The National Federation of the Blind of Pennsylvania is once again holding its annual state convention in State College from noon on Friday, November 3rd, through noon on Sunday, November 5th. The NFB state convention is always an excellent opportunity to connect with the blind community in Pennsylvania and learn about the latest developments in technology, services, and resources, and about advocacy at the state and national levels. The National Federation of the Blind, founded in 1940, has grown to 50,000 members, the largest organization of blind and low vision people in the United States. NFB members work together to improve opportunities for those with sight-loss with the ultimate purpose of completely integrating the blind into society on a basis of equality.

On Friday, the convention kicks off with the meetings of several NFB of PA groups: the Deaf/Blind Division, the Dog Guide Users Division, the Blind Student Division, and a Parents of Blind Children Seminar. On Saturday, the General Sessions are held all day, covering NFB developments at the state and national levels, and reports on services for the blind in Pennsylvania. The day’s events wrap up with the traditional Saturday evening banquet.
To register for the convention online, visit the NFB of PA website: nfbp.org/convention. Pre-registration is recommended but you may also register at the door on the day of the convention.

**THE NEW LUNCH GROUP: 2nd THURSDAYS**
*Eat, Share, Connect*

Our 2nd Thursday’s lunch group is held each month, rain or shine, at Mount Nittany Residences. If you are new to vision loss or are an old hand, this is a good place to be. We always share a simple lunch, learn from one another, and enjoy each other's company. We share our stories and experiences, learn about services and resources, and offer support to one another. We’re an informal group – sometimes we have a special speaker, sometimes not. Occasionally we’ll arrange a special event; a play, baseball game, or special tour. We hope to meet you soon.

2nd Thursdays is a collaboration of the Bureau of Blindness and Visual Services, North Central Sight Services, and the Sight-Loss Support Group of Central PA. Each month, staff members and clients from each organization come together and find common ground.

**When:** 2nd Thursday of each month from 11:30 am to 1:30 pm. Our next three meetings are October 12th, November 9th and December 14th.

**Where:** Mt Nittany Residences, 301 Rolling Ridge Drive, State College, in the activities room.

**Details:** Lunch is provided and is “on the house.” If you need help with transportation please call Josie Kantner at 238-0132 (SLSG office).
Audrey Demmitt, along with other peer advisors at VisionAware (the online resource for people with vision loss), has compiled a reading list of books written by blind authors who share their life experiences. Audrey Demmitt was drawn to books by blind authors when she was learning to adjust to blindness. She writes:

“I found it very helpful and motivating to enter the narratives of others who were sharing their own stories of vision loss. Exposure to books...can be therapeutic and beneficial in helping us process our own life experiences. In other words, literature can be used to help us figure life out, heal emotional traumas, and change thoughts and behaviors. Reading can be a healing experience and, fortunately, there are many ways you can access books today, including the talking book program through the National Library Service.”

“I realized that the cumulative effect was that I understood more about blindness, and my feelings about it were changing. Reading books on blindness, and memoirs, and biographies of blind writers has had a very positive influence on my ability to adjust and cope with vision loss.”

