LIVE THE LIFE YOU WANT

VIRTUAL SENIOR RETREAT

September 19-25 2021

Agenda:

Sunday, September 19, 2021

4:00 PM Eastern Daylight Time. All times will be listed as such.

Meet; Greet; Gather; Overview of the week. What are nonvisual techniques and who can use them? NFB philosophy using the term "blind". Presenter: Ruth Sager, President NFB Senior Division

Monday September 20, 2021

12:00 PM EDT. Cane Travel—Lead Instructor, Winford Haynes, NOMC. Topic: What the Cane Can Do For You! Why such a long cane? Different kinds of canes. Proper length for your height. Techniques for holding, gripping and using the long, rigid cane.

1:00 PM EDT. Daily Living Skills and Techniques—Lead Instructors, Shelley Coppel and Judy Sanders. Topic: Cooking with Shelley; "Step by Step Dinner Preparations."

2:00 PM EDT. Break. Divide into smaller groups; ask questions; make comments.

3:00 PM EDT. Technology—Lead Instructor, Jane Degenshein. Topic: Mail, Mail and More Mail. Presenter, Lori Falk.

4:00 PM EDT. Information and Guest Speakers—lead Instructor, Glenn Crosby. Topic: Shopping online, in-person.

Tuesday, September 21, 2021

12:00 PM EDT. Cane Travel—Lead Instructor, Winford Haynes, NOMC; Topic: Indoor Travel; Finding Landmarks; Using cardinal Directions; Arcing cane; Noting sounds, echoes floor textures.

1:00 PM EDT. Daily Living and Skills Techniques- Lead Instructors, Shelley Coppel and Judy Sanders. Laundry; LABELING Clothing, Color Identifiers. Presenter Katie Keim.

2:00 PM EDT. Break. Ask questions; make comments; divide into smaller groups for socializing.

3:00 PM EDT. Technology—Lead Instructor, Jane Degenshein. Topic: Focusing on Independent Living Using Instacart and Walmart for Grocery Shopping and Product Delivery to your Door. Uber and Lyft for Independent Travel; Be My Eyes When Sighted Assistance Is Required. Presenter, Michael Lauf.

4:00 PM EDT. Guest Speakers—Lead Instructor, Glenn Crosby. Accessible Pharmacy: Presenters: Andy Burstein, Alex Cohen and Alexandra Luzier. Topic: The mission, the services available and how Accessible Pharmacy started.

Wednesday, September 22, 2021

12:00 PM EDT. Cane Travel—Lead Instructor, Winford Haynes NOMC. Topic: Outdoor Travel: Sound cues, using the sun for cardinal Directions; Traffic Flow; Entering Buildings.

1:00 PM EDT. Daily Living Skills and Techniques—Lead Instructors, Shelley Coppel and Judy Sanders. Topic: The Printed Word, Presenter, Frank Loza and Others.

2:00 PM EDT. Break. Ask questions; make comments; divide into smaller groups.

3:00 PM EDT. Technology—Lead Instructor, Jane Degenshein. Topic: What's New with NLS including Newsline, Digital Book Player. Presenters: Adam Sczcepaniak and Christian Riehl, New Jersey State Library Talking Book and Braille Center.

4:00 PM EDT. Guest speaker—Lead Instructor, Glenn Crosby. Topic: Maintaining healthy lifestyle as we age. Presenter, Lynn Baillif, Diabetic Educator and Nutritionalist.

THURSDAY, September 23, 2021

12:00 PM EDT. Cane Travel—Lead Instructor, Winford Haynes, NOMC. Topic: Crossing Streets with lights, with Stop Signs, with No Markings. Shorelining curbs, sidewalk.

1:00 PM EDT. Daily Living Skills and Techniques—Lead Instructors, Shelley Coppel and Judy Sanders. Clean Sweep: Cleaning The House, Presenter, Shannon Cook.

2:00 PM EDT. Break. Ask questions; make comments; divide into smaller groups.

3:00 PM EDT. Technology—Lead Instructor, Jane Degenshein Topic: Accessibility Settings and SIRIs Value. Presenter, Matt Volbrecht.

4:00 PM EDT Guest speaker- Lead Instructor, Glenn Crosby. Topic: Home Maintenance and Repairs. Presenter, Georhe Wurtzel, blind craftsman and furniture maker who owned and operated a remodeling business.

Friday, September 24, 2021

12:00 PM EDT. Cane Travel—Lead Instructor, Winford Haynes, NOMC. Topic: Cane Traveling on Public Transportation—Stowing the Cane, finding a Seat, Standing on Subways, Air Travel?

1:00 PM EDT. Daily Living Skills and Techniques—Lead Instructors, Shelley Coppel and Judy Sanders. "Finish The Dinner," with Shelley Coppel.

2:00 PM EDT. Break. Ask questions, make comments; divide into smaller groups.

3:00 PM EDT. Technology—Lead Instructor, Jane Degenshein. Topic: Having Fun with Alexa. Presenter, Sherlock Washington.

4:00 PM EDT. Guest Speakers— Lead Instructor, Glenn Crosby. Topic: Hadley Institute for the Blind and the Free Classes They Offer. Presenter Marc Arneson, Director of Community Hadley Institute.

Saturday, September 25, 2021

1:00 PM EDT. Final Rap up! Ask questions. Share ideas. Conclude by 2:30 PM.