

**THE NJ COMMISSION FOR THE BLIND AND VISUALLY IMPAIRED**  
**INVITES YOU TO:**  
**THE FEBRUARY 2026**  
**COMMUNITY CONNECTION CALL**

***“Decisions, Decisions, Decisions: Bouncing Back Toward Practical Methods of Self-Care”***

**WEDNESDAY, FEBRUARY 18, 2026 | 10:30AM TO 12:00PM**

***Hosted by Krystle Allen, CBVI Community Outreach Specialist***

WHAT IS YOUR DAILY LIVING MAP PROJECT?

WHAT ROLE DOES SELF-CARE HOLD WITHIN YOUR QUALITY OF LIFE?

WHAT PATHWAYS ARE YOU CROSSING TO ENHANCE YOUR INDEPENDENCE, DEVELOP AND ILLUMINATE YOUR SELF-CARE ROUTINES, AND CEMENT YOUR GROWTH?

If you are still seeking the answers to the above questions. Join the Community Connection Call as we hear from a representative of NJ CBVI’s Project BEST Program who will identify how to access free community eye screenings and provide eye care health tips, highlighting the self-care of Low Vision Awareness Month.

February is Low Vision Awareness Month, and our Resource Providers have information to share that may assist in how you are navigating your self-care practices; whether you are amplifying your interests and could join the Aspect Program at Prevent Blindness, leveling up your independence and could do so with Leader Dog Services, or making your mark on the community and willing to explore the National Organization of Blind Black Leaders.

SELF-CARE IS LAYERED; AND THE MAIN INGREDIENT IS YOU!

**Keynote Presenter:**

- Sandra Williams, Supervisor – Project BEST, NJ CBVI

**Resource Provider:**

- Julie Grutzmacher, MSW, MPH, Director – Patient Advocacy and Population Health Initiatives, Prevent Blindness
- Leslie Hoskins, Leader Dogs
- Sean Callaway, President – NFB of Washington D.C. / National Organization of Blind Black Leaders (NOBBL)

The benefits of networking and sharing information are the primary focus of the Community Connection Calls. This month's *"In Our Own Voices"* panelists will share their stories. All are members of New Jersey's blind, deafblind, and visually impaired community.

***"In Our Own Voices"* Panelists:**

- Derrick Frazier
- Kathy Lomax
- Thomas Carswell

Here are the simple directions for participating in the CBVI Community Connections Call:

**Option 1: Join via Zoom**

1. Either Click the Zoom meeting link here: [Join Zoom Meeting](#)
2. Or Open the Zoom App and Enter the Meeting ID and Passcode

**Meeting ID: 161 116 2134**

**Passcode: 1910**

**Option 2: Join on the phone via One Tap Mobile (click the link from your mobile device)**

- [+16468287666,,1611162134#,,,1910#](tel:+16468287666,,1611162134#,,,1910#) (New York)

**Option 3: Dial-in via Phone**

1. Dial the conference phone number: **1-646-828-7666**.
2. Enter the Meeting ID: **161 116 2134** when prompted
3. When asked for a participant ID, simply press the pound key (#).
4. Enter the Passcode: **1910**

That's it! You're all set to join the meeting.

**Relay Captioning Link for individuals who are Deaf or Hearing Impaired:**

(At the start time of the event, please login by clicking on the link below)

<https://www.captionedtext.com/client/event.aspx?EventID=ddecaefc-ca64-48d6-9e61-51191dbbe118&CustomerID=477>

If you have any questions, or would like to be a Community Connections Call panelist, please don't hesitate to email: [Krystle.Allen@dhs.nj.gov](mailto:Krystle.Allen@dhs.nj.gov) or call: 973-648-4497