



# AVRT



*Coby Livingstone, OT/L, CVRT  
Article on page 6*

*Association of Vision  
Rehabilitation Therapists*

*Winter 2016 Edition*

*February 2, 2016*

# *Association of Vision Rehabilitation Therapists*

## *Newsletter*

*Winter 2016*

*Visit our Website at [www.avrt.org](http://www.avrt.org)*

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## **Editor's Note**

**Dear Fellow Rehab Professionals:**

**I am so excited that starting with this edition we will be able to navigate through this wonderful newsletter using links! I want to thank my secretary for making this possible.**

**I am also excited about our 2016 conference being held in Birmingham, Alabama, on August 8-10. Let's all do our best to be there so we can celebrate who we are as professionals. This is also a great time to learn about new techniques, network and make new friends and connect with old ones.**

**Please begin thinking of colleagues to nominate for the Charlyn Allen and Alice Raftary Emerging Leader awards. The forms and instructions are on the AVRT website at [www.avrt.org](http://www.avrt.org). Please send the nominations to [pholloway@okdrs.gov](mailto:pholloway@okdrs.gov).**

**Thanks to all of you who sent articles for this edition. The deadline for the spring edition is April 15. I am looking for my mailbox being full of fantastic articles!**

**Sincerely,  
Pam Holloway, CVRT**

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## **President's Message**

**Greetings,**

**I hope that the New Year is off to a wonderful start for each and every one of you. I also hope you were able to enjoy the holiday season, not to mention a bit of time to rejuvenate and recharge. 2016 promises to be an exciting new year as we look toward the upcoming conference being held again this summer. We have some exciting things in store and hope to see you all there!**

**We hope that you will consider taking an active role in this year's conference. Please consider submitting a call for papers, or serving on a committee. Also, please remember the awards presented each year and consider nominating a deserving individual.**

**As we look forward to new beginnings for the year, I hope that you will consider taking an active role in the organization as a whole. This year is an election year. Please consider running for either a Board position or one of the officer positions (Secretary, Treasurer, Vice President, or President).**

**With that in mind, I would encourage anyone who may be interested in one of these areas to please step forward; should you have any questions, please do not hesitate to contact me. Please do so by April 1. We welcome your involvement and hope to hear from you! I would also encourage everyone to reach out to those in the field, or who may be new to the field that are not division members, and talk to them about the advantages of joining.**

**I wish each of you the very best, and a healthy, happy, and prosperous New Year!**

**Best regards,**

**Ian Shadrick M.A., M.A., CVRT, CRC  
President AVRT**

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**Celebrating the Magic of  
Vision Rehabilitation Therapy**  
**By Lenore Dillon, CVRT**

**The first annual training of the Mid-America Conference of Home Teachers was held in Chicago in 1946. Since that time, we have had many changes both in our name, and in the extent and depth of training we offer our consumers. One thing that has not changed is the high quality training opportunities that our professional organization provides. Regardless of the era, these conferences have consistently provided state of the art training to Home Teachers, Rehabilitation Teachers, or Vision Rehabilitation Therapists. 2016 will be no exception!**

**Please mark your calendars for Monday, August 8 through Wednesday, August 10, 2016, for the annual training conference of The Association of Vision Rehabilitation Therapists. This training will be held in Birmingham, Alabama, at the Double Tree Hotel. The Double Tree has generously given us the room rate of \$99.00 per night, for single or double occupancy.**

**This year we will be celebrating how our profession has evolved over the past 70 years. We hope the past will inform our present and insure a bright future where quality is high and prices are low.**

**Birmingham is affectionately known as the Magic City. It earned this title because the city expanded as if by magic. Not only has our profession expanded throughout the last 70 years, the training that we provide truly produces some magical results. Birmingham is the perfect place to celebrate where we have been, where we are now, and where we are going.**

**If you have never attended an AVRT Conference, you are in for a real treat. Each session contains practical information that any VRT can use immediately. Being in the company of fellow VRTs is**

**almost like heaven – at least for me. The Association of Vision Rehabilitation Therapists (AVRT) has the only training conference specifically designed for Vision Rehabilitation Therapists! Do not miss our 70<sup>th</sup> annual conference. We are looking forward to seeing ya'!! Come experience the magic!**

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**What's So Good about Blindness, Anyway!**  
**BY Coby Livingstone, OT/L, CVRT**

