

<http://www.perkinselearning.org/technology/blog/easter-egg-hunt-students-visual-impairments>

Tactile Easter Basket

<http://www.pathstoliteracy.org/strategies/easter-basket-fun>

Easter Story simplified

<http://www.pathstoliteracy.org/strategies/easter-story-simplified-beginning-braille-readers>

Braille Designs for Easter

<http://www.pathstoliteracy.org/strategies/braille-designs-easter>

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

Talking Glow Dice

The Talking Glow Dice makes rolling a dice easy and fun. When the roll button is pushed, a digital voice announces a random number between one and six. A bright blue LED light displays the corresponding number. A playback button can be pushed to repeat the number. The accessibility of this dice will allow everyone to enjoy the fun with family and friends.



Touch 'em All Baseball, Game Kit

Although it helps to know the basic rules of baseball, you do not need a lot of baseball expertise to enjoy this game. The game board is designed for tactual and visual contrast. There are two basic and two advanced game spinners. A spin will indicate how the pitch or ball is to be played. Player pieces are backed with hook material to secure placement on the field or around the base. An umpire card is included for recording balls, strikes, and outs. Game rules are included.

Score Card Set

The scorecards are a durable plastic. Each one has 20 buttons in two rows of ten. You push down on a button to record one event. You pop up the buttons to clear what you have done. You can assign one row as the tens row to keep track of up to 110 events. Keeping score has never been easier.



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 <http://www.aph.org> or contact your Outreach Vision Consultant.

Life is 10% what happens to you
and 90% how
you react to
it. Charles R.
Swindoll



South Dakota Braille and Talking Book Library (SD BTBL) By Josh Easter, Reading Program Coordinator, SD Braille

We are gearing up for the 2019 SD BTBL summer reading program “A Universe of Stories”. The space themed program will run from June 9 to July 20, 2019 and is open to all registered library patrons birth to 19.

We follow the 20/24/7 reading program where each participant reads a minimum of 20 minutes each day, seven days a week. Each participant marks the provided reading charts each day they read 20 minutes. Each participating reader will select alternative format braille or audio books to read. All readers returning their reading charts will be entered into the drawing for the grand prize of an android tablet. There also will be a drawing for a limited number of gift cards.

For more information contact Josh Easter at 1-800-423-6665 Ext. 14, or direct line 605-773-5082 or by email at josh.easter@state.sd.us
Website: <https://library.sd.gov/BTB>
Facebook: www.facebook.com/LibrarySDBTBL

2019 SD BTBL Winter Reading Program

Schelbie Dehaai, was a winner in the third annual SD Braille and Talking Book Library winter reading program. Schelbie was awarded the grand prize of a 12-inch tactile and visual table globe.



“A World of Stories” was the theme of this year’s program. At the end of the program, the 36 participants who returned their reading charts were eligible for the globe drawing. The globe is covered with a tactile clear plastic overlay. Among the overlay's features are continent outlines, Elevations, and latitude and longitude lines.

Thank you to all of who participated -- you are all winners! I hope you enjoyed the challenge and I encourage you to continue to read every day whether for learning or pleasure. Look forward to the summer reading program!

It does not matter how slowly you go as long as you do not stop. Confucius



State Special Education Conference

Indira Dillon, Susan Egging, Amy Scepaniak, and Julie VanDover went to the South Dakota Special Education Annual Conference in Spearfish SD. They presented on Blasting Off with Recreation and Leisure. The presentation consisted of fun games that they loan out to students who are blind or visually impaired.

Did you know...

People who are blind and visually impaired can play some of the same competitive video games as their sighted peers? Just ask Terry Garrett, a graduate from the University of Colorado, Colorado Springs (UCCS). Garrett's vision problems began when he was just 3 months old. After several years of surgeries and treatments he lost the vision in his left eye at the age of 5 and five years later he would be totally blind. That's when his brother got the video game Abe's Oddysee. Terry heard the voice say "Hello. Follow me" and his interest was peaked. After learning the type of game he's playing and getting some assistance with a walk through of the game, he can play the game without assistance. Terry uses the different sounds in the game to navigate and achieve his objectives. The key to success is the stereo audio design of the game. Gaming isn't the only interest Terry has though.

He became a residential student for eight years at the Colorado School for the Deaf and Blind; which not only prepared him academically but helped him work through anger he felt about losing his sight. While there, Terry had the opportunity to attend space camp which sparked his interest in astronomy. He enrolled at the UCCS where he majored in mechanical engineering and a minor in aerospace engineering. He completed NASA internships, seizing every opportunity to explore uncharted territory. Currently working with defense contractor Northrop Grumman, he still has an aspiration to work for NASA and become the "first blind astronaut" but in the meantime he will continue to train for the triathlon.

