



# AVRT



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*Association of Vision  
Rehabilitation Therapists*

*Winter 2018 Edition*      *February 27, 2018*

*Association of Vision Rehabilitation Therapists*

*Newsletter*

*Winter 2018*

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

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## **Editor's Note**

**Dear Fellow Colleagues:**

**I am sitting here at my desk thinking about how rewarding it is to serve persons who are blind and/or visually impaired and see their success stories. For example, one client is a young man who is deaf-blind with Ushers syndrome. He works for an investment company and at the same time completed an online degree in accounting. He has passed all three accounting exams for certification. What an achievement! We think that our certification exam is tough, but I can't imagine what it would be like to take three tests.**

**Have you looked at the website lately? If not, please do so. It is coming along quite well. Hats off to the new web master! Remember that it is not too early to submit candidates for the awards, stipends, and scholarships presented at our annual AVRT Conference this coming November. The information about each of them can be found on the AVRT website at [avrt.org](http://avrt.org).**

**Don't forget to take advantage of the webinar from Hadley. If you are a member of AVRT, you will earn one credit for re-certification. Let's all take advantage of this great opportunity.**

**The clock is rapidly ticking and the annual AVRT Conference is just around the corner! It will be a good one in Cleveland, Ohio. I can't wait to see all of you there!**

**Keep up your good work as you improve the lives of your clients! We would love for you to share any success stories, new products, interesting articles, research, recipes, announcements, etc., in the newsletter!**

**The deadline for the spring newsletter is April 15, 2018. You can start sending articles any time before that date. It is never too early.**

**Keep warm and remember that spring is on its way!**

**Sincerely,  
Pam Holloway, CVRT  
Newsletter Editor**

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## **President's Message**

### **“A Year to Plan Ahead”**

**I hope 2018 is off to a fabulous start for everyone. The beginning of a new year is often a time to make resolutions. One resolution I encourage you to make is to plan ahead. This can definitely apply to many aspects of life but I specifically encourage you to consider planning ahead for your professional development.**

**I was very excited to receive an email from the Academy for Certification of Vision Rehabilitation and Education Professionals (ACVREP) reminding me that my recertification expires in six months. Although I keep track of my certification dates myself, this reminder was much appreciated as it kicked me into gear. Instead of waiting until the last minute and being hurried and stressed, I was able to upload the documentation I have accumulated over the past five years into my online account with ACVREP and save it until I am ready to submit my application for recertification. This online process of uploading scanned documents at any time throughout the certification cycle makes things much easier.**

**As part of your responsibility as a professional, it is important to plan ahead by being aware of what is needed to meet the requirements for recertification as well as to keep records of continuing education efforts, professional experience, presentations conducted, published works and professional service. In the past, AVRT has been contacted by people requesting proof of attendance or presentation at an AVRT conference three or more years prior. In my work with the Hadley Institute, we are also approached by people wanting to complete one or multiple courses within a few weeks to meet their deadline for applying for recertification. By planning ahead you can help ensure you are not scrambling at the last minute to document**

**efforts you have already completed or trying to complete necessary tasks within an unrealistic timeframe.**

**Some friendly suggestions include:**

- Making a plan to complete continuing education opportunities each year within the five year certification cycle -- don't just wait until the fifth year to complete everything.**
- Uploading documentation of completed continuing education efforts as soon as they are received or on a quarterly basis -- doing this will avoid having to spend a lengthy amount of time uploading everything at once.**
- Reviewing the recertification tracker in your online account with ACVREP on at least a yearly basis to receive a summary of the points you have acquired thus far and to determine areas in which you still need points to meet recertification requirements -- perhaps do this at the beginning of each calendar year.**
- Keeping hard copies of all documentation which is uploaded - it is always good to have them as a back up.**

**Of course, an alternative for recertification is to take the new certification exam in which case planning ahead will definitely be important. If you are seeking certification for the first time or choosing this alternative, plan time to study and review the references provided in the certification handbook. You must also plan a schedule for submitting the required applications and to take the test itself. Information on certification, recertification and a list of continuing education opportunities can be found on the ACVREP website at <https://www.acvrep.org/>.**

**We also hope you will plan ahead to take advantage of some continuing education opportunities offered by ACVREP including an online webinar in partnership with the Hadley Institute as well as the 2018 AVRT Professional Development Conference. Both of these are discussed later in this newsletter.**

