PENNSYLVANIA COUNCIL OF THE BLIND

2022 CONFERENCE & CONVENTION



ACCELERATE YOUR TRIP TO

SELF-RELIANCE

October 27-30, 2022

PCB—A Peer Network for All Who Are Impacted by Vision Loss

PENNSYLVANIA COUNCIL OF THE BLIND (PCB)

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MISSION

To promote independence and opportunities for people with vision impairments

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# FROM THE CONFERENCE PROGRAM & PLANNING TEAM

Welcome! We are glad you are joining us for the 88th annual PCB Conference and Convention. We have enjoyed our task of planning an informative and inspiring program around the theme of “Accelerate Your TRIP to Self-Reliance.”

As we began our planning this year, we decided to continue the changes that we made last year which we hoped would foster more inclusivity. We again are providing registration for free, offering an incentive prize for an individual who has referred others to register, sponsoring a toll-free option for registrants without unlimited long-distance, and including automated Zoom captioning for peers who are hard of hearing. It’s our hope that the PCB Conference and Convention will become more inclusive every year.

We are grateful to the companies, organizations, and chapters who have underwritten parts of this conference and convention. Listen throughout the weekend to hear who they are and thank them.

We hope that this year’s offerings will give you tools, resources, information, and people which can help you accelerate your trip to self-reliance. Choose from an array of activities, opportunities, and strategies to help you on your journey.

Throughout the weekend you will be hearing from our planning team members who have worked so hard to make this event a success. Please don’t hesitate to reach out to us if we can be of further assistance.

Warmest regards,

Chris Hunsinger, Conference Coordinator

# 2022 PROGRAM & PLANNING TEAM

Mary Ann Grignon Rose Martin

William Grignon Kelsey Nicolay

Chris Hunsinger Irene Rehman

Doug Hunsinger Tony Swartz

Bob Lichtenfels Jackie Wissinger

Sue Lichtenfels

# PEER PASSINGS

We are saddened to report the passing of the following PCB peers since our last conference.

Daniel Driscoll, Golden Triangle

Harry Herzek, At Large

Rem Lederer, Lehigh Valley

Karen Rockey, Washington County
Frances Venen, Washington County

# PCB CHAPTER/AFFILIATE PRESIDENTS

Cumberland County Care and Share (Inactive)

Golden Triangle Tom Burgunder

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Hank Bloomberg Michael Peterson

814-205-4555 itsmike@gmail.com

JFK David Lee Shaw

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Keystone Cathy Long

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Oil Valley Ron Montgomery

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PAGDUS Rose Martin

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Philadelphia Regional Shirley Brotman

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Washington County Carla Hayes

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#

# 2022 BOARD OF DIRECTORS & Staff

Christine Hunsinger, President.....412-881-9328

Mary Ann Grignon, 1st VP...............570-807-1276

Rosemary Martin, 2nd VP................215-756-1624

Jacqueline Wissinger, Secretary..814-765-6768

Michael Zaken, Treasurer.............412-655-1234

Sue Lichtenfels, Past President....412-480-9696

Donald Dunn, Director....................215-483-6395

Suzanne Erb, Director....................215-568-5795

William Grignon, Director..............727-564-9759

Douglas Hunsinger, Director........412-512-4268

Cathy Long, Director.....................717-732-5265

Sandy Marsiglia, Director..............717-635-9937

Robert Shingleton, Director...........484-529-4911

Rodger Simmons, Director.............717-885-3055

Autumn Imhoff, Administrative Secretary……….……..……………717-920-9999

# REGISTRATION OFFICE

Our office will be open during the following times to register for the conference, purchase 50/50 raffle tickets, sign up a non-conference registrant for Sunday’s auction, join PCB, or make a donation. (All times Eastern.)

Thursday- 10 a.m. to 6 p.m.

Friday- 11 a.m. to 6 p.m.

Saturday- 9 a.m. to Noon

Call: 717-920-9999 or Toll-Free: 877-617-7407

Email: pcboffice@pcb1.org

# SEEKING Conference-Related ASSISTANCE

For technical assistance with Zoom:

Email techassist@pcb1.org

Call 412-228-0838

For conference-related information or questions:

Email conferenceinfo@pcb1.org

Call 717-920-9999 or 877-617-7407

For presenter and exhibitor concerns:

Email cs.hunsinger@verizon.net

Call 412-881-9328 or 412-414-1628

# DOOR PRIZES

As a registrant of the 2022 PCB Conference and Convention, your name has been automatically entered in our door prize drawing. Listen during the scheduled door prize times to see if you win. When your name is chosen, you will need to claim your prize. You will be given 15 minutes to do so. If you are present on Zoom when your name is called, simply raise your hand. If you are listening on ACB Media, contact our Door Prize King, Will Grignon directly at 727-564-9759 or wgrignon13@gmail.com.

