BREAKING NEWSLETTER

Issue 33 September/October 2021

# President’s note

**Greetings Federation Family,**

I would like to thank each and every one of you for your confidence and belief in me. I plan to lead this organization with transparency and wisdom from each member. A great leader once said, “we are stronger together, when we work together”. Let’s be stronger and work together on building the National Federation of the Blind of Florida. I stated when I got elected, that this organization is under construction, and at the current time we are building our blueprints. So, I want to hear from each leader, member, and our partners on what, where, and how we can get stronger.

I thank the previous leaders for their service on our state board and I look forward to working with this great board that you have created. As president Riccobono always concludes, “let’s go build the National Federation of the Blind”. We will have a good time together!

Paul Martinez, President NFB OF Florida

Paul09MS@gmail.com

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

# How to navigate our newsletter with headings:

# To enable the quick keys on/off with JAWS use the command “insert + z”. By default, the quick keys are off in Microsoft Word. To browse through the headings of the newsletter. Make sure you have quick keys on and then press the letter “h”. This keyboard command will move from heading to heading on the document. When you find the title of the heading you would like to read, you can use the “insert +down arrow” or the “insert +numbpad2”.

# What’s in this Newsletter

**Contents**

[President’s note 1](#_Toc84509440)

[How to navigate our newsletter with headings: 2](#_Toc84509441)

[To enable the quick keys on/off with JAWS use the command “insert + z”. By default, the quick keys are off in Microsoft Word. To browse through the headings of the newsletter. Make sure you have quick keys on and then press the letter “h”. This keyboard command will move from heading to heading on the document. When you find the title of the heading you would like to read, you can use the “insert +down arrow” or the “insert +numbpad2”. 2](#_Toc84509442)

[What’s in this Newsletter 2](#_Toc84509443)

[Birthdays & Celebrations 3](#_Toc84509444)

[Important Calendar Events 3](#_Toc84509445)

[Article, Announcements and Comments 6](#_Toc84509446)

[Travel the World 7](#_Toc84509447)

[Tips and Tricks 10](#_Toc84509448)

[Laugh it up! 10](#_Toc84509449)

[Florida Spotlight 12](#_Toc84509450)

[Recipe Conner 12](#_Toc84509451)

[Health and Wellness 15](#_Toc84509452)

[Link City 19](#_Toc84509453)

[Inspiration Corner 19](#_Toc84509454)

[Legislative Updates from the desk of Camille Tate 19](#_Toc84509455)

[Photo Gallery 20](#_Toc84509456)

[Chapters 21](#_Toc84509457)

[Divisions 23](#_Toc84509458)

[Groups and Committees: 23](#_Toc84509459)

[NFBF Board of Director’s Information 25](#_Toc84509460)

[Editor: Sylvia Young 26](#_Toc84509461)

#

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**September:**

*Lorraine Clement – Miami*

*Jim East – Gainesville*

*Judy Hamilton – Gainesville*

*Rose Haynes – Miami*

*Ross Livine – Miami*

*Willie Lucas – Miami*

*Denise Valkima – Jacksonville*

*Violet Whittaker – Miami*

*John Williams – Miami*

**October:**

*Monique Bowden– Tallahassee*

*Jorge Hernandez – Miami*

*David Roskos – Gainesville*

***Anniversaries:***

*Sylvia and James E Young - Tallahassee - October*

# Important Calendar Events

**State Convention**

**What a GREAT** family reunion we had at our 2021 State Convention. It was wonderful to see all those who were able to make it. Our newly elected state board of directors are as follow: Paul Martinez President, Jorge Hernandez 1st Vice President, Camille Tate 2nd Vice President, Jerilyn Higgins Secretary, Sylvia Young Treasurer, Board Members: Russ Davis, Denise Valkema, Peggy Fleischer, and Douglas Ingram. We are looking for new and exciting things from this board. We raised over $2875 during our auction and had over 21 tables in the exhibit hall. Norma Crosby, our national rep gave a very inspiring speech and we had 6 scholarship winners - Grace Patterson, Tashara Cooper, Lauren Bishop, Jose Bohorquez, Jannik Pesch and Z’Leah Liburd. They are energized and ready to rock our world.

See photos in the photo gallery below.

