Hi You All

RE: The NFB Seniors Division’s 2020 Virtual Senior Retreat

Please consider this training opportunity for yourself, and/or pass it on to other seniors! Below find an informational flyer, followed by a registration form. This virtual training event will temporarily replace our face-to-face retreat.

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**LIVE THE LIFE YOU WANT**

2020 VIRTUAL SENIOR RETREAT

Sponsored by the NFB Seniors Division

October 18th-24th

This virtual retreat focuses on promoting a sense of wellbeing and self-confidence despite living with newly acquired vision loss, and/or lifelong blindness. Our collective experience has taught us, that learning about blindness from competent blind people, while sharing the camaraderie of fellow retreat members, strengthens personal growth and guides seniors to advocate for themselves. Participants can look forward to receiving training in basic skills in adaptive techniques, development of new strategies for solving problems, an introduction to valuable resources, all to be better able to determine for themselves, what steps they can take to Live The Life They Want. We cannot overstate the positive impact an individual will experience as a member of a group of seniors, working together, sharing the life-changing activities in a retreat of this nature; just ask one of our recent graduates!

Please use the registration form which follows this flyer, or visit our website http://seniors.nfb.org to fill out the registration form and pay the entrance fee, before September 30th. Come join with us to explore the possibilities of taking control of your life, and accepting vision loss by learning from a supportive, caring group of successful blind Americans.

Cost of the retreat: $50.00 per participant. This covers the entire week of training, and a list of valuable resources.

For any questions you may have, please contact Ruth Sager, President, National Federation of the Blind Seniors Division.

Phone: 410-602-9030

Email: rsager78@gmail.com

Much more information relating to blindness can be found on our Seniors website: http://seniors.nfb.org

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**LIVE THE LIFE YOU WANT**

2020 VIRTUAL SENIOR RETREAT

October 18th-24th

Registration Form

**Provide us with the following information and submit it no later than September 30th.**

Name:

Email Address:

Preferred Phone Number:

Address, Street:

City:

State, Zip Code:

Have you had any skills training in blindness techniques in the past? Yes- No-

When did onset of blindness occur? Within the past year- Within the past three years- More than five years- More than ten years- Longer-

Check the classes you are most interested in learning:

Cane Travel (cane required, preferably, NFB straight, rigid cane)-

Beginning Braille-

Daily Living-

Organizational Skills-

Exploring Hobbies-

Basic information on iPhone and IOS devices-

Meaningful Discussions on Living With My Blindness-

Our greatest gift to you during this training, is to teach you how to think as a blind person needs to think. All your instructors are competent blind people who use these skills on a daily basis, and have been sharing this knowledge for years.

Note: It is highly recommended that you acquire a long, rigid white cane, free from the National Federation of the Blind. to practice with the instructors as you learn techniques for proper use, storage, and traveling with a white cane. The proper length of your cane, when standing it vertical at your front, it should extend up to your chin but not higher than your nose. Canes should be ordered no later than September 5th, in order that you receive it in time to participate in this retreat. Please contact the National Federation of the Blind- on-line at- <https://www.nfb.org/programs-services/free-white-cane-program>

or by phone at- 410-659-9314.

Also, if you checked (yes) to having an interest in learning beginning Braille, you will receive a Braille booklet. Note: If you do not own a slate and stylus, the long-time tool for writing braille, the NFB will give you one, free! Here is the link to have one sent to you.

<https://www.nfb.org/programs-services/free-slate-and-stylus-program>

The cost per attendee for this retreat is $50.00. It can be paid on our website via PayPal, or credit card. Or, by check and sent to our Treasurer:

Seniors Division

Duncan Larsen

Colorado Center for the Blind

2233 West Shepperd Ave.

Littleton, CO 80120.

The check should be made out to: NFB Seniors Division. In the memo field, write- SENIORS RETREAT.

Note: Submitting a completed registration form can be either: Included with your payment being sent to the above address. Or, for those who use email, copy this registration form, or download a copy, and paste it into a message, fill in the blanks, and send it to: [nfbseniorsdivision@gmail.com](mailto:nfbseniorsdivision@gmail.com)

Fees are nonrefundable; money will be considered a donation to the Seniors Division. The registration fee must be received no later than September 30th.

Should you have any questions, please contact Ruth Sager, President NFB Seniors Division

Phone: 410-602-9030 or

Email: rsager78@gmail.com

Note: Once your registration has been reviewed, the retreat team will send you the information necessary for you to call into the classes that you are scheduled for; this phone platform is Zoom. If you need Some assistance in knowing what to do to make this work for you, please email, or call! this platform will work for the person using a landline phone, or a smart phone, or a computer.

We look forward to your participation in our first-ever virtual Senior Retreat.