

# FREE Remote Learning Services.

**Attend free online workshops, classes and one-on-one sessions** from the comfort of your home.

Algunos de nuestros programas y servicios se ofrecen en español favor de llamar para más información.



**Programs, Workshops  
and Class Catalog**

# Before taking a class, learn how to live well with Low Vision.

## Low Vision Consultation

If your vision is affecting your ability to perform daily tasks, Braille Institute's Low Vision Rehabilitation service can help you.

Losing vision doesn't mean giving up on your life activities, it means learning new ways to do them. Our **free** virtual Low Vision consultation includes personalized **one-on-one appointments** with our Low Vision Specialists. They will work with you over the phone or by video to maximize your remaining vision by:

- Assessing your particular needs.
- Exploring devices that can help you accomplish everyday tasks like reading, watching TV, and more.

## Helping You During COVID-19

While we continue to adapt due to COVID-19, our virtual Low Vision one-on-one session is an opportunity to connect with you remotely and discover what Braille Institute programming would best meet your needs.

Geared towards those who are new to our services, or haven't used our services in some time, once completed you will have access to our online classes and workshops.

At a later date, a follow up appointment will be made for a magnifier and reading & writing and lighting assessment.

**Maximize your  
remaining vision.**

To learn more or to schedule a **free** one-on-one appointment with one of our Low Vision Specialists, call 1-800-BRAILLE (272-4553).



## **Need help? Speak person-to-person with a live consultant by phone or video chat.**

### **Connection Pointe**

Join us at Connection Pointe for one-on-one training on the latest in assistive technology.

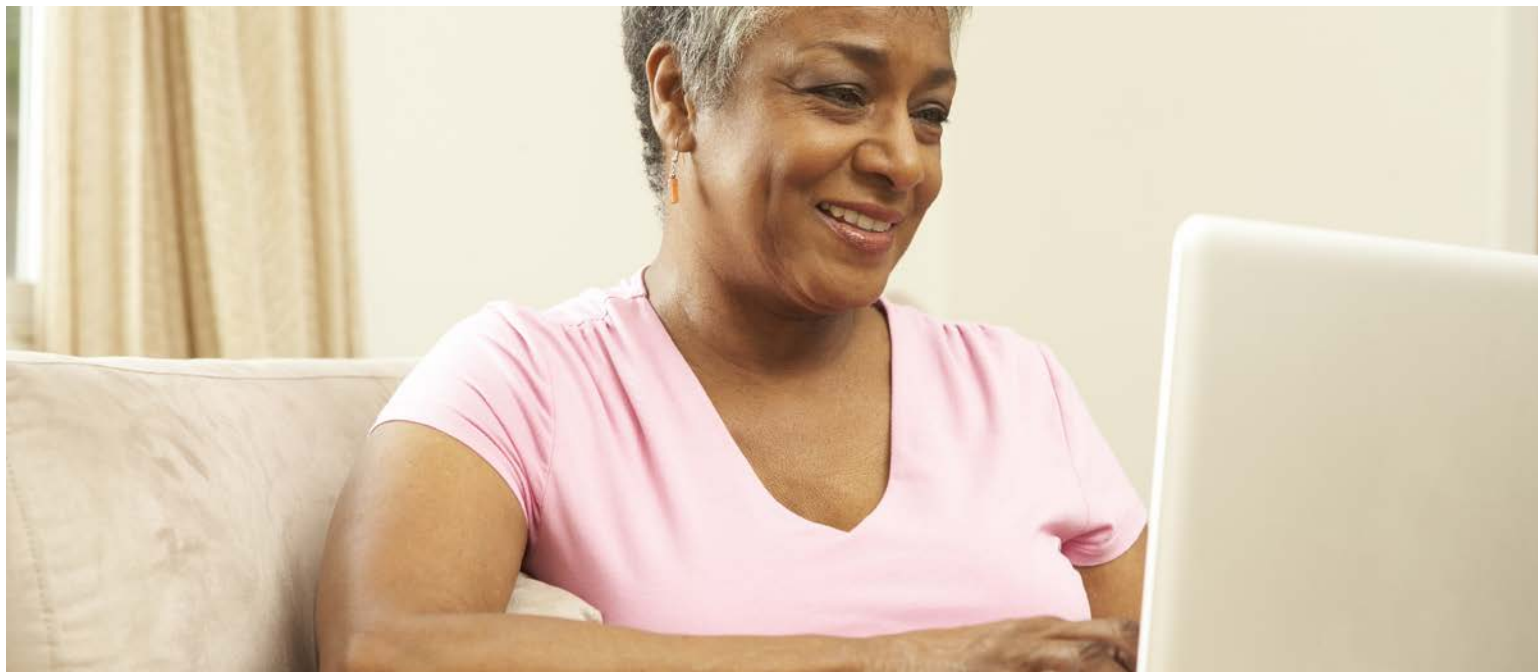
Learn how to use VoiceOver, text readers, Seeing AI, and other useful apps. We have computers, iPhones, Android devices, and iPads for you to practice with, or bring your own device to learn on.

### **Orientation and Mobility**

Go on an adventure! Seriously. Our Orientation and Mobility Specialists will teach you how to get around with a white cane, guide dog, and more.

You will have the confidence to navigate your home, neighborhood and the world.

For family members and friends, we'll teach you the proper techniques of how to be a sighted guide so you can assist your loved one wherever they may go.



**“Taking classes from my home is more convenient and I can socialize and meet new people.” – Lilia M.**

### **Library Services**

Our library offers access to over 100,000 books and magazines in every genre and for every age in hardcopy, audio or digital.

We will teach you how to use our online audiobook service BARD (Braille and Audio Reading Download), so you can download books and magazines to your computer or mobile device, anywhere, anytime.

### **Personal Connections**

By focusing on your specific goals, an Independent Living Skills instructor can work with you remotely, using video conferencing or the telephone, to address challenges you may be having in these areas: kitchen confidence and safety, household item marking and labeling, and other daily living skills directly impacted by vision loss.



## Attend Braille Institute classes and workshops from the comfort of your home.

While Braille Institute centers remain temporarily closed due to COVID-19, we are bringing **free** classes and services to you within the comfort and safety of your home.

Utilizing the Microsoft Teams platform for our distance learning classes, you can participate using your computer, tablet or phone.

### Benefits

- Convenient and within the comfort of your home.
- Free and easy access using your computer, tablet or phone.
- Variety of courses and offerings to choose from.
- Live instructor/consultant you can speak with.



**“I really enjoy the online experience; it has been probably just as good as face-to-face.” – Ron P.**

### **How Does It Work?**

Braille Institute instructors will provide you with an online link or phone number that will be used to connect to a live session. You will be able to speak with the instructor and other participants.

### **Online Workshops and Classes**

Join a 1-1.5 hour session taught by instructors on a range of subjects such as Make Technology Work For You, Cooking Without Looking, Fall Prevention, Understanding Vision Loss and more.

### **Virtual One-on-One Sessions and Tele Services**

These sessions are conducted by a Braille Institute consultant for services such as Low Vision, Orientation and Mobility, Technology training, and Child Development.

Los Angeles

# Free Remote Classes.

Online class availability, times and days may be changed throughout the term. Braille Institute classes are free thanks to our generous donors, unless specified. Register for classes by contacting the Registrar at 323-663-1111.

## Technology

*Whatever your degree of vision loss there is technology to help you live with greater ease. Discover how to use the latest and most user-friendly devices and apps through one-on-one training at Connection Pointe.*

### Enter the Virtual World With Microsoft Teams

Mon. 1.30-3.00pm

*En español*

Thurs. 1.30-3.00pm

Instructor: Shenai

Teams

Learn how to navigate and connect to Braille Institute classes with Microsoft Teams. We will discuss all the important features on Teams and their location on this platform and build students' knowledge and skills with this communication tool.

### Social Networking

Wed. 2.00-4.00pm

Instructor: Earth

Teams

Explore social networking as we cover everything from Facebook, Twitter, What's App, Telegram to LinkedIn.

### Siri Shortcuts: Beginners

Thurs. 10.00am-12.00pm

Instructor: Earth

Teams

In this class you will be introduced to basic Siri commands, tips on how to enhance your experience, and making Siri smarter.

### Talking Siri: Beginners

*En español*

Thurs. 1.00-2.30pm

Instructor: Jose S

Teams

This class is specifically for students who only speak Spanish. We will teach students basic navigation features using Siri as well as swiping, double tapping, and scrolling techniques for iPhone.

## **Deep Dive Into the iPhone and iPad**

Thurs. 2.00-4.00pm

Instructor: Earth

Teams

Ever wondered what the apps that come with your iPhone or iPad can do? How about taking control of the settings to customize your device based on your needs. Join us as we take a deep dive on everything that comes with your device.

## **Keyboard: Beginners**

Fri. 1.00-2.30pm

Instructor: Shenai

Teams

Explore lessons for beginners' placements in the talking typer. Learn important skills needed to pass each lesson with confidence. Discover common mistakes made on the keyboard and how to avoid them with proper techniques.