**Monthly Calendar Meetings**

﻿1st Monday

Tallahassee Chapter at 6:30pm call 1-605-313-4802,,790189

1st Wednesday

Diversity & Inclusion at 8pm via https://zoom.us/j/91398845944

1st Thursday

Senior Concerns at 8pm via https://zoom.us/j/99374511935

﻿1st Saturday

Jacksonville Chapter at 10am via <https://us02web.zoom.us/j/9851473331> or (646) 876-9923,9851473331#

2nd Sunday

Deaf/Blind Division at 5pm via https://zoom.us/j/95238018615

2nd Monday

Communications Committee at 7pm via https://zoom.us/j/96004539043

Palm Beach Town Hall at 8pm via https://zoom.us/j/96103969485

2nd & 4th Thursday

Sunrise & Shine with Newsline at 9am via https://zoom.us/j/96184895393

2nd Saturday

Broward Chapter at 10am via https://zoom.us/j/92442860215

Gainesville Chapter at 2pm call (563) 999-2090,,195715#

Melbourne Space Coast at 10am via https://zoom.us/j/2515826459

Polk Chapter at 10am call 605-475-4700,,800550#

Treasure Coast Chapter at 10am call 1-712-770-4708,,612583#

3rd Sunday

FABS at 6pm via https://zoom.us/j/98656132846

Statewide Chapter at 8pm call (605) 475-4700;,,800550#

3rd Monday

Communities of Faith at 8pm via https://zoom.us/j/91398845944

3rd Tuesday

Book Club at 8pm via https://zoom.us/j/92344776358

3rd Wednesday

Blind parents at 8:30pm via https://zoom.us/j/98575570497

3rd Thursday

Miami Dade Chapter at 7pm call (305) 848-8888,,3336914851

3rd Saturday

Central Florida Chapter at 12pm via https://us02web.zoom.us/j/5255743503?pwd=RVBBT1cycGFIT21rbTRiRHAxM1o3dz09&fbclid=IwAR16DWenS-YjUPTLAAUlN\_sNYpGnoFr3otSdkg7WYmgcvStPrJhljBtbWUk

4th Monday

Technology at 8pm via Zoom

4th Thursday

Legislation Committee at 8pm via https://zoom.us/j/94416346364

4th Saturday

Tampa Bay Chapter at 12pm via https://zoom.us/j/98776627448

Daytona Beach Chapter at 1:15pm call 605-313-5111,,305480#

# Article, Announcements and Comments

**In Memory of:**

**Doreen Franklin**

**Valerie Robinson**

In times of darkness, love sees.

In times of silence, love hears.

In times of doubt, love hopes

In times of sorrow, love heals.

And in all times, love remembers.

**NEW NEWSLETTER EDITOR COMING ONBOARD**

I want everyone to welcome Kaye Baker, president of the Greater Jacksonville Chapter as our new newsletter editor beginning our next issue. Kaye has been assisting me this year with articles and suggestions for our newsletter and since I will be starting a new position on the board, I feel I need to give more attention to learning that job. Jerilyn and I will continue to assist Kaye with the publication. We hope you will support Kaye in this transition and give her your support to make this newsletter the best ever. This newsletter is for us by us. Congratulations Kaye and thanks for your past support.

**BLINDNESS AND DIABETES WEBINAR**

FRIDAY, DECEMBER 3 at 12:00pm EST

This December 3rd, please join Accessible Pharmacy Services for the Blind as we discuss blindness and diabetes with expert presenters.

This FREE, live webinar will include presentations from healthcare providers, diabetes experts, and leaders in the blind community.

Participants can expect to learn about blindness and diabetes, nutrition, diabetic retinopathy, accessible glucose monitoring systems and medication, coverage and insurance, exercise, real-life self-management tips, and more!

A full agenda and speaker details will be emailed to you before the webinar.

REGISTER FOR FREE

Questions? Please contact info@accessiblepharmacy.com

If you are unable to attend, still be sure to register to receive access to the webinar audio and video straight to your inbox!

Sincerely,

Your friends at Accessible Pharmacy

Accessible Pharmacy Services, LLC Website

215-799-9900

# Travel the World

NEW SECTION OPEN NOW:

In this section members are encouraged to share experiences during their travels both near and far.

