

# **The Hourglass newsletter June 2023**

## **Alliance on Aging and Vision Loss, Inc. AAVL**

Doug Powell, President  
Falls Church, Virginia

Lisa George, Editor  
Yakima, Washington

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## **Many Activities, Many Opportunities by Doug Powell**

Wow! Things are busy! As we move into ACB Convention time, this issue will give you information about our activities in Schaumburg and via Zoom. So I would like to devote this space to bringing you up to date on what our members, committees, and elected officers have accomplished recently. For contact info on things mentioned, go to the Contact Us section at the end of the newsletter.

Overall, our membership is stable at approximately 152 members. We lost some, and have gained at least 24 new members this year. On behalf of the organization, I want to thank you for your continued membership and urge you to keep talking about the good work we are doing with people you come in contact with, in hopes of continuing our growth and stature in the older and blind communities.

Speaking of membership, the Membership Committee has expanded to include an AAVL Cares team who will be in contact with members, sharing life events such as getting a guide dog, moving, having surgery and the like. There are also a team of folks who are willing to 3-way-call with anyone

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who wishes to attend Board meetings or our monthly topical meetings.

Through cookbook sales, Terri Lynn sales, and our ACB Cavalry Walk team, we've brought in funds to put us in a comfortable enough position to budget \$1,000 for member support and \$1,000 for a contribution to the Aging and Vision Loss National Coalition (AVLNC). Our Fundraising Committee is looking for fresh fundraising opportunities and more committee members.

The contribution to the AVLNC is actually an Advocacy effort. AVLNC has raised money from several member organizations to sponsor an article a month for a year in the American Society on Aging's Generations magazine. This magazine is distributed to more than 100,000 professionals in the field of older care. Our donation to this effort allows us to write an article. We feel that this exposure will help both AVLNC and AAVL to increase awareness of issues confronting older people who are blind or are losing vision. [Editor's note: we hope to be able to reprint this article in an upcoming issue of The Hourglass.]

The AAVL Advocacy Committee, chaired by Vice President Anisio Correia, has proposed two ACB Resolutions. Since older people who are blind or have low vision are not getting local services from

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agencies funded by the Older Americans Act, the first resolution would try to get the words "blind or low vision" inserted in appropriate places to heighten focus on eligible people with vision loss currently being overlooked by the system. The second resolution supports increased funding for the federal Independent Living Services for Older Individuals who are Blind, which has not been increased in over 20 years.

Another advocacy effort is in process. Larry Johnson has written an extensive document on housing options for older people who are blind or have low vision, as well as tips for those in our community who are trying to assess specific locations' accessibility. Finishing touches and a distribution plan will happen soon.

The Events Committee has been working hard to bring you meaningful monthly calls and ACB Conference and Convention sessions. We've had calls on cruises, international travel, local advocacy, care giving and receiving, and successful encounters with the health care system. Committee chair Danette Dixon always welcomes new topic ideas.

And finally, it's time to celebrate AAVL's 25th Anniversary, scheduled for February 10, 2024! Larry Johnson heads up this committee working on

both the celebration event and finding a worthy recipient of the first AAVL award.

As always, thank you to everyone for your support and participation. You are what makes AAVL a great organization!

## **ACB Conference and Convention: AAVL Annual Business Meeting**

**Saturday, July 29, 2 p.m. Eastern**  
(1 p.m. Central / 11 a.m. Pacific)

### **Annual AAVL Business Meeting**

Agenda will include election of board members and consideration of amendments to the bylaws.

Zoom link:

<https://us06web.zoom.us/j/89052374258?pwd=a2t1OWNnS0lHckx3L21WdnZxYm1oQT09>

Meeting ID: 890 5237 4258

Passcode: 2285

One tap mobile:

+16465588656,,89052374258#,,,,\*2285#

+16469313860,,89052374258#,,,,\*2285#

Dial by your location:

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

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+1 312 626 6799 US (Chicago)

+1 253 215 8782 US (Tacoma)

Meeting ID: 890 5237 4258

Passcode: 2285

Find your local number:

<https://us06web.zoom.us/j/k68Aks29o>

## **ACB Conference and Convention: AAVL Sessions of Interest**

**Sunday, July 2, 12:15 to 1 p.m. Central  
AAVL Lunch (OnSite only - Schaumburg 213)**

**Sunday, July 2, 1 to 2:15 p.m. Central  
(2 p.m. Eastern / 11 a.m. Pacific)**

**10 Warning Signs of Alzheimer's (OnSite  
Schaumburg 213 & Virtual)**

A volunteer from the Alzheimer's Association of Illinois will help us:

- Describe typical age-related memory, thinking or behavior changes
- Recognize common warning signs of Alzheimer's and dementia
- Discuss the tips for approaching someone about memory concerns

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- Explain the importance of early detection and benefits of diagnosis
- Identify possible tests and assessments for the diagnostic process
- Name the resources available through the Alzheimer's Association

Sponsored by Alliance on Aging and Vision Loss (AAVL) and the Mental Health and Wellness Committee (MHWC).

**Sunday, July 2, 2:30 to 3:45 p.m. Central**  
(3:30 p.m. Eastern / 12:30 p.m. Pacific)

**Defining the New Normal** (OnSite  
Schaumburg 213 & Virtual)

In this post-pandemic era, it seems as if everything has changed. This interactive workshop will enable you to design and implement your personal version of the New Normal.

