

and what do you know, we enjoyed it in a *riparian* setting. There is a term you will have to look up! 😊 A big thank you to everyone who came out and to everyone who came to help. These are the lovely days of Summer!



Thelma Wallace of Huntingdon and Kathy Tatreux of Belleville get acquainted before the meeting.

Below: Lucas Leitzel and Jessica Rhoades were enjoying each other and the day.



Count your Blessings

By Dolores E Teufel

**Do you have days distraught and blue,
And think good fortune's overdue?
Your mind is burdened; you heart is sore,
You wonder if you can take any more.
Just take a walk or go to town;
Find a spot and then sit down
To watch the human race go by
Some tread slowly; some are spry—
Now a blind man shuffles past,
And then a lad with leg in cast.
Bravely smiles in youthful charm.
A virile man now bent with age,
Makes his daily pilgrimage.
From off one side two women speak,
Of loved ones on their way acrossed.
Now you head for home once more,
Your mind is burdened; you heart is sore,
But as you kneel, you skip your cares,
And bless these people in your prayers.**



Client/Board member Kari, brought her grandchildren along. They were very helpful, actually- **WILLING** to be helpful. Thanks kids!!

The group listens as Joe Arborgast shares how he runs his business in spite of his visual impairment.



**DIABETIC SUPPORT MEETS
ON THE 2ND THURSDAY OF
EVERY MONTH!
CHECK US OUT!**



**LIFE SKILLS MEETS ON THE
LAST THURSDAY OF EVERY
MONTH!
CHECK US OUT!**

Life Skills meetings:

July 27-BBVS – Holly Stapleton

August 31-Clubhouse-Melissa Steele

September 28-Hunt. Extension office

October 26-Abuse Network

December 14-THURSDAY HOLIDAY LUNCH



BIRTHDAYS!



July

Kay Groff	2
Evelyn Yanky	18
David Delancy	20
Irene Regan	31

August

Joan Lyter	7
Miriam Peachey	26

September

Wayne Peachey	1
Maryann Van Gorden	12
Jean Stoltzfuz	17
Peter Roth	21
David Scott	24
Rita Hoover	25



Above: Joe shares his story with the group.
Side: Kids take time from serving drinks to enjoy the swings
Below: enjoying food and friends.



Diabetic Support Group

July 13- Diabetic Educator-Pat Wolf

August 10-Mt. Nittany Diabetes ed.

September 14-Stress/Depression

October 12-TBA

November 9-Support Discussion



NUVISIONS CENTER

STAFF

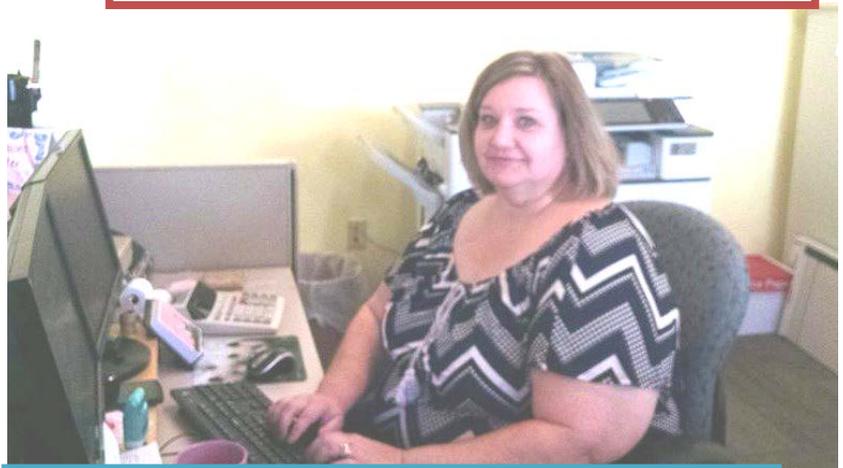
It has been quite a while since we introduced some of our newer staff to you. By this time, you may have already spoken to them on the phone or have been driven to the doctor by a newbie, but I will introduce you to them formally and then the next time you call us or need a ride or see them at the Holiday meal you will know exactly who they are.

