



## **TUCSON SOCIETY OF THE BLIND (TSB)**

**P.O. Box 57655. Tucson, AZ 85732**

**April May 2021 NEWSY NOTES**

**TSB meets every Tuesday – 9:30 a.m. to 1 p.m.**

**Christ Presbyterian Church, 6565 E. Broadway**

**For more information call Barbara, 298-2427 or Tom, 721-1029**

**[www.tucsonsoftheblind.org](http://www.tucsonsoftheblind.org)**

### **CALENDAR**

#### **April**

**TSB Members will be meeting at Christ Presbyterian Church, 6565 E. Broadway on April 6 and April 13 from 9:30 - 12:00 PM. We will set up the tables on the patio, and go into the Fellowship Hall for two live concerts. Masks will be worn by all.**

- 6 Christine Vivona will play the harp and play a wide variety of glorious music. Lunch will be chicken nuggets, potato salad, coleslaw, carrots, strawberries and cookies. Please let Barb know by March 30<sup>th</sup> if you are coming so she can order enough food.**
- 9 TSB Board Meeting on phone from 10 a.m.-11:30 a.m.**
- 13 Roxanna Baker will play a variety of tunes on her Accordion, Lunch: Pizza and dessert**

**We will be meeting on the phone line 605-468-8020 access code 969009 # (pound sign) for the following meetings at 10:00 a.m. (Times for evening programs are indicated.)**

- 20 TSB Training with Manny, “Using Voice Over on the iPhone,” 6:30-8:30 p.m.**
- 20 Shawn Mangan, Assistant Manager of Sun Van, will talk about the new Sun Van app**
- 22 Evening Discussion Podcast 6:30 - 8:00 p.m.**
- 27 Jeff Babson will talk about AZ Wildlife**

#### **May**

- 4 Jim Williams will speak about Stewart Udall, former Secretary of the Interior, and Mo Udall, former US Congressman from District 2 (who had a good sense of humor), and the effects of the two brothers on politics. Teve from Direct Lifestyle Coach, “Nutrition and a Healthy Lifestyle”**
- 11 Marilyn Heim, Columnist in AZ Daily Star, will discuss her new book on aging**
- 13 TSB Board Meeting on phone from 10 a.m.-11:30 a.m.**
- 18 Kendall Roesen, outreach coordinator for Mission Gardens, will discuss the history of gardens in the Old Pueblo**

- 18 TSB Training with Manny Celis, “Using Voice Over on the iPhone” on Zoom 6:30-8:30 p.m.
- 25 Are you an emotional eater? Listen to the podcast by Dr. Jessie for practical tips on controlling weight.

June 1- Jan Cleere, “Stories of Western Women”

President’s Message by Barbara Macpherson

Thanks to all the members who paid their dues and donated a little bit more. We now have 41 paid members. (This is a record!)

We are all excited about meeting at the church in person for two live concerts with lunch on April 6<sup>th</sup> and April 13<sup>th</sup>, from 9:30 am to 12:00 p.m. These events will not cost the TSB members anything. The tables will be set up outside on the patio and we will go into the Fellowship Hall for the concerts. Masks will be worn except for eating and drinking. See details in the calendar. Please let me know if you are coming so I can make sure we have enough food. My phone number is 520-298-2427.

Annie has set a goal for all of us to get more organized. To that end, everything has its own place and goes back there after use. Every time I forget this, I waste time and energy looking for stuff because I forgot the new place that I put the item. I have a feeling that next time we will have a Part 2 second article on getting organized.

Manny Celis has taught us three outstanding lessons on using Voice Over on the iPhone. These lessons happen on the third Tuesday of every month on Zoom from 6:30 - 8:30 p.m. Manny spends many hours preparing detailed notes on each lesson and also sends a video on YouTube where you can watch the video if you missed the lesson. We wish to thank Manny so very much as we are learning a lot and he is a super teacher!

Eye Talk – Being Organized, by Annie Schlesinger

When I had the idea to write about being organized, I checked the topic at the Talking Book Library - there were 18 results - on BARD there were 19. Since I am organized and believe it is very important, I am going to share some of what I do. I also read about the subject; there are common themes in the literature.

I have a routine for many things, and if I don’t follow my routine, I have trouble. When I walk into my apartment, keys, sunglasses, purse, white cane (and now mask) go in their place. I keep items in the same place all the time. If I have to look for keys, etc., it creates anxiety and wastes time.

A routine for medications can be a lifesaver. I use a container with days of week sections for my vitamins. Several prescription med containers are set out in a tray on the table every morning; then the med container is returned to storage when the med is taken. According to where the container is, I can tell if I have taken the medication. My morning and evening eye drops have their places and move when used - I call it my geographic memory. When I do something every day, like

medications, I sometimes can't remember later if I took them. Now I can check container location and have some certainty.