**Stevie Wonder is a marvelous artist and musician from Michigan. He has been blind essentially his whole life. Would he still be this famous musician if he were not totally blind? Did his blindness plus his incredible musicianship allow him to zoom to the top of the best albums?**

**Like Stevie, I've never thought I couldn't do something I really wanted to do. And like Stevie, my blindness oftentimes has been an asset rather than a true disability. My family of origin was supportive and provided me and my sisters many blessings. We had wonderful camping vacations all around northern Michigan. Life experiences that have assured me I can do what I want to do with my life.**

**Ah...but I'm not saying it was easy or that I haven't had some really horrible things happen to me over which I had no control! What I am saying is that I have embraced my human condition. I look at my life the same way as I look at rain. Rain simply IS...not good or bad. Rain is essential to the May flowers and nutritious food. I also get really muddy when the car drives by the sidewalk where I'm standing and I get covered with rainwater. Crooked teeth and overweight are the things I worry about, not my deaf/blindness. When I first became diagnosed with Retinitis pigmentosa as a 22 year old, it didn't bother me. I was a college graduate with a great job working with emotionally disturbed children. But...when the eye doctor said I should not drive anymore, that was the beginning of feeling like a victim and that maybe this RP thing might be a problem. I felt like I was losing my independence big time.**

**Finding a group of new and positive friends in my church helped. A funny story: My husband and I had been attending the church for about 6 months and at that time did not use a travel cane. As they**

**say, “I could pass as a sighted person.” During a potluck dinner, I was making conversation with my table mate. I said I was legally blind and the very next comment from him was at a louder pitch as if I had suddenly become hard of hearing!!**

**A second component to positive coping strategies was to be active in a self-help group where we found ways to sort out our feelings and learned how to educate and at times confront ignorance in our families, communities or workplaces. We learned together how to be assertive and clarify to others how we needed their help in a given task.**

**Rehab Services gave me back some of what was important to me. The services showed me how to be a successful person, not a victim. Rehab gave me the skills to be efficient and productive in society; how to be more organized and skilled with computer software; and how to use my cane or a service dog to travel by myself to meetings and professional conferences and overseas on a river cruise.**

**Some of my employment stories have been grand, such as getting a job because I was as equally qualified as the other applicant but I could fulfill an ADA quota because of my disability as a person with blindness.**

**Another story...as I was preparing all the paperwork and obtaining certification for OT and VRT, a physician’s letter of recommendation was needed. The doctor was unsure about whether I could function as an employed person. I had just navigated the bus system, his waiting room, commented on his bright colored tie and signed paperwork for him but he wasn’t sure I could function in a work setting, because of my blindness. I told him I was already working as a consultant in Occupational Therapy and teaching single courses at a university. He was totally surprised and AMAZED I could do all that!**

**I've also lost a job because of my blindness and maybe because of ageism. It's so humiliating to lose a job because of disability. My reaction, after a while, was to open my private practice in Vision Loss Rehabilitation. As an occupational therapist I'm able to practice vision therapy in the patient's home setting.**

**In closing, by working in rehabilitation services, we have opportunities to truly improve the quality of life for people with vision impairments and provide useful skills to our clients and their families. It's important to show them the positive side of blindness. For example:**

- \* Reading in bed without the light**
- \* Having a chauffeur for \$2.00 a ride with the Paratransit Service**
- \* Being free to express ourselves easily and with humor because we're not held back by the non-verbal language of others**
- \* Learning to laugh at ourselves when the scoop of vanilla ice cream on the apple pie goes sliding around on the restaurant table...and no one else says anything to us!**

**Our experiences as people with vision impairment and skills to teach vision rehabilitation therapy allows us to be a "wounded healer" and to have deep empathy for others with vision impairments. We also are qualified to call their bluff and set them straight because we've been there first on life's journey.**

**Editor's Note: I am a friend of Coby's and have seen her grow in many ways professionally during recent years. When she lost her job here in OKC, she did not let it get her down. She was out in the community making contacts with nursing homes seeking employment as an OT. She then started her own consulting business. She is a very determined individual and I respect her highly. This is what it is all about when we train individuals on believing in themselves no matter what the journey of life may**

**bring. Thinking out of the box and creating opportunities for oneself as Coby has done is a successful outcome for all who have been a part of the lifelong training of an individual in their rehabilitation.**

**Coby currently is a consultant working with persons with disabilities, including blindness, in Santa Fe, New Mexico. Way to go, Coby!**

