

CONSULTANTS'

WINTER 2017

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SD School for the Blind
and Visually Impaired

Takin' It To The Streets

If your child is a cane user, chances are his first cane was given to him by his Certified Orientation and Mobility Specialist® (COMS)®. You may not have given any thought to canes until you need to replace one he outgrows or breaks. Here are some tips to understand the needs of your child and the purpose of the cane.

- Identification Cane—lightweight cane is primarily used by individuals who have some vision but want to alert others, such as motorists, to the fact that they are visually impaired.
- Support Cane—provides support for people with balance issues.
- Long White Cane (known as a straight or probing cane)—used as an extension of the user's arm. It can be rigid or folding and is made of aluminum, graphite, or fiberglass. The length is determined by measuring the user from midchest or armpit to the floor.

Remember that the cane becomes an important tool for your child, a part of him. While you want to maintain the traditional white shaft with the red tape on the bottom to alert motorists, you can purchase canes with color designs on the upper part of the shaft and tips to match or contrast.

If you are looking for a new cane, ask his COMS® if he can try a variety of styles, materials, tips, and even lengths. Let your child have a voice in the decision. For more information, contact your Outreach Vision Consultant.

CALENDAR OF EVENTS

Black Hills Ski for Light

January 2017, Lead, SD

SD State SPED Conference

March 21-22, 2017, Deadwood, SD

SDSBVI Blackout Café at SPED Conference

March 21, 2017, Deadwood, SD

Dakotas AER Conference

April 19-21, 2017, Grand Forks, ND

Outreach Forum

May 3-6, 2017, Colorado Springs, CO

Youth Leadership Forum

June 4-8, 2017, NSU in Aberdeen, SD

Family Weekend

June 10-11, 2017, Aberdeen, SD

SDSBVI Summer Program

June 11-30, 2017, Aberdeen, SD

SDSBVI Summer Program

July 9-28, 2017, Aberdeen, SD

EVERYDAY CALENDAR ACTIVITIES

February

Use a recipe to make a casserole. Help out.
 Get some carrots-peel, cut, cook, butter, salt, pepper, and eat them.
 Try a new haircut or style at home. Talk about how it feels.
 Hang a birdfeeder. Check it...Does it need filling?



March

Play tug of war with a brother, sister, or another child.
 Push a cart on the sidewalk and the lawn, which is easier?
 Beat cream until it's whipped and fluffy. Eat it with fruit for dessert.
 Walk up a very steep hill and onto the top. Then go down the other side.



April

Go to the airport. Have lunch there.
 Squeeze out a wet washcloth and sponge. Squeeze it hard!
 Help peel an orange. Eat it. Find the seeds.
 Be a giant. Take giant steps. Use giant glasses and plates.



May

What rooms do you enter from outside doors?
 Read half of a story. Make up your own ending.
 Wipe up a spill of milk. Check to make sure you cleaned all of it.
 Water the flowers with a hose and sprinkling can.



For more ideas or to borrow the complete set of Everyday Activities Calendar, contact your Outreach Vision Consultant. Everyday Activities Calendar is produced by APH (American Printing House for the Blind).

FAMILY WEEKEND 2017

Once again we are planning for our summer Family Weekend and looking forward to seeing families there. This year Family Weekend will be June 10-11, 2017, themed "Write Your Story". We will have speakers that are blind or visually impaired share their stories of both trials and triumphs. Some stories are humorous and others are heartbreaking. And when you come we want you to ask questions as well as share your stories. So come enjoy time with your family and have fun with friends, both old and new. We look forward to seeing you in June!

Family Event

A group of parents and family members met on December 22nd for some fun prior to the SDSBVI Christmas Program and Dinner. They made a tactile Christmas Tree. The parents and grandparents were also informed of some of the best agencies and websites that relate to visual

impairments such as American Foundation for the Blind (AFB), American Printing House for the Blind (APH), National Association of Parents of Children with Visual Impairments (NAPVI), Texas School for the Blind and Visually Impaired (TSBVI), Washington State School for the Blind (WSSB), and Perkins School for the Blind.