## **Technology Support Group**

Fri. 2.00-4.00pm

Instructor: Earth

*En español*

Tues. 2.00-3.00pm

Instructor: Shenai

Teams

This will be a space where we share news about technology, deals, services and offers. We will also address any questions pertaining to technology support.

## **Reading and Writing**

*Not being able to read or write standard print does not need to be a barrier to accessing literature or nonfiction. We have classes that encourage exploring audio books and learning the braille code, which enables one to continue enjoying books, magazines, and newspapers.*

## **Braille Reading and Writing**

*Braille Reading and Writing is taught in one-on-one lessons only. Weekly one-on-one lessons between 20-30 minutes are offered during these times:*

Mon., Tues., Wed.

10.00am-12.00pm,

1.00-4.00pm

Thurs. 10.00am-12.00pm,

1.00-3.00pm

Fri. 10.00am-12.00pm

Instructor: Monique

Telephone

*En español*

Mon. – Fri. 1.30-3.00pm

Instructor: Mayra

Teams

Covers alphabet, numbers, punctuation and abbreviations.

## **Book Club**

Last Tuesday of every month

8.30-9.30am

Instructor: Monique

Teams



Mysteries, memoir, contemporary and classic fiction, come read audio and braille books, in various genres and discuss their themes and the art of writing.

### **Library 101**

*Seven week series beginning Jan 5 and Mar 2*

Every Wednesday

10.00-11.00am

Instructor: Library Staff

Teams

Each class will focus on one or two areas of a library service or resource. Topics include books on demand, tips for using the digital player, the online catalog and more.

### **Life Skills**

*Learn simple adaptive techniques to support activities of daily living so that you can feel more confident and able to address your most fundamental needs.*

### **Memory Enhancement**

Mon. 10.00-11.30am

Wed. 2.00-3.30pm

Instructor: Manuele

Teams

*En español*

Tues. 10.00-11.00am

Instructors: Wendy

Teams

Understand how your memory functions, master techniques for

improving your brain's ability to recall information and learn strategies to help you improve focus when can't rely on your vision to help you recall where you left your keys!

### **Independent Living Skills**

Mon. 1.00-2.30pm

Tues. 10.00-11.30am

Wed. 1.00-2.30pm

Instructors: Mindy and Mayra

Teams

*En español*

Tues, 11.00am-12.00pm

Thurs. 10.00-11.30am

Instructors: Maria and Mayra

Teams

Learning a variety of daily living skills to maintain an independent lifestyle.

### **Young at Heart**

Mon. 2.00-3.30pm

Wed. 10.00-11.30am

Instructor: Manuele

Teams

Stay vital and connected in the world by working on building more confidence and honing better communication skills. A class for anyone at any age.

### **Personal Finance**

Tues. 10.00-11.30am

Instructor: Ken

Teams

Join in for conversations on how we manage and spend money. Topics include how to be an informed consumer of health care, food, credit cards, and other bank products, while keeping an eye out for scams.

### **Sensory Awareness**

Tues. 10.00-11.30am

Thurs. 2.00-3:30pm

Instructor: Manuele

Teams

*En español*

Mon., Tues. 10.00-11.00am

Instructors: Wendy and Maria

Teams

Learn techniques to enhance your senses and more consciously apply them in your daily routines.

### **Home Sweet (and Organized) Home!**

Mon., Fri., 1.00-2.00pm

Instructor: KT

Teams

*En español*

Tues., 11.00am-12.00pm

Instructors: Wendy

Teams

Learn how to make your home a safe and welcoming haven with tips and adaptive techniques for better organization and maintenance.

## **Cooking**

*Learn simple adaptive techniques to support activities of daily living so that you can feel more confident and able to address your most fundamental needs.*

### **Instant Pot Cooking: Work Smarter, Not Harder**

Mon. 10.00-11.30am

Instructor: Mindy

Teams

Through demonstrations, preparing simple recipes, and descriptive instructions, learn how to use this flexible multi-cooker whose functions include slow cooker, pressure cooker, rice cooker and steamer features.

### **Microwave Cooking**

*En español*

Mon. 11.00am-12.00pm

Instructor: Wendy

Teams

Through descriptive instructions learn microwave cooking techniques to prepare healthy and simple recipes safely and successfully. A great way to practice your cooking skills without using a stove.

### **Beginning Adaptive Cooking**

Tues. 10.00-11.30am

Thurs. 1.00-2.30pm

Instructor: Mindy

Teams

Through demonstration and descriptive instructions learn adaptive cooking techniques to prepare simple recipes safely and successfully.

### **Cooking for Diabetics**

*En español*

Mon. 10.00-11.00am

Instructor: Maria

Teams

Living with diabetes requires a well-balanced diet to maintain healthy sugar levels. Learn simple recipes, practice your cooking skills, explore online resources, and recipes to support your journey in managing your diabetes.

### **Living With Diabetes Support Group**

Tues. 1.00-2.30pm

Instructor: Mindy

Teams

A class on eating well and making healthier food choices to help control blood sugar. This class also allows peers to share how they navigate diabetes with low or no vision.

### **Advanced Adaptive Cooking: Cooking Around the World**

Thurs. 10.00-11.30am

Instructor: Mindy

Teams

Through demonstrations and

descriptive instructions, apply your more advanced cooking skills and take a culinary trip and explore new recipes and cuisines.

### **Microwave and Convection Oven Cooking**

Mon., Fri., 10.00-11.00am

Instructor: KT

Teams

Learn how to best use these handy kitchen appliances for fast, efficient and tasty, food preparation.

### **Artistic Endeavors**

*The arts fulfill the important and fundamental human need for creative expression, but they are also a powerful way to develop tactile and problem-solving skills; they stimulate and maintain visual memory and promote self-confidence. Our rich offering of visual and musical arts classes leads to more fulfilled lives and greater independence.*

### **Visual Arts**

#### **Art Speak**

Mon. 10.30am-12.00pm

Wed. 1.00-2:30pm

Instructor: Noah

Teams

Virtual field trips to exhibitions, artist's studios and artist's talks of exploring the work and creative

process of contemporary living artists.

### **Art Lab**

Mon. 1.00-2.30pm

Instructor: Noah

Teams

Independent study for experienced students with general guidance from the instructor. Students will select projects and participate in constructive critiques. Students will benefit most by using the video camera feature of Microsoft Teams. Students who have taken at least one year of Braille Institute art courses will be prioritized for enrollment.

### **Art & Text**

Tues. 10.30am-12.00pm

Instructor: Noah and Simone

Teams

Discussion of the history and the production of text-based art making practices inspiring students to create their own message and their own graphic/tactile letter forms.

### **Art & Reading: Back to Nature**

Tues., Wed., 1.00-2.30pm

Instructor: Simone

Teams

In this art and reading course, we will turn our attention to the natural world. Students are encouraged to create art inspired by nature. We

may even use scavenged natural items from our outdoor areas! We will read the acclaimed Annie Dillard's Pilgrim at Tinker Creek: BARD DB# 08742

### **Art & Reading: Mythos**

Wed. 10.30-12.00pm

Instructor: Simone

Teams

We will read the re-telling of classic Greek myths by noted actor and comedian, Stephen Fry. Students will make either tactile 2D works or 3D sculptures inspired by the famous characters and symbolic objects within the stories. We will read Mythos by Stephen Fry: BARD DB# 97936

### **Upcycling**

Wed. 10.30am-12.00pm

Thurs. 1.00-2:30pm

Instructor: Noah

Teams

Learn about artists who use unusual, discarded, found and/or everyday materials in their artwork. Students will amass their own collections of such things and create their own unique artworks.

### **Appreciating Art Through the Ages**

Thurs. 10.30-12:00pm

Instructor: Simone

Teams

This class begins with the oldest record of human creativity, prehistoric cave paintings. We will work our way through the history and mysteries of artistic creation. Class activities include readings, videos, and discussions on the major moments in art history and the cultural contexts that inspired them. This class is for anyone curious about art, history, and culture!

### **Paper Mâché**

Fri. 1.00-2.30pm  
Instructor: Simone  
Teams

Use paper mâché, plaster, and other media including yarn, fabric, wood, found object, etc. Student acquire skills according to their creative interest.

## **Musical Arts**

### **Virtual Classical Concert**

Mon. 9.30-11.00am  
Instructor: Fay  
Teams

Listen to virtual and streaming classical concerts and discuss the music as a group. All music lovers invited!

### **Virtual Concerts: Jazz**

Mon. 11.00am-12.00pm  
Instructor: Fay  
Teams

Listen to virtual and streaming Jazz concerts and discuss the music as a group. All music lovers invited!

### **Play the Blues**

Tues. 9.30-11.00am  
Instructor: Fay  
Teams

Learn what the Blues are and how to improvise on blues changes.

### **Music Creation with GarageBand App: Beginners**

Tues. 10.30am-12.00pm  
Instructor: Natanael  
Teams

Learn how to use GarageBand, a free professional music app for iPhone users. Students will use this VoiceOver-friendly app to compose, record, mix and master songs. Having an iPhone is required.