Should a prize go unclaimed during the time window, both the name and the prize will go back in the pool for future drawings. Your claimed door prizes will be mailed to you at the address you provided during registration.

# BUSINESS MEETING & VOTING

As in other years, the PCB Business Meeting will be held on the Saturday afternoon of the conference. This meeting is only open to paid PCB members who have registered for the conference. If you are registered for the conference, but are not a paid PCB member for 2022, please do not join this meeting.

This year voting will be done by raising hands. We will utilize the virtual hand-raising mechanism provided to all participants regardless of whether you use a computer, smartphone, or regular phone. (Read the Zoom Tips section for directions.) When an issue is brought for a vote, we will count the hands raised for and those raised against. Each chapter will then be called on to cast its two delegate votes. The individual votes will be added with the chapter votes to determine the final count either for or against an issue. Please note, if there are more than two voting members in your household, you will need to log on through separate devices to each have a virtual hand to raise.

# ZOOM TIPS & PROTOCOLS

All conference sessions will be held on the Zoom platform. Zoom gives us a robust mechanism to manage large groups of attendees, multiple presenters, meeting security, and orderly discussions. Zoom is accessible whether you choose to use a computer, smartphone, tablet, or landline. Here are some tips for connecting on Zoom followed by some communication protocols.

## On a Windows Computer:

Click the provided link to launch.

Download Zoom software if prompted.

Enter your name/email and click the Join button.

Raise your hand with question/comment Alt-Y

Mute/Unmute your audio when prompted Alt-A

Quit the current meeting Alt-Q or

Close the meeting window Alt-F4

Access the tool bar to tab through Audio, Video, and Chat options Control-Shift-Alt

## On a Mac Computer:

Click the provided link to launch.

Download Zoom software if prompted.

Enter your name/email and use Command-J to join.

Raise your hand with question/comment Option-Y.

Mute/Unmute your audio when prompted Command-Shift-A

Leave the meeting Command-W.

## With a Smartphone/Tablet:

Click the Mobile number or Internet link provided.

Select Dial/Call or Internet connection.

Download Zoom app if prompted.

Enter your name/email and click the Join button.

Swipe right and left through the buttons at the bottom right of the screen.

Double tap the button you want.

Raise Your Hand button with a comment or question.

Mute/Unmute button to toggle your audio when prompted.

Leave button to disconnect.

## On a Landline Phone:

Dial the Phone number provided. (This is a long-distance toll call.)

Contact the PCB office if you need the toll-free number.

Enter the Meeting ID followed by # sign.

Enter the session Password if provided, otherwise hit # sign.

Raise your hand with a comment or question \*9

Mute/Unmute your audio \*6

## Communication Protocols:

Once you have reached the virtual meeting room, in most cases, you will be muted. If you would like to ask a question or make a comment, indicate such by raising your virtual hand. The host will allow you to speak when it’s your turn. He or she will address you by your name if you typed it in before joining, your email address if that was provided instead, or the last four digits of your phone number. The host will ask you to go ahead and unmute yourself to speak. At this point you would hit Alt-A, Command-Shift-A, the Unmute button, or \*6, depending on which device you are using.

Please have your question or comment ready and make your point quickly to allow time for others to contribute.

Begin your remarks by stating your name. Speak loudly and clearly throughout your remarks so they can be captioned accurately.

Do your best to avoid background noise. If using a screen reader such as JAWS, please use headphones so we don’t hear the jabbering when you are unmuted.

Stay muted whenever you are not speaking.

This year we are offering automated closed captioning through Zoom. As you enter the webinar, you should receive a notification that captioning is available if you wish to use it.

Do not speak over other people. Please be patient and respectful of others while they are speaking.

We will all have a pleasant and productive convention if we all practice good communication skills.

# LISTENING ON ACB MEDIA 8

When you need a break from Zoom, you can tune into the broadcast of the 2022 PCB Conference and Convention on the ACB Media Network. The only events not being streamed are Thursday’s PCB Board of Directors’ meeting, Friday’s Newcomer’s Lunch Lounge, Saturday’s PCB Business Meeting, and Sunday’s Netflix Movie. These events will only be available via Zoom. Here are ways to listen to all other content via ACB Media 8 where we will be streamed.