**Whatever your future holds, I wish you all the best with planning ahead for a successful and rewarding year!**

**Warm regards,  
Jennifer Ottowitz, CVRT  
President, AVRT**

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**Association of Vision Rehabilitation (AVRT)  
Professional Development Training Presents:**

**“Rockin’ at the AVRT Conference-  
Listening, Learning & Leading VRT’s into the Future”**

**November 8-10, 2018—Cleveland**

**By Lenore Dillon, CVRT**

**Save the Date:**

**Thursday, November 8 through Saturday, November 10<sup>th</sup>  
AVRT Professional Development Training  
Cleveland Airport Marriott  
4277 W 150<sup>th</sup> Street  
Cleveland, OH 44135-1310  
216-252-5333**

**Room Rate \$89.00**

**Cutoff date for this rate is October 17, 2018**

**Please make plans to attend our next AVRT Professional Development Training, Thursday, November 8, through Saturday, November 10, 2018. The Association of Vision Rehabilitation Therapists (AVRT) has a long history of providing stellar training for VRT’s. Each year the conference gets better and better. One of our speakers will be Mel Scott from Blind Alive, Eyes Free Fitness. Dr. Linda Fugate will conduct a presentation devoted to Ethics for Vision Rehabilitation Therapists. Medical updates from the Cleveland Clinic are being planned.**

**The concurrent sessions will have three tracks:**

- 1. Music and Recreation**
- 2. Pre-Employment Training Transition from School to Work**
- 3. Potpourri**

**If you have a presentation idea related to any topic listed above, make plans to submit a request to be a presenter. One track will be devoted to Potpourri (miscellaneous) topics. So, it really does not matter what your presentation idea is, send it in for consideration. The call for papers will be sent out within the next month. I am confident that our Cleveland Conference will be one of the best. See you there!**

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**Association of Vision Rehabilitation Therapists**

**ROCKIN' AT THE AVRT CONFERENCE -**

***LISTENING, LEARNING AND LEADING VRT'S INTO THE FUTURE***

**AVRT Professional Development Conference**

**November 8 – 10, 2018**

**Cleveland, Ohio**

**CALL FOR PAPERS**

**The Association of Vision Rehabilitation Therapists (AVRT), is a professional organization dedicated to bringing together rehabilitation experts to share ideas, information, professional practices, and experiences.**

**AVRT strives to provide stellar professional development opportunities to Vision Rehabilitation Therapists, Orientation & Mobility Specialists, rehabilitation professionals, and educators working in the field of blindness, low vision, or related fields.**

**We are pleased to host the 2018 Annual Professional Development Conference in Cleveland, Ohio. Rehabilitation professionals, educators, administrators, researchers, and others are invited to submit a proposal for a presentation. Proposals should have a practical focus and may address a specific area of rehabilitation practices or principles. This conference will be designed to encourage participants to expand upon their teaching techniques and resources, especially in the areas of recreation and leisure and transition to employment.**

**The Call for Papers form may be mailed, faxed, or submitted via e-mail attachment as a Word document. Call for Papers is due by**

**Friday, April 27, 2018. Should you require additional information, kindly contact:**

**Lenore Dillon  
Alabama Department of Rehabilitation Services  
560 S. Lawrence Street  
Montgomery, AL 36104  
(334).293.7100  
[Lenore.dillon@rehab.alabama.gov](mailto:Lenore.dillon@rehab.alabama.gov)**



**Association of Vision Rehabilitation Therapists**

**ROCKIN' AT THE AVRT CONFERENCE -**

***LISTENING, LEARNING AND LEADING VRT'S INTO THE FUTURE***

**AVRT Professional Development Conference**

**November 8 – 10, 2018**

**Cleveland, Ohio**

**CALL FOR PAPERS**

**LEAD PRESENTER:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **FAX:** \_\_\_\_\_

**ADDITIONAL PRESENTERS:** \_\_\_\_\_

**TITLE OF PRESENTATION:** \_\_\_\_\_

**Presentation Abstract and Summary:** On a separate page, please include an abstract of not more than 50 words that includes the goals and objectives of your presentation (for inclusion in the conference program book), and a summary of not more than 300 words. A list of objectives is required at time of submission to be used in the application for ACVREP Credits.

