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## **Accessible News Anywhere**

### **Highlights from NFBNY-NEWSLINE**

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#### **Greetings from President Robinson**

As this edition of this newsletter was being made ready for publication, I received the very sad news that Carl Jacobson, Past President of the NFB of NY, had passed away after a prolonged illness.

Carl served as President of the NFB of NY from 1997 to 2019. He was largely responsible for bringing NFB-NEWSLINE® to New York, instrumental in obtaining funding for the service from the Commission for the Blind, securing a three-year grant from the Legislature to cover operating expenses, and a grant from National to cover marketing cost. Without Carl's tireless efforts to

bring NFB-NEWSLINE® to New York and secure funding for the service, our work on your behalf would not have been possible.

On behalf of the New York NFB-NEWSLINE® team, I want to express our sincerest condolences to Carl's wife, Mindy, and to his family.

#### **Winter is the Right Time to Plan Ahead**

Now that we are firmly in winter's grip, and two record breaking winter storms left many of our subscribers living in and around Buffalo, digging out from feet of snow, it is not too soon to be thinking about getting ready for spring gardening, taking long walks, or going for a brisk jog

through city streets or winding country roads.



In this issue, we explore ways of using NFB-NEWSLINE to improve your well-being and get ready for spring gardening and everything else spring related.

## **You are Always Welcome at the Monthly NFB-NEWSLINE Roundtable**

Join us every month at the NFB-NEWSLINE Roundtable. Usually, we gather at every second Sunday of the month at 7:30 P.M. From time to time the date of the meeting changes to accommodate a special event, but we try hard to keep to a consistent schedule.

If you are an NFB-NEWSLINE subscriber and have provided your email, you will receive an email about a week before the meeting letting you know the date, time, and Zoom link information for the gathering. You can also check the New York State Specific Channel or the NFBNY web site at [nfbny.org](http://nfbny.org) for information.

The NFB-NEWSLINE Roundtable, is a monthly program that gives you, as an NFB-NEWSLINE subscriber, and anyone else interested in NFB-NEWSLINE, an opportunity to compete for one of two gift cards. This is also your opportunity to talk with us and each other about topics of interest that you may have run across while using NFB-NEWSLINE.

The Roundtable is an ideal opportunity for you to meet other subscribers, get your questions about NFB-NEWSLINE answered, and receive help with any issues you may be having.

As always, thank you for being an NFB-NEWSLINE Subscriber and supporter. If you need to reach a member of the New York NFB-NEWSLINE Team, our contact information is provided at the end of this newsletter.

## **Winter Reflections and Spring Anticipation**

For me, the new year sparks curiosity and gives me a reason to recalibrate my purpose. Like so many people, I am inspired to reflect as the new year dawns. Once the holiday season has sped by, and I am over the bittersweet feelings that come in its wake; I tend to feel optimistic over the prospect of a whole new calendar to fill. With that inspiration in mind, I turned to NFB-NEWSLINE in early January.

At first glance, my major goals for 2023 might seem conflicting, but they converge in many ways. I need to make use of my education upon graduation; but stay healthy and sane in the process!

In anticipation of graduation from law school, I am working to learn the job search feature of NFB-NEWSLINE. After 10 years in higher education, the finish line is in view, and I am thrilled to finally be able to put my training to work. The prospect of scoring my perfect post-grad job is stressful and daunting; but tools like the Job Search feature of NFB-NEWSLINE might be the key to making this huge task more manageable.

Searches are customizable by adjusting several metrics. You can narrow job searches by salary, geographic area, and profession. Over the next couple months, I will be putting this tool to work as I search for new opportunities. Stay tuned for updates on how to get the most out of the powerful Job Search feature of NFB-NEWSLINE.

My other 2023 priority is health. For me, health and wellness goals are perennial. In fact, my interest in self-improvement and physical fitness tends to revive with each new season. But January presents a special opportunity to look forward to new challenges and reflect on successes from the past year.

My 2022 fitness focus was on maintenance! My preference generally is to make tangible progress. Even if only from one pull-up to two, it is nice to have measurable fitness goals.

However, while in student-survival mode, I recalibrated my expectations to be in line with reality. That said, I found great success in movement maintenance by sprinkling it in throughout the day.

This brings me to the first helpful article I found on NFB-NEWSLINE. In search of new fitness techniques, I scrolled through the list of magazines, and I found Runner's World. Not having seen it before, and not being a runner, I was intrigued.

As the publication's name suggests, most of the articles focus on running techniques and tips. However, I was pleased to find an article titled "The Six Minute AM Rep Workout You Can Do Anywhere." This type of movement session is ideal for coffee-break workouts in a small office.

The basic idea is that you perform 10 repetitions of 4 different exercises in Six minutes. It is pleasantly challenging to quickly cycle through the lunges, plank shoulder taps, and squats suggested. Even better, the article provides a reminder that I can be creative and structure my own mini workouts in small blocks of time.

