



Summer 2012

Ohio Connection

American Council of the Blind of Ohio

P.O. Box 82234 Columbus, OH 43202

1-800-835-2226

Don't Miss Out on the 2012 Summer Sports Retreat — *By Chris Schumacher*

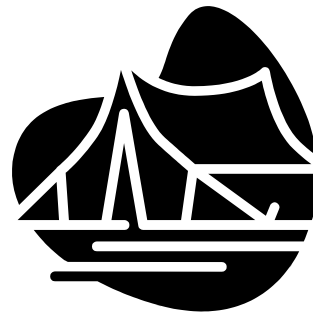
The 2012 ACB-Ohio Summer Sports Retreat will be held August 17-19. The cost is \$85 for visually impaired participants; sighted guides attend at no cost. The weekend events occur outside Hockingport, Ohio, which is about 30 miles southeast of Athens, Ohio.

If you are reading this article and wondering if attending the summer sports retreat would be for you, let me tell you how fun this weekend-long event can be.

The retreat is held on the banks of the Hocking River, about a mile from the Ohio River. There is some sleeping space in a trailer on the property, however, some people do sleep in tents. You do not need to have a tent in order to camp; there are extra tents available to borrow for the weekend.

The food is good — most likely what you would expect to eat on a weekend camping trip — burgers, hot dogs, corn on the cob, tasty sides and more. The activities are dictated by the weather, but may include playing cards or other games, boating, jet skiing, tubing, tan-

dem biking, hiking, swimming, sitting around a campfire, or just visiting with old and new friends in the shade. No matter what the weather, you will enjoy making new friends and catching up with old ones.



The ACB-Ohio Recreation Committee does its best to arrange transportation to and from the Summer Sports Retreat for participants; however, transportation cannot be guaranteed. If you cannot arrange transportation, money will be refunded.

Attendance at the Summer Sports Retreat is on a first-come first-serve basis. For more information or to register, please send an e-mail to ac-boassist@gmail.com or call (614) 636-3222. Hope to see you in August!

From the President's Desk — *By Nolan Crabb*

Doing More With Less Won't Work; Doing Some Things Differently Might

It's the case of the incredible shrinking agency. No, I'm not talking about a science fiction novel or a Perry Mason mystery. I'm referring to Ohio's Bureau of Services for the Visually Impaired (BSVI). For years, whenever budgets are cut or employees are reduced by layoffs or attrition, those in charge of the organizations where that's happening reassure their customer base that the organization can do more with less — that running lean and mean won't be a problem.

There are times when indeed organizations can do more, or at least as much, with less funding and fewer employees, at least for a time. But at some point, the brave mantra of doing more with less wears thin in the face of evidence to the contrary. I'm indebted to Marc Guthrie for providing numbers which he obtained from another advocate. This information was provided by RSC. These numbers represent blindness-only cases. The numbers below clearly point out that doing more with less isn't working.

The agency closed 1,440 cases in 2008, providing services to 6,516 consumers. In 2011, the number of cases closed was 504, and service was provided to 3,063 consumers. The number of BSVI counselors providing services

fell from 60 to 34. The dramatic reduction in cases closed and the reduction in counselor staff are clearly related.

So what do we do? We can always blame one party or the other for whatever set of woes we want to list. But screaming accusations and shouting epithets of blame alone simply won't work. It's going to require strategy, concentrated effort, and it's going to require a seismic shift in the way some of the members of ACB-Ohio think about the organization.

ACB-Ohio should be proud of its vast social and educational offerings for members. And while these activities are vital to the health of the organization, we, not the statewide leaders alone or even the chapter leaders, but virtually all of us, will doubtless have to engage in some advocacy in an effort to stop the erosion of services.

We have traditionally been an organization involved in the quest for better services from state and national agencies and organizations. We will have no choice but to continue that tradition. But are there other areas wherein we can branch out and do things differently, since doing more with less isn't working?

It's time to look at how other ACB affiliates handle low-interest or no-interest loans for assistive technology. Can we look at instituting matching grants wherein we assist individuals in pur-

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chasing technology — a program that some state affiliates are engaged in with varying degrees of success. The truth is, we can't be the employment savior for every blind Ohioan.

There's a myth out there that ACB-Ohio leaders are sitting on some vast pile of money and that they're unwilling to spend it. The pile isn't as impressive as some among us are convinced it is, and we've not yet reached a situation wherein our revenues match our expenditures. But it's time to look at what can practically be done for ACB members in the state in the form of a hand up rather than a handout.