**PRESENTATION FORMAT:**

**\_\_ WORKSHOP \_\_ PANEL \_\_ INDIVIDUAL**

**EQUIPMENT NEEDED: \_\_ LCD PROJECTOR \_\_\_\_ SCREEN**

**Presentations will be limited to a maximum of one hour and minimum of 30 minutes.**

**Please email, mail, or fax this completed form to:  
Lenore Dillon, Conference Chair  
Alabama Department of Rehabilitation Services  
560 S. Lawrence Street  
Montgomery, AL 36104  
(334).293.7100  
[Lenore.dillon@rehab.alabama.gov](mailto:Lenore.dillon@rehab.alabama.gov)**

**Please note: Handouts are the responsibility of the presenter(s). Handouts must be available in accessible formats: large print, braille, and digital. We also request your handouts be available to upload to the AVRT website following the conference for a period of six months. AVRT will provide laptop computers, LCD projectors, and screen for viewing, if requested. Please make a note of the equipment you will need for your presentation. Additional equipment may be requested (fee may be responsibility of the presenter). Each presenter is required to register for the conference; accepted presenters will be offered a discounted registration rate. *If your presentation is accepted, \$25.00 dollars will be deducted from your registration fee.***

***Call for Papers due by Friday, April 27, 2018!***

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**Association of Vision Rehabilitation Therapists**

**ROCKIN' AT THE AVRT CONFERENCE –**

***LISTENING, LEARNING AND LEADING VRT'S INTO THE FUTURE***

**AVRT Professional Development Conference**

**November 8 – 10, 2018**

**Cleveland, Ohio**

**CALL FOR POSTERS**

**The Association of Vision Rehabilitation Therapists (AVRT), is a professional organization dedicated to bringing together rehabilitation experts to share ideas, information, professional practices, and experiences.**

**The 2018 Annual Professional Development Conference will be in Cleveland, Ohio. At this conference we are excited to continue our Poster Showcase. This year, the poster showcase will be open to students at any level or field of study.**

**Proposals should have a practical focus and may address a specific area of rehabilitation practices or principles. This conference will be designed to encourage participants to expand upon their teaching techniques and resources, especially in the areas of recreation and leisure and transition to employment.**

**Accepted posters will be part of our Showcase presentation. At this session each participant will have the opportunity to explain their work and answer questions. Posters will be on display at other times during the conference.**

**The Call for Posters form may be mailed, faxed, or submitted via e-mail attachment as a Word document. Call for Posters is due by**

**Friday, April 27, 2018. Should you require additional information, kindly contact:**

**Dr. Linda Fugate  
Alabama Department of Rehabilitation Services  
2419 Gordon Smith  
Mobile, AL 36617  
(251) 478-2192  
[linda.fugate@rehab.alabama.gov](mailto:linda.fugate@rehab.alabama.gov)**





**Association for Vision Rehabilitation Therapists  
AVRT Professional Development Conference  
November 8 – 10, 2018 Cleveland, Ohio**

**CALL FOR POSTERS**

**LEAD PRESENTER:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_ **ZIP:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **FAX:** \_\_\_\_\_

**ADDITIONAL PRESENTERS:** \_\_\_\_\_

**TITLE OF POSTER:** \_\_\_\_\_

**CATEGORY:** Recreation \_\_\_\_\_ Transition \_\_\_\_\_ Other \_\_\_\_\_

**Poster Abstract:** On a separate page, please include an abstract of not more than 50 words that includes the goals and objectives of your poster (for inclusion in the conference program book).

**There will be a one hour Poster Showcase Session for the poster presenters to speak about their topics.**

**Please email, mail, or fax this completed form to:**

**Dr. Linda Fugate  
Alabama Department of Rehabilitation Services  
2419 Gordon Smith  
Mobile, AL 36617  
(251) 478-2192  
[linda.fugate@rehab.alabama.gov](mailto:linda.fugate@rehab.alabama.gov)**

**Please note: Handouts are the responsibility of the presenter(s). Handouts must be available in accessible formats: large print,**

braille, and digital. We also request your handouts be available to upload to the AVRT website following the conference for a period of six months. Each presenter is required to register for the conference; accepted presenters will be offered a discounted registration rate. *If your poster is accepted, \$25.00 dollars will be deducted from your registration fee.*

*Call for Posters due by Friday, April 27, 2018!*

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## **Meet an AVRT Member...Latisha Houston**

***By Susan M. Dalton, CVRT***



**When I was completing my degree in the vision program at Northern Illinois University many years ago, I had the good fortune to make the acquaintance of many fun and interesting fellow students that I continue to see often to this day. One individual who I've followed closely through the years has never ceased to impress me with her many talents, her stamina, and her dedication to the profession. I'd like to introduce you to Ms. Latisha Houston.**