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## **Setting Goals: Roadblocks**

**By Christine M. Pada, MA, CVRT, CRC, LPC**

**Why don't we set goals? Why don't more people consistently set goals in their life? How can we help our clients overcome these roadblocks to achieve their goals of independence?**

**Let's start with looking at the 4 main reasons people do not set goals. The first one is FEAR. People have fear of failure, fear of rejection, and fear of success. Fear can be thought of this way: False, Evidence, Appearing, Real. I can attempt to rob a bank by putting my hand in my pocket and claiming I have a gun. It is not real, but it can invoke fear in others. In the same way we can create fear in our own minds that is not based in reality but can stop us from progressing. Our clients experience this a lot. They are fearful to try something they have never done before. It is our jobs to remind them life is all about doing things we have never done before. We must remind our clients the goal is to achieve independence and even though they may not succeed the first time, "failure is an event, not a person." Try, try, try again because we all learned the alphabet, but we didn't do it in a day. It took lots of practice and more practice, and even more practice and then we could sing our A, B, C's. Then, we had to learn to count. Will it ever end? NO, learning is a life long journey. Enjoy the ride because, "what you get by achieving your goals is not as important as what you become by achieving your goals," (Zig Ziglar.)**

**The second reason is poor self-image. We don't see ourselves as worthy of achieving goals. We must change the picture we have of ourselves. What pictures do our clients have in their heads about blindness? Do they know a successful, independent person who is visually impaired? We need to teach them what it looks like to be a confident, secure, and successful person with vision loss.**

**The third reason is they have never been sold on the idea of setting goals. Can you imagine going to the grocery store without a list? What would you buy? What do you need? A grocery list is a simple goals list of the items you need to buy. It helps you stay focused and you don't buy random items you don't need because you already have them at home. When you write down your goals, you are starting the goal setting formula.**

**The fourth reason is we just don't know how to set goals. We were never taught how to set a goal. We usually just went out and did it, and if it worked "hooray," and if it didn't, we felt bad about ourselves and probably didn't try again. Most goals involve taking steps to accomplish them. When we teach our clients Braille, we don't do it all at once. We teach in chunks of information and then add more. Same with cooking skills. We don't start out teaching a seven course meal. We start with the basics and add on to their level of cooking abilities.**

**Now, we know the four main roadblocks, let's help our clients overcome these reasons and start setting goals.**

**If you would like to learn more about how to actually accomplish your goals and the steps required to achieve your goals, stay tuned for the next newsletter; or, if you can't wait, I'm available for professional counseling, training, & coaching.**

**Z Boost Performance, LLC  
counselor@christinepada.com  
906-290-2444  
[www.ZBoostPerformanceLLC.com](http://www.ZBoostPerformanceLLC.com)**

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## **The Transportation Challenge**

**By Kendra Farrow**

**Driving has never been an option for me due to my vision. However, I try to not let that hold me back from participating in life activities. Growing up in a rural area, my family balanced our busy activities with a family of five and access to only one car. I learned how to “make do” with walking, biking, and asking neighbors for assistance in emergencies. One summer, I was invited to attend a summer camp that was held about a 30-minute drive from our home. My mom could not provide the transportation in that instance, so she arranged for me to get rides to the nearest bus stop 2 miles away. Even though I was young, not really grasping the fact that I would never drive, it built a confidence and appreciation for public transportation that led to my future success.**

**When I was offered my first full-time job after completing my Master’s degree, I desired to find the easiest living situation related to public transportation. However, since I was moving from 800 miles away, looking at apartments to determine the best location was not really an option; I did the next best thing, I had my mother do it for me. She found me a great apartment and a bus stop right across the street. I was thrilled until I discovered that the bus did not come to that stop until 9:00 a.m. and I started work at 8:00 a.m. I worked diligently to figure out a workable solution, but besides my husband transporting me, I was frustrated. My goal was to avoid making special arrangements every time I needed to leave my home.**

**A year later, we found a nice home on a quiet street with a bus stop about 50 feet from our front door. I didn’t even have to cross the street. The ten minute bus ride each morning was as easy as I had imagined. What a gift it was to have reliable transportation right outside my door! For thirteen years I was a regular rider on**

**the “Parkside” route. Most of the drivers knew my name and several became good friends. The other regular riders kept an eye out for me and informed me of changes and information that affected my regular schedule. For the first time in my life I felt I was at an advantage to not be a driver; the new network of friends and the cost of my bus pass, which was only half of what my coworkers paid for their parking spot monthly.**