I found this article by visiting the 'Web News On Demand' link at [nfbnewsonline.org](http://nfbnewsonline.org). I took advantage of the option to receive the article via email, so that I could easily hang onto the text for future reference.

While plotting my fitness journey for 2023, I had a lot of fun by performing a Global Search. I used the term "Health and Wellness." Those are general enough that they turned up a generous variety of articles. But specific enough that I knew there would be some interesting health tidbits in the mix.

I spent some time reading articles from Bench and Barr. I was tickled to find that what I thought was a fitness magazine, turned out to be legally oriented. Not weight bench and pull-up-bar, but rather, judges' bench and lawyers' bar; and I enjoyed a few articles written by a Harvard physician about attorney health and wellness.

I learned that the legal profession is burdened by disproportionately high rates of substance misuse and mental health issues. Not surprising among a bunch of perfectionists who like to bicker all day long. Finding this magazine is just one of many examples of informative gems that one can uncover when exploring NFB-NEWSLINE.

-- Maura Kutnyak-Smalley

## **Banishing the Winter Blues with Help From NFB-NEWSLINE**

Cold, snowy weather came late to Upstate New York this year, but we are in the heart of winter as I write this article. Snow and ice on sidewalks and roadside shoulders are making walks with my guide dog more challenging than usual. And chilly temperatures make me want to hurry back inside to warm my fingers and toes.

To take my mind off my winter blues after one particularly frigid excursion into the cold, I found myself thinking about spring, with its warm sunshine and green, growing plants. In just a few weeks, I thought, all this cold weather will go away. Soon it will be time to start planning for this year's garden. Then something else occurred to me. Maybe I wouldn't need to wait for those few weeks to pass. Maybe I could start thinking about that garden right now. And maybe I could use NFB-NEWSLINE to help with the planning.

Since my laptop was open on my desk, I decided to use the Global Publications Search option available on NFB-NEWSLINE online at [nfbnewslineonline.org](http://nfbnewslineonline.org). I used "garden" as my first search term

and selected the option to receive the results by email.

When I opened the message, I was quickly reminded of a lesson I learned back when I was first discovering how to perform searches online. If you make your search terms too general you will get more results than you ever thought possible, and most of them won't be what you're looking for. In this case, along with a small number of articles about gardening, I found announcements of events and even several obituaries. They had an address listed in each with the word "garden" - Garden Street, Garden Gate Road, Garden City - and therefore ended up in my search results. So, off to the Modify Search option I went to try to narrow my search. I was much more successful when I used the terms "gardening", "plants", "seeds", and even "birds".

As a blind gardener who has planted seeds directly into my garden in the past, only to struggle to figure out which of the shoots emerging from the soil a few days later were the plants I was hoping for and which were weeds, I found some helpful tips for dealing with seeds and small plants in an older article from *The Federationist in*

*Connecticut* -- Summer 2020 edition.

In *Popular Science* articles from January, I found an intriguing description of how acrobatic beetle bots could inspire the latest leap in agriculture. Robotic beetles? Really? I had no idea such things were being developed.

The January edition of *Better Homes and Gardens* had an article called "Life in Color", which included creative landscaping ideas.



And an article in the January edition of *Mother Jones* provided me with some information about rain gardens. I learned about what they are, why they are useful, and how they can be helpful - not only in urban settings, but also in open spaces in our own back yards.

These are just a few examples of the resources I found, and I feel as

though I only just tapped the surface of what is available. Now that I have gardening to think about along with the latest winter weather predictions, you can be sure I'll be logging into NFB-NEWSLINE on a regular basis to search for more tips and creative ideas to help my garden grow when the much-anticipated spring planting season finally arrives.

-- Mary Lou Mendez

## **A Sobering Update on the NFB-NEWSLINE Funding Bill**

In our 2022 Third Quarter Issue of the Newsletter, we reported that legislation that would provide annual funding for NFB-NEWSLINE had passed the State Legislature. We also reported that the bill just needed to be signed by Governor Hochul.

Two days before the Christmas holiday, we learned that the Governor had declined to sign the Bill. In her veto message, the Governor raised objections to the source for the funding of NFB-NEWSLINE.

However, her message left the door open to providing funding from other sources. We'll keep you

posted on our efforts to secure the funds we need to provide you with the outreach, training, and access to additional publications and information you deserve.

## **Your Questions and Comments are Always Welcome**

Please help us to improve the way we serve you. You can help by providing us with feedback. Sharing your comments and questions with us and other subscribers lets us know not only what is working, but just as important, what we can do to better serve you.

Once again, thank you for being an NFB-NEWSLINE subscriber and for your interest in NFB-NEWSLINE. As always, our contact information appears at the end of the issue.

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