The reading list is not exhaustive by any means, but it is meant to get you started. Most of these titles are available through the National Library Service for the Blind and Physically Handicapped (NLS) in audio or braille formats. Newer titles are not yet available through the NLS. Many are available on e-book formats through your favorite booksellers (Kindle, Nook, etc.).
1. A Brush with Darkness: Learning to Paint After Losing My Sight by Lisa Fittipaldi - NLS
2. A Guide Dog Goes to School by Elizabeth Simpson Smith - NLS
5. All the Light We Cannot See by Anthony Doerr
7. As I See It: From a Blind Man’s Perspective by Robert Branco - NLS
8. Beyond the Bear: How I Learned to Live and Love Again After Being Blinded by a Bear by Dan Bigley - NLS
9. Blind: A Memoir by Belo Cipriani - BARD
11. Blind Courage by Bill Irwin - NLS
12. Blind Fate by Pierre Nubar - NLS
13. Blind Justice by Floyd W. Matson - NLS
14. Blind Sighted by Peter Moore - NLS
15. Blind Tom by Geneva H. Southhall - NLS
17. Blindness by José Saramago, Giovanni Pontiero (Translator)
18. Blindness: What It Is, What It Does, and How to Live with It by Thomas Carroll - NLS
20. Cane Confessions: The Lighter Side to Mobility
22. Coping with Vision Loss: Maximizing What You Can See and Do by Bill Chapman - NLS
23. Coping with Vision Loss: Understanding the Psychological, Social, and Spiritual Effects by Cheri Colby Langdell
25. Do You Dream in Color? by Laurie Rubin - NLS
27. Focus by Ingrid Ricks - e-book
28. For the Benefit of Those Who See: Dispatches from the World of the Blind by Rosemary Mahoney - NLS
29. Going Blind: A Memoir by Mara Faulkner - NLS
30. Hanni and Beth: Safe & Sound by Beth Finke
31. Harnessing Courage: Overcoming Adversity Through Grit and Gratitude by Laura Bratton
32. How Do You Do It Blind? Answers from People with Blindness and Visual Impairment by Steven Obremski
33. How Do You Kiss a Blind Girl by Sally Wagner - NLS
34. If You Could See What I Hear by Tom Sullivan - NLS, available as DVD film
35. In Dog We Trust: Independence, Thrills, and Dignity with My Seeing Eye Dogs by Sue W. Martin - Bookshare
36. Lessons I Learned in the Dark by Jennifer Rothschildby - NLS
37. Living on the Edge of Twilight by Doug Green - e-book
38. Long Time, No See Memoir by Beth Finke - NLS
41. Me and My RP by Dave Steele--Kindle and large print
42. Mobility Matters: Stepping Out in Faith by Amy Bovaird - e-book
43. Not Fade Away by Rebecca Alexander
45. Only Bread, Only Light: Poems by Stephen Kuusisto - NLS
46. Ordinary Daylight: Portrait of an Artist Going Blind by Andrew Potok - e-book, NLS cassette
47. Out of Sight: Blind and Doing All Right by Art Schreiber - NLS
48. Out of the Corner of My Eye: Living with Vision Loss in Later Life by Nicolette Pernot
50. Planet of the Blind by Stephen Kuusisto - NLS
51. ROCKS: The Blind Guy at the Lake by Thomas P. Costello - Amazon print, The Carroll Center Books on Blindness
52. Scattered Shadows: A Memoir of Blindness and Vision by John Howard Griffin - NLS
53. Seeing Lessons: 14 Life Lessons I Have Learned Along the Way by Tom Sullivan - NLS
54. Self-Esteem and Adjusting with Blindness: The Process of Responding to Life’s Demands by Dean and Naomi Tuttle - NLS
55. Shades of Darkness: A Black Soldier’s Journey Through Vietnam, Blindness and Back by George Brummell - NLS
56. The Adversity Advantage by Erik Weihenmayer and Paul G. Stoltzby - e-book, NLS
57. The Barefoot Lawyer: A Blind Man's Fight for Justice and Freedom in China by Chen Guangcheng - NLS
58. The Music of Silence: A Memoir by Andrea Bocelli - NLS
59. The Unseen Minority: A Social History of Blindness in America by Frances A. Koestler - NLS
60. The View from Under the Pew by Diane Winters Johnson, Margaret Freed (Illustrator)
62. Thoughts on Blindness: One Spouse’s Perspective on Losing Vision and Living Life by Becky LeBlanc - The Carroll Center Books on Blindness
64. Together: A Story of Shared Vision by Tom Sullivan - NLS
65. Touching the Rock: An Experience of Blindness by John Hull - NLS
66. Touch the Top of the World by Erik Weihenmayer - e-book, NLS
68. Upwelling by Ann Chiappetta
69. Walking by Inner Vision: Stories & Poems by Lynda McKinney Lambert
70. What to Look for in Winter: A Memoir in Blindness by Candia McWilliam - NLS

Audio-Described Performances/Events

For theater productions, audio describers provide pre-show information about the production, characters, costumes, and sets. During theater and dance performances, without interrupting dialog, these professionals describe the ongoing visual elements. Receivers and headsets are provided free of charge for use during performances; the description service is also free. For tours and art exhibits, describers detail individual works, provide background, and often provide “tactiles.”