### **Blues Listening**

Tues. 11.00-12.00pm  
Instructor: Fay  
Teams

A rich and diverse musical genre and form incorporating spirituals, work songs, and rhymed simple narrative ballads. Learn about the history and different styles.

### **Music Creation with GarageBand App: Advanced**

Tues. 1.00-2.30pm  
Instructor: Natanael  
Teams

Learn how to use GarageBand, a free professional music app for iPhone users. Students will use this VoiceOver-friendly app to compose, record, mix and master songs. Having an iPhone is required, and students must have completed a past “Instrumental Song Creation” class.

### **Rock Legends**

Tues. 1.30-3.00pm

Instructor: Fay

Teams

Unforgettable and mythic artists, come learn more about the people and music that make Rock & Roll so exciting.

### **Music Fundamentals**

Wed. 9.30-11.00am

Instructor: Fay

Teams

Singers and instrumentals learn basic music theory on their own instruments.

### **Piano Basics**

Wed. 10.30am - 12.00pm

Instructor: Natanael

*En español*

Mon. 1.00 - 2.30pm

Teams

*Participants must have own piano or keyboard*

Learn/strengthen finger movement and placement; understand notes

and chords and basic scales.

Students will be able to follow the instructor with basic melodies and tunes.

### **International Music**

Wed. 11.00am-12.00pm

Instructor: Fay

Teams

Listen and Learn about music from all around the world.

### **Advanced Piano**

Wed. 1.00-2.30pm

Instructor: Natanael

Teams

Learn chord inversions and advanced scaled to perform a greater variety of music. Learn basic music theory and ear training to learn how to identify song keys, melodies, and chords.

### **American Music**

Wed. 1.30-2.30pm

Instructor: Fay

Teams

Listen and Learn about music from the many regions of the United States. From Hawaiian to Zydeco to Gospel, 14 wonderful styles await!

## **Song Form Analysis**

Thurs. 10.30-12.00pm

*En español*

Thurs. 1.00-2.30pm

Instructor: Natanael

Teams

Analyze different songs and their form/movement; identifying intro, verse, chorus, bridge and outro (end). Instructor will provide YouTube videos related to what is covered in class.

## **Songwriting Tools**

Fri. 10.30-12.00pm

*En español*

Mon. 10.30am-12.00pm

Instructor: Natanael

Teams

Learn songwriting tools that will help you write a memorable song at the end of the course. You will be introduced to 5 different techniques created by Andrea Stolpe.

## **Staying Active**

*Exercising can be a challenge if one has a visual impairment, but there are easy adaptations that make fitness both possible and fun. With the support of our fitness program, and orientation and mobility, participants can also build enough confidence to participate in mainstream exercise and movement opportunities on their own.*

## **PACE Land Aerobics**

Mon. 9.30-10.30am

*En español*

Wed. 9.30-10.30am

Instructor: Mayra

Teams

Group exercise for a great cardio workout.

## **Critical Thinking**

*In our discussion classes, we invite you to have meaningful engagement with a wide variety of subject matter—some of it current and timely and some of it looking at cultural history in context. Connecting and interacting with others in a classroom is a powerful way to combat social isolation and loneliness. Come connect with new ideas and new friends.*

## **Let's Go To The Movies**

Thurs. 9.30-10.30am

Instructor: John

Teams

Hooray for Hollywood! A class for film lovers. Watch and discuss audio described films and learn more about the art and history of cinema and its makers.

## **Sports Talk**

Thurs. 11.00am-12.00pm

Instructor: John

Teams

A look at teams and individuals who are competing in fields of athleticism. Come join the lively discussion.

### **Current Events**

Thurs. 2.00-3.30pm

Instructor: Ken

Teams

Join for conversations about the latest happenings in the news. We will discuss current events in local, national, and global news, and the impact of these events on our communities.

### **Getting Help**

*There is evidence that it is healing to mind, body, and spirit when we share and connect with others who are also experiencing and adjusting to vision loss. Our support groups and classes teach coping strategies and techniques to relax and better manage stress— they help you thrive.*

### **Diabetic Support Group: Live, Learn and Share**

*En español*

Mon. 11.00-12.00pm

Instructor: Maria

Teams

Living with diabetes and vision loss can be overwhelming. This support group will provide you with emotional encouragement, active lifestyle tips, and peer discussions related to living with and managing diabetes.

### **Living with Vision Loss Support Group**

Mon., Tues., Wed., Thurs.,  
11.00-12.00pm

Instructor: Nancy, Jennifer, Emily

*En español*

Mon., Tues. 1.00-2.00pm

Instructor: Maria

Teams and Telephone

Join us and share your experiences and coping strategies related to vision loss. This support group is meant to explore topics on denial, anger, stress, acceptance and how to work towards living a positive and productive life with vision loss.

### **Stress Management**

Mon., Fri., 11.00am-12.00pm

Instructor: KT

*En español*

Wed. 11.00am-12.00pm

Instructor: Mayra

Teams

Learn and practice techniques for relaxation to better manage stress in daily life.

### **Living With Vision Loss: Women's Support Group**

*En español*

Mon. 1.00-2.00pm

Instructor: Wendy

Teams

This group is intended to provide a safe and supportive space for



women. Share your own journey related to vision loss and how it has impacted your life. Together we will explore topics on denial, anger, stress, acceptance and how to work towards living a positive and productive life with vision loss.

### **Rights & Resources**

Tues. 2.00-3.30pm

Thurs. 10.00-11.30am

Instructor: Manuele

*En español*

Tues. 1.00-2.00pm

Instructor: Wendy

Teams

There are many social service agencies and non-profits offering support to address myriad needs. Come discover which resources are available to you in your community.

### **Mindfulness: Stress Reduction**

Wed. 10.00-11.30am

Thurs. 1.00-2.30pm

Instructor: Eric

Teams

Raise awareness of your thoughts, sensations, and surrounding environment, through a nurturing practice that helps you better navigate and release stress.

### **Orientation and Mobility Support Group: Retinitis Pigmentosa**

Second Friday of each month

11.00am-12.00pm

Instructor: Karen

*En español*

Second Friday of each month

11.00am-12.00pm

Instructor: Gricelda

Teams

Students with the same eye disease, Retinitis Pigmentosa, will interact and discuss various issues they are facing while trying to navigate the world around them. Class will be led by an Orientation and Mobility instructor as well as a licensed social worker.

### **Orientation and Mobility Support Group: Macular Degeneration**

Fourth Friday of each month

11.00am-12.00pm

Instructor: Karen

*En español*

Fourth Friday of each month

11.00am-12.00pm

Instructor: Gricelda

Teams

Students with the same eye disease, macular degeneration, will interact and discuss various issues they are facing while trying to navigate the world around them. Class will be led by an Orientation and Mobility instructor as well as a licensed social worker.

**From Los Angeles**

# Free Remote Workshops.

Information about these, or other valuable free online workshops, seminars and special activities may be found in the weekly announcements, or by visiting our website [BrailleInstitute.org/classes-events](http://BrailleInstitute.org/classes-events).

## Technology

### Let's Explore Web Audio

Mar 1 1.00 – 2.00pm

WebAudio is a brand-new audio news app for your smartphone. Customize your audio playlist using 1 main categories and 100 unique topics. No need to continually search for news stories ever again. This will simplify your news gathering experience.

### VoiceOver on the Apple Computer

Mar 29 10.30 – 11.30am

VoiceOver is a screen reader that exists on your iPhone, and your Apple computer. We'll show you how to access it, and some basic navigation tips to take back control of your computer.

### Aging In Your Home With Technology

Apr 5 10.30am – 12.00pm

Overtime, we would all like a nice upgrade to make our home even more special. Upgrading with technology is a sure way to keep you active and entertained from the

comfort of your home. We will share and demonstrate creative ways to incorporate technology in your home to stay safe and confident. Join the Los Angeles Connection Pointe Team to explore how you can add technology in your home to complete your everyday tasks.

### Exploring Envision Glasses

Feb 22 10.00 – 11.30am

Envision glasses are AI for your eye. They use the power of speech to make everyday life more accessible. In this webinar, Jose Cintron of Florida Vision Technology will do a complete demonstration of the Envision Glasses, explaining the main features and interactions. Afterwards you'll be able to ask questions about the glasses.

## Getting Help

### Adaptive Items for Independent Living

Mar 21 10.00 – 11.30am

A lively overview of some helpful adaptive and mainstream items available for use to support Independent Living Skills (ILS).

Join our ILS instructors for this workshop as they share not only how to utilize these items but where to find them!

## **Life Skills**

### **Hope: A Double-Edged Sword?**

Feb 7 2.00 – 3:30pm

Mar 30 10.00 – 11.00am

How does one strive to live independently and fully while coping with the emotional toll of progressive vision loss? Join us to learn about striking a balance, while navigating a new and potentially turbulent chapter of life.

### **Advocate for Better Care**

Mar 18 3.00 – 4.00pm

Practice and learn new techniques of self-advocacy for proper care with procedures, after care and home care. You will learn new skills and share experiences. Participants will come with a base knowledge for discussion.