My clothing is labeled and hung in its designated section of the closet. I label with braille using puff paint to make the dots. I learned braille letters and numbers and can use it for writing addresses and phone numbers. There are several methods of labeling. For example, safety pins can be used. For some things I use the Pen Friend which allows me to record information on a sticker.

As I lose more of my vision, I am clearing out unnecessary items. It's difficult; there's lots of good stuff that I wanted at one time. But now it's clutter and too much to manage.

I am still working on how to manage my appointments and mail. I am using the iPhone and hope that will be the answer. Then there is the kitchen, ordering medications, taxes, and probably more.

I believe in working out the best system for me and sticking to it. It may take some experimenting but it makes life easier.

#### In Loving Memory of Betty Kasari

TSB Members are going to miss Betty Kasari. Our prayers go to her family. The following article was written by Lori Baker, Betty's daughter.

Elizabeth P. Keplinger Cantley Kasari, "Betty," was born August 31, 1924 in Portland, Oregon. She passed peacefully on February 27, 2021, in Tucson, Arizona where she enjoyed life for the past 3½ years, especially weekly Tucson Society of the Blind meetings. Betty lived in Southern California for most of her life and was always active in community service. She had a rewarding career in school food service management and had many cherished memories of her world travels.

One of Betty's passions was to document and photograph her life's history. Her daughter, Lorri, is compiling her shared memories into a book. If you have any special memories of Betty, please feel free to share by contacting Lorri at 760-807-4997 or via email to [Lorribaker59@gmail.com](mailto:Lorribaker59@gmail.com). In lieu of flowers, please donate to one of the following: Tucson Society of the Blind, % Barbara Macpherson at [www.tucsonsoftheblind.org](http://www.tucsonsoftheblind.org) or send donations to P.O. Box 57655, Tucson, AZ 85732. Thanks go to Lorri for an informative and loving article on her mother. And thanks for any donations to TSB. We really appreciate it.

#### News You Can Use by Barbara Macpherson

Because of the pandemic you can now make appointments at Urgent Care ahead of time. That way you limit waiting time to see the doctor.

Annie and I recently purchased a lanyard to hold our iPhones. By wearing the lanyard around your neck, it frees up your hands so that online services such as Be My Eyes and AIRA can see out of the camera to guide you. Here is the information to order a lanyard on Amazon. <https://www.amazon.com/Universal->

**Lanyard-Silicone-Smartphone-Samsung/dp/B07KVYS8P6** One TSB member used the free iPhone app, **Be My Eyes**, to guide her to the elevator and up to the doctor's office.

We learned from a Direct assistive technology instructor, Kasie Hopper, that the Echo Dot can be set to read your gmail. We also learned that the Echo Dot will keep a shopping list for you. The Dot is vital for those with vision impairment because it is directed by voice commands. The Dot requires that you have internet access and can be purchased from Amazon for \$40.

**Well Connected** is a free service which brings programs and activities by phone to seniors. Seniors call the free 800 number at a set time to connect to other seniors. To register call 877-797-7299 or go **www.avenidas.org** .

Here are four handy help numbers:

- **Blind Mice Mega Mall 713-893-7277** - You can buy many specialized products for the blind.
- **Apple Accessibility line 877-204-3930**
- **Amazon Disability Help Line, 888-283-1678**
- **Amazon Alexa Tech Support: 888-299-7571**

**Mini Version 2 Voice Activated Cell Phone, RAZ Mobility** is excited to announce that the MiniVision2 cell phone for people who are blind or have low vision is now available! The primary objective of the MiniVision2 is simple: allow individuals with vision loss to use a basic cell phone just as fully and effectively as individuals who are sighted.

The MiniVision2 is a fully accessible mobile phone with features such as large tactile buttons, a voice guide to inform the user of what is on the screen, what buttons have been pressed, the ability to place calls, send text messages, enter contacts by voice, and a SOS button. These features offer individuals with vision loss the ability to access every feature of the phone without barriers.

The MiniVision2 could make the ideal choice for seniors who want accessibility combined with simplicity. In addition to basic features, such as calling and messaging, the MiniVision2 offers advanced capabilities, including calendar, FM radio, color identifier, money identifier, weather, Where am I?, calculator, voice memos, notes, camera and photos. The phone's voice guide is available in English, Spanish, and many other languages. It also has a high-contrast display with adjustable font size, the option to bold text, and to select between six different color schemes.

The MiniVision2 is an unlocked 4G LTE device and is compatible with providers such as AT&T, T-Mobile, MINT Mobile, Cricket Wireless, Consumer Cellular, Red Pocket Mobile, Straight Talk, and Metro by T-Mobile. RAZ Mobility has partnered with the prepaid wireless provider MINT Mobile to offer consumers a free SIM card and 3 months of free service. The cost thereafter is as low as \$15/month. The

phone cost \$309. For more information call Raz Mobility 800-729-0083, [www.razmobility.com](http://www.razmobility.com) , \$14.95 shipping, Hearing aid compatible with Bluetooth. The phone can be returned within 20 days with a \$75 restocking fee. There are tutorials on how to use the phone.