**Move-On Dot Me**

**by Russ Davis**

*(This article originally appeared in the July 2016 edition of “The Blind Perspective” newsletter. Republished by permission of the author).*

Our last interaction in April's Blind Perspective dealt with my feelings about, and experiences with flying the friendly skies. I asserted that the biggest obstacles you would face in traveling independently would be ones you created in your own mind. I'd given a peek into my upcoming travel plans, and my excitement about tackling three new airports. What I didn't know was that fate had in store for me, obstacles that were much more than imaginary. I would be granted the privilege of finding solutions for problems I would rather not deal with again. Something tells me though, that travelers all over the world deal with these problems daily, and if they can handle them, and I can handle them, I know you could too.

Most of my travels during the second quarter of this year have been somewhat common-place, and for those activities of daily living, for example, I started the second quarter of the year by taking a couple of Uber, (private taxi) rides to my doctor’s office for an April Fool's Day physical, was that a true delight! I've ridden numerous city buses, para-transit vans, and cabs around Jaguar Country. What all those had in common was that I was able to travel without having a sighted guide, or without having a friend or family member drive me. Again, that whole "traveling independently thing" keeps showing up. No, I do not always shun the help and support of those close to me, that would be not only impractical, but would cause me to miss opportunities to spend time with important people in my life. So, please don't think for a minute that I am advocating that you turn your back on the world, just that you find a healthy balance between grabbing a ride with someone you know and traveling on your own.

I did get to have some transportation related fun since we last met, and as is often the case both the journey and the destination worked in combination to make the trips memorable. A roundtrip Greyhound bus ride from Jacksonville to Fort Lauderdale was successful and pleasant. Although now that I think about it, one leg of the journey involved a woman sitting next to me talking non-stop on her cell phone for three plus hours....in an interesting mix of English and Creole. The humor in this only arrived when she got off the bus and embraced the man she had been speaking with the whole time, uttering the words, "I have so missed talking to you". The true adventure of the trip was a motorcycle ride into the Florida Keys. The surroundings, the Seven-Mile Bridge, the stops along the way for food, drink and fuel, and the 12-hour trek made the experience one I am not likely to forget.

I mentioned earlier some problems that had occurred during a recent trip. Fortunately, the problems didn't outweigh the tremendously enjoyable time I had visiting family in Oklahoma and Texas. The transiting through, for me, three new airports, (Dallas, Tulsa, and Houston), was exciting. I dug into my, "seasoned traveler tool-bag of tricks, and found that the meet and assist process worked almost flawlessly. Yes, I said, "almost. In the Tulsa airport, I waited a much longer time than was customary, and when I decided that I needed to take matters into my own hands, I set out on my own in search of the TSA screening area. Using the tools I had at my disposal, good orientation and mobility skills, situational awareness, and a calm sense that everything would work fine in the end, I found my way to the security area, and eventually to my gate. I did encounter the meet and assist agent eventually while I was walking, and he accompanied me to the gate. My positive outlook for my flight home, got to endure a lot more testing before my travels from Tulsa to Jacksonville were concluded. A serious weather delay, record setting floods in Texas caused my Tulsa flight to leave three hours late, (I suppose I could have waited a bit longer for my "meet and assist" after all). This delay, as you might already be guessing, caused me to miss my connection in Houston. Now, time for a rebooking, and more "meet and assist" fun. The now, four hour wait between connections, soon turned into, six, then eight, then nearly ten hours. "When am I ever going to get out of this airport", I wondered, along with thousands of other puzzled passengers. Flights were being delayed across the system. The word came down at 12:45 a.m. that my flight to north Florida was not only "delayed", it was "cancelled". "Really", a nearby frustrated passenger uttered, "well, that's a shocker"!

