BREAKING NEWSLETTER

Issue 24 March/April 2020

# President’s note

Greetings Federation Family,

We hope our federation family is staying safe and well. We have many conference calls throughout the month and invite you to connect with others. We will share updates on the lists. We are having calls just to hear what everyone is doing, share resources, and check in with one another as we share our love and hope.

As of this date, our State Convention is pending any state or national restrictions due to COVID-19. Stay tuned for updates on list serv and our conference calls.

Denise Valkema, President NFB OF Florida

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

We are filled with hope, energy and love by participating in the National Federation of the Blind. Every day we work together to help blind people live the lives they want.

# 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](#_Toc36669602)

[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”. 2](#_Toc36669603)

[What’s in this Newsletter 2](#_Toc36669604)

[Birthdays & Celebrations 2](#_Toc36669605)

[Calendar of Meetings and Events 3](#_Toc36669606)

[Article, Announcements and Comments 4](#_Toc36669607)

[Apple Tips and Tricks 8](#_Toc36669608)

[Laugh it up! 8](#_Toc36669609)

[Member Spotlight 9](#_Toc36669610)

[Health and Wellness 10](#_Toc36669611)

[Link City 12](#_Toc36669612)

[Inspiration Corner 12](#_Toc36669613)

[Legislative Updates from the desk of Camille Tate 12](#_Toc36669614)

[Photo Gallery 13](#_Toc36669615)

[Chapters 14](#_Toc36669616)

[Divisions 16](#_Toc36669617)

[Groups and Committees: 16](#_Toc36669618)

[NFBF Board of Director’s Information 19](#_Toc36669619)

[Editor: Sylvia Young 20](#_Toc36669620)

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**March:**

*John Matejka – Tallahassee*

*Scott McKinnley - Tampa*

*Christina Moore - Treasure Coast*

*Maria Valenzia - Miami*

*Don Whitehouse - Treasure Coast*

*Ron Whittum - Treasure Coast*

**April:**

*Tamika Butts - Treasure Coast*

*Sandra Hannam - Treasure Coast*

*Miranda Kilby – Tampa Bay*

*Paul Lewis – State-Wide*

*Angela Pang - Miami*

*Shirley Smart - Treasure Coast*

*Jenifer Zavala - Miami*

***Anniversaries:***

*Mary and John Matejka - March Anniversary – Tallahassee*

*Jeffery and Lisa Davis– April Anniversary - Tallahassee*

# Calendar of Meetings and Events

**Groups, Divisions, and Committees for February 2020**

April 2nd - Seniors Concerns Committee at 8 pm Phone: 712-775-7031 Code: 488550 1 touch mobile: 712-775-7031,488550

April 14th - Deaf Blind Division meeting at 7 pm; Phone: 605-313-5111 Code: 305480, Touch mobile: 605-313-5111,305480

**The conference calls below operate on the same number: 712-775-7031, Code 938047311# 1 touch mobile: 712-775-7031,938047311#**

Mobile users: 712-775-7031,938047311

April 1st - Diversity and Inclusion committee at 8 pm

April 7th - Connect with your NFB Family at 8 pm

April13th - Diabetes Awareness at 7 pm

April 14th - Blind Parents Initiative at 9 pm

April 15th – History Project at 8 pm

April 20th - Communities of Faith at 8:30 pm

April 21st - Legislation Committee at 8 pm

April 23rd - NFBF Book Club at 8 pm

April 27th - Technology Q and A at 8 pm

April 28th – Connect with your NFB Family at 8 pm

**State and National Important Dates:**

May 22-25, 2020 NFBF State Convention – 50th Anniversary

# Article, Announcements and Comments

**STRAIGHT FROM THE IRS WEDSITE ON STIMULIS PAYMENTS**

Check IRS.gov for the latest information: No action needed by most people at this time

IR-2020-61, March 30, 2020

WASHINGTON — The Treasury Department and the Internal Revenue Service today announced that distribution of economic impact payments will begin in the next three weeks and will be distributed automatically, with no action required for most people. However, some taxpayers who typically do not file returns will need to submit a simple tax return to receive the economic impact payment.

***Who is eligible for the economic impact payment?***

Tax filers with adjusted gross income up to $75,000 for individuals and up to $150,000 for married couples filing joint returns will receive the full payment. For filers with income above those amounts, the payment amount is reduced by $5 for each $100 above the $75,000/$150,000 thresholds. Single filers with income exceeding $99,000 and $198,000 for joint filers with no children are not eligible. Social Security recipients and railroad retirees who are otherwise not required to file a tax return are also eligible and will not be required to file a return.

