

The League Connection Online Newsletter

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Issue 44

Quote: If facts are the seeds that later produce knowledge and wisdom, then the emotions and the impressions of the senses are the fertile soil in which the seeds must grow. Rachel Carson, May 27, 1907 – April 14, 1964, writer, scientist, ecologist.

Blues & Soul Food Bash

Come join us for the 1st Annual Blues and Soul Food Bash Fort Wayne on Saturday February 20 at 7 p.m. at the Arts United Center. Tickets are only \$10 each and include live blues and all the soul food that you can eat.

Imagine that it's 1958 and you are going deep into the south side of Chicago to hear the architects of post-war Chicago blues electrify the crowd at some smokey blues joint. The air is filled with the sounds of wailing electric guitars, amplified harmonicas, drums and the voices of [Muddy Waters](#), [Howlin' Wolf](#), [Little Walter](#), [Jimmy Rogers](#) - The voices that made the Chicago blues famous - These are the artists that helped incubate modern Rock 'n Roll!

The air is also filled with the irresistible aroma of soul food, prepared by one of the epicurial masters from the South, now residing in Chicago. The fact is that Chicago blues musicians and patrons enjoy the food served in these joints almost as much as the music.

The Music

For most musicians it would be enough to say you worked, toured and recorded with [Jimmy Rogers](#) & Freddie King, served residencies at Pepper's and [Ma Bea's](#) on Chicago's south and west sides and that [Muddy Waters](#) and [Howlin' Wolf](#) sat in on your gigs — but [Blue Bella Records](#) recording artist [Bill Lupkin](#) doesn't let that alone define him. He's a well-seasoned singer, songwriter and master harpist and as fine and physical a player as you can find today. Lupkin lays it all down every outing with bedrock old-school blues and freshly-penned numbers that showcase chops, swing, muscle and a deft loving touch for the blues.

Soul Food at the Blues and Soul Food Bash Fort Wayne

The soul food at the Blues and Soul Food Bash Fort Wayne will be prepared by C & R Soul Food, from Indianapolis. C & R is totally old school, using guarded family recipes and cooking everything from scratch, with the love and nuance that great soul food

requires and deserves. If that wasn't good enough, C & R has prepared a special "Chicago Soul" menu just for our Blues Bash! This special menu was created after lengthy discussions with several veteran Chicago blues musicians who have played and eaten at these great Chicago blues spots.

C & R Soul Food will be cooking some of the best soul food that you'll ever taste in your life! Wanna get your mouth watering in double time? Have a look at the Blues and Soul Food Bash Fort Wayne soul food menu below.

- Turkey Creole
- Lemon Lime Chicken
- Collard Greens with Smoked Turkey
- Yams
- Purlo Rice
- John Garlic Rice
- Pound Cake
- Peach Cobbler
- Cornbread

Ticket price includes the show featuring [Blue Bella Records](#) recording artist [Bill Lupkin and the Chicago Connection](#) plus all of the soul food you can eat, provided by the soul food master chefs from C & R Soul Food. Drinks from the fully stocked bar will also be available for purchase at the event.

Tickets are available at the League or can be ordered through Paypal at: www.fortwaynebluesbash.com Hope to see you there!

Diana Roach
Development Director

Change

Change is the one constant in life we can be certain of. The other day I came across a spectacular item that caused some co-workers of mine to question its purpose. I knew what it was the moment I saw it and ran around the office quizzing a few folks to find out what they thought it was.

Their answer: typewriter. But in fact it was a TTY that dates back to the early 1960s. On the left is a picture of the device similar to the one we received as a donation at the League. It is a stand alone unit that measures about 4'x2'x2'. The picture to the right is a newer model of a TTY that is more commonly used today and smaller than a laptop computer. The older model would take up a corner of your room whereas the newer one will take up a corner of your desk.