With this twist in my long, long travel day, I knew I had three things to deal with, and rather quickly at that. I'd need to re-book a flight home, hopefully for the next day, I would need to figure out where I would be sleeping, and I needed to figure out how to get to the airlines service desk. I figured there was strength in numbers, so I buddied-up with some other weary passengers from my, now defunked, flight and we followed the crowds to the airline customer service counter. The one, lone agent must have known pretty quickly, he'd be in for a long night too. I didn't know it at the time, but twenty more hours would roll by before I walked in the door here at Casa Exhausted. The big events of the second day of travel involved booking a new flight for later that morning, with a plane change in Atlanta, sleeping on the floor in the Houston airport, meeting four new meet and assist agents, (all very helpful), and rebooking a new flight in Atlanta because, (of course), I missed my connection there too. High up on the list of weird occurrences was when I was suspected of lifting $200.00 from the purse of an elderly, wheelchair bound, Trinidadian woman. I hope Ms. Ruby found her money, but "no, Ms. Ruby, I didn't take your cash".

Back to that traveler toolkit I mentioned earlier. One of the most important tools that allowed me to make it through the two-day airport circus, was my positive outlook. I knew that getting upset, barking at airport/airline officials, and beating myself up over my situation was not going to clear up the weather, and put planes in the air. So, when changes in my plans happened, I just went with the flow and stayed focused on what I needed to do to get home. I try not to fret over things in which I have no control. If I can take action and move things along in the direction I wish to go, I try to do it with a smile and a sense of humor, and with the knowledge that I am often dealing with other humans who have issues of their own, (very likely, issues and troubles that are unknown to me). The point of my whole traveling tale of woe, was not a shallow attempt to elicit your sympathy, but instead it was my way of telling you, even if your travels come with speedbumps, (okay maybe speed-mountains), you can still scale them. The skies may not always be that friendly but know that the tools you need are right at your fingertips, just pick them up and use them. Your O and M skills, your awareness of what is going on around you, your ability to be flexible with your plans, and your positive outlook will see you through. Now, go make plans for an adventure, and have a great time experiencing your own version of, "move-on dot you"!

# Tips and Tricks

Tips and Tricks

From the Desk of Jerilyn Higgins

Group texts are a convenient way of sharing info with a number of people at once. However, they can also be annoying if the group is large, if you are busy, if you are out and about, or if you’d just rather not be disturbed until the group is finished talking and then read it all later.

Don’t leave the group and miss out…try this instead.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

How to mute Group Texts on iPhone

You don’t have to leave a group text on an iPhone just because you want it to stop buzzing with new message notifications! Instead, you can silence alerts and read the text messages later.

If you have iOS 15, you may also receive suggestions to mute a group chat you don’t seem to be engaged in. In this case, you can select the suggestion to mute. However, if you don’t see a suggestion to mute, you’ll need to follow the steps below to learn how to mute text messages on iPhone.

Open the Messages app.

Select the group message thread you want to silence.

Select the contacts at the top to edit your settings for the group.

Toggle on Hide Alerts. The toggle is green when enabled.

Select Done.

That’s it, if you still want to receive some alerts, but don’t want to see notifications on your Lock screen, you can turn off Lock screen notifications in settings.

\*\*\*\*\*\*\*\*\*\*

# Laugh it up!

It's been said that 'Laughter IS the Best Medicine.' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Here's to living a longer, healthier, and happier life! Laughter is the best medicine. Take as much as you can, several times a day.

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said,

"I have good news. Her nurse just told me that Norma is doing well. Her

blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me crap!"

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

# Florida Spotlight

Group Spotlight – The Communities of Faith of Florida

Have you heard the news? The Communities of Faith of Florida meets every third Monday of the month, and we are inviting you to come join the fun. Our committee is a growing community of people of faith who enjoy sharing with each other in Bible study, prayer, and fellowship. Our group began in 2018 after our founder, Marilyn Baldwin, attended the national Communities of Faith meeting held at the National convention in Orlando. Marilyn was so inspired by this meeting that she decided that Florida also needed a Communities of Faith group. Kathy Davis soon joined Marilyn as co-chair of this group and the Florida Communities of Faith was off and running.

Since then, the group has grown rapidly and now has about forty regular members. The group has a thriving Email list that provides daily devotions, prayer support and encouragement to our members and our Florida affiliate. The monthly zoom call happens every 3nd Monday of the month and has had a good attendance. Many topics have been covered on the calls including, depression and mental wellbeing with guest speaker Denise Roberts MSW; and some very inspiring messages from Pastor Russ Zimmerman. Dr. Carolyn Peters from the Ohio Communities of Faith also inspired us with her testimony and the story of the founding of the Ohio Communities of Faith.