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.

Word games can be a fun learning experience.

Homophones are two or more words that are pronounced the same but have different spellings. This can make for a fun game as well as a fun learning experience in spelling and definitions.

A few examples of homophones include:

- 1) Ate, Eight
- 2) Buy, By, Bye
- 3) Cereal, Serial
- 4) Dear, Deer
- 5) Eye, I
- 6) Fir, Fur
- 7) Gait, Gate
- 8) Hear, Here
- 9) In, Inn
- 10) Jewel, Joule
- 11) Know, No
- 12) Lie, Lye
- 13) Main, Mane
- 14) None, Nun
- 15) One, Won
- 16) Plain, Plane
- 17) Quarts, Quartz

- 18) Rose, Rows
- 19) Sew, So, Sow
- 20) To, Too, Two
- 21) Urn, Earn
- 22) Vale, Veil
- 23) Ware, Wear, Where
- 24) Yoke, Yolk

Now it is your turn! Have fun thinking of different sets of homophones and see who can out-think each other!



Celebrating February. . . READ!

The Braille and Talking Book Library, part of the South Dakota State Library, will celebrate the month of February by offering a Winter Reading Program. Each participant is encouraged to read a minimum of 20 minutes each day throughout the month of February. They will record each day read on their monthly reading chart. At the conclusion of the program the reading chart will be returned to the library and put into a drawing for a tablet. There will be no age divisions. An informational letter and registration form will go out to each child, ages 1 to 20, that are registered with the Talking Book Program the week of January 9. The registrant will receive their reading chart prior to February 1, 2017.

For more information call Mary Sjerven at 1-800-423-6665 , extension 11 or email

mary.sjerven@state.sd.us.

APH Artwork

Each year the American Printing House for the Blind (APH), organizes and hosts a juried competition and exhibition of original art by artists of all ages who have vision loss. Various art mediums are judged by the education and art community in Louisville. The winners are then invited to the Annual APH Banquet in October to receive their awards. Their artwork is reproduced in the APH Insights Art Calendar and as images on greeting cards. This year's 25th Anniversary Competition was titled "Pearl" of Art". Dr. Marje Kaiser, SDSBVI Superintendent, was there and took pictures of the artwork (shown below). Entry forms for next year's competition will be available in February on the aph.org website.





Louis Braille, the inventor of Braille, was born on January 4, 1809 and died at the age of 43 on January 6, 1852. In January we celebrate National Braille Literacy Month. Here are some fun facts that you can share with your friends and family about Louis Braille:

- Louis was born and raised in France.
- Louis was blinded in both eyes as a result of a childhood accident at age 3. He was playing with an awl (a sharp tool for making holes in leather) and it slid and hurt his eye. The wound got infected and spread and he became blind in both eyes.
- At age 10, Louis attended the Royal Institute for the Blind in Paris, where they used books with raised letters, which were very difficult to read.
- In 1821 Charles Barbier, a former soldier, visited the school and shared about "night writing", a code of 12 raised dots to share top-secret information.
- Louis then took this "night writing" system and changed it to 6 dots.
- Louis published his first book using his system in 1829.
- He added symbols for math and music in 1837.
- Many people were skeptical to use Louis' system.
- Louis taught at the Royal Institute for the Blind as an adult, but even then the school did not allow his system to be used.
- Louis' Braille system was not taught there until after his death.
- Braille began to spread worldwide in 1868.



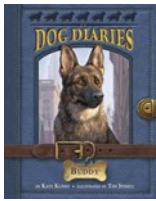
Pictured above: First publication of a Braille book, 1829, in Paris, France
Displayed at the American Printing House for the Blind museum in Louisville, KY

Resources: en.wikipedia.org/wiki/Louis_Braille
Braillebug.afb.org/louis_braille_bio.asp

The **South Dakota Special Education Conference** is scheduled for March 21-22, 2017 at the Deadwood Lodge in Deadwood, SD. Join the Consultants from the School for the Blind and Visually Impaired (SDSBVI) on Tuesday, the 21st from 11:45am-1:00pm to have one of the most meaningful and impactful experiences of the day. While eating lunch, you will be wearing a blindfold. Using your other senses, you will locate your fork, spoon, or knife and pour your own drink. You will be encouraged to interact and communicate with your peers while you dine. No one can walk in someone else's shoes, but we hope this event will help people have a better understanding of the daily challenges faced by those with blindness or visual impairments.