Technology has changed so much that there are numerous options available to facilitate communication with and between people who are Deaf/Hard of Hearing. The TTY has begun to be replaced, but not entirely, in many settings by videophones, also called VPs, this is a process similar to videoconferencing or using webcams. VPs enable people who are Deaf/Hard of Hearing and use sign language to communicate more effectively in their native language.

If you work with, serve, and/or interact with people who are Deaf/Hard of Hearing and are uncertain how to effectively communicate with them, I encourage you to contact the League. There are many resources that our staff can provide you with. One such resource you may enjoy checking out is the National Association of the Deaf (NAD) www.nad.org.

We are excited about what changes are in store during 2010 for DeafLink and the League, may the New Year be full of blessings and adventure for all of you. Enjoy!

Garth Sponseller, NIC, RID Ed:K-12
Director of DeafLink

Volunteer Recognition

Mel was nominated for the Frank Celerak Sight Service Award and here is a portion of what was submitted. Though Mel did not win this award, he's a winner here at the League!

Mel is a wonderful volunteer who exemplifies longevity and dependability. Mel began volunteering for the League for the Blind and Disabled in 1992. Three Thursdays a month, he is called upon by the League for the Blind and Disabled to provide transportation for people who are blind or visually impaired. Mel picks people up at their home and brings them to the League for a structured support group, consumer education support group, or a social recreational support group meeting. When Mel arrives with his charges, he brings them into the League, gets them settled, and makes sure they have refreshments. Mel often times participates in the activity that is being offered that day. After the meeting, Mel makes sure every one is delivered safely back home. This service gives people the opportunity to attend the League support group meetings so they can learn about living independently with a vision loss.

On Tuesday evenings, Mel can be found driving for the Workers for the Blind. He takes members to bowling, assists them with visual clues like how many pins and which pins are still standing, then returns his passengers to their homes at the end of the evening.

Mel joined the Central Lions Club in 1991 and has been involved with providing direct service to people with vision impairment from the beginning. It was through the Central Lions that Mel learned of this needed sight service. Not only does Mel fulfill the Lion's mission of sight service in a direct manner, he also participates in the fundraisers like selling turkey legs and buffalo burgers at the Johnny Apple Seed Festival. Mel is one of those strong silent guys who is always there to lend a helping hand when ever it is needed. Mel is truly a gentleman and a gentle man putting other people's needs first.

When Mel is not involved in a sight related activity, you can find him volunteering for Plymouth Congregational Church where he has been an active member since 1963. Mel is on the Board of Samaritans and every Monday he helps to separate the alter flowers into smaller bouquets. These smaller flower arrangements, he then delivers to people who are home bound, spreading a little bit of color and cheer to others. On Sundays, Mel is also an usher at his church. Sometimes, he is scheduled for this service but usually he gets asked to fill in just because he is there. And since Mel personifies kindness, helpfulness, and generosity of course he helps out!

Mel is quiet, soft spoken, never gets exasperated, and is very willing and helpful. He really seems to enjoy helping people. His smile and the sparkle in his eye attests to this fact. Mel is 86 years old. He grew up in Fort Wayne, graduated from Northside High School, and worked for General Telephone for 43 years. He was married to his wife Peggy for 48 years, and raised four children, which multiplied into 8 grand children and 5 great grand children.

When Mel was in elementary school, he began a coin collection which he has nurtured over the years. He is hoping that one of his progeny will take an interest, so he can pass it down to a family member. Another of Mel's hobbies is photography. He enjoys taking pictures of nature and scenic views. Some of his favorite photographs over the years are of old Fort Wayne. Mel has a collection of pictures whose subjects no longer exist. Carefully tucked away is a slice of Fort Wayne history captured by his eye and preserved in an album.

Mel is very uncomplicated, but he has some definite favorites. His favorite food is stuffed green peppers. He said, "Peggy made them the best." Mel said his favorite color must be blue because when he buys new clothes, he gets home and they are always blue. When it comes to music, Mel loves the big band sound of the 30's and 40's. Mel also likes classical music and he volunteered for many years at the Embassy Theater for the Philharmonic.