Eligible taxpayers who filed tax returns for either 2019 or 2018 will automatically receive an economic impact payment of up to $1,200 for individuals or $2,400 for married couples and up to $500 for each qualifying child.

***How will the IRS know where to send my payment?***

The vast majority of people do not need to take any action. The IRS will calculate and automatically send the economic impact payment to those eligible.

For people who have already filed their 2019 tax returns, the IRS will use this information to calculate the payment amount. For those who have not yet filed their return for 2019, the IRS will use information from their 2018 tax filing to calculate the payment. The economic impact payment will be deposited directly into the same banking account reflected on the return filed.

***The IRS does not have my direct deposit information. What can I do?***

In the coming weeks, Treasury plans to develop a web-based portal for individuals to provide their banking information to the IRS online, so that individuals can receive payments immediately as opposed to checks in the mail.

***I am not typically required to file a tax return. Can I still receive my payment?***

Yes. The IRS will use the information on the Form SSA-1099 or Form RRB-1099 to generate Economic Impact Payments to recipients of benefits reflected in the Form SSA-1099 or Form RRB-1099 who are not required to file a tax return and did not file a return for 2019 or 2019. This includes senior citizens, Social Security recipients and railroad retirees who are not otherwise required to file a tax return.

Since the IRS would not have information regarding any dependents for these people, each person would receive $1,200 per person, without the additional amount for any dependents at this time.

***I have a tax filing obligation but have not filed my tax return for 2018 or 2019. Can I still receive an economic impact payment?***

Yes. The IRS urges anyone with a tax filing obligation who has not yet filed a tax return for 2018 or 2019 to file as soon as they can to receive an economic impact payment. Taxpayers should include direct deposit banking information on the return.

***I need to file a tax return. How long are the economic impact payments available?***

For those concerned about visiting a tax professional or local community organization in person to get help with a tax return, these economic impact payments will be available throughout the rest of 2020.

***Where can I get more information?***

The IRS will post all key information on IRS.gov/coronavirus as soon as it becomes available.

The IRS has a reduced staff in many of its offices but remains committed to helping eligible individuals receive their payments expeditiously. Check for updated information on IRS.gov/coronavirus rather than calling IRS assistors who are helping process 2019 returns.

**2020 Census**

**By Camille Tate**

The 2020 Census is here! There have been posts to our list regarding this most important form that needs to be filled out. Everyone is urged to complete their census soon. The Census Bureau has mailed out postcards with a special identification number. You may fill out your census form over the phone, online or by returning the paper document. If you do not have a postcard or are not able to read your identification number, do not worry. You can access the census form by visiting 2020Census.gov and following the prompts. You may call the customer service line at (800) 923-8282 or for Deaf and Hard of Hearing TTY/TDD, (844) 467-2020. The online form is accessible and easy to use. It takes about 10-15 minutes to complete and you are asked only a small amount of questions.

Why is the census so important? The most important reason to fill out this form is that it is the population living throughout the country, in every district, that determines how many members we will have in the House of Representatives. Additionally, districts can be re-drawn based on the final tally from the census. Furthermore, the census will play a large part in how federal funds are allocated and distributed. These important factors are why the census is so vital.

**5 Ways to Protect You and Your Family from Deadly Coronavirus**

How to protect you and your family

1. Practice proper handwashing technique

The single best way to protect you and your family from a variety of illnesses is to wash your hands properly and frequently. Wash hands with soap and water before eating, after using the bathroom, after blowing your nose, coughing or sneezing, and before and after caring for a sick friend or a family member. Scrub for at least 20 seconds and dry with a clean towel.

2. Avoid close contact with sick people

Naturally, the closer in proximity you are to an infected person, the more likely you are to catch the same illness. Avoid spending time around anyone with flu or cold-like symptoms.

3. Avoid eating undercooked meat

Along with staying away from any animal market and avoiding contact with live animals, (especially if you are in the affected area of China), be sure to practice proper food safety guidelines at home.

4. Don’t touch your face

Avoid touching anywhere on your face, including your nose, eyes, and mouth, as any bacteria or virus can survive on your hands and enter your body through these vulnerable locations.

5. Sneeze into your elbow

Though this is more about kindness and protection for other people than yourself, if you are sick with the flu, sneeze and cough into your elbow to help avoid spraying bacteria all over nearby surfaces.

