Virtual

NFB-NEWSLINE® TEXAS Silver Bells Senior Training

**Monday, August 24, 2020 to Friday, August 28, 2020**

**National Federation of the Blind of Texas**

**1600 E Highway 6**

**Suite 215**

**Alvin, TX 77511**

Too many people over the age of 50 who lose their vision feel like their lives are over, but it doesn't have to be. You can live the life you want, blindness is not what holds you back.

If you're a blind or low vision Texan over the age of 50, we invite you—and a family member—to join us for a week of learning about low-tech, high-tech, and no-tech solutions to everyday tasks.

We'll cover topics ranging from:

Reading your favorite books, newspapers and magazines to sending a text message or an email.

Shopping to socializing safely during the COVID-19 pandemic.

Cutting an apple to serving coffee to guests and yourself.

Our sponsors, NFB-NEWSLINE® TEXAS and the National Federation of the Blind of Texas, invite you to meet new friends who have conquered their vision loss to truly live the lives they want.

**Presentation Highlights**

Join our Virtual Silver Bells Senior Training Program from anywhere using the Zoom platform on a telephone, smart phone app, computer, or tablet. Mentors will contact you before classes start to make sure you have everything you need to fully participate. Plan to join in on classes from 10 a.m.-11 a.m. and social hours from 1 p.m.-2 p.m. each day to take part in interactive demonstrations and activities to learn practical daily living skills…none of which require any sight. On Friday afternoon, we'll celebrate our accomplishments together and have lots of time for Q&A.

Here are some of the sessions that you can expect throughout the week.

**Getting Started with NFB-NEWSLINE®**

Learn all you need to know to get started reading the newspaper again with our innovative, accessible information system. Whether you use a touch-tone telephone, the web, a smartphone, or even a refreshable braille display, you can access hundreds of current newspapers, magazines, TV listings, job openings, and publications anytime you like 24/7.

**Charging Toward Independence with the iPhone**

Apple was the first company to sell a touch-screen device that is fully operable without sight. More than a fun toy, the built-in apps can help you take notes, check e-mail, get directions, and keep tabs on your family's Facebook activity. Our instructors have worked with dozens of seniors, so, regardless of your past experience, we encourage you to take charge of swiping, tapping and Siri-ing your way to independence!

**Low Tech Solutions for Everyday Life**

Not all of life's problems need to be solved with technology. The simple techniques that you'll learn will show you how to safely complete daily tasks without vision, including: Labeling items in your kitchen, organizing your paperwork, serving yourself hot beverages and food, as well as slicing and dicing your next meal!

**An Introduction to Braille**

Have you wondered how braille could help you in your everyday life but not sure how to get started? Learn the braille alphabet and more through fun hands-on games with experienced braille readers.

Register Today!

This virtual conference is available to participants free of charge. Spots are limited, so please register as soon as possible. Registration closes August 15. Visit www.nfbtx.org/events to fill out the online application or call our office at 281-968-7733 to register over the phone.

For more information about the program, contact:

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