Virtual Retreat Agenda

\*\*Sunday, October 18, 2020

4:00-5:30 PM Eastern Time. Topic: Meet and Greet; Overview of the Week; Discuss any logistical details to make the retreat flow smoothly. Lead Instructor, Ruth Sager. Encourage students to ask questions at the end of each session or, send them during the meetings.

Second topic: You Don't Have To be Totally Blind to Benefit From This Training.

Follow with Question and Answer period.

Third Discussion of the Evening: Lead Instructor, Diane McGeorge. Why Is Saying "Blind," helpful to Regain My Independence?

\*\*Monday: October 19, 2020

 12:00-1:00 PM EDT. Cane Travel: Lead Instructor, Wayne Marshall.

Topic: All About Canes—What The Cane Can Do For You! Length of cane, types of canes, arcing, tapping, gripping the cane.

1:00-2:00 PM EDT. Learning New Hobbies, Retaining Old Favorites and Making Adaptations: Lead instructor, Robert Newman.

First topic: Learn what the NFB Independence Market has for us, games, Adaptive equipment and supplies needed for a variety of hobbies. Also, learn how to adapt some of your favorite games. Presenter- Ellen Ringlein, Manager of the NFB Independence Market.

Second topic: Knitting Non-visually. Presenter- Gail Snider.

Third topic: (A duo) A wife and husband team: Wife- Helping others trouble-shoot computer problems, sewing, and collecting music boxes and their songs. Husband- I am a vocalist, pianist and writer of gospel music; I call myself a "choir freak.” Presenters- Judy and Chris Jones

2:00-3:00 PM EDT. Break.

3:00-4:00 PM EDT. Technology: Lead Instructor, Jane Degenshein.

Topic: Basics of iPhone: Learn navigating your iPhone, and some gestures. Presenter- Steve Cook, District 2 State Board Member NFBSC.

4:00-5:00 PM EDT. Daily Living: Lead Presenter- Diane McGeorge.

Topic: Organizing your kitchen: marking appliances, labeling household items, finding items on tables or countertops, pouring liquids, table etiquette, maintain proper posture.

\*\*Tuesday, October 20, 2020

12:00-1:00 PM EDT. Cane Travel: Lead Instructor, Wayne Marshall.

Topic: Indoor Travel— shorelining, detecting various surfaces, using different grips, listening for echo sounds, finding open spaces, closed areas, traveling on carpeted areas.

 1:00-2:00 PM EDT. Learning New Hobbies, Retaining Old Favorites and Making Adaptations: Lead instructor, Robert Newman.

First Topic: Jewelry maker/artist. Presenter- Carlos Sanchez

Second: Leather crafter; most anything in leather. Presenter- Jack Rupert

Third Topic: Crocheting non-visually. Presenter- Nancy Oltman

2:00-3:00 PM EDT. Break.

3:00-4:00 PM EDT.

Technology: Lead Instructor, Jane Degenshein.

Topic: Step 2 for the iPhone, continuing with more specific information. Presenter- Matt Vollbrecht.

4:00-5:00 PM EDT. Organizational skills: Lead Instructor, Shelley Coppel.

Topic: Organizing print material, using sighted readers, filing, keeping records and calendar for appointment. pen friend, Bible Currier, pocket recorder. Presenter- Frank Loza.

\*\*Wednesday, October 21, 2020

12:00-1:00 PM EDT. Cane Travel: Lead Instructor, Wayne Marshall.

Topic: Outdoor Travel—using cardinal directions, shorelining, using sun location, understanding traffic patterns, using traffic flow, outdoor echo and sound cues.

1:00-2:00 PM EDT. PM - Learning New Hobbies, Retaining Old Favorites and Making Adaptations: Lead instructor, Robert Newman.

First Topic: A collector of nautical history and memorabilia on US Navy ships carrying the name of, New Mexico. Also, a collector of antique firearms. Presenter, Greg Trapp

Second Topic: Gardening in your back yard. Presenter- Ramona Walhof

2:0-3:00 PM EDT. Break.

3:00-4:00 PM EDT. Technology: Lead Instructor, Jane Degenshein.

Topic: Seeing AI and Introduction to other useful apps. Presenter- Steve Cook, District 2 State Board Member NFBSC.

4:00-5:00 PM EDT. Informational Seminar: Lead Instructors Judy Sanders and Shelley Coppel. Topic: Services and Programs Sponsored By The NFB; other useful information.

\*\*Thursday, October 22, 2020

12:00-1:00 PM EDT. Cane Travel: Lead Instructor, Wayne Marshall. Topic: Outdoor Shorelining, finding curbs, driveways, entrances, crossing streets.

1:00-2:00 PM EDT. Learning New Hobbies, Retaining Old Favorites and Making Adaptations: Lead instructor, Robert Newman.

First Topic: Writing as a hobby, and more. Presenter- Shelley Alongi, President of the NFB Writers Division

Second topic: Restoring and caring for vintage cars, and home maintenance. Presenter Frank Loza

 2:00-3:00 PM EDT. Break.

3:00-4:00 PM EDT. Technology: Lead Instructor, Jane Degenshein.

Topic: All About Newsline. Presenter- Scots White, NFB Executive Director of Sponsored Technology Programs.

4:00-5:00 PM EDT. Philosophy: Lead Instructor, Diane McGeorge with Shelley Coppel.

Topic: Family Dynamics: How can I maintain my independence and ask for help from my family when I need it? Also, how to decline assistance when I don't think that I do need their help, without offending them?

\*\*Friday, October 23, 2020

12:00-1:00 PM EDT. Cane Travel: Lead Instructor, Wayne Marshall.

Topic: Traveling Using ALL Modes of Transportation—public, private; stowing the cane, asking for directions, asking for assistance.

1:00-2:00 PM EDT. Learning New Hobbies, Retaining Old Favorites and Making Adaptations: Lead instructor, Robert Newman.

Topic: Join Jill Rossiter, 1st Vice-president of the NFB Krafters Division; First learn about the Krafters division. Then, for a new twist on an old chore, Jill will teach how to fold towels into cute shapes which can be used to impress your house guests; a sailboat, a rabbit, and a swan. Not only will you learn a new craft, but you will develop your listening and directional skills to help you with all facets of life.

What you will need:

3 square wash cloths

1 hand towel

1 bath towel

1 rectangular dish/ drying cloth

5 rubber bands

2:00-3:00 PM EDT. Break.

3:00-4:00 PM EDT. Technology: Lead Instructor, Jane Degenshein.

Topic: Amazon Alexa "tips and tricks". Presenter- Jerry Moreno.

4:00-5:00 PM EDT. Finding Solutions: Lead Instructors, Judy Sanders, Glenn Crosby.

Topic: What If.... Strategizing solutions to those social situations we all find ourselves in when we can't think of an immediate good resolution. Problem-solve with your newfound blind colleagues!

\*\*Saturday, October 24 1:00-2:00 PM EDT. RAP-UP Session: Ask final questions, share your successes from the week.