**Four months ago I launched off on a new adventure. My husband and I moved 1000 miles for a new position. Everything happened quite quickly. Our new town had no bus, so I didn’t stress about our location. My options were: my husband driving me, or taking a cab. Walking was out of the question as there were very few sidewalks. Three weeks after our move, I was tentatively optimistic to hear that a new bus had just started running to our neighborhood. With assistance from my husband I checked out the route and schedule. It was less than ideal. Walking four-tenths of a mile to the stop, flagging the bus down, transferring once or twice, and walking approximately three blocks eventually got me to my destination. The roundabout route took nearly an hour, yielding only six miles. Maybe in a pinch; but it wasn’t really the most effective option.**

**As a person who has never had enough vision to get a driver’s license, I have always been sensitive to asking others to give me rides. Many friends, family members, and coworkers have provided rides throughout the years, but it has never gotten any easier. How do I get where I want to go and still feel independent while doing it? People don’t understand when I tell them I want to do it by myself. For me, there is something very freeing about using public transportation. If I can reach the stop, travel to a spot near my destination, and get to that destination without making any special arrangements--I feel satisfied. The older I get the more I don’t want to stand outside in the rain, cold, and wind. It just isn’t always worth it to do it by myself, so I have to consider multiple options.**



Throughout the years, I have traveled using many forms of transportation. These types included: car, bus, subway, taxi, boat, horseback, train, airplane, bicycle, and even a horse and buggy. I felt confident that I understood the options available to me. So when I was asked to review the new “Transportation Guide” that was developed by the National Research and Training Center on Blindness and Low Vision, I figured it would be a review. I was mistaken. I really learned quite a lot. I had never considered using a carpool or how to find a driver if I wanted to hire my own personal chauffeur. What are the costs of owning my own vehicle if I hired a chauffeur to drive me? Right now my husband has a flexible schedule and is able to transport me, but what if that was to change? Now I have several new ideas and options.

If you, too, would like to read the Transportation Guide produced by the National Research and Training Center on Blindness and Low Vision, you can find it at <http://www.blind.msstate.edu/our-products/transportation-guide/>.

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**New Training and Technical Assistance (T&TA) Center Grant  
for Older Individuals who are Blind (2015-2020)**  
**BJ LeJeune, Training Supervisor/Project Director**

**The National Research and Training Center on Blindness and Low Vision (NRTC), at Mississippi State University, has been awarded the Rehabilitation Services Administration (RSA) Training and Technical Assistance (T&TA) Center Grant for older individuals who are blind and was established under the 2014 Workforce Innovation and Opportunities Act (WIOA). The T&TA Center Project provides support to designated State agencies (DSAs) that provide services to older individuals who are blind and receive funding under the Independent Living for Older Individuals who are Blind (OIB) program, and to other service providers that receive OIB program funding from DSAs to provide services to consumers. Such T&TA is designed to improve the administration, operation, and performance of the OIB program. This goal will be accomplished by providing T&TA necessary to improve program and consumer outcomes and to enhance service provider's knowledge and professionalism so they can achieve excellence and accountability in the financial and programmatic operation of the OIB program. The RSA guidelines stipulate T&TA in areas of best practice, community outreach, budget management, and data collection and management. Partnering with the NRTC in this grant are American Foundation for the Blind (AFB), Helen Keller National Center for Deaf-Blind Youths and Adults (HKNC), and VisionServe Alliance.**

**The project has an Advisory Council which is made up of stakeholders who will help guide all aspects of the project. To achieve the objectives of the grant, six major projects have been established.**

**Project 1: Intensive Training and TA: Three DSAs will be chosen annually for an individualized T&TA. Site visits by a Team of**

**experienced experts will include an individualized T&TA Plan, specialized consultation, resources for in-depth training, technical assistance, and a follow-up assessment.**

**Project 2: Electronic Training: Each year, two new online training sessions will be developed, presented, and archived for ongoing use. Approximately 30 existing training modules housed by AFB, HKNC, and the NRTC will be updated specifically for OIB use and made available collectively to the public at no charge.**

