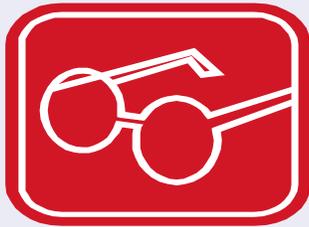




NEW JERSEY
HEALTH CARE
SYSTEM

VOLUME THREE
FALL 2011



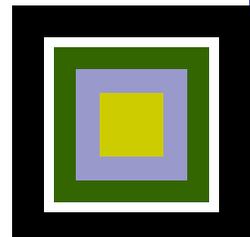
Eye on VISOR

Visual Impairment Services
Outpatient Rehabilitation for
Visually Impaired Veterans

PURPOSE/MISSION OF VISOR

The purpose of the Department of Veterans Affairs (VA) Visual Impairment Services Outpatient Rehabilitation (VISOR) Program is to provide comprehensive low vision and rehabilitation services to Veterans with vision loss. The goal of the VISOR Program is to help Veterans and their family members adjust to the challenges of visual impairment.

The mission of the VISOR Program is to provide the most comprehensive, timely and appropriate adjustment (training) services to the visually impaired Veterans and their families in the VA New York/New Jersey Veterans Integrated Service Network Continuum of Care.



SIGHTED GUIDE TECHNIQUES

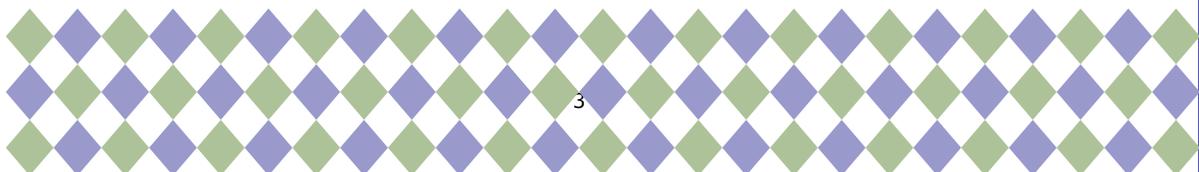
Many people are fearful of offering assistance to a blind person because they have little idea of what is involved. The following is a basic technique that a visually impaired and blind person needs to know. The visually impaired and blind person should advocate for themselves how they would like the guide to lead them. Having the knowledge of these skills adds confidence and safety to the sighted guide as well as the visually impaired person.

Car Travel

To enter a car the blind person should be aware of his position in relation to the car door.

He locates the door handle by trailing if the guide does not open the door for him.

He places a hand above the open door frame, brings the other hand down to



check the car seat, and sits on the end of the seat, with his feet still outside of the car.

He swings his feet together into the car with a swivel motion and makes certain that no part of his clothing or possessions extend outside the car so that the door can be closed.

Leaving the car, the blind person waits for the car to come to a complete stop, opens the door, and pivots, swinging his legs out of the car.

He places a hand at the top of the open door and steps out.

For the safety of others, he states that the door is to be closed before closing it.

Please contact Jill Feigelis with any questions about the aforementioned technique.

973-676-1000 x1937

Jill.feigelis@va.gov

VISOR VIEWS



(Comments from our Veterans)

Mr Keith L. attended our May 2011 Hoptel Session. Mr. L thought the VISOR Hoptel program would be less formal than it was and he did not expect to be in a big building. He stated, "The accommodations were great." The program allowed him to be around people who understood what he could and could not see and he learned what he could and not do independently. He said, "I was gratified to see the dedication of the people who work in the VISOR Program." He learned to be more independent and especially enjoyed being with two other visually impaired Air Force veterans because he could relate to them.

"The accommodations were great."



How to give low vision readers the ability to read with optimum comfort and efficiency:

- 1. Use fonts without decorative embellishments. Avoid Italics**
- 2. Use fonts that have a fixed width.**
- 3. Use bold letters whenever possible.**
- 4. The following fonts have been found to be most useful: Verdana, Arial, and Helvetica**
- 5. Provide good contrast between the background color and the print color. The following contrasts usually work best: black on white, white on black or yellow on black.**
- 6. Use font size that is between 16-18 point.**

If letters appear to be too close together character spacing can be expanded.

Remember...Keep it simple...

Life Skills Education Classes

The VISOR Program will be offering the following group classes for any Visually Impaired/Blind Veteran who would like to participate. Please contact Angela Humbertson at 908-647-0180 x4291 to sign up. HURRY class size is limited! All Classes are from 10am to 1pm.

MARK YOUR CALENDARS!

Sept. 29—Health & Personal Grooming

Oct. 6—Cooking Class—Pizza Party!