### **Background:**

**Before joining the field of visual impairment, Latisha obtained a degree in Human and Family Resources at Northern Illinois University. Another NIU student told her about the programs offered in the NIU vision program, and when she heard about vision rehabilitation teaching, she signed up for their program and received her master's degree and became a Certified Vision Rehabilitation Therapist.**

### **Professional Experience:**

**Her career began in Rockford, Illinois, where she taught activities of daily living, keyboarding and braille at the Center for Sight and Hearing. From there she was hired by the State of Illinois to work at the ICRE-Wood – the adult center for blind rehabilitation and education. While at ICRE, Latisha continued teach adults in ADL, and also periodically taught child care to women who were about to become moms for the first time. After working as a center-based instructor for over eleven years, she decided to head out into the community and continued working for twelve years with the state as a field-based rehabilitation teacher. In this role, Latisha would meet with clients for initial intake, certification for**

services and then teach in-home skills. She found her experience in the field to be very interesting because she was able to work on a wider variety of skills, and particularly enjoyed trips with her clients to the laundromat and grocery store for shopping trips. Latisha's organizational and leadership skills were recognized recently when she was appointed as the interim program director for ICRE-Wood. For the past two years in this capacity, she is now responsible for scheduling classes for customers, assigning teachers, conducting staffing, staff meetings and working on developing a variety of curricula for the classes. This has been quite a challenge, but she enjoys her work and the people that she meets in the process.

### Related Leadership and Organizational Experience:

- Member of Delta Sigma Theta sorority
- Served as MACRT (AVRT) board president and board member for several years
- Received Excellence in Rehabilitation Award from Illinois AER in 2007
- Chairperson of the Illinois Braille Committee

### Things that She Appreciates:

But what does Latisha enjoy the most? She says, "I enjoy teaching...It gives me joy when I teach them something that they didn't believe they could do...and then see them be happy knowing they can do it." Latisha stresses the importance of letting individuals know they can function as a person, just without their vision, and can achieve their goals.

Latisha is married to Maurice and has a daughter, Megan, who is currently in college. In her leisure time Latisha used to enjoy bowling, but now likes to read, go shopping, dine out and travel. It was interesting to learn that Latisha didn't like to travel in the past, but now she states that



she is “...getting more daring!” With some of the new technology and apps on the phone, she is able to plan the trips better and find restaurants and entertainment more easily. She had some fun experiences recently in Las Vegas, Washington, DC, and on a cruise – with another cruise scheduled soon!

### **Fun Fact:**

When Latisha was asked “If you could go out and have dinner with someone, who would that be?” she didn’t hesitate to say Denzel Washington. He’s one of her favorites, and she even used to have an autographed picture of him. (Anyone like to join her at this dinner? I sure would!)

### **Comments from Others:**

“Latisha has a striking presence with a lovely sense of fashion from her beautiful hairstyles to her clothing ensembles. But what makes the strongest impression is Latisha’s smile, laugh, and friendliness.”

Linn Sorge, former instructor at NIU and current instructor at Hadley Institute for the Blind and Visually Impaired, states, “Latisha had a challenging road to climb, but we were so proud when she earned her master’s degree with excellent grades...She is the kind of RT that can offer hope, inspiration, but also be firm when needed. If someone needs to shape up, she won’t hesitate to share that idea!”

### **Tips to Others in the Field:**

Latisha shares, “Make sure that this is the field for you and that you like what you are doing. Be creative. What works for one might not work for another. Be very patient when you’re teaching. Some people tend to struggle with the task they are trying to accomplish. You need to be resourceful. Sometimes, it may be a task that a client comes up with and you have never done that before. In this case you might have to network with another

person in the field to see if they've encountered that situation.” One of Latisha’s best resources is fellow vision rehabilitation therapist, Jennifer Ottowitz. She also fondly recalls her mentor, who has been a strong influence for her, even until now -- Judy Matsuoka.

