BREAKING NEWSLETTER

Issue 26 July/August 2020

# President’s note

Greetings Federation Family,

**We just had a great virtual national convention. We are ow planning for our virtual 2020 Sate Convention October 2nd – 4th. Mark your calendar to join our federation family sharing our love, hope and strength!**

Let us continue to reach out and share our love, hope and strength with one another.

Denise Valkema, President NFB OF Florida

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

We are filled with hope, energy and love by participating in the National Federation of the Blind. Every day we work together to help blind people live the lives they want.

# How to navigate our newsletter with headings: To enable the quick keys on/off with JAWS use the command “insert + z”. By default, the quick keys are off in Microsoft Word. To browse through the headings of the newsletter. Make sure you have quick keys on and then press the letter “h”. This keyboard command will move from heading to heading on the document. When you find the title of the heading you would like to read, you can use the “insert +down arrow” or the “insert +numbpad2”.

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# 

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**July:**

*Leonardo Barnes - Palm Beach*

*Rosemary Brunson - Treasure Coast*

*Marion Gwizdala - Tampa Bay*

*Joe Lenartiene - Treasure Coast*

*Danny McGary - State-Wide*

*Drew Merritt - Palm Beach*

*Sherrill O’Brian - Tampa Bay*

*Carmen Poitier – Miami-Dade*

*Cynthia Pool - Treasure Coast*

*Kathy Roskos - Gainesville*

*Tekesha Saffold - Palm Beach*

*James Young - Tallahassee*

**August:**

*Alice Augustine - Miami-Dade*

*Carmen Davis - Miami-Dade*

*Angelo Delvilla - Miami-Dade*

*Doreen Franklin - Treasure Coast*

*Nellie Haynes - Miami-Dade*

*Vandelon Holland - State-Wide*

*Douglas Ingram - Tallahassee*

*Arlene Naulty - Melbourne Space Coast*

*Cecelia Rodriguez - State-Wide*

*Julia Savage – Melbourne Space Coast*

*Christian Shehan - Palm Beach*

*James P. Shehan - Palm Beach*

*Alesia Smith - Miami-Dade*

*Wendy Wilson - State-Wide*

***Anniversaries:***

*Marion Gwizdala and Merry Schoch - Tampa Bay - July*

*Nicole and James Shehan - Palm Beach - July*

*Monique and Rufus Bowden - Tallahassee - August*

# Important Calendar Events

**State Convention:**

Join us for our 50th Anniversary State Convention 2020

It will be held virtually October 2 – 4th, 2020

# Article, Announcements and Comments

**Sunrise and Shine with NFB Newsline**

This wonderful and enlightening Zoom call is back. They returned Thursday July 23rd. Please join us, look out on the list serve for information on the upcoming meetings. If you have any questions, please feel free to reach out to Russ Davis at the contact information below. Russ Davis, Coordinator, NFB Newsline of Florida, 1-844-827-7371 extension #1, Email: newslinesupport@nfbflorida.org

Memorials:

We are sorry to announce the Alan Morris, husband of Mary Hannah-Morris, passed away on July 20, 2020. Mary is the Treasure Coast Chapter secretary. We ask your thoughts and prayers for her and her family.

Michael Nagleberg was a active member of the Palm Beach chapter for over 20 years and served as an advocate in the blind community. He served in the military, which he was a soldier in World War II. He was blessed to live to see 101 and he will be deeply missed! May his soul and spirits rest in peace!!

Leadership Appreciated

The Miami Dade Chapter members are excited to say we are Bless to have State President Denise Valkema, and President Jorge Hernandez, as dedicated members in our chapter.

Our Heartfelt Thanks to President Hernandez for all he is doing to keep us informed and connected during this time. We sincerely appreciate him taking time out of his busy schedule to train us on the zoom platform, which was most helpful in preparing us for the National convention; and as a result of his remarkable training members were able to participate and enjoy the convention. So, we have now graduated from using a conference line to zoom. Again, on July 23 rd, President Hernandez called a meeting so we could engage in dialog and share our experiences at the national convention.

Thank you for this moment to share; we have much to be Thankful for in Miami because we have THE BEST! President in the affiliate.

“Blessings to all.”

Submitted by Lorna Gray.