## **Cooking**

### **Salsa!**

Feb 18, Mar 21 10.00 – 11.30am

Join Los Angeles Cooking Instructor Mindy for a crash course in making this tasty condiment! Learn the techniques and recipes to make several different kinds of salsa.

## **Reading and Writing**

### **Braille Literacy**

Feb 18, Apr 1 10.00 – 11.30am

Examine the continued importance of Braille literacy for adult learners, even partially sighted individuals, in an age that brings constant advancement in assistive technology.

## **Art**

### **Gathering from Nature: Garlands, Wreaths and Crowns**

Feb 8 1.00 – 2.30pm

From your own neighborhoods and yards, you will gather a variety of fresh flowers, found grasses, tender branches from trees— even available herbs will work here. Then, we will gather online where you will learn to bind together a floral project of your choosing: garlands, wreaths, or crowns. While this is a celebration of the natural world, artificial plants, vines and any fabric notions may also be useful. Let the fun with flora begin!

### **Upcycling! Turning Trash Into Treasure**

Feb 9 10.30am – 12.00pm

Apr 7 1.00 – 2.30pm

This workshop is an introduction to Upcycling, turning trash into treasure by taking an everyday object that would normally be discarded or recycled and decorating it to become a functional work of art such as a pen holder or decoration.

### **Valentine Cards**

Feb 14 3.00 – 4.00pm

Create handmade, heartfelt Valentines cards to give to your loved ones. Let your creativity flow, have fun, and practice your sensory awareness all in one workshop.

### **Vegetable Printing: Flowers in the Salad**

Apr 6 1.00 – 2.30pm

A Creative Arts workshop where participants will turn to the kitchen (and the refrigerator!) for art materials and inspiration. Using the most ordinary and most unusual of vegetables and fruits available, we will stamp and print with them to make engaging and unexpected compositions that sate our appetite for creativity!

### **Music**

#### **The Birth of Jazz**

Feb 14, Apr 6 1.30 – 3.00pm

With social changes after the Civil War, American music was ripe to evolve. Participants will gain the basis to appreciate jazz artists and sounds of the early to mid 20th century.

#### **Song Form Analysis: The Beatles**

Mar 31 10.30am – 12.00pm

Join Los Angeles Music Instructor Natanael Molina for a deep dive into two timeless hits by The Beatles. Explore the group's instrumentation and composition, and gain a deeper understanding of one of the world's most beloved bands.

### **Staying Active**

#### **Laughing Yoga**

Mar 14 3.00 – 4.00pm

Simple exercises to help reduce stress.

### **Community Resources**

#### **Disability Rights and Resources**

Feb 8 11.00am – 12.00pm

Join us for a presentation by Nancy Urquilla, with the Disability Rights Resource Center. She will share helpful resources for the blind community during COVID-19. We will also learn about helpful resources to continue to stay active and continue to be safe at home.

#### **Dayle McIntosh 55 and Older Program**

Feb 18 11.00am – 12.00pm

Outreach specialists from the Dayle McIntosh Center will explain how individuals, who are fifty-five years of age or older, have a significant vision loss, and reside in either Orange County or Los Angeles County, are eligible to receive services through the Aging with Vision Loss program.

#### **All About California Telephone Assistance Program**

Feb 24 10.00 – 11.00am

Learn how you can qualify for FREE specialized landline phones and smart phones.



# Assistive Technology Month

Join Braille Institute this January for Assistive Technology month! Learn how technology can be used to increase your independence with cooking, transportation, or other daily living activities from experts in the field. Call 1800-BRAILLE (272-4553) to register for any of the free workshops this month.

## **The Art of Kitchen Confidence**

Jan 12 10.00 - 11.00am

For many, time in the kitchen is special. It's a chance to create, have fun, and share it with friends and family. There are so many tools available to make sure you remain independent. Join our Los Angeles cooking instructor Mindy Leventhal and assistive technology instructor Shenai Hernandez to discover what devices can help you in the kitchen.

## **New Technology: Low Vision Devices**

Jan 13 11.00am - 1.00pm

Learn about current low vision devices available through North State Assistive Technology. Cory Hanosh will demonstrate their newest low vision devices. We will share how these low vision devices can assist you and support your remaining vision to complete tasks such as reading, writing, and managing medications and finances. You will also find out how Braille Institute can refer you for these devices and provide you with training to use them.

## **Free Audio Books, Sign Me Up!**

Jan 18 10.00 – 11.00am

BARD & Books on Demand make it possible for you to get free audio books from wherever you are. Join our library, assistive technology team, and a guest from the National Library Service to discuss how you can access these free audio books. We'll also get a glimpse into the future of the BARD app program.

## **Discover OrCam with Dr. Bryan Wolynski and influencer Ashley Mizell**

Jan 18 2.00 – 3.00pm

OrCam's mission is to harness the power of artificial vision by incorporating pioneering technology into a wearable platform which improves the lives of individuals who are blind, visually impaired and have reading difficulties. Dr. Bryan Wolynski, Low Vision Optometrist, and consultant to OrCam Technologies will be joined by Ashley Mizell; a mom to three boys, and an OrCam user to discuss everyday challenges and OrCam technology.

## **Bonocle, The First Ever Braille Entertainment Platform**

Jan 20 10.00 – 11.00am

Bonocle, the first ever braille entertainment platform, seeks to improve the lives of those with a

visual impairment through technology. We welcome Abdelrazek Aly, Co-Founder and CEO, of Bonocle to walk us through a revolutionary new device using the braille dots to keep you productive, to make education easier, and have fun with games.

## **New Technology: Audio Devices and Computer Programs**

Jan 27 11.00am – 1.00pm

Cory Hanosh from North State Assistive Technology will demonstrate the most recent audio devices and computer programs available. We will share how these audio devices can support you in reading through text-to-speech. Learn about computer programs assisting you with screen magnification and text-to-speech options supporting your use of your computer. Also, find out how Braille Institute can refer you for these devices and provide you with training to use them.

## **Getting Around with Soundscape**

Jan 28 10.00 – 11.00am

Enhance your capabilities getting around town with the Microsoft Soundscape app. Using 3D sound, this gives you a richer awareness of your surroundings. Join our O&M specialist, assistive technology instructor, and special guest from the Microsoft Soundscape team as they discuss its capabilities.

From Southern California

# Free Remote Workshops.

Using technology like Microsoft Teams, we are able to connect you with the best instructors from all over Southern California. Join any of these **free** online workshops offered by our various centers.

Call 1-800-BRAILLE (272-4553) to register.

## Technology

### Meet and Greet: San Diego Connection Pointe Team

Jan 5 1.00 – 2.00pm

Hosted by: San Diego Center

Join us and get to know our team of technology experts for this informative and interactive session. Learn about Connection Pointe (CP) classes and upcoming workshops to help you become more proficient in assistive technology.

### Understanding Microsoft Teams

Jan 6, Feb 7, Mar 14 2.00 – 3.00pm

Hosted by: Riverside Center

Jan 7 10.00 – 11.30am

Hosted by: Laguna Hills Center

This workshop will cover the advantages of video conferencing and how an individual can join a

Microsoft TEAMS meeting with an invite link emailed. We'll discuss how to mute or unmute yourself, turning the camera on or off and more.

### Is There an App For That?

Jan 14 10.00 – 11.30am

Hosted by: Laguna Hills Center

Discover all the useful Apps available to those with Low Vision to No Vision. We will discuss apps that can read short/long text, currency reader, bar code reader and many more!

### Introduction to Amazon Alexa

Jan 19 10.00 – 11.00am

Feb 24 2.00 – 3.00pm

Hosted by: Riverside Center

Feb 23 1.30 – 3.00pm

Hosted by: Anaheim Center

Discover all the tasks you can accomplish with your Echo Dot or an



Echo Show! Join us for this online workshop where we get started with Amazon's smart assistant, Alexa. You will learn all the things you can accomplish with Alexa and what devices Alexa works with such as how to get information, be entertained and using voice commands.

### **Listen to Podcasts**

Jan 19 1.30 - 3.00pm  
Hosted by: Anaheim Center

Podcasts are the modern radio shows, but listen whenever you want on any topic you want. Learn how to discover and listen to a variety of podcasts using an app for iOS devices. For VoiceOver and non-VoiceOver users.

### **Have Your Device Work For You**

Jan 21 10.00 - 11.30am  
Hosted by: Laguna Hills Center

If you have a smart device such as iPhone, iPad, and Android, let's get them to work for you and complete tasks such as reading a book, ordering an item, or simply communicating with friends and family.

### **What Can Your Apple Watch Do For You?**

Jan 21 11.00 - 12.00pm  
Hosted by: Santa Barbara Center

Apr 6 1.30 - 3.00pm  
Hosted by: Anaheim Center

What can your Apple Watch do for you besides sending or receiving

calls and using apps? You will learn about the accessibility features like Voiceover, Magnification, and Siri on your wrist. You will also discover Workout Tracking and how it can track your workout sessions monitor your heart rate, blood pressure, and detect irregularities in your health condition. Join us for this fun and informative workshop.