The League for the Blind and Disabled, Workers for the Blind, and Central Lions Club are all very lucky to have such a steady, dedicated, and down to earth volunteer in Mel. His constancy, kindness, good humor, and willingness to pitch in where and whenever needed is a great asset for any organization. The League is very fortunate and glad Mel let Elmer talk him

into another volunteer experience. Mel's volunteer spirit is a quiet, steady, and necessary component of the success of our support group family. Thanks Mel for giving so much of your time to all of us.

Mark Williams
Volunteer Coordinator

New Year's Resolutions

Do you make New Year's resolutions? Maybe you are like me - I make many resolutions, and many are forgotten in the first week of the new year. Two of my resolutions that are being kept this year: (1) cleaning out the clutter in my life whether around the house, the office or on my computer which is a slow process but I am still working on it, and (2) preparing for the future. Turning 50 this past year made me start to realize my mortality. I made a new will (the other one was over 20 years old), prepared a power of attorney, and made my health care wishes known with a living will and healthcare directive. I am gathering all my documents together for my family in one place so they have the information they need. It actually provides me peace of mind knowing that the tough decisions have been made, and everything is in order.

The New Year is a great time to review your own documents, make changes, and maybe even writing new documents to provide for your healthcare or prepare a new will. Your will is a great opportunity to provide gifts to your favorite charities. I left a charitable gift in my will to the League and the Fort Wayne Children's Zoo along with a few others. This was my opportunity to give back to the groups that are an important part of my life today.

Please take this opportunity of a new year, fresh start to review your plans for the future. Think about the people and groups that are important to you – church, the arts, the zoo, 4-H, schools, universities, or organizations that serve those with disabilities like the League. Make it a resolution to support those groups this year and provide for them in the future. Make 2010 a year of preparation and peace of mind.

Cheryl Gillespie
Development Director

A new outlook...

There's just something about January that makes everyone want to start with a fresh new year.....whether it's going through old paperwork, cleaning out the closet, throwing out old clothes, or just personal pampering time.

For me, there are few pleasures that are as nice as being all "clean" inside and outside, eating pure, feeling good, and then just being with contentment. After cleaning something, I'm glad to know that some of the "Spring Cleaning" is done for now.

As we age and make our journey through life, there are lots of things we need to do differently and sometimes we make mistakes. But that's okay. This is just part of life! As we learn and grow, I think that part of that contented feeling comes from being at rest with who you are, and having a striving heart with an attitude of "I don't have to do everything right", but acknowledging the fact that I do make mistakes and that's just part of the journey.

The idea of spring peeping around the corner gives us something to look forward to. That's one of the reasons that spring cleaning something, anything that hasn't been done feels so good; it is like spring cleaning to the body and mind!

If you need assistance with housecleaning, or other types of non-medical in-home care, please give us a call and see if we can help.

Juanita DeLeon
In-Home Care Division

So Long Farewell, It's time to Say Goodbye

I hope 2010 has gotten off to a safe and healthy start for all of you. Starting January 4, 2010 I'm switching hats within the non-profit world as I begin a new career over at Turnstone Center for Children and Adults with Disabilities as their 'Sports & Recreation Coordinator'.

My experiences at the League has been very rewarding. I am leaving with mixed feelings. Happy about my new career opportunity but sad to be leaving such a great organization where I have so many wonderful friends and colleagues. I have learned a great deal and worked with many people with whom I am sure I will remain friends for a long time. I can only wish that my new career will give me such rewarding experiences and supportive friends. I wish the League continued success.