# Apple Tips and Tricks

Apple Tips and Tricks

By Camille Tate

Your Phone’s Hidden Buttons

We have reviewed putting calls on hold and getting back to our original call. We have talked about accessing voice over help without going through the settings menu. We have discussed other little tips and tricks for using our iPhone. Now, how about learning the hidden buttons on the phone app? You may be aware of these buttons, especially if you have already put someone on hold. But, what about the other buttons? Why are those buttons not always available? Hmmm, I do not have all the answers, but I can maybe talk about some of those buttons that will come in handy.

A previous article described how to place a call on hold. To refresh, when talking on the phone, another call comes in. You will get a series of buttons along the bottom of the screen. Those would be, for example, “Accept”, “Decline”, “Message”, “Hold and Accept” or “End and Accept”. You may get several, all or only one of those options.

What if you would like to call someone else or bring another person on to a call? It can be done, although not every time.

If you dial a phone number, by typing the phone number into the keypad, for example, these buttons may not be available to you. I have run into this issue. However, for the most part, this is not a problem.

Let us say I must help a chapter member come to our teleconference meeting. I have the member’s name in my contact list and ask Siri to call that person. Once they have answered, a button becomes available below the keypad. Flick or slide your finger past the keypad, towards the right edge of the phone. Somewhere along the right edge of the phone is a button that says “Hide”. Select it. Now, an array of buttons becomes available to you.

What buttons are these and what do they do? I will go over some of the more important ones.

Let’s think of a rectangle or square grid. At the top left side is the mute button. If you are a voice over user, the mute button on the side of the phone does not mute anything. Some of us found this out the hard way. By double tapping this button, your side of the phone conversation cannot be heard by others on the phone. You can still hear them, but you can mute yourself if in a noisy area or about to make noise. Double tapping the button again will unmute you. If you are switching from one call to another, this button may appear as the “Select Hold” button, which will bring you back to a call after you have put someone on hold.

Below the mute button is another important button that will change depending on what action you want to achieve. If you are talking to one person on the phone and wish to add another call, this button is “Add Call”, This is where you can call someone, either from your contact list or by typing their phone number into the keypad. Once the second person picks up their phone, this button, which becomes grayed out, will be “Merge Call”. If you want to have a three-way conversation, double tap this button and in a few seconds, you have both calls together and can proceed on your way.

Now, if the second person you are trying to call does not answer, the button to the right of the “Add/Merge Call” is the “Swap” button. If the second person does not answer and their voicemail or answering machine kicks on, this button, which was grayed out, then becomes active and you can swap this call for your first call. It is the same procedure you use when you have put someone on hold to answer another call and do not want to merge both calls together.

There are other buttons in this grid, but mostly you will be using the mute, add call, merge call, swap or select hold buttons. Some of us have used these buttons to help bring members to conference calls when they do not have access to long distance or have trouble dialing the phone. It is great for having your own conferences with friends without having to go all techie!

# Laugh it up!

Laugher is the best medicine. Take as much as you like.

**A Riddle:**

On a fine, sunny day a ship was in the harbor. The ship began to sink. There was no damage to the ship, yet it sank right in front of everyone’s eyes. What caused the ship to sink?

**Answer:** It was a submarine. The captain ordered the ship to dive.

# Member Spotlight

Member Spotlight

I, Joyce Taylor, vice-president of the NFBF, Melbourne Space Coast Chapter, am overwhelmed by being recommended for the NFB Spotlight Member for the State of Florida Newsletter by Camille Tate, President of the NFBF, MSCC. She is a wonderful, loyal, and dedicated leader and on fire for the organization - it seems to be contagious! After attending my first National Convention in Orlando 2018 and then the State Convention in Boca Raton last year, I, too, became a loyal, dedicated and committed member of the NFBF. I joined this Chapter in 2016, and was appointed as Acting VP, followed by being voted in as VP in 2019.

Prior to moving to Florida, I was affiliated with the NFB New Jersey Chapter for a short period of time and attended the NFB State Convention in Clark, NJ under the auspices of President Joe Ruffalo, Newark, NJ.

My personal testimony is as follows:

I have been totally blind for 19 years due to glaucoma and numerous surgeries. My blind date is July 9, 2001, and I did not waste any time by enrolling into the Joseph Kohn Rehabilitation Center in New Brunswick, NJ in April 2002. In August 2002, I completed the Program and successfully completed an ADDITIONAL ONE MONTH extended course entitled the "Bridge" program which was designed to bridge the individual back into the workforce. Once completed, since I already had my master’s degree in Theology, I decided to enroll in the Eastern Bible Institute Seminary School’s Doctoral Program for two years. I graduated in June 2004 with a Doctorate in Religious Education and as Valedictorian of the Class with perfect attendance. This allowed me to represent the blind community and prove that we can compete as well as be a part of the world and successfully accomplish anything we set our minds to do. We can do all things through Christ who strengthens us! It is about getting the job done! We, the blind, may not use the same method as others; however, as long as the job is well done then we have accomplished our goals.