### Sign up for the state ACB Convention April 16 and April 17

Join us in celebrating the golden anniversary of the Arizona Council of the Blind - Friday, April 16<sup>th</sup> and Saturday, April 17<sup>th</sup>. AZCB was spearheaded by John Vanlandingham, an attorney who was blind. They are an affiliate of the American Council of the Blind. The event will be held via Zoom. Our keynote speaker will be Joel Snyder, ACB's director of the Audio Description Project. The registration fee is \$10. Go to [www.azacb.org](http://www.azacb.org) to register.

Cindy Hollis of the ACB Community spoke to TSB Members on the phone on March 2<sup>nd</sup>. ACB Community is a series of 90 weekly Zoom calls on many topics from Vispero training on Jaws, Apple podcast on the iPhone, crafts, taking care of your mental health, the ins and outs of vision loss, and fun play dates. To get a daily schedule, subscribe to [community@acb.org](mailto:community@acb.org). You can also listen to recorded podcast by going to the podcast App on the iPhone and put ACB in the search and the first one that comes up is ACB Community. You can also listen to podcast on an Echo device by saying "Alexa, open ACB community" This is a wonderful resource of information. I especially like the Out of Sight episodes where they travel to many countries and cities, It's Electric, about accessible small appliances, and Taking Care of your Mental health, by Dr. Jessie. You can download the ACB Link free app on your iPhone. Under ACB radio, go to menu where you can download podcasts from ACB community or listen to live streams on different radio channels.

Other services offered by the American Council of the Blind, ACB include: ACB Advocacy Podcast at [www.acb.org](http://www.acb.org). The ACB National Convention will be virtual on Zoom from July 16 to July 23, 2021. The Tucson ACB chapter meets on Zoom the second Wednesday of the month from 7:00 - 8:00 p.m. To join, contact President Chris Desborough, [cdesborough1@gmail.com](mailto:cdesborough1@gmail.com), or call him at 520-269-9263. The official publication is the Braille Forum which can be heard on Newsline. The ACB audio description project contains a comprehensive list of audio-described movies, TV Shows, streaming services such as Netflix and Disney Plus, as well as museums and live performances. Go to [www.adp.org](http://www.adp.org). ACB has a large number of community events which you can connect to by Zoom, your iPhone, or land line. Go to [www.acbvoices.org](http://www.acbvoices.org) to sign up and listen to podcasts.

ACB National Number 1-800-424-8666

ACB listening to ACB radio, 518-906-1820

ACB Hotline, Braille Forum, advocacy report, 712-775-4808, 605-475-8154, 605-475-8154.

There is also an app called ACB Link which can be downloaded for free from the iPhone app store. You can listen to ACB radio on your Echo device. To do this, enable the skill, ACB Radio, on the Alexa app. Then say, "Alexa, open ACB Radio

**Mainstream” to listen to the podcast and the reading of the Braille Forum, the national magazine of the ACB.**

### **Growing Older**

- 1. Eventually you will get to a point where you stop lying about your age and start bragging about it.**
- 2. The older we get the fewer things seem worth waiting in line for.**
- 3. Some people try to turn back their odometers. Not me; I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.**
- 4. When you are dissatisfied and would like to go back to youth, think of algebra.**
- 5. You know you are getting old when everything either dries up or leaks.**
- 6. I don't know how I got over the hill without getting to the top.**
- 7. One of the many things no one tells you about aging is that it is such a nice change from being young.**
- 8. Being young is beautiful, but being old is comfortable.**
- 9. Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it is called golf.**
- 10. Learn to laugh at your troubles.**

### **Blind Jokes**

- 1. How did Ray Charles meet his wife? On a blind date**
- 2. Why do blind people not skydive? Because it scares the guide dogs.**
- 3. Why did the blind guy fall down the well? He didn't see well.**
- 4. What is the definition of Endless Love? Ray Charles and Stevie Wonder playing tennis**
- 5. Sammy Davis was driving Joey Bishop to Las Vegas at top speed. A police officer pulled them over for speeding. Joey Bishop told the officer, "Sammy is blind in one eye. Did you want him to look at the speedometer or the road?"**

### **A Great Poem by Spike Milligan**

**Smiling is infectious; You catch it like the flu.**

**When someone smiled at me today, I started smiling too**

**I walked around the corner, and someone saw me grin**

**When he smiled, I realized I had passed it on to him**

**I thought about the smile and then I realized it's worth**

**A single smile like mine could travel round the earth**

**So, if you feel a smile begin, don't leave it undetected**

**Start an epidemic, and get the world infected.**