Just a reminder! Textbooks printed in Braille and/or large print for K-12 programs can be ordered from the South Dakota State Library. To complete an order you must send the following to the State Library: 1) The Textbook Order Form, 2) Payment Authorization Form, 3) Original Print Textbooks, and 4) Rebinding Authorization Form. All orders must be placed by January 15th for delivery before the 2017 Fall School Year. Place orders by July 15th for delivery before the 2018 Spring School Term. If you have questions, please call the toll-free number 1-800-423-6665.

Books Featuring Characters With Visual Impairments



Buddy (Dog Diaries, 2) by Kate Klimo

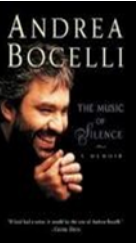
Although based on a true story, this story is told from a dog's point of view! Buddy, a German Shepard, was trained in Switzerland at Seeing Eyes, a guide dog school for the blind. He is matched up with Morris, a man who is blind and lives in the United States. A heartwarming chapter book for students who are animal lovers. Grades 3-6

Painting in the Dark (Esref Armagan, Blind Artist) by Rachele Burk

Despite being blind since birth, this young man became an internationally known painter of landscapes and portraits. He learned to carve into cardboard to reproduce shapes he felt with his hands, place colored pencils in a specific order, use stencils and make relief paintings with raised surfaces to paint by touch. This inspiring story celebrates diversity and perseverance.



Grades 2-5



The Music of Silence: A Memoir by Andrea Bocelli

Written on his special Braille computer, Andrea Bocelli tells about his struggles as a boy just wanting a normal life. This engaging autobiography describes how he used his incredible Italian tenor voice to open his heart and see the world around him. Read this book and discover a passionate, humble man. Grades 10-12 and Adult

Did You Know.....

Harriet Tubman led hundreds of slaves along the underground railroad to freedom in Canada??? Bet you didn't know that she was nearly blind when she did this. Tubman was born into slavery between 1820 and 1825, her exact birthdate is not known. She was one of nine children born to Harriet Green and Ben Ross. Life for young Harriet was cruel. She had endured brutal beatings from her over-seers and those who "rented" her. Once, when she was a teen, an irate slave owner threw an iron weight at another slave. The weight hit Tubman in the head causing her a severe concussion. After the injury Harriet never fully recovered. The severe injury left her suffering from headaches, seizures, and periods of semi-consciousness, probably Temporal Lobe Epilepsy, and severe vision loss. Her parents were separated and her sisters were sold to plantation owners in the deep south. When she heard that her brothers were going to be sold she helped them to escape, only to return when they expressed their fear in leaving. Harriet again escaped and then spent the next 13 years leading hundreds of slaves to freedom. Her resume doesn't end there. She became an abolitionist, an army scout, a nurse, and more. Throughout her life, Tubman never let her race, or her blindness, make her feel like less of a person. "Don't be pushed by your problems," she once said. "Be led by your dreams." To learn more about this extraordinary woman check out the links below.

<http://www.harriettubmanbiography.com/harriet-tubman-biography.html>

<http://www.biography.com/people/harriet-tubman-9511430#>!

<http://www.harriet-tubman.org/>

http://womenshistory.about.com/od/harriettubman/p/harriet_tubman.htm

<http://math.buffalo.edu/~sww/0history/hwny-tubman.html>

EXPANDED CORE CURRICULUM: CAREERS

As your student progresses through school, he/she will start to explore careers. This begins at an early age with chores around the house, field trips in the community, and typical day-to-day activities. The student learns what he/she likes and dislikes and discovers areas of interest. To help work through this process, students can take part in career education in a number of ways. Career education gives students an opportunity to learn firsthand about the variety of work people do. They can explore their strengths and interests. And, since unemployment and underemployment are leading problems facing adults with visual impairments in the United States, the Careers portion of the Expanded Core Curriculum is important for students.