These accomplishments have propelled me forward and now I am volunteering as an Instructor Introducing the students to JAWS in a blind school in Satellite Beach, FL. (The Brevard Association for the Advancement of the Blind (BAAB) which allows me to teach with a passion (encouraging, inspiring, and giving back everything, I was taught and everything I learned on my own).

My motto is "Don't let blindness get the best of you, Take control by accepting the things that you cannot change and move forward and achieve your dreams no matter what your situation may be. Make it work for you; do not submit to it. Take charge! It takes a special person filled with tenacity and a made-up mind to master blindness. Once you accept your condition, then you are on your way to being a CHAMPION, and the sky is the limit!

God bless,

Dr. Joyce Taylor

# Recipe Conner

Submitted by Sylvia Young

Chicken Tetrazzini

**6 boneless/skinless chicken thighs**

**1 package thin spaghetti**

**1/2 teaspoon salt**

**1/2 teaspoon pepper**

**1/2 teaspoon garlic salt**

**1 can of Cream of Mushroom**

**1/2 cup chopped onion**

**1/2 cup chopped bell pepper**

**1/2 stick butter**

**1 can of Rotel tomatoes**

**8 ounces grated cheddar cheese**

**Boil chicken and shred. Save the broth. Add garlic salt to chicken broth and boil spaghetti in broth. Cook onions and bell pepper in butter until tender. Drain cooked spaghetti. Mix all ingredients except one half of grated cheese. Place in a baking dish and top with rest of cheese. Bake for 30 minutes or until cheese is melted at 350 degrees F.**

**If the mixture seems too dry, add some of the chicken broth.**

# Health and Wellness

**Health Tips for Women**

Women need to get healthier and take better care of their bodies. Here are some of the preventive measures that women can do to improve their overall health:

1 Visit your doctor to receive regular checkups and preventive screenings for ovarian and cervical cancer. A lot of women’s illnesses go unnoticed and undetected because they don’t go to their doctors regularly. If something’s bothering you, seek medical advice. Even if it’s something as trivial as low pain in your abdomen, consult your doctor, especially if you think that there’s something more to it. Remember that you know your body well and that you alone can make the decision to seek professional help.

2 Live an active lifestyle. A sedentary lifestyle will lead to many health concerns such as cancer, anxiety and depression, cardiovascular diseases, obesity, decrease in skeletal muscle mass, and elevated cholesterol levels. The Center for Disease Control (CDC) suggests that men and women need 150 minutes of moderate exercise or 75 minutes of a more strenuous physical activity. Health professionals also suggest walking 10,000 steps per day to improve health and reduce health risks.

3 Eat healthy food. Your unhealthy food choices could be leading to serious health concerns now and in the future. Cut down on the sugar and carbohydrates that you take and start investing in healthier recipes that include a lot of greens and fruits. Instead of snacking on chips, biscuits, and sugary drinks, choose food that is low in oil and sugar, such as Greek yoghurt, mixed nuts, apple slices, celery sticks, and dark chocolate with almonds.

4 Sleep and manage stress. You should not only take care of your physical health, but you should also take notice of your emotional and mental needs. Make a conscious effort to have at least eight hours of sleep a day. Avoid your stressors. If you’re having trouble sleeping, you might have to consult a sleep specialist. A lot of women are so stressed because of their duties as wives and mothers that they lose sleep and are often emotionally, physically, and mentally exhausted. Once in a while, leave the kids to their dad or their grandparents. Take a short trip somewhere or even just two hours of a nice massage. It will do your body and spirits good.

Who else is going to care for your bodies but you? Seek help not only when you are ill but also before the symptoms even manifest themselves. Read up about the different health concerns that women are susceptible to and learn about the medical procedures available to you. Your journey to a healthier you may be fraught with challenges, but knowledge and prevention will bring you closer to your goals.

# Link City

Here are some important links that may be of interest.