**NFB 2020 National Convention**

The 2020 convention of the National Federation of the Blind convention dates are July 14 through July 19 at the Hilton Americas-Houston hotel (1600 Lamar Street, Houston, TX 77010). Preconvention seminars for parents of blind children and other groups and set-up of the exhibit hall will take place on Tuesday, July 14, and adjournment will be Sunday, July 19, following the banquet. The nightly rate at the Hilton Americas-Houston is $105 for singles, doubles, triples, and quads. In addition, the sales tax rate is 8.25 percent, and the hotel occupancy tax rate is 17 percent. To book your room for the 2020 convention, call 1-800-236-2905 after January 1. For each room, the hotel will take a deposit of the first night’s room rate and taxes and will require a credit card or a personal check. If you use a credit card, the deposit will be charged against your card immediately. If a reservation is cancelled before Monday, June 1, 2020, half of the deposit will be returned. Otherwise refunds will not be made. We have also secured overflow space at the wonderful Marriott Marquis Houston. The Marriott is only a three-block walk directly across Discovery Green, or attendees can walk entirely indoors through the George R. Brown convention center, connecting both hotels on the second level.

**Protect yourself from Medicare scams**

Be sure to protect your identity from scammers by guarding your Medicare Number.

It's easy to get distracted and let your guard down during these uncertain times. Scammers may try to steal your Medicare Number. They might lie about sending you Coronavirus vaccines, tests, masks, or other items in exchange for your Medicare Number or personal information.

Only share your Medicare Number with your primary and specialty care doctors, participating Medicare pharmacist, hospital, health insurer, or other trusted healthcare provider.

Check your Medicare claims summary forms for errors.

*How to report Medicare fraud*

You can report suspected Medicare fraud by:

Calling us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

If you’re in a Medicare Advantage Plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

 Have this information before you report fraud:

Your name and Medicare Number.

The provider's name and any identifying information you may have.

The service or item you're questioning and when it was supposedly given or delivered.

The payment amount approved and paid by Medicare.

The date on your Medicare Summary Notice or claim.

**In case you missed it: Gov. Ron DeSantis has issued a 'safer-at-home' order for the state. The order urges Floridians to stay at home for the next 30 days and only leave their homes for essential services or activities. It will go into effect at 12:01 a.m. Friday,** **April 3rd.**

# Apple Tips and Tricks

Apple Tips and Tricks

By Camille Tate

CHECK BACK NEXT ISSUE

# Laugh it up!

Laugher is the best medicine. Take as much as you like.

An old man came into the bank and asked for a loan of 500 dollars. The bank employee started filling out the papers.

– What are you going to do with this money? – He asked.

– I will go to the city to sell the jewelry that I made.

– What do you have for the security of the loan?

– I don’t know, what is a security? – the man said.

– Well, security – is something that has value and can cover the cost of the loan. Do you have a car?

– Yes – a 1949-year truck.

– No, it won’t suit, – said the bank clerk. – Maybe you have livestock?

– Yes, I have a horse.

– How old is it?

– I don’t know because it doesn’t have teeth anymore to tell.

In the end the papers for the loan were filled and the man was given 500 dollars.

After a couple of weeks, the man came to the bank again with a package of money. He counted the ones belonging to the bank and hid the other ones.

– What are you going to do with the other money, – the same clerk asked.

– I will keep them in my house, – the man answered.

– You can make a deposit in our bank.

– I don’t know, what’s a deposit? – The man said.

– Well, you give the money to the bank, bank takes care of it, and when you need money, you can take it.

The old man thought about it and asked:

– Does the bank have something to give me in security for the money?

# Member Spotlight

Member Spotlight

In the Darkness

I was born and raised in Georgia fully sighted. I married and had five children who are all adults and have their own children now. I worked hard, tried to live right and treat others as I want them to treat me. I met the love of my life after being divorced 10 years and life was going well.

I began to have problems with glaucoma and for five years tried all the drops, laser surgeries, shuts and shots, but to no avail. In 2011, days after a cataract surgery I lost all functional vision in my right eye, which was my best vision. Things changed overnight and I could not longer perform my duties as a personal care assistant for a client who required total assistance for all his needs. I could no longer drive, had difficulty performing tasks around the house or the duties at my church. As my vision continued to decrease, my greatest concern was what would I do when I could no longer see my beautiful wife’s face.