On Christmas Eve the News-Sentinel had an article about this new endeavor.... Here's the direct link:

<http://www.news-sentinel.com/apps/pbcs.dll/article?AID=/20091224/SPORTS/912240323>

Kevin Hughes
League's Youth Services Coordinator April 2006 – December 2009
League's Intern September 2005 – April 2006

inSIGHTful expo

If you are 1 or 101 and have any kind of vision impairment, mark your calendar now for a resource rich, hands on extravaganza that should knock your blinders off! Saturday, March 6, 2010 from 10:00 am – 2:00 pm at the Allen County Public Library, meeting rooms A, B, C, (address) you will have an opportunity to answer all your questions about resources available to anyone in northeast Indiana living with sight loss.

Living with a vision impairment due to macular degeneration, diabetic retinopathy, glaucoma, stroke, accident, birth defect, retinitis pigmentosa, detached retina, or any of the myriad eye conditions can be daunting. This is the place to be if you have any questions about services, equipment, agencies, transportation, support groups, or resources dealing with education, employment, or recreation.

Join us and learn about options and opportunities available to you. Plan now to attend this free informative expo. This is a great opportunity to learn how to live independently in all aspects of your life with vision loss. Here is the insightful expo [flyer](#) for additional details.

For more information contact Linda Scribner at the League for the Blind and Disabled, 441-0551 or 800-889-3443 or email at the.league@verizon.net .

Linda Scribner
Senior Blind Services Coordinator

Everyone counts!

April 1, 2010 is Census Day, so watch for your form coming to your mailbox. There are two main reasons to consider why this census is important.

1. The 2010 census results will determine the number of seats each state receives in the US House of Representatives, beginning with the 2012 election. This also affects the number of votes each state receives in the Electoral College for the 2012 presidential election.

You may recall that Indiana lost a seat in the House of Representatives during the 2000 US Census, which caused redistricting.

2. The 2010 census results determine how federal and state dollars will be disbursed for schools, hospitals, etc.

If you need assistance with filling out the forms, the League will be happy to assist you. Information cited above, and more, can be found at these websites:

US Census Website: <http://2010.census.gov/2010census/>

Indiana's Census Website: <http://www.census.indiana.edu/>

US Census Bureau: <http://www.census.gov/>

History of the US Census:

http://en.wikipedia.org/wiki/United_States_Census

<http://www.census.gov/history/>

Electoral College: [http://en.wikipedia.org/wiki/Electoral_College_\(United_States\)](http://en.wikipedia.org/wiki/Electoral_College_(United_States))

2012 Presidential Election:

http://en.wikipedia.org/wiki/United_States_presidential_election,_2012

Something to think about...

Martin Luther King, Jr., said: "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." Dr. King, January 15, 1929-April 4, 1968, was an American clergyman, activist and prominent leader in the African-American civil rights movement.

League Sponsored Support Groups:

Allen County Area:

Schedule of Support Groups sponsored by the League for the Blind and Disabled, Inc. Anyone with a disability or anyone interested in disability issues is welcome. The groups' main focus tends to be sight loss, vision impairment, and blindness.

If you need transportation, please contact the League at 441-0551 on the Monday before the scheduled meeting. We will arrange for a volunteer to pick you up and take you home.

Fort Wayne:

First Thursday of the month:

Structured Support Group, 1:00-3:00 pm,

League Office, 5821 S. Anthony Blvd, Fort Wayne.

We discuss specific issues related to sight loss.

Second Thursday of the month:

Consumer Education Group, 1:00-3:00 pm,

League Office, 5821 S. Anthony Blvd, Fort Wayne.

We bring in a speaker from the community to keep us informed about current issues and services.

Fourth Thursday of the month:

Social/Recreational Group, 1:00-3:00 pm,
League Office, 5821 S. Anthony Blvd, Fort Wayne.

We have fun, playing adapted board games, making a craft, taking a field trip, going to lunch, having a picnic or a party.

Second Monday of the month:

Structured Support Group, 7:00-9:00 pm,
Good Shepherd United Methodist Church, 4700 Vance Ave, Fort Wayne

This group is specifically designed for a person with a sight loss and their spouse, friend, or family member. We do not provide transportation for this meeting.