Dr. Joyce Taylor who provides the daily devotions on the weekend and serves on the leadership team also shared her story with the group and has given us several very encouraging messages.

The Communities of Faith Committee, of Florida worked to help the members of the Florida affiliate through the difficult days of Covid 19. We all grieved the loss of family and friends and provided practical help to those in need. The Communities of Faith of Florida hopes you will attend our annual meeting at the NFB of Florida State Convention on October 2nd where we will enjoy fellowshipping with one another and look forward to continued growth in faith and love.

We “walk by faith not by sight.” 2. Corinthians, 5:7.

# Recipe Conner

Submitted by Kaye Baker

Now that September is upon us, school has started, and the holidays will be here before we know it. Here is a quick and easy cookie recipe that is sure to be enjoyed. I have actually made this one. It turned out pretty good according to those who tried it, but I say that with 1 caution. When selecting a cake mix, lean toward possibly a yellow cake, or a simple chocolate cake. I used Chocolate fudge cake, and the batter was quite sticky and gummy. This is one of those recipes that you could try different flavors with. Strawberry anyone?

**Enjoy!**

**Cake Mix Cookies**

**Ingredients----------------**

**1 package of cake mix (any flavor)**

**1 large egg**

**1/4 cup of oil**

**1/4 cup of water**

**1 cup of chopped nuts, raisins, oatmeal, coconut, chocolate chips, mm’s etc. (anything you like in**

**cookies)**

**Preheat oven to 350 °F.**

**Combine cake mix, egg, oil, and water. Beat until well blended. Stir in remaining ingredient (s).**

**Drop by teaspoon about 1 inch apart onto greased Cookie sheet.**

**Bake for 12 to 15 minutes or until done.**

**Makes about 4 dozen. Yummy!**

**If you cook about 10 to 11 minutes the cookies will be softer. If you leave them in the oven for 15**

**minutes, they will be crispy.**

**Bananas, potatoes and a glass of milk. All we need to survive on. And folks poopoo these.**

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on: After reading this, you'll never look at a banana in the same way again.

Never, put your banana in the refrigerator!!!

This is interesting. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

· § Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

· § PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

· § Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

· § Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

· § Brain Power: 200 students at a Twickenham (Middlesex) school ( England ) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

· § Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

· § Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

· § Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

· § Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

· § Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

· § Nerves: Bananas are high in B vitamins that help calm the nervous system. Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

· § Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach

· § Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

· § Seasonal Affective Disorder (S.A.D.): Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

· § Smoking &Tobacco Use: Bananas can also help people trying to give up smoking The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

· § Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

· § Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

· § Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a band aid or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe it's time to change that well- known phrase so that we say, 'A banana a day keeps the doctor away!'

PASS IT ON TO YOUR FRIENDS

P.S. - Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes? Take the INSIDE of the banana skin, and rub directly on the shoe ... polish with dry cloth. Amazing fruit!!!

# Health and Wellness

Try the 10-Minute Home Workout from the American Heart Association

Check Out the 10-Minute Workout!

Boost your heart rate and brain power with this quick home workout.

Do each exercise at your own pace for about 30 seconds with 30 seconds of cardio between exercises.

***Tips for success:***

Weight(s) can be small dumbbells, kettlebells or anything heavy you may have at home, like a purse or backpack, water bottles or gallon jugs or a heavy book. Or make your own adjustable weight by loading a small tote bag with magazines or books.

Stabilize yourself as needed by holding or touching a wall, desk or stationary (non-rolling, non-slip) chair. As you get stronger, test your balance by letting go of the support.

In standing exercises, keep your knees slightly bent, not locked back.

If you feel pain during an exercise, stop and skip to the next one.

 \*Please speak with your health provider before starting an exercise program and with a fitness professional for adaptations that best meet your individual needs.

**1. SHOULDER ROLLS**

Activity: Standing or sitting with feet hip width apart, slowly roll both shoulders forward, up, back and down.

Add Intensity: Hold hand weights down at sides.

You've got this!

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**2. CHAIR SQUATS**

Activity: Standing with feet hip-width apart, keeping back straight, bend knees and hips as if to sit down in a chair with arms out in front of you. For squats, straighten back up and repeat. For chair pose, hold in “seated” position.