### **Living Independently with Technology**

Jan 25 1.00 - 2.00pm  
Hosted by: Santa Barbara Center

In this workshop you will learn how to use assistive devices for every room in your home, including your kitchen, living room and bedroom. These devices include the Instapot, a talking TV, medication adaptations and more.

### **iPhone and iPad Accessibility**

Jan 25 2.00 - 3.00pm  
Hosted by: Riverside Center

Jan 26, Mar 23 1.00 - 2.00pm  
Hosted by: Anaheim Center

Jan 28 10.00 - 11.30am  
Hosted by: Laguna Hills Center

Do you own an iPhone or iPad and have low vision to no vision? Then this workshop is for you. We will demonstrate how easy it is to use VoiceOver, screen magnification, apps, and voice command using Siri.

### **How to Use Instacart Delivery Service**

Feb 9 1.30 - 3.00pm



Hosted by: Anaheim Center

Feb 17, Apr 5 2.00 – 3.00pm

Hosted by: Riverside Center

Join us for this fun workshop to learn about Instacart an online grocery delivery company that is completely changing the way we grocery shop. Learn how easy it is to use the app.

### **Seeing AI App on iPhone/iPad**

Feb 11 10.00 – 11.30am

Hosted by: Laguna Hills Center

Learn about a free app for iPhone/iPad that narrates the world around you. Seeing AI uses the device camera to audibly read text, identify people and objects, and audibly describes those objects for people with visual impairment.

### **How to Stay Safe Online**

#### *Part 1*

Feb 16 1.00 – 2.00pm

#### *Part 2*

Mar 16 1.00 – 2.00pm

Hosted by: San Diego Center

Whether you're shopping online, checking email, or browsing social media, you should be aware of bad guys waiting to steal sensitive information. We will discuss common threats and how to stay safe online.

### **Windows Accessibility for Low Vision**

Feb 16 1.30 – 3.00pm

Hosted by: Anaheim Center

A windows computer has several accessibility options to help you see it better. Learn about the Magnifier, enlarging your mouse pointer, high contrast color settings and more!

### **Eyedaptic Smart Glasses**

Feb 24 10.00 – 11.30am

Hosted by: Laguna Hills Center

Learn about new smart glasses designed by Retina Specialists and Low Vision Optometrists who understand your problem. Through a simulated natural vision software technology, the Eyedaptic glasses optimize the peripheral vision so everyday tasks are easier to manage.

### **iPhone Magnifier**

Mar 1 3.00 – 4.00pm

Hosted by: Santa Barbara Center

Join us and learn how you can use your iPhone as a handheld magnifier without having to carry around a separate device. We'll play with the zooming feature, how to adjust contrast, color, and brightness. Features that are already included in your devices.

### **What's Up Siri**

Mar 2 1.00 – 2.00pm

Hosted by: San Diego Center

Is Siri getting smarter than you think? Can Siri do more? In this class, we will explore Siri beyond making calls, sending text, and getting information.

## **Audio Described Movies**

Mar 9 1.30 – 3.00pm

Hosted by: Anaheim Center

Learn about the latest in audio-described movies. We'll demonstrate streaming services; specifically, Netflix and Disney+, and an introduction to the American Council of the Blind website, which has an extensive resource on everything about audio description, including cable company services, master movie and DVD lists, and performing arts.

## **Intro to Braille Note Touch**

Mar 9 2.00 – 3.00pm

Hosted by: Santa Barbara Center

The Braille Note Touch is a device made by HumanWare. With this device you can use it to take notes, browse the web, keep a calendar, and read Braille books. Learn about its features, keyboard options, and its Key Soft operating system.

## **Android Accessibility Topics**

Mar 18 10.00 – 11.30am

Hosted by: Laguna Hills Center

Learn about the accessibility features an Android Device has to offer. We will discuss magnification, Google voice assistant, talkback and third-party apps that can help you!

## **iPhone Photography**

Mar 18 11.00 – 12.00pm

Hosted by: Santa Barbara Center

iPhones are like professional grade

cameras in your pocket. Even with vision loss you can still use your phone to take amazing pictures. Utilizing the VoiceOver screen reader, we'll discuss tips and tricks when taking photos and sharing them with friends and family.

## **Discover the Braille Class Catalog Using an iPhone or iPad**

Mar 30 1.30 – 3.00pm

Hosted by: Anaheim Center

Learn how to find the current term's class catalog at any of the Braille centers and save a link on your device.

## **Intro to Google Home**

Mar 30 2.00 – 3.00pm

Hosted by: Santa Barbara Center

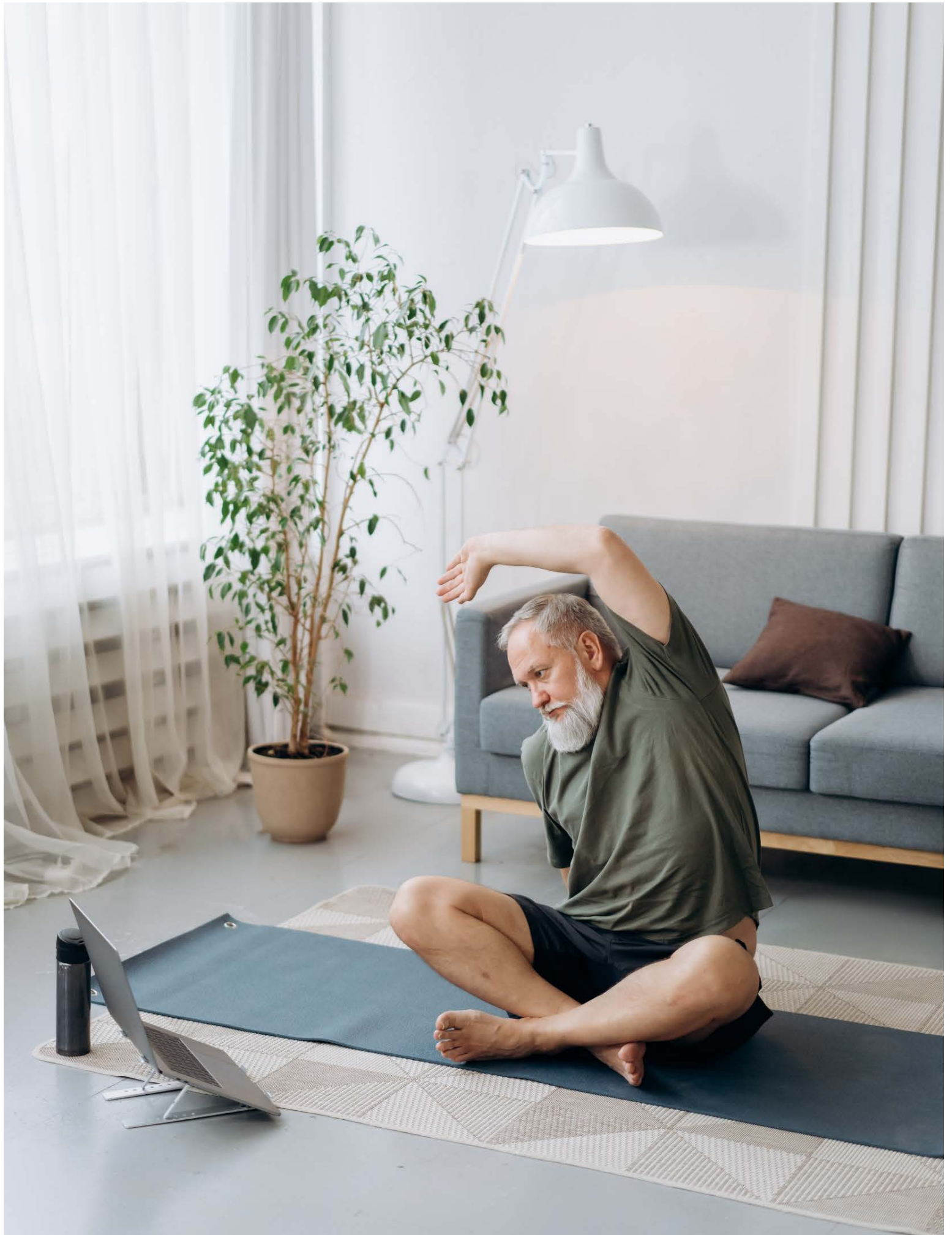
The Google Home is a smart speaker device that helps you with daily tasks. You can also play music by simply talking to it. We'll review how to set it up and some of the tasks it can help you with.

## **Popcorn and a Movie: The Roku and Netflix Accessibility Features**

Apr 1 10.00am – 12.00pm

Hosted by: Coachella Valley Center

There are many accessible features available for home entertainment. We will discuss the Roku which is an inexpensive device that you can plug into your TV to access movies and shows with audio description. Netflix also allows you to play their selections with description. In this workshop we teach you how to make



popcorn in the microwave. Then we will play a Netflix movie for you to enjoy with your popcorn.