The American Printing House for the Blind (APH) has a number of items pertaining to career education. The "Quick and Easy Expanded Core Curriculum" outlines skills and lessons in all areas of transition, including career education. Also from APH is the Transition Tote, which teaches students essential skills for learning about themselves and the world of work.

Another great resource is the American Foundation for the Blind (www.afb.org), which has a program titled Career Connect. It provides employment and job search information specifically for job-seekers that are visually impaired as well as helping to explore careers, work on interviewing skills, and build a resume.

A source for students is South Dakota My Life www.sdmylife.com. It is an online program assisting students in career development. Their goal is to help students better understand themselves and how their interests, skills, and knowledge relate to real-world academics and career opportunities. Students can take interest and ability assessments and explore career clusters, post-secondary options, and scholarship opportunities.

Project Skills (<https://dhs.sd.gov/drs/projectskills>) is a paid work experience program for high school students with disabilities in South Dakota. Students work with teachers, vocational rehabilitation (VR) counselors, and employers to arrange an appropriate job placement. The student is paid through the VR program using federal training dollars at the current minimum wage. The student may work up to 250 hours per school year.

Students many times need encouragement to explore their interests and career possibilities, but it can be a fun experience. And earning a paycheck is an added incentive. Enjoy the process and see where it leads you!

Focus on the Eye

Crizal, Zeiss, Nikon, polycarbonate, transition lenses. If you have been shopping around for glasses recently, you probably have heard these terms, and more, and have become confused as to what to buy. Once you have decided on the frames there are many options for lenses to choose from. To help in this decision making process, here is an explanation of some of the common terms.

Polycarbonate – a thin, light weight plastic that is impact resistant. Thinner lens even with a strong prescription and built in protection from damaging ultra-violet (UV) lights. Great for athletes and kids who are tough on their glasses.

Trivex – newer plastic that is light weight, thin, impact resistant, and protects from UV light. Some find these lenses give them better vision but are more expensive than polycarbonate.

High-Index Plastic – a term used to describe a variety of plastic lens materials that bend light rays more efficiently than glass.

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Story Box: Sam's Winter Hat

Sam, the bear, forgets his red winter coat outside. His best friend, Billy, brings it to him. Then Sam loses his green mittens. Papa finds them. Grandma sends him a blue wooly hat and guess what? Sam loses it! He finds it with the help of Billy. Forgetfulness - sound familiar? How wonderful for Sam to have family and friends who go out of their way to keep him warm on cold, winter days.

What is a Story Box? It is a fun, interactive way for children with visual impairments to explore real objects that correspond with objects in a story that is read to them or by them.

Story Box Materials:

the book, Sam's Winter Hat by Albert Lamb

winter coat (red if you have one)

mittens (green if possible)

a winter hat (maybe a blue wooly hat)

Construct the Story Box:

With your child, select a familiar coat, a pair of mittens and a hat from home.

Place the items in a plastic container, box, or bag your child can carry.

Label the exterior of the container with a winter hat or pair of mittens attached to the outside.

Reading the Story:

Give your child time to explore the coat, mittens and hat. Talk about the size, shape, texture, and color of each. Have fun trying them on and talking about how you would wear them on a cold day.

Place the coat, mittens and hat to the side.

Read the story using sound effects and dramatic intonation to peak your child's interest.

Place the items near your child.

Read the story again and have your child touch or hold the coat, mittens, or hat when mentioned in the story.

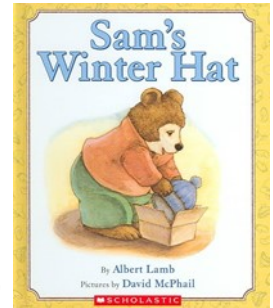
When finished with the story, have your child put the coat, mittens, and hat back in the box.

Talk about the title of the book.

Have your child put the story box away in an easily accessible place.