**NFB:** <https://nfb.org/>

**NFBF**: <http://nfbflorida.org/>

**Braille Monitor – July 2020** <https://www.nfb.org/images/nfb/publications/bm/bm20/bm2007/bm2007tc.htm>

**Presidential Release: Language, Action, and Destiny: The Lived Experience of the Organized Blind 2020 Convention** [**https://www.nfb.org/resources/speeches-and-reports/banquet-speeches/language-action-and-destiny-lived-experience**](https://www.nfb.org/resources/speeches-and-reports/banquet-speeches/language-action-and-destiny-lived-experience)

**Nation's Blind Podcast – July 2, 2020 – Learning Together in the Time of Coronavirus (Part 1 of 2)** [**https://www.nfb.org/sites/www.nfb.org/files/2020-07/nations\_blind\_podcast\_july\_2020\_angela\_wolf\_segment\_1.mp3**](https://www.nfb.org/sites/www.nfb.org/files/2020-07/nations_blind_podcast_july_2020_angela_wolf_segment_1.mp3)

**And July 23, 2020 – Learning Together in the Time of Coronavirus (Part 2 of 2):** [**https://www.nfb.org/sites/www.nfb.org/files/2020-07/nations\_blind\_podcast\_july\_2020\_angela\_wolf\_segment\_2.mp3**](https://www.nfb.org/sites/www.nfb.org/files/2020-07/nations_blind_podcast_july_2020_angela_wolf_segment_2.mp3)

# Inspiration Corner

*“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

***-Maya Angelou***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

We had an exciting milestone! We held our first ever virtual convention and it was a spectacular success! Now it is time to get back in gear regarding our legislative priorities. We have some exciting news to share.

Speaker of the House Nancy Pelosi addressed the convention and made an announcement. Speaker Pelosi announced that the Access Technology Affordability Act, h.R.2086, was attached to the Heroes Act. Due to all the hard work of members of the National Federation of the Blind, we obtained 112 co- sponsors. Each of us deserve a round of applause and back-slapping for the results of our efforts. Every year we traverse the halls of Congress advocating. This patient persistence is what fueled the success we achieved this year.

Speaker Pelosi spoke about the importance of our advocacy work and how vital this work is to bring blind people into full and equal partnership in the communities where we live. Senator Dick Durbin also spoke at length during the convention, espousing the same insistence on how vital our advocacy work affects all disabled people.

July 14, Florida’s Department of State certified Democracy Live as the Electronic Ballot Delivery System that can be used to vote. What is an Electronic Ballot Delivery System? It is software that will deliver your ballot to you electronically and allow you to mark your selections, without having another person fill out a paper ballot for you. Depending on how Florida has allowed for ballots to be returned if voters decide to use this method, you, as the voter will either print out your ballot and mail it back to the Supervisor of Elections or you can return your ballot electronically. Although some call it online voting, in fact, you cannot cast your vote electronically. In the event of an electronic return of a ballot, it is printed at the Supervisor of Elections office and then verified and counted in the same manner as those returned via postal mail. Any ballots that are sent in using Democracy Live will present in the same manner as those sent by mail. The beauty of this system is that anyone can use it, whether they are blind or sighted and their ballots all look the same.

There was a settlement reached and announced on July 26, regarding Democracy Live’s Electronic Ballot Delivery System. In reviewing this settlement, it appears that only five counties in Florida will be required to have this system in place for the November 3 General Election. Miami-Dade, Pinellas, Nassau, Volusia, and Orange. While this seems like a great victory, we must be cautious. No other counties (and there are 62 remaining) will not be required to have this system until March 2022.

As the 30th anniversary of the Americans with Disabilities Act passed on July 26, we should take a moment to dwell on the hard work involved in getting this legislation and all legislation passed to protect and preserve our right to live equally in society. The ADA was designed to level the playing field, so to speak, between the disabled and non-disabled community and to foster the day when we are one society.

Our advocacy work is not done! We continually strive to make education, employment, and general daily living equal for all of us. Join our Legislative Committee on the third Tuesday of each month at 8 p.m. Meeting notices are posted to both Florida email lists. We encourage all members to participate in our legislative efforts. One voice can be drowned out, but hundreds and thousands will be heard.