### **iPhone Image Recognition**

Apr 8 11.00am – 12.00pm  
Hosted by: Santa Barbara Center

You don't have to be left out of photo sharing even if you can't see those photos clearly. Your iPhone has the technology to give you written descriptions of pictures all on its own. Learn how to identify what is in the photos you take, receive from friends and family, or find on the web using VoiceOver on your iPhone and apps like Seeing AI and TapTapSee.

### **Social Media with JAWS Screen Reader**

Apr 13 2.00 – 3.00pm  
Hosted by: Santa Barbara Center

Learn how to use YouTube, Twitter, Instagram, and Facebook on your computer using the JAWS screen reader. It's fun to follow the famous and not so famous and interact with your friends.

### **Introduction to the Victor Reader**

Apr 15 10.00 – 11.30am  
Hosted by: Laguna Hills Center

Come and discover all the fun things you can do with a Victor Reader! We will discuss downloading audio books from National Library Services using Victor Reader Stream, listen to radio stations, create notes, and talk about what else this device can do for you.

### **Popcorn and a Movie: The Firestick and Disney Accessibility Features**

Apr 15 10.00 – 12.00pm  
Hosted by: Coachella Valley Center

There are many accessible features available for home entertainment. We will discuss the Amazon Firestick, an inexpensive device you can plug into your TV to access movies and shows with audio description. You'll learn about the Disney Channel's selections with description. We will teach you how to make popcorn in the microwave and after, we will play a Disney movie for you to enjoy with your popcorn.

### **Getting Help**

#### **Meet the Riverside Staff**

Jan 4, Mar 8 2.00 – 3.00pm  
Hosted by: Riverside Center

Introducing the Riverside Staff! Join us for this online meet and greet where staff will introduce themselves, discuss our free programs and services, and upcoming online presentations.

#### **Understanding Vision Loss**

Jan 7 & 21, Feb 4 & 18, Mar 4 & 18,  
Apr 1 & 15 10.00 – 11.30am

Hosted by: Laguna Hills Center

Jan 10, Mar 14 10.00am – 12.00pm  
Hosted by: Coachella Valley Center

Jan 13, Feb 8, Mar 22, Apr 14  
2.00 – 3.00pm

Hosted by: Riverside Center

Jan 28, Feb 25, Mar 25

1.00 - 2.00pm

Hosted by: San Diego Center

Mar 22 1.00 - 2.00pm

Apr 21 3.00 - 4.00pm

Hosted by: Santa Barbara Center

As your vision changes due to Macular Degeneration, Glaucoma, Diabetic Retinopathy or other conditions, we offer free programs and services to help you do the things you love. Join us for an informative online opportunity to learn about living well with low vision and embracing lifestyle changes.

### **Low Vision 101**

Jan 19, Feb 16, Mar 16, Apr 13

11.00am - 12.00pm

Hosted by: San Diego Center

Learn who, what, and the importance of Braille Institute's Low Vision Program. Hear first-hand how our free low vision consultation can help individuals with low vision and get an overview of our low vision services. Join Melissa Caruso the Certified Occupational Therapy Assistant for our San Diego Center.

### **Diabetic Retinopathy and Healthy Living Tips**

Mar 18 3.00 - 5.00pm

Hosted by: Coachella Valley Center

Many people with diabetes have experienced some form of vision loss related to this condition. Learn the importance of managing blood sugars. We'll provide tips on maintaining a healthy and active

lifestyle to maximize use of the remaining vision. We will discuss delicious and healthy recipes along with the benefits of eating vegetables and fruits.

### **Life Skills**

#### **Self Defense**

Feb 4 1.00 - 2.30pm

Hosted by: Laguna Hills Center

This workshop will give you ways to be more aware of how to be safe as you are walking or traveling in both familiar and unfamiliar environments.

#### **Workforce Ready**

Feb 9 2.00 - 3.00pm

Hosted by: Santa Barbara Center

Learn about common problems that we as blind people face in the job market. With a few tips and tricks, you can get started marketing your skills and work on gaining informational interviews through LinkedIn, writing better resumes and cover letters, and become more comfortable navigating job sites. JAWS is recommended, though we'll go over some Voice Over navigations tips too.

#### **Self Care and Mindfulness**

Feb 18 3.00 - 4.00pm

Hosted by: Santa Barbara Center

Richard will be addressing the need for healthy self-care rituals when dealing with stressful and challenging times. They will present strategies for enhancing our

emotional and physical well-being and introduce valuable self compassion tools.

### **Basic Lighting**

Feb 18 3.00 – 5.00pm

Hosted by: Coachella Valley Center

For people with low vision, lighting is a critical factor. Learn household lighting tips including glare control and contrast enhancement for reading, managing finances, completing personal care, and meal preparation to help maintain safety and independence.

### **Aging In Place**

Feb 22 1.00 – 2.00pm

Hosted by: Santa Barbara Center

A discussion on changes in vision that can develop with age. You will learn how to combat the resulting challenges with home management and organizational techniques.

### **Emergency Preparedness**

Feb 22 2.00 – 3.00pm

Hosted by: Riverside Center

Apr 1 1.00 – 2.30pm

Hosted by: Laguna Hills Center

How to be prepared for an emergency when you are dealing with vision impairment or other special needs. This will be discussed along with what needs to be done by all.

### **Orientation and Mobility: Fall Prevention**

Mar 1 1.00 – 2.30pm

Hosted by: Coachella Valley Center

During this workshop Orientation and Mobility Specialist, Sylvia Gomez, will discuss how to prevent falls and improve your safety in or outside your home. We will provide you with strategies to maintain a fall proof home, detail the benefits of using a long white cane and provide health and exercise tips to increase your overall safety as you travel in any environment.

### **Basic Principles of Contrast**

Mar 10 2.00 – 3.00pm

Hosted by: Santa Barbara Center

This workshop will provide information on low contrast sensitivity and how to apply principles of contrast to improve your daily life.

### **Keep It Clean with Low Vision**

Mar 15 1.00 – 2.00pm

Hosted by: Santa Barbara Center

This workshop will dive into everything you need and want to know about cleaning. We will address task like sweeping, vacuuming, washing windows, brushing teeth, and more.

### **Smart Lighting**

Apr 15 3.00 – 5.00pm

Hosted by: Coachella Valley Center

For people with low vision, lighting is a critical factor. This is an in-depth workshop providing information about specific lighting for various tasks. Learn how smart devices can assist you with your lighting and other appliances in the home. The lumens

and kelvins of bulbs will be reviewed to determine what works best of you. Learn more in depth household lighting tips to help maintain safety and independence.

## **Cooking**

### **Bread Making**

Jan 18 1.00 – 3.00pm

Hosted by: Santa Barbara Center

Local experts from Santa Barbara will introduce their favorite breads and how bread baking can be easy, fun, and accessible. Participants will learn the fundamentals of measuring wet and dry ingredients, how to safely use their oven and the chemistry of baking.

### **Cooking with Technology**

Jan 21 10.00am – 12.00pm

Hosted by: Coachella Valley Center

Today's kitchen appliances are easier to use than ever through voice activation and simplicity of operation. Our Independent Living Instructor, Leticia Hernandez, will teach you about many of the simple to use small appliances that will make cooking easy and fun. She will also share information about larger appliances now able to be activated through voice commands.

### **Healthy Eating**

Feb 4 10.00am – 12.00pm

Hosted by: Coachella Valley Center

Learn techniques for shopping, preparing, and eating healthy! Our

Independent Living Skills Instructor, Leticia Hernandez, will discuss delicious and healthy recipes along with the benefits of eating vegetables and fruits.

### **Eat Healthy Be Active**

Apr 12 1.00 – 2.00pm

Hosted by: Santa Barbara Center

Join this workshop to learn how key nutrients work in your body and how they can be assimilated through diet to support vision, blood-sugar, cholesterol, etc.

## **Reading and Writing**

### **Free Audio Books, Sign Me Up!**

Feb 1, Mar 29 2.00 – 3.00pm

Hosted by: Riverside Center

BARD & Books on Demand make it possible for you to get free audio books from wherever you are as long as you have the device that plays them. Join our library, assistive technology team, and a guest from the National Library Service to discuss how you can access these free audio books. We'll also get a glimpse into the future of the BARD program.

### **Writing Your Memoirs**

Feb 3 1.00 – 2.30pm

Hosted by: Anaheim Center

If you ever wanted to tell the story of your life, this workshop will give suggestions and tips on how to get started. We will discuss ideas,

events, and memories that shaped and changed your life. Learn how to organize your thoughts and describe events in detail. We'll talk about different ways to record or write your memoirs by discussing technology to help get your story together. Writing your memoirs is a great way to record your legacy and pass your story on to share with loved ones.

## **Art**

### **Teaching Visual Art to the Visually Impaired: Adaptive Strategies for Creative Classrooms**

Apr 8 10.00 – 11.30am  
Hosted by: Anaheim Center

This professional development workshop will teach basic principles, techniques, and etiquette for teaching visual art to students with low vision or blindness. Participants will gain an understanding of how to adjust traditional art techniques, media, and studio set-up to promote increased accessibility. The workshop will also cover methods for emphasizing the tactile and auditory aspects of art, and all participants will receive resource guides with sample projects and recommended art materials for the blind and visually impaired.