We need a calmly executed firm strategy that will help stop the erosion of services at BSVI, and we need to think seriously about revenue enhancements that will enable ACB-Ohio to do more to provide hands-on assistance to its members. We can either cloak ourselves in the apathy that would allow us to believe the mantra of those who claim that less is more or we can all put serious thought and work into changing ACB-Ohio such that it fights traditional battles while exploring new and better solutions.

Nolan Crabb is President of ACB-Ohio.

Calling All Cyclists — By Chris Schumacher

On Saturday, September 22, 2012, the American Council of the Blind of Ohio and Tukandu cycling club will host a joint cycling fundraiser. Visually impaired stokers and sighted captains will begin and end their routes on the trail near Loveland, Ohio, offering riders several distances and routes to choose from based on experience levels. Sighted tandem teams and single bikes are also welcome. Explore the area on back roads or stay on the flat trail and meet the group for a picnic lunch.

If you own a tandem, feel free to bring it to the ride. If you are a stoker or captain without a tandem, there are some tandems available to use courtesy of Tukandu cycling club. Don't want to ride a tandem? No problem, single bike riders are welcome to enjoy the trail as well. We are also in need of volunteers to help with the logistics of this event.

The cyclists will depart from Nisbet Park around 9 a.m., ride to another park about 13 miles away and have a picnic lunch, followed by a 19-mile road course for those choosing to participate. If you do not wish to ride the road course, there will be activities at the picnic shelter. Once riders complete the road course, everyone will ride back to Nisbet Park. The cost to participate is \$35, and the registration deadline is August 15, 2012. For more information, e-mail acboassist@gmail.com. Check out Tukandu at www.tukandu.org or call Robert Rogers at (513) 921-3186.

Director's Chair — *By Ann Gazelle*

Many people experience sleep deprivation due to poor sleep habits, shift work, cramming for exams, etc. Did you know that being blind, with no light perception (NLP), can wreak havoc on your sleep-wake cycle?

Before I lost my sight at age 16, I had no issues with sleep or my energy level. Every evening, I went to bed at the same time, slept like a rock, and in the morning, hit the ground running. That all changed by the time I was 19 when I was left with no remaining light perception. For years, my sleep and energy patterns have been all over the map. Good sleep habits help but cannot make up for the daily resetting of the body clock determined by seeing light.

Now, there is hope for people like me, and perhaps, you. Vanda Pharmaceuticals is running clinical trials using a mild medication to help with this sleep-wake problem. I have been involved in the study for more than a year and am now in the two-year safety phase. For some months, I have been taking the one-a-day capsule of Tasimelteon, a drug under development, and have gradually noticed an improvement in my sleep habits. My energy level is more reliable and sustainable. The other good news is that I have experienced no negative effects from taking the drug.

Vanda is still seeking people to help in the study, so check out the information below if you are interested in participat-

ing. Besides possibly benefitting you, your involvement can help all of us with this health problem.

Note: Eligible volunteers who take part in a clinical research study are compensated for their time and receive all study-related investigational medication, medical evaluation and transportation at no cost.

A few interesting facts about the study:

- Tasimelteon was shown for the first time to reset the body clock and to align it to a constant 24-hour day in patients suffering from Non-24-hour Disorder.
- Vanda has donated more than \$30,000 to blind related non-profit organizations.
- More than 1,000 totally blind NLP individuals have taken the Vanda sleep survey.
- Over 75% report a sleep problem and 70% of those screened in Vanda's main clinical study have a confirmed diagnosis of Non-24-Hour Disorder.

For more information on the clinical studies or to take the participation survey, call (888) 389-7033, logon to www.non24registry.com, or e-mail info@non24registry.com.

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Or, you can call the Ohio Sleep Medicine institute in Columbus. It is screening and handling Vanda participants throughout Ohio and the surrounding area. The number is 614-766-0773, ext. 111.

Ann Gazelle is the Executive Director of ACB-Ohio.

To Braille or Not to Braille — By Mary Hiland

Are you a Braille reader? Would you like to be one? Would you like to share your skill with someone else? I would love for ACB-Ohio members to participate in a short, confidential online survey about Braille. It has only four questions and there is no way you or your e-mail address can be identified.

This survey will help determine whether there is a need for Braille skill-sharing services in Ohio. To take the survey, please go to: www.surveymonkey.com/s/W5TV97Q or call (614) 471-1869 to participate. The deadline to participate in this important study is June 30.