In theaters, please arrive in plenty of time to acquire your headset and go to your seat before the 15-minute pre-show description begins. Tell your friends and co-workers about these offerings. Those with full-vision may also find the introduction and description helpful and interesting.

Reservations are required AT LEAST TWO WEEKS IN ADVANCE for audio-description. Also, assistance with ticket costs is available for many performances. Please call the Sight-Loss Support Group of Central PA at (814) 238-0132 or email at office@slsg.org for reservations, or for further information.
FUN HOME (Musical): Fri, Sep 22, 7:30 pm, Schwab Auditorium.

Fuse Productions presents FUN HOME, winner of five 2015 Tony Awards, based on Alison Bechdel’s best-selling graphic memoir. Described as “heart-gripping and cathartic” this groundbreaking production introduces us to Alison at three different ages, revealing memories of her uniquely dysfunctional family that connect with her in surprising new ways.

Tickets are required (ask for the discounted student price) and are obtained through FUSE Productions by calling (814) 380-8672, or online (https://fuseproductions.thunderpix.com). Please arrive at Schwab Auditorium by 7:15 pm to receive equipment and listen to informative pre-show notes. Note: The 2 week reservation is not necessary at this time; audio-description will be provided for this popular show. Please request your equipment at the AD window in the lobby of Schwab auditorium.

FALL FLOWER TOUR: Tue, Oct 10, 10:00 am, H.O. Smith Botanic Gardens, PSU Arboretum.

Join us as we explore the glorious displays of autumn glory at the botanic gardens! We will be meeting at the main parking area entrance of the gardens (corner of Park Avenue and Bigler Rd) at 9:50 am. The tour is free and open to all, but please notify the SLSG office by email at office@slsg.org or by phoning 814-238-0132 if you plan to attend.

A GENTLEMAN'S GUIDE TO LOVE AND MURDER (Musical Comedy): Thu, Oct 19, 7:30 pm, Eisenhower Auditorium.*

When the black sheep of the family finds out he is ninth in line to inherit a dukedom, he decides to eliminate the other eight heirs that stand in his way. Please reserve the AD service by Oct 5.

STRAIGHT OUTTA PHILLY (Hip-Hop Dance): Rennie Harris Puremovement and Phildanco Dance Company Fri, Oct 27, 7:30 pm, Eisenhower Auditorium.*

Two of Philadelphia’s most spectacular movement companies come together to communicate social and political ideas through hip-hop and contemporary dance. Please reserve the AD service by Oct 13.
THE SOUND OF MUSIC (Musical): Wed, Nov 15, 7:30 pm, Eisenhower Auditorium.*

The hills will be alive with a brand-new production of the spirited, romantic, and beloved musical story of Maria and the von Trapp family. Note: Audio description will be available at the Wednesday show only. Please reserve the AD service by November 1.

*Centre for the Performing Arts, Eisenhower Auditorium, PSU: Tickets are necessary and may be purchased by calling the CPA at 814-863-0255 or 800-ARTS-TIX. A limited number of complimentary tickets are available for Eisenhower shows for patrons with sight-loss and a guest; phone the Eisenhower Auditorium, 814-865-5011, and ask for Shannon Bishop.


NEED A MAGNIFIER?
Several Screen Magnifier Systems have been donated to the Sight-Loss-Support Group. These are available to be loaned at no cost to a visually-impaired individual. If you are interested in using one of these systems in your home, please contact the office (814-238-0132 or office@slsg.org).
Remember to check our website (www.slsg.org) for announcements, updates, and further information, and to follow “Sight-Loss Support Group of Central PA Inc” on Facebook.

THE OUTLOOK
Autumn 2017
September, 2017