* Stream the audio on an internet-enabled device such as a computer or notetaker by visiting: acbmedia.org and selecting Stream 8.
* Tell an Amazon Echo device, “Enable ACB Media Network.” When prompted for the stream say, “ACB Media 8.”
* Download the ACB Link app to your smartphone (iPhone and Android).
* Listen on the telephone by calling 518-906-1820.
* Use the Internet Radio feature on a Victor Reader Stream to access ACB Media Network.

# SCHEDULE OF EVENTS

All Times Eastern

Streaming on ACB Media 8 Unless Noted

## Thursday, October 27, 2022

Zoom Connection:

Zoom information reserved for registrants.

2:20 PM Zoom Webinar Opens.

2:30 PM Emergency Preparedness & Your Guide Dog, hosted by PA Guide Dog Users and Supporters (PAGDUS). Self-Reliance is crucial for any successful guide dog team, but how can you be self-reliant in an emergency scenario? Emergencies can range from natural disasters to unexpected experiences such as illness or injury. Preparation for everyday situations as well as emergencies is key. How can you prepare if an unexpected emergency occurs, or if you are injured or unconscious, and therefore unable to speak for your guide dog? This presentation will include a panel discussion with representatives from The Seeing Eye Inc. and Guiding Eyes for the Blind, on handling an emergency before, during, and after. The speakers are sure to provide valuable insight and resources so that we can feel more confident if any type of emergency occurs.

4:00 PM PCB Board of Directors’ Meeting. All are welcome. (Not streamed on ACB Media.)

4:00 PM Auction Item Showcase Preview. (On ACB Media 8 only.) The bidding won’t begin until Sunday, but you don’t have to wait any longer to hear the parade of great items up for bid this year. Start making your wish list!

5:15 PM Dinner Break

6:15 PM Music Prelude

Conference General Session Begins

6:30 PM Call to Order and Welcome, Christine Hunsinger, PCB President

6:35 PM Invocation & Necrology Remembrance, Jacqueline Wissinger, PCB Chaplain.

6:45 PM President’s Address, Christine Hunsinger, PCB President.

7:00 PM Door Prizes

7:15 PM 2022 Proposed Bylaw Amendments & Resolutions, PCB Parliamentary Team. This is the first reading. The second reading and action will take place Saturday afternoon during the PCB business meeting.

7:45 PM What Would You Do? Presented by the PCB Vision Loss Team. You are at the wrong airport ticket counter, the bus driver misses your stop, you need someone to give you instructions that are meaningful to you—what strategies or problem-solving skills do you use to overcome these kinds of situations? Through skits and discussion, the team will help us determine how to address these kinds of situations so we can accomplish what we need to and be more self-reliant.

8:45 PM Door Prizes & Announcements

9:00 PM Riddle Bits, hosted by Tony Swartz, sponsored by Vanda Pharmaceuticals. How well can you solve these simple riddles? How quick are you on your feet? Match your wits against your PCB peers. Turn by turn four contestants are presented with a riddle to solve. Can a contestant solve it, or will the next have the answer? The points mount towards winning a delicious prize.

## Friday, October 28, 2022

Zoom Connection:

Zoom information reserved for registrants.

9:00 AM Rise for a Prize Community Coffee, Conference Program & Planning Team, sponsored by Western Pennsylvania School for Blind Children. Grab a cup of coffee or tea and join us for some light conversation. Oh yes, and prizes too!

9:30 AM New Yoga Resource & Interactive Demo, Erika Petach, President, Blue Awning Yoga. This session will introduce an exciting new studio, Blue Awning Yoga, which focuses on training and hiring yoga instructors that are blind and insures all classes are accessible for individuals with vision loss. After discussing the benefits of yoga and some of the misconceptions people have that prevent them from trying it, you will participate in a chair yoga class for beginners. One lucky participant will win a free monthly pass to Blue Awning Yoga and Wellness at the end of the session.

10:30 AM Low-Cost Recorders & the New PCB Website, from the PCB Technology Access Team. Being organized to be self-reliant means we need to have an efficient way to take and easily retrieve notes such as phone numbers, instructions, and appointments. Tony Swartz will demonstrate two accessible recording devices available for less than $100. In addition, Belinda Eigen, designer of PCB’s new website and Debbie Hill, a JAWS user will demonstrate the new site’s accessibility using a screen reader aloud through Zoom and discuss the kinds of great info you’ll find there.