MEET THE “NEW” STAFF



ANDY GOODLING
Sewing supervisor

FOSTER MCCLELLAN
“BUTCH”
Driver



LORI STUMPF
Reception

Foster- I graduated from Chief Logan High School in 1966, then went to work at the Visco Polyester Plant. After four years of being there I attended Messiah College and acquired a BA Degree in the Social Sciences. I then taught social studies at Northern High School for 34 years. I now reside with my wife where I grew up in Highland Park. I have a daughter, two granddaughters and a son-in-law who live in Iowa. Each summer my family comes in to visit; we keep the girls for a month or two and then take them back home. It's a wonderful life.

Andy- I currently live in Juniata County in Richfield area. My wife Lori and I, have a daughter McKayla who is currently attending Elizabethtown College to be a teacher. I have worked in the sewing industry for 18 years and in retail, plumbing and heating, electrical business for 12 years .I enjoy camping, hiking, gardening, and spending time with family. I'm very happy to have this new position at Nu-Visions where I've been able to help others and make new friends.

Lori- Comes to us from Belleville where she lives with her husband Ed of 26 years and their two children/teens, Molly and Clayton, as well as dogs Chloe and Zero and Milo the cat. She loves camping riding in their old cars, knitting, sewing and spending time with their very large family.

Katye's Desk

Some news for you to ponder.

There is a new program at New York's Guiding Eyes for the Blind. They are training guide dogs specifically for runners.

People who are blind and like to run are freer because they run when they want to without waiting for another person to accompany them.

Check out the link:

[http://www.kshb.com/news/state/kansas/meet-one-of-the-first-guide-dogs-specifically-trained-for-runners.](http://www.kshb.com/news/state/kansas/meet-one-of-the-first-guide-dogs-specifically-trained-for-runners)

Another development that may interest our braille readers is research being done on the BlindPAD tablet. It is currently about the size of a thick iPad mini with two steel layers attached, and uses a magnetic system to produce raised dots. It is meant to be a complement to Braille or a white cane.

According to Herbert Shea, "People can read with a Braille display, and detect nearby obstacles with a white cane. Our tablet will provide graphic information in real time, so the user can check out the layout of a room or street before venturing into it."

Denis Maret visited EPFL and tested a prototype, which impressed him. "Those of us who are visually impaired



currently have to use a white cane with an audio GPS when we go to new places. Like in a vehicle, the GPS tells us when to turn. However, we have no way of checking that information, or of making a mental map of the place. This technology will make us more independent.”

In addition to helping guide people around, the tablet could also be used to help visually impaired schoolchildren. “In geometry class, the tablet could be connected to the board to instantly reproduce all the shapes and graphics drawn by the teacher,” said Shea. Visually impaired children in Poland and Italy are currently testing the tablet with learning exercises.

The NFB Newslines are for anyone in the National Library Service. You can access over 300 newspapers from 45 states plus DC. -magazines available as well. It is updated hourly. Here are ways to register for it: call the Library for the Blind and Physically Handicapped (Carnegie Library) at 1-800-242-0586, or NFB at 1-866-504-7300; or download an application or fill out one online at <https://nfb.org/newsline-how-sign>. Alternatively, for iPhone users get the app through the Apple App Store.

Organizational tips:

Recently I have been on a “cleaning-out-and-organizing-junk” kick. Between work and home, I have generated a lot of trash and made several trips to the Dollar Tree store, and watched various YOUTUBE videos for tips on what to buy there and how to use these items to organize all of my STUFF. We all have STUFF, even when we take the time to clean out the truly unneeded. Organizing it makes us feel so much better!!



Do you have a closet that needs decluttering? Have junk drawers taken on a life of their own and produced offspring all over your kitchen? TAKE CONTROL! The good news is that you really do not need to spend a lot of money to do it. A trip to the local \$1 Store will provide most of what you need to take on the closet monsters: bins, boxes, plastic containers with lids, labels, and many other types of drawer organizers, which will make the job fun and rewarding. If you want to go very inexpensively, you can use cardboard boxes and paint or decorate them with contact paper. Whatever you decide to do, it will be liberating. Plan your area, find things that fit in it well and can be accessed easily.



Check out this channel for more great ideas: [**DO IT ON A DIME**](#) – YouTube. Give it a try!