Adams County Area:

The League for the Blind and Disabled, sponsors a monthly support group meeting in Decatur. This meeting is open to any individual with a vision impairment and any friends or family members who are interested in learning how to live successfully with a vision loss.

This support group meeting is facilitated by Linda Scribner, Senior Blind Services Coordinator for the League. Linda has been legally blind or visually impaired her entire life and she brings a very positive outlook to those dealing with a vision impairment. Please join us for a chance to look beyond your blindness to a world of independence and productivity.

Structured Support Group, 1:30-3:30 pm,
Third Tuesday of the month,
Woodcrest Retirement Center, 1300 Mercer Ave., Decatur, 260-724-3311

We discuss issues related to sight loss. Hope to see you there. If you have any questions, please contact Linda at 1-800-889-3443.

Dekalb County Area:

The League for the Blind and Disabled, sponsors a monthly support group meeting in Auburn. This meeting is open to any individual with a vision impairment and any friends or family members who are interested in learning how to live successfully with a vision loss.

This support group meeting is facilitated by Linda Scribner, Senior Blind Services Coordinator for the League. Linda has been legally blind or visually impaired her entire life and she brings a very positive outlook to those dealing with a vision impairment. Please join us for a chance to look beyond your blindness to a world of independence and productivity.

Structured Support Group, 1:15-3:00 pm,
Third Thursday of the month,
DeKalb County Heimack Center, 1800 E 7th St, Auburn, 260-925-3311.

We discuss issues related to sight loss. Hope to see you there. If you have any questions, please contact Linda at 1-800-889-3443.

LaGrange County Area:

The League for the Blind and Disabled sponsors a monthly support group meeting in LaGrange. This meeting is open to any individual with a vision impairment and any friends or family members who are interested in learning how to live successfully with a vision loss.

This support group meeting is facilitated by Linda Scribner, Senior Blind Services Coordinator for the League. Linda has been legally blind or visually impaired her entire life and she brings a very positive out look to those dealing with a vision impairment. Please join us for a chance to look beyond your blindness to a world of independence and productivity.

Structured Support Group, 1:30-3:30 pm,
Third Wednesday of the month,
Miller's Merry Manor, 787 N. Detroit Street, LaGrange, 260-463-2172

We discuss issues related to sight loss. Hope to see you there. If you have any questions, please contact Linda at 1-800-889-3443.

Noble County Area:

The League for the Blind and Disabled sponsors a monthly "Focus Points" Forum in Kendallville. This meeting is open to any individual with a vision impairment and any friends or family members who are interested in learning how to live successfully with a vision loss.

This support group is facilitated by Linda Scribner, Senior Blind Services Coordinator for the League. Linda has been legally blind or visually impaired her entire life and she brings a very positive out look to those dealing with a vision impairment. Please join us for a chance to look beyond your blindness to a world of independence and productivity.

"Focus Points" Forum, 1:30-3:00 pm
Second Tuesday of the month,
Shepherd of the Hill, 351 N. Allen Chapel Road, Kendallville, 260-347-2256.

We discuss issues related to sight loss. Hope to see you there! If you have any questions, please contact Linda at 1-800-889-3443.

Steuben County Area:

The League for the Blind and Disabled sponsors a monthly Insight Forum in Angola. This meeting is open to any individual with a vision impairment and any friends or family members who are interested in learning how to live successfully with a vision loss.

This Insight Forum is facilitated by Linda Scribner, Senior Blind Services Coordinator for the League. Linda has been legally blind or visually impaired her entire life and she brings a very positive out look to those dealing with a vision impairment. Please join us for a chance to look beyond your blindness to a world of independence and productivity.

Insight Forum, 1:00-3:00 pm
First Wednesday of the month,
Cameron Woods Senior Living, 701 W. Harcourt Rd, Angola, 260-624-2197

We discuss issues related to sight loss. Hope to see you there. If you have any questions, please contact Linda at 1-800-889-3443.

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