11:15 AM Take a Virtual Cruise to Self-Reliance. During our cruise, we’ll stop to explore the Tools, Resources, Information, and People at four ports of call vital to gaining and maintaining self-reliance: Daily Living Lagoon, Technology Tropics, Stream of Life-long Learning, and Cape of Community Involvement. . Be sure to have your note-taking device ready.

12:00 PM Newcomer’s Lunch Lounge, PCB Peer Engagement Team. (Not streaming on ACB Media.) All individuals attending this conference for the first time and those newer to PCB are invited to socialize to learn more about each other and PCB. Ask questions. Connect with PCB veterans and role models. Win a prize. You won’t want to miss this special time together.

1:00 PM Medication Management, Diabetes Management , Financial Assistance and Self-Reliance, Andy Burstein, CEO, Accessible Pharmacy and Rebecca Lorah, Outreach & Enrollment Manager, PACE. Management of medication and diabetes is difficult, time consuming and stressful for everyone. Pennsylvania based Accessible Pharmacy Services for the Blind is a home delivery pharmacy service specializing in the needs of people who are blind, DeafBlind or have low vision. Through their work with patients, they have developed best practices to empower individuals to be self-reliant with their healthcare…and it’s working! Pennsylvania has an incredible collection of programs to assist residents with their medication. Becky Lorah, from the Pennsylvania Department for Aging, will share information about two of the more robust prescription assistance programs PACE & PACENet. These programs offer low-cost prescription medication to qualified residents, age 65 and older.

2:00 PM Improving Yourself through Improv, Sue Lichtenfels, PCB Past President. Welcome to the World of Improv, where your imagination fuels your trip to self-reliance. In this workshop we will demonstrate how improvisations can be used to build self-confidence, strengthen communication, enhance problem-solving, and boost decision-making; all necessities for achieving self-reliance. Improv scene work gives us the creative license to take on challenging, awkward, or scary situations in a safe environment with sometimes-silly, always-supportive partners and the opportunity for do-overs. From self-advocacy to social interactions, daily life conversations to workplace encounters, improv scenarios can prepare us for whatever comes our way. Navigating life’s potholes on the road to self-reliance doesn’t have to be lonely or difficult. Come improve yourself with improv!

3:00 PM Break & Door Prizes

3:15 PM **The TRIP to Self-Reliance: Physical Fitness for the Journey, PCB Peer Engagement Team. As part of the Be Happy Be Healthy campaign, we will hear from fitness professionals who cater to clients who are blind. Tyler Merren of Revision Fitness and Lyn Lindburgh of Couch to Active will share their stories and information about their accessible exercise classes. Then we will get our hearts pumping with sample workouts from each panelist.**

4:15 PM Self-Reliance: Making Your First Place Your Home, Rosemary Martin, PCB Second Vice President and Melissa Carney, Former PCB Director of Outreach & Engagement. Whether you are renting your first apartment, purchasing your first home, or making changes as an experienced homeowner, adapting to new circumstances and maintaining self-reliance can be challenging. How do you find accessible housing? Living with vision loss, how do you choose decorations and decor for your new home? What strategies have you adopted to ensure continued financial responsibility to afford your living expenses? If you’re new to the area, how do you get involved in the community? These questions and many more will be answered during this session. Presenters will share experiences, tips, resources, and tools that have allowed them to live independently in their own homes.

5:15 PM Addressing Sleep Barriers to Self-Reliance, Maggie Felton, MSN, CRNP, Clinical Nurse Educator, Vanda Pharmaceuticals. Vanda offers the only approved treatment for Non-24-Hour Sleep-Wake Disorder (Non-24), a serious, chronic disorder that disrupts a person's circadian rhythms. Non-24 affects up to 70% of people who are totally blind, whether you were born blind or became so later in life.

5:45 PM Dinner Break

6:15 PM Music Prelude

6:30 PM Now What? Assisting Your Loved One through Vision Loss, Sue Lichtenfels, PCB Communications Team. When a spouse, parent, or dear friend has been diagnosed with vision loss, the fear of the unknown and delays in getting rehabilitation services can be overwhelming. As peers who live with blindness or vision loss every day, we are in the best position to guide others in the adjustment to decreasing vision. Targeted toward sighted loved ones, this booklet provides guidance, tips, and strategies for empowering and enabling the person with vision loss while awaiting formal rehabilitation services. Join us to learn more about PCB’s newest resource.