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## **Beyond Expectations & Low Vision: Safe and Confident Baby Care**

**By Jamie Lee Marks M.Ed., CVRT**

**Shortly after giving birth to my first child, I began to experience major changes in my vision due to Retinitis Pigmentosa. I had lost a good deal of my night vision and slowly over time my peripheral field was closing in. By the time I had my son, I was subconsciously making several adjustments to how I took care of him to ensure his (and my own) safety. However, it wasn't until I became a VRT and worked with other parents (and grandparents) with vision impairments, that I realized how significant a few changes and mindful adjustments can impact those very important early weeks of baby care and beyond. There are the obvious safety concerns and expected "New Baby Jitters." But I have found that taking care of a baby is truly one of the most multi-sensory experiences. And it is important to use all 8 senses. Many know about the first five- sight, sound, smell, taste, and touch. The other three are: "humor," "adventure," and "common." These are very important. When one or more of the first five is considered less than optimal; humor, adventure, and common must step up and save the day. Like with anything; there will be challenges and struggles and bumps on the road- but using ALL your senses and strategies AND tools will make anything possible. My heart truly aches when one of my clients tells me that she is not allowed to hold her grandchild because she can't see well enough. Or, a new mom with a vision impairment feels incapable of giving her baby a bath. Having a baby comes with enough change and stress. If we can help families feel confident and If we can educate doctors, nurses, Doula's, and other support team members, then we have made a positive contribution to our field that crosses generations and sets progressive standards for the future of our clients and their families.**

**Things to consider and ways to help:**

- **Lighting/Glare:** The amount and type of lighting an individual with a vision impairment prefers can make quite a significant difference. The key word here is “individual”- and is often related to the condition the person has. Different types of lighting can include: natural, overhead, task specific, dim, dark, and most important, **GLARE**. Glare can be a cause for headaches, visual fatigue, pain, and anxiety. It is also bad for baby eyes.

**Adaptations:** Adjustable window treatments/blinds, type of light bulbs, furniture arrangement, and task lighting.  
**Example:** Changing table next to window casts a strong glare on surface making it difficult to see. **Possible solutions:** adjustable blinds (and hooks for safety), window tinting, or moving the changing table to a different location.

- **Magnification** can make a **BIG** difference. It is the increase of the appearance or size of the object or print. Magnification can help with tasks requiring detail and/or print access. Hand held magnifiers, Video Magnifiers, Specialized glasses/eyewear, smartphone and tablets are examples of tools that can be used for magnification. Knowing the preferred “font size” can give you a lot of information about how a person sees and what kind of adaptations would be helpful.

this is 14, this is 20, **this is 28, this is 36**

**Example:** Reading baby product labels can be very difficult due to the small writing, especially on medicine, food, directions, etc. Using a hand-held magnifier with LED light, magnifier apps, or the camera to zoom in on the print **OR** take a picture and then zoom out can be very helpful and reduce visual fatigue.



- **Color and Contrast:** Creating contrast and/or using color codes can be a very efficient and stylish way to improve visual efficiency. In print, use of bold or highlighting font can make reading easier. In the environment, creating contrast can help maintain safe traveling and more efficient searching for objects. Contrast does not have to be bright and/or flashy, but should be easy to differentiate. It is a personal choice. Ways to add contrast include: colored tape, pillows, blankets, towels, and trays.

**Example:** A mom with a visual impairment usually uses her hands to make sure a surface is clear or she is sitting safely. While holding her baby, she does not want to risk misjudging where she is in space. Possible solutions: a dark towel on white changing table, contrasting pillows on corners of couch, contrasting tape around doorways, light switches, outlets, a light-colored seat cushion on a dark wood rocking chair.

color/contrast- **white on black**, black on white  
This is BOLD, This is not BOLD

- **Labeling and Organization-** Many individuals who are blind or visually impaired have a “system” that they use for knowing what and where items are. They may use large print, color coding, tactual labels (bump dots, fabric paint, Velcro), Braille, or audio/digital recording. They may have a specific way to categorize, store and separate clothing, food, medication, and paperwork. There are several easy, inexpensive ways to label and organize everything from forms to formula.

**Example:** Baby lotion and baby wash has a container that is the same shape. Put a rubber band around the baby wash to quickly and easily tactually discriminate which is which. Paperwork and documents from doctor’s appointment for baby are kept in a blue folder and

labeled with large print. Paperwork for mom's appointments kept in a bright yellow folder.