10 Vegetables That Are Even Healthier Than You Think

April 18, 2017

A stern warning from the doctor about the need to eat more produce hasn't done much to improve American eating habits. In 2015, the Centers for Disease Control and Prevention reported only 8.9% of adults in the U.S. were eating the recommended amount of vegetables. Most barely make it past one serving a day. Processed convenience foods are a big part of the problem. On the other hand, the veggies themselves might play a role.

Certain greens and cruciferous vegetables have enjoyed quite a bit of popularity in recent years. Still, a person can only take so many servings of roasted cauliflower before it starts to get old. Additionally, increased demand has made a lot of produce much costlier than it once was. But who says you need to be on trend in order to eat healthy? You might be surprised by the nutrition some of the most humble produce is hiding. The next time you hit the grocery store, load up on these 10 vegetables to eat well with ease.

1. Carrots



The vibrant orange hue should give you a clue as to how great this veggie is. The color indicates high levels of carotenoids, powerful compounds that research has linked to a reduced risk of some types of cancer and eye disease.

2. Bok choy



A member of the cruciferous vegetable family, bok choy doesn't get very much attention here in the States. Consider it your secret weapon because, according to Livestrong, 1 cup contains only 10 calories, but gives you a good dose of fiber and vitamins A and C. Studies indicate eating cruciferous veggies may also help prevent certain types of cancer.

3. Parsley



Parsley is sort of the forgotten herb. It's usually used as a pasta garnish while cilantro, basil, and mint steal the spotlight. You might want to start giving parsley a little more love because it's loaded with vitamins and minerals, including a decent amount of folate. This B vitamin has long been touted as an important nutrient for pregnant women, but the benefits don't stop there.

4. Onions



Usually considered a flavoring rather than a vegetable, onions can do a world of good for your health. Consider this recent study from the British Journal of Nutrition that found regular doses of onion skin extract helped lower blood pressure for adults with hypertension. The key player is likely quercetin, a type of antioxidant that's also found in tea and berries.

5. Watercress



Very few people buy watercress at the grocery store. When they do, it's usually just for some sort of garnish. What this green lacks in popularity, it makes up for in nutritional value. NutritionDate.com shows the calorie count is almost negligible and it's a great source of vitamins and other nutrients, including lutein, a potent antioxidant.

6. Potatoes



When they're not fried in grease or smothered in sour cream, potatoes are nutritional powerhouses. According to Mother Nature Network, one medium potato is about 100 calories and contains plenty of vitamins C and B6, plus

more potassium than a banana. There's been some recent debate about whether or not this electrolyte can really help eliminate cramping during exercise, but the University of Maryland Medical Center said it's still important for keeping your body functioning properly.

7. Frozen peas



Think fresh is always best? Think again. When any type of produce is picked, it immediately starts losing nutritional value. Peas are particularly finicky and lose their nutrients a lot faster than sturdier vegetables. In fact, one study indicated peas any older than three days could be less nutritious than frozen ones.

8. Celery



This crunchy veggie is a lot more nutritious than the blue cheese dressing and fried wings it usually accompanies. According to the USDA's nutrient database, 1 cup of chopped stalks is only 16 calories and provides you with a decent amount of vitamin A and folate. Most notably, though, celery is an excellent source of vitamin K, a key nutrient for bone health.

9. Cabbage



One of the biggest bargains in the supermarket, cabbage doesn't get much attention aside from the occasional slaw. Maybe the rock-bottom price has people thinking the nutrition is also on the low side, but that couldn't be more wrong. According to Very Well, 1 cup of chopped, raw cabbage will only cost you 22 calories and you'll get a good dose of fiber and vitamin C. Cabbage is a member of the cruciferous vegetables family, which includes kale and cauliflower. These veggies all contain substances call glucosinolates. According to the National Cancer Institute, they break down into a number of compounds that have been linked to a reduced risk of cancer.

10. Radishes



This water-packed veggie offers more than just a spicy kick for your salad. WebMD says a full cup contains 19 calories plus a good amount of vitamin C and fiber. Radishes are also filled with phytosterols, a type of compound that can help lower cholesterol, according to Cleveland clinic.

Skip the bagged ones and go for the bunches with the greens still attached. They're often much fresher and you basically get a bonus vegetable. Add the greens to salads and sauté them like spinach. The tops tend to be sandy so give them a good rinse prior to cooking.