We Need Your Help — By Robert Rogers

We have a serious problem at ACB-Ohio keeping membership records and Membership co-chair Dave Perry and I ask you to please work with us on this important chapter function.

Much time is wasted by the state office tracking down necessary information to finalize the annual membership report to the national office. Chapter membership updates must be reported (along with dues) to the ACB-Ohio executive director no later than February 15 of each year. Dues may be paid at any time during the year and may not be prorated. However, to be counted at the ACB convention, ACB-Ohio must receive dues by February 15.

Chapter membership updates are expected no less often than quarterly, along with a dues assessment.

Please do not indicate two members on one membership record. If a married couple are members of a chapter, there must be a record for each member for us to get full credit for both members on the record at the national office.

Be sure to designate a specific chapter and whether the member is fully sighted (not legally blind by definition) for purposes of free mailing for the blind.

We thank you for your help in keeping our chapter records in order. For questions or comments, contact me at rrrogers@nuvox.net or at (513) 921-3186.

Keeping Connected — *By Marc Guthrie*

We continue to work with Community Shares of Mid-Ohio to raise funds for ACB-Ohio through workplace giving campaigns.

Ann Gazelle and I are heavily involved in Community Shares, including participating in separate committees to reduce our time commitment and control cost for ACB-Ohio. In addition to serving as our representative on Community Shares' board of trustees, I serve on the Workplace Development Committee, which deals with expanding the number of employee campaigns and improving our outreach to new employers. Several new employers are joining Community Shares, including Licking County, which has more than 1,000 employees. I recommended that Community Shares host an agency fair in Licking county to introduce county employees to Community Shares' participating non-profits.

I recently met with representatives of the Association for the Education and Rehabilitation of the Blind and Visually Impaired of Ohio (AERO). We discussed issues concerning children who are blind or visually impaired receiving adequate services in Ohio. We also discussed services provided by BSVI to Ohioans who are blind or visually impaired. We have a great deal in common with AERO and our involvement with it is very positive.

We received more good news from Earl Cohen, who has agreed to donate an annual \$1,000 gift to ACB-Ohio in memory of his late wife Arlene. The 2012 gift will provide stipends for supplies for teachers of blind or visually impaired youngsters. If you know Earl, please thank him for his continued generosity!

I recently submitted a request to the Ohio Lions Foundation to continue to serve as the sponsor of our 2012 family seminar. If the Lions Foundation sponsors our event this year, it will be their sixth consecutive \$1,000 sponsorship. If you know a Lions Club member, please convey our appreciation to them for their kindness.

I also recently participated in the White House Community Partnership Summit as an advocate for ACB-Ohio and attended an RSC forum concerning its 2013 Vocational Rehabilitation Plan.

In addition, I continue to be proud of our long-term investment in the education of blind and visually impaired youth in Ohio, and I hope you are, too.

Best wishes until we next connect.

Marc Guthrie is ACB-Ohio's Director of Development and Advocacy. His e-mail address is marcguthrie@hotmail.com.

Member Profile ... Annie Donnellon

— By Joyce Rogers

Annie Donnellon, a young woman who graduated from Northern Kentucky University in 2010 with a major in music and a minor in Spanish uses her talents, skills and knowledge in many ways as a volunteer. She has answered phones at the administrative offices of Su Casa Hispanic Center and served as a greeter and interpreter at a health fair where she also represented the Clovernook Center for the Blind.

She uses her musical talent as a member of MUSE, a Cincinnati women's choir, which fosters musical excellence and social change through its many performances at churches, sporting events, and other places where music and a spirit of inclusion are highly valued and gratefully enjoyed. Annie's face and voice filled with delight and pride as she recently told me about her work with Vacaciones Utiles, a summer program where she taught young children the joy of singing Spanish songs and playing instruments together.

Annie began learning Braille at the age of three through the Early Childhood Development Program at the Cincinnati Association for the Blind, a program supported in part with funds provided by the Western Hills Lions Club. While she currently works as a proofreader at the Clovernook Center, Annie is thinking of a career in music therapy after acquiring a degree such as that offered at the College of Mt. St. Joseph.

As a member of the Cincinnati Chapter since 2010, Annie has served on our Scholarship and Awards Committee, which each year presents a graduating high school senior with a scholarship and recognizes the contributions of individuals and organizations to ACB's mission. In 2005, she won the first ACBOGCC scholarship; now, she is chairing that committee.