For more information on Terry Garrett, check out these sites:

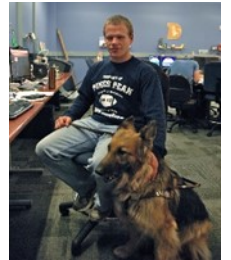
<https://www.youtube.com/user/MegaTgarrett/>

<http://www.oddworld.com/2015/05/re-introducing-terry-garret-the-blind-man-who-beats-oddworld-games/>

Gaming for the blind:

<https://www.quora.com/What-video-games-can-the-physically-blind-play>

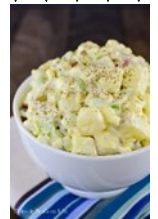
<https://www.game-accessibility.com/documentation/visually-impaired-gamers-where-to-go-what-to-play/>



Recipe - Easy Potato Salad

Ingredients

- | | |
|--|---------------------------------------|
| 6 medium red potatoes finely diced | 1 teaspoon apple cider vinegar |
| 3 hard-boiled eggs peeled and finely chopped | $\frac{3}{4}$ teaspoon salt |
| 1 cup mayonnaise | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons finely chopped chives | $\frac{1}{2}$ teaspoon ground mustard |
| | 1 tablespoon milk |



Instructions

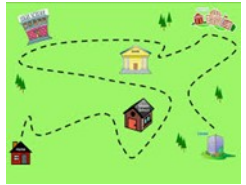
1. Wash and peel potatoes (some like to leave the skins on).
 2. In a large pot of boiling, salted water, cook potatoes until tender.
 3. Drain well and move to a large bowl to cool completely in the refrigerator.
 4. Boil eggs for about 10 minutes.
 5. Once potatoes are cooled, add eggs.
 6. Whisk together mayonnaise, chives, milk, vinegar, salt, mustard, and pepper. Pour over top. Stir to coat, adding additional milk for extra creaminess as desired.
 7. Garnish with a sprinkling of paprika and extra chives as desired and chill at least 2 hours before serving.
- Note; the eggs and potatoes can be cooked the day before.

Spring is nature's way
of saying, 'Let's
party!' Robin Williams



Takin' It to the Streets

What is Orientation and Mobility (O&M)? The standard answer given goes something like this: O&M is knowing where you are, where you want to go, and how to get there safely and efficiently. But Orientation and Mobility training is more than that, much more. Certified Orientation and Mobility Specialists (COMS[®]) teach students more than how to hold a cane and cross streets. Here are just a few of the skills your child will learn when receiving orientation and mobility services:
Concept Development – variety of spatial and positional concepts such as up/down, in/out, between, beside, in-front of/behind, etc...



Math – concepts such as counting, money skills, parallel and perpendicular lines, angles, adding, and time

Geography – map reading, compass directions, and terrain

Science – climate, seasons, and anatomy

P.E. – how the body moves

Social Studies – community points of interest such as museums, restaurants, fitness centers, sports arenas, civic centers, and

ethnic communities in the city

Sensory Integration – incorporating other senses such as sound localization, sound sources, smells of the environment such as Burger King, a gas station or flowers, the feel of the sun and wind

Patience – waiting in line in a store or bank, waiting for the traffic light to change, waiting for the bus

Organization Skills – organizing money in their wallet, preparing a shopping list to avoid lots of back tracking in a store, planning ahead for weather, and delays

Advocacy Skills – soliciting assistance, making arrangements for transit trips, letting people in the community know what they need and knowing how to ask questions to get the right answers

Social Skills – through interactions with public, arranging transportation with friends

Problem Solving/Critical Thinking – planning alternate routes, recovery from veers, avoiding obstacles, who to solicit assistance from, and how to recover when you are disoriented

Instilling Confidence and Pride – through completing routes successfully and independently

Technology – use of phones and GPS programs, accessing apps such as AIRA to get online, real time assistance through your environment, use of a slate and stylus to record pertinent information, use of telescopes to gather information visually, and of course how to use the cane

If you would like more information on Orientation and Mobility contact your Outreach Vision Consultant.



TECH TIDBITS - IMPROVEMENTS TO WINDOWS 10 ACCESSIBILITY

Accessibility improvements are available in Windows 10 in the October 2018 version 1809. If you want to make your screen easier to see, Windows 10 offers a lot of features and options that can help, such as changing your Display, Cursor & Pointer size, Magnifier, Color Filters, High Contrast, and Narrator. The following is a list of some of the improvements:

Tell Me – enter words or phrases about what you want to do such as “Bigger” and you will get a list of how to make things bigger on the computer

Color Choices – for colorblindness, light sensitivity and visual preference go to **Settings>Ease of Access>Color filters**

Adjust Size - To adjust the size of text, apps, and other items, go to **Settings > Ease of Access > Display**. You can use the slider under **Make text bigger** to make just the text on your screen larger. Or, select an option from the drop-down menu under **Make everything bigger** to change the size of everything on your screen.

Adjust Contrast - If there's not enough contrast between the elements on your screen, try using a high contrast theme. **Settings > Ease of Access > High contrast**, and switch on the toggle under **Turn on high contrast**.

Apps in your Start menu - appear larger, right-click (or tap and hold) the app tile you want to resize, select **Resize**, and then choose the size that you want.