6:50 PM Door Prizes

7:00 PM The Not-So-Newly-Blind Game, Will Grignon, PCB Communications Team. In this pre-recorded riff on The Newlywed Game, four mixed-vision couples (e.g., spouses, parent-child, friends, etc.) take turns responding to questions about vision loss and how each “couple” deals with various situations. As the game proceeds, interesting dynamics of the mixed-vision relationship are exposed. After the recording, we will discuss some of the relationship dynamics from the gameshow and those we have in real life.

8:00 PM State Government Resources & the State of Disability Services, Chris Hunsinger and Donald Dunn, PCB Advocacy Team. This presentation will focus on answering three questions: Other than supporting your legislative interests, what other resources are available from the offices of our State Representatives? What is the future of disability service budget and legislation? How do you learn about new areas for concern for the disability community?

8:45 PM Door Prizes & Announcements

9:00 PM Can You Sing It?, hosted by Mary Ann Grignon. Four teams of participants will compete for ultimate bragging rights. This game will stretch your music muscle. When given a random word, could you think of a song with that word? Could you actually sing lyrics containing that word? Those are the challenges you and your teammates will face.

## Saturday, October 29, 2022

Zoom information reserved for registrants.

8:30 AM Rise for a Prize Community Coffee, Conference Program Planning Team, sponsored by Western Pennsylvania School for Blind Children. Grab a cup of coffee or tea and join us for some light conversation. Oh yes, and prizes too!

9:00 AM TRIPs for Health Literacy and Equity at the Pharmacy Counter, Sharla Glass, Envision America. Why are so many people talking about Health Literacy and Health Equity? We will discuss how these two things are related and give a few ideas on how to become a better advocate for our own healthcare, especially when it comes to medications.

9:45 AM Maintaining Self-Reliance through the Aging Process & Other Changes, Deborah Kendrick, Author and Advocate. The author of “When Your Ears Can’t Help You See” and “Navigating Healthcare: When All They Can See Is that You Can’t,” will share her insights about maintaining independence throughout the aging process. What strategies can we try when our bodies don’t perform like they used to. We might acquire balance issues, develop arthritis, lose some hearing, etc. Deborah will share resources and solutions to help us age without compromising our independence.

10:40 AM Door Prizes & Announcements

11:00 AM Removing Roadblocks to Self-Reliance, Maverick Garner, Founder of Mavmind.com. Our path to self-reliance and the on-going struggle to maintain our independence is often cluttered with our own baggage. Sometimes we need extra help to get ourselves in the right mindset for success. Self-hypnosis is one tool we can use to help us change the behaviors and habits hampering the process. This session will walk you through how to write your own self-hypnosis script so you can begin tackling issues like improving time management, overcoming anxiety, getting organized, gaining confidence, etc.

12:00 PM Lunch Break

12:50 PM Get Connected for the PCB Business Meeting. (Access through the special Zoom connections below. (Not streamed on ACB Media.) Only paid 2022 PCB members who are registered for the conference may attend this event. All who expect to vote should be sure to join the meeting as an individual to retain their individual PCB vote. Since we will use Zoom’s hand-raising function, married couples, those using three-way calling, and others who typically share a connection should plan for accessing through their own device. If you need toll-free calling for this session, contact the PCB office no later than Noon on this day for the toll-free number.

Zoom Connection:

Zoom information reserved for registrants.

1:00 PM Welcome and House Keeping Announcements, Christine Hunsinger, PCB President.

1:05 PM Team & Project Reports.

1:45 PM Treasurer's Report, Michael Zaken, PCB Treasurer.

2:15 PM Action on Proposed Bylaw Amendments, PCB Parliamentary Team.

3:00 PM Action on Resolutions, Carla Hayes, PCB Parliamentary Team.

3:30 PM Election of Board Members, Sue Lichtenfels, PCB Nominations Team and Chris Hunsinger, PCB President.

4:00 PM Door Prizes and Adjournment.

6:15 PM Zoom Connection Opens:

Zoom information reserved for registrants.

6:15 PM PCB Virtual Banquet sponsored by the Golden Triangle Council of the Blind. Music Prelude

6:30 PM Greetings and Sponsor Acknowledgements, Chris Hunsinger, PCB President.

6:35 PM Drawing the 50/50 Conference Raffle. Please purchase these $5 tickets by Noon.

6:40 PM Accelerate Your Trip to Self-Reliance, Brian Hartgen, Owner of Hartgen Consultancy. Brian has 24 years of experience training visually impaired people how to use adaptive technology, from Braille-based hardware to screen-reading software. He has provided training within education, companies, rehabilitation organizations and individual client homes. For the past 18 years, Brian has focused his work on creating scripts that make apps more accessible when using the JAWS for Windows screen reader. Through the company website, Hartgen.org, Brian offers many tutorials and software solutions that can make people who are blind more productive and independent.