For further information, contact the Legislative Committee Co-Chairs:

ctate2076@att.net Camille Tate, Ctate2076@att.net, 321 372 4899

Merry Schoch, merrys@verizon.net, 813 625 1850

# Photo Gallery

**WE’LL BE BACK NEXT ISSUE**

# Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: 954-946-4148, Email: [jmac1920@yahoo.com](mailto:jmac1920@yahoo.com). Meetings are held the 2nd Saturday of each month at the Westfield Broward Mall located at 8000W. Broward Blvd. Plantation, Florida 33312 from 10:30 a.m. until 12:30 p.m. meetings take place inside the Plantation Police Outreach Center, just inside the north entrance to the mall.

**Central Florida Chapter:** Marilyn Baldwin, President, 407-293-0565 Home and 407-810-0554 Cell. Meetings are held the third Saturday of each month from 11 A.M. to 1 PM at Lighthouse Central Florida, 215 East New Hampshire Street Orlando, Florida 32804. Please like us on Facebook at: https://www.facebook.com/groups/410985858949160.

**Greater Daytona Beach Chapter**: Brian Norton, President, Phone: 386-871-3359 Email: [brian.edward.norton@outlook.com](mailto:brian.edward.norton@outlook.com). Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. Follow Us on Facebook: [www.facebook.com/nfbdaytona](http://www.facebook.com/nfbdaytona)

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: [gainesville\_nfb@earthlink.net](mailto:gainesville_nfb@earthlink.net). Gainesville Chapter meets monthly. Our chapter has been connecting in the community virtually with the Alachua County Supervisor of Elections Communications and Outreach Coordinator, and staff of the local State of Florida Division of Blind Services and Eldercare of Alachua County Independence with Low Vision Program. It has been an informative and exciting summer. We are looking forward to making more connections and serving in our community. Guests are always welcome.

**Greater Jacksonville Chapter:** Andy Rood, President; radiorexandy@gmail.comm, (904) 844-1449. Meetings are held the first Saturday of each month and take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Please join us if you are in the area. Welcome aboard New President Rood!

**Melbourne - Space Coast Chapter:** Camille Tate,President; Phone: 321-372-4899; Email: [ctate20176@att.net](mailto:ctate20176@att.net). Facebook: [www.facebook.com/nfbmelbourne](http://www.facebook.com/nfbmelbourne). We meet on the second Saturday of each month, currently via teleconference during the current pandemic. Hopefully, we can return to in person meetings soon. Contact Camille Tate, President, (321) 372-4899 for more information.

**Greater Miami Dade Chapter** Jorge Hernandez – President; Phone: 305-877-2311; Email: jeh1065@comcast.net. The chapter held their monthly meeting via telephone conference, and it was great to hear our members and the information shared to assist all of our members in Miami. We are meeting via telephone conference until governmental officials deemed it safe to venture out in groups again. Our meetings are held on the third Thursday of each month at Denny's Restaurant located at 5825 N.W. 36 Street Miami, FL 33166 from 7:00 p.m. until 8:30 p.m.

**Palm Beach Chapter:** Tekesha Saffold, President; 561-707-4799; Email: [tnsaffold82@gmail.com](mailto:tnsaffold82@gmail.com). Meetings are held the Second Saturday of each month at IHOP at 1503 Belvedere Road, West Palm Beach, Florida from 10 am until noon.

**Polk Chapter:** Joe King, President: Phone: 863-293-5648; Email: [joenkitty@earthlink.net](mailto:joenkitty@earthlink.net). Our meetings are held the second Saturday of the month at Perkins Pancake House and Bakery located at 6005 Cypress Garden Blvd. Winter Haven, FL 33884 from 10:00 AM-12:00 Noon.

**Florida State-Wide Chapter:** Paul Martinez, President; Phone: 813-390-5720; Email: [nfbf.statewide@gmail.com](mailto:nfbf.statewide@gmail.com). Meetings are held the Third Sunday of each month at 8 pm (Eastern Time) via conference call using the following number: 605-475-4700 using the access code 800550#.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: [emeraldpink15@gmail.com](mailto:emeraldpink15@gmail.com). We meet the first Monday of each month from 6:30-8:00 p.m., normally at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. However, we are currently meeting via telephone conference until further notice due to the COVID-19 restrictions at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: [NFBF.Tampa@gmail.com](mailto:NFBF.Tampa@gmail.com). Join us on the fourth Saturday of each month, from 12 Noon to 2:00 PM at Beef O Brady's located at 8810 North Himes Avenue, Tampa, FL 33614. The chapter is busy planning a BELL (Braille Enrichment for Literacy and Learning) program. We are looking at holding the program June 17th through the 28th.

