

ABVI – January/February/March 2020
CLASS/EVENT UPDATES AND SCHEDULES



Our mission is to enrich the quality of life of the blind and visually impaired. To sign up for classes, RSVP for client connections, or learn more about our programs, contact Ruthie Harman, Client Service Manager, at (843) 410-1058 or rharman@abvisc.org.

ANNOUNCEMENTS/IMPORTANT REMINDERS

- ABVI is pleased to announce the opening of a second, permanent location in Ladson. The new facility will be located at 9565 Highway 78, Building 800, Ladson, SC 29456 in Yale Plaza. ABVI's Charleston facility will continue providing a full range of services at its current building at 1 Carriage Lane, Building A, Charleston, SC 29407. Tel-A-Ride and Tri-County Link both provide routes that serve Yale Plaza. Stay tuned for more details!
- Remember, you must RSVP for all events and client connections. Space is limited and participation in all activities is strongly encouraged. Please RSVP with Ruthie by phone or in person.
- We are excited to announce the launch of the *Peer to Peer Mentoring Program*. ABVI's Peer to Peer Mentoring Program is a three-month program aimed to empower clients to set goals, increase social engagements, and give

back to the community while building friendships and gaining independence. This program will incorporate a monthly peer support group meeting. If you are interested in participating, as a mentor or mentee, please call for more information.

- ABVI offers a selection of items from Independent Living Aids for sale in the office. Please stop in to check them out!
- Tel-A-Ride and Tri-County Link transportation tickets are provided for our clients who attend classes or ABVI sponsored events at the office.
- ABVI Charleston has video magnifiers (CCTVs) available in the office for client use Monday-Thursday 9am-4pm.

CLIENT CONNECTIONS

Whether you are a new client or not, these weekly social activities are great for getting to know other clients and staff. Please call Ruthie (843) 410-1058 or rharman@abvisc.org. for details and to RSVP.

- **Charleston Client Connections:**
 - “Pick your own book” book club. Participants should be prepared to discuss a book they have recently enjoyed. This will be the first Wednesday of each month from 10am-noon. **The dates will be January 8th, February 5th and March 4th.**

- *Interactive Cooking:* Local chefs join clients at the office and lead the group through an interactive cooking activity which is enjoyed at the end. Interactive cooking takes place on the second Wednesday of each month from 10am-noon. **The dates will be January 15th, February 12th and March 11th.** Class will be canceled if ABVI is unable to secure a guest chef, please call 24 hours ahead of time to double check.
- *Charleston Group Session:* This monthly focus discussion, for men and women, is led by Cordes on the third Wednesday of each month from 1030am-noon. **The dates will be January 22nd, February 19th and March 18th.**
- *Art Therapy:* This is a unique blend of art and psychology. Join us and use your creativity to explore self-expression and self-exploration. No experience needed. Leigh Ann Lichty, MAAT, LPC-I facilitates this class the fourth Wednesday of each month from 10am-noon. **The dates will be January 29th, February 26th and March 25th.**
- *Family/Caregiver Support Group:* This is a group discussion held once a quarter, led by Elizabeth Franchini, Licensed Professional Counselor. This quarter, an evening session will be offered; date TBD. Contact the office for details.

- **Summerville Client Connection:**

- *Summerville Group Therapy:* This monthly focus discussion for men and women, led by Elizabeth Franchini. This group meets the fourth Wednesday each month from 10 am -11:30am. The Summerville group therapy meets-at Risen Hope Church which is located at 415 Sangaree Parkway, Summerville, SC 29486. **The dates will be January 29th, February 26th and March 25th.**

VISION REHABILITATION TRAINING

Vision rehabilitation training includes: Activities of Daily Living, Assistive Technology Training, Braille Classes and Basic Computer Tutoring/Typing. Scheduling is required prior to attendance. Call Ruthie (843) 410-1058 or rharman@abvisc.org.

Vision Rehabilitation Training Charleston Office:

- **Activities of Daily Living (ADL):** One on one classes are available in 1-hour time slots on Tuesday, Wednesday, and Thursday. Classes include personal self-care, medication management, laundry as well as home and kitchen safety. Upon request and assessment, other topics of need can be addressed.
- **Assistive Technology Tutoring:** One on one tutoring is available in 1-hour time slots on Tuesday, Wednesday, and Thursday. Tutoring is available with video magnifiers (CCTVs), smart phones/tablets and handheld magnifiers. Please contact the office if you require

assistance with additional assistive technology not listed.

- **Braille Class:** *Braille* is a system of reading and writing for the blind
 - Beginning Braille classes **every Wednesday 12:30-1:30 or Thursday 11am-noon.** **Clients are invited to schedule one per week.
 - Intermediate/Advanced Braille class **every Tuesday 11am-noon.**

Vision Rehabilitation Training: Lighthouse for the Blind
(Summerville)

- **Activities of Daily Living (ADL):** Daily living skills group classes are offered **every Tuesday 10am-11:30am.** The meeting location is at the Lighthouse facility, 230 Deming Way Summerville, SC 29483.

ORIENTATION AND MOBILITY: Orientation and Mobility is one to one training geared around independent traveling. This service is available for individuals 60 and above in the Tri-County area.

- Self-pay for one on one O&M training is also available with a rate of \$75/hour.

For information regarding Vocational Rehabilitation Service contact the SC Commission for the Blind (843) 852-4225.