## **Community Resources**

### **All About CTAP**

Jan 11 2.00 – 3.00pm  
Hosted by: San Diego Center

Join us for a special presentation with California Telephone Assistance Program of the Public Utilities Commission Deaf and Disabilities Telecommunications Program. Learn how you can qualify for FREE specialized landline phones and smart phones.

Guest Speaker: Sandra Lambarri Johnson

### **Let's Talk Computers for the Blind**

Jan 21 1.00 – 2.00pm  
Hosted by: San Diego Center

In today's virtual world, the absence of technology and a computer create an enormous divide. Learn about Computers For The Blind (CFTB) and their programs providing affordable computers, laptops and accessible software for blind and visually impaired children and adults living in the United States.

Guest Speaker: Christy Householter, Executive Director, CFTB.

### **Is A Guide Dog the Right Fit for You?**

Feb 25 10.00am – 12.00pm

Hosted by: Coachella Valley Center  
Guide Dogs of the Desert's Tim Hindman, Director of Student Services, will discuss the benefits of applying for a guide dog, review the application process and requirements to be accepted to the program. He will also share the practicalities and pitfalls of partnering with a Guide Dog. Learn



how Braille Institute can assist you with obtaining the Orientation and Mobility skills required before being accepted into the Guide Dogs training program.

### **Guide Dogs for the Blind: Orientation and Mobility Immersion Program**

Mar 4 1.00 – 2.30pm

Hosted by: Laguna Hills Center

Guide Dogs for the Blind will be presenting an overview of their O&M Immersion Program. There will also be a few students who have been through the program to tell of their experience and whether it helped.

### **iCanConnect: Helen Keller National Center**

Mar 11 1.00 – 2.00pm

Hosted by: San Diego Center

Do you, a friend or family member struggle with significant combined hearing and vision loss? If so, we invite you to join us and learn about iCanConnect The National Deaf-Blind Equipment Distribution Program. Also learn about important services and programs provided by Helen Keller National Center.

Guest Speaker: Susanne Hogan, Regional Representative

### **Navigating Elder Services and Healthcare: St. Paul's PACE**

Mar 18 1.00 – 2.00pm

Hosted by: San Diego Center

Learn about St. Paul's Program of All-inclusive Care for the Elderly

(PACE). Located in San Diego County, this Managed Care Health Plan is exclusively for seniors (55+), and is free with Medi-Cal. Listen and learn if PACE may offer a viable solution for you or a loved one.

Guest Speaker: Carla McLaughlin, Enrollment Specialist

### **Medication Safety/Script Talk**

Apr 1 11.00am – 12.00pm

Hosted by: San Diego Center

Talking, large print or braille prescription labels allow visually impaired people to safely and independently manage their prescription medications. In this workshop, learn about Script Talk and how it can help you.

Guest Speaker: Sharla Glass, En-Vision America

### **Non-24 Circadian Rhythm Sleep Wake Disorder**

Apr 6 3.00 – 5.00pm

Non-24 Circadian Rhythm Sleep Wake Disorder is a chronic condition affecting mainly individuals who are totally blind but also those with limited light perception. If you have difficulty falling asleep, difficulty getting a full night's sleep and/or difficulty staying awake during the day, join us.

Hosted by: Coachella Valley Center

Guest Speaker: Shauna Jatho, Clinical Nurse Educator



## Hear from the Eye Doctors during Low Vision Month!

Our Low Vision Specialists have reached out to other experts in the field to bring you a month full of FREE educational workshops and seminars. Losing your vision doesn't mean giving up on life activities, it means learning new ways to do things like reading the mail, shopping, cooking, navigating and more.

Call 1800-BRAILLE (272-4553) to register today or go online at [BrailleInstitute.org/low-vision-workshops](http://BrailleInstitute.org/low-vision-workshops).

### **Macular Degeneration**

Feb 7 1.00 – 2.00pm  
Hosted by: San Diego Center

Learn about the latest research in Macular Degeneration, the leading cause of vision loss in adults over the age of 60. We are happy to welcome back guest presenter Nikolas London, MD, FACS and Michael Joseph Ammar, MD, Retina Consultants San Diego.

### **Cancer and the Eye**

Feb 8 9.00 – 10.00am  
Hosted by: Santa Barbara Center

An informational presentation and discussion with the Director of Ophthalmic Oncology Center at the UCLA Stein Eye Institute, Tara McCannel, M.D., Ph.D., about cancer of the eye, vision changes due to cancer & cancer-related treatment, and relevant research in the field of ophthalmic oncology.

## **Low Vision Services: Tools to Enrich Your Life**

Feb 11 10.00am – 12.00pm  
Hosted by: Coachella Valley Center

Our low vision rehabilitation specialists are uniquely qualified to help you find the correct tools and training to continue to live an independent life. Join Braille Institute's Low Vision Occupational Therapists, Katie Scheuring OTR/L, CLVT and Elizabeth Lamprecht MS, OTR/L, to learn about what our low vision rehabilitation services can offer you and how you can take advantage of their services for free at Braille Institute.

## **Nutrition and Keeping Your Eye Healthy**

Feb 15 12.00 – 1.30pm  
Hosted by: Santa Barbara Center

This is an informative presentation for individuals interested to learn about nutrition and eye health. Dr. Carolyn Katzin, Nutritionist/Dietitian from UCLA Health, will discuss the best nutrients for eye health, your immune system and what really matters in this time of pandemic.

## **Glaucoma**

Feb 16 10.00 – 11.00am  
Hosted by: Los Angeles Center

A doctor from Doheny Eye Institute will present about Glaucoma and how it can lead to vision loss if left untreated. Learn more about who is at risk, types of Glaucoma, causes and possible treatments to slow the progression of this eye disease.

## **Atkinson Hyperlegible: Inclusive Design Is Great Design**

Feb 24 10.00 – 11.00am  
Hosted by: Los Angeles Center

This seminar will explore how accessible design benefits all people through the case of Atkinson Hyperlegible, an award winning font designed to improve legibility for readers with low vision. Linus Boman is a graphic designer who was part of the team involved in the creation of the typeface. He will break down some of the principles of type design and how conventions were challenged to create a more legible and accessible font. This seminar will be informative for anyone with low vision or for designers and publishers who want to make their materials accessible.

## **Free Low Vision Rehabilitation Service**

Our Low Vision consultation includes personalized one-on-one appointments with our Low Vision Specialists. Call today!

1800 – BRAILLE (272-4553)

**En español**

# Talleres virtuales gratuitos.

Usando tecnología como Microsoft Teams, podemos conectarlo con los mejores instructores de todo el sur de California. Únase a cualquiera de estos talleres en línea gratuitos que ofrecen nuestros diversos centros.

Llame al 1800-BRAILLE (272-4553) si tiene preguntas. Registrarse aquí: [BrailleInstitute.org/seminarios](http://BrailleInstitute.org/seminarios).

## **Introducción Amazon Alexa**

Jan 12 1.30 – 3.00pm

Presentado por: Anaheim Center

¡Únase a nosotros en este taller gratuito dónde comenzamos con la asistente inteligente de Amazon, Alexa! Aprenderá todas las cosas que puede lograr con Alexa y con qué dispositivos trabaja Alexa, cómo obtener información, entretenerse y usar comandos de voz.

## **Alimentos de temporada para mantener un sistema inmunológico saludable**

Jan 18 10.00 – 11.00am

Presentado por: Los Angeles Center

En este taller se dará información sobre qué alimentos y vitaminas se pueden consumir, según la temporada, para mantener sano el sistema inmunológico y combatir enfermedades y dolencias.

## **Artículos adaptivos para una vida independiente**

Jan 24 1.30 – 3.00pm

Presentado por: Los Angeles Center

Una descripción general y animada

de algunos artículos adaptativos y tradicionales útiles para asistirle con sus habilidades de vida independiente (ILS). Únase a nuestros instructores de ILS para este taller, ya que compartirán no solo cómo utilizar estos artículos, sino también dónde encontrarlos.

## **Aumente su confianza a través del cuidado personal**

Jan 25 10.00 – 11.00am

Presentado por: Los Angeles Center

¡Cómo te preocupas por ti mismo es la clave de lo bien que te sientes! En este taller aprenderás consejos y trucos para aumentar tu confianza. Hablaremos sobre la hidratación, el sueño, la alimentación saludable y la compra de productos para el cuidado personal cuando tenga un presupuesto limitado, etc. Se enviará un kit especial a los primeros 15 estudiantes que se inscriban.

## **Análisis de la forma de la canción: The Beatles**

Jan 27 1.00 – 2.30pm

Presentado por: Los Angeles Center

Únase a nuestro instructor de música en Los Ángeles, Natanael Molina, para sumergirse en dos éxitos eternos de los Beatles. Explore la instrumentación y la composición del grupo y obtenga una comprensión más profunda de una de las bandas más queridas del mundo.