Add Intensity: Raise arms overhead or hold weight(s) at chest or shoulders.

You’re on a roll!

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**3. CALF RAISES**

Activity: Standing with feet hip-width apart, keep legs straight but not locked as you slowly lift heels and rise to tip-toe position, then lower back to floor.

Add Intensity: Do on one leg at a time while keeping raised foot at ankle or knee. Do at least 10 repetitions before switching to other side.

You did it: Are you feeling it?

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**4. SIDE BENDS**

Activity: Standing or sitting with feet hip width apart and hands on hips or overhead, bend to one side and return to standing. Do at least 10 repetitions before switching to other side.

Add Intensity: Hold a weight down at your side (on working side), at chest level or overhead.

That felt good!

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**5. TABLE TOPS**

Activity: Standing with feet hip-width apart, keeping back straight, bend forward at hips until body is parallel with floor. Arms may be out to sides or overhead. Hold for a few seconds on each repetition.

Add Intensity: Hold hand weights out to sides or one weight with both hands at chest level.

Great job!

Don't stop now.

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**6. PUSH UP OR PLANK**

Activity: Standing with feet hip-width apart, place hands shoulder-width apart on stable surface such as wall, desk edge or stationary (non-rolling) chair. Walk feet out behind you until body and legs are in a straight line at about 45-degree angle with floor. Hold for plank; bend and straighten at elbows for pushups. You may also do pushups from the floor (begin with knees on the ground and can graduate to full pushups).

Add Intensity: Lift one leg behind you and hold during pushups or plank. Repeat for other leg.

You did it!

Wow, you’re doing great!

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**7. NECK STRETCH**

Activity: Standing or sitting with feet hip-width apart and shoulders down and back, look straight ahead and tilt ear toward shoulder until you feel the stretch. Hold for about 10 seconds. Repeat to other side and forward.

Add Intensity: With hand on top of head in each position, apply light pressure to increase stretch

That felt good, right?

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**8. LEG LIFTS**

Activity: Sitting at the front edge of a chair with feet flat on the floor, straighten one leg out in front of you and hold in place for a few seconds. Return foot to floor and repeat, alternating legs.

Add Intensity: Instead of sitting on chair, support your weight with your hands (as pictured).

Nice! Keep it up.

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**9. THIGH OR GLUTE SQUEEZE**

Activity: Sitting at the front edge of a chair with feet flat on the floor, squeeze glutes and thighs together and hold for at least 10 seconds.

Add Intensity: Hold a book or other sturdy item between your knees without using your hands.

Good work! Almost done.

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

**10. FORWARD BEND**

Activity: Sitting at the front edge of a chair with feet flat on the floor, fold forward with chest to thighs and head dropped forward. Relax and take a few deep breaths.

Add Intensity: Do forward bend in standing position with knees slightly bent (as pictured).

You did it!

Doesn’t that feel good?

Rest for 30 seconds or have fun with some cardio!

March in place for 30 seconds

Add Intensity: High knees

Great job! See how easy it is to fit in a workout?

Whether you did all of the exercises or not, any physical activity is better than no activity.

***Tips for next time!***

On each exercise, try the intense version if you're feeling it, or drop back to the beginner version if you’re struggling.

Build your strength and stamina by doing more reps or adding more weight.

Remember to go at your own pace and listen to your body.

**Share this workout with friends and family so everyone can Move More and be Healthy for Good!**

# Link City

Here are some important links that may be of interest.

NFB: <https://nfb.org/>

NFBF: <http://nfbflorida.org/>

Braille Monitor – Vol. 64, No. 8, August/September 2021 <https://nfb.org/images/nfb/publications/bm/bm21/bm2108/bm2108tc.htm>

Presidential Release: October 2, 2021 - #509 <https://nfb.org/sites/nfb.org/files/2021-10/pr509_short_version_final.mp3>

# Inspiration Corner

*“You can be vulnerable and still be powerful. You can have a gentle heart, but still be rock solid at your core. You can be as calm as a breeze, but as fierce as a tiger. The best people embody both sides.”*

***By Unknown***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**By Camille Tate**

All members are strongly encouraged to come to our monthly Legislative Committee meetings. We discuss any trends in legislation, bills we are working on and a host of other topics of interest in advocacy work. The Legislative Committee meets on the fourth Thursday of each month, at 8 p.m.