Oct. 20—Communication Skills

November 17—Holiday Baking

2012 Classes to be determined...

If you are interested, please contact Angela at 908-647-0180 x4291.



Published on *VisionAWARE* (<http://www.visionaware.org>)

How can I organize my kitchen so that I can find things more easily?

First, try to develop efficient organization and storage systems by following these principles of work simplification and energy conservation:

Store frequently used items, such as pots, pans, and utensils, close to the work area or surface.

If possible, place supplies and equipment between eye level and hip height to avoid unnecessary bending, reaching and lifting.

Store heavier items on counter tops or within easy reach.

Eliminate clutter by removing infrequently used items from the work area.

Return all equipment and supplies to the appropriate storage area when you finish cooking.

Whenever possible, avoid lifting or carrying heavy objects.

Use equipment with wheels, such as shopping, laundry, or microwave carts.

Push or slide heavy objects along counters or floors.

Allow sufficient time to perform cooking tasks in order to reduce stress and fatigue. Try to balance work with rest.

Eliminate Clutter

Another way to become more organized is to

**eliminate clutter throughout your home:
Dispose of older and unwanted clothing
and accessories.**

Separate seasonal clothing.

**Dispose of never- or rarely-used house-
hold or personal items.**

**Concentrate on reorganizing clutter-prone
areas, including:**

Closets

Medicine cabinets

Kitchen cupboards and surfaces

Kitchen drawers

Desks and bookcases

Workshops and hobby areas

**Consider using the following supplies to help
you organize and store household and
kitchen items:**

Shoe boxes

Ziploc bags

Ice cube trays

Egg cartons

Film canisters

Craft boxes

Fishing tackle boxes

Multi-drawer hardware storage units

Aprons with multiple pockets

Baby food jars/glass jars

Storage boxes/clothing bags

**"Sock Tuckers" can help sort socks for
laundry.**

VISOR IS ON THE WEB!!!!

The VISOR Program is now on the Internet. You can learn about the available services to visually impaired veterans w, read recent editions of our newsletter and get important information about VIST, BROS and other program information!

Check it out at:

**[http://www.newjersey.va.gov/
services/blindrehabilitation.asp](http://www.newjersey.va.gov/services/blindrehabilitation.asp)**



VA, VA Vocational Rehabilitation and Commission for the Blind Work Together

The VA VISOR Program, VA Vocational Rehabilitation and Employment Services and the Commission for the Blind and Visually Impaired in New Jersey work together to assist visually impaired veterans who want to return to work.

If you are visually impaired and have a service connected disability you may qualify for this program in which the VA, VA Vocational Rehabilitation and the Commission for the Blind work together to provide evaluation and training for veterans who want to go back to work or find new career paths. Even if you are not service connected you can get help from this program to see if return to work is possible.

If you are interested, please talk with Roger Gully, VIST Coordinator, 973-676-1000 extension or Bill Kallenberg, Chief of the VISOR Program, 908-647-0180 x4347 to get details and eligibility for the program.

You can contact the Commission for Blind and Visually Impaired directly.

The point of contact is Mr. Ed Sroczyński - phone 973-648-7504. His e-mail address is eward.scroczyński@dhs.state.nj.us



MICHAEL'S COMPUTER CORNER

Here are some short-cut tips for selecting type in documents or in an email. These tips will be useful for computer users who have reduced vision or, yes, even for those of you who are normally sighted.

MICROSOFT SHORT-CUTS

Italic	Ctrl + the letter "i"
Underlining	Ctrl + the letter "u"
Bold	Ctrl + the letter "b"
Changing Font	Ctrl + the letter "d"
Cut text	Ctrl + the letter "x"
Copy text	Ctrl + the letter "c"
Undo	Ctrl + the letter "z"
Select All	Ctrl + the letter "a"
Select One Character	Shift + right or left arrow
Select One Word	Ctrl + Shift + right or left arrow
Select One Line	Shift + down arrow
To Beginning of Text	Shift + Ctrl + Home
To End of Text	Shift + Ctrl + End

VISOR TEAM

Janis White, O. D., Chief, Optometry Services

Bill Kallenberg, LCSW, Chief, VISOR Program

Ruth Brandel, Program Support Assistant

**Michael Bryant, BA, Computer Access Training
Specialist**

**Veronica English, MS, Certified Low Vision
Therapist**

**Jill Feigelis, BA, Blind Rehabilitation Outpatient
Specialist**

**Roger Gully, MA, MS, Visual Impairment Service
Team Coordinator**

**Angela Humbertson, MS, Certified Vision
Rehabilitation Therapist**

Angela Tardanico, OD, Low Vision Optometrist



Contact Us:

Phone: 908-647-0180 Extension 4437

E-Mail: william.kallenberg@va.gov