7:30 PM PCB Award Presentations, William Grignon, PCB Board of Directors.

8:00 PM PCB Merit Awards, Suzanne Erb, PCB Peer Engagement Team.

8:15 PM Door Prizes

8:30 PM Live Performance, Kevin Reeves, Vocalist, Songwriter & Musician. Grab your favorite libation and a comfy seat as you unwind from the conference weekend. Kevin will serenade us with many of our all-time favorites and some of his originals. He’ll also be taking requests.

## Sunday, October 30, 2022

9:20 AM Zoom Connection Opens:

Zoom information reserved for registrants.

9:30 AM Charles Dickens Museum Audio-Described Guide, produced by VocalEyes. Take an audio-described tour of the Charles Dickens Museum, the Georgian townhouse in London where Dickens and his family lived from 1837 to 1839. During that time, he completed The Pickwick Papers and Oliver Twist,  and wrote Nicholas Nickleby. Explore the five floors of the house, complete with Victorian décor, Dickens’ personal items, and many stories about the man and his family.

10:30 AM Family Audio Described Movie & Discussion: Rescued by Ruby, sponsored by Netflix. (Not streaming on ACB Media.) Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Ruby had an awful lot of energy. Her original owner surrendered her to the Rhode Island Society for the Prevention of Cruelty to Animals because of her generally "unmanageable" personality. The cute pup was quickly adopted and then returned - five times. Things were looking pretty grim for the border collie/Australian shepherd mix. Hours away from being euthanized, officer Daniel O'Neil was smitten with her. He thought she had potential and decided to pursue his dream of being a canine officer. Could this be his new partner? This is the true story of how these two underdogs found their dream together. Rated TV-G.

12:30 PM The Country of the Blind Radio Drama, ACB Capital Chapter, California Council of the Blind. This dramatization **is based on a story by H. G. Wells about a community isolated for generations in an impenetrable valley of the Andes Mountains where all its citizens are blind. Here blindness is the norm and the sighted stranger who literally falls into the village proves that disability is a matter of context. He insists upon believing his “powers of sight” make him superior to the blind villagers. His resistance to the logic and mores of this new culture often unfolds with ironic humor. Ultimately his journey leads to a bittersweet wisdom. The program was directed, written, and performed by a collaboration of individuals who are blind or have low vision. Join us for a brief after-show discussion.**

1:30 PM Pre-Auction Showcase. Tune or zoom in to hear the prerecorded parade of great items up for bid this year. Familiarize yourself with the bidding process to give you the best chance of nabbing your favorite item.

3:00 PM PCB Live Auction, PCB Fund Development Team. Join the fun of raising funds for PCB and have a blast winning a great item. All conference registrants are automatically eligible to bid. Encourage your friends and family who want to join in the auction fun to sign up before Noon on Saturday, the 29th. Have them call 877-617-7407 or email pcboffice@pcb1.org with their full name, city and state, phone number, email address, and type of payment they plan to use (check or credit card).

# COMMUNITY SHOUT-OUTS

Friends, thank you for your continued love, support, and prayers through difficult times –Sue Lichtenfels

Your vision of what is possible is more than a state of mind. – Christine Hunsinger

I am so grateful to all my friends in the Council of the Blind. – Jeanette Schmoyer

Shout-out to my husband, who I referred to attend, and my chapter, keystone. – Nichole Keck

Thanks to all the first timers attending the conference. – Michael Zaken

Sincere thanks to the PCB Peer Engagement Team for all your hard work this year! – Suzanne Erb

I am a proud member of the John Horst fan club, thanks John for all that you've have taught me about advocacy! – Anthony Swartz

Attending both PCB Conference & Foundation Fighting Blindness #VisionWalk with my walk team! Go Team #DonateLife! – Jessica Mandich

I am blessed and honored to be a part of the ACB Community, PCB and Keystone Chapter. You’re all amazing people! I love you all. – Cynthia Gibbs-Pratt

Hello, my beloved PCB Peers! Enjoy yourselves at this awesome conference/convention. – Cathy Long

It is an honor and joy to be involved with the Lehigh Valley council of the blind! You guys make an extension of my family, and I am forever grateful for each and every one of you! Thank you! – Liz Oleksa

Thanks to Paschall Access Solutions from Philadelphia, providing access technology solutions to Pennsylvanians every day. – Jason Miller