We sought the help of DBS who came in the form of a tornado of a woman, Johnnie Slaton. She gave me hope, encouragement, devices to increase my independence and sent me to the School for the Blind in Daytona. But best of all she introduced me to the National Federation of the Blind. We became members of the local chapter in Tallahassee and began the work of “Living the life I wanted”.

In the darkness, I found family, friends and my wife became my biggest cheerleader. There was nothing she thought I couldn’t do. Sometimes she had to push and prod, but I found the light in the darkness. Because of the NFB, I had the confidence to go to the school for the Blind and now I cook most of our meals and I schedule and go to my appointments alone. I do the laundry and take the garbage cans out and back from the road each week. When I retuned to Tallahassee, I didn’t stop learning, I took classes through Handley and I continue to learn more technology at the Lighthouse of the Big Bend.

I can no longer see my wife’s face, but I have a picture of her I keep in my heart. In the darkness, I live, I love, and I travel; I live the life I want.

James E. Young

# Health and Wellness

**“5 Tips for Eating Healthier During the Coronavirus Lockdown**

**Submitted by Tekesha Saffold**

 *11:45 27/03/2020 Marelize Wilke*

As people stock up and panic buy all sorts of groceries, from tinned food to toilet paper, you also might be wondering how you will handle healthy eating during the next 21 days.

Please note that we are not saying now is the ideal time to focus on weight-loss or completely changing your eating habits for the better – for most of us, these times are uncertain and scary. But focusing on food as a pillar of energy and health and not as a crutch for emotions, is a good idea.

*Here are some tips to navigate eating at home:*

1. Immunity and health first, weight later

While the country is in the grips of fear and uncertainty, the last thing you want to add to that is shame about your body and weight. You need to make a shift in your attitude during this time. You want to eat to honor your body and to keep all systems functioning as well as possible, not because you want to emerge from this lockdown looking fabulous.

These tips, straight from a dietitian, will help you eat to boost your immune system. Another nutritional goldmine for a healthy body is antioxidants – learn more why these are so important to you, and how you can obtain them.

Tell yourself during this time, “I need to eat healthy, balanced meals as much as possible, not because I’m scared of weight-gain, but want to stay healthy in a time when our health can be compromised.”

2. Pantry staples can be healthy

Yes, it’s going to be harder during this time to buy fresh produce daily. But that doesn’t mean you should shun healthy eating immediately. There is evidence that frozen fruit and vegetables can be just as beneficial to you as fresh. Here are quick tips to healthy pantry staples:

Choose whole grain pasta or brown rice.

Tinned tomatoes and tomato paste can add great flavor to soups and stews.

Legumes such as beans and lentils are packed with protein and fiber, and can add texture and flavor to sauces, soups and stews.

Don’t forget the fish. Oily fish such as tinned mackerel or tuna is high in omega fatty acids, which keeps your body and mind healthy.

If you are a snacker, especially while working from home, dried fruit and nuts are a more nutritious alternative than sweets and biscuits and will help sustain energy for longer.

***Also don’t forget there are several delivery services for groceries that should still be working during the lockdown, i.e., Instacart and Publix.***

3. Set a routine – and stick to it

For the first couple of days, lockdown might feel like the beginning of a long weekend for some – but this doesn’t mean that you should eat accordingly. If you shopped ahead, scan your pantry and fridge and plan your meals, at least for the next week. Also try to eat at set times. This will create a sense of normality and will keep you and your family from reaching for biscuits and crisps at random times.

4. No takeaway? Let the challenge begin

Always relied on takeaway meals? Unfortunately, we are denied this convenience during our state of lockdown as takeaway restaurants will be closed and delivery services will not be operating. Now is the time to get creative with what you have on hand. Search for new recipes to try and get the children involved as you prepare a meal from scratch.

We are realistic and we know that is easier said than done – especially if your circumstances never allowed for home cooking.

Our nutritional experts put together a list of store-bought ready-made meals that are not completely unhealthy – these options might still be available in supermarkets.

Or why not use the time to recreate your favorite takeaway treat – but make it healthy? Here are some tips:

Make baked sweet potato or potato wedges with a drizzle of olive oil, sea salt and rosemary.

Stock up on frozen pizza bases and top them with tomato sauce and some of your favorite vegetables and lean meat such as shredded chicken.

Cook homemade curry as you can freeze the leftovers for another day.

5. Mind over matter (or food)

If you tend to stress-eat or eat while your mind is somewhere else, you might find yourself scoffing down food without fully enjoying it. Eating mindfully is crucial during this time. It’s important to set time aside for eating and to fully enjoy your food without distractions.

# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor – April, 2020:** <https://www.nfb.org/images/nfb/publications/bm/bm20/bm2004/bm2004tc.htm>

**Join President Riccobono for the National Federation of the Blind Presidential Release (Live) #493, Thursday, April 2, 2020 @ 8:00 p.m. EDT via Zoom**

Use this link to join the Zoom Meeting: <https://zoom.us/j/2368918214>

Meeting ID: 236 891 8214

When dialing via phone, you will be prompted to enter the meeting ID:

Dial by your location

+1 253 215 8782 US

+1 301 715 8592 US

Or Find your local number at this link: <https://zoom.us/u/ab3E5IUcW>

**Nation's Blind Podcast – March 2020 -** **What It Means to Live the Life You Want :** <https://www.nfb.org/sites/www.nfb.org/files/2020-03/nations%20blind%20gary%20wunder%20live%20the%20life%20final.mp3>

# Inspiration Corner

*“1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” 3 Surely, he will save you from the fowler’s snare and from the deadly pestilence.”*

***-Psalms 91:1-3***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

We are living in unprecedented times. Many are living without a paycheck, worried about the current crisis and its effects on them socially, financially, spiritually and in terms of their health. Let us keep everyone in our thoughts and prayers, especially those who are battling the virus and those who have sadly lost loved ones to it.

As John Pare emailed recently, we should all continue to work on our legislative priorities, even in these troubling times. We saw great growth in support of our bills, particularly Access Technology Affordability Act, H.R.2086 and S.815. We are nearly to our magic number of 100 co-sponsors. At the writing of this article, following an impressive showing during Washington Seminar, the number stands at 83. The Accessible Instructional Materials in Higher Education Act, H.R.5312 and S.3095 has more than doubled in co-sponsorship, as well as the Greater Access and Independence Through Non-Visual Access Technology Act, h.R.3929. We returned from Washington, D.C. with a fantastic showing.

The 2020 Florida Legislative Session ended mid-March and we need to focus our energies on the NFBF legislative priorities. The Florida legislature meets on the first Tuesday in March during odd numbered years and the first Tuesday in January during even numbered years. Next year’s Legislative Session begins on Tuesday, March 2, 2021. We have been working on several initiatives, which are: ending sub-minimum wages in Florida; protecting and preserving the rights of blind parents; and introducing the presumption of Braille language back into the Florida Statutes.

Each month (unless otherwise noted), our Legislative Committee meets on the third Tuesday, 8 p.m. All meetings will be noted with the date, time and call-in information on the Florida list. Please keep an ear or an eye out for those meeting notices.

In addition to our general Legislative Committee calls, we have also created a state legislation sub-committee. In Florida, there are 120 Representatives and 40 Senators. Having a constituent within each district will better facilitate communication to our state legislators and get our legislative priorities discussed and supported. Any members interested in joining, please contact Camille Tate.

For further information, contact the Legislative Committee Co-Chairs:

ctate2076@att.net Camille Tate, Ctate2076@att.net, 321 372 4899

Merry Schoch, merrys@verizon.net, 813 625 1850

# Photo Gallery

CHECK BACK NEXT ISSUE

# 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)

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: gainesville\_nfb@earthlink.net. Gainesville Chapter meets monthly. Gainesville Chapter will meet Saturday, April 11, 2020 by conference call. RSVP to chapter president for additional information. We have a new chapter member, Mr. James East. Together we can plan and participate to build the Federation in Gainesville, Florida.

**Greater Jacksonville Chapter:** Andy Rood, President; radiorexandy@gmail.comm, (904) 844-1449. Meetings are held the first Saturday of each month and take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Please join us if you are in the area. Welcome aboard New President Rood!

**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 at The Fountains of Melbourne, 4451 Stack Blvd., Melbourne, 32901. The meetings are from 9:30 a.m.-noon. Contact Camille Tate for more information.

**Greater Miami Dade Chapter** Jorge Hernandez – President; Phone: 305-877-2311; Email: jeh1065@comcast.net. The chapter held their monthly meeting via telephone conference, and it was great to hear our members and the information shared to assist all of our members in Miami. We are meeting via telephone conference until governmental officials deemed it safe to venture out in groups again. Our meetings are held on the third Thursday of each month at Denny's Restaurant located at 5825 N.W. 36 Street Miami, FL 33166 from 7:00 p.m. until 8:30 p.m.