Before the next time you read Sam's Winter Hat:

Explore the coats other family members wear. Talk about why different coats are worn. Show your child the difference between gloves and mittens. Think about all the different types of hats that are worn and why. Then write a story together with new items in "your" story box.



Transition Corner by Steve Kelsey, SDSBVI Transition Specialist

I want to be sure that Parents and Students are aware of Transition Week which will be coming up in June. All parents should encourage their young adults to participate in this activity. It provides an opportunity for students throughout the state to meet other students with a vision impairment. Many of the students develop long lasting relationships that provide peer support throughout the years. The 2017 Transition Week will be held June 11th-15th at the Rehabilitation Center for the Blind in Sioux Falls. During Transition Week, students will stay in the Augustana University dorms, explore a variety of work experiences at local businesses, gain experience with assistive technology and low vision devices, and have fun and new adventures with friends. Transition age students who have a visual impairment should attend.

For more information, please contact: Steve Kelsey, Transition Specialist at SDSBVI

605-626-2333, 1-888-275-3814, or steve.kelsey@sdsbvi.northern.edu or

Your local SBVI Vocational Rehabilitation Counselor or South Dakota Rehabilitation Center for the Blind at 605-367-5260

I would like to remind all parents that at any time you have a question about services or programs available, please feel free to contact me. I believe that informed choices are a necessity in order to make the Transition process a positive experience and lead to a successful outcome in life.

TECH TIDBITS – New and Improved iOS Accessibility Options

Below are various accessibility options that automatically come with an iOS device when purchased. These options can all be found under “Settings-General-Accessibility”.

Display Accommodations

Let's you Invert Colors, Reduce White Point, or choose from a range of Color Filters to support

different forms of color blindness or other vision challenges.

Font Adjustments

When you activate Larger Text, the text inside a range of apps, including Calendar, Contacts, Mail, Messages, Music, Notes, and Settings, and even some third-party apps, is converted to a larger, easier-to-read size. You can choose Bold text to make the text heavier across a range of built-in applications.

Zoom

Zoom is a built-in screen magnifier that works with all apps from the App Store. Turn Zoom on for full-screen or window view, which allows you to see the zoomed area in a separate window while keeping the rest of the screen at its regular size. You can adjust the magnification between 100 and 1500 percent and access multiple filter options in either view. Zoom works with VoiceOver, so you can better see and hear what's happening on your screen.

Audio Descriptions (AD)

Watch movies with detailed audio descriptions of every scene on your iPad. Movies with audio descriptions are displayed with the AD icon in the iTunes Store.

Magnifier

Magnifier works like a digital magnifying glass. It uses the camera on your iPad to increase the size of anything you point it at, so you can see the details more clearly. Use the flash to light the object, adjust filters to help you differentiate colors, or snap a photo to get a static close-up.

Speech

Speak Selection can be activated when text is selected by clicking on the speak button. Speak Screen can be used to read your email, iMessages, web pages, and books. Turn on Speak Screen and swipe down from the top of the screen with two fingers, or just tell Siri to Speak Screen and have all the content on the page read back to you. You can adjust the voice's dialect and speaking rate, and have words, sentences, or words within sentences highlighted as they're being read.

Dictation

Dictation lets you talk where you would normally type. Tap the microphone button located on the screen keyboard, say what you want to write, and your iPad converts your words (and numbers and characters) into text.

Siri

Siri can send messages, place phone calls, schedule meetings, and even turn on and off VoiceOver, Guided Access, and Invert Colors.

<http://www.apple.com/accessibility/ipad/vision/>



What is the Telecommunications Adaptive Devices (TAD) Program?

The aim of the Telecommunications Adaptive Devices (TAD) Program is to provide equal access to telecommunications for individuals with disabilities other than deafness, deaf-blind, hard of hearing or speech impairment.

