



Sightless Children Club News



Important Reminders:

October 2020

- **SCC Club Meeting Monday, October 19th at 7:00.**
- **Remember to share the amazon smile info with your friends and family!**



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Upcoming Events:
Oct. 19th Club Meeting: "White Cane Jeopardy"

Nov. 16th Club Meeting: "Thankful for SCC"

Dec. 21st Virtual Club Meeting: "Storytime with Mrs. Claus"



Watch out... cane about!
If you can see my cane, I can't see you!

October is white cane awareness month, so that will be the theme of this month's SCC meeting. After a brief business meeting, we'll play Jeopardy—The Mobility Edition, to learn more about orientation and mobility issues. There are sure to be a few laughs, so we hope you'll join us! **(Hint: you'll want to read this entire newsletter carefully 😊)** We ask that you wear a mask into the building and whenever you are chatting with others. Once you are seated at a table with your family, you are

welcome to remove your mask and enjoy the fun. We have arranged the meeting room to provide for social distancing and refreshments will be individually wrapped and delivered to your table.

What is White Cane Day?

The President of the United States annually recognizes White Cane Day by issuing the Blind Americans Equality Day Proclamation on October 15th to acknowledge the abilities of people who are blind and to promote equal opportunities for blind and

visually impaired Americans.

The mission of White Cane Day is to educate the world about blindness and how the blind and visually impaired can live and work independently while giving back to their communities, to celebrate the abilities and successes achieved by blind people in a sighted world, and to honor the many contributions being made by





Cane Tip Tips

A wide variety of cane tips provide smoother operation and more durability. Each tip has its pros and cons.

- **Pencil tip.** Pros: Good feedback and lightness make it a good choice for people who have problems moving the wrist for long periods of time. Cons: The long, thin tip has a tendency to get stuck in cracks in the sidewalk.
- **Roller tip.** Pros: Rolls over cracks in the sidewalk, making for a smoother walk. Cons: Greater weight can add to wrist fatigue; doesn't provide as much feedback to the traveler about small changes in the terrain.
- **Marshmallow tip.** Pros: The thick tip won't get stuck in cracks easily. Cons: The tip is heavy and can cause wrist fatigue over time.
- **Metal glide.** Pros: Very light; glides easily over cracks.

The Benefits of Orientation and Mobility:

Movement is important to everyone. *Orientation* asks the questions: "Where am I?" "Where am I going?" and "How do I get there?"

Mobility involves getting to your destination safely and efficiently. Orientation and mobility (O&M) begins with understanding where your body is in the environment. It also includes knowing about relationships between different objects in the environment. O&M is a related service and may be provided by public schools for all students with visual impairments from birth through age 21 years, regardless of additional disabilities. Orientation and mobility is a lifelong learning Process that is important because:

Movement teaches the brain.

O&M teaches movement with a purpose. Purposeful movement may not occur naturally for children with a visual impairment, so an early O&M evaluation is critical to learning, socialization and independence.



Safety creates confidence and a sense of well-being.

O&M skills enable children to safely explore and interact with the world, including the home, school, and community. When children, including those with low vision or multiple disabilities, understand their environments, they feel safe.

Experience brings context to life.

O&M instruction provides real experiences that are essential to all children and adults. The skills learned reduce isolation by giving individuals a "common ground" for interacting with family, friends, and employers.



Tell Me Something Good...

CABVI Speakers Share Insights

Last month's "Fall Reboot" SCC meeting included two guest speakers from Cincinnati Association for the Blind and Visually Impaired (CABVI). Our goal in providing guest speakers like these two wonderful ladies is twofold: information and inspiration.

First, Charlotte Reed inspired listeners by sharing her many adventures earning degrees in Social Work and Art Therapy, while running a household and raising children. Her positive outlook and obvious determination to succeed was uplifting, while her humor kept everyone listening. She left her audience encouraged and ready to grab a paintbrush!

Next, Vicky Lorenz, manager of the Early Childhood and Youth Services at CABVI, shared her passion for working with children who have visual impairments over the past 15 years. She currently oversees CABVI's Early Intervention, School Support and Advocacy, Pre-Employment Transition, and Music Therapy programs, so she was able to share the mission of CABVI and the many opportunities available. She also provided many practical insights about self advocacy and helping children get the services and equipment they need to succeed. We look forward to coordinating our efforts with CABVI to serve blind and visually impaired children in the days ahead.



Sarah Grace

Born July 14, 2020

To Meghan and Brian Brophy

and welcomed by

big brother Johnathan

Congratulations from all of us at SCC!