Know where you're pointing - Make your mouse more visible by changing the color and size of the mouse pointer. Select **Settings > Ease of Access > Cursor & pointer size**, and choose the options that work best for you.

Adding Pointer Trails - See where the mouse is moving on the screen. Select **Settings > Devices > Mouse > Additional mouse options**. In the Mouse Properties window, select the **Pointer Options** tab, and then **Display pointer trails**.

Magnify your screen - Magnifier enlarges part or all of your screen so you can see words and images better. To open Magnifier quickly, press the **Windows logo key + Plus sign (+)**. When Magnifier is open, use **Windows logo key + Plus sign (+)** or **Windows logo key + Minus sign (-)** to zoom in or out. To close Magnifier, press **Windows logo key + Esc**.

Resources:

<https://www.microsoft.com/en-us/accessibility>

Microsoft accessibility overview

https://www.microsoft.com/en-us/accessibility/features?activetab=pivot_1:primaryr2

Make your PC easier to use

<https://support.microsoft.com/en-us/help/17180>

Make Windows easier to see

<https://support.microsoft.com/en-us/help/27928/windows-10-make-windows-easier-to-see>

Windows Accessibility Help

<https://support.microsoft.com/en-us/hub/4339839/windows-accessibility-help?os=windows-10>

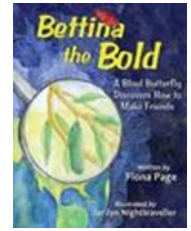


It always seems impossible until it's done. Nelson Mandela

BOOKS WITH CHARACTERS WHO ARE VISUALLY IMPAIRED

Bettina the Bold by Fiona Page

Bettina, a butterfly, emerges from her chrysalis ready to explore the world. She decides to find the sun because it is so dark outside; but Bettina is blind and cannot find the sun. She lashes out at those around her. Bettina has to change her ways before she loses all her friends. She learns to use good manners and be nice to everyone. She also learns that beauty is from within. Preschool-2

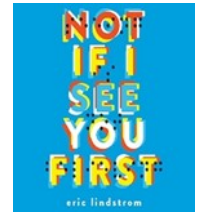


Hanni and Beth: Safe & Sound by Beth Finke

Beth, who is blind, travels safely around the city--to work, shopping, even to baseball games with the help of Hanni, a specially-trained Golden/Labrador Retriever. This is an upbeat and inspiring story of Hanni's relationship with Beth, with other dogs, and with the world at large as they make their way through it together. The story provides factual information about how Hanni was raised and trained, how Beth and Hanni work together as a team, and what it's like to be blind. Grades K-3

Not If I See You First by Eric Lindstrom

Rule #1: Don't treat her any different just because she is blind. Rule #2: Don't take advantage of her. Rule #3: No second chances. Those are Parker Grant's rules and she lets people know up front that she does not need 20/20 vision to see right through them. Scott, her boyfriend, learns the hard way and after breaking up, he leaves town. He returns years later to find Parker grieving the death of her father. Will Parker break her own rules? Read to find out. Young Adult



Answers - 1.Cereal 2.Grass 3.Plants 4.Water
(Continuesd from page 4)

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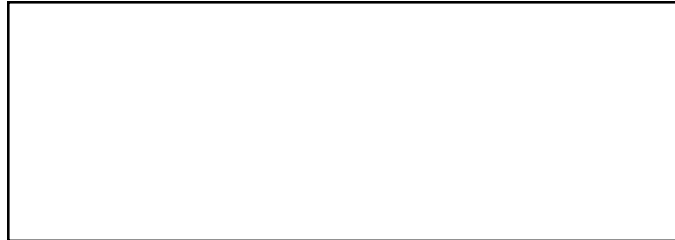


SD School for the Blind
and Visually Impaired
423 17TH AVENUE SE
ABERDEEN SD 57401-7699

**Pass it
on
after you are done
reading it!**

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 17

Change Service Requested



Building for the Future By Superintendent Marje Kaiser

We've had a long winter, but that hasn't stopped progress on our new school building. The steel structure is in place for each part of the building – classrooms, residence, and gym. Now they are adding exterior walls which will enclose the building. Each day we get another step closer to our goal.



We have worked with TSP architectural designers to select the interior and exterior colors and finishes. We will be incorporating the school colors in a number of places. The building committee meets every two weeks to discuss the bid packages and timeline and address any issues throughout the process. We have monthly meetings with students and staff to share updates.

Nick Bares and Jim Deide from Journey Construction visited with the students to talk about the progress and answer any questions. Once the weather gets better we will arrange other visits to the site so they can experience the whole process.



As an accredited school, we need to meet the state requirement for hours of instruction. We will do so by extending each school day next year by 15 minutes. The building is scheduled to be completed by November. We plan to send students home at Thanksgiving and have them return in mid-January. That will allow us time to pack, move and set up in the new building. When students return in January of 2020, they will be in the new SDSBVI.

To access previous issues of the **Consultants' Corner Newsletter** go to our website:
<http://sdsbvi.northern.edu> → Click on Programs → Outreach → Consultants' Corner Newsletter

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