**Treasure Coast Chapter:** Tamika Butts, President; 772-708-3749, E-mail: [tamika\_butts@gmail.com](mailto:tamika_butts@gmail.com). The Chapter will have conference call meetings until further notice. Our calls are held the 2nd Saturday of each month.

# Divisions

**Deaf-Blind Division:** The Division meets on the second Tuesday of the month. Keep an eye on the Florida List and Save the Date calendar for meeting notices and announcements. President: Brian Norton.

**Florida Association of Guide Dog Users (FLAGDU):** Merry Schoch, President, Phone: 813-625-1850, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; [chericeflemingtogun@hotmail.com](mailto:chericeflemingtogun@hotmail.com). Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect - NFB of Florida:** Nicole Fincham-Shehan – Coordinator, Phone: 561-768-5424; Email:  [ndfinchamshehan@yahoo.com](mailto:%20ndfinchamshehan@yahoo.com).If anyone has any questions or concerns, please feel free to contact me on my cell number. We will meet via conference call on Tuesday April 14th at 9pm. In addition, if you know of a blind parent or even a blind child who is having difficulties with virtual or distance learning, please feel free to contact me for assistance.

**F.A.B.S. - Florida Association of Blind Students:** Rafael Fernandez, Phone: 305- 903-6299, Email: [rafael.fernandez0617@gmail.com](mailto:rafael.fernandez0617@gmail.com). Call Rafael information and details.

**Communication Committee:** We have been busy proofing items for members, sending out a calendar outline to help us all stay organize, and growing slowly on our social media platforms. Dan has sent out an email regarding our 50th anniversary project and hopefully submissions will start rolling in. We encourage everyone to submit something towards this project. We are trying to wrap up our PSA project, so if you have not recorded the 1-minute message, please do so soon.

**Communities of Faith Group:** We meet on the second Monday of each month at 8:00 P.M. Our group is continually growing, and all are welcome. If you are interest in joining us in this uplifting and comforting committee, call 712-775-7031, Code 938047311# or 1 touch mobile: 712-775-7031,938047311# Marilyn Baldwin Chair or Kathy Davis co-chair.

**Community Service:** Tekesha Saffold – Chair, Phone: (561) 707-4799, Email: [tnsaffold82@gmail.com](mailto:tnsaffold82@gmail.com). Meetings are held the first Tuesday of each month at 8 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Diabetics Group:** Lauren Blum, Telephone: 352-584-0795, Email: [laurenblum79@gmail.com](mailto:laurenblum79@gmail.com). Meetings are held the second Monday of each month at 7pm via conference call using the following telephone number and access code: 712- 775-7031,938047311#.The Diabetic Awareness Group held their meeting on January14th and had a lively discussion on what constitutes as a carbohydrate.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee:** Paul Martinez – Chair, 11903 Rose Harbor Drive Apt: 113, Tampa, Florida 33625, Phone: 813-390-5720, Email: [fundraising@nfbflorida.org](mailto:fundraising@nfbflorida.org)

**Legislative Committee:** The Legislative Committee meets on the third Tuesday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Merry Schoch and Camille Tate.

**NFBF Book Club:** The book club meets the fourth Thursday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311.. Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

**NFB411:** Our next NFB411 Call To be announced.

**Newsline:** Russ Davis, Chairperson. 844-827-7371, [newslinesupport@nfbflorida.org](mailto:newslinesupport@nfbflorida.org)

**President and Vice President Committee:** We would like to know what you all would like to discuss next. We are stronger together, when we work together! Call in number: 712-775-7031, access code: 938047311.

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Technology Q and A:** Rafael Fernandez – Chair; Email: [rafael.fernandez0617@gmail.com](mailto:rafael.fernandez0617@gmail.com). Meetings are held monthly on the fourth Monday at 8:00 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**The National Association of Blind Veterans:** "BLIND VETS SERVING BLIND VETS" Dr. Vernon Humphrey, President; The National Association of Blind Veterans, PO Box 784957, Winter Garden, Florida 34778; Email [mr\_president@nabv.org](mailto:mr_president@nabv.org), Phone: 706-329-7690

# NFBF Board of Director’s Information

Please contact any of the board with questions, comments, concerns or for general information.

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# Editor: Sylvia Young

To have something posted in the NFBF Newsletter please submit it to the editor, Sylvia young at [secretary@nfbflorida.org](mailto:secretary@nfbflorida.org) by the 15th of each odd month.