Thank you to all who have registered for this year's conference. – Douglas Hunsinger

I very much appreciate the friendship of PCB for the support and knowledge gained since joining. – Irene Rehman

Congratulations Jim and Liz on your 40th Wedding Anniversary. Thank you Liz for all your help. – Daisy Morgan

Congratulations to Dick and Jeanette on their 60 years of marriage!! – Elaine Young

Thank you, PRC membership for being so considerate and supportive in the last 2-1/2 years! – Shirley Brotman

Enjoying this virtual trip with PCB family until we can all meet in person again! – Rosemary Martin

Now that I lost my sight I see better than ever before! – Sherry Thomas

# CONFERENCE SPONSORS & EXHIBITORS

## Community Organizers $1,000

Western Pennsylvania School for Blind Children

Phone: 412-621-0100

Website: www.wpsbc.org

Email: info@wpsbc.org

## Community Advocates $500

Blue Awning Yoga & Wellness

Erika Petach, President

Phone: 412-368-4400 or 412-368-4088

Website: blueawningyoga.com

Email: yogastudio1@pghvis.org

Golden Triangle Council of the Blind

Thomas Burgunder, President

Phone: 412-502-6931

Email: tjburg@verizon.net

Vanda Pharmaceuticals –

Non-24 Circadian Rhythm Disorder

Phone: 202-579-8035

Website: vandapharma.com

Email: maggie.felton@vandapharma.com

## Community Supporters $250

Accessible Pharmacy Services for the Blind

Phone: 215-799-9900

Website: www.accessiblepharmacy.com

Email: info@accessiblepharmacy.com

Hank Bloomberg Chapter

Mike Peterson, President

Phone: 814-205-4555

Email: itsmike@gmail.com

Philadelphia Regional Chapter

Shirley M. Brotman, President

Phone: 215-745-5873.

Washington County Council of the Blind

Carla Hayes, President

Phone: 724-981-8184

Email: lengual@verizon.net

## Additional Exhibitors & Presenters

Couch to Active

Lyn Lindburgh, Owner

Phone: 206-672-2070

Website: couchtoactive.com

Email: beawesome@couchtoactive.com

Envision America

Sharla Glass, Public Policy liaison

Phone: 800-890-1180

Website: envisionamerica.com

Email: customerservice@envisionamerica.com

Guiding Eyes for the Blind

Phone: 914-245-4024 or 800-942-0149

Website: GuidingEyes.org

Email: Admissions@GuidingEyes.org

Hartgen Consultancy

Brian Hartgen, Owner

Phone: 239-256-7779

Website: hartgenconsultancy.com

Email: brian@hartgenconsultancy.com

MavMind

Maverick Garner, Owner

Website: mavmind.com

Email: mavmind@gmail.com

Revision Fitness

Tyler Merren, Owner

Phone: 269-207-3000

Website: revisionfitnessapp.com

Email: tylermerren@revisionfitnessapp.com

The Seeing Eye Inc.

Phone: 973-539-4425

Website: seeingeye.org

Email: info@seeingeye.org

TwentyFour LLC.

Belinda Eighen, Owner

Website: twentyfournow.com

## In-Kind Conference Collaborators

ACB Capital Chapter, California Council of the Blind, The Country of the Blind Radio Drama