Presenter: Pam Shaw, Philadelphia, Pa.

Sponsored by Alliance on Aging and Vision Loss (AAVL) and the Mental Health and Wellness Committee (MHWC)

**Wednesday, July 5, 10 a.m. Central**  
(11 a.m. Eastern / 8 a.m. Pacific)

**Panel: Vision Rehabilitation Therapists vs. Occupational Therapists** (General Session Agenda, OnSite & Virtual)

AAVL President Doug Powell will be a part of this panel discussion.

**ACB Conference and Convention:  
Delegate Voting Process**

Delegate voting will occur during the hybrid portion of the 2023 ACB Conference and Convention Monday through Wednesday mornings, July 3 through 5. Communicate your vote to the AAVL delegate or alternate via calls, texts, or emails or by participating in the Zoom meetings held as-needed on the evenings before contested races.

AAVL delegate: Anisio Correia

Call or text: (404) 539-4521

Email: [anisiocorreia1@outlook.com](mailto:anisiocorreia1@outlook.com)

AAVL alternate: Danette Dixon

Call or text: (425) 238-4560

Email: [danettedixon63@gmail.com](mailto:danettedixon63@gmail.com)

ACB Elections Zoom Meeting

Meets as needed July 3, 4, and 5



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8 p.m. Eastern / 7 p.m. Central / 5 p.m. Pacific  
The goal would be to meet for perhaps half an hour to talk about the delegate voting to be cast for the following day, and would be cancelled if not needed.

Zoom link:

<https://us06web.zoom.us/j/84460877233?pwd=aVlHc1JUOVI0M0x6eS9oQUpNM0MzQT09>

Meeting ID: 844 6087 7233

Passcode: 302341

One tap mobile:

+16469313860,,84460877233#,,,,\*302341#

+13017158592,,84460877233#,,,,\*302341#  
(Washington DC)

Dial by your location:

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+1 646 558 8656 US (New York)

+1 720 707 2699 US (Denver)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 844 6087 7233

Passcode: 302341

Find your local number:

<https://us06web.zoom.us/j/keFCqgMxh1>

## **AAVL Nominating Committee Report by Regina Marie Brink**

In accordance with Bylaw 7, the 2023 AAVL Nominating Committee respectfully submits the following slate of nominees for the four open Board positions.

Sandy Troiano  
Sue Staley  
Danette Dixon  
Larry Johnson

Regina Marie Brink, Chair

## **AAVL Bylaws Committee Report by Frank Welte**

No report available as of June 30, 2023

## **Quips, Quotes, and Anecdotes**

Eventually you will reach a point where you stop lying about your age and start bragging about it.

Five Stages of Life:  
Grow up  
Fill out  
Slim down  
Hold it in  
To hell with it!

As you get older your secrets are safe with your friends, because they can't remember them either.

All of the actors from 'Friends' are now older than the youngest 'Golden Girl' was in the first season of that show.

It isn't where you came from. It's where you're going that counts – Ella Fitzgerald

## **Contact Us**

Thank you for your interest in our AAVL newsletter. The Hourglass is published a minimum of twice annually. Please let us know how we're doing and what you'd like to see in future issues. Your input will make this newsletter more valuable to all.

The next submission deadline is November 15 for the December 2023 Hourglass.

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Doug Powell, AAVL President

Falls Church, Virginia

Mobile: (571) 438-7750

Email: [President@AAVL-blind-seniors.org](mailto:President@AAVL-blind-seniors.org)

Lisa George, Hourglass Editor

Yakima, Washington

Google Voice: (509) 540-3073

Mobile: (816) 668-5345

Email: [hourglass@aavl-blind-seniors.org](mailto:hourglass@aavl-blind-seniors.org)

Visit our website for more information

<https://www.aavl-blind-seniors.org>

Alliance on Aging and Vision Loss, Inc.  
a 501(c)(3) organization

AAVL Treasurer: Kathy Gerhardt

Phone: (304) 283-7424

Email: [kathy39lg@aol.com](mailto:kathy39lg@aol.com)

AAVL 25<sup>th</sup> Anniversary/Awards Committee Chair:

Larry Johnson

Phone: 210-414-5391

Email: [larjo1@prodigy.net](mailto:larjo1@prodigy.net)

Advocacy Committee Chair: Anisio Correia

Phone: (404) 539-4521

Email: [anisiocorreia1@outlook.com](mailto:anisiocorreia1@outlook.com)

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Events Committee Chair: Danette Dixon

Phone: (425) 238-4560

Email: [danettedixon63@gmail.com](mailto:danettedixon63@gmail.com)

Fundraising Committee Chair: Paul Lewis

Phone: (239) 634-6515

Email: [lewpil1952@gmail.com](mailto:lewpil1952@gmail.com)

Membership Committee Chair: Sharon Strzalkowski

Phone: (508) 410-9142

Email: [strzal@charter.net](mailto:strzal@charter.net)

AAVL Cares (contact Sharon S. or Patty S.)

Patty Slaby

Phone: (608) 323-3614

Email: [pattyslaby135@gmail.com](mailto:pattyslaby135@gmail.com)