- **Assistive Technology-** There is an app for just about everything. With the advances in screen reading software, built in accessibility on phones/tablets, OCR (Optical Character Recognition) for print access and more descriptive audio-visual services- information is literally at your fingertips. An Individual who is blind or visually impaired can take beautiful pictures and post them on Facebook, have a favorite recipe read aloud, watch a Disney movie on NETFLIX with audio descriptions, and even convert handwritten notes into readable text. It can be very helpful and convenient when taking care of a new baby. Even so, there is no substitute or app for love, affection, and human contact.
- **Communication-** It is more than talking and having a trusting relationship. For individuals who are blind/visually impaired, communication is the connection to knowledge and understanding. Using specific and descriptive language gives people who are blind/visually impaired a clear mental image which will result in an understanding of what is happening, what is going on around them, and what to expect. This greatly reduces stress and anxiety, which in turn, allows for that energy to be focused on the important stuff. Specific and descriptive language includes: directional terms (left, right, straight), room orientation (who's in the room, what is in the room, furniture location, where are doors/windows), and universal adjectives (soft/hard, big/small, smiling/frowning, etc.). Try to avoid vague terms such as, "Over there" or "right here." It is very helpful to identify yourself (unless the person knows your voice), and let the client know when you have entered or are leaving the room. The information that a client/patient will want is a personal choice. Some people like to know everything- who comes in, who leaves, what's being written down, who is smiling. Other people may just want the

essentials that they determine with you. This is a good conversation starter, “Tell me how you see best and what I can do or say to help.”

For more information on Vision Rehabilitation Therapy and parenting with vision loss, please visit:

Association of Vision Rehabilitation Therapists-

<http://www.avrt.org/>

VisionAware- <http://www.visionaware.org/default.aspx>

Birth Options for Mothers Who are Blind or Visually Impaired-

<http://www.visionaware.org/blog/visually-impaired-now-what/birth-options-for-mothers-who-are-blind-or-visually-impaired/12>

Introduction to Blind Parenting Series

Preparing for Pregnancy: A Blind Mother's Checklist

Breastfeeding Baby As a Blind or Visually Impaired Mother

Bottle-Feeding Baby As a Blind or Visually Impaired Mother

American Foundation for the Blind-

<http://www.afb.org/default.aspx>

The Hadley Institute for the Blind and Visually Impaired-

<http://www.hadley.edu/>

Jamie Lee Marks is a Certified Vision Rehabilitation Therapist and Special Education Teacher. She has worked with individuals of all ages with sensory and motor POSS-abilities for over 30 years. In

**addition, she is legally blind due to Retinitis Pigmentosa. Her passions include: early intervention, literacy, access to opportunity, and cheesy dance movies from the 80's. Jamie resides in Marietta, Georgia, with her husband, two big kids, and fabulous Frenchie, the Guide Dog. She works at Vision Rehabilitation Services of Georgia and can be reached at [jmarks@vrsga.org](mailto:jmarks@vrsga.org)**

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## **From the Editor's Kitchen**

### **Dump Cake**

**Submitted by Linda Palmer**

#### **Ingredients:**

**1 can cherry pie filling  
1 can crushed pineapple  
1 yellow or white cake mix  
1/2 cup melted butter**

#### **Directions:**

**Mix cake according to directions. Add pineapple and cherry pie filling to cake mixture after it has been blended together. Melt butter, pour on top of cake. Bake at 350 degrees according to baking time on cake box.**

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**Ground Beef Stroganoff**  
**Submitted by Linda Palmer**

**Ingredients:**

**1 lb. ground beef**  
**Onion**  
**Can mushroom soup**  
**Can mushrooms**  
**Yogurt**  
**1/4 t. pepper**  
**1/8 t. garlic powder**  
**One bag egg noodles**

**Directions:**

**Brown 1 lb. ground beef and 1/2 cup chopped onion. Drain. Add a 10-3/4 oz. can mushroom soup, an 8 oz. can mushrooms (drained), 1/4 t. pepper and 1/8 t. garlic powder. Simmer 10 minutes. Stir in 1/2-cup plain yogurt. Heat but do not boil. Serve on hot rice, egg noodles, or in popover halves. Serves 4.**

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## Cracker Candy

Recipe from client, submitted by Pam Holloway, CVRT

### Ingredients:

1 sleeve saltine crackers

2 sticks (1 cup) real butter

1 cup light brown sugar

2 cups chocolate or white chocolate chips

Optional toppings: almond slivers or chopped nuts

### Directions:

Line a cookie sheet with nonstick foil. Place saltines on the nonstick foil-lined cookie sheet. Bring butter and brown sugar to a boil, then pour over the saltines, spreading evenly over the crackers.

Bake at 400 degrees for 3 to 5 minutes. Remove from oven and quickly sprinkle on 2 cups of chocolate or white chocolate chips and optional toppings. Cover with foil to trap heat to melt the chocolate chips.

After ten minutes, remove the foil and spread the chocolate evenly, then recover with foil and put in refrigerator to harden.

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