ACB Media, Zoom Hosting & Streaming

Generous Prize Donors, PCB Live Auction

Netflix, Rescued by Ruby Audio-Described Movie

Various Chapters & Individual Contributors, Door Prizes

VocalEyes, Charles Dickens Museum Audio-Described Guide

# INDIVIDUAL CONFERENCE Donors

As of October 7 Registrations

Mucie Allred Shirley Brotman Donald Dunn Suzanne Erb

Trudy Fatzinger Cynthia Gibbs-Pratt

Johna Gravitt Mary Ann Grignon

William Grignon Debby Hill

George Holliday John Horst

Christine Hunsinger Douglas Hunsinger

Rebecca Ilniski Patty Jarrett

Nichole Keck Sue Lichtenfels

Cathy Long John Luttenberger

Jessica Mandich Rosemary Martin

Marita Mathews Jameel Memon

Jason Miller Daisy Morgan

Elizabeth Oleksa Irene Rehman

Brian Rutherford Alifa A Sallah

Jeanette Schmoyer Joseph Sickora

Roberta Simmons Rodger Simmons

Pamela Shaw Anthony Swartz

Sherry Thomas Joseph Wasserman

Kathryn Wassermann Blair Wissinger

Elaine Young Michael Zaken

# ANNOUNCEMENTS OF PRODUCTS & SERVICES

Accessible Pharmacy Services for the Blind is a comprehensive, home delivery pharmacy specializing in the needs of people who are blind, DeafBlind and have low vision. We are the only provider of its kind and the largest blind-owned healthcare company in the country. Our goal is to achieve the best medical outcomes and help patients live more independently. Our pharmacy professionals are trained to understand the unique needs of people who are blind and have low vision. We offer both high-tech and no-tech solutions to assist with reminders, refills, error reduction, and overall medication and diabetes management. We coordinate all details with your prescribers and insurance providers, including helping to keep costs as low as possible. Simply call us at 215-799-9900 for a free consultation to determine if we can help.

Blue Awning Yoga & Wellness is a place for everyone. We provide our students a chance to recharge, achieve balance, and relax in a newly renovated warehouse space in the heart of the Uptown neighborhood in Pittsburgh. We are located at 1816 Locust Street, 4th floor, convenient to public transportation and parking. We offer a variety of yoga classes for all skill levels. We present each student with an experience that will create strength, awareness, and harmony in both the mind and body.

Our experienced instructors are committed to their students by creating an atmosphere of education, healing, and peacefulness. Our teachers inspire their students to become their best and happiest self through a mindful yoga practice that is both challenging and appropriate for all people of all skill levels and abilities. We pride ourselves on offering a yoga program that is affordable and inclusive to everyone. All classes are available In-person or Virtual. Register, review class descriptions, and read instructor bios at [blueawningyoga.com](http://blueawningyoga.com/) or call 412-368-4400 for more information.

The Golden Triangle Council of the Blind (GTCB) is a peer network that meets monthly to discuss and strategize solutions to issues affecting the Allegheny County area’s blind and visually impaired community. GTCB peers are individuals of varying vision levels and ages committed to the objectives of independence, opportunity, equality, and accessibility. Peers help individuals who are new to vision loss take advantage of available services, assistive devices, and resources that enable them to remain active and productive.

Beyond mentoring and providing peer support, GTCB peers advocate with public officials, community organizations, and businesses to make life easier for people who are blind or visually impaired.

The Philadelphia Regional Chapter, An Affiliate of The Pennsylvania Council of the Blind, Meets BY PHONE on the second Saturday of each month AT 10:00 A.M. All are welcome. Contact PRC president Shirley M. Brotman at 215-745-5873.

Non-24-Hour Sleep-Wake Disorder Non-24 has High Prevalence and Low Awareness in the Blindness Community. Up to 70% of people who are totally blind have Non-24 and may not even know it. People living with Non-24 may experience trouble falling asleep and staying asleep, have a strong urge to sleep during the day, and have sleep patterns that are different from most people. For more information, contact Maggie Felton at maggie.felton@vandapharma.com or 202-579-8035.

The Washington County Council of the Blind promotes and orchestrates independence and opportunities for blind and visually impaired persons. Contact: Carla Hayes 724-941-8184.

Western Pennsylvania School for Blind Children (WPSBC) provides individualized educational, medical, and therapeutic services to nearly 500 infants, children and young adults with blindness and visual impairment from 33 counties in Western Pennsylvania.

The Mission of the School is to nurture unique abilities through educational excellence and a lifetime of learning. Programming is provided through On-Campus school programs, A Child’s VIEW inclusive childcare, Learning Adventures for the Visually Impaired (LAVI) Adult Program, Residential Program and Outreach Services.

To learn more about WPSBC, please visit: [www.wpsbc.org](http://www.wpsbc.org) or call (412) 621-0100

Check out what’s new at LAMP! We have a new Facebook page at Library of Accessible Media for Pennsylvanians – LAMP. Please follow us for weekly updates on outreach activities and programs. Our website changes frequently, including new Staff Picks highlighting books of interest, events and activities. Visit us at [www.MyLAMP.org](http://www.mylamp.org/). Don’t forget to sign up for our monthly newsletter to stay in touch with LAMP happenings. Email us at info@MyLAMP.org for delivery to your inbox. We invite all to the opening reception of our tactile art exhibit,*Somatosensory: Relating to the Senses*, on Nov. 3 from 4:30-6:30 pm at LAMP, 4724 Baum Boulevard, Pittsburgh, PA 15213. The multi-sensory exhibit is open between 9 am and 5 pm weekdays through Nov. 25. Our recording studio produces books with a Pennsylvania connection. Our Reader Advisors help with book selection or technical assistance toll-free at 800-242-0586 or at info@MyLAMP.org.