**Project 3: OIB Collaborative: The TA team will engage with DSAs to inform and involve administrators in training and technical assistance opportunities and other project related activities via an electronic list, web presence, coordinated national conference and personal outreach. The highlight of this will be the AFB Leadership Conference where there will be a special track developed on Aging and Vision Loss. The conference this year will be March 3-5, 2016 in Arlington, VA. Information is available on the AFB website at <http://www.afb.org/info/about-us/events-and-awards/american-foundation-for-the-blind-leadership-conference-2016-2017/123>**

**Project 4: Community of Practice (CoP): A website will host a CoP to facilitate training, technical assistance, interagency collaboration, and electronic discussion among OIB service providers, including subcontracting CRPs, and related agencies. All CoP activities will promote communication, quality service delivery, program administration, linking resources, and professional support. This will be an interactive web-based project that will evolve based on annual assessments and participant interest. The website is scheduled to be launched near the end of in 2016.**

**Project 5: Communication and Dissemination Network: A network of service delivery systems will be developed and shared to reduce redundancy and promote cross agency training, technical assistance, professional development, and quality service**

**delivery. Potential participants include: RSA sponsored Training and TA grantees, Centers for Independent Living, RSA OIB Program Directors, Area Agencies on Aging, Association for Education and Rehabilitation of the Blind and Visually Impaired, and all collaborators on this proposed project.**

**Project 6: Evaluation: Evaluations will be conducted throughout the project with the goal of improving training and TA and to determine the effectiveness of the services provided and the impact on project management, program accountability, and effective service delivery.**

**The project has an opening for an Older Blind Specialist who is knowledgeable about the OIB Program and best practices in service provision for the OIB program. Starkville, MS is a great little college town with a free bus service and lots of opportunities for people with different types of interests. Interested persons can check out the web announcement at <http://blind.msstate.edu/about-us/employment/> and apply at [www.jobs.msstate.edu](http://www.jobs.msstate.edu) (PARF Number 9285, job title – Research Associate II/III, Area of Specialization – Older Blind Specialist), and submit a letter of application, resume or curriculum vitae, and names and contact information for at least three references to [NRTCjobs@colled.msstate.edu](mailto:NRTCjobs@colled.msstate.edu) .**

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**A Day in the Life of a Rehabilitation Teacher**  
**By Ani Severtsen, CVRT**

**I finished my undergraduate degree in education and special education. As I prepared for graduate school, I seriously considered where I might fit in the world. I had been blessed with a fine mind, but as a blind person, a woman and a member of a minority, I knew it might be difficult to find just the right job in which I could excel. And, as a petite woman, would I be taken seriously?**

**I'm a people-person and I love teaching and helping others. Because I've been blind most of my life, I've had many teachers of the blind; teachers who were excellent and teachers who were ineffective. Because of my personal traits and this experience, I decided to train to be a Rehabilitation Teacher. I completed my Master's degree in Rehabilitation Teaching.**

**Some traits I've found helpful in my career are compassion, patience, creativity, and thinking outside the box. What works with one client may not work with another. I can't always just go by the book.**

**I'm very honest and direct with my clients. I build trust by listening. I learn the problems they are having, how they feel about them and the solutions they would like to see.**

**A Rehabilitation Teacher must wear many hats and provide many kinds of support for their clients. At times, I'm called to be a friend, a parent, a psychologist or a social worker. By listening to my clients and treating them as individuals, I learn when to hold their hands, when to push and when to stand my ground.**

**A Rehabilitation Teacher must always be professional. We deal with individuals who are facing problems they may not have had**

**before or problems they have dealt with their entire lives. We must understand the difficulties they face and their feelings about them. Because clients ask for help and give us their trust, we have a special responsibility to them. We help them find the resources and training they need to live their lives as they desire, help them accept their situation and give them hope to improve it. For example, individuals who are applying for services may require a piece of equipment to keep their current job, or they may need to learn other skills like braille or computer skills to return to the workforce. Also, management of personal needs is crucial to developing independence. For example, being able to take your own medication, telling time and preparing meals safely are very important to independence. We provide skill-based training to older individuals who are losing their vision due to eye diseases and would like to stay in their own homes as long as possible.**

**On a regular day, I prioritize my activities by what will help my clients most. I focus on the benefits I can provide. I return calls, make appointments, teach in the home adaptive skills techniques, determine needs and goals, and provide training and counseling. I do my best to work with my clients as a team. They need to be involved in decisions that affect them. I help my clients manage their expectations and be realistic about their situation. Other activities I fit in as I can. I do paperwork, research products, recommend and order products and write narratives of what I do each day for my clients. I report monthly on my activities. Time-management is the key.**

**I have found Rehabilitation Teaching a wonderful career. I have flexibility in planning my day, my work is never boring, and I feel good knowing that I help people.**

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## Announcements

### The Lighthouse for the Visually Impaired and Blind, Florida

The Lighthouse for the Visually Impaired and Blind ([www.lvib.org](http://www.lvib.org)) in Port Richey/Brooksville, Florida, is seeking a full-time Certified Vision Rehabilitation Therapist (CVRT). Dual CVRT /COMS preferred. Candidates will also be considered for a program manager position.