Meeting notices are posted to the Florida email list in advance of each meeting. We will also send out legislative alerts when there is urgent or pressing matters that need our involvement. Our upcoming convention in Tampa, Florida, will have a legislative workshop and we encourage our members to attend. We stand on our advocacy work throughout the National Federation of the Blind.

National Legislation: Russ Davis, 904 993 8433, russell@radiorusty.com

State Legislation: Camille Tate, 321 372 4899, Ctate2076@att.net

# Photo Gallery

New NFBF Affiliate Board Senator Baxley & Denise Valkema



**Paul Martinez & Robert Doyle Sylvia Young – Member of the Year**



# Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: 954-946-4148, Email: jmac1920@yahoo.com. Meetings are held the 2nd Saturday of each month at the Westfield Broward Mall located at 8000W. Broward Blvd. Plantation, Florida 33312 from 10:30 a.m. until 12:30 p.m. meetings take place inside the Plantation Police Outreach Center, just inside the north entrance to the mall.

**Central Florida Chapter:** Marilyn Baldwin, President, 407-293-0565 Home and 407-810-0554 Cell. Meetings are held the third Saturday of each month from 11 A.M. to 1 PM at Lighthouse Central Florida, 215 East New Hampshire Street Orlando, Florida 32804. Please like us on Facebook at: https://www.facebook.com/groups/410985858949160.

**Greater Daytona Beach Chapter**: Brian Norton, President, Phone: 386-871-3359 Email: brian.edward.norton@outlook.com. Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. Follow Us on Facebook: [www.facebook.com/nfbdaytona](http://www.facebook.com/nfbdaytona). A Special Day for the Daytona Beach Chapter:

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: hamilton.j.r.2309@gmail.com. The Gainesville Chapter has been meeting monthly on 2nd Saturday by Free Conference Call due to COVID 19. UPDATE - NEW FREE CONFERENCE CALL IN NUMBER FOR GAINESVILLE CHAPTER MEETING(S): (857) 357-0254; Meeting I.D. has not changed-remains 195715. We are looking forward to making more connections and serving in our community when it is safe to do so. We invite and welcome members and those interested in learning about the National Federation of the Blind. Let’s move forward to build the Federation together!

**Greater Jacksonville Chapter:** Kaye Baker, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month. We are pleased to announce the resumption of in person meetings! We will have hybrid meetings beginning Saturday, August 7th from 10:00 A.M. to noon. Anyone wishing to join us in person is welcome to come to the Independent Living Resource Center, 2709 Art Museum Rd, Jacksonville, FL 32207. If you would still like to join us on Zoom, we will still be in the same place at the same time with meeting ID 9851473331. The Greater Jacksonville Chapter welcomes anyone wishing to attend.

**Melbourne Space Coast Chapter:** Camille Tate,President, Phone: 321-372-4899, Email: ctate20176@att.net. Facebook: [www.facebook.com/nfbmelbourne](http://www.facebook.com/nfbmelbourne). We meet on the second Saturday of each month, currently via Zoom. Please contact Camille Tate, President for ways you can join us.

**Greater Miami Dade Chapter:** Jorge Hernandez, President, Phone: 305-877-2311, Email: jeh6@bellsouth.net. Miami-Dade Chapter Newsletter. The chapter continues to meet virtually, and members are encouraged to participate. We are gathering the membership to practice with Zoom so we can have an exciting state convention and all of our members can participate. Our meetings are held on the third Thursday of each from 7:00 p.m. until 8:30 p.m.

**Polk Chapter:** Joe King President, Phone: 863-293-5648, Email: joenkitty@earthlink.net. Our meetings are held the second Saturday of the month at Perkins Pancake House and Bakery located at 6005 Cypress Garden Blvd. Winter Haven, FL 33884 from 10:00 AM-12:00 Noon.