Recent college graduates like Annie can give us reason to hope and trust in a future of caring and responsible people who reach out to others. When asked what message she wanted to convey to readers, she said, "I want to be seen as a person just as other people are seen." With a little thought, effort, and consideration from others to include her in the work and benefits of adult life; Annie will continue making this world a better place.

Know someone who is making a difference in your community? Send your member profile ideas to takevany@roadrunner.com.

The Flying Pig Does it Again! — *By Joyce Rogers*

On the weekend of May 4-6, 2012, Cincinnati hosted the international Flying Pig Marathon, attracting more than 30,000 participants from all 50 states and more than 20 countries. The American Council of the Blind of Ohio Greater Cincinnati Chapter was among the 150 nonprofit organizations that had runners and walkers participating in the Pig. And we plan to do it again next year!

Mark your calendars now and join us the first weekend in May, 2013, for this memorable and inspirational experience. By doing so, your chapter can raise funds, enjoy the excitement and achievement of taking part in an extremely popular race, and motivate your members to stay physically fit.



Never too old! Eighty-five-year-old Ola Steger, and Jean Ritze, her sighted guide, pose for a picture with the Flying Pig.

The Flying Pig Marathon has several events, from a 5K (3.1 miles) to a 10K (6.2 miles) up to the full marathon of 26.2 miles, from which to choose. You may also walk rather than run. Our chapter had 35 walkers and five runners, including sighted guides, cross the finish line this year in the 5K, 10K, and half marathon. The final count for funds raised is not in yet, but we attracted publicity on WCPO television news and had an article about our Pig participation circulated in newspapers throughout Cincinnati and Northern Kentucky, and we received donations from many generous sponsors.

We had runners and walkers of all ages and abilities, including several participants over the age of 70. You are never too young or too old to participate. So, get your chapter on the move and join us in 2013. Get fit, raise funds, and have fun. Our ACB-Ohio chapter members will assist you in Pigging with us in 2013.

Contributors . . .

Thank you to ACB-Ohio members who contributed to this issue of the *Ohio Connection*: **Nolan Crabb, Ann Gazelle, Marc Guthrie, Mary Highland, David Perry, Vicky Prahin, Joyce Rogers, Robert Rogers, Chris Schumacher, and Linda Wyman.**

Call for Award Nominations — *By Linda Wyman*

Each year ACB-Ohio presents awards to deserving recipients at our annual convention. It's not too early to think about your nominations for 2012. Do you know someone who should be honored? We present three individual awards as well as a Teacher of the Year award, Employer of the Year Award and Media Award. Following are descriptions of the award criteria.

The KEN MORLOCK AWARD is given to a person who is blind or visually impaired who has worked tirelessly and selflessly for the blind or visually impaired citizens of Ohio.

The RUTH DAVIDSON AWARD is given to a sighted person who has worked to enhance the lives of persons who are blind or visually impaired.

The ARLENE COHEN ART OF TEACHING AWARD is given to a blind or visually impaired teacher or to a sighted teacher who has taught blind or visually impaired students.

The AMBASSADOR AWARD is given to an ACB-Ohio member who has worked tirelessly for ACB-Ohio and the blind community.

The MEDIA AWARD is given to a person who has written or reported about blindness or issues that concern blind or

visually impaired persons. All nominations for the Media Award must be accompanied by the article, video, or other presentation.

The EMPLOYER OF THE YEAR AWARD is given to an Ohio employer who has hired and made accommodations for employees who are blind or visually impaired.

The COMMUNITY SERVICE AWARD is presented to a city or town for outstanding efforts it has put forth to enhance the lives of blind or visually impaired people.

Please send your award nominations to ACB-Ohio's Awards Committee at lcwyman@columbus.rr.com.

The ***Ohio Connection*** is a quarterly publication of The American Council of the Blind of Ohio. Please submit your material in print or through e-mail. The next deadline is September 22, 2012. Please include your name, address and phone number and send to: Terri Kevany, Editor, at takevany@roadrunner.com or call (216) 251-0484.

Meet Our Scholarship Winners — *By Vicky Prahin*

At our 2011 Conference and Convention last November we presented scholarships to five outstanding students. I want to introduce three of them here.

Brian Kempfer of Springboro was a junior at Bowling Green State University during the 2011-2012 school year, majoring in history. He wants to become a lawyer, so he has several more years of study ahead. Brian has been a volunteer in many organizations, including serving as a counselor for visually impaired youngsters at Camp Campbell Gard in Hamilton, Ohio since 2006. “I am a hard worker. I strive to improve myself by observing the world around me. I have a great love of learning,” said Brian.