The vision rehabilitation teacher and Orientation and Mobility Specialist provide services and training to teens and adults who are visually impaired at the agency facility, at client's homes and in the community.

Competitive Salary, benefits, and a great working environment.

To learn more about our organization please visit [www.lvib.org](http://www.lvib.org)

Please contact me for more information and send resumes to:

Sylvia Stinson-Perez

[sperez@lvib.org](mailto:sperez@lvib.org)

727-815-0303

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**The Virginia Department for the Blind and Vision Impaired and the Virginia Rehabilitation Center for the Blind and Vision Impaired**

Listed below are positions with the Virginia Department for the Blind and Vision Impaired and the Virginia Rehabilitation Center for the Blind and Vision Impaired. These positions may be accessed directly in the Recruitment Management System (RMS) by clicking on the Quicklink. If you have recently updated your application in the RMS, applying for the position will be very streamlined and take only a few minutes. If you have not yet completed your online application in the RMS, you may visit <https://virginiajobs.peopleadmin.com> to begin the process or simply click on the Quicklink below. While the system will not allow you to apply until you have established your application, you will be able to access the application through this site.

Please be aware that we ONLY accept fully completed RMS online applications (required) and applications only are accepted for advertised vacancies. Job postings close at 11:59 p.m. on the closing date. Please pay close attention to the job posting requirements as some require submission of college or university transcripts or professional certifications. The transcripts or certifications may be scanned and attached to your online applications, faxed, or mailed to the job posting contact. Please review the posting for any special requirements or instructions as well as information related to barrier crimes for specific positions.

**Agency:** Virginia Department for the Blind and Vision Impaired  
**Job Title:** Director of Vocational Rehabilitation Services  
**Location:** Henrico  
**Position #:** 00022  
**Closing Date:** Open Until Filled  
**Quicklink:**  
<https://virginiajobs.peopleadmin.com/postings/29646>



**Agency:** Virginia Department for the Blind and Vision Impaired  
**Job Title:** Career Pathways for Individuals with Disabilities Project Coordinator  
**Location:** Henrico  
**Position #:** R0020  
**Closing Date:** Open Until Filled  
**Quicklink:**  
<https://virginiajobs.peopleadmin.com/postings/33279>

**Agency:** Virginia Rehabilitation Center for the Blind and Vision Impaired  
**Job Title:** Orientation and Mobility Instructor  
**Location:** Henrico  
**Position #:** 00044  
**Closing Date:** Open Until Filled  
**Quicklink:**  
<https://virginiajobs.peopleadmin.com/postings/28116>

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## From the Editor's Kitchen

### Two-Too Easy Peach Cobbler Submitted by Pam Holloway, CVRT

#### Ingredients:

1 large (29) ounce can sliced peaches - drained  
2 sticks or 1 cup of butter - melted  
2 cups sugar  
2 cups flour  
2 cups milk  
2 teaspoons baking powder

#### Directions:

Preheat oven to 350°.

Pour drained can of peaches into skillet or 9x13 baking dish.

Pour melted butter over the peaches.

Mix sugar, flour, milk and baking powder together to form batter.

Pour batter over peaches and butter.

Bake for 30 to 45 minutes until top is golden brown and edges are crispy. (May take longer in a cast iron skillet.)