**Florida State-Wide Chapter:** Paul Martinez, President; Phone: 813-390-5720; Email: nfbf.statewide@gmail.com. The Statewide Chapter meets via conference call every third Sunday of the month at 8:00 pm. The call-in phone number: 605-475-4700, Code: 800550#; 1 touch mobile: 605-475-4700, 800550# Everyone is welcome to attend.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: emeraldpink15@gmail.com. We meet the first Monday of each month from 6:30-8:00 p.m., normally at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. However, we are currently meeting via telephone conference until further notice due to the COVID-19 restrictions at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: NFBF.Tampa@gmail.com. Join us on the fourth Saturday of each month at our Zoom Meeting <https://zoom.us/j/98776627448> Meeting ID: 987 7662 7448Tampa Bay Chapter.

**Treasure Coast Chapter:** Nicole D. Fincham-Shehan, President; 410-493-4461, E-mail: treasurecoastnfb@gmail.com. The Chapter will have conference call meetings until further notice. Our calls are held the 2nd Saturday of each month at 10am.

# Divisions

**Deaf-Blind Division:** The Division meets on the second Tuesday of the month. Keep an eye on the Florida List and Save the Date calendar for meeting notices and announcements. President: Brian Norton, president. Phone: 386-871-3359 Email: brian.edward.norton@outlook.com.

**Florida Association of Guide Dog Users (FLAGDU):** Sherrill O’Brien, President; Phone: **813-935-0474**, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; chericeflemingtogun@hotmail.com. Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect - NFB of Florida:** Miranda Kilby – coordinator. Phone: 352- 942-0417; Email: mbkilby@gmail.com. If anyone has any questions or concerns, please feel free to contact me.

**F.A.B.S. - Florida Association of Blind Students:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: jdh6@bellsouth.net. Call Jorge for information and details.

**Communication Committee: Chair -** Douglas Ingram contact information: Phone: 850-567-8123; Email: dingram59@comcast.net

**Communities of Faith Group:** We meet on the second Monday of each month at 8:00 P.M. Our group is continually growing, and all are welcome. If you are interest in joining us in this uplifting and comforting committee, call 712-775-7031, Code 938047311# or 1 touch mobile: 712-775-7031,938047311# Marilyn Baldwin Chair or Kathy Davis co-chair.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee:** Douglas Ingram contact information: Phone: 850-567-8123; Email: dingram59@comcast.net or fundraising@nfbflorida.org

**Legislative Committee:** The Legislative Committee meets on the third Tuesday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Russ Davis and Camille Tate.

**NFBF Book Club:** The book club meets the fourth Thursday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

**Newsline:** Russ Davis, Chairperson. 844-827-7371, newslinesupport@nfbflorida.org

**Presidents and Vice Presidents Committee:** We would like to know what you all would like to discuss next. We are stronger together when we work together! Call in number: 712-775-7031, access code: 938047311.

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Technology Q and A:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: jdh6@bellsouth.net. Meetings are held monthly on the fourth Monday at 8:00 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**The National Association of Blind Veterans:** "BLIND VETS SERVING BLIND VETS" Dr. Vernon Humphrey, President; The National Association of Blind Veterans, PO Box 784957, Winter Garden, Florida 34778; Email mr\_president@nabv.org, Phone: 706-329-7690

# NFBF Board of Director’s Information

Please contact any of the board with questions, comments, concerns or for general information.

***Paul Martinez - President***

Phone: 813-390-5720

Email: Paul09MS@gmail.com or president@nfbflorida.org

***Jorge Hernandez – 1st Vice President***

Phone: 305-877-2311

Email: jdh6@bellsouth.net

***Camille Tate – 2nd Vice President***

Phone: 321-372-4899

Email: ctate2076@att.net

***Jerilyn Higgins - Secretary***

Phone: 973-900-4844

Email: jerilynhiggins@gmail.com

***Sylvia Young - Treasurer***

Phone: 850- 322-5937

Email: Treasurer@nfbflorida.org

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

Email: russell@radiorusty.com

***Denise Valkema***

Phone: 305-972-8529

Email: valkemadenise@aol.com

**Peggy Fleischer**

Phone: 386-931-2132

Email: peggyfleischer@bellsouth.net

***Douglas Ingram***

Phone: 850-567-8123

Email: dingram59@comcast.net

# Editor: Sylvia Young

To have something posted in the NFBF Newsletter please submit it to the editor, Kaye Baker at kaye.j.zimpher@gmail.com by the 15th of each odd month.