The Telecommunications Adaptive Devices Program provides telecommunication devices such as fully voice activated phones, main street emergency messenger telephones, picture dialing phones, large button phones and other equipment which may be need to communication through the phone lines. For more information or to see if your student qualifies go to:

<https://dhs.sd.gov/rehabservices/servicesandprograms.aspx>

Cookie Cutter Bird Seed Feeders (a toddler-friendly method)

- $\frac{2}{3}$ cup of boiling water
- 2 packets of gelatin (a box has 4)
- 2 cups of bird seed
- parchment or wax paper
- cookie cutters or silicone pancake molds
- straws cut into 2 inch pieces
- some baker's twine, ribbon, or jute



- 1) Empty two *packets* of plain gelatin into a very large mixing bowl.
- 2) Pour in boiling water.
- 3) Stir the mixture very gently until all of the gelatin is dissolved.
- 4) Pour the bird seed into gelatin/water mixture.
- 5) Stir it for a few minutes, making sure that all of the seeds are evenly coated and there is no longer excess water at the bottom of the bowl.
- 6) Cover a tray with parchment paper and lay out cookie cutters and molds.
- 7) Over fill each cookie cutter with seed mixture.
- 8) Cover the cookie cutters with a layer of parchment and press the seeds down into the molds.
- 9) Carefully insert the straws into the cookie cutters, making sure to not place them too close to the edges. Once the straws are in the seed, press the seeds down around them to make sure everything stays tight.
- 10) Set the entire tray in the fridge and let them set for a couple of hours. Take them out and let them dry on the counter overnight. Flip them over so the bottoms can dry out too. (It's a bit awkward to flip them with the straw sticking out but you could trim the straw if you like.)
- 11) In the morning gently pop the shapes out of their molds and remove the straws.
- 12) Use some baker's twine (ribbon or jute would be perfect too), put it through the holes, and knot the tops.
- 13) Hang them where the birds can get to them.



Playgroup Granola Bars

- 2 cups rolled oats
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup wheat germ
- $\frac{3}{4}$ teaspoon ground cinnamon
- 1 cup all-purpose flour
- $\frac{3}{4}$ cup raisins (optional)
- $\frac{1}{2}$ to 1 cup unsweetened coconut (optional)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup honey
- 1 egg, beaten
- $\frac{1}{2}$ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup Chocolate Chips (optional)

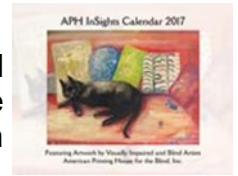


Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins salt and any optional ingredients. Make a well in the center and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan. Bake for 30 to 35 minutes in the preheated oven or until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

APH EDUCATIONAL MATERIALS

APH InSights Calendar 2017

The unique artwork featured in this full-color calendar is the work of talented artists with visual impairments. The days, months and holidays are both large print and braille. It can be a desk calendar or hung on the wall. Your room can be decorated later by framing your favorite piece of work!



2017 Calendar/Appointment Book

Keeping track of appointments, holidays, and other events could not be easier when using this calendar in its three-ring binder. Each page has four days with room to write appointments and notes. The large print makes it ideal for people with low vision. Other EZ Track products include a Financial Record Keeper (below), an Address Book and a Medical Record Keeper.



Financial Record Keeper

Keep records of your banking, credit cards, utilities, income, taxes, insurance, mortgages, loans, investments, and retirement plans organized by using this Financial Record Keeper. The three-ring binder holds pages printed on heavy paper with a 22 point font. There is a storage pouch, three storage folders, and a user guide.



These products are available 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 their web-site at <http://www.aph.org> or contact an Outreach Vision Consultant.

New Secretary by Aimee Ullrich

The Aberdeen Outreach Department has a new secretary. My name is Aimee Ullrich and I started working for SDSBVI in October. I have lived most of my life in Aberdeen. I am married and have 3 children. I love my position as secretary for the Outreach Department.