**Palm Beach Chapter:** Tekesha Saffold, President; 561-707-4799; Email: tnsaffold82@gmail.com. Meetings are held the Second Saturday of each month at IHOP at 1503 Belvedere Road, West Palm Beach, Florida from 10 am until noon.

**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. Meetings are held the Third Sunday of each month at 8 pm (Eastern Time) via conference call using the following number: 605-475-4700 using the access code 800550#.

**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., at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. April’s meeting will be via telephone conference due to the COVID-19 restrictions.

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: NFBF.Tampa@gmail.com. Join us on the fourth Saturday of each month, from 12 Noon to 2:00 PM at Beef O Brady's located at 8810 North Himes Avenue, Tampa, FL 33614. The chapter is busy planning a BELL (Braille Enrichment for Literacy and Learning) program. We are looking at holding the program June 17th through the 28th.

**Treasure Coast Chapter:** Tamika Butts, President; 772-708-3749, E-mail: tamika\_butts@gmail.com. Meeting for April 11th 2020 is cancelled. Meetings are held on the 2nd Saturday of each month from 10am - 12:00 Noon at WQCS Radio Station located @ IRSC, 3209 Virginia Avenue, Fort Pierce.

# 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.

**Florida Association of Guide Dog Users (FLAGDU):** Merry Schoch, President, Phone: 813-625-1850, 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:** Nicole Fincham-Shehan – Coordinator, Phone: 561-768-5424; Email:  ndfinchamshehan@yahoo.com.If anyone has any questions or concerns, please feel free to contact me on my cell number. We will meet via conference call on Tuesday April 14th at 9pm. In addition, if you know of a blind parent or even a blind child who is having difficulties with virtual or distance learning, please feel free to contact me for assistance.

**F.A.B.S. - Florida Association of Blind Students:** Rafael Fernandez, Phone: 305- 903-6299, Email: rafael.fernandez0617@gmail.com. Call Rafael information and details.

**Communication Committee:** We have been busy proofing items for members, sending out a calendar outline to help us all stay organize, and growing slowly on our social media platforms. Dan has sent out an email regarding our 50th anniversary project and hopefully submissions will start rolling in. We encourage everyone to submit something towards this project. We are trying to wrap up our PSA project, so if you have not recorded the 1-minute message, please do so soon.

**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.

**Community Service:** Tekesha Saffold – Chair, Phone: (561) 707-4799, Email: tnsaffold82@gmail.com. Meetings are held the first Tuesday of each month at 8 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Diabetics Group:** Lauren Blum, Telephone: 352-584-0795, Email: laurenblum79@gmail.com. Meetings are held the second Monday of each month at 7pm via conference call using the following telephone number and access code: 712- 775-7031,938047311#.The Diabetic Awareness Group held their meeting on January14th and had a lively discussion on what constitutes as a carbohydrate.

**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:** Paul Martinez – Chair, 11903 Rose Harbor Drive Apt: 113, Tampa, Florida 33625, Phone: 813-390-5720, Email: fundraising@nfbflorida.org

**Legislative Committee:** The committee meets on the third Tuesday 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. Co-chairs: Merry Schoch 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 list for any notices from the group. Coordinator: Camille Tate.

**NFB411:** Our next NFB411 Call To be announced.

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

**President and Vice President 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:** Rafael Fernandez – Chair; Email: rafael.fernandez0617@gmail.com. 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.

***Denise Valkema -President***

Phone: 305-972-8529

Email: president@nfbflorida.org

***Paul Martinez - 1st Vice President***

Phone: 813- 390-5720

Email: paul09ms@gmail.com

***Miranda Kilby – 2nd Vice President***

Phone: 352- 942-0417

Email: mbkilby@gmail.com

***Sylvia Young-Secretary***

Phone: 850- 322-5937

Email: secretary@nfbflorida.org

***Merry Schoch –Treasurer***

Phone: 813-523-6573

Email: merrys@verizon.net

**Board Members:**

***Lauren Blum***

Phone: 352-584-0795

Email: laurenblum79@gmail.com

***Jorge Hernandez***

Phone: 305-877-2311

Email: jdh6@bellsouth.net

***Camille Tate***

Phone: 321-372-4899

Email: ctate2076@att.net

***Rafael Fernandez***

Phone: 305-903-6299

Email: rafael.fernandez0617@gmail.com

# Editor: Sylvia Young

To have something posted in the NFBF Newsletter please submit it to the editor, Sylvia young at secretary@nfbflorida.org by the 15th of each odd month.