Hello All,

The Seniors Issues Division of the NFBMD is starting a new series of conference calls filled with great information.  The first call will take place on Monday, Sep. 8.  Below is the whole schedule.

For further information contact Ruth Sager, 410-602-9030 or [rsager@bism.org](mailto:rsager@bism.org)

Listen, learn and enjoy.

Sharon Maneki.

**NFBMD Senior Division Conference Calls**

Conference calls will take place on the second Monday of the month starting at 10:00 am.  They will last about one hour.  Use the number below to dial in and then add the access code as directed.  A moderator will facilitate each discussion.

**Conference Call Number:  712-432-1500 -- Access Code:  759633 pound**

                9/8/14   10:00 am              Reading options—large print, e-books and more

                10/13/14              10:00 am              Developing alternative techniques for daily living

                11/10/14              10:00 am              Social interactions—participating in family Events

                12/8/14 10:00 am              What does independence look like to me?

                1/12/15 10:00 am              Enjoying recreational activities

                2/9/15   10:00 am              Shopping

                3/9/15   10:00 am              How to ask for assistance

                4/13/15 10:00 am              Traveling outside my comfort zone

                5/11/15 10:00 am              Surviving or Living

                6/8/15   10:00 am              Cooking for pleasure

Come join us and learn new ways to “Live the Life YOU Want!”    …  Ruth