DakotaLink is a multifaceted project of Black Hills Special Services Educational Cooperative. It was started in 1992 and is funded in part through the Technology Related Assistance to Individuals with Disabilities Act last amended in 2004. First and foremost, DakotaLink is the South Dakota Assistive Technology Program. Through this Federally Funded Program its mission is to assist individuals with functional limitations due to a disability, illness, injury, or the effects of aging. We want to help those individuals maximize their potential at home, in the community, at school, at work, or at play through the use of Assistive Technology. Assistive Technology is defined in two parts. First an assistive technology device is any equipment or tool that helps a person overcome limitations in daily activities and second assistive technology services assist individuals to acquire, use, modify, or maintain an assistive technology device. Through this program DakotaLink provides information and awareness of assistive technology. Funding sources can be identified for those seeking assistance in acquiring assistive technology. DakotaLink has an extensive lending library where we can loan out a wide variety of assistive devices for 2 weeks at a time. Device demonstrations, training and technical assistance to those interested in acquiring or using assistive technology is another activity of this program. DakotaLink supports recycling activities and is involved in several reuse programs on an ongoing basis.

(continued on page 12)

(continued from page 6)

Aspheric-curvature of the lens itself. The less the curve the thinner the lenses can be. A plus for individuals with a strong prescription.

Photochromic-get darker when outdoors and lighten up indoors. You may no longer need sunglasses; however, they may not darken in your car if the windshield blocks UV rays and it takes time to transition.

Multifocal-provide a corrected vision at a variety of distances.

Bifocals-correction for distance tasks in the upper portion of the lens and near tasks such as reading in the lower portion.

Trifocals-lenses have a distance correction, a midrange focus for tasks such as computer work, and correction for near tasks.

Progressive Lenses-refers to the multifocal lenses that do not have the definition lines separating the different focal distances.

Anti-Reflective-a coating on the lens that helps with reducing glare, reflections, and halos around light.

Scratch-Resistant-coatings for lenses that help resist scratches.

Ultraviolet Protection-block the harmful ultraviolet rays from the sun.

Crizal-brand name of a coating that offers anti-glare and scratch resistance.

Zeiss and Nikon are names of lens manufacturer. They offer high index lenses.

Tinted Lenses-permanent tinting of the lens, not to be confused with the transition lenses. For some eye conditions a light or dark hint of color on the lens can help you see better. A yellow tint may increase contrast.

Mirror Coatings-purely for looks and it does hide your eyes from view.

Things to consider when purchasing eyewear are frame, how much wear and tear the glasses will get, how sensitive to the sun is the wearer, and how much do you want to spend. Hopefully this information will make selecting glasses a bit easier but, as always, check with your eyecare specialist and optician for guidance to these and other questions you may have.



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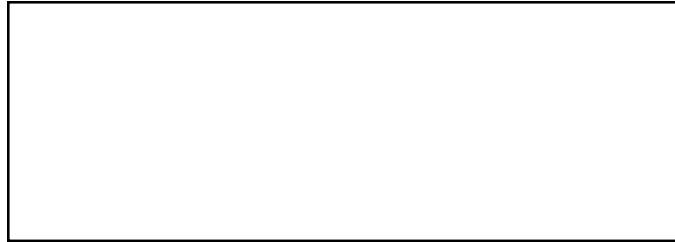


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In 1995 DakotaLink began providing direct services to support the activities of the Grant Program. These fee for service activities which are not allowed under the Grant include providing individual assessments, equipment sales, installation and training of assistive technology. This one stop concept has helped DakotaLink evolve into a statewide organization that has six certified rehabilitation technicians located in four regional offices. The offices are located in Rapid City, Aberdeen, Sioux Falls, and Brookings. The office in Rapid City is a storefront environment where people can drop in any time. Appointments do need to be made at the other facilities. DakotaLink provides direct services to 1,000 individuals per year and does work with the State Departments of Vocational Rehabilitation which includes the Divisions of Rehabilitation Services and Service to the Blind and Visually Impaired. They have worked with many School Districts throughout the State and have done many projects for the Veterans Administration as well. DakotaLink has relationships with many manufacturers and distributors of Assistive Technology. Through those relationships they are able to provide a wide variety of assistive devices and in many cases at very competitive prices. DakotaLink has a wide range of used devices for sale including Closed Circuit Televisions and have been operating the State Gadgetry Program, providing aids for daily living for the last several years. People who may be interested in purchasing a low vision device can call the toll free number for assistance. DakotaLink can be reached at 1-800-645-0673 or atinfo@dakotalink.net.