Jenna Karg of Bowling Green is a student at BGSU and will graduate with a degree in Mild-Moderate Special Education. She is involved in organizations that focus on building leadership skills. “I am involved in a learning community for education majors who are planning on teaching in urban schools,” said Jenna. Jenna has already spent more than 250 hours in field work. After graduation she plans to teach for a few years before attending graduate school and possibly earning a degree in rehabilitation or mental health counseling. “I want to make people realize that although I can't see, I CAN teach,” Jenna said.

Eric Cohen lives in Cleveland with his wife and two young children. He is enrolled in graduate school at Cleveland State University, working toward a Mas-

ter's in Special Education. In addition to attending classes and maintaining a high GPA, he works as a substitute teacher and is very active in the Jewish community. After earning his degree and teaching for a few years, Eric says, “I plan to open up a Jewish day school designed to meet the specific educational needs of children with disabilities in my community.” One of his mentors describes him this way: “Once committed he does not require pressure from others to complete the task; he is self-motivated.” Eric says he will stay involved with organizations such as ACB to keep abreast of developments in special education and related areas.

Scholarships Available — *By Vicky Prahin*

Each academic year, ACB-Ohio offers five scholarships to college students. Applicants for these scholarships must be an Ohio resident or attend an Ohio college or university, be legally blind (with the exception of the Nola Webb-McKinney scholarship), have a 3.0 or higher GPA on a 4.0 scale, and be willing to attend the ACB-Ohio annual state convention's Saturday workshops and Sunday morning breakfast.

Download the application and all related materials from www.acbohio.org. All materials can be sent by e-mail or regular mail. For more information, e-mail prahin@hadley.edu.

Membership Report — *By David Perry*

ACB-Ohio's membership committee is always working to improve the quality and equality of life for every Ohioan dealing with issues of blindness. It's important for every member of ACB-Ohio to provide information and opportunities for people who are blind or visually impaired. It is our job, and should be our responsibility and desire, to seek out new people for friendship, meaningful work opportunities, education or advocacy. We should all take opportunities to show everyone that crosses our path that they certainly matter to us.

The membership committee is pleased to report that we recently launched a membership assistance line. This information line is for members who would like to attend a convention or retreat, but do not have the transportation or funds to participate. A member can simply call (614) 636-3222 and be connected to a board member or membership committee member for assistance. If for some reason the voicemail recording is activated before someone is able to answer the call, please leave a message after the tone, and your call will be returned within two business days.

The membership committee has met on several occasions to discuss various methods of reaching out to people who are blind or visually impaired. We have developed subcommittees to target specific age groups and other special interest groups, including a student membership subcommittee. We have also developed a partnership with the American Council of Blind Students, which is

a great way for high school and college students throughout Ohio to link up with other students who are blind or visually impaired throughout the United States.

Other subcommittees include a Chapter Revitalization committee charged with reaching out in the Dayton and Toledo areas. We've also developed an Athletes subcommittee to promote sports opportunities for people who are blind or visually impaired, and to provide health and wellness opportunities.

We'll continue to update you in future issues of the *Ohio Connection* on how your membership committee is working hard to be more effective in reaching out to our members. For more information about membership in ACB-Ohio, e-mail acboassist@gmail.com or call the ACB-Ohio office at (800) 835-2226.

Thank you for all of your continued participation and hard work!

David Perry is ACB-Ohio's Membership Chairman.

Save the Date

Don't miss out on ACB-Ohio's popular family seminar, "Building Blocks for a Brighter Future," to be held at the Ohio State School for the Blind in Columbus on September 29, 2012. Watch for more details and registration information at www.acbohio.org.

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Ohio Chapter
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**Free Matter
for the Blind or
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2012 ACB-Ohio Datebook

ACB National Convention

Louisville, Kentucky
July 6-14, 2012

Annual Summer Sports Retreat

Hocking Port, Ohio
August 17-19, 2012

ACB-Ohio/Tukandu Cycling Club

Fundraising Event
Loveland, Ohio
September 22, 2012

ACB-Ohio State Convention

Columbus, Ohio
October 26-28, 2012

Building Blocks for a Brighter Future Family Seminar

Ohio State School for the Blind
Columbus, Ohio
September 29, 2012

For more information on any up-
coming ACB-Ohio events, call
(800) 835-2226 or log on to
www.acbohio.org.