### **Ejercicios básicos de equilibrio**

Feb 2 1.30 – 3.00pm

Presentado por: Anaheim Center

¿Has estado sentado más de lo habitual durante la pandemia y has perdido parte de tu equilibrio? Este taller es para ayudarte a mejorar tu equilibrio haciendo ejercicios básicos. Todos se harán con una silla o al lado de un mostrador, ninguno se hará en el suelo. Se te enviará una lista de los ejercicios junto con descripciones detalladas.

### **Comprenda la pérdida de visión**

Feb 3, Apr 7 2.00 – 3.00pm

Mar 16 10.00 – 11.00am

Presentado por: Riverside Center

Feb 14, Apr 11 10.00am – 12.00pm

Presentado por: Coachella Valley Center

Mar 8 2.00 – 3.00pm

Presentado por: Santa Barbara Center

A medida que su visión cambia debido a la degeneración macular, el glaucoma, la retinopatía diabética u otras afecciones, ofrecemos

programas y servicios gratuitos para ayudarlo a hacer las cosas que ama. Únase a nosotros para una oportunidad informativa en línea para aprender cómo vivir bien con baja visión y adoptar cambios en el estilo de vida.

### **Derechos y recursos para Personas con discapacidad**

Feb 15 11.00am – 12.00pm

Presentado por: Los Angeles Center

Únase a Connection Pointe y nuestro centro de recursos sobre derechos para personas discapacitadas. Una presentación especial de Nancy Urquilla, quien compartirá recursos útiles para la comunidad de ciegos durante el COVID-19. También aprenderemos más sobre recursos útiles para seguir activos y seguros en casa.

### **Comidas saludables**

Mar 4 10.00am – 12.00pm

Presentado por: Coachella Valley Center

La instructora de habilidades para la vida independiente, Leticia Hernandez del centro de Coachella Valley, le enseñará técnicas para comprar, preparar y comer saludablemente. Ella hablará sobre recetas deliciosas y saludables junto con los beneficios de comer frutas y verduras.

## **El cuidado dental y el impacto en su salud**

Mar 9 10.00am – 11.30am

Presentado por: Los Angeles Center

En este taller, aprenderá a mantener buenos hábitos dentales que aumentan su confianza y lo mantienen saludable. El cuidado dental no tiene por qué ser una tarea tediosa; con las habilidades adecuadas, estará en camino de mantener sus dientes sanos y fuertes.

## **Consejos para organizar una reunión**

Mar 15 10.00 – 11.30am

Presentado por: Anaheim Center

Acompañenos en este divertido e informativo taller para ayudarlo a planificar sus próximas fiestas. Descubra técnicas y consejos prácticos.

## **¡Usted no está solo! Nosotros le Podemos ayudar**

Mar 9 10.00am – 11.30am

Presentado por: Los Angeles Center

En este taller exploraremos como factores de la vida diaria tales como la edad, su salud y discapacidades visual lo pueden llevar a la soledad e impactar la calidad de su vida. Venga y aprenda de como nuestros servicios de rehabilitación pueden ayudarlo con su bienestar y mantenerlo conectado con otros y su comunidad sin importar su discapacidad visual.

## **Programa Dayle McIntosh 55 y mayores**

Mar 18 11.00am – 12.00pm

Presentado por: Los Angeles Center

Reúnase con especialistas del Centro Dayle McIntosh. Explicarán cómo los individuos, que tienen cincuenta y cinco años de edad o más, y tienen una pérdida significativa de la visión y residen en el Condado de Orange o el Condado de Los Ángeles, son elegibles para recibir servicios a través del programa de baja visión.

## **Acceso al transporte y programas de viaje compartido del Valle de Coachella**

Mar 28 1.00 – 2.30pm

Presentado por: Coachella Valley Center

Unase a nosotros mientras conversamos las opciones de transporte disponibles para usted de las agencias locales ubicadas en el Valle de Coachella. Los oradores invitados proporcionarán información valiosa sobre sus servicios de transporte. Uber, Lyft y GoGo Grandparent están aquí para sus necesidades de transporte y se discutirá una visión general de cada programa de viaje compartido.

## **Orientación y Movilidad para el mes del bastón blanco: cómo usar la aplicación Lazarillo**

Apr 4 1.00 – 2.30pm

Presentado por: Coachella Valley Center

Aprende a usar la aplicación Lazarillo. La aplicación de Lazarillo ayuda a guiar a las personas, sin visión o con baja visión, por su ciudad o diferentes edificios con mensajes enviados en tiempo real y conecta a las personas usando la aplicación con negocios mediante la accesibilidad para hacer compras en línea y servicios de notificación.

## **Comer saludable ser activo**

Apr 19 1.00 – 2.00pm

Presentado por: Santa Barbara Center

Únase a este taller para aprender cómo funcionan los nutrientes claves en su cuerpo y cómo se pueden asimilar a través de la dieta para apoyar la visión, el azúcar en la sangre, el colesterol, etc.



**Braille Institute Los Angeles**  
741 North Vermont Avenue  
Los Angeles, CA 90029

## Save The Date

**Winter Remote Session Begins**  
Monday, Jan 3

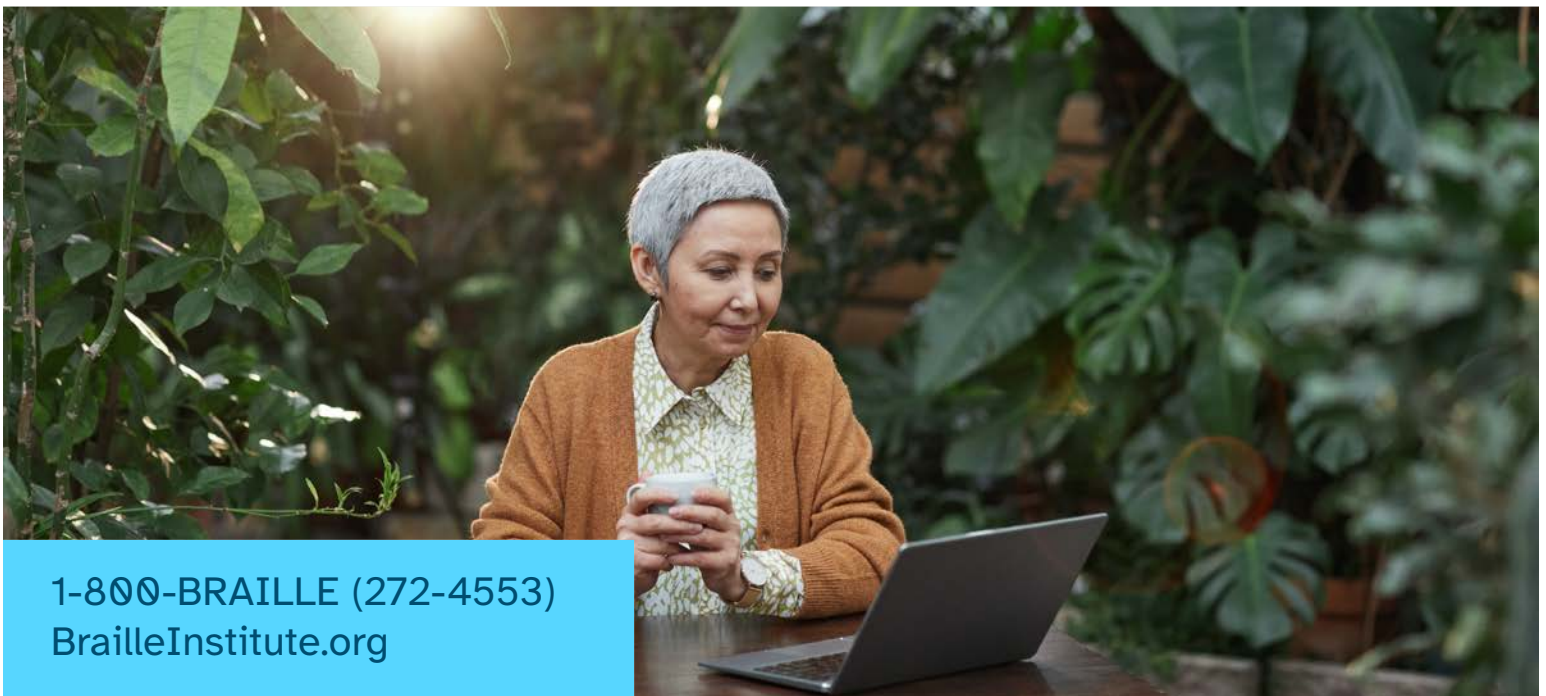
**Martin Luther King Day (Closed)**  
Monday, Jan 17

**Winter Remote Session Ends**  
Friday, Apr 15

**President's Day (Closed)**  
Monday, Feb 21

For more information about Braille Institute Los Angeles classes and services, visit [BrailleInstitute.org/losangeles](https://BrailleInstitute.org/losangeles) or call 323-663-1111.

Braille Institute Centers remain temporarily closed due to COVID-19. We are bringing online classes and services to you within the comfort and safety of your home.



1-800-BRAILLE (272-4553)  
[BrailleInstitute.org](https://BrailleInstitute.org)