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**Parmesan “Smashed” Potatoes**  
**Submitted by Pam Holloway, CVRT**

**Ingredients:**

**3 pounds baby potatoes (try yellow flesh potatoes)**  
**¼ cup olive oil**  
**1 teaspoon salt**  
**½ teaspoon white pepper**  
**1 cup grated parmesan cheese, divided**  
**2 teaspoons dried parsley**

**Directions:**

**Preheat oven to 400 degrees. Line a large cookie sheet with parchment paper. Set aside.**

**Place baby potatoes in a large stock pot and fill with water so it just covers the potatoes. Salt the water generously. Bring water to a boil and then turn the heat down to medium heat. Continue to cook for about 15 to 20 minutes. You want the potatoes to be fork tender but not falling apart.**

**Drain the water from the potatoes, and rinse them. When able to handle without burning your hands, place the potatoes on the cookie sheet.**

**Take the underside of a water glass and lightly press it down on each potato until you break the skin and slightly flatten each one. Continue until all the potatoes are “smashed.”**

**Evenly drizzle olive oil over top of the potatoes. Sprinkle the potatoes with salt and pepper. Then, place half of the cheese (about ½ cup) over the top of the potatoes carefully so you don’t waste any of that precious cheese.**

**Place the cookie sheet in the preheated 400 degree oven and bake for 7 to 10 minutes. Remove from oven and top with the remaining cheese. Bake for another 5 to 10 minutes. You want the potatoes to start to brown and get a little crispy around the edges. The cheese should melt perfectly so it’s heavenly to bite into. Cook according to how crispy you like your potato.**

**Remove the sheet from the oven and transfer to a platter. Toss with dried parsley, more or less depending on your taste.**

**Nutrition Bonus: Potassium: 19mg; Iron: 1 percent; vitamin A: 8g**

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**Do You Want Your Box Cake to Taste  
Like It Is From A Bakery?**  
**Submitted by Cheryl Barnacle, VRT**

**Follow these steps:**

**Read the directions on the cake mix.**

**Add 1 more egg (or 2 if you want a richer cake)**

**Replace the oil with melted butter and double the amount.**

**Replace the water with an equal amount of milk.**

**Mix and bake according to package directions. ENJOY!**

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**Pazole (Pa-Zol-E, Pah-Zol'-Ee)**  
**Submitted by Coby Livingstone, CVRT**

**Ingredients**

**1 ½ pounds dried hominy (posole), soaked overnight in cold water  
(Available in Latino groceries, or cold shelves of regular  
stores, packaged in plastic bag. Looks like swollen corn  
kernels)**

**3 ounces dried red New Mexico Hatch chilies (about 10 large  
chilies)**

**2 pounds pork shoulder, not too lean, cut in 2-inch chunks**

**Salt and pepper**

**1 large yellow onion, peeled, halved and stuck with 2 cloves**

**1 bay leaf**

**1 Tablespoon chopped garlic**

**2 tsp cumin seeds, toasted until fragrant and coarsely ground**

**2 C finely diced white onion, soaked in ice water, for garnish**

**Lime wedges**

**Roughly chopped cilantro, for garnish**

**Toasted Mexican oregano, for garnish**

**PREPARATION**

**1. Drain soaked hominy and put in large soup pot. Cover with  
water and bring to boil. Let simmer briskly for 1 hour.**

**While hominy is cooking, make red chili purée: Toast dried chilies  
lightly in cast-iron skillet or stovetop grill, just until fragrant.  
Wearing gloves, slit chilies lengthwise with paring knife. Remove  
and discard stems and seeds. Put chilies in saucepan and cover  
with 4 cups water. Simmer 30 minutes and let cool. In blender,  
purée chilies to a smooth paste using some cooking water as  
necessary. Purée should be of milkshake consistency.**

**Season pork shoulder generously with salt and pepper. After  
posole has cooked 1 hour, add browned pork shoulder, onion  
stuck with cloves, bay leaf, garlic and cumin. Add enough water to**

**cover by 2 inches, then return to a brisk simmer. While adding water occasionally and tasting broth for salt, simmer for about 2 1/2 hours more, until meat is tender and posole grains have softened and burst.**

**Skim fat from surface of broth. Stir in 1 cup chile purée and simmer for 10 minutes. Taste and correct seasoning. (At this point, posole can be cooled completely and reheated later. Refrigerate for up to 3 days.)**

**To serve:**

**Ladle posole, meat and broth into wide bowls. Pass bowls of diced onion, lime wedges, cilantro and oregano, and let guests garnish to taste.**

**\*\*Serve with tortillas, salsa and guacamole as side dishes.**

**Nutritional analysis per serving (10 servings)**

**746 calories; 65 grams fat; 23 grams saturated fat; 0 grams trans fat; 29 grams monounsaturated fat; 7 grams polyunsaturated fat; 12 grams carbohydrates; 2 grams dietary fiber; 2 grams sugars; 25 grams protein; 129 milligrams cholesterol; 557 milligrams sodium**  
**Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.**

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